

2024 Kriya Yoga Retreat

Poems shared by Yogacharya Ellen Grace O'Brian

Contemplation and Action

by James Finley

Find your practice and practice it. Find your teaching and follow it. Find your community and be faithful to it. Otherwise, you will tend to float around with no accountability system for what you too easily *believe* in your head. Your own ego will end up being the decider and chooser moment by moment.

The Patience of Ordinary Things

by Pat Schneider

It is a kind of love, is it not?
How the cup holds the tea,
how the floor receives the bottoms of shoes
or toes. How souls of feet know
where they're supposed to be.
I've been thinking about the patience
of ordinary things, how clothes
wait respectfully in closets
and soap dries quietly in the dish,
and towels drink the wet
from the skin of the back.
And the lovely repetition of stairs.
And what is more generous than a window?

The Hidden Truth Within Existence

Rumi

There's an image of God deep in your heart.
you don't need to look in some other direction.
What he can subtly bestow is limitless.

You will find ecstasy in the company
of pure-in-the-faith yogis
if you just step outside.
In your own essence you have an unseen door.

Smaller than the Smallest Mote
by Tukaram (1608 to 1649)
English version by Ivan M Granger

Smaller than the smallest mote,
all embracing as the heavens,
I finally see the world as it is—
all appearance but a dream.
Realizing the true nature of things,
I drop my mask like a snake shedding its skin.
I leave the three-fold nature of things behind me,
as I pass beyond them.
Miraculously, this dull clay has been shaped, formed into a lamp
and begins to shine!
Filled with that radiance, I Tuka
live to light the world.

Coleman Barks

Sometimes you hear a voice through the door
calling you,
as fish out of water hear the waves,
or a hunting falcon hears the drum's
Come back. Come back.

This turning toward what you deeply love
saves you.
Read the book of your life,
which has been given you.

A voice comes to your soul saying,
Lift your foot. Cross over.

*Move into emptiness
of question and answer and question.*

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