

ORGANIC MIND

October 6, 2011

By Michael Erlewine (Michael@Erlewine.net)

Thoughts,
Like waves,
Ceaselessly,
Arise and fall,
In the ocean of mind.

Water to Water.

Not in any way,
An impediment,
Thoughts are,
In fact,
How we get,
To know our mind,
At all,
The very fuel,
Of...
Awareness.

Natural Mind,
Ordinary Mind...
The mother of all,
Appearances.

Michael Erlewine
October 5, 2011

Note: Another didactic poem; can't help it. This type of poem is a form of shorthand when I don't want to (or it is foolish to) write a dozen pages trying to describe something indescribable in the first place. This one is about the naturalness of thoughts and how trying to suppress thoughts or get rid of them in meditation practice is not only doomed to failure but counter-productive. Thoughts are the vitamins or vital energy we need to know the mind, our ante in to mind training, etc. I should stop now before I give you twelve pages... Forgive me; you can always enjoy the photos. They are economical and worth 1000 words each.