

Nameless Essence

The only way to recognize the Beauty, the Mystique
And the Sacredness of Nature is to be Present.
In Presence you can gaze up into Infinite Space
Of the Night becoming awestruck by its Stillness.

You can hear the mountain stream in the forest
And the song of a blackbird at summer evening dust.
To behold these things the mind needs to be still;
Laying down the past and future and just be Present.

Without your Presence you will see but not see,
Hear but not hear; it is something beyond the forms.
Whenever and wherever there is beauty, there is an
Essence that shines through somehow and without
Your total Presence you will not feel or experience it.

This Nameless Essence and your Presence are one
And within this Presence you will find yourself.
When you experience these moments of Presence
You enter the state of no mind – inbetween thought.

When you are completely Present you experience that
Beauty in thoughtless awareness without interpretation.
Without thought there is no memory only being and
That being is never ending circle of the Tao.

Commentary:

Within stillness you can recognize the beauty and sacredness of nature as you gaze up into infinite space of the night. You can hear the mountain stream in the forest and the song of a blackbird at summer evening dust. To behold these things the mind needs to be still; laying down the past and future and just be present. Without your presence you will see but not see, hear but not hear; it is something beyond the forms. Whenever and wherever there is beauty, there is an essence that shines through somehow and without your total presence you will not feel or experience it. This nameless essence is found within yourself as you enter the state of no mind inbetween thought. Without thought, there is no memory, only being, and that being is the never-ending circle of the Tao.

