

# Along the Way

Selected writings  
by  
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Along the Way

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## Along the Way



I love  
the quiet  
sheltered harbor  
and  
the yawning  
sunny beaches  
but today  
i want  
to sail out  
into deep waters  
where everything  
unknown  
is waiting  
and where  
the possibility  
of becoming  
more  
than i am  
is  
everywhere.



Life  
sweeps before us  
in grand  
infinite gestures

only  
the heart  
can truly  
keep pace.



Love  
is the Rosetta Stone  
between  
you and life.





Strange  
new butterfly  
with iridescent  
wings and spirit

when  
i watch  
your flight  
vibrant worlds  
appear

magical  
metamorphosis  
has altered  
the outer form  
yet your timeless  
inner essence  
remains the same



you  
are of the  
earth  
of the stars  
and all  
the moments  
in between

i feel  
your pulsing  
sensitivity

your secret dreams  
are invisible  
tattoos  
on my soul  
which  
i hand color  
in the  
deep forest far.



Y ou  
are the anchor  
of my focus

the calm  
in the eye  
of my journey

you are  
the truth  
in my heart

i am  
reminded of this  
each time  
i light  
a candle  
and  
watch  
the darkness  
disappear.



When  
the colors  
of life  
around you  
are bright  
and intense  
you  
are painting  
with your  
inner palette.



Sometimes  
the wind  
changes direction  
yet it still  
remains the wind

sometimes  
the bird  
stops flapping  
and glides  
yet it is still flying

sometimes  
i'm out of step  
yet i'm still  
walking

sometimes  
i'm like  
a chameleon  
yet deep down  
i'm still me.



The only  
crisis you have  
is a crisis  
of the heart

as you  
move away  
from the heart  
you move away  
from the center  
of your  
true power.



The idea  
is not  
to lose yourself  
in love

rather  
to find  
yourself  
through  
love.



Even  
small acts  
of kindness  
and compassion  
although unattended  
by disclosure or  
rewards  
still do not go  
unnoticed  
as they are  
poured into  
the vast  
pool of love  
through the  
vessels  
of our heart  
and  
come together  
in our  
collective  
consciousness  
and do  
make a difference

little streams  
pour into





larger streams  
then into rivers  
and into  
mighty oceans  
of wondrous  
powerful love.



We  
can feel  
many losses  
in our life

the  
biggest loss  
is not following  
your true path  
and what is  
in your heart.



We have all  
worn the shoes of fear

now we must  
step into  
the slippers of grace.



When  
we are  
in tune  
with ourselves

we have  
a career  
in the music  
of life.



When  
you are free

you live without  
a safety net.



Flow me out  
to sea  
in the hush  
of night  
then  
let the wind  
lift me  
to the heavenly  
stars

let the  
immenseness of life  
fill my senses  
and  
let this moment  
be one of  
many more  
to come.



Perhaps  
all the King's horses  
and  
all the King's men  
couldn't put  
Humpty  
back together again  
but  
deep down inside  
Humpty knew  
*he* could.



I am crane

i glide  
in deep blue  
and pillow white

i feel  
velvet wind  
father sun  
universal heartbeat

seek me out  
in the sky  
as  
i reflect  
your desire  
for freedom  
back to you

and  
for a moment  
you can  
be me  
and i you.





I am panther

i am  
true stealth  
i am  
true fire

i am wild  
with freedom  
i am wild  
with aliveness

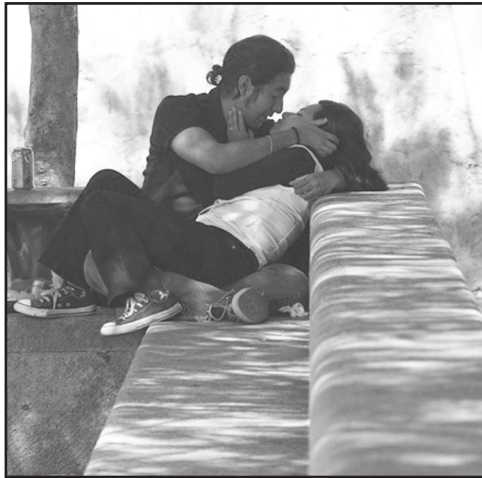
my movement  
is bold  
committed  
to the ancient  
spark of life

i know my path  
i know who  
i am.





## The Long Embrace



A

distant prayer

closer

and

closer

it comes

until

at last...

you.



Your timeless  
unfiltered innocence  
brushes aside  
all temporal realms  
and penetrates  
into the  
inner altars  
of my soul

your gaze  
dissolves all  
that is untrue

perhaps  
i cannot  
keep you forever  
but i'm  
going to try.



I loved you  
before I knew you

my heart  
sent out  
a message

you answered  
the call.



Your essence  
falls like  
a drop of water  
into my consciousness  
and ripples outward  
in perfect harmony  
to all aspects  
of myself.



With you  
i experienced  
a thousand  
lifetimes  
in just  
one  
moment.





Y our spirit  
sweeps through  
my life  
and gathers  
all the restless tears  
and valleys of uneasiness

i am reborn  
in gratitude.



Y ou are the  
moon lily  
floating in  
my mind

whether day  
or darkest night  
your presence  
is felt  
and gives  
soothing comfort  
on my journey.



Y our soft eyes  
fill up the sky  
until i am showered  
with your  
heavenly glow

your movement  
in my life  
leaves a trail  
of golden  
precious moments

your sweet love  
launches a  
thousand lighted  
paper lanterns  
into the mists  
of endless time

your heartbeat signals  
your presence  
in the vast  
tapestry of souls  
so i can find you  
on this quiet  
and jeweled night.



Why don't you  
whisper in my ear

let me feel  
your eternal flame  
that burns in my heart

let our souls embrace.



Let me sit by  
your bedside  
and hold your  
delicate hand

let's wander  
between the  
sheets of time  
to some enchanted shore

let wave after wave  
of infinity  
wash over us.



Come  
let's collect the berries  
and small wildflowers  
in the forests and  
along the roadside

let's be aimless  
let us just flow  
in the gentle  
sweet currents  
of the heart.



River walk  
down to the sea

the sound of my footsteps on the  
earth sets my mind free

thoughts of you  
set my heart free.



We  
take in  
the breath of spring

we feel  
the message  
in our hearts

the moments unfold  
and we are drawn down  
the path of spring  
again and again.





Enter The Goddess  
with a flaming  
heart of passion

silencing all your thoughts  
except those focused  
on her sweet charm  
and depth of mystery

you must enter  
her unfolding story

peer into her eyes  
and she will  
tell all.



Caress me  
with your  
essence  
let it  
carry me  
  
to your  
enchanted  
world.



The light  
over the heather  
honors me so  
and  
the gentle breeze  
strongly moves  
my heart until  
the memory of you  
is in full view.



Take  
the most fragrant tea  
the brightest gem  
the dew from a blade of grass  
the golden notes  
of an inspired heart  
the dancing light upon the sea

send these precious things  
to my love  
and let them speak loudly  
for me.



**P**lease  
linger long  
in my heart  
with your sweetness

be there  
when I return home  
and open  
the door.



Listen  
while I explain  
to you  
what is in my heart

please be patient

it may take  
several lifetimes.









---

## Heart



Ancient travelers  
used the stars  
at night  
to guide them  
on their journey

someday  
all we will need  
to find our way  
will be the light  
in our hearts.



Love  
blooms  
in the heart

timeless

like  
the wind  
as it  
comes and goes  
yet never leaves  
for it brings  
the breath of life

so it is  
with love  
the fastener  
of all things



the healer  
of all things  
broken

the inspiration  
of all things  
imagined

the reason  
for all things  
to exist.



We are all patrons  
of the moment

voyeurs  
of the unexpected  
in an ocean  
of strange vibrant  
energy  
which we slowly tame  
with our heart.



The heart  
translates the unknown  
into the known.



The morning light

lets us see

true hearts

see further.



We are shifting  
from a thirst  
of material things  
to a thirst  
for things spiritual

from the seen  
to the unseen

from the mind  
to the heart.





My mind  
wanders  
to your door

my heart  
opens it.



We return  
to familiar themes

themes of the heart

these are the truest  
pleasures for our  
native soul

themes that bring  
light to our path  
in life

themes that make  
sense of it all.



We are  
in the process  
of  
resetting  
to our hearts

resetting  
from minds  
of fear  
and scarcity

resetting  
from  
towering emotional  
shadows  
which short-circuit  
our  
souls.



We  
are all looking  
for our place  
in the sun  
yet deeper down  
we need to find  
our place in our hearts  
where the doors  
of abundance  
open wide  
and fills your life  
with earthly  
and heavenly treasures.



Home

is  
the  
person  
who  
lives  
in  
their  
heart

for  
it  
is  
there  
we  
all  
must  
truly  
reside.



Life  
knocks at your door

fear keeps the  
door closed

the heart opens  
the door wide.



People  
get inundated  
swept away  
by the contents  
of their minds

how will it feel  
when we are  
swept away by  
the ecstatic streams  
of the heart?



We usually  
put our trust  
in the architecture  
of the mind

our trust  
should be placed  
in the heart  
no matter how vulnerable  
this makes us feel.





Sometimes  
life becomes  
cloudy

we are forced  
it seems  
to see in the dark

our only  
true course  
is to trust  
the light  
in our hearts.



Words  
not connected  
to the heart  
are like lost  
children  
searching for  
their home.



The  
Divine  
Heart

connects  
the many  
to the  
One.



I did not have  
a camera to capture  
the brilliant full moon

yet its presence  
still rises  
in my heart.



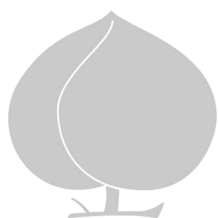
If  
you have questions  
look deep  
into the heart  
for it cannot lie

if  
you can find  
your heart  
you can  
find the truth.



The  
trade winds  
took you  
from my eyes  
but not  
my heart.









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## Haiku Journey



Falling

golden

leaves

so many

messages

all at once.



A leaf  
floats and twirls  
in the wind

final destination  
is unknown

the journey  
is everything.



Outside  
a presence

the trees sway  
and rustle

enchanted wind.



The breeze  
lifts my spirit

i send it  
on tiptoe  
to your window

ambassador  
from my  
heart.



Work ends  
sun fades

best time  
of the day  
arrives

sound of your  
footsteps.



Y ou move  
among my thoughts

like the scent  
of rose petals

your eyes  
shining.



City noise fades

the night casts  
a long shadow

cricket orchestra.





Sometimes  
you appear

like the moon

reflecting  
on deep  
mysterious  
waters.



I hear your song  
i feel your heart

you weave a story  
that i must read

a story i must live.



Y ou are  
imprinted  
on my life

as  
i  
unfold

so does  
your  
presence.



I  
spread out  
bedding  
  
prepare  
for dream time  
  
nights journey  
draws near.



If life  
is a dream

let me be  
a master dreamer

and let me  
dream of you  
forever.



Morning  
comes to visit

eyes open  
from night's sleep

who am i  
today?



Sunrise and quiet

dream world  
clings to the spirit

sweet night's reverie.



Yesterday  
fades away

at night  
i dream  
i laugh

in morning  
harmony restored.





I prepare green tea

brown earthen cup  
is waiting

calm is at the door.



Heavy

snow

covers

village

uncovers

silence.



Falling snow

mind vanishes

i remain.



Deep  
piles of snow

deep piles  
of quiet

deeply  
i breathe  
the joy  
the beauty.



W<sub>i</sub>nter

quiet

heartbeat.



Beautiful  
snowflakes  
layer deep  
outside

i cannot invite  
them in

they will vanish  
by the fire.



Every snowflake  
is unique

each falls  
separately

together  
a powerful  
winter.



Bizzard outside

travel impossible

i go within

go everywhere.





Winter  
is total

winter is harsh

we all become  
brothers and sisters.



Thick  
low hanging  
fog

mountain tops  
look like  
islands

we are  
transported.



Winding  
mountain path

unused in  
recent times

still full of  
ancient travelers.



Dark clouds  
thunder

sound  
of rain  
approaches

intermission  
from a chattering  
mind.



Storm clouds

people seek shelter

plants rejoice.



Flash storm  
in city

strong pelting rains  
in downtown

umbrella forest.



Raindrops  
fall from sky

tall reed sways  
in forest pond

dragonfly condo.



Cat  
sleeps

what is  
she  
dreaming?

i join her  
to find out.





Finally

spring leaps  
from my mind

and  
greet my eyes.



Bird  
on  
branch

song  
in  
the  
wind

simplicity.



Beautiful  
flowered meadow

forested  
green hills  
rise up

an invitation  
to the heart.



Tall  
and silent

reincarnated  
warriors

bamboo forest.



Full moon  
and strong  
winds

rice fields  
become  
ocean waves

the heart goes surfing.



Field  
of wildflowers

look closely  
with your  
heart

see the  
reflection  
of your own  
beauty.



How the summer  
dances in my heart

hold my hand

and it will dance  
in yours.



Sky unfolds

mind quiets

i unfold.





D<sub>awn</sub>

polished stones  
along the  
misty shore

we gather  
the treasures.



The waves wash  
over the rocks  
again and again

all my senses  
come alive

i arrive  
again and again.



Golden sands  
blue skies

thoughts drift out  
over the sea

like kites  
dancing  
in the wind.



When  
mind mailbox  
becomes too full

follow  
the path  
to the sea

then peace  
will follow  
you home.







## Philosopher's Café



There is a lot  
of magic  
in the world

the truest magic  
is being your  
true self

and allowing  
the miracle of life  
to flow through you.





We know

yet sometimes  
we suffer

because  
we don't  
follow through  
with what  
we know.



Sometimes  
it seems  
the world  
will cut you  
to shreds  
if you  
come out  
and express  
your true self  
your true feelings

but the only  
fragile illusion  
is your personality

your spirit  
    is forever shining  
        forever bright  
with unlimited  
possibilities.



Everyone  
wants to be loved  
everyone  
wants to be heard  
  
things get twisted  
  
we need to work on this.



Y our  
lasting freedom  
joy  
happiness

is not gathered  
by finding someone  
who will provide  
those things

but rather finding  
them in  
yourself.



Some  
of us  
become bent  
twisted  
by life's process

it takes  
great resolve  
to hold onto  
this illusion

if you  
let go  
you will  
spring back  
into your  
original  
pure  
self.



All manner  
of things  
are present  
and come forward  
into view  
    into the senses

what you call  
    good and bad  
    all are present

it is preference  
    and choice  
    that makes  
them stay  
    or vanish  
    in the  
    sunlight.



After  
a long trip  
it feels good  
to be home  
and sleep  
in your own bed

returning to  
your true self  
has the same  
feeling of  
being home.



If  
something is  
missing  
you do not have  
far to travel

the  
lost and found  
department  
is within  
you.





The information  
you are seeking  
is always available

truth is  
always available.



The peace  
you are seeking  
is found  
inside yourself

the beautiful  
places you want  
to visit  
starts with  
creating a  
beautiful place  
inside yourself

the wonderful  
relationship  
you desire  
first starts by  
having a relationship  
with yourself



make peace  
with who you  
really are

love who  
you are

be true  
to who you are.



We are at the gates  
of the core engine  
of creation

we pass through  
by opening our hearts  
full wide no limits  
unbound by fear  
which now is smiling  
because it too  
has brought gifts  
which in many  
cases were unopened  
unexamined  
and unclaimed.



War  
impacts the lives  
of many  
in painful  
chaotic ways

also  
a setting  
brilliant sun  
can impact  
the lives of many

war  
tears the heart  
of mankind

a setting sun  
restores it.



In truth  
we are always  
whole

we become diluted  
from our original essence  
by various acquired  
beliefs, fears  
and forgetfulness

in truth  
we are not  
really shaped  
by the outer world  
but by the inner world.



In everyone's heart  
there is a jewel

we search  
for this jewel

at last  
the jewel is found

we marvel  
at its beauty  
brilliance  
majesty

closer and closer  
we admire  
its wondrous  
existence

until  
at last  
we become  
the jewel  
again.



What  
do we have  
but  
who we  
really are?

our  
essence  
is precious

our  
essence  
is everything

a  
treasure  
beyond compare

the  
soul's  
infinite journey  
to  
self awareness  
self love.





Today  
is within today  
and tomorrow lies  
waiting in the jungle

yesterday follows behind  
hungry for your mind.



The last time I saw you  
is still swimming in my mind

sometimes it does the backstroke  
and drives me insane.



Swift is thought  
taken far out into the  
night and spent  
among the stars  
and recaptured  
at sunrise  
by me.



The waterfront  
of the soul

entering into  
the very depths  
of beingness

passing through  
the walls of fear

riding the heart waves  
to core essence

a vastness so deep  
it humbles all.



## Listen

laughter calls  
to us

it beckons us  
to follow

trace its smile  
upon your heart

let it bring you  
into the mirrors  
of your soul  
where you  
can look at you

the perfect expression  
of all that is  
and yet to come.



We are more  
than tiny specks  
on a tiny isle  
in the universe

we are the specs  
we are the universe

when you know this  
you are free  
you are infinite  
you are endless.



Y ou are the door  
to yourself

you are what's  
in front of the door

you are what's  
behind the door.



It's not  
*WHERE* you are

but rather  
where *YOU* are.





Y our thoughts  
your passions  
your dreams  
are sacred

you are sacred

believe it  
speak it  
be it.



We are all  
translating  
God

sometimes  
God seems to be  
lost in the translation.



We  
are all masters  
of our destiny  
whether  
we are  
aware of it  
or not.



We  
are all  
in the process  
of reconnecting  
to our true source  
our true heritage  
our true home  
our infinite self.



To manifest  
anything  
you must first  
manifest  
your true self  
your true heart.



Fear puts limits  
on all that is  
  
expectations  
put boundaries  
on all that could be.



Fear destroys  
the fabric  
of life

love  
weaves it  
back together.



Peace

is

simple

life

is

complex.





Our  
imagination  
is our  
angel.



Life  
is intricate  
subtle

take heed  
of the winds  
of change

if overlooked  
hurricanes  
of magnitude  
can manifest.



Keep your  
vision pure

keep your  
vision clear

keep your  
vision of  
the true you.



It's not  
about surviving

it's about creating  
it's about passion  
it's about imagination.



We store  
a lot of information  
in our mind

we forget  
who programmed it.



How can  
an illusion  
be more powerful  
than its creator?

only in the mind.



Every moment  
can be extraordinary  
if you are present.



As we become  
more and more aware  
of the importance of  
being our true self  
the expression “truth or  
consequences”  
takes on greater and greater  
meaning.





See not  
good or bad

see only choice.



What irritates you  
about another person  
has nothing to do  
with them  
but everything  
to do with you.



Those  
who are guided  
by greed  
are really guided  
by fear.



**J**ust as  
releasing toxic  
chemicals into  
the air  
  
so does thinking  
negative thoughts  
release toxins  
into the world.



The deepest communication  
is the art of saying nothing  
but meaning  
everything.



Face your fears  
as your friends  
as guides  
to the parts of you  
that need  
to be brought into  
the LIGHT.



Beyond  
the limits  
is where life  
really begins.



Fear  
only invades  
those who  
fear.





Life is rich

become rich  
by knowing this.



Be love

then it  
will always  
be with you.





