

# *The Pause*

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*That* work is done - *this* work ahead...

An endless stream goes on  
And miles to go before I *sleep*  
As I await *the dawn*

A load of stuff – just done with now

In journeying for the *Cause*  
A moment now to *take* a breath  
A moment now – *to pause...*

The *Pause*, as one sits with ‘no thought’

Languishing in a Daze  
Spontaneously then leads to SIGHT  
Through ‘just’ an inner Gaze

Pausing... *sensing* finally

One’s hollows and the Core  
The Core of Being...the Being of Light!  
The Being that I adore!

As I commune within myself

With *Being* – aflame within  
It tells me what I need to do  
Beyond the daily din

It says to me, “My loving One  
– A CIRCLE in essence  
Must hold the CENTRE, yet must grow  
In its CIRCUMFERENCE.”

It says to me, “My probing One  
– A SPIRAL you are too!  
As you *uncoil* and you *ascend*  
You will know *what to do!*”

“Your *vortices* absorb the *World*  
Within your Mortal BOX  
Now with immortal Light, My Love  
– Resolve the PARADOX!”

“The Light of Being Electrifies...  
The blood from toe to head  
In ‘Honeycombs’ of cells and stuff  
Within which ‘One’ is bred.”

“And yet one speaks of *Consciousness*  
As alien to oneself  
Some *Thing* that has *nothing* to do  
With every ‘dancing’ *Breath?*”

“One would but know – by gazing ‘in’  
The *journeys* of the *Lights*  
The KINESIS of ‘One’ that’s STILL  
Into its myriad *Flights!*”

“ *What Stillness?* No-no, not the one  
That brings lazy escape  
But one that dynamises Mind  
To give One’s Dream a SHAPE!”

“One’s *earthly* SPHERE envelops  
The INFINITE within  
Go share the dream, that *Dreams Come True!*  
With every *Sapling* KIN”

“And lest you get confused, My One  
With many a tempting Light  
Remember, you must *pause* again  
To find the Light of SIGHT”

“The *Pause* – it’s quite like *stepping back*  
To SEE and be *Aware*  
To *move* One’s flows of *lightning* streams  
With *laser Force* and *Care*”

So bridging with the worlds within  
One comes back then – refreshed!  
The forward way – the steps ahead  
By Stillness, now assessed!

The *Chaos Puzzle* falls in place  
One comprehends the *Laws*  
The *Mind-maps* branch from *Seeds of Light*  
As ‘One’ invokes – *The Pause*