

THE PENDULUM OF LIFE

Most stuff is extraneous to maintaining life.

All stuff is extraneous to maintaining Joy.

Kinda' lets you know where Joy resides.



The trick is tapping into what's always deep inside,
Which is easier in silence and solitude—a rare environment.

Avoiding the distractions of comfort and entertainment
Requires great self-discipline.

You see, the personality thrives in the state of "I want,"
Which requires constant acquisition and continuous worry.

On the other hand, the Soul is forever in the state of
Perpetual Joy, requiring nothing but simple recognition.

Humans contain both ends of life's pendulum and,
When they wake up to who they truly are,
They can choose their Focus.

Wake Up, Baby!
It's a good morning!
No joke!

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