

Tides

Tide of emotions
Joy to sadness to Joy
These tides sweep
body mind spirit
Where thoughts ache and relax
to pinpricks of pure joy
wrapping caresses of absolute sadness

Being alive ejaculates in being awashed
It's unpredictable tumbling
of ever-receding waves
Feelings mixed to chaotic elements of
sand, air, water, fire of life, tumult... and ... strangely, calmness

A moment between the tides
Finding peace not within the calm
rather within the tumult to come

To be awashed in joy
is so simple
the answer being...

Have to go now
not to embrace, rather to go ...
dancing sleepingly
dancing in thoughts
Chasing waves not to catch
in fingers to only feel passing moments
Chasing in tumbling swirling and moving in time

To feel the tumult
To be the tide

===== A path paved over thoughts =====

What is the tide? It isn't an object in itself. Give it a name: Tide, and it becomes distinct due to the name. The tide is not a thing. The tide is an effect: felt but when grasped only the water touches us back. The true nature of a tide isn't the water, it's a mixture of processes related within a dance. It's the moon and earth swinging. It's the sun adding tempo with storms and wind. The water merely flows with the pulling and pushing of gravity, piling up in the beat of what we call the "Tide".

The Tao is a tide of tides.

Harmony with the Tao means flowing with all the various forces connecting everything seemingly invisible yet still measurable in relative effects.

Whenever describing the Tao, I have discovered the need to use different terms for each person. Every one is awash in their own tumult. Even for myself, I developed a personal language which helps me come to terms with my nature. I spent years creating journals, poetry and art, all to document my experiences. Once capturing snapshots of living within my writing, it became possible to step out and recognize my own nature, to witness my own stumbling, swirling and tumbling-about from event to event.

I have been a Taoist my entire life; however, the ironic twist was I didn't understand the Tao until coming full circle to accept myself first. Over time, I learned to flow with the ups and downs of life, to embrace both the sad and happy moments. This became a lesson: that living itself was a tide of emotions sweeping thru my own blood. Once accepting this ever shifting beat of my nature, it became possible to understand more than myself.

Some points to consider:

- The first step in touching the Tao is very simple: It's accepting we are connected within a larger web of the world.
- Understanding a single thing as an item, as a name is knowledge. Knowledge in this form, as a static definition, will be subjected to the erosion of time.
- Understanding the nature of something is not a matter of knowledge, but a process of embracing and releasing in cycles. The embracing itself is a tidal process, ever the same, yet ever shifting.
- Our understanding is never perfect; it will flow in and out. This is very important; trying to hold on to one single understanding leaves only fossils. Understanding must evolve to change with the meanderings of a life.
- Understanding the larger world begins with flowing with the natural patterns of your own life.

The process of living creates a world of change. Know the Tao, as the tide of tides, unexpectedly shuffles everyone around with change. Hence, a Personal Tao starts with the acceptance of a tidal balance between our inner and outer worlds.