

## Waking

A window  
 Sarong draped across  
 Air slips, flutters into the room  
 Cool cool air slinking around  
 Mixing into breath  
 Coolness merging into  
 Morning

Light filters thru  
 Green, purple, blue fabric  
 Playing across, stirring into first sight  
 Coolness of colors merging to  
 Day, waking, becoming...  
 Alive once again

Are we always alive?  
 Or is it an inspiration, upon each waking  
 Each day  
 A Doorway

===== Thoughts =====

Every morning, every waking, is a new birth into our selves. Yet, so many chains, chains of our own making, limit what we *think* is possible. These chains are forged from a desire to simplify everything to binary rules (*yes/no, black/white, good/bad*) or by limiting life to definable labels.

Taoism offers a third path.

It's the option

to be yourself,  
 to toss away irrelevant questions,  
 to change rules as rules are arbitrary,  
 to discover color after seeing everything in black or white.

Physics shows us an object is there or not there... or when not measured the object is indeterminate, as it could be in any state. Taoism adds the extra option that the measured state of our life doesn't matter. Every day just before waking our life is indeterminate. Instead of measuring life against the morning light, open up the day to the possibility you are free to become what you aspire to be.

***What we are*** is always a choice on how we meander into the future.

## ===== Paths =====

Depression is when the fire dims within life. It is a calling to join back with the universe. Everyone merges into the earth. Mother earth will merge back into the stars. At some point the stars tumble down, exploding into stardust that someday again merges into something new. Knowing this cycle of change, Taoism reminds me that life is a haven and time to be brightly alive. As a Taoist I have embraced depression to experience it, yet Taoism also gives a perspective to live thru the worst times of my depression.

Years ago I wondered why Jung and Freud explored spiritualism. Ten years later I came to an understanding that our consciousness comes out of the movement of our spirit. For instance, performing Yoga and Jujutsu both enliven the body which then stokes up the spirit to brightly burn depression away. Writing, laughing or perking the mind, has similar effects to dispel the depression. Anything that affects the spirit directly impacts our minds, our bodies, the very way we flow thru life. These relationships are related and mutual.

A few times when my spiritual spark has been the dimmest I have considered ending my life. Once after work, while driving home, I had a thought that it would be so much easier to slam the car at 80 miles per hour into the highway wall. It would have been a quick and simple death. Yet, at that moment Taoist beliefs kicked in and I shook my head realizing: if things were that bad I could just walk away from the problem. The next morning I started the process to close down the work project I was on. Then each day, in a journey seven years long, I moved each morning into a new life. It was a process of weaving seven years of aspirations and dozens of distinct changes together as a whole to recreate myself. Yes, it would have been quicker and easier to end my life, a matter of a mere seven seconds as compared to seven years, but my life will end eventually so why rush into it? I look forward to the time when I will fade. However, until then, I enjoy life, hug the sadness, celebrate the happiness, circle and embrace all aspects of being alive.

At the moment of this story, the choice to walk away was the harder decision over staying on a path of life that was diminishing me. This now brings up an interesting point in Taoism. Some people think that to go with the flow, to be with the Tao, is to do what is easiest.

***To go with the flow doesn't mean to do what is easiest;  
it means to be true to your nature.***

We often have to deal with rough times and a more difficult path to be true to our nature.

**Hanging on  
to that which is right  
at the price of life  
cannot truly be right**

**A choice in paths**

**To cut free and move  
to where heart  
to where spirit  
may grow**

**or**

**To dangle feeling  
last kisses of the wind  
upon swinging toes  
wrapped around a fading sigh.**

**My choice has always been: life**

Moving on is true when it's in sync the spirit's spark<sup>1</sup>. Why speed life along by killing oneself with bad living habits? Ending the fire of life prematurely doesn't lessen depression; as life, soul and the expression of spirit are eternal. We aren't going anywhere afterwards except back into our own eternal expression of life. Discover the living fire, our spirit to be alive, means exploring fully the entirety of each breath.

- 1) Be careful not to confuse someone else's movement to be direction of your own spirit. This mistake at times can be a deadly trap leading your spirit to move against your true nature.