

## A SELECTION OF JIM FERGUSON'S HAIKU FOR CONTEMPLATION –

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This present collation commenced around July 2018 –

the latest entry: 10 July 2024 and it now contains 58 pages of Haiku [1375+]

Preface – **Haiku** is an ancient Japanese tradition, one of three recognized forms of poetry, each defined by a distinct structure [*Haiku = 5-7-5 syllables in 3 lines*]. As a Zen Buddhist practitioner, I was instantly attracted to it, as how I could express my thoughts in a succinct, yet meaningful, way. I call it **KISS** (*keep it simple stuff*) **Speak**. What first started as my simple meanderings, sometime back around 1994, and just a few, has now evolved into my own unique timeline blog, describing what runs through this mind of mine at any point in time. It flows sequentially and linearly but rarely do I attach a date, yet sometimes a flow of connected stanzas can be recognized. Sometimes a name is mentioned, but few would make the connection to that actual identity, so I strive to ensure privacy and anonymity, since they are MY thoughts alone. I now freely share this chronology of my life's journey and reactions, however I do retain copyright and offer them for your own single personal use only and they cannot be otherwise shared without my express permission in advance – please feel free to contact me via [jim@emptyjimbo.com](mailto:jim@emptyjimbo.com) anytime. If you do read them and find peace and contentment in these words, then it has not been wasted, so please do enjoy, with all my best wishes.

Five syllables here Seven more syllables there Are you happy now?	Air everywhere Breath is life - so too dharma Breath the dharma now
Archery spot on Well aimed arrows hit the spot Exhale and release	Next breath or next life Thinking this - same delusion Just THIS moment real
Work your lifetime hard Health then spirals down the well Cannot replenish	Pounding through our body Red blood – the food that feeds us Karma, not heart, controls
Pushing floodwaters Too deep or fast brings danger Drive dry to survive	We think when we think That our life is ours to make But karma is the seed
Ridgewood in my heart Perfect to see out one's days Attachment - "Let go"	Past Present Future This moment is all that counts Mindfulness beats all
Haiku is simple Mindfulness the opposite Think before you write	Fish and chips is simple Green chicken curry harder Food for thought and body
Apples oranges Chicken beef pork prawn and fish	Nuclear wonder The Universe expanding

Life from life so true	Oscillating thoughts
Immortality Seen through generations past Two faces of truth	Wisdom hard to gain Enlightenment reigns supreme Discover no more
Relationships help Life goes two by two you see Death though is alone	Love conquers hate - true Best remedy - Compassion The Buddha – coming
People – no two same Our lives are seen to follow But death we all share	Chasing happiness We fall into attachment Contentment is best
The Meaning of Life? 42 or something else? Love and compassion!	“Friends in need” so said Friends indeed, but best given? Generosity
Children bring such Joy Also responsibility Yin and Yang proven	When the air is crisp Our senses raised in response Summer is lazy
Wounds to the body Nothing to Karma’s impact But pain still the same	Neighbours win lotto Common sense thrown out the door Was the gamble good?
Big Bang was the start Emptiness before maybe Cannot wait for end	Batteries hold charge Power to carry in hand Technology rules.!
Sixty Eight Today 16 Billion Years Big Bang And so WE count ... Yes?	Insignificant The grandest plans set in stone Mindfulness is best
Everyone same Monkey mind – want this want that Meditation wins	Happiness and peace Not crappiness and pieces Compassion et al
Within the atom Galaxies rotate the same Same energy scaled	Matter or other Frequencies just vibrations What IS real or not?
She said light is great And you can see all that is No moon’s dark side then?	Gymnastics is great Body stays supple and trim Trampolines and mats
Drinking beer and wine Befuddling senses easy done Still water my choice	Flowers’ symmetry Wonder and joy to perceive. Jagged rocks are cold

Brain Teasers are fun Shake the cobwebs, free the mind Brings more than you thought.!	Drumming rains and cool Staccato drips on cement Not much else to do
A person in pain Should rally our wish to help How could someone not	Forget tomorrow Surrender the past as well Just This Now to see
Roses are red yes Violets are blue true too So forget the rest	“Slacktitude” – new word When you could but you did not So pay the price now
Eyes are great to see And bones to stand and joints to walk Skin keeps them all in	You could wrap a wrap Toss a salad, eat a steak Food is food no doubt
Simple things for you Complexity though for me Differences fine	Last night I slept well Well, last night, I slept, I mean Swap the words better
Breathing - natural Instinct or imperative? Always essential	Go four-wheel driving Taste the mud along the way Wheels on rock and dirt
Submarines are under Destroyers seek the hidden deep Such folly – danger..!	Too many people The government says “no more” But who pays for us..?
Society helps Partners in life make it great Mutual support	Barbarians here How then can they conquer too? They too have their rules
A sweet in the mouth Brings pleasure throughout indeed And fat unwanted	Two is company Three is a crowd, eight a few So then, what is One?
Water displacement Makes a boat float and not sink Planes use “lift” to fly	Rice bubbles afloat Soaking milk until they sink Yummy disaster
“Old age” an adage “Spring of youth” an adage too “Old spring” maybe true	Boys in a Thai cave Brought the world together fast World-ly compassion
Massacre of Jews Christian Muslim or others Blood is red for all	Always people die Often why and when unknown Heaven – next Life – choose
There once was a God	A house is a home

Whose face everyone saw Doors now shut from view	When floors share the soil and grime Relax and unwind
Lotto Fifteen Mill More than needed to help us Will I be "lucky"..?	New specs just ordered Now told they are wrong for me Cannot wait to see
Slurs are in my speech Lazy left foot as I walk Strike me lucky – stroke?	Medications good Wound dressings lead to heal a hole Medical wonders
There is a rhythm For Haiku, poem or song Relish the music	My only dream now Happy Health Mobility Everyone content
Sixty-eight candles No cake big enough to hold Many small instead	Aircraft cannot swim The longest breath held - no good Turns people to fish
Making money HARD Bills keep mounting just the same WHO do we work for?	It's getting hotter Summer in Spring is not right Climate Change for sure
Photography - see Time preserved just by "click" Mono or colour?	Fall asleep easy Hard to know real from dreaming Which one is more true?
U.S. mid-terms done Democrats forge ahead yes Trump sees victory	Great solar panels Lose the generator now Environment wins
Rice feeds four billion Grains of life for all to share Not enough for all	People seek better Without seeing what they have Where is contentment?
Seeing can deceive. 3D can hide – perspective Touch is often best	When it comes to food Thai or Japanese for me Goodbye steak and eggs
Contest or conquest The one leads to the other Victor wins the praise	Hands journey circle Tic Toc Tic Toc all the way On and on - no end
A drill bores metal Wood is no problem either A bit for cement	A book full of words Shares bag with water bottle A swell time awaits
An apple a day It keeps the doctor away	To see the future Many people dream of this

What does cider do?	Why not just see Now
People ask me why And I always seem to know But what don't I know?	Eat vegan or meat Barnard says vegan is best But logic says both
A line in the sand Do not cross OR go this way If second – which way?	We weigh our options Intangibles have substance? Make hard decisions
Just WHO ARE people? Our dream is ours alone to dream Sometimes karma shared?	Step by step “kin hin” Samadhi – the empty mind “Mu shin” is the other name
Belief is one thing Experience will confirm All doubt is erased	Truth is written last After facts are proven real Then belief follows
Synchronicity Born out of karma it seems No such thing as chance	Indestructible Nothing can destroy or kill Where impermanence?
I wonder so much Of marvels and mysteries Life's puzzles bring joy	My funeral nears And I am maybe prepared Do not test just yet
Two oh oh eight – Wow Ten years since – so amazing Could not ask for more	If our Life went sour And we were turned to begging Happiness remains
A doctor coming House call for the sick no less Mobile medicine	Four times an archer An arrow nocked on the string Aimed release - spot on
Lightning and rainstorm Hail and wind, damage, water Clear sky tomorrow	Why do I write this..? Simple statements say so much Do not waste even one.
Dinosaurs say all Long dead, big and powerful Only bones remain	Grand children so great Deliver vitality To forget old age
Friendships are fickle Ask anyone who has them But still worth having	Today almost done The sun retired and so me Tomorrow repeat
This world full of sound Enables communication But what if no ears?	In a sighted world The blind are denied so much Fingers learn to see

Tic – Toc --- Don't listen Just grasp emptiness between Clocks – just a prison	The hairs on our wrists Better than any time piece Time needs no measure
Mantra and tantra Sacred sounds and secret words Remedies for all	Seven Chakras swirl The subtle body within Three channels unite
Television rules For kids no – it's tablets so What was radio..?	As nine approaches Just one quarter to midnight Still no doctor comes
Buddhism – Thought-less Clarity unimpeded All answers now seen	Backwards or forwards The message remains the same Forwards or backwards
Internet goes down Then the world grinds to a halt Paper and pen then	What is in a name? Mantra, Energy, and I Just my "I" remains
Yoghurt fixes all Claimed as the magic fixer Why do Greeks still die?	Greek salads the best Healthy living – a long life Souvlakia rules
One mantra or chant Meditation is better "No mind" wins each time	People laugh or cry Emotions suck all so dry Simple nod enough
Watching "Avatar" So one controls the other But are either real?	Row, row, row, your boat And then... life is but a dream Learn THIS lesson well
Simple things are best Complexity make things hard KISS is not stupid	The ship calls louder Five weeks until we board her Hello New Zealand
Metaphors are good And Haiku invites their use One word in exchange	1, 2, 3, 4, 5 My question "Am I alive?" To ask says I am
Our youth teaches us Our wisdom born of hindsight Where do the two meet?	I have a picture Lord Yama - the Wheel of Life Karma in the round
November Santas Shops are full but why so soon? Can only spend the same	Auditions calling Fi's dream, but lacks the practice Echoes daily life
My cell phone broken	Restoring data

Where has the universe gone? Comes back tomorrow	Hours pass – too much data Where did it come from?
Communications The world at our fingertips But is it needed?	Sixty years have passed The wind-up phone WAS IT Now just in our hand
Princess and ocean Whales below albatross above A steel land for us	Water cascading Splish slosh slip and then all wet Dry hot summer where?
What is our future So asks Fi at eleven More years needed yet	The stars echo maths Orbits vectors and their speeds Chemistry as well
The big universe Space within atoms of same scale We are really naught	Travel back in time Call that Fundamentalism Certainly backward
Two is company And three is a crowd for sure Happy solitude	Gourmet treats entice The pallet screams for much more And kilo's come too
A white speck on sea White folds in an ocean blue A ship full of dreams	See a folding sea A silent slicing disturbs The ocean absorbs
New Zealand arrives Much to see and do and taste What a great country	Sea Princess by name A majestic provider We are spoilt by her
Fiordland so cold Barren lifeless but so grand Beauty born to share	Dunedin so proud A small town with history Welcomes all to share
Akerua now The blue penguin is at risk But now being saved	NZ's capital Wellington – a place to grow Shared between islands
Napier's frozen Not temperature but style 1931 still	Nature's melting pot Rotorua's thermal vents A warm reception
Auckland – the biggest But small compared to Brisbane Still needs more people	Bay of Islands stop Unplanned and emergency But magnificent
Peaceful sailing home Much sleep and recovery	A vast blue ocean The proof of Gaia's power

Six days spent on land	All around to see
Serenity here Meditation's quiet home Come all to enjoy	Just two more days left Reality beckons us Our lives to resume
Internet alive Thanks to satellites above Our world now so small	Most work very hard Their fruits stand tall to be seen Try not cut the vine
Sleep is our good friend Repairs the stresses and issues Ready to start fresh	Queensland Buddhism The Fundamental Review Question – where to now?
Home we are again Reality is calling Back to normal sure	Two weeks come and gone Only memories remain Now of future dream
Two friends in contrast Mike and Wayne we meet at sea New connections made	Nee, Lin and Anong And Xin and Anthea too All Princesses too
How Fi has blossomed Two weeks at sea brought the change Our little girl gone	Moments to just think Rare gaps from Monkey Mind's grasp Precious clarity
Thousands of photos Five sources to view and purge See - NOT remember	A million bucks short Not a lot to start anew But where to find it?
Leave before receive Then funds applied to all due Breath happy again	The day grows hotter Moisture sprinkles the body Oh for the cool change
Cool dry air arrives The body replies "thank you" The mind agrees too	Driving is calming So it seems for me at least More kilometres
What is for dinner? The same question asked each night Answer often same	The Three Poisons true But ignorance is the key Unlock freedom so
Breaths for some are few How many a lifetime unknown Waste not one this Life	LIKE flowers - pluck them LOVE flowers - care and water KNOW the difference
Kindness is common Shared by so many people Forgiveness less so	When it comes to Love Without limit or rewards This the greatest gift



The woes of business Challenges dollars made or spent Where is the profit?	Grand plans from bad ideas Ultimate outcome then bad A sound base needed
When money is King Beyond family and all A hard lesson awaits	Greed that overwhelms Blinding one to love and help Ripe for disaster
Just how many cars? Commuting takes only one No excuse answers	Short sighted hunger And always craving for more When is there enough?
Life brings you questions We always seek to answer Is Life long enough?	An ultimatum Options exhausted as well No choice – keep going
More dead than living And each one has left their mark But few remembered	Dingle or dongle The internet seeks dongle No place for the “i”
The dress is too short Modesty is exposed Shorts appear better	Back to school for kids Parents cry “Hooray” then too Peace restored for them
Fi asks a question Begging answers fill the hole And then she asks more	Thinking in Haiku Clarity reveals it all Profound – thank you
A long gap it seems No haiku - no thoughts at all Too busy for it	Khot is now no more Impact is still to be felt Just one pays for two
A lotto win please Or else mastering juggling Chance or skill - karma	Emerald buddha Given with kindness and love Inspiration now
Fell asleep typing Commas fill the page so fast Only proves one thing	Pop-up food outlets Starving those who cook all week No concern at all
The circle remains All pass money hand to hand Why never enough?	Money like water Evaporates or sticky But still disappears
Once upon a time People were happy to spend Not so now – all poor	Electric tools win Hammer and screwdriver gone Replace batteries
Three hours for the kids	Taxes are for real

Takes a chunk out of the day Compassion caring	How to pay them elusive Quarter Mill to fix
Love of a mother Powerful beyond dreaming Magnets not stronger	Loving a daughter Powerful but subjective Time will test the bond
One hour wait for kids One and a half more for them At least they enjoy	We all grow older Important stuff grows smaller Watching fills the void
Four kids keep you young Old age tries to dominate Suborned to them	Which is the faster Falling asleep or waking? You wake with a start
What on Earth to do 24 and knows It All So why the problems?	Nature or nurture? Remember this question well The answer eludes
Time lapse has evolved Two and a half months now past A blink of an eye	No money to use Taxes to pay 33 Need more for the rest
A friend seeks my help No simple task and legal Hope for common sense	Arrogance and ego Poison for friends and one-self Compassion can fix
20 years the same Fortnightly dinners not changed All fed up at last	How to tell a friend Behaviour has gone too far No excuse this time
When a mind awakes New and many doors open New paths are waiting	Just a glimpse is all Bringing enlightenment fast The change is profound
Is it getting old Being aloof and distant Or just reticence?	Shadow or sunlit Yin and yang seen in nature Cold and hot as well
Dialysis works Blood purged of impurities What about the mind?	Obscuration clouds Enlightenment awakens Ignorance the root
Dana and kindness Meditate and compassion Good actions and thoughts	Sweep dust from the floor Thinking - the same for our mind Clear sight brings wisdom
Mother Nature here Unseen but her actions are	We work to destroy Natures gifts for us to use

Caring for us all	What then when all gone?
This invitation The Human realm to learn TRUTH Do not waste this Life	Eighty-year life span Nothing to eternity Yet time to learn the truth
YES – Impermanence Everything changes in time Try holding a thought	Our most treasured gift Reasoning – that we can think And seek to learn Truth
Caught by attachment Unable to free the mind Result - drowned in stuff	People all the same Gifted with reason – unused How many lives more?
Navaho wisdom Now proven correct each time Closet Buddhist hey!	A moment to think Astounded with what unfolds Oh... if only more
Calm Abiding – real Peace, space, tranquil and much more Just have to find time	Numbers a problem Yet just another language How to bridge the gap?
R B W H Place of healing and repair Just a job for them	Stethoscope in hand A floppy badge of honour But how often used?
Unseen killer – stress Can blind one to their purpose Chill pill and calm down	Not yet 2 years Counts, talks, dances and the boss Grows so fast these days
Lucy is a film Of mind transcending body And then evolving	Cruise of a lifetime How to drown in attachment Reality lost
Praying at the Wat Hands in prayer but thoughts elsewhere Truth lost in culture	Saffron robes reveal Monks on alms round fill their bowls  Which one gains the most?
Seen from the outside Those born into the dharma Have no real idea	All answers in hand Three poisons revealed - karma Put simply – love
A breath at a time Or a next life or true sight No more round and round	Only dharma gives Answers to all life's questions Without asking more
Mother Nature reigns No contest offered at all	Natures survival Where the stronger wins it all

Proven majesty	Assures our future
Breathing a challenge Walking with pain and a stoop Not too far each time	My life is simple And I try to share its path David seems okay
Truth and love always If shit happens don't worry Even that will pass	Almost sixty-nine Never thought I would make this What a miracle..!
Love is so simple Yet scarce and in short supply That is the sadness	"I always seem calm" The words from one in distress My words calm the seas
Wow – sixty-nine now And yes, I am still breathing Our body ... profound	Twenty-five thousand And two hundred and two days I am amazed
You don't feel older But the body is tiring And breathing harder	Simple becomes hard Being tired more common But counselling still
Cynical for sure Truth gets clearer and clearer Cut away the crap	Peacefulness abounds Mindfulness is invited Clear light of seeing
Micro sleeps standard Back aches and edema too Memory okay	When to see a doctor? When will my problems explode? When say "all too late"?
So stress has now passed Only short breaths seem to stay And back pain of course	Fixable – no stress Can't fix it – then don't worry Karma rules both ways
How unfair food is New shops open – others close Can only eat once	Howard Smith opens Southbank then into trouble No one seems to care
Stories of failure Owners try to do their best New venues appeal	Refurb must be done New from old to keep our share Promotion is key
A hedge is a hedge Small trees so close together Japanese Box best	Cut to grow stronger Trim regularly for green Do it often best
Our world is screwed up Ecosystems are dying No food or water	Climate change is real - Heat and species extinction What is left for Man?

Our future is bleak Food and water shortages Then thirst and hunger	Selfishness of Man Payback revisits ten-fold Only Man to blame
Commerce goes same path Fear and greed are driving force Empathy missing	All actions must stop Bring reason and care to act Hope it's not too late
Laos' always welcome Kindness is second nature Unlike Western folk	What is this Life? 80 years to make your mark Billions of Life-times
Simple things are best Less chance to make a mistake Not all are perfect	Sunday is sacred So say many religions Keep your own faith best
Buddha asks nothing Yet offers the Universe Mindfulness is all	The heat comes early Nowhere for it go to Just keep building up.
First there was drought Then fire and rains and floods too Australians hurt	Fire destroys a life Memories and wealth consumed Only hopes remain
Our breakfasts are here Johnny's Eggs Bene superb And other meals too	Awesome coffee too Once you know you always know The bean makes the drink
The world upside down Only days pass in sickness Business is destroyed	Try your best each day To invest in your future Gone in just one day
We try to help all Families and friends equal But some expect all	Think only of self Greed is disguised in that way And limits choices
COVID-19 Wow! A whole new world awaits us Strong and weak as one	Ten years then to now Leopards never change their spots Some kids never grow
Nine months until gone A new business will arise And keep moving on	JobKeeper pays staff Owners – us – get little / none But confusion too
After the virus Will people celebrate out Or stay at table..?	A new decision – Expect a surge of dine-ins Or lose our tables..?
Six months - a new world	Governments say this

Celebrate their relief Or stay with home meals??	Banks say maybe or sorry Either way no cash
Three months – a new world Six is the number to sit One tenth of our seats	People crave eating And dining out important Saying “No” is sad
Phoenix rising now Sales have exceeded our past And debts reduced too	Johnny to get wet Into the Navy he’s going Can’t swim yet either
Tattoo has to go Forever no more – so it goes Pain part of the price	My life is to serve From one to the next I go Solving their problems
Ten in and ten out Business coming back now So too staff and sales	David and Susan The greed from her knows no bounds And David worn out
As our lives improve I start to wonder what’s next? Cycles consume us	Plus follows minus True - such is impermanence Good and bad the same
An afternoon sleep Tonic for a worn-out soul Re-charge better than food	Drink tea or coffee? Both are drugs but taste so good Fresh water is best
A blast from the past Chris from Victoria calls 20 years between	Is our Fai depressed? 13 - testing emotions Listen carefully!
Now a pensioner Officially “old” at last Never thought I would	Can’t say why I am Had no say in it or pick Glad that I am here
Almost seventy Such an amazing journey Other people say	My life feels so full I really lack for nothing I feel quite content
Beware attachment The cost greater than money Emotions also	Fai has a problem Kid’s Helpline to the rescue She plans to call them
Up to date is good Pays, records and reports too Such is business	Affidavits all Three separate – all agree So increase the odds
F T M – know it Female To Male – the new Fai	David wins the case So he should and celebrate

Feel good Mr Fai	Susan such a fool
Proof that greed destroys Shown by Susan's grab for all ... an empty basket..!	Such lies and deceit On oath and by a Christian So much for her faith
David wins but sad His empathy for her loss Shows who told the truth	Fai hates her body Yes -gender dysphoria! Big words – big problems
Dear John in strife too Depressed and more – no answers Needs help urgently	Called Bill and Mary Both agree with us on the need The answer unknown
Just a “magic pill” “When the time is right” he says Right for whom I ask?	David, Bill, Mary Enough of us to help John? Don't mention his car
He looked at a move We have helped him lose two teeth New “Movie Star Smile”	There is always hope He is calling out for help Work WITH him – not for
Seventy – who knew? Not past Fifty was my call Wonderment and Awe	A life of service Delivers diversity And good memories
The joy in a Life Is not wealth title or fame But just contentment	Has everything So what might be welcomed? Company of friends
Billions lived before Seven billion humans now And billions more too	So just one life – mine Is too small to even count Among those billions
Even the famous Counted in just thousands more How few really count?	Better to just help Others who need to find their place Than cement your own
So Seventy Now Who would have thought it a chance? But here I am...Wow!!!	Seeing John's stare...sad Danger to self and others Is there hope for him?
Now three-score and ten “Age of Man” it was once said The goal now 80	Nong has been away Johnny's fence was the reason But home tonight...yes!
John called re Sandy His interest affirmed Just picked the wrong girl	Silver Singles next Two men seeking love n friends Don't scare the chickens

What does it feel like? The question I am asked now Just like yesterday!	Last year worse than now My health far superior And more positive
What to do if choice Different to what I do? I find no answer	COVID here to stay The new normal means "just what...?" Distancing and doubt
Our world – a golf ball Proven by the virus so small But impact immense	All is simply scale From infinite Universe To the humble quark
Space everywhere Dharma's emptiness - the same All that IS - nothing	All but empty - true The Universe and us too What is memory?
What WAS before time? What then IS since then, you ask? Probably the same	Thirteen billion years Too long ago to recall How many more left?
A single life span 70-80 – so long But not against time	Joy – A good coffee Bliss – Eat a wholesome breakfast Content – A good crap
Life goes on and on Both this one and all before When Enlightenment?	The Enso Circle Zen's glyph of all and no-thing Mostly about mu
The yin-yang symbol Interdependence in all Nothing separate	I invite you all To read ponder and accept Then discover Peace
Praise to micro-sleeps Granny-naps the very best Helps keep me going	Two to ten seconds Who counts, but what a good help Makes the day work-able
Yes – I had a dream So profound that it woke me An RV no less	The vision so clear OR was it just wish-full thought? And non-attachment.?
Not for a long time Has my desire been so great For a worldly thing	Question a RV? Great for travel BUT my age? And when could I go?
Needs a Lotto win To be able to afford But cannot buy time!	So what to do now? Try to make it "real" somehow! Or try to forget?
I have made a list	But am I ok



If "real" it would be awesome And maybe costly	To drive it wherever I choose And what about Nong?
I have bought Lotto And need 4 Mill to do it Then to choose what next	So the test is clear – Win or not win the Lotto There lies the answer
Six months have gone fast Unwritten thoughts gone - not saved All the words now lost	Chris and Song now wed Camera and lens broken But photos survived
Time – the foe of all No respect for anyone It goes – no return	COVID keeps going On and on – lockdown again No good for business
Hospital for me Cellulitis quite severe Three weeks plus to fix	New camera gear Can't wait to really try it Omm as my model
Sooo tired all the time Now 70 – look forwards No introspection	Business - one thing Dreams and aspirations best Balance is needed
Old skill refreshed Capturing stills of beauty Omm – young perfection	Ahhh – photography Immersed in real moments Preserved in time
To see – not just look Beauty is all around us Such wonders to love	Nature's perfections Symmetry blended with maths Interconnected
Dharma – common sense No need to believe in it Just let it happen	Believing sooo big Really just microscopic No big deal in fact
Two hundred grand A lot indeed but needed How to find - the task	Ageing faster now Where on the scale do I sit? How long will I last?
Eyes are a problem Walking, back pain and breath too My weight tops it all	So how to fix them? Less eating and walking more Not easy in my state
Had the COVID jab No issues for me at least 12 weeks to the next	Sometimes or never - The two ends never get close Which one best?
Graham and Margit Twenty plus years since last seen	The Phoenix still charms The marble amongst the green

But open arms still	All in harmony
Your feet in the dirt Your body amongst the trees Your mind sees heaven	Beauty surrounds us Just take a look and see it You can breathe it too
Light between the Lines Reveals a heart filled with Love In tune with Gaia	On Mt Glorious A sculpted haven of Love A garden of Peace
Your kindness – thank you The memories re-kindled Yesterdays returned	Hard to describe it Words cannot describe it well Unforgettable..!
Pentax cameras Part of me since '65 Five grand to replace	Pixels on paper Binary dots and colour pleasing paradox
“Snap shot” – what is it? A spontaneous action Yet kept forever	Canberra calling To renew Fai’s Thai passport Sixty costs four grand
Melancholia Do not let it get you down! Share a smile and hug	Friend David is tired Seeks the cure that eludes him Less stress and more rest!
John’s despair – lethal Wealth aplenty, but no joy Cries in pain for death	How to gently guide? “Don’t care” and “doesn’t matter” A chasm to bridge
Two years of regret Bundled hate and aggression Victim of own anger	Calling for my help Falls back into the Bible Then what can I do.?
The answer exists But Bible-blindness conceals Love and compassion	He says vengeance rules The “Good Book” declare it so Conditioned to fail
Trees and nature speak They show no such behaviour Just share and accept	I wish John could see The real Truth that surrounds us Where Love fixes all
I have had this day To review and correct words This result is fine	See Haiku beauty Of thoughts and inspirations Soothes my soul as well
Life bears a purpose Not hard to find if you look Fulfillment harder	We meet many souls Some heavy but some just Shine And THEY recharge US..!

Just a grain of sand Once was the smallest measure Now a universe	So – space expanding Then, what IS Infinity? And – does it matter?
Masks for all - the rule Yet youth ignore – bullet proof? More likely stupid	Pfizer or A-Z..? Politics stronger than health A-Z stays for aged
Maree at Maru With Matt and us – Korean Enjoy your birthday	Kirsty comes for help Cert IV supporting her job Her efforts are good
A lovely day With lovely people too Both good company	Ice cream in winter Just like a roast in summer Sounds crazy – but nice
12 Years – 11 <sup>th</sup> Marriage (Happiness) so great Live to see 20..?	Together thirteen Yin and Yang combined so well Both bound together
Canberra beckons Virgin doing its part too Cannot miss the flight	Wheels up – Touchdown too Journey by Boeing we go And cabs at each end
All for a Passport Some say we are just crazy Not a whole day there	Farewell BrisVegas South to become three penguins Thai's will learn about “cold”
Like a white forest Clouds below hide that under Trees of green in fact	Hotel Realm we stay Five stars – except for dinner Restaurant not so
At Thai Embassy For an hour and a half No Passport for Fai	Paperwork no good Thailand 3 hours behind Sorry – come back again
Not a whole day there Four grand to be told “Sorry” What an utter waste	Just made the flight back Lost my multi-tool as well Security sucks
No breakfasts as well So we consume the flights' fare Do not try yourself	Brunch at three o'clock Insulin and tablets too Great end to bad day
So, “Crazy” was right I have lodged a complaint now Let's wait the result	Spoke with Tarl today How his life has changed, so much Going back to work..!
His ambivalence –	Wish him all success

Different sort of happy More resignation	The shine has gone from his eyes Maybe re-ignite
Something is missing But I know not what it is My mind has a hole	A memory lapse A forgotten job to do What is it – not there?
Pressures are mounting On businesses to survive And us included	Positive support And constructive additions Always are welcome
Blunt negatives though Do little to solve a point Just more difficult	To maintain effort Needs amelioration. Let's work together
These simple words help Making solutions sound clear To those who listen	If these thoughts ring loud Maybe you and I – in tune We Us – Harmony
A symphony calls Brings everything as One Delight to our ears	Giving highs and lows Undulating with volume Loud and then silence
Before Buddhism Shiva and Devi taught same Ancient TRUTH revealed	Breathing is the Key Being its journey unlocks The door to Wisdom
It is midnight now A new day beckons us all Make the most of it	Goodnight everyone Enjoy the rest but wake fresh To bring you Peace
Thai passport to come Apology and pathway Granting one year doc	Still much to do yet Papers to sign date and stamp Then mail back to us
Photos – 4 required And other forms from here too My guess? Needs a month	John and Ross I met Not those whom I thought I knew But still recognized
Julianne is nice Invited to read this blog Well – are you here yet?	Josh, Amy and Vada Another “adopted” arm I am so lucky..!
Life brings many gifts Shared moments of Joy Must be at the top	You can be in pain And seek relief – but just pause Some deep breaths will help
Half of OZ lock down And news speaks of nothing else	The rest of the World..? Climate change and COVID too

Hello tedium	And some Afro wars
Zen – Inherited - Four-thousand-year-old Tantras ALL teachers share TRUTH	Study mind and breath Sounding “aum” – the great mantra Delivers no-thing
Take a few moments Look inside for Your Purpose Life becomes clearer	COVID brings new ends Shops and jobs gone forever The people – what now..?
We are despondent COVID has consumed the dreams Just waiting...waiting	Friends share our lunch time They still yearn for old freedoms But cannot do much
So all is grey now No shining light to be seen Stay home – don’t go out.!	But off to Tokyo For the Games’ competitions Come on Aussie YES!
Four weeks then over Millions spent in the process Shared with green and gold	7 will tell all No matter what your sport is Cheer for Aussie Gold
Two hundred and six How many nations in play Gold silver or bronze	My website update Had not checked for quite some time Now more up to date
Five rings in Tokyo And a sea of green and gold Bring home the gold please	We yearn for Wat Lao Tomorrow we see Ajahn Just like family
Wat Lao has to move Qld Education says A school is to come	Thirty years then gone Impermanence is proven But where do they go?
Gum Do also gone One and a half years is all Sold to another	Queensland get the Games Twenty Thirty Two it comes Me most likely gone
The nights get colder Then climb into a chilled bed Takes time to get warm	Gentle air-con good Set to just warm and not hot To “take the edge off”.
Procrastination Have I said this before? Maybe Yes or No	Pizza and noodles Asian and Continental The tastes of today
How many people Might actually read this? If One – please enjoy	My beard has returned Twelve plus years – not to be seen Nice to wear again

A breath – a Lifetime In and out – inhale exhale Ying and yang - Enso	At birth – our first breath And when we die – hand it back Recycled only
A finite number The number unknown to us But make each breath count	Our heart is the same How many beats are given? Each a miracle
So Life is fragile Precious – Invaluable Do not waste this time	Prayers, sounds and mantras Vibrations that MAY help us I prefer Silence
All else – distractions Seeking Emptiness – my goal But not Nothing-ness	Colours words and art These are attachments as well Close your eyes to see
When does learning cease? Awareness suggests Never This – Infinity.!	Our final journey Pay Attention – discover The Ultimate Truth
What is “Risk” you ask? Simple – that BAD might happen. Strive to prevent it.	Our lives float on risk Success pushes against it Recognize this first
Assessment is key Identify then manage Eliminate best	X-Files - a great show The Truth is Out There – so true Stimulates the Mind
Need to deal with tax The amount is too much now Cannot win Lotto?	Borrowing is hard No one wants to lend just now Have to make a deal
Meeting at the Wat An Impact Statement needed Something I can do	Luck to be “The Man” Have to ask him to produce Needs to earn the name
Much to do to win Government versus the Wat Need to convince them	COVID back again Does not help with anything Have to go along
Now I have two shots COVID should not get me now Still look out for trucks	Happy to help Wat Probably will step on toes But cannot help that
Not a Holy War – But a Faith served by the sword No choice for Afghans	See despair and fear Normal Afghans have no say Faith without mercy
My stats are valid	My sugars are good

Tested and found to be true Nice to be correct	Michael and I are happy See you in three months
A fridge dies at shop Four grand to find another Never get ahead	Johnny's math no good Probably English as well No Air Force for him
His skills cannot help Could not survive in business That is crystal clear	So what now for him? Limited choices only But he will survive
What was the West's plan? 20 years – death – destruction Goodbye and hurry	Disgraceful at least Such a lack of compassion Now – just excuses
ScoMo at his best He says "Cannot save them all" Still no compassion	They all had the time Months to prepare for evac Now just "Oops" and slow
Now just deep sadness Predicting their suffering Time and time again	Hutus and Tutsis Sudanese, Uyghurs and more But no one stops them
How Man has survived The centuries of killing And it never stops	Always excuses "Not our fault" a common call Wash away the guilt
Am I happy? No! Sadness is now my burden I feel their pain too	What would be the cost For the free world to respond And stop all this hate?
Taliban revenge Old memories to pay back Pity their victims	Leopards don't change spots Why should Taliban differ? Blood is yet to spill
Wat Lao supports me Not one though who claims the fame But we need progress	Rebutting emails Takes up more time than I want But has to be done
John calls so depressed Needs to know that he is loved No care for others	Economy flat ATO stills claims money But not from big guys
Wat Lao – Number 1 Focus of my thoughts, actions Karma in action	September has gone Just in a blink of an eye Enemy is time
Wat Lao now urgent Eight ten – the date they have set	Meeting on Monday After a very long week

How ridiculous	The people decide
Tiredness constant My body craving for sleep But then not enough	Coffee meant to help Two or three shots I don't know But I still need more
Booze – help or hinder? Nice for sure, but makes me tired Yin-yang once again	Find a little space Park my mind and let it rest Soak up the black-ness
Emptiness we seek With-in with-out all the same But still it eludes	And now beyond words How “IT” feels – cannot describe But “knowing” IS clear
So thanks for that space Barely a minute or three Perspective regained	Wow – Seventy-one Never in my wildest dream But still here it seems
Where is the last year? Seems like just months have gone by But one year it is	Thanks to all I've met In this journey of my Life Shared Time, Love and More
Now I seek the next Three hundred and sixty-five But who is counting.?	Even Ajahn called So nice that he also called Wat Lao is so good
Another three weeks Speed of Light or what! - I say Blink - Eternity	Still issues with Luck He is the greatest danger What is his motive
My body weakens Hard to walk or even sit Pain is not my friend	Time has less value Just how many minutes left? How many needed?
Almost four months past So many things have happened But no time to tell	Fridges freezers die So too air con and PC The heat or Karma..?
People get sick too Heart attack, stroke and COVID So far so good here	POS – the next victim Three grand the cost to replace Plus other shop needs too
Lydia's pre-school Two days a week and enjoys My girl growing up..!	Wat Lao has a home Greenbank to be Wat Lao's home April for moving
Luck is now my friend Hard to argue with results Finish the race next	Songkran is coming To be held at Park not Bank Everyone agrees



Not one two but five Almost six months past no less Only time to act	Was not until May That the DoE settled For 2 point 9 mill
Luck thought 1 point 2 I said 3 plus would be fair So a good result	And not May or June But July and take all you can So all are happy
Now the vultures come Time for me to hand over My role has ended	The future is theirs Let's hope it is not wasted My ashes seek peace
Gone to hospital My leg and cellulitis An excellent fix	Johnny and Clear wed Nothing fancy – just at home But nice just the same
Clear is due 5 8 Jeremy James due to land Cannot come too soon	And Kirsty and Josh She has found love once again Just hope that it lasts
Much more has happened But time itself illusive Memory – no help	I now have a drone Hopefully gets me outdoors Vit D – exercise
Anong's menopause Driving her crazy – not good Ultra-sound and docs	Borrowed much money To simplify expenses Fingers crossed will work
Tax laws and what's owed Staff entitlements as well Makes business hard	Costs just keep rising Another burden for us Calls for new menus
Ukraine's bloody war Putin's useless reckless claim Wake up you bastard	The UN's new name – Uselessly Neutral it seems So much for No War..!
Kirsty 41 Her third transformation too Best wishes for her	I have a small drone Can fly instead of walking My new interest
Telstra phone issues Home router and mobiles too Why complicated?	New router useless Restored the original Need to return it
Samsung redemption Telstra cannot give me Proof Maybe TIO..!	Wat Lao is silent No more contact except Pon Time will be the Judge
To go where I can't	So what will I see..?

My drone is my camera Sights otherwise lost	A new perspective I hope Complementary
Everything connects Quantum physics states the same The Buddha came first	But this is common Indigenous the world-wide Also thought the same
Truth is Absolute May call it by any name Wisdom will reveal	Don't call it dhamma They do not own it either Acceptance is all
So now new glasses My eyes have shifted each way One better one worse	Also to doctor Medical certificate So I can still drive
But still so tired Cannot believe just how much Despite so much sleep	Jeremy James born Third of August Twenty Two 3.8 K G
A delivery And Twenty Bucks for the meal A fair cost I think	A small fire next door Fireys put out the bonfire The same kids again
Wat Lao at Greenbank Many new faces and young Promises future	Visited JJ And brought the girls home with us To school tomorrow
Renew Fai's visa Four months before it expires Three years to Years 12	What then we all ask?? Will Fai have a direction?? Cut the apron strings
Again Time has gone A month of much and little But gone just the same	QE II now dead 96 years and 70 Age and service each
11 days mourn Pomp and majesty abound TV turned away	Interest rates rise CPI Ukraine and more Business now responds
We borrowed a sum Now cashflow evaporates Some concern I feel	Three weeks to birthday Will I make it...I wonder Age is catching up
Fai's report – amazed Almost describes someone else Should be same NOT two	My drone is the key To get me out and about And have sun as well
The Queen is no more A King that lacks the same charm	And me...sixteen days Then seventy-two years young

Does OZ really need..?	But will I make it...?
I feel much older My body aches top to toe And so tired as well	Exhaustion is IT Wake up and ready for bed Need more than one sleep
And things don't matter Almost like I do not care But that should not be	Tax and other bills With a cashflow stretched so fine No room for error
Lotto the answer How other can we succeed? One in a million	Is this then the end..? A legacy of big debt And no guarantees
IS this depression..? Fatigued and tired too Just want sleep more	So much to get done But cannot find the focus Simple distractions
Pain – my companion Not my friend – but always here Feel free to depart	Good things for Wat Lao Ajahn's well-being now good And all thanks to Pon
Seventy-two....yes! Wake up to awe and wonder Another milestone	Not the first time said - To think I am still breathing But more fragile too
God.... Oxycodone What you mean saying "Thank God" At least for bad pain	Now my best friend too But you do have to take care Or it will bite you
So, live with the pain An aching back ALL the time Impedes walking too	The right leg challenge Just lifting it off the floor More a shuffle now
E H A is great Exercise to fix my pain But... no pain no gain	Just simple movements For some yes...my remedy Six weeks to start with
I accept the pain To regain mobility A small price to pay	Oxycodone helps But dependence is the risk So use sparingly
Tim Minchin inspires Everyone should watch and learn True dedication	My canine is loose Say as loose as loose can be Will it come out? NO!
Sales are VERY bad We cannot maintain for long Place trust in karma	How can we improve? Nong changes the shop's décor I update pricing

Ajahn K waved "Hi" And in Ipswich Hospital How long shall he live?	My fingers are numb And the skin slippery Just one more problem
Pajero limping Front shock absorber has died Thirteen hundred - fixed	The difference felt Easy turns and more comfort Just the cost remains
A plan for Ajahn Government help for him soon Thanks to Pon and co.	Nov 13 – Kirsty Another complete meltdown Ambos called to help
Feb floods was the start And deeper in debt since then Now a big deep hole	Off to hospital And Kirsty now in good care Me to solve problems
Colour printer dead It has been good value true But no more - replaced	Josh is a problem Has not really helped at all The issues immense
I give her thousands Pay out debts rego loans Landlords also help	Under pysch care now No driving or work either For almost a month
Meet at Luck's office We are good friends now it seems He has a good heart	I have some cancers Arm hands back – treating all now None too serious
A new sofa comes The first in 22 years And makes a bed too	My pains – improving Thanks to Jackie's exercise Off the Oxy too
Fai's new Visa issues Harder and harder each time And more costly too	New menus arrive First in 4 years - 10 per cent Now to synchronize
Changes all over POS Wix and all others And many fixes	ATO and Khot A payment plan for its debt Hopefully okay
Scarborough and kids A lovely day and beach Nice to have the kids	Pajero service The back shocks also replaced Car now new again
ATO and Nong Another payment plan done Takes the pressure off	Fai's bridging visa All we have to do is wait But should be okay
Archery calls me	Christmas Eve car crash

Samford Valley potential When I get better	In the car park - not my fault But car still okay
A quiet Christmas Pick up the kids – then to home Johnny’s dog has pups	Boxing Day the same Chris, Song and Jong together Fai goes home with Song
Almost ..23 Put a bad year behind us Please let us hope so	A new phone for Fai She broke it – so now buy it How else can she learn?
A new year arrives But from day to day – no change I really am tired	David is in love No doubt about that, with Tam But still an unknown
The possum is sad Rat’s coffee to share sadness Must “Let Go” to fix	Attachment to blame So much arises from it Regrets stop progress
Brahm’s talks a great help I hope the possum hears them To find inner peace	My body aches so EHA is still the best Pain is now my friend
A boat cruise coming Just Brisbane – in a circle Thursday to Sunday	With the two young ones How much rest then for Nong hey? I will help for sure
So much so quickly No time to focus on us Everyone else comes	DGC n Love Smitten and overwhelmed Poor bastard needs help
Signs of Alzheimer’s Oft keeps repeating stories Forgets simple things	Almost lives here now Frets when he cannot see her Tam has won his heart
Ajahn’s Westpac bank Finally Pon can access But problems remain	Kirsty – what to do? Josh now gone but debts remain And all due to drugs
If I had but known Three hundred per week was spent While I paid thousands	What a bad person Josh coerced poor Kirsty so But she did let him
I had said before That one-third of that mouthed Went up in smoke - fags	But now I find out Almost two-thirds burnt that way As Ganja for Josh
I wake with chest pain Angina is what I think	But now I am tired And just want to get some sleep

Stress?? I think for sure	Maybe a little
David and Kirsty Ajahn, Pon and co – Anong? She too has her needs	And Fai has been good Growing up – still has problems But yes – improving.
Lydia starts school Nadia – a new school as well And Fai to Mitchie	But cellulitis Came back to my left leg Pain and so sudden
Kirsty seems better Some positive news awaits Wait for tomorrow	David happy too Ecstatic is the real truth Now planning future
I am looking old And feeling every part too How many breaths left?	That is why I write Even if no one sees it At least my words ARE
Tam talks to Anny Tam asks David – want children? And talks of marriage	I am so tired Walking, standing – all so hard When will it all end?
Australia Day When ancient is forgotten To party younger	Genocide – the Truth Despair and hate that followed You would feel that way
Totality 3 Synchronicity update Now read side by side	Silence is your friend Then listen to your own heart The answers – within
White froth on black sea Journey from Brisbane then back The bow makes the cut	The constant shudder Turns the body to jelly For some too much too
From that gentle throb The vibration makes us calm Relaxing at sea	The shimmering sea The waves move in their own way Calm or unsettled
Two days to Port Mac Luminosa is the ship Everyone smiles	Constant vibration Top to bottom and between Massage of the sea
Three nights and two days Diet, normality – gone Then back to the start	I can barely walk People keep checking on me That part is nice – yes!
Murphy came to shop Good that Chris and Line working Hope that all is good	No more travel for me Eighty metres my limit No good for this now

RACQ comes Screw in a tyre made it flat Good that I called them	Grand-kids on a boat A holiday – not really But nice to have them
Kirsty and a toad Another thing that happened Knee deep in toilet	Cheese is what I missed My inner mouse yells out loud Saved – melted on toast
Blood in my wee now A memory from the boat? Share with my doctor	Now a U T I But subject to all the tests Bloods, wee, ultra-sound
Fallibility Once just a word but now real Sense it everywhere	Melancholia Look it up – a state of mind Does not help The Now
So Tam is ready But is David ready too? Much to do for him	Stella worried for him But more so for her own job Have to work harder
A hole in your life Finally got the message Now to start digging	Immi is no friend Obstructs love and relations Cannot jump the queue
Narcolepsy – yes? Cannot answer since I sleep Wait till I awake	CPAP is the cure So THEY say, but I now doubt Help – Yes, but not cure
Now I fast for test I feel hungry and thirsty Usually not	Lack of sales worries Break-even is long distant Need to turn around
9-2-23 Bladder cancer now for me The journey begins	Three weeks to a month Worlds collide – Kirsty, car, health Synchronicity..!
But the gym was great My body was so grateful Can't wait for next week	C-word does not scare But helps setting direction And priorities
Nong, shop and taxes Also need to be sorted out Plus Fai and kids	Three weeks just the start Could be months or even years Have to wait for tests
My new doctor Owen Made the call and I like him Karma once again..?	He just two days there But already known elsewhere Happy to have him
Checklists for David	And all the HOW things

To cover all manner of things An old lamb it seems	That Nong and others will need Time to prepare..? Yes..!
One week further on Still bloody wee and unwell But really no change	Now the Physio... Pat...says I should walk much more Treadmill is the way
This and that...and more Really no time for it all Prefer to sleep more	My task to lose weight To help all the other things Now to wait and see
X-Trail is the car While mine in the workshop Maybe I should too	It is nice to drive And big enough for us too But still miss my own
Weariness constant Ten days in – just want to sleep Bowel changes also	Wee more often now And bowels from twice to three plus Strange feelings also
Reflect to 19 Bad appendix op was done Connection maybe?	A poo is complete When a second wee happens The start of it all..?
Lydia my girl: Daddy ... Jim-Dad ... ahh JimPop? Her words speak the truth	Working on our Tax Worry – we run out of time Still so much to do
Many shades of grey The clouds roll this way and that Nothing stops their play	Rain falls down as drops Some small while others are huge But wet just the same
Visy-vests the same But their wearers different And easily seen	Black is black – so said And white meant to be the same Why so many shades?
Three blacks in a row – Toyota Jeep and Mazda All so different..!	Solo bird in the sky Ruler of all that below But is it happy.?
Council calls for time For yearly snap inspection Give us four days please	A new rice cooker Means we now have three dead ones Maybe should fix them..?
New home for Kirsty Ingenia 93 Hello to Taigum	Bond clean organized Removalists on board too Just pay bond and rent
Bond and rent now paid Cleaner mover also set	Saturday – the day Kirsty's seventh Life begins



Another Two Grand	I pray – the best yet..!
Many words now fixed My Haiku now edited Please someone – read them...	New pays to arrange And a new STP too Yet another job
If Kasikorn Bank Must go to Chiang Mai to pay Or just send direct	The measure of trust Is like a glass of water Between full – empty
To thirst for water Is the same as trust destroyed And same emptiness	But trust proven Is a glass over-flowing Quenching all concerns
Ingenia...Yes! Kirsty so happy with it Cannot wait to move	Dr Hazel tops Says” nice to see you again” Back in good care now
Simon re Ajahn Many issues still remain Need to be careful	They go Thailand All issues can wait till then Must fix on return
Start at 8 for truck But it comes at 12:30 Trash goes to Nudgee	6 PM – Taigum Then the first meal there – pizza Kirsty exhausted
Fai & Kirsty back The clean-up continues there Some stuff still remains	I am also tired And blood continues in wee Challenge walking
BAS bells now ringing To find more money to pay And based on a guess	So I too need help Time – my greatest enemy One I hope to beat
Mumbles, gibberish Unknown words, befuddled sounds Sometimes these my thoughts	I blink – then dreaming I wake – dream ends – back to now Both equally real?
This coming week busy Tuesday, Thursday and Friday That is the plan now	To live in the bush Immersed in Nature’s true self Blue skies, clean water
Could I live that way? With just a few comforts – Yes! No neighbours either.!	Cry “escape” ... to where? The Mind is within.... So how? Best put Mind at rest..!
DGC commits “Will you marry me” he asks? “Of course I will – Yes!”	Elgata now clean Gardens lawns also now done Now the bond to come

Thousands have been spent And not the first time either The count equals eight	8 in 22 Every 2.8 years Cannot do again
Learn from your mistakes How long does that really take? And how many times?	But Love is still Love Doing all that you can do Finding peace – the hope
Thirty-four pages My Haiku just does not stop How many read this?	I am so weary Beyond tiredness and pain And shortness of breath
So goodnight for now Hope to sleep without dreaming And wake feeling fresh	Meditation – yes Is always the answer sought Just mindful breathing
Breakfast turns to lunch Patrons come and go in turn Nowhere near full though	South – South-west a line Hawaii to the South Pole Cross IDL seven
Car ready then not Waiting while fault repaired When does “fixed” mean “fixed”?	Today tomorrow Alternating seven times IDL crazy
Breakfast wins with friends Old and new and business too Starting the day well	Some aches and some pains Some old but then some new too Age is a bugger!
No Ajahn to Laos Pon distraught and upset too Dementia the cause	This Life is a school And we are all just students With lessons to learn
No one is immune Waves of karma engulf us No time to catch breath	Just go with the flow Stay alert to gain wisdom Then share if you can
Two birthdays and more No invitation to me Just JJ instead	Omm will be 20 Beauty and naivety Much caution needed
Song Omm and Chris too Three families now blended Pray for happiness	Add David and Tam Relationships continue The world keeps turning
“Don’t hand back the car!” Wednesday to now, Friday But No – now Monday	But who really cares? Not us – we go home at 4 Sorry about that..!
Bull-bar fitter’s fault	Whatever it takes

Was it an error or not? Still must be fixed	One hopes it will come back new And no more troubles
1 <sup>st</sup> – okay to go 3 <sup>rd</sup> – Wheel alignment to do Why not before 1 <sup>st</sup> ?	I missed a section So how could that have happened? Proof that I am tired
Pon has left this land But Ajahn remains behind More problems ahead	What then happens now ? Not just dharma – also cash And who keeps the spoils?
I pray for Ajahn Plan to move to Sydney now What then for Greenbank?	Ven Sexi worn out He too needs rest and care Check he is okay
Wealthy poverty A real paradox exists Vinaya or greed?	My crypto wallet Once full – now 20 per cent Maybe recover?
Keep waking by 6 And then sleep runs far away Leaving me tired still	Not the clock's problem It is how long that I lay Just 5 or 6 hours
Like simple beauty This is Nature's gift to us So do not destroy	Earthquakes continue People and cities both gone The earth unaware
So small on its skin People on the earth's surface Just wrong place wrong time	And all other life Who also share those places They too are victims
A holistic view Important to see it all Makes one feel so small	And so it should too Too often we feel so grand Wake up to the truth
Paper-shredder full How many pages unknown And how many trees??	Paper confetti Repurpose to act like wood Tree to tree again
Electricity After the wheel – the next best Then sanitation	Invest your surplus No more than okay to lose Then hope it will grow
eScooters now rule No path for pedestrians Beep beep – coming through	Used to share with bikes For health, fitness not just speed Fast – Lazy – Don't Care
Jong's shadow engulfs Denies Omm's growth badly A wilting flower	What sway has Gordee? His influence astounds me More future Bogans

Society – Wake!! A Bogan future – Danger Pray will not happen	TV compounds this Shows for morons dominate Not have to think now
Driver-less cars too Also fit this vision well Taken for a ride	Air-con is so good Turns the heat into comfort And sleep longer too
My gut is angry Turning and churning all day A good fart needed	A glass of water Quenches a thirst and much more Cannot live without
Nong and I resting What better for Sunday off But is it a waste?	Grand-kids arriving Their parents too for dinner Nice to see them all
And then I felt ill And slept so many hours More than just feel hot	My little flower Shines so brightly and clever Such a joy to see
Chutzpah is Yiddish The word says it all – no fear Just like what I write	Zeitgeist – another These words are my own zeitgeist Enjoy their meaning
Reading this to here Masochist or simply bored? I trust not wasted	Each breath – one less left Each heart-beat goes the same way None can be retrieved
So with each breath – think How lucky to have had them And not wasted one	My dharma teachers Thank you to all for guidance Realization
My most favoured text? Hsin Hsin Ming – Sosan Zenji English – “Trust In Mind”	Learn that if you can Then live it fully each day Life becomes simple
600 A.D. Is the age of that wisdom Cannot challenge now..!	My peace comes from there This transcends all faiths and gods Only states the Truth
Debate it – you can Defeat it – Impossible Trust me – I have tried	So, should I die now My last message to you all Is – “Be kind to all”
My Pajero home Sitting in that chunk of steel Looks like new again	Today – hospital STARS is it’s name and so new You can feel how fresh
They say two years old How come I never knew it..? Car parking – no way!	13CABS useless Three drivers coming – none do They gave up instead

DiDi get the call 4 minutes later – arrive And for just 8 bucks	CT scan to come Within this two weeks he says Then surgery next
That within the month Have to stay one or more nights Let us hope no more	Go off Tumeric Must stop before surgery Thins the blood he said
Also pause the gym Take pressure off the bladder Keep the fluids up	So now we just wait For the date and time to go Next time use DiDi
April 3rd the date For a procedure no less CT and remove?	18/4 he flies And 13/5 he returns Make or break the man
Chiang Mai then to beach A week in the sun with Tam In Koh Samui	Has no idea He just dreams his fairy tale No thought of her needs
I would like to drive And just where I do not care Turning wheels under	I almost lost this By deleting the wrong doc OCR rescue
Dayboro not far A pleasant drive to soothe me 70 K M	Quick carpentry done Stove cover using my tools Success and happy
The hospital calls 22 <sup>nd</sup> to discuss Ahead of the 3rd	A terrible night Hot and sweaty – so air con But now still tired
Eaton's Hill Hotel Ten of us shared a great lunch Song's birthday and more	Anniversary Chris and Song's and Greg's birthday A lovely day
Happy Birthday Omm Such a beautiful flower Yet suffocated	The Chamber steps up Requires the street to support I hope that they do
DGC and Tam Mixed messages confuse Expecting too much	His life has changed Regardless – a new future Must control his Mind
Never too old.... No But how much can you absorb? And how much will stick?	Today – still weary And pains felt in strange places Walking still hard too
Sleep overwhelms me Staying awake challenges	A teetering world Big 2 plus 3 versus 3

Not sure which one real	Net sum 2 – but which?
Numbers are such fun Understanding is the Lock SEEING them – the Key..!	Language rules also By learning the do’s and don’ts Spelling is a breeze
Tam is not sincere Brings pain and sadness as well David must re-think	She perhaps too young Or not as smart as first thought But risks losing all
Human Rights for all Offenders and victims both Community first	Young kids lack control And answering to no one But leaving a trail
8 subs by 50 30 years at 12 bill We all may be dead	Why would danger wait? Best to strike before that day All that money gone
Nong gains her Learner’s Now keen to perfect her skills Licence to come soon	David’s love affirmed Tam see Oz in her future And maybe baby
Meanwhile I feel ill My gut and lower battle For or against..?	Poor quality sleep And a laboured breath as well Where is this going.?
The urgency builds My un-well-ness continues Getting worse really	My bowel has joined in At least that is how it feels Wants to take control
20 <sup>th</sup> of March Fai’s visa and Nong’s licence Both on the same day	TMR we go Congestion just like the roads Just people waiting
Fai good for three years To 15 March 26 Stay or go – decide	Two hours we spent Then all done in just minutes 75 bucks
My worst day so far Tired, pain and “bluurgh” befalls me And lots of blood too	Valerie Taylor Such an inspiring person Protecting the sharks
My Lydia comes Lots of hugs and kisses too Growing up so fast	The hospital writes Pre-meeting is hours of tests And then more info
Various green shades Gaia knows what is needed And the plants agree	LIFE tends to escape Just leaking from the body Does not matter which
Greg to the rescue	All set for the day

No Gordee, Didi or cab Don't care about cost	Breakfast carried in the pack Even coffee too
6+ hours there And six or more tests were done Wonderful people	Need 1 or 2 more CT scan and my heart too Do before my op
MYOB calls Still much more to be done there Before Helen gets	Maybe need Kirsty The job not hard but repeat That would surely help
E K G for me 31 <sup>st</sup> at 8 o'clock Same place as before	Tam rips David's heart Pushes buttons to extreme He needs to be strong
Now – driving lessons Nong wants to gain her licence As fast as she can	A voice in my ear Replacing that which was lost Hate holding a phone
Plantronics the name Superior to Jabra Don't lose this one hey!	Mind you – the old one..... Was very many years old It had served its time
LIFE is like bubbles Rising out of the bottle Cannot replace them	From full to empty How many bubbles unknown Always a surprise
So too the liquid From where those bubbles arose Forever changed	Understanding me May help you remove your pain It has sure helped me..!
There is no true end Energy and atoms both Go on forever	True – your "I" will go But YOU won't need it either Just enjoy the ride
Omm visits for help Jong seeking simple money No such thing really	Success takes hard work Rarely landing in your lap Profit from effort
New driver bits bought Long and medium for screws Philips head only	Now the driver drives Battery reigns over hand Screws turn faster too
Hospital survey Focus group seeking input Hope my words helped	Queensland Health are great No one should complain of them They just deserve more
Lessons start – Nong good But a long way still to go Lots of practice – yes!	2 <sup>nd</sup> day improved Except for killing a tree And bending the car

Damage not so bad I can fix without much cost Just will take some time	Kirsty bought some beans Styrene ones for a big bag Sink in to sit down
David's rabbit hole Deeper and wider each day And darker also	Four plus months so far From coy and happy to shit And David follows
Objectivity A word now lost on the man In favour of ghost	23 days left Will it really last that long? Or will she end it?
A bad night last night Pains that woke me from my sleep And did not let go	My morning coffee Welcome friend came to rescue A lot better now
28 the day Will the letter come as said? I think unlikely	Will that change David? He will find a "good" reason To keep loving her
More hospital calls Three plus per day received. CT tomorrow	Booked CT for May Oops – that's a month after op Got it right in time
Wee infection too Off to pharmacy for meds Big pills for 5 days	Pajero now fixed Ten bucks, rope and Jim's skills too Looks as good as new
Speak in Thai "Kee Nam" Shit really? Yes, and big time Nothing left when done	But pains still remain Some old, some new & some strange Hope that they will go
Die without coffee One of life's essentials – true But also not good	Sleep overwhelms me Sneaks up when I stop thinking Can't think forever
Chris was my chauffeur. To and from STARS for my test Saved having to park	CT Scan now done Iodine through the machine Carried in my blood
Fai to Byron Bay International Student Just to see the East	My back is now sore From laying so long for scan A small price to pay
Prim to take up arms The army yes – but HR Care for troops – not kill	Kirsty happy too A promotion in two weeks They see her merit
David remains blind Her contradictions not seen	Nice to have good friends Many well-wishers say "Hi"



Too many NOT to miss	And “get well soon” too
Fai’s visa granted Three more years of hard study To build a future	Hopefully in time So far her grades could improve But all up to her
Only self prevails Success or failure your choice Profit from effort	We provide the space For Fai to fill with her Life May it be fruitful
EKG now done Bent over, twisted and probed Sore back still remains	Sleep calls me again But it really eludes me Hard to nail it down
Getting ready now Bag, CPAP, labels and all Just some clothes to choose	Johnny has 10 dogs No pups, just breeders to use Profits still not there
David and Tam fine Now she just wants him for life Can’t wait to marry	“You will take care?” – yes “Then I do not have to work?” Do not worry now..!
Planning for wedding 28 – unseen unheard Miracle solved	Her house – her problem Says David naively One more to solve
Our kids stay tonight The grandest gift this weekend Lydia’s gift too	Driving school for Nong Good but more practice needed Her current focus
Off to the movies Nong, Fai and the kids as well I took a shower	Lydia – a gem My daughter without a doubt Just different father
4AM – Shower 5AM – Greg takes me to Hospital 6AM – “Welcome”	8.30AM “One ahead, then you are next” 11 – off to sleep
1.15PM “Wake up sunshine – welcome back” Then off to the ward	QH nursing staff The very best in the world They are wonderful
“Good result – except...” A lot of tumour remains More visits needed	Another CT “Good news – no metastases” But more things needed
Next 3-weeks coming Three tests then operate The result then known	Home by 6PM Real coffee and tasty food Good to be back home
View Fai’s report card	Excellent gives “A”

"B" grade but some lessons learnt. Proof – effort needed	Satisfactory a "C" Very Good a "B"
Lydia remains For three days and not just two She too is happy	Still recovering Tired, listless and pain to pee Unsure how long for
What is with Dutton? Arrogance, top to bottom Liberal means what?	The Voice is needed Denied for three hundred years ALL should support it
Albo has it right Carries the heart of The Voice Deep within his own	The difference clear Honesty and empathy Or just self-serving
60,000 years Almost lost in 200 England's legacy	So now to today Dutton perpetuates it What is wrong with him?
White Australia Remember that? Lingers still... In some with small minds	This world is so small No room for differences But still they persist
Good Friday for some But not if you are a prawn Meat has the day off	Easter for Christians The Bunny if you are not All enjoy some way
Neighbour's dogs barking Now everyone's alarm clock Seems like they don't care	Selfish behaviour Shown by their lack of respect For self and others
A single bogan? No – must cluster together Found in broods or nests	Also called Dim Wits Certainly not very bright Need to lighten up
Lighten – enlighten? Would not know the difference The bogan remains	Enough of judgement Compassion should be the goal Send good energy
Peeing razor blades A very good description Less and less each time	PET Scan to be done And another for my heart Both before my op
Found blood on my sheets I hope my problem okay Return to QH?	See how the day goes If no other symptoms seen Then should be okay
Change – everywhere Some subtle, but some profound	No one is immune Inside outside – the same

Must get used to it	Accept it – the key
72 years I have always asked – how come? Me – truly blessed	What I leave behind No children, but many kids And lots of love too
The rest – no matter Of this world, stays with this world Karma’s horse rides on	That journey to come Cannot be imagined But come – yes – it will
Yama holds the wheel For us to take that journey Samadhi awaits	Empty mind – the key Clear sight and no distractions But no focus too
The end of my line Genetically speaking Proof all things do end	No kids of my own But fatherly mentoring That I leave behind
Perhaps this Haiku May be the basis for thought And guide those who read	If just one makes sense And the reader adopts it Then please make it yours
3 billion heart beats Half a billion breaths as well No surprise if tired	Amazing really How our bodies work so well And for so long too
Bio-electric Neuro-organic machines And filled with wonder	Billions now – more past But countless against the stars Each of us – special
So the fact we THINK Is the most important point A gift not to waste	Why then all of this? A universe just for us? Just ridiculous..!
Does IT know of us? Not even our DNA Matter <> Energy	All this – just a thought Like a dream out of control Sustaining itself
Lydia inspires Spends the day with me instead Growing up so fast	Alphabet – easy Numbers and writing also And innovate too
A sense of humour Proof of her reasoning skills Better than Fai’s too	“Empty legs” as well Feeding both body and brain Happy to feed both
Ping has cancer too The same as mine but I first I hope he survives	Out of money now Only cards remain for bills Need a lotto win

42 pages 24 by 17 And 14 more too	One oh two two now 17k syllables Plus 400 more
I thought an idea But now becoming a book And interesting	So Haiku is great Succinct yet meaningful too Just how you write it
Business fails through Malicious obedience “Did what I was told”	Loyalty no more Both directions – staff and boss Casual rates to blame
Josh Vada and dead Jeep Big drink of water and juice All happy again	What chance breakdown here? Not chance – synchronicity Time and time again
Yoko Ake Jeff True friends never forgotten So good to see them	Ake much better Yoko still so wonderful Jeff growing older
Pon is back with chat Almost an hour we spoke And now updated	Lama Zopa dies World-wide prayers offered to him One of my teachers
GT lost the plot.? Money the most important With karma less so	This surprises me No language but gut-feeling Find hard to accept
Not for me to say But now I pray for them both Respect for sangha	LZR inspired Not just teachings but actions Proof of “Walk-the-Talk”
Physio times 2 Hand and back now deferred Wait until my op	Just one small morsal Pushes one back when hungry Or demands the rest
Dreams can seem so real Enough to wake you from sleep But why is that so?	Then slumber again And sometimes that dream resumes So which one is real?
To sleep without dreams Might it then open the door To clear light seeing?	Jupiter – 8 years What to do during that time So it arrives there?
Imagine that trip – Leave as a child – arrive grown Not once touch the ground	Home – a metal tube Air and water – recycled How much food needed?
Take it or grow it	Friendships essential

Both options most likely And what about waste?	Also good health and fitness Mentally as well
One show – catching fish Followed, surrounded, by more Laughing at their hurt	Not for food but sport Boasting increasing success No thought for victims
“Keep Breathing” – Netflix Perseverance despite odds Achievement - lesson	Circles, angles, lines Geometry – a great tool And formulae too
From the pyramids The bridges, the moon, the stars Paper holds them all	Of its own language Once understood, then wonder Answers can be found
Pi itself – special No circle exists without Other specials too	Longer the distance More accuracy needed And more places too
Why such interest? “Stuff” is found in many ways Can count but not see	One more dimension “Space” – proven using numbers 4D to hold it
Form is energy And energy is form too Both at the same time	Both are vibrations Just atoms and electrons Full of space between
So form is hollow Almost empty of substance So also are we	Therefore where is “I”? And in which part does it dwell? Or just delusion?
Does all this make sense? Science supports emptiness Yet we feel so real	When the body dies It returns to dust and less Your “I” does the same
Jessica Watson Real life resilience “Keep Breathing” for real	At 16 years old A hero following her dream Such an example
18/4 bad news SSC in my bladder Chemo and X-Rays	Weeks or months to come Hospital to be my friend Join that special club
DGC away And JV calls – lonely Can’t wait to call him	What awaits ahead? For them, for me and others? Have to wait and see...!
Norman – 12 years old Steals dad’s Merc for a cash sale	Gets caught out by cops Next day he steals it again

To move to US	Does \$10k damage
PET Scan Wednesday That will describe what happens To solve my problems	David and Tam meet After six months they embrace His dream has come true
The smile on his face Worth the thousands he has spent Hope that the dream lasts	Marrying in five Back to Brissie in 20 And days go soooo fast
Six others with "C" The number swelling quickly Two the same as me	"You are not alone" That's what they all say – correct! Does that solve problem?
David in Thailand Day 2 now – and tracking him Seems very busy	My heart test booked One day's notice – tomorrow Fasting required
And a third also An EKG Stress – next week That makes four so far	My Aged Care set up To help me with services There is help out there!
If treatment can help Then the hospital's efforts Do suggest success	Pleasant? Maybe not. Their experience although Leaves me confident
But still karma's call To deliver my outcome That is fine with me	How one's life will end Can bother someone or not Certainly not me
Heart stress test – simple Hah! Never before and Wow! Hope never again	Myocard Perfuse Short for 5 hours of tests And such strange feelings
No treadmill for me Chemicals instead to test Result just the same	Feelings so profound Like a really tough workout Sitting in a chair
David is happy Video chat says it all Bought the fairy tale	His Princess is real And his love now set in stone Now wait for the cake
Princesses – not cheap Can only wonder her price We hope good value	She too wins a King And has to learn how lucky There are few like him
Sunday 23 <sup>rd</sup> David married his princess Tears of happiness	Live video seen He now has many new friends And so far away

The hospital calls Four times today – to see me Certainly not slow	THAT list is growing 15 visits now noted And not stopping there
Read my summary The detail is amazing My innards exposed	A fatty liver Osteopenia too At T3 at least
ANZAC Day today A great day to read all this Helps to understand	CAD pre-cursor too So many things uncovered Just who would have thought?
The Fixer for all Except for myself it seems That eludes me so	Facebook holds the proof A happy David and Tam Now a real “Item”
To Koh Samui Their honeymoon commences No happier man	The PET Scan results Not as good as we hoped But now have a plan
Chemo starts Friday Full on to kill the cancer As quick as we can	Keep my bladder – try No treatment – die in one year Hope for three years now
No one else “so lucky” So they want to document To share with others	3 in 10 million Only one in their system So much for “lucky”
Still I am happy The medical team seem great Let us beat those odds	Small cell be bugged And uncertainty also Success from effort
Research is my friend Analytical Jimbo Makes prospects clearer	I think mine T3 My other complications Hinder past 2 years
Ven Sexi – my friend Came to bless us all and shop Many good friends too	Buoyed by good blessings From friends, family and monk Gives strength for success
These words keep yelling – Just three to learn – “Harm No One” Who needs religion?	Applies to self too And then outwards to ALL Life On, over, under
Understand these words Karma for the universe Even those unknown	When this realm ceases The other five disappear Enlightenment then
Chemo starts today	Anti-nausea

My heart results are “normal” That at least is good	Then wait an hour prior So 3.30 start
Met terminal Wayne Treatment for the past 5 years But not same as mine	When it is my time Hope my legacy is good And with no regrets
Hundreds have cancer None unique – person or cancer But mine sure is rare	Split in acceptance I see many unhappy Some appear okay
3 <sup>rd</sup> on 30 <sup>th</sup> Nurses 30 years non stop Such dedication	Good camaraderie Patients – family members A caring cohort
DGC falls sick To hospital for him too But not serious	Thai massage the cause Two days in pain but okay Time to recover
Last day of first course Feeling surprisingly well Except tiredness	Fai joined me in Ward Interested – nurse’s life On second thought – “No”
The hospital checks So happy with their caring 1 <sup>st</sup> month then 6 <sup>th</sup> months	I feel aloof now Almost surreal in feelings Perceptions changed
I have slowed down too Odd pains and sensations now Hope not for too long	Nina plus three kids Unexpected visitors But nice to see them
My voice falls victim Changed to quiet and croaky Despite how I feel	Business is slowing Interest rates keep rising Yin and yang again
Head Scan – Breakfast – Bed Hypo – Low Blood Pressure too It did my head in.....!	Rise at 6:30 Then bed until after 1 How life has changed
Your focus changes Your breath and body fore-front The rest? Not so much	Sugar in all forms Restores functions and feelings Good to go again
Almost back to norm Heavy breathing – stomach pains Otherwise okay	Norman – big problems Self-focussed and no judgement A danger to all
He has few options Between the rock and hard place	He is eleven But an over-powering will



And no where to jump	A life in peril
DKA also Add another acronym Keep me on my toes	CPAP now my friend Helped to relieve my breathing So much better now
Sleep a third of life A good bed then important Mine also my friend	Now I sleep longer About two hours or more But wake more often
Charles becomes our King Not mine as such, but for Oz What a waste of funds	Camila now Queen Good things come to those who wait Ahhh.... I don't mean me!
Pomp and splendor yes Stained in centuries of blood Royalty means what?	Is this right for now? Surely no need in this age Spread the cash around
Cost 90 million Think just how to spend wiser Not hard to work out	Best go to bed now Sleep more useful than all that You know IF I stand
One's solo journey Gazing outwards from inside Calm peaceful breathing	Insulin 60 Down 10 from my life before Yin Yang yet again
Just take a step back No matter from what that is And take ten good breaths	You have gained ten-fold And you mind enjoys the break Start doing that more
The kids are a gem Sharing their company – great! Sends me energy	How do you stay young? Simple – spend time with your kids Share youthful magic
Just six elements 99.9 per cent Such is the body	H is 63 O – 24 C – 12 N Ca and P
Chemistry – the rest And then marvel the result When will wonder stop?	Where does thought come from? And Life too for that matter? Another Table perhaps?
Keep your mind active With so much to discover Never enough time	I raise these questions For I too seek those answers I love Life's beauty
Facts and stats combine Words and numbers intertwine A hybrid outcome	Encyclopedic The sum store of our knowledge Never enough space

Kelli at Onco "How are you today?" she asks Such concern is great	Michelle's news is tops 32 radiations 5 a week enough
A positive view Her past successes assure Best news for awhile	Plans are now clearer And prospects more visible See recovery
Chemoradio Target pelvis, nodes, bladder My brain passed the scan	Kidneys tomorrow Yet another CT Scan I think I will glow
Fred has joined my path His handle though – not good We will share coffee	My Aged Care setup Serena opens a door To help with my path
Gordee gets COVID No mask for him – YOU wear one! Now all family	Arrogance thus shown And his contempt for others Not likely to change
BGL stable Back pain from Scan tables bad Maybe need Oxy	New power meter Power bills more accurate Hopefully not more
Switch from light to dark Then the outside comes inside Inside just shadows	Silhouettes give shape A perfect line for all things With black as the fill
Mangoes the answer Tam's only hope – but worry Her story doubtful	Documents a Must But she says "no invoices" Just impossible
And no computer Cannot export just with phone Many parties too	Checks and balances Border clearances needed Export or smuggle?
Dear David – sorry Tam's story is full of holes Please don't just plug them	Caution is needed To protect him from himself Maybe blind-sided
I like my new doc Owen inspires with good vibes And expert knowledge	DGC returns Exhausted – now gone to bed Tomorrow start new
Greg shares same concerns We fear for David's welfare Let's hope ill-founded	Business suffering Everywhere – not just us But hurts just the same
Cashflow is shrinking	Another hundred

Our funds more elusive too Must replenish soon	And with the right rate and terms Should solve our problems
Five hours sleep is all Toilet call denies any more Read or view then nap	Oceans deep with blue Sky's reflection imprisoned But so beautiful
Married to huge debt Just under 3 million baht Does love conquer all?	Tam not so worried Did she expect him to solve? What if he cannot?
Obstructions prevail Proven reluctance always Too many for chance	Is it cleverness? Able to slow and prevent That which you don't want?
My medical care Support services abound And so fortunate	Bloods for two today Chemo 2 starts tomorrow Michael in 2 weeks
Day 3 of Round 2 DGC enters Round 4 Tomorrow fixes	Nurses – goddesses Or saints at the very least Selfless compassion
Always happy smiles That help to calm their patients Despite their own needs	My life's new chapter Parallel to David's too But different paths
His challenge persists Nor does it seem to improve But hope eternal	And I take a nap Overwhelming sudden need And still more to come
4 hours sleep then bed Another 6 over-night Feeling better now	X-Radiation Now part of my new treatment Two weeks before check
Our lives imploding And unnoticed from outside Urgently need funds	Cancer does not help Tired and David's issues too Must regain focus
Come back to your breath Rising and falling of lungs In and out is all	Sense the volume too Hollow vessels consume all And expel the same
LINAC is the name My invisible surgeon To kill the cancer	32 treatments And in just over six weeks Now completed two
Slept 7 hours Unbroken – wake with Hypo	Sugar the answer Turns blurred sight into clear view

Affecting my eyes	Let the rest repair
Citi gives me 8 Timely providence I hope Every dollar helps	From 3 to 7 My sugar back to "normal" In under 2 hours
Hypos remain still A new day but same issue Need to be careful	3 plus 5 makes 8 The cycle of Chemo now Repeat in 2 weeks
Statement from the Heart Made six years ago today But yet to be heard	Light through a crystal Reveals a beauty so pure But untouchable
Another good sleep Linked to my low blood sugar? Need to ask question	One thing is for sure I keep breathing and thinking Therefore, still alive!
Tummy pains and gas From radiation or what? Very unpleasant	Everyone chants Wile monks seem lost somewhere else Just come back for prayer
Such is that called "Faith" Blindly do and say and think No place for logic	With reasoning though And objective questioning Truth can be realized
Norman is troubled Behaves like a caged monkey Needs stimulation	No thought of impacts Only seeks satisfaction Only thinks of self
Day 1 of winter A lovely day but cool The night will be cold	Ben Roberts stuffed The ramifications great For SAS too
Feeling pretty poor Frankly – now I have the shitz And tummy pains too	Don't want to do much Simply hard to stay awake Have not felt this way
My bladder enlarged And not enough white cells More tests now needed	Chemo now deferred A week to find more white cells Should not be too hard
A hand for a hand OT Matt makes splints for me I believe will help	Hospitals -> Cities While just a microcosm An analogy
I picked it myself Bladder infection again Antibiotics	A few days to change Then hopefully longer sleep And less pain with wee

The man from Vietnam Half deaf and bugged leg too From VC bullets	85 years old But still happy and mobile Found the Buddha there
Now cellulitis One more challenge to address And so – what is next?	And more back pain too LINAC techs say “arch your back” All I want is sleep
Torn left thigh muscle So an x-ray to confirm Yep – just take Oxy	My wee – my problem It exhausts me waking up Three or four each night
JV calls from Ben’s Having dinner with David Nothing has changed	Angry man breaks glass Gone in the dark – so too the man But the cops find him
The loss remains ours With money we do not have But still have to spend	Just now I feel ill And ever sooo tired too Hope get better soon
Doctors and nurses Technicians also agree Worse before better	Short wee intervals Blood in urine and feces Diarrhea too
Yes – tiredness also For another month or so And then let us see	So suck it up Jim Get used to your new life-style And get on with it..!
Nights – my enemy.! Dreaded from interruptions And the need to wee	Radiation done And thanking all those people I could not do less
But chemo remains And perhaps for months to come October review	Four months to find out If all this has been worth it Or cancer remains
Quality of life Not quantity is my choice So far – not so good	Must wait for answers And allowing time to heal The journey goes on
Nong’s ginger tea works I think is wee pain answer And sure seems to help	Chemo four now done The nurses are simply great Helps to get through it
Two days lost to C By 4AM – Hospital Cellulitis back	Back home 4PM But not very well either Let’s hope better soon
9AM – “come back!”	Private room and all

"It is urgent that you do" 10am - ED	Until 9 then Ward 7 David left before
Sepsis is to blame And kidney failure also But in the right place	Bags of saline flush Antibiotics also And normal meals too
Sleeping pee and rest Nong came and visited too No change in my leg	Gan came for review Monday or later likely Now I long for home
Lunch came with a rush Now moved down a floor to 6 Hope dinner finds me	My stool gone for test No more toilet or shower In my blue cocoon
Kirsty and David Both came today to visit Really feel unwell	Service here? Well...hmmm Felt forgotten actually Waiting to be found
From a day to days My blue cocoon lasted six But finally free	The joy of toilet Thankfully no more commode And showers also
Just a few more days Home once the leg reduces Friday is the day	And so it arrives And discharged in a hurry But nice to be home
Owen on Monday The best doctor I have known Instills confidence	Now bloods on Thursday To give answers on Friday For more discussion
Chemo 5 deferred And PET Scan ordered instead Answers on the 9th	I expect the worst But of course hope for the best Blood in wee tells truth
New pains visit too To the point I cannot walk Endone to rescue	It has been six months A journey unexpected But so much to learn
Priorities change Those of before – less so now Simplicity now	To frame a future For Nong, Fai and Kirsty too Secure and happy
CT's yesterday And 4-hour PET Scan today My back pays the price	Everything new What was before is no more Keep moving forward
CTs say it all Multiple issues with spine	A tumour and DISH Two damaged vertebrae too

No wonder the pain	A pinched nerve also
So my pain IS real Dr Owen says can treat And take pain meds too	My shuffle changes Now more a painful hobble Also not too far
Rescued by North Lakes Physio Neil says "two hands..." "...use two walking sticks..!"	Spread the load – better Walking taller and less pain Walking further too
Wednesday ... D-Day "Great News – your cancer has gone!!" 6 months to the day..!	Now in remission Quarterly PET-Scans and bloods Now just hope stays "gone".
Focus on the back Increased pain killer dosage Try to rest more too	Two-hour sleep cycles Even a little longer Less pain helps this too
Meditation helps For cancer and back pain too Fix one – now the next	Focus on the breath Breathe in the good stuff fully Exhale all the bad
One issue ends ... next? Carpal tunnel – left and right Waking agony	Left worse than my right Almost makes me cry with pain 2-hour massage fix
Fingers to shoulder Thumb wrist and pressure points too Legacy numbness	12 / 8 more bad news Chris now out of love with Song So sudden and odd
Words do not add up His silence and actions scream But give no answer	Song keen to move on Does not seem upset or sad Perhaps more than said
Divorce seems certain But property settlement... This could be nasty	Chris will protect his And Song is sure to want half Five years means a lot
A backrest for bed Overnight no more sharp pain And longer sleeps too!	Pinched back nerve no more Now just contend with the rest But enjoy more sleep
Chris and Song resolve A settlement sum agreed Now wait for payment	My hand pains persist Only pain in finger-tips Makes writing this hard
My hips now join in More centres of pain to count And each takes its turn	Car washed today First time in more than a year Ahh, so it is white!

Nong's driving improves. Mostly good, but still worry Sure - not ready yet	Need to sell the house Then the business will survive Or all will be lost
That pathway will work And there is no other choice Twenty-seven months	Lease, Fai, Me et al December Two-Oh-Two-Five When all things converge
Then Nong will move on Her future remains unclear But will have options	Fai then starts anew Adult choices will confront Hopefully answered
73 – Wow And I wake to this wonder Never thought I would	Happy Birthday Jim Thank you all who want to share This my greatest gift
Fai camps with Year 10s Gary's call echoes my health His prostate now gone	And Wendy also Might this be a gene thingy..? Will share with my doc.
Friday the 13 <sup>th</sup> Bodes ill for many they say But "all clear" for me..!	Hope for the best – true But plan for the worst as well For me – the best news.
Inspect in 3 months With scans in between also Hopefully no more	"You have done so well" "Your body has been through hell" "And success is yours!"
Our house is for sale And Elliott's Belle to ring And find the buyer	A bargain buyer And cannot be serious Wants to steal not buy..!
Do the math I say No – I will do it for you. My numbers – no good.	Such disappointment Not even 2 weeks – he's gone We expect too much!
Now to Denovans Show to their 700 Just as their first step	He understands Yield A bigger pond of fish too Just need to hook one
Remission again Now 2 3-month cycles done Fingers crossed for more	Tiredness remains The answer is in my blood I do so hope so
Christmas tomorrow Almost two months have passed by Seems like yesterday	Tiredness and pain My constant companions now And no respite known
Fai's report not good	Memory a sieve



And lacks true concern for score Is there chance of change..?	Words lost from minutes before No future ideas
Christmas now has passed New Year Is looming ahead Please be it better	Hand pain continues It destroys my sleep and days Making me useless
Season's friends connect A year's history is shared And futures hopes too	Past karma to blame Pay-back for past lives' errors So welcome – not fight
I wait for a want Elusive and unannounced But none step forward	To see or to hear A sense to be appeased Is that not enough..?
Another New Year New dates hanging on the wall 12 months to consume	When does the pain end ? The chronic tiredness too ? Enough IS enough !
Subtle suffering A financial attachment Is all that it takes	When you crave something Beyond reach or one's control This – the price you pay
Who blinks first loses Display no sign of weakness Let time be your friend	Despair does not work Just adds to the suffering So relax and breathe
A month of no words Despite many things of note A contradiction	Home under contract Cancer still at bay also Daughter still n love
Contract inspections All completed with a pass Valuation too	Meanwhile still in pain Sleep deprived and Carpal T Joys of getting old
Observe how time flows 26,000 days gone Just in my own life	Each day ends faster Feels shorter than that before Less time for each one
One could say 3 secs A day in flashback it seems Who really needs more..?	Cancer's 1 <sup>st</sup> birthday One year has gone already Remission – sort of
Tenants in our home Eleven and a half years Now just two more left	Money pressures gone Bricks now cash – doubled value Do not spend it all
Two cruises ahead One for VirChay then Nong too	Now a car for Nong This was inevitable

New laptop for me	Hello Hyundai
Johnny smells money But does not understand it Hard lessons to learn	Am always tired My constant pain comes second How do you fix that???
2 months transpired One boat gone and returned Virchay not impressed	Off to the movies 4 go to 2 different Hundred bucks now gone
Sleep is elusive With tiredness prevailing Hallucinations..!	With each breath we draw That's just one more to give back None lasts forever
Started E H A My whole body impacted But benefits win	Drowned in sound – Awake!! Sight defines our Universe What for deaf and blind?
Right hand surgery Carpal tunnel now retreats Patience – the healer	My left hand waits too Once done – yet another tick My health then improves
So too Nong's driving Master the "maneuvers" first Her licence assured	Virchay's house for sale Combined plans in disarray All will be O K
TV news poisons Suffering and death prevail Good news lags behind	TV for bogans Little to stimulate there Moronic heaven
June has come and gone Right carpal tunnel also Tired continues	My bloods still too low Iron and white cells the problem Now check the plumbing
Still more scans to come Plus now I have a cold too Tired plus – the norm	Silence is a key That unlocks all the others Neither is real