

A SELECTION OF JIM FERGUSON'S HAIKU FOR CONTEMPLATION –

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Preface – **Haiku** is an ancient Japanese tradition, one of three recognised 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 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 Arrows hit the spot well aimed Exhale and release	Next breath or next life Thinking them - 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 dangers 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 correct?
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 rain storm 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 mantra 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 also agrees	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
Breath for some is short 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 for 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 or 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 When used for purpose?
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 too 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 to have been 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 grasp 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 who 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

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

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 forward 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 longer to 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 '66 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 th 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-kindle
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 to 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
Julieanne 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 we 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