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                                   Is He Your Mirror Image! O Mortal!
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                                  Are You That Forsaken Soul! O Mortal!
                                 Does Such a Soul Hide In Thee! O Mortal!
                           Be Sure! My Ecstatic Raptures Shall Drown the Heavens
                         Be Sure! My Shepherd Shall Teach Me the Joys of the Union
                            Be Sure! My Silence Quenches the Thirst of the Heavens
                               Be Sure! My Silence Shall Slay All My Demons
                               Be Sure! My Silence Couches the Eternal Essence
Behold! I Can Feel the Bliss That Dances In Every Atom
                                  Alas! Have I Lost My Primal Memories
                              Be Sure! I Shall Beget the Offspring of the Light
                     Be Sure! I Shall Not Allow Bondage of Attachment to Entrap My Soul
                              Be Sure! I Shall Be Alert to the Chaotic Existence
**
                              Be Sure! I Shall Be Alert to the Astral Throbbing
Behold! My Cosmic Mother Has Given Her Invitation
                          Be Sure! My Soul Shall Not Fear the Call of the Dark Lord
                         Be Sure! You Shall Quench the Desires of Many Incarnations
                              Be Sure! You Shall Tune In to the Ecstatic Union
                            Be Sure! I Shall Live To Reclaim My Native Memory
                            Alas! I Have Witnessed the Walls of the Mortal Cage
                   If You Want Freedom, Tune In With The Quiescent And Unborn! O Mortal!
                        If You Want Freedom, Nurture Your Soul Wisdom! O Mortal!
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                            Beware of Forgetting Your Divine Heritage! O Mortal!
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                         O Fate! Why Do You Persuade My Soul To Fall From Bliss!
                       O Fate! Why Do You Let a Whisper Lure to Evil the Human Heart
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                O Fate! Take Me to a World Where Joy Laughs Nude on the Peaks of the Absolute
                             O Fate! Why Do You Strive To Change the Secret Will
O Love! Let the Sunlight Be Moulded Like a Golden Maid
                        O Love! Can My Soul Be the Foster Child of Beauty and Solitude
                          O Love! Take Me to the Eternal Sanctuary of Youth and Joy
                         O Spirit! I Can See a Cave of Darkness Guard the Eternal Light
                 O Spirit! I Can See the Realm Where There Is Ancient Grace within Every Heart
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                 O Spirit! Take Me to a World Where the Soul Can Bask in the Unbounded Hush
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About Author: The mystic writings and poems of author Anand Krishna helps us in dealing with everyday issues such as the strength of will power, the creativity to see beyond problems, importance of positivity and the true meaning of success. For all who feel that stress and nervousness are an unavoidable fact of modern life, the mystic poems of Anand Krishna reminds us that within each of us is an inner core of universal peace and harmony that we can learn to access at will. The mystic poems and writings of Anand Krishna shows us how to overcome fear, worry, anger, nervousness and moodiness. His writings also teach us how to Stay calmly in the present and to stay actively focused, no matter what is going on around us and also teaches us to Experience the mystic and expansive timelessness and beauty of each moment. The spiritual and mystic poems of the author caters to the deepest needs of the human heart and soul. These poems reveal how we can meet the daily challenges to our physical, psychological, emotional and spiritual wellbeing - by awakening our divine nature, the neglected reality at the core of our being.

Through his writings the author succeeds in dispelling the myth that God is beyond our reach and beyond our self. He points out that it is not only possible to converse with God but to receive definite responses to our prayers and also converse with our divine self. The author Anand Krishna helps us to realize how close that infinite and all-loving Being is to each one of us. He also explains how we can make our prayers and thoughts so powerful and persuasive that they will bring a tangible response from the mystic universe. The books written by Anand Krishna motivates the readers how to be devoid of a harsh, materialistic life and live a life of peaceful serenity governed by quality and not quantity. The spiritual poems written by the author deal with complex issues in a very easy-to-understand and simple manner, inviting the readers to explore their inner selves through meditation and contemplation. The teachings of the author alters the perspective and attitude that people approach life with, changing one's thought process to invite and draw true material and spiritual success and prosperity. The books written by the author also highlights the key to dissolving obstacles both physical and spiritual while dealing with natural feelings of fear and the feeling of being lost. The author has been greatly inspired by the mystic philosophies propounded in the Geeta, Upanishads, Sufi literature and other ancient mystical works. The author Anand Singh (Pen Name: Anand Krishna) has written on various spiritual aspects of human existence in this world and beyond.

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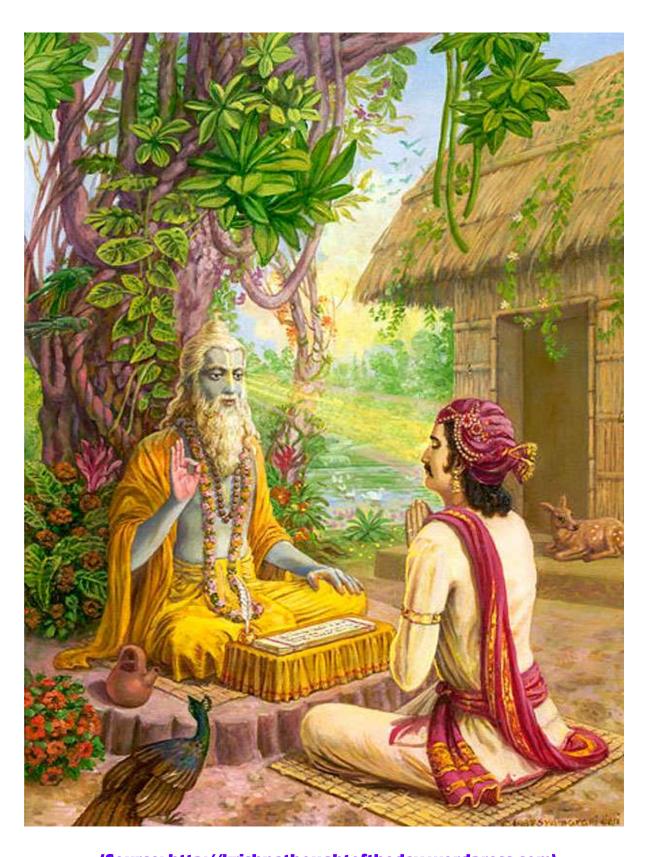
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CHAPTER 1-POEMS IN CELEBRATION OF OUR CONSCIOUSNESS



(Source: http://krishnathoughtoftheday.wordpress.com)

Poem on Consciousness

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Are You That Being! O Mortal!



(**Artist**: Hendrick Bloemaert **Date**: 1601-72)

His heart has dried up.
His soul is now barren.
His reasons have evaporated.
His infirmities have multiplied.
Are you that being! O mortal!

He does not cheer. He does not rejoice. Age has caught up with him. Labour and toil has taken its toll. **Are you that being! O mortal!**

He has no rewards.
He has no friends.
His fortune has deserted him.
He has toiled.

Are you that being! O mortal!

He has laboured.

But he has not been compensated.

Though he deserves reward for his work.

But it has not yet been decreed.

His time has arrived but his rewards have been held back.

Are you that being! O mortal!

He has befriended grief.

He has befriended sorrow.

He has well acquainted himself with the valley of pain.

He is utterly alone.

He is utterly without friends.

Are you that being! O mortal!

He is sad and dejected.

His eyes are wet.

He is downcast with sadness in his heart.

His mind is shut.

His eyes are closed.

Are you that being! O mortal!

He lacks in hope.

He lacks in resolve.

He has no vision.

His eyes are not open.

Are you that being! O mortal!

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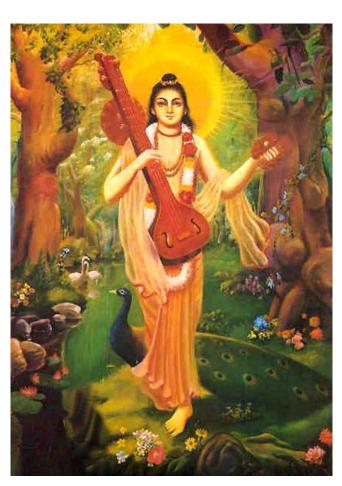
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NSAA: A type of hand-woven fabric symbol of excellence, genuineness, authenticity According to "The Adinkra Dictionary" by W. Bruce Willis, the nsaa symbols reflects a saying: "nea onnim nsaa oto n'ago", which he translates as "He who does not know authentic Nsaa will buy the fakes." The quality of Nsaa has come to represent quality of workmanship in general.

(Source: http://www.adinkra.org)

Poem on Consciousness

Are Thou That Soul! O Mortal!



(Source: hinduism-123.blogspot.com)

He is bounded by the present.
He is charmed by the present.
He lives and he dies.
He does not believe.
He is not convinced.
Are thou that soul! O mortal!

He does not know how to return.
He does not know how to leave.
He does not know how to let go.
He does not know how to release.
Are thou that soul! O mortal!

He indulges in the delight of the present.

He suffers intensely the miseries of the present.

He has not tasted endurance. He has not fasted stability. **Are thou that soul! O mortal!**

He has lost his self esteem. He has lost his self worth. He is lost in the temporary. He is lost in the transitory.

Are thou that soul! O mortal!

He cannot endure eternity.

He cannot endure divinity.

He cannot endure stability.

He hankers for the treasures that does not endure.

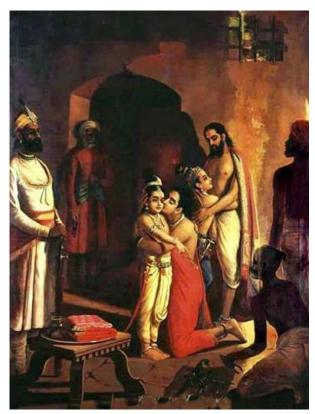
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He hankers for the throne that does not endure. He hankers for the kingdom that does not endure.

Are thou that soul! O mortal!

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His heart sleeps in darkness. His heart sleeps in ignorance. He dreams endlessly. He hallucinates endlessly. Are thou that soul! O mortal!

He takes his dreams seriously. He mistakes his dreams as reality. He is lost in the world of images. He is lost in the world of dreams. He is lost in the world of illusions. Are thou that soul! O mortal!

He has stopped to marvel. He has stopped to be surprised. He has stopped to wander. He has stopped to indulge in the mysteries.

Are thou that soul! O mortal!

(Artist: Raja Ravi Varma Date: 1848-1906)

He has stopped to be seized by the mysterious.

He has stopped being curious of the whispers. He has stopped having the visions. He has forgotten the place of grace.

Are thou that soul! O mortal!

He has forgotten the place of retreat.

He has forgotten the place of refuse.

He denies the truth.

He denies the reality.

He engages in the mortal arguments.

He forgets the divine arguments.

Are thou that soul! O mortal!

He believes in repetition.

He believes in drudgery.

He believes in herersay.

He is no more the divine child.

Are thou that soul! O mortal!

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ADINKRAHENE: "Chief of the adinkra symbols" symbol of greatness, charisma and leadership This symbol is said to have played an inspiring role in the designing of other symbols. it signifies the importance of playing a leadership role. (Source: http://www.adinkra.org)

Poem on Consciousness

Are You That Forsaken Soul! O Mortal!



(**Artist**: Pierre Puvis de Chavannes **Date**: 1879)

He has forsaken his treasures.
He has forsaken his wealth.
He has forsaken paradise.
He has taken refuse in hell.

Are you that forsaken soul! O mortal!

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He has taken refuse in the dungeon.
He has forsaken his favours.
He has forsaken his bounties.
He rejects his advances.
Are you that forsaken soul! O mortal!

He rejects his gestures.

He rejects his love. He rejects bounties. He rejects his treasures. **Are you that forsaken soul! O mortal!**

He is drowned in misery.
He is drowned in tribulations.
He is drowned in the drama.
He is drowned in the story.
Are you that forsaken soul! O mortal!

He is drowned in the hell fire of demons.
He is drowned in the hell fire of lust.
He has tasted only the bitter.
He has not tasted the honey.
Are you that forsaken soul! O mortal!

He has not tasted the sweetness.
He has not tasted the delicacy.
He has not tasted the delight.
He has not tasted real comprehension.
Are you that forsaken soul! O mortal!

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***** He has not tasted real reason. **33** 8 He has not tasted real grace. 8 He has not tasted the real treasures. He has not tasted the real jewels. Are you that forsaken soul! O mortal! He has not tasted the priceless. He has not tasted unity. He has not tasted silence. He has only seen fragmentation. Are you that forsaken soul! O mortal! He has only seen imitation. He has only seen dogmas. He has only seen opinions. He has only seen the artificial. He has only seen the mechanical. He has not seen the vital. He has not seen the intelligent. Are you that forsaken soul! O mortal! Back BI NKA BI: "No one should bite the other" symbol of peace and harmony This symbol cautions against provocation and strife. The image is based on two # # # fish biting each other tails. (Source: http://www.adinkra.org) **Poem on Consciousness** Are You That Soul! O Mortal! He dies every day. He mourns every day. His condition is sickening. His condition is pitiful. Are you that soul! O mortal! He is not conscious. He is not aware. He lives without spiritual food. He lives without cosmic sleep. Are you that soul! O mortal! He is dragged to hell. **33** He is dragged to doom.

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He has quit his soul.

33

He has abandoned his spirit.

Does such a person actually hide in my being?



(**Artist**: Guillaume Dubufe **Date**: 1853-1909)

He is ready to surrender.

Are you that soul! O mortal!

He hates the privacy of his heart. He hates the privacy of his soul. His body dominates his being. His passion dominates his soul. **Are you that soul!** O mortal!

He loves the pomp.
He loves to display.
He loves aggrandisement.
He is puffed with pride.
Are you that soul! O mortal!

His heart is emaciated.
His soul is lifeless.
He does not know rest.
He does not know peace.
Are you that soul! O mortal!

He is injured.
He is wounded.
He lacks valour.
He lacks devotion.
Are you that soul! O mortal!

He is bad.
He is mean.
He has no morality.
He has no shame.
Are you that soul! O mortal!

He is a coward.
He is a hypocrite.
He has no respectable profession.
He has no profitable occupation.
Are you that soul! O mortal!

He only shouts. He only swears. He is ready to quit.

His movements are nervous.

His motions are jittery.

He is imprisoned in the cell of darkness.

He is imprisoned in the cell of doom.

He has no foresight.

He has no vision.

Are you that soul! O mortal!

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HYE WON HYE: "that which does not burn" symbol of imperishability and endurance This symbol gets its meaning from traditional priests that were able to walk on fire without burning their feet, an inspiration to others to endure and overcome difficulties. (Source: http://www.adinkra.org)

Poem on Consciousness

Does Such A Person Actually Hide In Your Being! O Mortal!



(Artist: Paul Edouard Rosset Granger Date: 1890)

He strives for the external.
He strives for the outward.
He misses the essence.
He misses the core.
He misses the centre.
Does such a person actually hide in your being! O mortal!

He loves mourning.
He loves grief.
He has never seen intense grief.
He has never seen intense joy.
Does such a person actually hide in your being! O mortal!

He cannot feed.

He cannot entertain.

He is filled with lust.

He is filled with anger.

Does such a person actually hide in your being! O mortal!

He has lost control.

He is without direction.

He gets swayed.

He gets carried away.

Does such a person actually hide in your being! O mortal!

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Reason has departed.	33
Consciousness has evaporated.	
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He is crooked. He is cowardly. Bravery has left his shores. Does such a person actually hide in your being! O mortal! He is fraudulent. He is hypocrite. He is not a true man. His passions have declared war on his heart. His lusts have declared war on his soul.	•
Bravery has left his shores.	
Boes such a person actually hide in your being! O mortal!	
He is fraudulent.	
He is hypocrite.	**
He is not a true man.	**
His passions have declared war on his heart.	33
His lusts have declared war on his soul.	
Boos such a porsen actually bide in your being! O mortal!	
Does such a person actually hide in your being! O mortal!	
He has no secures	99
He has no courage.	
Does such a person actually hide in your being! O mortal! He has no courage. He has no valour. He is foul.	**
He is foul.	33
He is faithless. He is master of trickery. He is master of sorcery. Does such a person actually hide in your being! O mortal!	88
He is master of trickery.	**
He is master of sorcery.	
Boes such a person actually hide in your being! O mortal!	
He is stubborn.	35
He is disobedient to the divine decree.	
Does such a person actually hide in your being! O mortal!	**
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Crying and wailing fill his breasts.	**
Tears fill his eyes.	**
Stubbornness has taken over his heart.	**
Vanity has taken over his soul.	
Does such a person actually hide in your being! O mortal! He shuns wisdom. He shuns true knowledge.	**
He shuns wisdom.	**
He shuns true knowledge.	
He is without content. He is without essence.	**
He is without essence.	
Does such a person actually hide in your being! O mortal!	**
Does such a person actually hide in your being! O mortal! Back	**
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⇔ OSRAM NE NSOROMMA: "The Moon and the Star" symbol of love,	(45)
faithfulness, harmony This symbol reflects the harmony that exists in the	
bonding between a man and a woman. Proverb: "Kyekye pe aware." (The	
North Star has a deep love for marriage. She is always in the sky waiting for	
the return of the moon, her husband.) (Source: http://www.adinkra.org)	33
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Bhagavad-Gita Based Poem Collection written by Anand Krishna 8 **33 POPULAR QUOTES ON CONSCIOUSNESS** 8 "A consciousness of our powerlessness should cast us upon Him who has all power. Here then is where a vision and view of God's sovereignty helps, for it reveals His sufficiency and shows us our insufficiency." A.W. Pink "The consciousness of the falsity of present pleasures, and the ignorance of the vanity of absent pleasures, cause inconstancy." **Blaise Pascal** "For many years I have never given an address without the consciousness that the Lord may come before I have finished." D.L. Moody "Remorse is the consciousness of doing wrong with no sense of love; penitence the same consciousness with the feeling of sorrow and tenderness added." Frederick W. Robertson "When Holy God draws near in true revival, people come under terrible conviction of sin. The outstanding feature of spiritual awakening has been the profound consciousness of the Presence and holiness of God" **Henry Blackaby** "It is the consciousness of the threefold joy of the Lord, His joy in ransoming us, His joy in dwelling within us as our Saviour and Power for fruitbearing and His joy in possessing us, as His Bride and His delight; it is the consciousness of this joy which is our real strength. Our joy in Him may

be a fluctuating thing: His joy in us knows no change."

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Hudson Taylor "To some measure even unbelievers benefit from God's grace. Theologians call that "common grace" because it is common to all mankind. Common grace is God's continual care for all creation, providing for His creatures' needs. Through common grace God restrains humanity from utter debauchery and maintains order and some sense of beauty, morality, and

goodness in society's consciousness."

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John MacArthur

"The consciousness of the falsity of present pleasures, and the ignorance of the vanity of absent pleasures, cause inconstancy."

Blaise Pascal

"Everything in the Universe, throughout all its kingdoms, is conscious: i.e., endowed with a consciousness of its own kind and on its own plane of perception."

H. P. Blavatsky

"Time is not an absolute reality but an aspect of our consciousness."

Robert Lanza

"Consciousness is our only reprieve from Time."

Mason Cooley

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"Only when inspired to go beyond consciousness by some extraordinary insight does beauty manifest unexpectedly."

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Arthur Erickson

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(Artist: Anne François Louis Janmot Date: 1814-92)