

## Extract of Verses from **WISDOM OF THE FOREST**

*In This Cycle of Existence, Aren't Thou Live a Frog In a Waterless Well! O Mortal!  
In Such An Ephemeral World As This, What Is The Good of Enjoyment of Desires! O Mortal!  
I Am That Serene One Who Reaches The Highest Light! O Mortal!  
Why Are You Affected By The Bright or Dark Fruits of Action! O Mortal!  
Why Do You Bind Yourself Like a Bird In a Snare! O Mortal!  
Why Are You Intoxicated with The Liquor of Delusion! O Mortal!  
I Am the Maker of All; I Am the Enjoyer of All  
Behold! I Am The Sum Total of All Existence! O Mortal!  
Haven't You Seen The Desirable Splendour of the Yonder Sun! O Mortal!  
Behold! This Self, Verily, Is The Lord! O Mortal!  
Is Not The Enjoyer of Food the Person Who Stands within Thee! O Mortal!  
Be Sure Food, Verily Is The Highest Form of Self! O Mortal!  
Is It Not True That Time Cooks and Ripens All Things! O Mortal!  
Let You Perceive The Infinite One! O Mortal!  
Let You Be Conscious of the Unlimited Perfection! O Mortal!  
Be Sure Having Seen Him Assuredly, One Goes To Immortality! O Mortal!  
Why Don't You Emerge Out of the Cavern of Your Senses! O Mortal!  
Are Not The Sprouts Here The Mark of a Seed! O Mortal!  
Let The Eternal Sparks Issue From The Divine Digestive Fire Within! O Mortal!  
Let You Witness the Bird of the Golden Hue That Abides In Your Heart  
Be Sure He Who Sees Him Sees All! O Mortal!  
Be Sure With A Golden Vessel Is the Face of the Real Covered! O Mortal!  
I Am He Who Is Yonder In The Sun! O Mortal!  
I Am The Bright Power That Perwades The Sky! O Mortal!  
O Soul! Why Don't You Witness Your Beings Unrealised Vastness  
O Soul! Why Do You Refuse to Bear the Creation's Load  
O Soul! Why Don't You Break Through the World of Confusion  
Verily In The End The Darkness Becomes One with the Transcendent! O Mortal!  
Sorrow Not For Indeed Your Self Is Unborn and Uncaused! O Mortal!  
Why Don't You Pierce Into The Center of Your Heart! O Mortal!  
Meditate On The Self Which Is Endless! O Mortal!  
Verily The Sun Is The Divine Principle! O Mortal!  
Know This Self Which Is The Source of All! O Mortal!  
Let Divinity Dwell in the Eye and What Is Seen  
I Am The Celestial Radiance That Arises Out of Sacrificial Rites! O Mortal!  
Behold! I Move Through Death but the Death Knows Me Not  
Meditate On The Pure Self That Is Immortal and Shining! O Mortal!  
Has Your Self Merged In The Fearless, Immortal And Sorrowless! O Mortal!  
Has Yourself Merged In The Endless Sorrowless And Seedless! O Mortal!  
Know Yourself O Mortal!  
Be Sure This Self Ultimately Burns Death! O Mortal!  
Dissolution of the World  
Can You Attain Death Which Is The Heart of All Beings! O Mortal!*

*O Mother Earth! Let the Mortal Enter Into the Gates of Immortality*  
*O Mother Earth! Let the Mortals Witness Hearthstone of the Everlasting Fire*  
*O Mother Earth! Let the Mortals Not Choose the Tyranny of the Darkness*  
*O Mother Earth! Can You Let My Soul Travel through the Land of Grace*  
*O Mother Earth! Take Me to a World Where My Soul Can Remember Its Eternal Quest*  
*O Mother Earth! Why Can't I Witness the Vast Surge in the Cosmos*  
*O Mother Earth! Why Can't My Spirit Escape From Being Hunted By Death*  
*O Mother Earth! Can You Let My Soul Experience the Sheer Spiritual Ecstasy*  
*O Mother Earth! Why Can't My Heart Grasp the Still Consciousness Hidden in Nature's Womb*  
*O Mother Earth! Can You Let My Soul Reveal Its Antique Face of Joy*  
*O Mother Earth! Why Is My Heart Lured To an Inescapable Fatality*

**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 well-being - 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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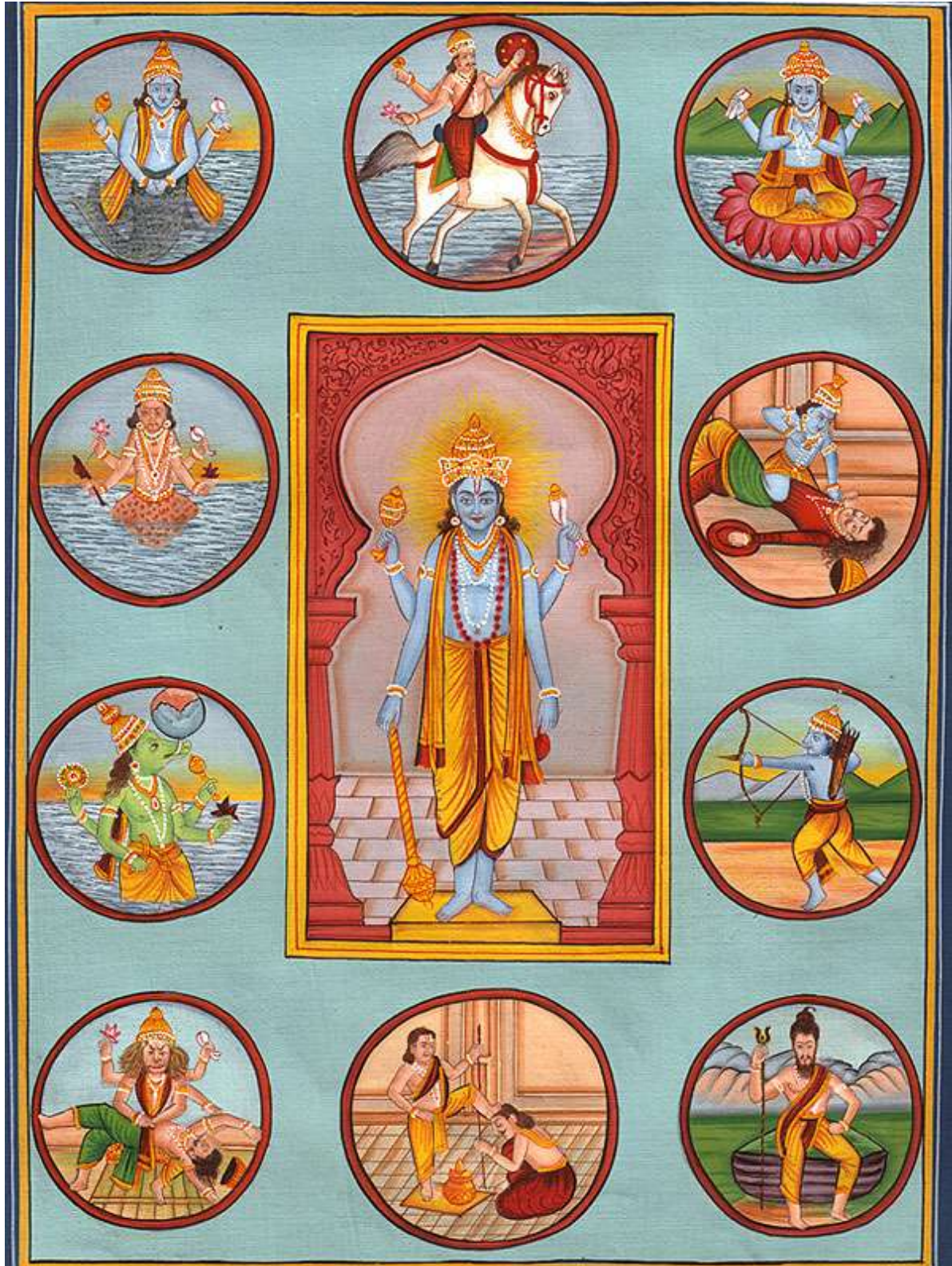
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## CHAPTER 1- UNDERSTANDING THE SECRET OF THE FORMLESS FORM (POEMS BASED ON PHILOSOPHY OF MAITRI UPANISHAD)

### Chapter 1.1- Understanding the Nature of Mortal Delusion (Poems Based on Philosophy of Maitri Upanishad)

#### Chapter 1.1.1- Poems on Cycle of Existence



(Source: [www.artnindia.com](http://www.artnindia.com))

Poem on Cycle of Existence

**In This Cycle of Existence, Aren't Thou Like a Frog in a Waterless Well! O Mortal!**



**Have thou laid the sacrificial fires of the ancients.**

**Have thou meditated on thy self after laying of the sacrificial fires.**

**When shall thy sacrifice become complete and flawless.**

**When shall thou discover he who is to be meditated upon.**

**When shall thou discover he who is**

**called life.**

**When shall thou discover the highest end of man.**

**In this cycle of existence, aren't thou live a frog in a waterless well! O mortal!**

**When shall thou establish thy sons in the kingdom.**

**When shall thou reflect that this body is non eternal.**

**When shall thou reach the state of non attachment.**

**When shall thou penetrate deep into the ancient forests.**

**When shall thou perform extreme austerity.**

**When shall thou stand with uplifted arms gazing at the sun.**

**When shall thou arise and choose thy boon.**

**When shall thou know thy true nature.**

**When shall thou see the fire without smoke burning with glow.**

**In this cycle of existence, aren't thou live a frog in a waterless well! O mortal!**

**Why do thou cling to this foul smelling unsubstantial body! O mortal!**

**Why do thou cling to this agglomerate of bone, skin, and muscle.**

**Why do thou cling to this agglomerate of marrow flesh and semen.**

**Why do thou cling to this agglomerate of blood, mucus and tears.**

**Why do thou cling to this agglomerate of rheum, faces and crime.**

**Why do thou cling to this agglomerate of wind, bile and phlegm.**

**In this cycle of existence, aren't thou live a frog in a waterless well! O mortal!**

**Why do thou cling to this body afflicted with desire, anger and covetousness.**  
**Why do thou cling to this body afflicted with delusion, fear and despondency.**  
**Why do thou cling to this body afflicted with thirst, hunger and old age.**  
**Why do thou cling to this body afflicted with death, disease, and sorrow.**  
**In this cycle of existence, aren't thou live a frog in a waterless well! O mortal!**

**Why do thou suffer from unending envy! O mortal!**  
**Why do thou suffer separation from what is desired.**  
**Why do thou covet the union with the undesired.**  
**Why do thou suffer separation from those whom thou love.**  
**Why do thou covet the union with those thou hate.**  
**Why is thy strength overpowered with old age.**  
**Why is thy body racked with disease.**  
**In this cycle of existence, aren't thou live a frog in a waterless well! O mortal!**

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**Starlight Symbolism : Ah stars, what's not to love about those twinkly beauties in the heavens? In a nutshell, stars are globs of gasses that are held together by their own gravity. That's a bright bit of symbolism, right there. This way of existence suggests self-reliance. Need a reminder of how you radiate your own force-field of power? Need reassurance that you can accomplish something grand by your own true grit? Stars lead solitary lives in the crazy chaos of the cosmos. They keep living, dying, rolling and functioning though. They keep shining by their own perfect design. You're perfectly designed too, and you can turn your high beams on to shine whenever you need too. I love that kind of star-lesson. (Source: <http://www.whats-your-sign.com>)**

### **POPULAR QUOTES ON CYCLE OF EXISTENCE**

**"The human body has been called the microcosm of the universe, a little world of wonders and a monument of divine wisdom and power, sufficient to convince the most incredulous mind of the existence of the Great Designer."**

**- A.B. Simpson**

**"Everything science has taught me - and continues to teach me - strengthens my belief in the continuity of our spiritual existence after death. Nothing disappears without a trace."**

**- Werner Von Braun**

## CHAPTER 1- UNDERSTANDING THE SECRET OF THE FORMLESS FORM ((POEMS BASED ON PHILOSOPHY OF MAITRI UPANISHAD))

### Chapter 1.1 Understanding the Nature of Mortal Delusion (Poems Based on Philosophy of Maitri Upanishad)

#### Chapter 1.1.2- Poems on Darkness and Passion



(Artist: Nicolas Poussin Date: 1594 - 1665)



Poem on Darkness and Passion

**Why Are You Affected By The Bright or Dark Fruits of Action! O Mortal!**



(Artist: Johann Ender Date: 1831)

**Why do you enter the evil womb! O mortal!  
Why is your course downward! O mortal!  
Why do you wonder about affected by the pairs  
of opposite like pleasure and pain.  
Why are you affected by the bright or dark  
fruits of action! O mortal!**

**Why is your elemental self affected by natures  
qualities.  
Why is your immortal self like a drop of water  
on the lotus leaf.  
Why are you confused and bewildered.  
Why don't you not see the blessed lord who  
dwells in you.  
Why do you not see the true cause of action.  
Why are you affected by the bright or dark  
fruits of action! O mortal!**

**Why are you borne along and defiled by the streams of qualities.  
Why are you unstable and unwavering.  
Why are you bewildered and full of desire.  
Why are you distracted.  
Why do you get to the state of self love.  
Why do you bind yourself like a bird in a snare.  
Why do you drown in the river of sensations.  
Why are swept along in the river of passions.  
Why do you allow the river of passion to swamp and drown your soul.  
Why aren't you able to cross the flood of passion.  
Why are you affected by the bright or dark fruits of action! O mortal!**

**Why does yourself fall into an illusion! O mortal!  
Why does yourself become weak, disordered and sensual.  
Why does yourself believe in its own separate existence.  
Why do you fetter yourself by your own action like a bird in the net.  
Why are you affected by the bright or dark fruits of action! O mortal!**

**Why do you cling to the body that arises from sexual intercourse.  
Why do you cling to the body that is endowed with growth in darkness.  
Why do you cling to the body that comes forth through the urinary  
passage.  
Why do you cling to the body that is build up with bones and smeared  
over with flesh.**

**Why do you cling to the body covered with skin and filled with faces.  
Why do you cling to the body filled with urine, bile and phlegm.  
Why do you cling to the body filled with marrow, fat and grease.  
Why are you affected by the bright or dark fruits of action! O mortal!**

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**Owl:** Last (but not least) in our exploration of the Celtic symbols of Blodeuwedd is the elusive Owl. I've included it as one of her symbols because the Owl marks the conclusion of Blodeuwedd's story (and moral). Gwydion and Math were mightily peeved to discover Blodeuwedd pursued the love of Gronw (and not their nephew, Lleu). So they killed Gronw, and tried to do the same to Blodeuwedd, but she escaped. As her creators, Gwydion and Math reasoned they could also be Blodeuwedd's undoing and although they could not find her, they cast a spell turning her

into an Owl. In the parable of Blodeuwedd, the Owl is symbolic of transformation, but also of darkness. The Owl is nocturnal, and therefore a symbol of the night and all things that come alive under the cloak of darkness. As she was made from blossoming flowers, and accustomed to shining brightly in the light - the conversion from bud to nocturnal bird wasn't a pleasant one for Blodeuwedd. And so, Blodeuwedd was left in eternal sorrow for having to live her days unseen, unappreciated. There's a symbolic lesson here. I like to think the Owl expanded her vision, allowing her to see the landscape of her life with new eyes. Sometimes darkness can reveal more than the light. Furthermore, I appreciate the tone of transformation in the myth of Blodeuwedd. We all have seasons of bright blooms, but we each must sail the night skies for perspective too. The Owl is symbolic of that transition from one perspective to another. Interestingly, the Welsh word for "owl" is blodeuwedd. (Source: <http://www.whats-your-sign.com>)

Poem on Darkness and Passion

**Why Are You Intoxicated with The Liquor of Delusion! O Mortal!**



(Artist: Hans Zatzka Date: 1859-1945)

**intoxicated with the liquor of delusion! O mortal!**

**Why are you like a lame man bound by the fetters.**

**Why are you like a lame man bound by the fruits of good and evil.**

**Why are you like a man in prison lacking independence.**

**Why are you like a man in the realm of death beset by many fears.**

**Why are you**

**Why do you rush about like one possessed by an evil spirit.**

**Why do you rush about like one bitten by a great serpent.  
Why do you rush about like one bitten by the objects of sense.  
Why do you suffer gross darkness.  
Why do you suffer the darkness of passion.  
Why are you intoxicated with the liquor of delusion! O mortal!**

**Why are you like the juggler consisting of illusion.  
Why are you like a dream with false appearances.  
Why are you unsubstantial like the inside of a banana tree.  
Why are you like an actor changing dress every moment.  
Why are you like a painted scene falsely delighting the mind.  
Why are you intoxicated with the liquor of delusion! O mortal!**

**Why don't you obtain goodness through austerity.  
Why don't you obtain understanding through goodness.  
Why don't you obtain the self through understanding.  
Why don't you free yourself from evil by practice of austerity.  
Why don't you completely absorb yourself in his manifest greatness.  
Why are you intoxicated with the liquor of delusion! O mortal!**

**Why don't you obtain the state of the supreme divinity above the gods.  
Why don't you obtain happiness which is undecaying and unmeasured.  
Why don't you be the rider of the chariot of passion.  
Why don't you attain complete union with the self.  
Why are you intoxicated with the liquor of delusion! O mortal!**

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[your-sign.com](http://www.whats-your-sign.com))

**Storms:** Kind of a no-brainer, dream meaning of storms conjures up questions like "Who or what am I allowing to rain on my parade? What storms are brewing within my emotional being right now? Are tumultuous emotions accumulating and why?" Torrential storms are an obvious sign of discontent - usually due to a feeling of helplessness over the situation ("acts of God" or "there's nothing I can do" that sort of mentality). Storms often brew in our dreams when we've got some serious fears we're glossing over in our conscious lives. (Source: [http://www.whats-](http://www.whats-your-sign.com)

Poem on Darkness and Passion

**Why Do You Bind Yourself Like a Bird In a Snare! O Mortal!**



**Why do you embrace darkness through your bewilderment and fear.**

**Why do you embrace darkness through your sleepiness and sloth.**

**Why do you embrace darkness through your old age, grief and hunger.**

**Why do you embrace darkness through your mental thirst, weakness and anger.**

**Why do you embrace**

**darkness through your unorthodoxy, ignorance and jealousy.**

**Why do you bind yourself like a bird in a snare! O mortal!**

**Why do you embrace darkness through your cruelty, stupidity and shamelessness.**

**Why do you embrace darkness through your meanness and rashness.**

**Why does yourself drown in passion through your inner thirst, affection and covetousness.**

**Why does yourself drown in passion through your lust, hatred and deceit.**

**Why do you bind yourself like a bird in a snare! O mortal!**

**Why does yourself drown in passion through your envy, insatiability and unstead fastness.**

**Why does yourself drown in passion through your fickleness, distractedness and ambitiousness.**

**Why does yourself drown in passion through your acquisitiveness and patronage.**

**Why does yourself drown in passion through your aversion to unpleasant objects.**

**Why does yourself drown in passion through your over attachment to pleasant objects.**

**Why does yourself drown in passion through your sourness of utterance and gluttonousness.**

**Why do you bind yourself like a bird in a snare! O mortal!**

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**Weapons: Dream meaning of weapons aim at aggression, assertion and action. These are also phallic symbols (in my opinion) and so speak of masculine (yang) energy. Dreaming of weapons points to a propensity to settle difficulties through force, maybe even violence. Weapons may also hint to themes of provision (you know, hunter-provider archetypes). Weapons (particularly swords) may also carry sacred symbolism, mysticism and ritual. At its core, dreaming of weapons points to a fine balance between lack and gain in conjunction with our methods of obtaining what we want. (Source: <http://www.whats-your-sign.com>).**

### **POPULAR QUOTES ON DARKNESS AND PASSION**

**“Scripture, because of its absolute clarity, bring understanding where there is ignorance, order where there is confusion, and light where there is spiritual and moral darkness. It stands in stark contrast to the muddled musings of unredeemed men, who themselves are blind and unable to discern truth or live righteously. God's Word clearly reveals the blessed, hopeful truth they can never see.”**

**- John MacArthur**

**“Your Lord is Love: love Him and in Him all men, as His children in Christ. Your Lord is a fire: do not let your heart be cold, but burn with faith and love. Your Lord is light: do not walk in darkness of mind, without reasoning or understanding, or without faith.”**

**- John of  
Kronstadt**

**“Life is war. That's not all it is. But it is always that. Our weakness in prayer is owing largely to our neglect of this truth. Prayer is primarily a wartime walkie-talkie for the mission of the church as it advances against the powers of darkness and unbelief.”**

**- John Piper**

**“It is only by the death of self that the soul can enter into Divine Truth, and understand in part what is the light that shineth in darkness.”**

**- Madame Guyon**

**“One thing is clear to me, that no indulgence of passion destroys the spiritual nature so much as respectable selfishness.”**

**- George  
Macdonald**

**“I will” is no word for man. There is a far diviner one, “I ought.” Bow passion to reason, reason to conscience, and conscience to God, and then be as resolute and determined as you choose.**

**- Alexander  
MacLaren**

**“Mortal lovers must not try to remain at the first step; for lasting passion is the dream of a harlot and from it we wake in despair.”**

**- C.S. Lewis**

**CHAPTER 1- UNDERSTANDING THE SECRET OF THE FORMLESS  
FORM (POEMS BASED ON PHILOSOPHY OF MAITRI UPANISHAD)**

**Chapter 1.2-Understanding True Nature of Freedom and Liberation (Poems Based On  
Philosophy of Maitri Upanishad)**



**(Artist: Warwick Goble Date: 1862-1943)**

Poem on Divine Freedom and Liberation

**Are Not The Sprouts Here The Mark of a Seed! O Mortal!**



*(Artist: Raja Ravi Varma)*

**Are not smoke, light and sparks the mark of a fire.**

**Are not understanding and steadfastness the marks of him.**

**Are not memory and wisdom the marks of him.**

**Are not speech and hearing the marks of him.**

**Are not sight and mind the marks of him.**

**Are not your breath the mark of him.**

**Are not the sprouts here the mark of a seed! O mortal!**

**From the self indeed come forth all living creatures.**

**From the self indeed come forth all worlds.**

**From the self indeed come forth all knowledge.**

**From the self indeed come forth all the**

**gods and all the beings.**

**Be sure! Yourself alone is the truth of the truth.**

**Are not the sprouts here the mark of a seed! O mortal!**

**From the self alone has been breathed all the knowledge and scriptures.**

**From the self alone has been breathed all the legendary stories.**

**From the self alone has been breathed all the ancient lore and sciences.**

**From the self alone has been breathed all the mystic doctrines and verses.**

**From the self alone has been breathed all the mystic aphorism, explanations and commentaries.**

**From the self alone all these beings come forth.**

**Are not the sprouts here the mark of a seed! O mortal!**

**Let the spring and summer be the bricks for your year of divinity.**

**Let the raining season, autumn and winter be the bricks for your year of divinity.**

**Let the earth with its hands raise you to the atmosphere and offer you to the wind.**

**Let the wind verily be your breath.**

**Let the atmosphere with its hands raise you to the skies and offer you to the yonder sun.**

**Let the sky with its hands rise you to the knower of self.  
Let the knower of self raise you up and offer you to divinity.  
Let the divinity make you blissful and joyful.  
Are not the sprouts here the mark of a seed! O mortal!**

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**Wings:** Dream meaning of wings carry messages of "spread your wings and fly" to new locations (physical moves), understanding (gaining knowledge through study, school, etc) or flying to new spiritual heights. Dreaming of wings themselves may indicate it's time to work on inner landscapes, or a prompting to fly into the realms of spirituality. It may also encourage a spring cleaning of the mind (sweep away rubbish thoughts) to gain clarity in thought about a certain troubling situation. (Source: <http://www.whats-your-sign.com>).

Poem on Divine Freedom and Liberation

**Be Sure He Who Sees Him Sees All! O Mortal!**



(Artist: Hans Zatzka Date: 1859-1945)

**Have you seen the one behind the bright power that pervades the sky.  
Have you seen the one behind the light rays.  
Have you seen the one that sustains the heat.  
Have you seen the knower that sustains the wind.  
Have you seen the eternal that sustains the fire.  
Have you seen the real that sustains the breath.  
Be sure he who sees him sees all! O mortal!**

**Have you seen the one that shines in the water.  
Have you seen the one that shines in the moon.  
Have you seen the one that is the bright.**

**Have you seen the one that is the immortal.  
Have you seen the one that is the ocean of light.  
Be sure he who sees him sees all! O mortal!**

**Have you seen the one in whom the worshippers become dissolved like a lump of salt.  
Have you seen the oneness with divinity.  
Have you seen the one in whom all desires are contained.  
Have you seen he who dwells within the gods.**