

# *Glimpsing the Moment*

I know I am beyond all this  
Is there something I can do  
To capture the uncatchable  
And bring the same to you?

I know you want it oh so much  
But wanting will not do  
Instead you must be present  
In this moment which is you

This moment is totality  
That cannot be denied  
This moment stretches everywhere  
From which you cannot hide

Why should you think of hiding  
Or of somewhere else to go?  
This moment is the centre  
It's the centre you should know

This moment may appeal  
Or then again may not  
But that which is judging  
Is mind which doesn't stop

Leaping forth from this and that  
Sparking with desire  
Seeking satisfaction  
From which it will not tire

I am unhappy, you may say  
And that I can't deny  
But that which is unhappy  
Is not the heart of I

Unhappy is a mental mood  
Within a mental sea  
For a thousand years these mental waves  
Have stated they are me

I want to show you something  
Constant through this trend:  
Mood and mind are known  
Of that you can't pretend

The knower of activity

Is nothing you can see  
It is the state of being  
That rises here as me

It does not require thinking  
To see this mental plan  
But surrender to the moment  
In this second as you stand

I'm offering you a liberty  
To accept for all time  
That something before thinking  
Can be known now as I

This something is existence  
The constant, present state  
That shows itself, within itself  
As I am awake

This state is not a thing  
Found in another place  
But here as this moment ~  
To that you can awake

You are what you seek  
In this second as you stand  
The truth is at your feet  
In this second as you stand