

John Rowan

THREE POEMS

THERAPY

I open, it opens, opening happens
I go down, I go down into it, it reels out
I feel, I feel the pain, the fear, horror, such horror,
 such terror
(SCREAMS)
I lost control, I lost control, I lost control, I lost control
How could anybody love that
You never treated me properly
It's not fair!
You'll never believe what you have to go through to
 get it!
There's a lot of nastiness behind all that
I don't know what story to believe
Confusion confusion confusion
I'd rather not know the truth, thank you very much!
How could you ever do that to her?
How come you ruined it all?
Whatever it was she wanted, I wasn't it
You really have to feel sorry for some of them
You can come with me if you're good enough - but
 you're not good enough
There's plenty more where that comes from
(REPEAT)
And then lying there exhausted.
The warmth
The acceptance
Those loving faces.
Those faces knowing the worst about me and loving
 me just the same.
And the dome. Someone looking down on me with
 such love, such compassion, **karuna.**

Saying - "I care. But I don't mind."
The peace.
Such Peace.
Peace.
Finding me. And beyond me . . .

MEDITATION

I open, it opens, opening happens
I go down, I go down into it, it reels out
Thoughts and feelings on top, bouncing up like pingpong
balls on jets of water
Follow the jets down, concentrate on the jets
And feel such energy
Such
Energy! Surge - shake - breathe, surge, shake, tense
neck, tense face, tense eyes, tense, tense, tense,
tense - trembling with the power of it, shaking
with the surge of it
SUCH
ENERGY!
Following it back, following it down, down, down,
down
To a power station
And behind the power station a grid
And behind the grid a turbine
And behind the turbine the fuel
And behind the fuel the sun
And behind the sun the galaxy of stars pouring their
light out effortlessly and endlessly
And behind the stars the formless radiance
And behind the formless radiance - I'm going into
it - it's coming into me - the black, the blackness,
the black hole, the blank hole, the blankness,
the utterly, the uttermost, no, no, I must, I can't,
No, no no; it's too empty, I'm going, I will, I go,
I come, I empty, I'm there

There in the white light, there in the ecstasy, there
in the place where I feel twelve feet tall and
full of energy
Energy I can handle, energy I can place and guide.
And when I went back to the old place, the therapy
place, the place of greatest fear, to face my
ultimate scary monster, all I found there was
me, looking sheepish, a bit embarrassed - all that
scary journey, and it was just me all the time.

PRAYER

I open, it opens, opening happens
I go down, I go down into it, it reels out
I trust you
I trust that process that you are
I want to know you
I want to know you better.
I know you now. I want to know what you mean.
I lose myself in you. It's you doing it now. You own
me, you love me, you are me.
It's happening, you are happening.
Here's where it happens
Here it goes
Not just the nothing, not just the energy, not just
the peace, not just the ecstasy, not just the being
It's the three now - the process of three - the rule
of three, the spiral swirl of the three, the infinite
curve of the three
That includes me, that joins us, that takes down all
the barriers.
I breathe in you.
You breathe in me.
I see the Trinity everywhere. I feel the Trinity every-
where. I feel the Trinity everywhere. It is in
you. We are in you. You are in we.
I see the tree. I am that.
I see the sky tower. I am that
I see the car. I am that.
I see you. I am that.

But now it's not just me. I am not alone any more.
I am loved with such care. I have so much to
give, because it's not just me giving it.
I can draw on the One.
I can draw on the Other.
I can draw on the Third.
Or better, truer, to say - I can let them draw on me.
I can let them in. I can let you in. I don't have
to maintain my separateness.
How serious - when all I really want to do is shout
Holy! Holy! Holy! Holy! It's so holy! I'm so holy!
You are so holy! And it doesn't matter. It doesn't
mean what you think it does. It's all right. It's
OK. It's all all right. It's all OK. It's all changing
anyway - that's what's so samey about it.
It's hard to resist being clever, but that's not what
it's really about.
It's about the Holy Trinity
And being open
And going all the way.
And when I went back to the old place, the meditation
place, the place of greatest energy, to face my
ultimate highest ecstasy, all I found there was
me, looking sheepish, a bit embarrassed - all that
risk- intense journey, and it was just me all the
time.
It feels like before I was looking for the answer
And now it feels as if I've found the answer, but now
I need to know what it means.
It feels as if I've come into something very big.
It feels as if I've had my room enlarged, and now
I've got to grow to fill it.
It feels as if there's a long way to go.
But it feels as if doors in my being are opening
I haven't got keys to them - I don't need keys to them -
they just open
And it's as if I don't have to pretend any more, I don't
have to keep up the defences any more, I don't
have to be scared any more, ever.
