

container. Our thoughts and feelings, seen to be thus uncontained, fly back into and reclothe the universe. The universe positively welcomes them. One's mind is once again at large in the world, as it was in childhood, only now with the valuable ingredient of objective self-consciousness. There is a sigh of relief; for perhaps a fundamental problem with our minds is simply our attempt to bottle them up in imaginary headquarters. Really they belong in the world. By letting our minds return home — they are raring to go — we stop pretend-

ing we are separate from our world. This is healing on a broad, deep front.

Now this is only to dip into some of the discoveries and implications that naturally flow from such insight into the nature of self. Of course, different people will discover different things, but all these varied discoveries arise from the same fertile ground. Though the lamps are many, the light is one. This is the heart of the matter, the central bit; the bit that isn't a bit after all, but infinitely clever nothingness, the source of the living universe.

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The next workshop with Douglas Harding will be held in London on May 30th, 1998. Contact: 0181 806 3710. Web site: <http://www.headless.org>

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## ***Spirals***

*Richard Lang*

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The yellow daffodils and the child  
sing wonderful songs together.  
And as the daffodils make way  
for their cousin, the red rose,  
the child makes way for the woman.  
Today I turned and saw a spider  
race across its web and gobble a fly,  
returning satisfied to its lair.  
Life eats life, and so it goes.  
Now summer seems to be back  
this golden autumn day,  
yet I know winter approaches.  
I sweep up the leaves gathering in the garden  
and plant snowdrops and daffodils.