

experiences and their desire for self and others' is something we may have now, at this moment, and, if so, we accept that desire; but it is equally true and therefore relevant and therefore worthwhile and important - that we and others - may be experiencing the desire for a cup of coffee, a walk in the garden, a shout at the cat - and that's also life.

Freedom may lie in accepting that what we want to do is what we want to do - not what could/should/ought to be what we want, and that 'true tranquility' lies in the total acceptance of the reality - each having their own perception of what that reality is.

So lets examine ourselves and our 'humanistic' experiences and activities, and see where - for us - without imposing our values on others - our 'happy, satisfying' life is. Perhaps we may also be involved in groups - such as the family - where freedom and liberty of the individual could be considered, as well as on 'Tuesday nights at the meditation centre'. Didn't someone say that being a fully functioning, self actualised person, is a way of life, not a two hour a week activity.

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SCRAPE

*You get what you deserve,
Scrape, scrape
that thing
Holy Orgasm
and Cosmic Hard,
Scrape, scrape.
Do you like
it; us now?
We don't like you
posturing.
Playing a man's game
in a man's world
cut it out
Sigmund.*

Anne Kahn