

Poetry Series

George Krokos

- poems -

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George Krokos (30-06-1951)

George is an aspiring poet who has written quite a number of poems inspired by nature, science, philosophy and the spiritual aspects of life. He has studied eastern and western religions and associated philosophy for over 25 years and has practised various forms of Yoga and meditation. He is about to publish a book called *The Seeds of Life - Poetry and Prose* which is a collection of poems and some prose written over the past 35 or so years of his life.

From a very early age I had intuitive feelings and thoughts about my surroundings including the people around me. But growing up changed a lot of things. Then in my mid twenties I had a spiritual awakening after reading a book called *'Autobiography of a Yogi'* by Paramahansa Yogananda along with other books by him and quite a few more writers which helped explain and confirm my earlier life experiences and also helped me to get back on the spiritual path.

The spiritual and religious type books include various scriptures from the world's major religious traditions mostly dealing with the inner mystical path by authors such as Yogananda, Meher Baba, Muktananda, Hazrat Inayat Khan, Rumi, Hafiz, Sivananda, Aurobindo and many others. I also like science fiction and sometimes wonder whether the sci-fi authors themselves have delved deeply into various mystical or religious classics.

I like to go for walks in the bush and spend time with nature, travel to country and non crowded and non polluted areas when and if possible, meditate, listen to music, read various books and articles, do physical exercise including a form of Karate and Tai-chi which I have been developing over the last four or five years.

I am trying to live in such a way so as to cause only minimal pollution which is easier said than done and somewhat difficult and at the same time striving to achieve and realise our Ultimate ideal state of being by developing a spiritual awareness of our oneness with all life. I am also at present coming to terms with the loss of family members and preparing to move into another place to live.

I like to listen to music that is inspiring and helps to focus on one's Higher Self: mostly New Age and meditation, some classical, a little jazz, even some classic rock which isn't too loud. Whatever has rapport with my inner being or state.

What gladdens me most is when I recognize the inner connection with other people and also the underlying natural balance and harmony that pervades

all nature.

I have been a vegetarian for about thirty four years now and also don't drink or smoke which were both given up at the same time soon after I began to get back on the spiritual path.

A Creature Of Habit

You've become a creature of habit since coming into the world O man and so will evidently try to justify this condition as much as you can! There are so many things that you ignorantly or needlessly do now which prove to be of little or no benefit to you while here anyhow.

You've come to know very little about the workings of your body or mind and with this limited knowledge attempt to cure all those ills of mankind. Is it any wonder then that you create more problems than can be solved as nature indicates those situations from which you wish to be absolved.

Of those habits that all give most pleasure you tenaciously hold on to and the long term effects of them turn out to be just burdens for you. It's also on the spur of the moment you rarely see beyond your own nose and the consequences of those actions you do not really wish to disclose.

You have made it a habit to acquire possessions at such an alarming rate and some of the means you employ to get them create an unhealthy state. By the sweat of your brow you've worked hard to bring certain things about being both good and bad they're what always have been without much doubt.

It's in keeping with the spirit of progress which drives you forever on that you try to perfect some of those things you had once started upon. Though history shows signs whenever you've come close to the mark that sooner or later than not you've all been plunged back in the dark.

Could it be out of sheer habit that you repeat the same mistakes over again which prevents you from achieving your glorious objective once more then? Or could it be that you all seek perfection in so many imperfectable things and have to go through traumatic experiences this non-fulfilment brings?

Your bad habits probably indicate there is something deeply wrong that you have failed to recognise and is why it has persisted so long. Though some people have written or talked a lot about Original Sin it is what we do in this life to regain Original Justice and grace win!

To be habitually virtuous and sincere in our efforts is only part of the way being a step in the right direction no matter what many others may all say. There are so many ways by which people commit personal sin and fall from grace that without some kind of intervention they would never reach any heavenly place.

George Krokos

A False Lover

You do not seem to mean any real harm
but in fact you have such a deadly charm.
Someone who's not aware of your guile
is approached by you wearing a smile.

Many are the ones that you have fooled
who have been all but wrongly schooled
in the serious business of love and devotion
perishing without you showing any emotion.

You turn your back quickly at the sign of any disunity
as if you've been waiting for just such an opportunity.
You also don't really care about anything else except to be praised
and will brook no compromise if any issues of disloyalty are raised.

You think and make out as if you're always right
regardless of the truth becoming evident to sight.
You're not to be blamed if anything goes wrong
and will challenge any suspicion before too long.

If anyone happens to open up their heart to you
they run the big risk of having it broken in two.
A deceiving love full of pain is the thing you give
as this is the way by which you know how to live.

George Krokos

A God Of Pain

Oh Lord, it seems to me, You are a God of pain
without which some people say there is no gain.
There is only so much that we creatures can bear
and it's sometimes I wonder if You really do care.

Throughout the world You're generally loved, hated or feared
and there are certain times when You are very strongly jeered.
Most people have a hard time making up their mind about You
because of the trials and tribulations that You put them through.

It seems strange and true to say that with Your almighty nature
You somewhat force people to bend to Your imposing stature.
To impress on them that You're the Only One they should please
You have to prepare and teach them all how Your Will to appease.

Is it because of You're being Immortal and All-knowing and we are Your heirs
that You subject us all to such rigorous training to overcome illusion's snares?
One only has to reflect on the lives of Your so-called True Sons of the past
to realize the suffering and attainment their example on humanity has cast.

If I sound to be a little cynical towards You and seem to complain
how could You be so insensitive and not help me get rid of my pain?
Though ignorant as I am to One Who is great as You're made out to be
please show a little more compassion to those who are helpless like me.

As life in this world demands so much of our time
is it forgetfulness of Thee that You consider a crime? !
This whole world is a cruel proving ground to one higher above
and yet it has been spoken or written that You are a God of love!

If I don't seem to see the bigger picture now of what really goes on
then You're held responsible for allowing this situation to drag on.
And even though You have given Teachers to show people the way
the illusion is still so strong that most get caught and lost in the fray.

Remaining a while here where they play out either minor or major roles
being only a matter of time before they too become aware of their souls.
When after much disappointment and suffering that You seem to mete out
they gradually realize by pain that this world is not what life is only about.

George Krokos

A Hymn To Him

Thou Art in the sun, sky, rain, earth and air
Oh Lord Beloved You are really everywhere.
In all the creatures of the land and sea
You are the One That has made them be.

In the soil where all good things are grown
And heavenly space of which little is known.
Within us all and outside
In everything You do abide.

Thou dost knowest all within Your Being
When we, Thy children, are clearly seeing;
By Your grace earned from many good deeds done
In remembrance of Thee from Where we have come.

Our love to You we should all gladly give
From our hearts wherein You always live.
With all humble and loving devotional tears
My gratitude to You for dispelling our fears.

Thou art the One all-pervading and Omnipotent Divine Intelligence
Perceived and known directly through our personal experience
The Inner Light reveals Thine Eternal Divine Glory
Sincere love in worship of Thee, Being most worthy.

Note:

This poem was one of the first written after visiting India in 1978 and Avatar's Abode in Queensland in 1979. It has been slightly modified since by adding the word 'rain' in the first line and substituting the word 'quest' for 'Light' as now appears in the second last line.

George Krokos

About War!

Bitter conflict!
The earth is crying blood
Life is dying!
People are turning against each other
We turn against ourselves and walk away.
Never to return?
Ever so gently, softly
We turn around and walk together, bleeding.
Slowly, injured life is healing.
A mark remains,
Yet becomes hidden by the spoils of life.
Life likes living.
Do we know what life is?
We certainly don't know without it!
Does it know what it is?
It only likes living.
For what?
For us to realise this!
Ha! and yet we destroy it
carelessly, thoughtlessly.
One instant,
life is going to destroy itself.
Because it is lonely living
in a world where
we do not like living with it.

The way we came about together
- one giving one receiving.
But now it is a different story.
A story that might not be told
in life, except death.

The Soul of man
Is the child of Life

Who are we to pass judgement?
but fools in the eyes of Truth!

George Krokos

Accustomed To Her Face

Out of the dark I see a face
one of beautiful and sincere complex
I wish I knew when that face would come
and guide me to a better place.
This face, I seem to know from somewhere
It still exists, not only as a figment of my imagination,
but rather, one in a desperate situation for me.
That face whose is it? but someone's
Those eyes, what do they see? but a story
Her mouth and lips, what could they do?
but speak and smile to me.
That expression, whose is it? but mine to see;
I try and understand the message conveyed.
Has it ever occurred to anyone that it might be the one for me?
In a world of fantasy I deem she's mine,
but who else could she belong to?
I find it hard to realise the position
of what I have witnessed has put me in.
Who would possibly keep her away from me?
but someone like myself, I'm sure she knows.
It is the only answer I can offer.
Then I may have a twin in the world;
perhaps my one and only adversary
in my love dream yet to come true.
The face has gone back into the gloom
Her face has gone.....

Why did she appear as if with news?
Back into the past I think for clues....
Not just to haunt or torment me it seems
but to remind me that she exists in reality.
Not only just as someone out of my dreams
making the hope of finding her an actuality.

Note: A very early poem written over 35 years ago

George Krokos

Any News of The Beloved?

What news have you brought me of the beloved?
The anxiety of my heart is so very great in there.
I no longer at all can keep my feelings covered
and the stirrings of my heart are about to flare.

The masked expression on your face seems uncertain
but the light from your eyes shines with a story to tell.
Let's sit down together and draw around us a curtain
so that the flames of longing we will be able to quell.

If I seem to be somewhat impatient it's justifiably so
the anguish in my heart is almost too strong to bear,
as news of the beloved is all that I really care to know
don't hesitate any more now and those moments spare.

Although you look a little tired from the long distance traveled
there'll be some unfinished business between yourself and me;
unless I hear a few words all my trepidation won't be unraveled
and the pain in my heart will become unbearable for you to see.

You must now know how I feel and all the reasons behind
so please tell me everything to help ease my heart and mind.
Start at the very beginning and continue right up to the end
I'll be listening with expectation and to your words attend.

George Krokos

Australiana

Aborigines and kangaroos
boomerangs and didjeridoos.
Leafy gum tree branch and koala bear
black stump in the middle of nowhere.
Jolly swagman camped by a billabong
in 'Waltzing Matilda' a favorite song.
The wild brumbies roaming free in the outback
a scruffy hobo living alone in a country shack.
Aboriginal myths called their dreamtime
the native Australians regard as sublime.
Ring-tailed possum and wombat
Aussie bloke wearing accubra hat.
Alice Springs and Ayers Rock
outback stations and livestock.
Ned Kelly bushranger and his law brushes
the Eureka stockade during the gold rushes.
Laughing kookaburra and old man emu
platypus swimming in underwater view.
Banjo Patterson's poem 'The Man from Snowy River'
who went riding down mountain side without a quiver.
Surfers paradise and the Great Barrier reef
sixties rock 'n roll legend: Johnny O'Keefe.
Anzac marches and the land of the Southern cross
old Cobb & Co. stagecoach used to travel across.
Glorious summer sunshine and winter rains
severe country drought and the desert plains.
Eucalyptus scent and Tea-tree oil
good health remedies from the soil.
Fresh water yabbies and the witchety grub
all make good tucker in the bush or scrub.
Crocodiles in the Kakadu national park
Burrumundi and the great white shark.
Sydney harbor bridge and the Opera House
Daintree rain forest and the kangaroo mouse.
Sheep wool farming and old shearing sheds
Melbourne Cup horse race for thoroughbreds.
Riverboat cruising up and down the Murray
passing border country towns not in a hurry.
Cradle mountain and the Tasmanian Devil
saying 'fair dinkum' means it's on the level.
AFL rules football and big crowds at the MCG
playing one day cricket there is exciting to see.
The Fitzroy Gardens and Captain Cook's cottage
are there for all to see as symbols of our heritage.
The Twelve Apostles standing along a rugged stretch of coast
a Ninety-Mile beach is something about which we can also boast.
The Glass House mountains are a sight to see and even to climb
by those who consider themselves fit enough and in their prime.
The great Australian Bight and the road on the Nullarbor plain
is a great feat to drive across and be able to come back again.
The local native wild dog known by name as the dingo
has nothing to do with a game people play called bingo.

There's also a game called two-up that some people play
by which they gamble most of their weeks wages away.
Luna Park in St.Kilda and the annual Royal Melbourne Show
are places where you can take the kids to have fun people know.
There's the local pub where you can go and have a drink with your mates
and is what many do all day long having a few too many in all the States.
This great southern land of Australia has so much to see and to offer
it would be a bloody shame if one didn't give a damn or was a scoffer.

George Krokos

Butterfly

Fly, O butterfly fly in the clear and sunny day
Fly about in freedom in your haphazard way.
Fly onto colourful flowers and plants giving sustenance away
Fly as only you know how and live to see and fly another day.

Such a creature that you are and so very delicately made
A marvel of creation clothed in colours which do persuade.
What a contrast there is while you're motionless to that when you're in flight
A splendid example of nature to which all the credit is due allowing this sight.

Although you have your own season and have much with which to display
You're only here for a short time and like to make the most of it each day.
With angelic-like wings of splendour it seems you fly around effortlessly
From one area to another wherever your discretionary whim takes thee.

You are a creature of metamorphosis or the product and result of transforming change
Could this be the reason why that beautiful form of yours covers such a broad range?
For in the life-span which has been allotted to you a rare beauty you've now become
An exemplar of harmonious existence with nature that is evidently a hobby for some.

In the whole wide world there's hardly a creature that bears any resemblance to you
And it's only in your rather less noble relation the moth there's some semblance true.
You're verily also a creature that appears to revel in broad daylight
Though your cousin is mainly one who usually abounds in the night.

And you have wings that are mostly poised upright behind you when in rest
While those of your kindred are but lowly hung and only widespread at best.
It also occurs to me you're more refined and sensitive by birthright than your relation
As you're the one who avoids flying headlong into objects and get the most adulation.

Fly O butterfly fly and may you find your happy mate
Fly to where love takes you and wandering does sate.
Fly all around to every place in your naturally free and delightful state
Fly as only you know how and live to share with all that eventful fate.

George Krokos

Call To The Real Beloved

O Beloved, do You think that I can forget You at all?
Help me realise The Love which attracts You by call.
You are the only one that I have always longed for!
Help me please get across to the land of Your Shore.

Separation is a mighty ocean of many burning desires
Help me cross over and not be consumed by their fires.
Take me by the hand if necessary don't let me go astray
Help me get to that place where I'll be with You all day.

Life is really very short there is not all that much time
Help me find You without committing any more crime.
You are so compassionate towards us and can wipe our slate clean
Help me at least get a glimpse of You like all the others have seen.

We are all Thy children and often call to You when in need
Help us all ask for that which will bring You closer indeed.
Thy Divine Love and Grace awakens Your presence in our heart
Help us all experience that Love where we are never really apart.

All the people of this world are searching everywhere for love
Help them realise and achieve that which is a gift from above.
Once everyone gets a taste of It they will then know for sure!
Help us so that we can find what is really worth looking for.

George Krokos

Collecting Pebbles

It was from the sands of a windswept beach
I picked up pebbles that were easy to reach.
They had attracted my attention while walking by
their coloured well formed shape caught the eye.

There were so many to choose from I had to decide
in selecting those which my fancy would coincide.
It's truly amazing what some people see in stone
a subject in which a lot of our imagination is prone.

It was almost as if I'd found treasure on the seashore
and couldn't help myself as I looked around for more.
The simple joy of collecting something that attracts the mind
is an age old activity which all people do have of some kind.

There were the questions of how many would I take
and what, if anything with them, one could make?
They were so abundant and all varied mostly in size
that it wasn't hard to imagine an object or visualize.

It was also only the first location at which I found
that I thought surely there must be others around.
So with a sense of adventure I looked forward to explore
another beach while making my way home along the shore.

There were several other stops made further on the way
collecting various coloured pebbles amidst the sea spray.
Many times would I get my sandals wet along that coast
going amongst rocks and sand to the waters edge at most.

It was with a sense of gain and loss then after I'd taken enough
deciding right there and then to stop collecting which was tough.
The next step would be to think about and see what I would do
with all those beautiful pebbles gathered while passing through.

Maybe I could approach someone with the right flair and skill
who could make something with them and imagination fulfill.
That natural forming eroding action of water, ice, wind and sand
rarely requires the finishing touches of some other skillful hand.

Perhaps in fashioning some jewellery using metal to bind
a few pebbles together that are different or a similar kind.
Or maybe I could just keep some myself and give the rest away
a gesture of friendship toward which our memories would play.

Yes it was from the sands of many a windswept lonely beach
I came accross and collected pebbles that were within reach.
Isn't it truly amazing what some people see in stone?
a subject in which much of our imagination is prone.

George Krokos

Down Memory Lane

I went for a trip one day down memory lane
and everything at first seemed to be quite plain
but as I paid more attention there began to see
certain things that I thought no longer could be.

Whatever good or bad experiences happened there in the past
were looming now before my minds eye and I became aghast.
So many vague images appeared all like an illusion
one after another or together causing some confusion.

In a matter of a few moments I witnessed so much
more than one could normally ever want to as such.
These memories of events and images appeared quite fast
that it was difficult telling how long in my vision did last.

Some demanded more attention than many others it seemed
yet there were those that all faded just when being gleamed.
Like a fast moving motion picture showing in between
they all paraded on the center stage of my mental screen.

Good and bad played themselves out against light and dark
reminding me that they're both aspects of life that's stark.
Particularly where judgement of a case has been too extreme
which leaves behind a feeling of justice not being supreme.

Those unpleasant memories buried deep within our mind
can all be replaced by better ones of a much happier kind.
When anyone responds favourably to an adverse situation
that reaction is more conducive to our happiness in relation.

George Krokos

Each Other

I look at you from every practical angle
and the more I look at you the more I know.
We speak to each other, share each other's feelings,
live each other's fear; hate from another.
We seek out each other's love;
I love you more than words can say, you know that well.
Some others cannot understand the way we feel,
cannot think the way we do.
They fail to understand their one another
as others cannot understand each other.
They are not us, for we have each other.

We were a part of them for oh, so long!
before we found each other.
You remember the way we were
without love and understanding.
The way we are now sharing and caring for each other.
Days gone by were, here no more,
full of sorrow without each other.
Optimistic in our lives of each other's existence,
days of future passed now are passing.
Love is endlessly searching our lives thoroughly,
every moment is an excellent opportunity.
There is no ending loving each other.

George Krokos

Faster and Faster

Faster and faster the whole world appears to be going
and all that we make and do this indication is showing.
Take for example our modes of transport and communication
the emphasis is on greater speed being the general observation.

Where will it all end? is a question some people often ask
and will the end justify the means to accomplish the task?
To get the most things done possible in the minimum time
trying not to forsake good quality which would be a crime.

Faster and faster the whole world appears to be going
and mankind is the instigator of this situation growing.
And how long will all the available natural resources last?
as we use them all up to produce many things so very fast.

Care for the environment is an issue that is of some concern
but how much damage will be done to it before we all learn?
Recycling of re-usable material has quickly gained an acceptable hold
and methods of waste management or disposal have become quite bold.

Faster and faster the whole world appears to be going
and costs involved have out of proportion been blowing.
Although there has been a tendency lately to reduce and minimize the price
as long as making things faster, keeping up with the demand is profitably nice.

'Time is money' and the longer something takes to make the greater its cost
with advancements in technology quality over quantity isn't seen to be lost.
Affordable and appealing to the average buyer is what the market demands
as people go around looking at all the items displayed in shop floor stands.

Faster and faster the whole world appears to be going
and in that direction which hardly anyone is knowing.
Apart from all the reasonable educated theories and speculation
much is left to be desired that requires our utmost consideration.

To find oneself being left behind isn't what anyone wants to face
thus the effort to move along with the rest in this human rat race.
We all have our individual pride and self esteem to maintain in shape
and going faster and faster toward our destination there is no escape.

Faster and faster we are making this world of ours to go
reflecting the condition of our minds we ought to know.
A person whose mind is working too fast becomes as one mad
can't we imagine what would happen if everyone gets this bad?

We really need to slow down a bit and take stock of where we find ourselves now
'cause otherwise the situation might get out of control and force all of us somehow
to have many bitter regrets over what could have been avoided if we had only surely
known
as there's enough evidence from the past to suggest a warning before disaster we're
thrown.

Faster and faster we do appear to be going forward by an invincible spirit of speed and I wonder about man's inborn tendency to go beyond limitations and his greed. Those with some degree of optimism say there's really nothing to worry about at all and maintain that sooner or later we'll reach a stage from which it's impossible to fall!

I consider myself optimistic but what is seen going on in the world makes me depressed and the thought of expressing my feelings like this here means that I'm sorely distressed. If it's only a case of whatever's seen out there being a reflection of our inner mental state then we all need to realistically change our attitudes before it becomes practically too late.

George Krokos

Friend's Reunion

With a warm and loving feeling deep in my heart
I welcome you this moment right from the start.
We haven't seen each other for such a long time
I do hope you will appreciate hearing this rhyme.

Many things happened during the long break
it was almost as if our friendship was at stake.
Yet somehow love has found a way to bring us together
I'll never forget this moment and will cherish it forever.

I vaguely remember the time of our last meeting
so please bear with me now this overdue greeting.
Though time hasn't diminished the joy I still feel
being with you is the only moment which is real.

You are the true friend anyone wouldn't like to lose
your presence in my heart and mind I couldn't choose.
Some say that familiarity usually breeds contempt
but our relationship is such that we do not resent.

You need me just as much as I need you
and are with me always - how very true.
We are the lover and beloved and love is our game
of separation and reunion being eternally the same.

George Krokos

From The Heart

From the inner places of the heart
love seeks a way to make a start;
at some unexpected time in one's life
or when experiencing personal strife.
Love expresses itself in kindness and understanding
in a friendly smile of assurance without demanding.

George Krokos

Full Circle

I wonder what it takes to go full circle
and find my way back home to You?
Although I might be as slow as a turtle
Your love will guide me when I am true.

I'll finish up then as I began just a child of Yours
having knocked on so many of life's secret doors.
But even though I have yet to find all the right answers
at this stage of my life there have been some advances.

My feelings towards You now seem to have changed
but this shouldn't be a reason for us to feel estranged.
Love's the universal magnet that draws everything close together
we shouldn't mind too much if we pass through some stormy weather.

In a world of constant change there are many upheavals
but love often does get stronger when there's a retrieval.
It's something of a realization by which we come to know
that as love completes a full circle perfection it will show.

George Krokos

Getting Away

I'd like to get away, to some place I have never been
so that I'll be able to see what else there is to be seen.
The world as it is now is all full of joy and sorrow
like it was yesterday and will be again tomorrow.

Please let me get away from here to some better place
'cause where I am now has become cramped in space.
There are many others around who also feel the squeeze
and who long to be apart to inhale a clean fresh breeze.

Why don't we all get away from here before it is too late?
and this fortunate chance to go cannot much longer wait.
The need must be looked after now and has to be fulfilled
if we don't do something about it our aspiration is killed.

To look back and think we'll be leaving much behind
is because of our attachment an obvious human kind.
When we get to where we're going we'll soon all realise
the effort has been worth it and beyond any compromise.

So let's pack our bags to go and get away from here
taking with us all our courage which overcomes fear.
The world's such a big place and there is a long way to go
who knows what else'll befall us before that end will show.

We should only take with us those things we'll most ever likely need
as all the rest belong to the past and will be a burden to carry indeed.
There are also certain things we may find or pick up along the way;
the legacies of all those others who've gone before us an earlier day.

We should also leave aside all selfishness and dishonesty before setting off
and we'll get that fresh start as we get away with nothing at which to scoff.
All our thoughts and actions will be in harmony then with the highest ideal
walking hand in hand with love and truth we'll reach the place that's real.

In the future is our hope that there will one day be
a new world full of love with people who are free.
By doing what we truly can and taking special care
we'll all tread the right path which will get us there.

George Krokos

Love In Separation 1 - 5

I

Today my heart is beating a sorrowful tune
and I don't really know if it will end soon.
Since your departure all seems to be amiss
a pale reflection of that once heavenly bliss.
I have been left stranded on an alien shore
to fend for myself groping near your door.
The aftertaste of delight which our union once exuded
lingers on now in memory and feels like I was deluded.
Something doesn't seem to be quite the same
even though I remember and repeat your name.
Your presence was what made the difference then
such a tangible feeling: will you not come again?
I can only endeavour to lure you back once more
so please don't any of my genuine efforts ignore.

II

I look for you everywhere that I happen to go
but where you're to be found I'd like to know.
Some say you're in the heart and to look within
while others assert that you're in the next of kin.
Life is really a situation of relationships with you
and knowledge of the ways of love gets us through.
If we come across difficulties and obstacles by love they're resolved
which engenders compassion and understanding as it gets involved.
There are many people in the world who look in all the wrong places
searching for the same thing here in the available surrounding spaces.
Hoping that what they'll find is what their heart most desires
and to fulfil this craving their mind with their heart conspires.
Our inner being or soul though is the silent witness observing all
and expresses itself as our higher conscience when we heed its call.

III

To suffer in the agony of a lover's separation we learn
that being away from the Beloved makes the heart burn.
It is even worse when the Beloved has gone away not saying why
and the lover has been left alone in the throes of love high and dry.
The heart cannot bear the pain of love in separation
and the mind seeks to achieve a suitable reconciliation.
When the power of love rules the heart mind hastens to obey
and doesn't need any other reason to cause unwanted delay.
If all the lover's efforts to a reunion only end in despair
then it may be better to let the matter rest awhile there.
True love cannot be really denied except at a great personal cost
and in desperation we seldom realise the value of what's been lost.
There is a saying that: 'love will always find a way'
and that a heart full of love over the mind holds sway.

IV

As I was never given a reason why you suddenly left
I can only assume that there isn't one and love is bereft.
The heart has its own reasons which the mind can't fathom

so the mind depends on the heart for matters it can't fathom.
Where the Beloved goes there the lovers also have to follow
because love is the magnet that draws them all nigh to go.
When the fragrance of love is in the air and lovers imbibe its scent
the intoxicating effect is a strong potion which on the heart is bent.
Man's feeble mind relies more on the heart when the matter of love is concerned
but if the mind dominates and rationalises through the intellect love is adjourned.
If the mind of the lover is centred in the heart where the play of love is unfolding
it will experience anguish and misery when the Beloved anything is withholding.
All true lovers will always seek the company and well-being of their beloved
and are never satisfied with remaining at a distance if love is being uncovered.

V

Whose fault is it may I enquire if anyone falls irresistably in love
and the processes of love in separation overwhelm as from above?
What can one really do but follow wherever their heart leads
and undergo the agony in seeing that love is not displeased.
In seeking the pleasure of the Beloved one's life becomes fulfilled
which otherwise would remain barren like a desolate land untilled.
When the Beloved sows the seeds of love in the fertile soil of one's heart
all that was in there when that time comes must be sublimated or depart.
The arrows of love seek to pierce their target which is the heart of the lover
and the Beloved is the one drawing the bow with intent to kill we discover.
To die for love is much better than to live without we've heard often before
and those who lose their life in the cause of the Beloved will live forevermore.
When the heart is purified and pure love is awakened by the Beloved's grace
any who are the recipients thereof realise that love in separation has its place.

George Krokos

Meditations Whilst Lost At Sea

I awoke to find myself adrift but afloat
all alone at sea in a small sailing boat.
On an endless expanse of crystal green ocean
in all directions there was hardly any motion.

The sky above was very clear and limitless I deemed
and tended to meet the sea on the horizon it seemed.
The sun was setting in that area and the moon was rising in another re birthed
so I got some sense of direction but still couldn't see any land the sea girthed.

How I wished then to have some wings to fly
like a bird through the air across all of the sky.
There would however be the question of 'which way to go? '
because from where I had come from didn't seem to know.

I was alone in this stillness and the silence was almost complete
except for a constant throb heard which was my own heartbeat.
And so looking downwards on the water's surface saw my own face's reflection
and that of the sky above with stars shinning through upon a closer inspection.

There was also a slight ripple against the boat's hull
but apart from that everywhere else about was a lull.
Without even any hint of a little whispering breeze on the sail
it all appeared to be calm and peaceful around here to prevail.

On an endless ocean and also under a limitless sky
I found myself to be adrift there not knowing why.
With no idea of where I had come from or in which direction to go
there also wasn't anything else around with an indication to show.

After a while I noticed the boat's rudder wasn't fixed to steer it in any direction
and I realized then it was left up to me to make that particular personal selection.
A decision had to be made on which way to go and to help nature get me there
so I opted for the point where the sun set on the horizon and sea met sky there.

It seemed like I only had myself to depend on but what could this mean?
the answer to be found was probably related in some way to that scene.
As there was no one else close by to ask but my very soul
I somehow perceived that perhaps this was its peculiar role.

Just as there is light in either of the night or day skies from above
there's also a light of our soul hidden within the darkness thereof.
It is said that the outer world is that of the macrocosm
and our inner world being then that of the microcosm.

The dropp is in the ocean and the essence of the ocean is in the drop
its separation is an illusion which our mind to see has a little to stop.
The wave then is part of the ocean and the ocean contains the wave
and existence is infinite because life continues again after the grave.

What many people tend to have faith in, although not appearing obvious or to exist,
giving no tangible proof to our senses, may yet through all existence actually persist.

And if It is All-pervading and All-knowing then It must be aware of every little thing
even though they be endless or limitless That being All-powerful sustains everything.

With the ebb and flow of the ocean's current then at eventide
I also had That to depend on to see where it took me for a ride.
Although I was left there at the mercy of a very gentle ocean swell
maybe Providence would take me back home again - who can tell?

George Krokos

Mystic Song Of Love

When Thy Song flows through me
everything's as it should really be

One does not have much choice
when all one hears is Thy voice

In the silence of my inner mind
You come whispering like a chime

Thy Song of Love is a Divine melody
lifting me up to where I ought to be

Now and then I feel Thy presence in my heart
letting me know that we are never really apart

You dispel my ignorance with Thy light
making all before me seem very bright

It would be a shame if I didn't pay any heed
because it's a fact of life I am always in need.

~~~~~

Note:

Originally titled 'Song Of Love' written in 1993

George Krokos

## **No Ambition**

If you don't seem to have much worldly ambition  
and yet your life to date has been one of transition  
as you move along without any clear steadfast decision  
it's like drifting about with no interest in any position.

There are many people who're in the same boat  
it's a wonder how on earth they're able to float  
as the currents of life steer them here and there  
making them go through things difficult to bear.

To live each day as it comes along without any plans for the future  
isn't so bad if you can get by and not be caught being a moocher.  
Life doesn't have any favourites and can be one compromise after another  
as it really depends so much on what we think and do towards each other.

It's very hard to always keep on the right track and so easy to go astray  
as we're lured in many different directions during the course of the day.  
Though the tendency of all life is to go forward and make some progression  
we should maintain a balance with nature being mindful of any regression.

Without a healthy desire to occupy our time here life can be a real drag  
and any effort put forward in that direction we turn into habit and brag.  
If we've built relationships with certain people they often do turn sour  
in this age the emphasis is on enjoyment experienced within the hour.

As we look back then over our life all those years  
and there doesn't appear to be very many cheers  
that we can associate with any good worldly success  
it's because without any ambition there's no progress.

George Krokos

## Ode To Beauty

Ah, beauty! you command so much of our love and respect  
but are you in reality like that we have all come to expect?  
You always stand out naturally amidst certain things we find  
being made of the stuff which captivates our heart and mind.

On appearance you're exquisite and demand our admiration  
and usually have to be handled with care and consideration.  
It's because of you we all become overwhelmed with desire  
but if we're thwarted by indifference we burn in love's fire.

The world knows where you belong and tries to keep you there  
far above all the rest by acknowledging your artistry and flair.  
You're that which it most easily succumbs to without any fuss  
because you possess and provide all the appropriate stimulus.

Throughout the ages you have been recognised and adored  
and it's no wonder that with you we seldom ever get bored.  
In nature you share a high place besides eternity's throne,  
but to see you as you really are one has to witness it alone.

You tend to take up so much of our time we hardly realise  
that you're the only one which we've come to truly idolize.  
In our efforts to always possess you we're usually led astray  
and undergo many sacrifices in all our life to make you stay.

What you really are though few have ever come to suspect  
let alone truly know how to gain what you offer or collect.  
As you come in so many forms we look for you everywhere  
and if we happen to find you we're burdened with much care.

Even in our wildest imagination we can't forget or ever leave you be  
and it seems that you're the one thing in life we all would like to see.  
The truth of the matter is that you really don't belong to just anyone  
and if anyone claims you as their own they spoil everyone else's fun.

It's only for a period of time though we appreciate your outward form  
as it is either we or you that time gets the better of which is the norm.  
If there be an Infinite and Ageless Beauty you're the temporary expression of  
please convey the highest praise and adoration that I can give - my pure love.

---

George Krokos

## Ode To Inspiration

O inspiration ours, whence comest thou?  
Is it from deep inside us there somehow?  
Or is it from a state of absolute freedom?  
showering thy grace as practical wisdom  
on those whom you deem perhaps to be worthy  
and thus crown them with a portion of thy glory!

In certain individual endeavors you tend towards perfection  
and this action can be noticed with or by some keen reflection.  
For sustained expression you have little regard for space or time  
and yet it is within them both you appear to manifest so sublime.  
It is also somewhat of a mystery to us all how you do survive  
and it's mainly in revelation that you really happen to thrive.

It is with beauty and precision you carry on and accomplish your work  
which any of those who have come under your influence try not to shirk.  
Though it seems at times you come and go at your own sweet will  
that whenever you make an appearance and stay awhile it is a thrill.  
If we then keep in tune with thy creative spirit we can do so much  
as you're the intelligent guiding hand behind all our efforts as such.

You also tend to make the most of the means found available at your disposal  
and any obstacles initially encountered are turned around with your approval.  
The creative genius of mankind owes its gratitude and is in eternal debt to you  
as you provide the stimulus as inspiration in whatever it does the ages through.  
There are many fields of endeavor in which your excellence is made known  
and all that is lasting, of a high quality, beautiful, profound is thereby shown.

Incomparable as you are and the backbone of the best in literature, science and art  
it's by your sanction we acknowledge the feelings you evoke deep within our heart.  
All true religions must have shared a common bond with you at their outset and course  
as whatever originally conveyed had underlying similarities of an inexhaustible source.  
Yours is that eternal spirit of creativity which all human nature can use for it to benefit  
by  
especially when there's a need to progress and it grasps those things that ever can  
glorify.

George Krokos

## Ode To Mankind

Prologue:

To the majority of people who seem to have lost touch  
this is presented as a declaration to be treated as such.  
And just for the world's deteriorating natural environment  
of which we're all a contributing cause by our embodiment.  
We hardly ever stop and consider how wasteful a life we lead  
but continue on for the sake of progress despite our real need.

~~~~~

O mankind of this planet called Earth!
What is the purpose of Human birth?
You are here only for just a short time,
why not make the most of your prime?
You turn hither and thither all over the place
away from yourselves and thus fall from grace.
You're always looking for treasure out there
yet, most of the time, you end up in despair.
You usually hold on to the things that pass away
and short lasting values are the order of the day.
You create and get involved in all sorts of strife,
complicating an otherwise beautiful simple life.
You want easily to know all of life's secrets
and go about seemingly without any regrets.
You crowd your own heart with many selfish desires
and go vying for the things the other person acquires.
You do seldom ever stop and reflect on your past
nor consider how much longer the present will last.
You deem everything to be unchanging and real
and think that life is a mysterious one way deal.
You're always the one who either gains or loses
one thing or another depending on who chooses.
You esteem progress of the economical and material
and go hankering madly after the status of the imperial.
You generally prefer to receive than to give or share
and take delight in sense pleasures without much care.
You are very skeptical about the worth of any spiritual ideals
and often reject or ignore what another person sees and feels.
You kill your own kind with or without much reason
and the weather you unknowingly put out of season.
You tend to think there's nothing more than what can be seen
and rely much on the senses for most of that which you glean.
You find it hard to acknowledge a power higher than your own
and in the entire universe somehow believe that you are alone.

You have desecrated and laid waste vast areas of land
and made extinct many of the creatures by your hand.
You have carelessly polluted a lot of the water, land and air
and now wonder why it's no longer the same place out there.
You have strangled the earth; strapped it down with cement and mortar
cut down and burnt most of the trees that were giving food and shelter.

You celebrate your own birth or death with much pomp and show
yet beyond this present life very little are you ever willing to know.
You know well the term 'from dust we came and to dust we return'
but what you are really, or can become, will apparently never learn.
You think only that you are made of bones, flesh and blood,
wondering how on earth you could get wiped out by a flood.
You do not fathom the effects or results of your actions
assuming what you get away with has no repercussions.

~~~~~

Epilogue:

You must realise that you live in a huge world of duality  
and don't have to endure the pairs of opposites infinitely;  
pleasure and pain, joy and sorrow, love and hate, good and bad,  
friend and foe, day and night, heat and cold, rich and poor it's sad  
the list does go on and on indefinitely it seems  
even beyond that we experience in our dreams.  
We should avoid going to the extremes of these  
then we can get to rise above them and so please  
our True Self which is the inner witness of our existence  
remaining forever unchanging not showing any resistance.  
But usually coming through as the voice of conscience sometimes  
like the law of justice towards the severity of small or great crimes.

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George Krokos

## Ode To The Rain

O rain, tear-like drops of almighty nature  
whenever you come falling down  
the earth tries to soak up the moisture  
as if it were all willing to drown.

In times of need you are a blessing  
and all the land cries out for thee  
to restore life that you're possessing  
helping to grow fruit as on a tree.

The sun can not really have it all its own way  
and hides behind clouds with you in store  
although its light is dimmed part or all of the day  
what you have to give then is required more.

The waters of life that fall down with a shower  
and flow through the land in many streams  
have the grace to transform a seed into a flower  
whose nectar bees gather and health esteems.

It's only when you overflow your boundary  
and come falling down as if in a rage  
you do more harm than good being contrary  
to what is expected and don't assuage.

With your two associates the lightning and thunder  
and your other cohort the wind blowing strong  
you try to subdue or intimidate everything thereunder  
by wreaking havoc as if redressing some wrong.

It's very fortunate for us that this doesn't happen too often  
and despite all the things which go on each day  
I notice the ground, air and the minds of people do soften  
after having come and gone and spent your play.

O rain, you are only just one of the forces of almighty nature  
and if employed in season or need can draw no blood  
but deployed haphazardly will bring down any proud stature  
sweeping away all before you when rushing in a flood.

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George Krokos

## Ode To The Sun

O glorious dear sun, sovereign of the day, in the sky above  
you're one whose radiance resembles a little of God's love;  
by nurturing all creatures in the world with your unique rays  
and setting such a high standard that homage everyone pays.

The Earth and all known planets habitually revolve around thee  
as children do their parents whose offspring they happen to be.  
Your emissary in the night sky, the moon, a bright reflection is  
serving us as a reminder of thy glory while displaying all of his.

You shine on one and all and no discrimination ever make  
regardless of who they are and what they do for their sake.  
It is no wonder then that people have worshipped you as a deity in the past  
and even now continue to do so in ways associated with the weather forecast.

When your light is obstructed by clouds all seems to be sombre and grey  
but when the sky is clear your majestic presence illumines the whole day.  
The whole world in fact dances to thy rhythmic score which has been set  
and plays itself out daily as the dawn and dusk through a yearly quartet.

You have such a strong influence on all life as we know it here  
that whether we like it or not you're a symbol of hope and cheer.  
Though it has also been noted that you sometimes have an extreme side  
but this depends on the whims of nature to which all things must abide.

All in all to the naked eye you alone reign supreme in the sky's vast firmament  
but to those who see further you're one of countless others which you represent.  
The stars in the night sky are your brothers and sisters no matter how distant they be  
some being greater and brighter, but made of the same basic stuff, in the cosmic sea.

There are so many secrets hidden in your bosom which are yet to be revealed  
that if and when the time comes much is to be known about life still concealed.  
In fact the power and energy that flows to us from you I daresay has a divine source  
because you yourself are a centre and beacon of a universal benign and creative force.

And just as you really give so much and seem to ask for nothing in return  
I humbly offer this ode to you in praise which by your inspiration did learn.  
And although most intelligent creatures hold you in such high esteem  
please also acknowledge our debt to you for allowing us to daydream.

\*\*\*\*\*

George Krokos

## **One Light: Three Primary Colors**

Red is the colour of blood that flows in the body of all creatures given birth  
Green is the colour of grass that like a carpet covers a lot of the soil of earth  
Blue is the colour of sky that surrounds this world and is of an infinite girth  
All three colours come from a Single Source having an Immeasurable worth.

Red is also the colour of danger and a symbol which indicates all to beware  
Green is also the colour of the leaves that most of the plants and trees wear  
Blue is also the colour of water that covers most of this world which is fair  
Three colours are the original blend of all those others found in nature there.

Red is also the colour of anger, passion or pain that is expressed, felt and seen  
Green is also the colour of something natural an indication of where it has been  
Blue is also the colour of Infinity and the light glowing in a mind which is clean  
And all three colours are shades of One Light the essence of all universal sheen.

Of all the three colours I like blue the most as it seems to be uniquely sublime  
It speaks to me of loftier and deeper things that were experienced in my prime  
It also represents the colour of the biggest phenomena known to man in time  
Being a symbol of That in which all exists and from which all began to chime.

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Note:

There are many other colors but as far as those which form the basis of technology there are only three i.e; as in a R.G.B. monitor and screen projector etc.

George Krokos

## **Only Through The Heart And Eyes Of True Love**

We see no real essential difference  
we see all has the same inference  
there is no discrimination  
there is no condemnation  
all things seem to be quite fair  
the heart is open or laid bare  
one sees love everywhere  
we like to give and share  
we see ourself in all others  
all are sisters and brothers  
the world is one big family  
we feel that we're so free  
we see the positive side  
we don't seek to deride  
we all help one another  
we only love each other  
there isn't any reason to fear  
everyone to us is most dear  
we know what we really are  
God is known to be not far  
our life is a sport of the Beloved  
the Truth is gradually uncovered  
one can see the inner light  
all seen is perfect and bright  
our life does have a real meaning  
only a life of love is worth living  
the world is full of hope and joy  
it's against our nature to destroy  
we look to the wellbeing of all  
in humbleness we're not small  
we can see Unity in diversity  
we catch a glimpse of Reality  
we have faith without doubt  
we see what life is all about  
our mind remains untroubled  
all our efforts are redoubled  
we feel at peace with the universe  
with Wisdom it is we can converse  
we do not harbour any bad regret  
we find it easy to forgive and forget  
we feel and see that all true religions are One  
and that it's from LOVE everything has begun.

-----  
George Krokos

## **Our Universal Being**

We are not this body nor the vital breath  
We are not the mind we're beyond death.  
We are all free souls though incarnate  
We should know all this and meditate.

We are not the name known to mind  
We are not the emotions of any kind.  
We are beyond the thoughts that come and go  
We are forever a free soul and this should know.

We are not the feelings that arise and subside  
We are not any object that is seen from outside.  
We are consciousness and witness the ebb and flow  
We are beyond imagination and what it cannot show.

We are not that which is born and dies  
We are that which is as vast as the skies.  
We are all the children of The Infinite  
We should know all this every minute.

We are not that which can be measured or quantified  
We are not even something that in time is specified.  
We are part and parcel of a boundless Supreme Being  
We are indivisible existence not limited to eyes seeing.

We are love and bliss and have all this to share  
We are that which is sought by many out there.  
We are also that which is neither lost nor found  
We are the reality and essence of all that's around.

We are above any likes and dislikes that may form  
We are not an ordinary being or one of the norm.  
We are in humbleness devoted to helping the weak  
We are the changeless Truth and Wisdom we seek.

We are One Infinite Existence without beginning or end  
We have Everything inside us we should all comprehend.  
We are not many but One and all can experience this as a fact  
We are That which always was, now is and forever will be Intact.

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Note:

Originally titled 'My Universal Self And Metaphysical Being' and written in the first person format. Try reading it in the first person i.e. start each line with: I am.....

George Krokos

## **Paradise Found**

Up the mountainous path we climbed  
through the ridges and valleys we walked  
seeking adventure of a peculiar sort.  
Down the steep ravines we paced  
stopping at times to catch our breath  
and to view the lovely country ahead.  
On and on we made our way  
until at dusk we were exhausted.  
It would be here where we would make our stay  
in an area that seemed to be lightly forested.  
Under a clear night sky bright with stars shining  
we settled down eager to refresh ourselves and  
made preparations to share our meal for the evening  
seeming perhaps like some fugitive band.  
A restful and joyous sleep we had that night  
one that exceeded our expectations.  
Some enchanted evening we experienced  
one that was followed by no disillusionment;  
awakening to the sweet fragrance of flowers and other delights.  
It was as if we were in paradise it seemed.....

We all looked around and beheld in awe  
the serenity and beauty surrounding us all.  
There were flowers of many types and hues  
and fruit bearing trees from which to choose.  
There were various animals at a stream nearby  
and birds flying overhead in the clear blue sky.  
There was everything here for us to see  
that we almost no longer thought could be.

George Krokos

## **Past, Present and Future**

Preamble:

Thoughts and ideas like those of a sage  
(or are they memories of a bygone age?)  
flash in my mind now and set the stage  
of what there soon again may likely be  
when for a while here we become free  
and without any clouds the horizon see.  
-----

The past is always there to look back and reflect upon  
not to live in as a prisoner that seeks no escape from.  
The present is the current moment where we are now  
always looking for a direction which to go somehow.  
The future is what we can all really make it out to be  
if in our mind we're strong and clear in what we see.

\*\*\*\*\*

George Krokos

## **Prayer To The Divine Mother**

Oh Divine Holy Mother and very compassionate friend,  
please help my earthly mother get better yet once again.  
You are really the only one whose help doesn't ever fail,  
please help her to recover and so thus be of some avail.

We also humbly ask Thy pardon for any wrong that has been done  
by us all your wayward children before this time around had come.  
We can only try and do what our conscience tells us to do  
but please guide us with Thy wisdom and keep us all true.

There're many here among us who don't know wrong from right  
who are without proper discrimination lacking Thy guiding light.  
Please do us all a favour when we come to meet Thee the next time  
by showering Thy grace on each of us and lead us all into our prime.

You're the Divine Goddess of the Universe one with the Supreme Lord  
caring for all the creatures in the world with which You never get bored.  
Those who do beseech Thy love and grace You more readily favour,  
recognising that they all depend on Thee their welfare You do savour.

Oh Dear Divine Holy Mother Thy compassion and grace we all need  
to eradicate our lower nature together with ignorance and all bad seed.  
Thou art one with The Eternal Father and all nature bows at Thy Feet,  
please help and guide us on that true path until the next time we meet.

-----  
Note: This was written when my mother was sick and in hospital many years ago.

George Krokos

## **Prose: God is the Highest Good**

Good is the extension of God as His Spirit of manifestation in the phenomenal world. That which constitutes our highest good is ultimately to do with living in tune with His Spirit and Word as revealed in either one of the great religions of the world or by being in harmony with someone who is the very embodiment of the Spirit of God. Once such a person is fortunately found our life takes a turn for the better then. And by following his advice we partake of His grace and love which leads us on in the journey back to our True Home which is none other than the Reality of Eternal Life. That person helps us to realise we are not the body which we are identified with but a free Spirit Soul.

By re-identifying ourselves with our True Nature we come to recognize that we are indeed made in the image and likeness of God our Divine Father. That which is not restricted to any construct of the human mind and is beyond imagination is Divine. This is sometimes revealed to a select few in the form of a revelation or philosophy from time to time and is what history calls religion and is uplifting and blissful. The human mind and intellect cannot comprehend or fathom that which is beyond it but only staggers at the attempt, bewildering as it is to the ego which is the seat of the mind and limited individual personality. Only by the sustained gradual removal of the ego and its eventual death can the limited individual being or soul re-establish its unity or oneness with the Infinite Being, God, forevermore enjoying that Divine State of bliss.

George Krokos

**Quatrain #1 - We are not the body nor.....**

We are not the body nor the vital breath.  
We are not the mind we're beyond death.  
We are all a free spirit though incarnate,  
We should be aware of this and meditate.

George Krokos

**Quatrain #107 - The Lord and Savior Jesus Christ.....**

The Lord and Saviour Jesus Christ a long time ago was humbly born in a stable  
though by His grace many have found peace and joy who were otherwise unable.  
That glory of God manifested in human form was at the time very much awaited;  
the work He came to do was to bring man back to God being too long separated.

George Krokos

**Quatrain #11 - From a mother's womb to.....**

From a mother's womb to an earthly grave  
we make the transition being so very brave.  
Not knowing between what there is to attain  
because of our ignorance we suffer the pain.

George Krokos

**Quatrain #126 - When thine eyes.....**

When thine eyes become single thy whole body is full of light  
thus has the apostle written of the words of Jesus being right.  
This opened eye of the awakened soul can see things far and wide  
and by which one can also see that light of God being there inside.

George Krokos

**Quatrain #15 - Do come and tell me.....**

Do come and tell me any secrets you know  
there are things of mystery you must know.  
The secret of life might be revealed in a word  
that which we need to know can also be heard.

George Krokos

**Quatrain #16 - Wherever you are my friend.....**

Wherever you are my friend I am there with you  
so ask me if there is anything I may be able to do.  
We have been together now for such a long time  
I will do my best to help you inspite of the clime.

George Krokos

**Quatrain #164 - The rivers of the world....**

The rivers of the world all tend to flow toward the sea  
and the love of the lover with the beloved longs to be.  
In merging and uniting the sense of separateness does disappear;  
the feeling of oneness is the experience that removes all our fear.

George Krokos

**Quatrain #195 - An eye for an eye and a.....**

An eye for an eye and a tooth for a tooth  
is what we've been doing since our youth.  
This is really a misunderstanding and an opposite view  
of 'do unto others as you would have them do unto you'.

George Krokos

### **Quatrain #206 - There's only One God.....**

There's only One God Eternal irrespective of how many religions there all are,  
because each is a different path one takes to realise Him shown by an Avatar.  
There are many races of people each with their own culture, language and locality,  
which are all part of the One Human Race, that in unique ways worship That Deity.

George Krokos

### **Quatrain #224 - If the body is the Temple of God**

If the body is the Temple of God then the inner chamber is a pure loving heart;  
the thoughts of the mind the steps to the altar, the fires of devotion are the art.  
Our field of activity is the Temple grounds, how we relate to each other the fellowship;  
living in tune with God is our communion, sacrificing our false nature the true worship.

George Krokos

**Quatrain #236 - No religion can claim a monopoly on God.....**

No religion can claim to really have a monopoly on God  
as each is revealed in a different time and place by God.  
When the light of love and truth fades in peoples heart and mind,  
somewhere, somehow, sometime it's rekindled again in mankind.

George Krokos

**Quatrain #26 - Love is the power.....**

Love is the power that makes the world go round  
and helps keep both our feet firmly on solid ground.  
Yet it has the virtue to lift us up when we are down  
and to overcome obstacles which makes it renown.

George Krokos

**Quatrain #263 - Love is.....**

Love is endless and love is free  
love's everything to you and me.  
Love is now and love will always be  
love's everywhere to those who see.

George Krokos

**Quatrain #277 - God really cannot ever be either.....**

God really cannot ever be either bought or sold  
but is found in the heart where love does unfold.  
If we look within ourselves and behold The Light  
know it's a sign of His Grace and a blessed sight.

George Krokos

**Quatrain #29 - Don't let my mind wander.....**

Don't let my mind wander away from You  
it experiences anguish being far from You.  
Because You are the essence of my existence  
I could never leave You with this persistence.

George Krokos

**Quatrain #292 - A poet is an artist who.....**

A poet is an artist who paints images with words cast on the canvas of our mind and uses expressions to make a point or evoke feelings of some particular kind. A poem then is the handiwork of a poet who is usually inspired or otherwise, being the medium through which he or she reveal themselves to peoples eyes.

George Krokos

**Quatrain #3 - There's a long distance journey.....**

There's a long distance journey we all have to make  
going from one life to another through death's gate.  
One life may not really be enough to achieve that goal  
where the game we have to play requires a perfect role.

George Krokos

**Quatrain #31 - There are certain things that.....**

There are certain things I have read and seen  
which also part of my experience have been.  
You may not ever believe what I have to tell  
but then you wouldn't be expected to as well.

George Krokos

**Quatrain #318 - Some people may think and say.....**

Some people may think and say that ignorance is bliss,  
while others refute the idea as nonsense and so dismiss.  
They also add that if we don't know about something it probably wont hurt  
but if we do know it can make a world of difference and any danger avert.

George Krokos

**Quatrain #357 - Self effort and grace is.....**

Self effort and grace is what true religion is about  
and both in life nobody can ever really do without.  
They are the two wings of our soul which allow it to soar  
and the means by which we can all reach Heaven's shore.

George Krokos

**Quatrain #376 - To see a whole new world open.....**

To see a whole new world open up within one's mind,  
to make something out of nothing of an unlikely kind,  
to go to another place that we've never been to before,  
to realise our Self is what life's really about and more.

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Note:

Inspired by a poem written by William Blake.

George Krokos

**Quatrain #382 - God is a robber and a thief of love.....**

God is a robber and a thief of love Who always tries to steal our heart  
being the One, in remembrance of Whom, can't for long keep us apart.  
But it is we who become so forgetful of our eternal relationship with Him  
that He uses our trials and temptations as means for us to remember Him.

George Krokos

**Quatrain #398 - There's something for everyone.....**

There's something for everyone here in this world of ours  
and all that anyone really has to do is to put in the hours.  
So as to get whatever they may desire or perhaps wish to be;  
it's the same for those who in their efforts try to become free.

George Krokos

**Quatrain #399 - I am Yours and You are.....**

I am Yours and You are mine  
We are One in a Love Divine.  
I can't live at all without Your sanction  
which is my only source of satisfaction.

George Krokos

#### **Quatrain #4 - When the time comes and.....**

When the time comes and if we are faced with the unknown,  
it's on the soil of experience the tree of knowledge is grown.  
Life and death are the two sides of the one coin of existence  
the difference between them is the extent of our ignorance.

George Krokos

**Quatrain #43 - Where is the love we should all.....**

Where is the love we should all have to share?  
Why do we waste it making our hearts bare?  
Thinking and doing the things we need not really be  
by indulging in harmful desires despite our humanity.

George Krokos

**Quatrain #435 - To be able to make.....**

To be able to make the world into a better place  
is to remove fear and doubt from the human race.  
The knowledge people gain always sets the pace  
and the way it's applied usually confirms the case.

George Krokos

**Quatrain #44 - True love is rare my friend.....**

True love is rare my friend and death is a certainty,  
Can you tell me where both lead to or is it a mystery?  
The truth will make us free, it is said, have faith don't doubt,  
God is within us all my friend and also everywhere else about.

George Krokos

**Quatrain #448 - Let the days that've gone by.....**

Let the days that've gone by all serve as a reminder  
to share what we have and to each other be kinder.  
For the days yet to come are not all that certain  
and the things we have now become a burden.

George Krokos

**Quatrain #45 - Man creates and destroys his world.....**

Man creates and destroys his world by his actions and thought,  
heaven and hell are states of mind then, in which we get caught.  
Death of the body leads to another life so let's make preparations now;  
we only take with us our good or bad impressions binding us somehow.

George Krokos

**Quatrain #450 - It is said that we can all learn.....**

It is said that we can all learn something every day  
and this can be in whatever situation comes our way.  
It serves the purpose of teaching a little about life in kind  
that is infinite in nature when viewed with an open mind.

George Krokos

**Quatrain #452 - Whenever one has flashes of.....**

Whenever one has flashes of inspiration  
that may only have just a short duration  
the effect of which can be very profound  
and help one affected break new ground.

George Krokos

**Quatrain #457 - It is said that only pure Love.....**

It is said that only pure Love can mend a broken heart  
a heart by which love, being frustrated, has torn apart.  
And everything then that Love can say or do  
should heal all the wound if that Love be true.

George Krokos

**Quatrain #459 - The knowledge and or experience of God.....**

The knowledge and or experience of God is very real  
that to have a glimpse of It one must have much zeal.  
The person who strives for the Truth with sincerity and devotion  
will obtain the grace to know the Reality above any false notion.

George Krokos

**Quatrain #462 - The old and the new.....**

The old and the new  
make up quite a few  
and all that shall come  
will complete the sum.

George Krokos

**Quatrain #469 - When the sight, sound or touch.....**

When the sight, sound or touch of any water  
gives you a strong urge to pass your water,  
then you may have a common problem, friend  
one that you must also learn to manage and tend.

George Krokos

**Quatrain #478 - Too much work and no.....**

Too much work and no play  
is not what we want each day.  
If we spend most of our time earning a living  
we'll miss the best part of what life is giving.

George Krokos

**Quatrain #484 - There is no such thing as.....**

There is no such thing as nothing  
because nothing doesn't really exist,  
and all those who think of nothing  
in ignorance they may then persist.

George Krokos

**Quatrain #499 - What's really possible and.....**

What's really possible and what is not?  
is reflected in what we now have got,  
what we set our mind and heart to achieve  
and what by faith we're willing to receive.

George Krokos

**Quatrain #503 - The two colors of.....**

The two colors of black and white  
relate specifically to dark and light.  
When viewed in such a way by human sight  
are perceived as reflecting wrong and right.

George Krokos

**Quatrain #54 - There is no time before.....**

There is no time before God and no time after His Instance  
all is happening now in God Who Is The Infinite Existence.  
This universe is a shadow play of that Eternal Being.  
We all can realize God within us by our truly seeing.

George Krokos

**Quatrain #56 - The Light Of True Knowledge.....**

The light of true knowledge is a rare blessing indeed  
serving those aspiring to find the answers they need.  
Manifesting from within it seems to enlighten our mind;  
sustained by pure thoughts, words and actions of a kind.

George Krokos

**Quatrain #7 - Whatever happened to those days of.....**

Whatever happened to those days of wine and roses?  
when the fragrance of love wafted through our noses.  
And each moment was filled with so much joy,  
like our childhood days playing with a new toy.

George Krokos

**Quatrain #72 - Where do you look, dear friend.....**

Where do you look, dear friend, for the answers in life that you seek?  
Do you read books and listen to advice when hearing people speak?  
Or do you look deep within yourself and discern words of wisdom there?  
If we but only accepted the knowledge of what really can be found there!

George Krokos

**Quatrain #73 - Do not ever lose hope or.....**

Do not ever lose hope or fall into any despair  
but consider your blessings and time to spare  
to do the things that are of real benefit to you  
as in providing service to others which is true.

George Krokos

**Quatrain #74 - Please tell us a true story of love.....**

Please tell us a true story of love that will bring tears to the eyes  
there are those who are sick of listening to so many damned lies.  
Only the truth and love can touch and pierce one's heart  
the effect of which is a re-awakening of the spirit in part.

George Krokos

**Quatrain #76 - When the light of Love and Truth.....**

When the light of Love and Truth is awakened in the heart  
a person's life is not really the same it was at the very start.  
He or she is treading the path forward to their true home  
and no longer the mundane pathways of life they do roam.

George Krokos

**Quatrain #78 - What are we trying to say.....**

What are we trying to say with all of this babble?  
Is it something truly meaningful or just a dabble?  
Does it have an effect on the heart and mind of man?  
Or does it have anything to say as only wisdom can?

George Krokos

**Quatrain #8 - Love Divine is God's alone to.....**

Love Divine is God's alone to give or withhold  
this Love is priceless and cannot really be sold.  
When we by seeking find that which is often sought,  
we realise this Love is everything, all else is nought.

George Krokos

**Quatrain #89 - We are all caught up in a dream of.....**

We are all caught up in a dream life of immense proportions  
and within that we each have our little dreams of distortions.  
Between our consciousness and unconsciousness or life and death  
a connection exists between them of which the essence is in breath.

George Krokos

**Quatrain #90 - For questions of 'where do we.....**

For questions of 'where do we come from and to where we go? '  
there are also answers to which we all have the right to know.  
If anybody begins moving from any position in a straight line,  
on this world they will end up at their starting point over time.

George Krokos

**Quatrain #97 - The ocean waves always.....**

The ocean waves always come lapping to the sea shore  
at the waters edge there's hardly a difference any more.  
There three worlds meet that are all interdependent on each other;  
water, land and air merging on the bosom of our earth the Mother.

George Krokos

## Reflections On A Storm

There was a calm felt before the storm  
and also some uneasiness in every form  
a hushed anticipation of what was soon to be  
perhaps a fateful outcome of each one's destiny.

During this time it became very dark and foreboding  
that everything around lost all its charm and standing.  
Suddenly there were flashes of lightning and clashes of thunder,  
which rolled from the clouds, seen and heard by all there under.

Then a strong wind blew and a heavy rain began to fall  
lashing onto everything around as it turned into a squall.  
As the tempest raged on in a crescendo and reached its peak;  
turning day into night and night into day, all seemed so bleak.

There many creatures all scampered and sought the safety of shelter,  
out of the maelstrom unleashed by nature, in a state of helter-skelter.  
They all knew their places when it came to that threat of danger;  
out of harms reach they tried to flee even if it was with a stranger.

After the storm had spent all its fury and slowly subsided  
a calm settled in again which had lately just been divided.  
And all appeared to have been molested and somewhat shaken  
as light broke through the clouds to make that day re-awaken.

While the storm in its wake seemed to have wreaked much devastation  
the forces which had come into play reminded one of the act of creation,  
when those seeds of life were implanted ages ago at the very beginning,  
causing all things to gradually spring into existence with some meaning.

George Krokos

## **Relationships**

It's in the greater scheme of things  
we often fail to see the true relation  
that one thing has or shares with another.  
Like one who doesn't see past their nose  
of those things which are very immediate and obvious.

There are always many hidden relationships  
particularly between people of give and take  
that to grasp some idea let alone fathom  
the depth of a situation given or implied  
requires insight into the workings of mind and nature.

The real significance of a good or true relationship occurring  
is the fruition of the search for love in the dim or recent past.  
And only those who have unraveled  
the mystery of their own existence  
may appreciate and assess these subtle aspects of life.

George Krokos

## Sign On The Wall

There's a sign on the wall and I wonder what could it mean?  
there's much in the world that people do without explaining.  
Is it a symbol of hope and joy just another person's dream?  
a message of love and peace or someone's silent scream?  
Is it a sign of the times that the whole world now is facing?  
a mark of gloom and despair perhaps well worth noticing?

There's a sign on the wall that has just appeared lately  
something never before seen and yet which seems stately.  
Is it some kind of warning by an unknown human hand?  
a script or note for all concerned to see throughout the land?  
Or is it an omen of great significance heralding the times that are coming?  
a signal of change conveying special tidings of what we'll be all undergoing?

There's a sign on the wall which has suddenly appeared everywhere  
a work of an unseen hand that's showing as black and white on there.  
Is it a piece of art perhaps being of some extra-terrestrial origin,  
a souvenir left behind reminding us all that they're genuine?  
Or is it just one more puzzle to figure out baffling to the mind?  
another addition to those mysteries of the ages that beset mankind.

There's a sign on the wall that's evident for anyone to see  
an image of some sort representing for many a secret key.  
Is it a shape or token conceived in one's transcendent mind,  
a depiction in form of our ultimate freedom - a blissful kind?  
Or is it then a divine inscription which means but only one word,  
that which was in the beginning and now also again can be heard?

.AUM.

George Krokos

**Simple Observation #101 - All life is an experience with.....**

All life is an experience with questions and answers demanding to be heard and all that people are really after is to seek, hear and follow the right word.

George Krokos

**Simple Observation #119 - Where true love abounds.....**

Where true love abounds there the heart is awake  
and one can really experience love for love's sake.

George Krokos

**Simple Observation #140 -.Out of all the things in.....**

Out of all the things in our world we find  
love is verily of the most sought after kind.

George Krokos

**Simple Observation #160 - The common denominator of all.....**

The common denominator of all numbers is one  
without which, of course, there would be none.

George Krokos

**Simple Observation #188 - Respect should be given where.....**

Respect should be given where respect is due,  
especially to the one who is worthy of it too.

George Krokos

**Simple Observation #19 - That person who has.....**

That person who has consummate skill doesn't really need any instruction but someone who is blinded by ignorance or pride can be a real obstruction.

George Krokos

**Simple Observation #192 - Natural Selection seems to be.....**

Natural selection seems to be another term for the will of God operating in creation and evolution is the overall process through which It maintains this vital relation.

George Krokos

**Simple Observation #196 - It's good when we can.....**

It's good when we can distinguish between fact and fiction  
but to actually know the truth is a much higher distinction.

George Krokos

**Simple Observation #199 - Too much of a good thing can.....**

Too much of a good thing can actually turn out to be bad  
and all that makes us happy now may later make us sad.

George Krokos

**Simple Observation #201 - A little bit of help can.....**

A little bit of help can actually go quite a long way  
and all we say and do make a difference each day.

George Krokos

**Simple Observation #206 - Whenever there is a.....**

Whenever there is a particular cause for concern  
our mind towards that subject we must then turn.

George Krokos

### **Simple Observation #210 - The Truth is.....**

The truth is sometimes said to be stranger than fiction  
which is why it requires at times a lot more conviction.

George Krokos

**Simple Observation #212 - Prayer is a special form of.....**

Prayer is a special form of language which people use so they can communicate with God in the hope and sure faith that someone is there much greater who listens and gives the nod.

George Krokos

**Simple Observation #230 - God is really so much more than.....**

God is really so much more than we have ever imagined  
yet it's within His imagination we've all been fashioned.

George Krokos

**Simple Observation #237 - It is known that everything.....**

It is known that everything expands when it is heated,  
so our discontent grows when we are not fairly treated.

George Krokos

**Simple Observation #238 - At the furthest reaches of.....**

At the furthest reaches of knowledge  
everything is really simple to manage.

George Krokos

**Simple Observation #239 - There probably has never been.....**

There probably has never been anything made that someone hasn't tried to make better  
so it is with God; nature, evolution and man; all the Scriptures are proof of the letter.

George Krokos

**Simple Observation #240 - Out of the fullness of being.....**

Out of the fullness of being comes many a blessing  
about which most people can but only be guessing.

George Krokos

**Simple Observation #250 - A bitter lemon can never.....**

A bitter lemon can never be sweet  
but it enhances the food that we eat.

George Krokos

**Simple Observation #253 - True inspiration is like.....**

True inspiration is like a good muse  
what it has to give you can't choose.

George Krokos

**Simple Observation #260 - When worldly human justice.....**

When worldly human justice falls short or doesn't prevail  
Divine justice will eventually step in and recompense entail.

George Krokos

**Simple Observation #264 - The highest known wisdom is.....**

The highest known wisdom is that of Divine Knowledge and Love  
a life devoted to it confers Freedom and Eternal bliss from above.

George Krokos

**Simple Observation #267 - I am moved to tears when.....**

I am moved to tears when I see the spontaneous goodness of a person's heart that at times is surely lacking in many people of the world which we're a part.

George Krokos

**Simple Observation #277 - The heart is the medium by which.....**

The heart is the medium by which we communicate with love  
and if it also becomes pure the Divine descends from above.

George Krokos

**Simple Observation #28 - When someone has reached the end.....**

When someone has reached the end of the road they either stop there in jubilation or have to turn around and go back seeking another way to find their destination.

George Krokos

**Simple Observation #281 - All living things in the world.....**

All living things in the world produce waste products  
this is one way in which nature all of life conducts.

George Krokos

### **Simple Observation #30 - The Stream of Time.....**

The stream of time always happens to flow in one direction  
and in the immensity of space we're the vehicle of reflection.

George Krokos

### **Simple Observation #31 - When Nature calls and.....**

When nature calls and for an answer there's a delay  
we usually get an urge that for long doesn't go away.

George Krokos

### **Simple Observation #34 - Everything that is true.....**

Everything that is true we can also usually prove to be such  
but something that's false may not be obvious even to touch.

George Krokos

**Simple Observation #37 - To love and be loved is.....**

To love and be loved is really what life is mostly about  
and all else are just stages we go through in finding out.

George Krokos

**Simple Observation #42 - Whatever may be wrong.....**

Whatever may be wrong and is also falsely perceived  
will cause all those who accept it thus to be deceived.

George Krokos

**Simple Observation #44 - In the world of reality.....**

In the world of reality there is no illusion  
but if it arises it's a form of our delusion.

George Krokos

**Simple Observation #45 - Man is like a rare uncut diamond.....**

Man is like a rare uncut diamond that has a great hidden brilliance  
but needs to have much work done to it to remove all the hindrance.

George Krokos

**Simple Observation #46 - That person who really has nothing.....**

That person who really has nothing will have everything to gain  
but one who has everything and gives nothing away lives in vain.

George Krokos

**Simple Observation #5 - Fruit that's ripe is.....**

Fruit that's ripe is easily picked from a tree  
but things which are forbidden are not free.

George Krokos

**Simple Observation #50 - Where there is an.....**

Where there is an absolute certainty there really isn't any shadow of a doubt  
but if there's something definitely unknown an air of uncertainty hangs about.

George Krokos

**Simple Observation #51 - In the workings of nature.....**

In the workings of nature there isn't any real essential contradiction  
but in human affairs and nature what's required is some benediction.

George Krokos

**Simple Observation #55 - There are more things in heaven and earth.....**

There are more things in heaven and earth than what can be read about in any book and there are certain things in this world that deserve or require more than one look.

George Krokos

**Simple Observation #57- Someone who thinks a lot may.....**

Someone who thinks a lot may not have very much to say at all  
but one who says too much may in fact have a mind that's small.

George Krokos

**Simple Observation #64 - The fruits of our life always.....**

The fruits of our life always grow from a seed  
sown in the ground of desire and toil of need.

George Krokos

**Simple Observation #74 - Forever is really just.....**

Forever is really just a part of Eternity  
and illusion is a false sense of Reality.

George Krokos

**Simple Observation #89 - Something which is quite easily gained can.....**

Something which is quite easily gained can just as easily be lost  
but that which is painstakingly acquired is done so at great cost.

George Krokos

**Simple Observation #92 - In the infinitude of God's.....**

In the infinitude of God's consciousness there exist countless possibilities but all that does really happen must be in accordance with Divine realities.

George Krokos

**Simple Observation #97 - There are so many people.....**

There are so many people in this world who daily can't get enough to eat  
yet there are also many others having too much and still are not complete.

George Krokos

## **So Near, Yet So Far**

With each new day that comes along  
my heart bursts out with another song  
of love and longing for that which is  
always calling me like an eternal whiz.  
'So near yet so far' is a term often used  
to describe the distance which is abused  
between us and that which is our goal  
and all we have to do is realise our soul.  
We'll find sooner or later the Treasured Pearl  
around which all of our existence does whirl.

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### Note:

This poem appears in my unpublished book along with two other poems on the same page under the title of 'Three By Ten'. I have herein given it a new title for this submission.

Please see also my other poem titled 'Within Us'.

George Krokos

## Some Considerations

Consider this world and also our place in it  
and know that time passes by every minute.  
Consider those who're living and also the dead  
and know of the ways people earn their bread.  
We consider many things but few are of real importance  
and know that all those which are not are in abundance.

In consideration of this what can anyone do?  
but live one's life in a way which is true.

Consider the flowers in the garden and the colours they show  
and know that with tender loving care from a seed they grow.  
Consider all the children somewhere and watch them play  
and know that with laughter and fun most pass the day.  
Consider the things which are false and those which are true  
and know how each one can and does affect all that we do.

In consideration of this what can we all do?  
but try and live in a way which is just true.

Consider the march of the spirit of progress and the direction we're all going  
and know that every so often we must turn around and look back knowing.  
Consider that which we all know and also that which we do not  
and know it's but knowledge and ignorance that make up the lot.  
Consider the beginning and that of the very end  
and know it's terrible to get there without a friend.

In consideration of this what can one do?  
but go through life with a friend who's true.

Consider about each day and then also about each night  
and know that without them there's no darkness or light.  
Consider the sunshine and also the shade  
and know that with them each day is made.  
Consider the evening and also the time we sleep  
and know that because of them the night is deep.

In consideration of this what is there to do?  
but live one day at a time and remember too.

Consider that which seems right and also what appears wrong  
and know that they are both attributes of the weak and strong.  
Consider the past and the future and of course the present  
and know that all life relates to them and is not an accident.  
Consider the labour with the crops and also the extent of the field  
and know that with care and nature's help a rich harvest will yield.

In consideration of this what is there one must do?  
but only the best that one can so as to get through.

Consider what people give and also what they do take  
and know that between them both much trouble make.

Consider all that which brings sorrow and all that brings joy  
and know that both in life are really like an inevitable decoy.  
Consider the things we believe in and those worthy to fight for  
and know that there are some things in life people die or kill for.

In consideration of this whatever we all say and do  
should be in harmony with life which considers us too.

Consider the reality of God and the mysteries of Divine grace and love  
and know that without them from certain things we couldn't rise above.  
Consider the relationships of people as that of husband and wife  
and know that around them we build society and organise our life.  
Consider what people need apart from their desires and obsessions  
and know that of things acquired many are unnecessary possessions.

In consideration of this it's fairly obvious to say  
that most of us have a lot and give so little away.

Consider our obligations to each other and individual human rights  
and know that it's neglect and selfishness which start all the fights.  
Consider the alternative to any situation we may now find ourselves in  
and know that through adversity and struggle we can succeed and win.  
Consider the time it takes to go somewhere and then again to return  
and know that it's the distance between them we must cover to learn.

In consideration of this we'll need all the help we can get  
and be willing to act on advice which will cause no regret.

George Krokos

## Some Positive Views

Let the sun shine and the wind blow  
and may nature all of her glory show.  
Let rains fall and give life to parched ground  
and may all creatures eat of the food around.  
Let the snows gather up on the mountains high  
and may the stars shine brightly in the night sky.  
Let the waves of the ocean come in and go out  
and may the moon be full and lighten all about.  
Let the weather be pleasant and not too hot or cold  
and may the earth retain for long its youthful mold.  
Let everyone be happy and able to make ends meet  
and may we not be too greedy unable to share a treat.  
Let the world and all it contains reveal the Divine glory  
and may all humanity live in harmony and tell the story.

Let mankind prosper and reach out for the stars  
and may we remember and heal all of our scars.  
Let our knowledge grow and practical wisdom prevail  
and may all people benefit from what this does entail.  
Let love for one and all abound in various manifest ways  
and may people everywhere show kindness in their days.  
Let all posterity know that the difficult transition was made  
and may the spirit of progress towards perfection never fade.  
Let all things be used for those worthy ideals and construction  
and may they not contribute to some unfortunate destruction.  
Let us all work towards the same universal and common ideal  
and may we live in truth, love and beauty and keep them real.  
Let's not forget from where we've come and where we're going  
and may all that we think, say and do be of some help bestowing.

Let there be light instead of darkness and so dispel all ignorance  
and may there be compassion where there was once indifference.  
Let there be some hope and joy instead of gloom and despair  
and may the sounds of peace and happiness vibrate in the air.  
Let us all have faith in ourselves and also in our fellow man  
and may we all live by justice and mercy as best as we can.  
Let's not dwell too much on the past or future ignoring what can be done now  
and may all that is to eventually happen be to everyone's advantage somehow.  
Let us keep in mind what is positive and that which appears right  
and may all that we think in our heads be guided by the true light.  
Let those who sincerely seek find whatever it is that they really need or be after  
and may it be something they'll never regret or cause them to lose their laughter.  
Let us all learn by and realize the many errors that we make  
and may we succeed in perfecting ourselves for our own sake.

---

George Krokos

## Some Thoughts About Numbers

There are numbers we always work with to count or add, subtract, divide and multiply in the times of the day, days of the week and month, months of the year which all fly; Is this the right time? What year is this? How old are you? When were you born? We seem to live and die by the measure of numbers in this world that we all adorn!

How much do you earn and how much do you spend?  
Do you save anything at all for a rainy day my friend?  
Does it cost much to buy and how much do you need?  
You'll get there on time if you travel at a certain speed!  
How many children have you got and how old are they?  
How many toys have you bought them with which to play?

Have you ever seriously thought about the world population explosion?  
Or the number of trees cut down to cause a problem with soil erosion?  
How many people are there in the world today?  
How many of them are born and die each day?  
How many creatures can the earth possibly support?  
What do those current figures tell in that final report?  
How much longer will it or can it all last?  
When was the beginning back in the past?

We all like to quantify and to accomplish so much no matter how long it takes if worthwhile to touch.  
The majority of people want to have more of things particularly money to which most of their life clings.  
It's no wonder as we have given a value to everything; all we use or need: clothes, water, electricity, gas and food even the situations that help to capture or satisfy our mood.  
When are we going to start paying for the air that we breathe now? or are we already secretly paying a costly price for it somehow?  
By the way, what is your favourite or lucky number?  
What is your address, postcode and telephone number?  
How many times have you seen lightning without thunder?  
And just how tall are you and how much do you weigh?  
How far do you live from work and have to travel each day?

Everything we see, imagine and create has a size or apparent dimension for us. We unknowingly strengthen but don't fully realize the importance of numbers. Here's a couple for you to think about: What is the largest number? What will be the exact distance of the furthest object seen in space recognized by mankind at a pre-determined or given time and place?

We play games by and with numbers; seen in the throwing of dice; the deck of cards, making a bid in poker, collecting the pot is nice; and in sport that winning or losing score but sometimes it only just ends in a draw!  
And who can say what are the odds of such a thing happening?  
It feels great to be first or number one, for a while considering.

When we read a book usually most of the pages in it are numbered and there were only so many copies of that particular edition printed. Sometimes if it's a bestseller the bookshop gets to be out of stock

and has to re-order more copies from the publisher down the block  
who in turn might have to authorize a second printing of that edition  
thinking all the time how much more he'll make from this requisition.

What was the mark you got for that test?  
and how long does it take to be the best?  
When was the first and last time  
that you received a parking fine?  
What amount then did you have to pay?  
How long over the restrictions that day?

During an election time all those people eligible to vote must give their preferences  
to determine which party or person is to be elected and counting then commences  
on or after a specified hour to find out who has received the majority of votes,  
or in other words gained the biggest number counted to their favour that notes  
and then decides the final outcome for them to govern or be in office genuinely.  
So it's those who have or gain the right numbers that help them to win eventually.

Have you ever thought about what they're going to do to you when or after you die?  
Well, sooner or later they are going to measure you up from head to foot as you lie,  
probably all over in fact and then make a coffin based on the measurements taken  
to put your body in so that they can bury it in a grave which has been undertaken;  
dug to a certain depth, length and width that will be your body's final resting place  
and there's an amount to pay for this as well when the time comes for that space.

What is the original perfect number?  
Is it absolute zero or one thereafter?

There are many things that we don't know being of an unknown number  
and all that we do know is somewhat always related to a known number.

\*\*\*\*\* 0123456789 \*\*\*\*\*

George Krokos

## Something More Than This

With man's endeavours however great or small  
there's an underlying meaning behind them all.  
What appears sometimes to be useless not making much sense  
is very often the start of one's labour and cost of some expense.  
Everything has some value depending on what it's used for  
and regardless of what it is, there's potential in it to be sure.

Man's mind is a great instrument which no one can deny  
a vast storehouse of many ideas into which he does pry.  
Some people seem to have the knack of accomplishing their ends  
which is usually after the exerting of much effort one comprehends.  
Analysing the steps to be taken in the direction they need to go  
taking one step at a time brings the goal closer to them you know.

Overcoming their own inertia is one of the main obstacles faced along the way  
and by visualising in their mind's eye a picture of the goal is all they have to pay.  
Learning by experience is the most rewarding and the best course to take  
with the skilful loving help of a true teacher much progress one can make.  
Possessing the ears by which to listen and the eyes by which to see  
and holding onto that ideal set before them realise what they can be.

There is something else more than this which is there all the time  
it's only after we clear our minds of that which is gathered grime  
we'll see that which is really there as the integral part of our being,  
everything else is a hindrance until we realise the truth in daily living.  
And then everything is made plain enough for each one's eyes to behold  
becoming as if new again regardless of what it does appear as or how old.

It is somewhat like another rebirth within the same body and mind  
that have both been revitalised and given a new lease of life in kind.  
The secret of life is the truth, hidden within our being of our existence  
and is the reality behind all this we have created for our subsistence.  
So everything has come forth from us, out of our being we've brought all this  
yet the greatest treasure still lies deep within, the source and essence of bliss.

George Krokos

## **Sound Advice**

No matter what you really do  
Just keep the thought in mind  
That you will see it all through.

Don't feel disheartened in between  
Just apply yourself the best you can  
And the goal will then one day be seen.

Choose your time wisely and do not brood  
Just try to achieve if only to prove to yourself  
And don't ever allow anything upset your mood.

Keep a firm check on the thoughts in your head  
Just take one step at a time and always do your best  
Strive with determination and you will succeed instead.

George Krokos

## Strange Kind Of Love

I once thought I had the love of God in my heart;  
a feeling of oneness in which everyone is a part.  
But as time went by and the days passed  
that feeling of oneness did not really last.

I would search inside my heart to try and find  
the love of God I thought had been left behind.  
But as I looked eagerly there like a bloodhound  
what I seemed to come across was less profound.

Then in the darkness of my mind I began to see a light;  
It was coming and going, unsteady, to my inner sight.  
The longer that I looked at it in wonder each day,  
it seemed to speak to me without any words to say.

I would often marvel in awe how this could be  
a spark of faith and hope from deep inside me.  
So each day I would praise God in my heart with love  
dedicating all action, words and thought to Him above.

The Love of God returned it seemed in some way  
as a feeling of oneness swelled in my heart to play.  
Life seemed sweet, almost as if too good to be true  
and many things that were old appeared to be new.

I began also to know things which before went over my head  
and to fathom the mysteries of what in books had been read.  
It was in daily life experiences though that the truth shined through  
as my mind was refined to witness what the Others taught and knew.

I would grasp and revel in subtle things which were lofty and divine  
and then go about each day as if I was drunk on some kind of wine.  
Everything all around seemed to be holy and possessed a hidden light,  
encompassing all creatures and objects, that was revealed to my sight.

George Krokos

## **Supply And Demand**

There seems to be a universal law of supply and demand  
and all that's truly had is in accordance with its command.  
Working in conjunction with the law of cause and effect  
it starts to really make some sense to all those who reflect.

For anyone who believes in providence and has a genuine need  
it will in time be provided through faith and not based on greed.  
This recalls to mind the words which a Great Person once said  
before He was crucified and buried but later rose from the dead.

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Note:

The Poemhunter website is proof of the subject matter in the above poem. Thank God!

George Krokos

## Take Me To That Place

Oh take me to that place where the sun never sets  
and the warmth of your smile mind never forgets.  
Where the light from your eyes kindles a secret fire in my soul  
as the love hidden there begins to reach out towards life's goal  
and how much one does appreciate of your grace and pleasure  
when knowing as I do that you hold the key to love's treasure.

Oh take me to that place where the sun does always shine  
and the fragrance of your love intoxicates like good wine.  
Where the bliss of your presence removes all sorrow from the heart  
as tears of joy well up from within acknowledging we're never apart  
and the words that you do speak are heard and lodged within the mind  
when it is thinking of you only wondering why and how you're so kind.

Oh take me to that place where no darkness ever comes  
and the glory of your being illuminates like a million suns.  
Where everything is perceived being perfect because it really is  
as the hidden beauty in all of nature is thus revealed to be of this  
and the atmosphere around you is so peaceful everywhere  
when the working mind has gone no troubles remain there.

Oh take me to that place where there is always light  
and the stars seen in that sky are so invisibly bright.  
Where all division into form does not exist or is known  
as the illusion of separation like a mist away has blown  
and the unity of all life is the permanent true vision of the eyes  
when seeing the all pervading Spirit there can be no compromise.

Oh take me to that place where the source of elusive light is in being  
and the days of the past, present or future only in ignorance are seen.  
Where there is no birth or death and shadows never actually fall  
as they do in duality which is false and hiding Reality behind it all  
and the essence of Your being is the only underlying eternal existence  
when living in accordance with Thy will all is a harmonious subsistence.

Oh take me to that place which is the abode of peace within  
and a kingdom of the soul about which all true religions sing.  
Where one comes face to face with God and experiences ecstasy  
as there isn't any greater happiness that can overcome all misery  
and the meaning of all life is known after achieving that goal  
when realising the divine nature of which an image is our soul.

Oh take me to that place where we belong or should all really be  
and the feeling of oneness with all creatures is just right for me.  
Where there is no beginning or ending in the everlasting now  
as the world of name and form exists only in illusion somehow  
and all that we could ever hope to get we have already secretly got  
when experiencing our true infinite nature all the universe is our lot.

Oh take me to that place to which the mind without light cannot go  
and it's only by intuition that what's beyond the mind one can know.  
Where infinite love, bliss, power and wisdom are always residing

as ever ripe fruit on a tree hang for those people who're desiring  
and whom by Thy grace and blessing have dissolved all their ignorance  
when doing what You tell them to do implicitly trusting their obedience.

Oh take me to that place which is free from all worry and fear  
and the light of knowledge shines in the mind bright and clear.  
Where there is no lust, greed or anger and neither any hunger nor pain  
as these are all to do with the lower self which has passed away in vain  
and actions performed aren't binding being for the ultimate good of all  
when having supreme faith in oneself and God the ideal is had for sure.

Oh take me to that place which is at the end of the long weary road  
and life's being is Light Effulgent without any dark or unknown load.  
Where whatever is in Reality is what one really forever will be  
as an Eternal consciousness in which nothing but Itself can see  
and in which everything evolves and dissolves in its own time and space  
when existing as One without a second does there can't be another place.

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George Krokos

## **That State Of Existence**

Sunny days followed by moonlit nights  
mankind is enjoying nature's delights.  
When people are in harmony with themselves and see the light  
all things appear to be colourful, meaningful, positive and bright.  
They can witness the hand of the Invisible guiding them along  
on the path back to that place from which they've gone wrong.  
Paradise does exist still and some have found it again;  
it's for each individual to begin the sacred quest then.  
That state of existence we had forsaken so long ago  
is verily all right here within our grasp for us to know.

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### Note:

This poem appears in my unpublished book along with two other poems on the same page under the title of 'Three By Ten'. I have herein given it a new title and slightly modified it also.

George Krokos

## **The Age Of Chivalry**

Back in the days of old  
when knights were bold  
who with a sword or lance  
in armour sought romance.

It was the age of chivalry  
long ago in man's history  
when to fight for a righteous cause  
one did gain considerable applause.

It was mainly for show, love and glory  
they deemed themselves being worthy  
to capture the heart of some fair maiden  
which was the most desired prize laden.

Oh, they would strike heavy blows  
on all of their opponents and foes  
in a one to one combat defying death  
as crowds watched with abated breath.

Yes, it was far back in those days of yore  
that courage and strength came to the fore  
where there was this life and death struggle;  
such issues at hand the knights would juggle.

And in fighting for their country, faith and king  
noble impressions on people's minds would ring  
that even through the ages are held in high esteem  
those knights in shining armour do now all seem.

There are many legends based on their heroic exploits  
a legacy of tales which have been told with much adroit  
highlighting aspects of human wisdom related to virtue and vice  
and the lessons to be learnt are those of goodness and sacrifice.

History usually repeats itself time and again  
as it often happens a situation comes when  
we're asked to do something for a just cause  
and acting with chivalry we shouldn't pause.

George Krokos

## **The Bee's Song**

I'm a busy bee  
can't you see?  
that whatever I do  
is for the honey due.

I habitually fly all around from tree to flowers  
usually during the warmth of the sunny hours,  
and when I've gathered as much as I can carry  
I fly quickly away back home and do not tarry.

I gather nectar and bring it home  
and in this task I'm not ever alone.  
In doing my daily work I'm so pre-occupied  
I can't really afford to just sit around inside.

I live in a hive with drones of my kind serving a sovereign queen  
and together we all go about our daily business being very keen.  
We're generally praised very highly for the work that we do  
as it is our unique nature to make honey from morning dew.

George Krokos

## **The Brotherhood of Man**

In that land somewhere of our dreams  
all is to be found right therein it seems  
where there isn't a struggle for survival  
as the brotherhood of man is in revival.

We help each other and have no real fear  
our hope is occasioned with good cheer.  
Whatever we think, do or therefore say  
is imbued with love and lights the way.

We have all arrived at that promised land  
and must work together as a united band;  
giving and sharing of the good we all can  
while upholding this brotherhood of man.

Non-violence is one of the rules we live by  
the essence of love we maintain and glorify.  
We all live as one in both our heart and mind  
and express those feelings of a universal kind.

There are no problems that we can't resolve  
as all our life around love does here revolve.  
In living by the truth we are becoming free  
and in this condition enjoy the grace to see

All that exists in the world can be seen as new  
which is an affirmation of scripture and so true.  
Our life now is filled with bliss as it once began  
in this state of knowing the brotherhood of man.

We do not therefore seek to get the better of each other  
but accomplish all that we need by helping one another.  
Being free from any unnatural cares our lives are whole  
and all that ever happens a joyful experience of the soul.

Awake to intuition we live to realize our ultimate potential  
and so everything bears the stamp of some divine credential.  
In being as we are then our years extend for a long span  
as we all live in accordance with the brotherhood of man.

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George Krokos

## **The Cost Of Living**

The cost of living is the price we pay  
for all those things we need each day  
and when calculated over a period of time  
works out to a figure that's likely to climb.  
And if our wants go far beyond our needs  
we have to get paid well then for our deeds.  
But if what we earn can't match that pace  
we'll have to slow down and not lose face.  
Or perhaps consider some additional means  
to support what we take on as our routines.

When our lifestyle doesn't make a hole in our pocket  
and the cost of living where we are doesn't skyrocket  
then the rate of inflation there is said to be low  
so we can afford to buy those things we know.

-----

George Krokos

## **The Day Of Reckoning**

There seems to be something in this world  
That is not seen by the unawakened beings  
Who only wander around in ignorance and are  
Always mainly striving to earn their daily living.

They have yet to discipline themselves for  
Their ultimate destination and to receive  
Some special training to eventually see  
That which is always there to be witnessed.

It is said to be of the utmost importance  
For one to meet and come under the guidance  
Of a person who has traversed the way and  
Knows from experience how to take others there.

There is some preparation to be undergone  
By anyone who aspires to get there one day  
And that they should follow the instruction  
Of the person who is willing to guide them.

It is also said that: 'when the student is ready,  
The teacher appears' and that: 'there is in this  
World a time and a place for everything'.  
Who really knows what the future will bring?

When the time is nigh and all is in hand  
Consider your position where do you stand?  
Make the move and leave the rest unto him  
Then it will be his duty to teach you to swim.

The relationship of the true teacher and  
The real student is eternal and binding  
They say that it is sacred and a test of  
Faith, devotion, love and understanding.

There are many obstacles along the way  
All are founded in ignorance and illusion  
As the fickle mind is still holding sway;  
The teacher helps to remove the confusion.

Do not worry, be anxious or faint hearted  
For he knows your journey has just started  
He will guide, protect and see you through  
To that special place you're destined to.

He's the light of wisdom the ocean of love  
Power of grace flows through him from above  
Adhere to him and where his feet have trod  
He's not an ordinary teacher but one of God.

George Krokos

## **The Drought Is Over**

The drought has broken and we're getting some rain  
it's so good to know that we're in favour once again.  
The land was parched and everything on it dying of thirst  
'cause it took such a long time coming for the rain to burst.

The Lord of nature must have heard our prayers  
And granted us some reprieve from death's cares.  
Though it seems as if there's still a long way yet to go  
the immediate and pressing danger is over we know.

Many areas around and people suffered due to the lack of rain  
it was getting to be such a huge emotional and financial strain.  
We can only sincerely hope now that it will put things right,  
so that we can all get on with our lives and reverse the blight.

One can only but wonder at the cause of the drought now  
whether in fact we contributed to the hardship somehow.  
We know that certain actions produce undesirable effects  
when ignorance is so widespread no difficulty man detects.

In fact whatever is carelessly thought, said and done takes its toll  
and causes an adverse reaction in nature which then plays a role.  
This is the unfortunate legacy that most people find very hard to respect  
because it limits their false sense of freedom they've all come to expect.

-----

George Krokos

## The Eternal Witness

There's an Eternal Witness always watching the things we all do,  
though there may not be anyone else around He is through you.  
We are all part and parcel of an infinite Supreme Being  
knowing everything through our mind and eyes seeing.

He is our most intimate and lovingly trusting friend  
with us always from the beginning till the very end.  
It's only after much pain and suffering we have undergone here  
that we either turn to Him for comfort or curse Him with a smear.

Yet He remains unaffected, as a rule, by either praise or blame  
but can bestow grace upon us when we lovingly call His Name.  
We are always His Divine Children and should realise this as a fact,  
and down throughout the ages He has always been calling us back.

When we listen closely to the quiet, calm inner voice of silence;  
our own highest conscience, we can receive the right guidance.  
And if we follow and act on the words of a Perfect Master  
we will in time find Him with ease and also very much faster.

And when we each finally attain to Him perhaps sooner or later  
then we'll all realise that we have always been so much greater  
than what we had ever thought of or imagined could become,  
being just beyond our minds ability to grasp, except for some.

There is nothing but Him in everything and everywhere  
what we say and do cannot be without Him being there.  
That unseen and yet indivisible Being is the one true Reality  
a silent witness which is hidden in all things and an actuality.

We are really This One as the lover, love and Only Beloved  
as the bliss arising from That sustains and keeps us covered  
from all the so called worldly troubles that can be ever without end  
if we know them to be an illusion maintained by our Eternal Friend.

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George Krokos

## **The Life Of Man**

The life of man here in this world is an adventure and one of self discovery the emphasis being in searching for something that is lost and its recovery. Through the accumulation of knowledge man gains a little wisdom but it's only with self knowledge does he ever attain true freedom.

Man's life isn't only that which is confined between birth and death but includes that between death and rebirth and beyond in breadth. A human being is not just a creature with only a body and a mind but is also a soul which is of a spiritual nature or essence in kind.

The life of man undergoes many ups and downs in his worldly travail and is only after much struggle here beyond it he then also has to sail. The body and world are like prisons from which he longs to find a way out and it's from within himself only does the right answer ever come about.

Man's life is caught between many opposites his reason can't fully comprehend but then reason is limited to the mind and beyond it does not normally extend. It's through a spiritual awakening his mind can get a glimpse of something more and so begins another journey of man's life in which his soul lies the secret shore.

The life of man is like a paradox and man himself is also an engma and through all his dealings in life usually gains unwanted stigma. By thoughts and actions man can either achieve freedom or bondage in that play of knowledge and ignorance then lies his fateful heritage.

Man's life becomes what he knowingly or unknowingly makes it out to be but behind all his efforts and accomplishments he really strives to get free. It's by questioning his individual existence in relation to a universal one he may find that he is a very part and parcel of That Whole to which also belongs all of mankind.

The life of man has many meanings and it's to one or a few of them people cling as the world goes round some people, with all their heart and mind, often sing. These songs of life not only do tell of man's inner yearnings and aspirations but also sing of his eventual freedom in past, present or future generations.

Man's life is accomplished when he realizes and identifies with his hidden soul and life's purpose or meaning has brought him to that actual and common goal. The life of man is an eternal one and can be known through and by The Truth which is really a song of Infinite Love and can give man his freedom forsooth.

George Krokos

## **The Light Of Freedom**

In the silent darkness of the night  
somewhere shines a faithful light.  
Ever so bright to those who can see  
guiding everyone who wants to flee.

There is a way one must take  
a path by which one can escape.  
The night is short there isn't much time  
before you know it the sun will shine.

There is no doubt about the way  
you cannot see it during the day.  
But then again it seems to me  
how hard the way is to be free.

Elusive light come shine on me  
show me where I ought to be.  
By the deeds I do I hope you'll find  
perhaps I should not be left behind.  
If you choose me as one of the few  
I'll follow wherever you lead me to.

George Krokos

## **The Most Sought After Thing**

What is that one thing which we all crave or want the most of in life?  
is it wealth, health, fame, knowledge, love, a perfect husband or wife?  
Or is it in fact a combination of all these things and yet even so much more?  
something, perhaps that is everlasting, once gained can never be lost at all?

If such a thing did exist then could it be acquired or had?  
and if so how could one have it and do good instead of bad?  
Where would such a thing be found or come from or who be the giver thereof?  
Could it be made available to all at any time when there was a genuine need of?

Is it a state of divinity the source of infinite power, knowledge and bliss  
that each and every one can attain being their birthright but only dismiss?  
It just so happens that all the true religions of the world seem to point in that direction  
calling it specifically by a different name while having the same underlying conception.

An ultimate realised state of immortality without any restriction of time or space  
transcending body, mind and individuality; every subtle and phenomenal place.  
Not subject to any change or decay, though embracing all within itself seeing  
and as one without any second, immaculate and complete, an unlimited being.

A supreme unique state of freedom and really the most sought after thing,  
a plane of being of pure wisdom which in its wake all the above does bring.  
That one victory of all victories which wins yourself and your true Selfhood  
the real purpose and meaning of all life culminating in Universal Godhood.

There have been many in the past and even in the present who have gained this state  
although it's virtually impossible to attain on one's own without being their good mate.  
So dedicate yourself for the goal with love to gain their divine favour or benevolent  
grace  
by a pure mind and heart seek their company letting one of them guide you to That  
Place.

George Krokos

## **The Music Of The Spheres**

During the day and all night long  
I am hearing a very peculiar song.

There's unstruck music much like an infinite melody  
resonating inside my head; an enchanting symphony.

It has no real tune or beat which one can recognise  
only by hearing it then as all else is a compromise.

In silence and solitude it's usually heard without end  
an invisible companion and sweetly sounding friend.

If one is listening intently and endeavours to get to its source,  
can hear one finer sound inside another, which is not by force.

Who can rightly say from where it comes and where it does go?  
perhaps only a true mystic has the knowledge or ability to show.

With practical wisdom and a clear spiritual insight  
by his grace and advice can lead one into the light.

Until, at last, reaching that inclusive shore of infinite silence  
which the experience of there being is a permanent abidance.

Could this be the long lost legendary music of the spheres?  
that few people of times past underwent the trouble to hear.

And when it's continually heard confers many an untold blessing  
the likes of which most people now would not even be guessing.

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Notes:

1. Originally Titled 'Unstruck Music' and also herewith extended.
2. Refer to Yoga and Mystical Philosophical Literature dealing with Nada Yoga and The Music of the Spheres.

George Krokos

## The Mystery Of The Four Ages

The Earth's moon and glorious master sun,  
from whither is it that they both have come?  
Hovering around in the sky during night and day,  
how is it that they both have been placed that way?  
Playing it seems opposite roles to our mind's eye,  
yet shedding light and warmth down from up high.  
One is the mere reflection and also shade of the other,  
relaying light in degrees for the days of month to cover.  
Then disappearing briefly at the end of this cycle  
only to appear again looking no more than a trifle.

The moon revolves around the earth  
which itself revolves around the sun,  
But what does the sun revolve around?

All the heavenly bodies indicate movement and rotation,  
this is common knowledge and is based on observation.  
There is a cycle that resembles the four seasons of the year  
made up of four different ages lasting thousands of years.  
Each has an effect on the state and evolution of man's mind,  
moving from light to darkness and then back again over time.  
Modern science will eventually prove all this one day,  
as it gradually moves from darkness to light on its way.  
If man's mind is stooped in ignorance and cannot discern the light,  
modern science itself is at a standstill; progress is groping for sight.

The four ages are those of Light, Thought, Energy and Matter.  
Each one preceeds the other and are all contained in one cycle,  
which lasts for about twenty-four thousand of our earth years.

As the sun also revolves around on its orbit in space  
it comes closer at times to its orbital centre in place.  
This movement resembles a giant ascending and descending arc  
in which all the four ages mentioned alternate from light to dark.  
Each arc has a lifespan of approximately twelve thousand years  
and each arc incorporates the four ages comprising this sphere.  
At opposite ends of the sphere the first and last ages are twice their length  
moving each from minimum to maximum effect and back again in strength.  
Those ages in between have each their duration which should be noted too  
playing their roles in this cyclic transition affecting everyone including you.

As each cycle is completed, passing through these four ages,  
man's consciousness and history undergo dramatic changes;  
one has only to reflect on the rise and fall of past civilisations.

We have just come through a short transitional phase from a long dark age of matter  
and are now on the ascending arc early in the electrical age also called that of energy.

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Note:

See also The Introduction to 'The Holy Science' by Swami Sri Yukteswar

George Krokos

## **The Ocean Of Tears**

It takes four seasons to make a year  
but a sorrowful heart to shed a tear.  
Though this may not necessarily be  
for there are tears of joy we also see.

The pain that some people find hard to bear  
is caused by their anguish born of despair.  
It comes about after they lose sight of their goal  
but is never really an attribute of anyone's soul.

For it's when some people laugh others will likely cry,  
some who barely move on the ground while others fly.  
Each one appears to have their work cut out for them to do  
which may be from necessity or choice or what seems true.

The tears of life that all people shed do continually flow  
and it's a wonder how big an area will eventually show.  
When they are gathered in a pool somewhere all together  
without drying up gradually over time or due to the weather.

Would it ever get to be as big as an ocean  
with its own surge and swell of emotion?  
And whenever the pain of life becomes too much to bear  
it would open the closed floodgates and flow somewhere.

And would the rain fall back on all the people here  
especially those who don't hold life to be very dear?  
That go about always putting their wants before others needs  
taking much pride in their accomplishments and selfish deeds.

Then it could be rightly said they will all be drenched in tears  
and also might know the sting that comes from others fears.  
Which they themselves have caused in their own pursuits  
putting other people down highlighting their bad attributes.

By stepping on the toes of another and distorting fact  
whoever is their victim has been stabbed in the back.  
This is a well known expression and is so very common today  
doing those things which cause bitter tears to fall and long stay.

-----  
George Krokos

## **The One Behind It All**

There are those few who know and those who don't  
it remains to be seen how many there are who wont  
of themselves make the effort to investigate the fact  
everything they see and touch was created in one act.  
It all exists and is sustained within a boundless place  
of infinite imagination conceived in formless space,  
by a Supreme Being Who's the game and player in this sport  
watching also like a spectator within the field of its thought.  
It is what has been created; the creation, its creatures and so much more,  
everything that's forever changing and the unchanging substance of it all.

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### Note:

This poem appears in my unpublished book along with two other poems on the same page under the title of 'Three By Ten'. I have herein given it a new title for this submission.

George Krokos

## The Other Side

To those people who spend most of their life  
surrounded with worldliness its cares and strife  
this piece is dedicated it is my duty to convey  
without any effort not to I'd be left in dismay.

One should always let know and be willing to confide  
through terms of endearment how to get to the other side.  
The world is full of confusion, contradictions and the like  
it's only through the midst of this chaos homeward we hike.

Home is that place from where we started our journey, have become estranged  
by allurements and attachment to the sense objects, our mind is deranged.  
Forced into seduction and by ignorance we ride  
the crestwave of illusion away from the other side;  
while entertaining and playing host to all those desires,  
trying to appease an insatiable horde we burn in its fires.

Seldom do we get an inkling of how far we have gone  
away from that place in which the light shone;  
our ineffable home too bright for the eyes do hide  
bewildering, the mind can't comprehend, beyond, just on the other side.

The mind always reflects that with which it is absorbed in,  
a double sided transparent mirror through which the soul goes peering.  
The soul is infinite in innumerable ways and sets up its own barriers without limit or  
cost,  
intent on finding, due to forgetfulness, that which it appears as to have lost.  
Then proceeds experiencing a finite life in an infinite way  
through its own misguided power does this creation hold sway.....

Only after gathering enough data does it ever decide  
that it has forsaken its real nature back on the other side.  
By ignoring the advice of the guiding voice from within,  
coming from a higher source, in ignorance do we swim.

When each of us has reached an all time low  
or when fate delivers us a gracious blow,  
we start thinking about our current situation  
and try to make amends with much expectation.

Alleviating the disgrace which upon our soul is a burden,  
retracing our steps back towards harmony and freedom  
and so live a life of good works pleasing the Eternal Witness  
satisfying our highest conscience the inner voice of stillness.

With each progressive step forward in the right direction we take  
an ever increasing joy and peace in our mind and heart we make.  
Helping all those who come across our path to be  
confident in themselves and just a little more free;  
to achieve whatever they cherish or happen to bide  
while we continue our journey toward the other side.  
By observing a steady discipline daily we find

most things can be accomplished dear in mind.

We can't easily get to the other side with a heavy load  
as there already are many unseen obstacles on that road.  
We all have each somehow to travel different distances  
depending where we start from in current circumstances.  
So let's make haste and all acknowledge our aim  
that whether we like it or not our goal is the same.

There are many of us here having to play a unique part  
when considering others' welfare show a little more heart.  
In matters of relationship we should never try and hide  
that which to our advantage helps us get to the other side.

Yet when we give with all our heart its from the other side  
without any selfish motives or thoughts of gain to hide  
we gradually reveal our real nature and true guide  
which is realized unmistakably as being the other side.

George Krokos

## The Phenomenon of Love

It's now time to say goodbye and bid each other farewell  
we may yet see one another again perhaps, who can tell?  
The paths of our life often cross over familiar ground  
and so in the days of our lives those memories hound.

How sweet life seems when everything goes well  
but when misfortune strikes it becomes like hell.  
The experience of life always has an opposite side  
and things we once valued most no longer provide.

When we turn our back to love the heart inside us does shrink  
and the vacuum created there will cause many to reach a brink.  
In certain matters of love we're all found to be a little wanting  
but then the true object of all our love is the most demanding.

If love comes our way the world seems full of joy  
and each moment feels as if it's a wonderful ploy.  
The grace of love is quite blissful while it does last  
and the pleasure of the beloved is the main repast.

Everyone in the world has at least one tale of love to recite  
regardless even of their situation and any condition despite.  
Whether it be one of woe that only brings sadness to the heart  
or one that's joyful relating of lovers who are no longer apart.

The phenomenon of love is the story of an ever ongoing human saga  
with a broken or joyous heart many people sing about as their raga.  
Its consumation lies in the fulfilment of love with lover and beloved  
and the glory of this end only those brave enough have discovered.

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George Krokos

## **The Place Of Reward**

There is a very special place  
that's beyond time and space  
where our soul longs to be  
which is unlike this duality.

There is a place behind our dreams  
definitely free of illusions it seems  
that we are all hardly aware of now  
to which we are heading somehow.

It's a haven of peace where  
it is also very blissful there.  
A sublime place beyond imagination,  
the underlying reality of any situation.

There is a path that leads to it  
on which all who travel benefit  
who with a gentle guiding hand  
can be sure of reaching that land.

It is even for those who don't believe  
because they have as yet to conceive  
with their mind steady in concentration  
that object visualized in contemplation.

It's a little known realm of possibility  
and for those who attain an actuality  
in which all our dreams come true  
but is only realized by a very few.

It therefore does exist within us all  
what we have to do is heed the call  
of that voice heard within our heart  
and act on the wisdom it does impart.

There are some simple things each one must do  
that have been overlooked so long by many who  
have most of their lives repeatedly only ignored  
those words which guarantee them The Reward.

George Krokos

## **The Rhythm Of Life**

The rhythm of life is like an endless melody  
and goes on regardless of where we might be.  
Throughout the day and all during the night  
it never stops tho' it's not obvious to sight.

When the sun rises and again when it sets  
that rhythm of life all things never forgets.  
With each coming and going to and fro  
we're all part of its main working show.

In birth and death as in growth and decay  
all creatures have their moments of play.  
In the heavens above and on the earth below  
one after another they all must come and go.

With the ebb and flow of each wave in the ocean  
it's apparently like a ceaseless rhythmic motion;  
tho' they're caused by the moon's gravitational pull,  
and is itself also subjected to being either new or full.

In the four seasons of the year and all the changes they bring,  
as the earth revolves around the sun, affect every living thing.  
By these regular distinct cycles each lasting its period of time  
it's a universal ongoing phenomenon and never ending rhyme.

Whether we like it or not it embraces us all in its sway  
and our affairs in this world enjoy their night and day.  
It makes order gradually come forth out of chaos it seems  
and helps us all to survive and even realize some dreams.

We all have certain basic needs and so many wants or desires  
and flowing with the rhythm of life all in harmony transpires.  
If we have unnatural obsessions by which our mind is caught  
then it's freedom with a high price that is actually most sought.

This rhythm of life has an existence and power of its own  
and all that does ever happen by it unmistakably is known.  
When we become in tune with its reality and stay in touch  
all that goes on in the world will be to our benefit as such.

George Krokos

## **The Seed And The Tree**

Who can say for sure as to what came first: the seed or the tree?  
If the seed came first where did it come from if not from the tree?  
But then if the tree came first where did it come from except from a seed!  
So then you'll have to re-ask again that question of the origin of the seed.

An endless circle with no logical conclusion soon appears  
until one looks beyond the seed and the tree that it bears.  
Although the seed comes from the tree and the tree from the seed  
each one grows in the ground of mother Earth which both does feed.

The Earth is the womb of everything living and supports all we know  
and then becomes the tomb back into which all forms one day must go.  
The underlying essence of all nature is of consciousness-energy-intelligence  
that includes and sustains all things despite our ever incessant belligerence.

Has anyone ever heard it said that God is in the form of the world  
and so all within it carries a divine spark from which it has swirled.  
God is the infinite eternal seed of all existence and can be experienced like this:  
usually as an overwhelming love within us and as all power, knowledge and bliss.

So the seed and tree came from the Earth which itself has come from and exists in God  
and to enquire where God has come from is useless if we haven't transcended this sod.  
The limited mind of man has to merge into that unlimited universal mind of the Creator  
only then can we know the original cause or final end of everything and of their Maker.

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Note:

This should remind one of the other similar paradox being that of 'the chicken and the egg'.

George Krokos

## **The Sinking Ship**

The ship is sinking and we all have to get out  
I wonder if there are enough life boats about,  
that are able to take us safely to the distant shore  
where we may live happily for a while once more.

The old boat is going down as it has had its day  
and all that we know and love is passing away.  
It seems strange and sad how this has come about  
but the evidence is clear without a shadow of doubt.

For those who have been prepared the way is certain  
but for those who are not there's an invisible curtain  
between them and that to where they could be going  
as the paths to that destination are not at all showing.

There's been too many changes in a world gone mad  
and so many of them have only turned out to be bad.  
And when people think too much of themselves and so little of others  
they perpetuate ignorance which neglects we're all sisters and brothers.

As people also demand more than personal things of need  
it usually only results in satisfying an obsession with greed.  
If this is too strong a statement to which many will object  
there are subtle implications that will prove it to be correct.

Some individual transitions will provide the necessary steps to begin  
as this will set the example for other things to follow suit and be akin  
to the general trend that usually determines the way and pace  
which gains momentum at times for most of the human race.

The systems of nature existing must be maintained for survival  
and this means that there will have to be quite a major revival.  
As there's really so much around which we now all stand to lose  
if we don't do anything about it there'll be nothing left to choose.

In viewing the situation clearly we must all understand the cost  
of everything we have now before it's all forever completely lost.  
And if this seems too much now for most people to consider  
then it will be more so when there's no alternative to deliver.

George Krokos

## **The Sons Of Shamrod**

And then came the sons of Shamrod  
who with their magical powers  
did smite the forces of evil  
that brought death and destruction  
throughout the land.  
The great battle raged on  
for many a full moon.  
Great were the evil forces that  
inhabited the land and mocked the people.  
But the sons of Shamrod emerged victorious  
for it was said long ago  
that there would come a day  
which would be one to remember.  
When the spirit of our forefather's  
would once again rise and give birth to  
hope instead of desperation.  
And the hope came in those who dare defy  
the hand of death to strike them,  
for the time foretold had come.  
No longer would the will of man  
be taken from him and used against him.  
Peace and happiness again reign supreme over the land.

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Note:

This poem was inspired by after reading 'The Lord of The Rings' over 35 years ago.

George Krokos

## **The Spider's Web**

The spider weaves a web so it can catch its prey  
wherever it is convenient to take its hunger away.  
An intricate net so finely built yet strong to withhold  
all those creatures of nature that get caught in its fold.

The spider knows it will most likely do its job well  
and so in the course of the day only time will tell.  
It is only when something bigger comes along the way  
that the web will break and from its foundations stray.

It's made to withstand the elements of wind, rain or shine  
though it appears in structure to be very delicate and fine.  
It never ceases to amaze me with what precision it is made  
the work of a skilled artist and product of non-human trade.

It's made of the same basic material as the silk of the worm  
which the spider spins out of its body but is sticky and firm.  
The purpose behind the two though has a different motive  
being to the both of them uniquely characteristic or native.

I wouldn't like to be one of those creatures caught in the web  
struggling desperately to get away and feeling its own life ebb.  
The length and trouble some creatures go to in life to survive  
is part of the drama that goes on in nature to keep them alive.

The spider's web hangs securely moving gently with the breeze  
and is fastened onto stationary objects that support it with ease.  
Its creator waits patiently at the centre for the right time to come  
when the web gives signs that food has arrived again hmm...yum.

If you then happen to see a spider's web that's along your way  
don't go and deliberately pull it down as it is a crime I must say.  
Unless abandoned or an interference let it catch the spider's main feed  
which is based on its natural instinct of survival and not that of greed.

George Krokos

## **The Threshold**

The threat or danger of a downfall is looming before us  
though we now seem poised and safe above all the fuss.  
Considering the sacrifice and effort made to reach the threshold  
how can we now afford the luxury of distraction and be so bold?

Until the threshold is attained and one has safely passed through  
it would be wise not to become complacent with the passing view.  
The choice is ours and so much depends on our integrity of purpose  
if we're to arrive safely and overcome the temptations on the surface.

There can be no satisfaction with things that are constantly changing  
especially where the effect of change itself is also very wide ranging.  
In fact it seems such a shame to have to admit that all of this attraction  
keeps us away from the place that will ensure our complete satisfaction.

When we spend such a large part of our lives to achieve harmony and balance  
those who don't make the most of the opportunity are victims of nonchalance.  
And it's only after missing the chance to get something we've badly wanted  
we feel a sense of greater loss than losing it after the thing had been granted.

Sometimes the fear of failure is not as great as the fear of success  
which may place demands upon us that cause unwelcome stress.  
Though rarely one will argue the point of not trying to succeed  
there are the factors of determination and those based on need.

There seems to be some point beyond which no one ever really goes  
unless one has the help and guidance of someone greater that knows.  
They stand poised and ready for anyone to acknowledge their position  
and is able to take one through the threshold by grace of their decision.

-----

George Krokos

## **The Time Will Come**

There comes a time almost uncertain it is  
when all before one is not as it seems.  
The trials and temptations overbearing are  
somehow resolved just like after our dreams.

Life's always a struggle trying to achieve  
one's ideal creation where nothing is real.  
Everything has only a relative existence is true  
sustained by imagination maintaining its weal.

Knowledge is revealed to all from within  
who question sincerely their inner being.  
Curious of what the whole show is about  
discover the truth of what they're seeing.

Very few are those who realize the truth  
and reluctant it seems are they who know  
to reveal to them who are yet unready,  
without any preparation willing to forego.

Submission and humility in one's ignorance are  
really great virtues and required for the path  
on which all are destined to reach that glorious state  
of infinite wisdom and love as the divine aftermath.

George Krokos

## The Tree Of Life

Walking alone in the midst of the trees  
the wind there was blowing gently and  
everything was moving it seemed except me.  
The birds were twittering in the branches overhead  
singing out their love for nature and whilst listening  
didn't share in their praise but envied them instead.  
I could feel something watching unsure of what I intended  
and sense something telling them about me to take caution;  
keep out of reach, fear and harm is perhaps what I represented.  
But what was this thing or feeling that I was sensing?  
Could it be the ceasing of the wind and the stillness that  
was effected or the hours of darkness that were falling?  
My presence and expanding awareness was perhaps the likely answer.  
But there was also, I could sense, a general saline moisture in the air  
reminding me of tears and the ocean, from which did the wind transfer?  
I kept on walking slowly along following a path I could barely see  
seeking some place where I could find my joy to rejoice in and so  
nearing the edge of the forest had no idea where that place would be.  
What lay ahead in the stretch of land seemed like mere desolation  
so, after hesitating a little and pondering, began traversing that land  
because there was much more to witness from direct observation.

That which I witnessed amidst the trees was only part of what there was to see  
and as I continued making my way slowly forward along the land,  
I stumbled on something and fell thinking how cruel nature was to me.  
While laying there for some time propped up on elbows with head drooping down  
could not help feeling the way I did and wishing the grass was much taller  
so that I might bury my head in it and become one with the ground.  
When one is alone and lonely one does often think of many things,  
not necessarily depending on the state of mind or mood one is in;  
calmness, quietude and reflection are the fruits that solitude brings.

People, it seems to me that, when they are running the risk  
of being swept away by a strong and prevailing tide  
that could drown them, always try to find a higher more secure ground.  
But how high can they go and how long there can they abide?  
This was almost the case with me for I was drowning in my own thought  
and with the onset of darkness perhaps I was trying not to get caught.  
Thus I ventured forth straight into the unknown it seemed.  
How far and which way could or would I go was deemed  
only by time which would tell if I reached my destination  
with no one and nothing to guide me but my imagination.

Sitting up I realised, after looking about me, was a kind of day  
in which everything seemed serene and beautiful with the sun  
shedding its last warmth and light, the air gently blowing away  
its freshness and sense of freedom, this day was almost done.

Yet the darkness still was falling and thought provoking  
and bearing all of its weight there upon me.  
Could it be that only when, under pressure experiencing,  
does one look then at what is really to see?

For ere the sun and moon fully exchanged their places,  
to govern the land and sea, in the majestic sky awe inspiring,  
I saw looking up into those vast luminous starry spaces  
there was still light that shone upon me which was much desiring.

The sun on the horizon was going down in a shimmering sea  
of calm movement, shedding as it were its reserve flood of light  
in my eyes, warmth on my body and actively seemed to guide me  
as the path lying ahead was still unforeseen and nowhere in sight.

Heavenly light was enlightening my world before me and binding  
my mind in a state of exalted wakefulness as if there was yet more to come.  
Although we can only all go on until so far as our fate is allowing,  
will we never see through our blindness what's awaiting us under the sun?

For every man, woman and child there is a story that will never be told  
and so we can surely hit the target but, will we ever meet the mark?  
The wrath wrought through the misinterpretation of nature's role of old  
in our lives will have its share to account for our being in the dark.

The moon with its full glare of moonbeams was there starring at me  
as I looked up into what was so much more to behold and happening;  
the stars were sprinkling their light in the heavens and could also see,  
they were holding me captive beyond comprehension and beckoning.

And I began feeling a sense of attraction rise somewhere from within,  
responding to this outward magnitude of enchantment transfixed stood,  
and closing my eyes experienced a tingling warmth from my waist begin  
rising up my spine and reach into the crown of my head as if it should.

And to seemingly flow out above through the recesses and ends of my hair  
as if embracing and reverentially acknowledging, on some deep inner level,  
a magnificent presence, comforting and soothing, invisible yet somehow there.  
With feelings of inexplicable security and overwhelming love I began to revel.

As if nothing else existing; a conscious knowing of Almighty Being  
which was centred within and yet everywhere all around revealing.  
A step beyond imagination with a higher faculty operating  
it was a bewildering and profound experience of becoming.

Yet I was very young then not knowing what age now  
and oftentimes I found myself yearning as if somehow  
there could be an almighty Splendour such as He  
so reassuring to know that He was always with me.  
And whenever turning within humbly, sincerely addressing,  
He would always receive motherly - like my love offering,  
comfortingly remove my sorrow and feeling of separation  
embracing me in His invisible bosom - friend like affiliation.

Through the simple sayings and stories old assimilated  
of words the Lord Jesus Christ sometime said indicated

in daily living I would find encouragement and confirmation  
of the truth my mind then grasping subtle as if in revelation.  
A little was almost too much and yet so overwhelming  
an ever present certainty the more one tries expressing  
the use of words are near futile it seems  
like memories of half forgotten dreams.

Many were the days that passed and very few were those amongst them  
in which I began to find favour once more with that Old Friend and Gem.  
Being as it were in life's quest, bedazzled by the apparently real, I saw my mind  
which was caught as a fish in a net and offered freedom of a very limited kind  
and even much less if one was not knowingly overcome; seeking release in  
its strong captivating charm of illusory values and make believe ways within.

After many years and in a certain place behind some church  
in a car park early in the twilight it happened so unexpectedly.  
To my amazement, I saw a small tree growing in a little garden beside  
the parking area, and as I got out of my car stretching my legs walking  
towards it, and with eyes gazing at it, saw that this tree was alive and could see the  
sap  
which was coursing through its trunk and boughs circulating around in it like blood  
passing through the veins in a person's body but of a transparent colour and so it was  
that nobody else was there and everything for a long moment seemed very quiet and  
still.

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George Krokos

## The Universal Divine Plan

Throughout all of those vast regions and far reaches of space God can only be realised or known here on this earthly place. There are about eighteen thousand worlds that sustain life as we know it but it's only on this world in a human body will knowledge of God show It. This information was imparted by the one and only Avatar of the age who did also happen to be the greatest Divine Personality and Sage.

His name was Meher Baba and the words He has given are true though He might be unknown unless His love has awakened you. It was for this reason that He was known also as the Awakener and those touched by His love regard Him as their Messenger. He also revealed many other things including the main one that He was God who incarnates out of love, always in a male form, against many a great odd.

The Avatar always comes when the world is undergoing a spiritual rebirth and mankind is on the brink of destruction on his home planet called Earth. It is God's duty to His creation and creatures to maintain and set things right which otherwise would get too much out of hand according to His foresight. He also gathers those around Him who recognize and accept Him while He yet lives helping them all achieve life's Divine goal with the instructions and wisdom He gives.

These followers or disciples thus become the harbingers of world transformation spreading His message of love and truth far and wide being the New Dispensation. It is the Divine life lived by the Avatar in the world that inspires them so much witnessing the things He does and says for the good of all with His loving touch. Though Meher Baba has dropped the body His spirit lives on for those His words hearken  
guiding all people who stumble across His Name which, in their heart, love does awaken.

It is also the first time in human history that a true image of His form was given being a gift to posterity with a full account of His life, which by love was driven. He also remained silent for the greater part of His life's stay here because His words were taken too lightly in times past, far or near. To those who inquired about Him He would let His silence speak for itself which is the reason why the language of the heart is love, we do feel ourself.

However in His compassion He communicated firstly by the use of an alphabet board and then later on through unique hand gestures that those close to Him could record. He indicated that there are five Perfect Masters on this earth all the time who looked after the affairs of the universe and this world in ways sublime. They were after all God's representatives here on earth while He was physically absent and it would be them who would bring Him down in the flesh for us all as a Divine Assent.

Never before has it been stated in such broad and clear terms of the role they all play in God's Divine Plan which He affirms. Though they are all one in consciousness they live and go about doing their own thing which is none other than enlightenment and spiritual realisation to mankind they bring. To find and meet such a one let alone to stay in his or her presence is a rare blessing indeed;  
if one is fortunate enough to recognize one of them, can win their grace and on the

goal proceed.

It's also due to the fact that we have been living in an Avataric Age that there are also some imposters going around the worldly stage, proclaiming to those who're misled that they can show them the way which is back to God being what life is for and as the scriptures say. If their thoughts words and actions don't confirm what they preach we should then keep away from them and thus be out of harms reach.

There are also some adepts who through various practices have gained a little power who go about displaying their wares which onto the unsuspecting public they shower; in the form of miraculous stunts or manifestations of objects which most people crave, usually found to be under closer examination the workings and or illusions of a knave. One has thus to be careful of these and other obstacles that await and lie ahead on the path back towards the Goal of human life which is identity with God being the Divine aftermath.

It is by self-purification, selfless service, prayer, kindness, truthfulness, including meditation that anyone can prepare themselves with self-control over their lower nature to achieve salvation. And this makes it easier to start walking the path at the beginning stages of our endeavour which also cultivates true virtue and clears the way for our freedom one can feel is forever. We are all knowingly or unknowingly treading the way back to our true home in some way or another and must not remain dejected if in life we appear at times to be crestfallen by which fate does smother.

The Grace of God and the Perfect Masters is always available as They have the All-Seeing Eye which means They can understand, see and know everything; nothing really passes Them by. They're also the guardians of all humanity and our benefactors along that way back home therefore it's up to us to please God and or one of Them by dedication on the path we roam. As long as we try not to harm any of our fellow creatures by either thought, word or deed we can be assured of Their help being forthcoming if in God we have faith or genuine need.

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George Krokos

## **The Unmarked Grave**

There are mourners beside an unmarked grave  
witness how quietly they all there do behave.  
All shedding silent tears for one they've lost  
perhaps some loved one in this way to accost.

It seems uncertain if anyone about really knows  
who is buried there beneath the grass that grows  
at this distant lonely place away from all the rest  
perhaps it was the deceased person's last bequest.

There isn't any indication to say when, where or how the person died  
just these mourners that have come here it seems from far and wide  
to pay their solemn respects to one for which only they all know  
perhaps it's the least thing to the departed one they now do owe.

The buried person must have left a strong impression in everyone's mind  
and when alive would have been an influence of some remarkable kind.  
There's no real telling just what the circumstances might then have been  
but judging from the expression on all their faces one of deep loss is seen.

The flowers brought by all the mourners there  
and placed on the ground at their feet where  
they formed a cross inside a circle of distinction  
to commemorate the passing with a benediction.

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George Krokos

## **The W.C. (Humorous)**

If there's one place in the house we can't do without  
it must then be the W.C. that doesn't really stand out.  
It is our main port of call during the day and night  
that we all use to answer calls of nature out of sight.

And what goes on in there sometimes is hard to believe  
but we feel good after our bowels we gratefully relieve.  
For it's a fact of life that our body produces much waste  
from what we all consume as food pleasant or not to taste.

The smells, sights and sounds coming from there can be awesome to behold  
before or after anyone has a session in there that one needs to be bold.  
It is for this reason a whole industry has evolved over the years in its wake  
as we try to do away with any unpleasantness that all our bodies make.

The amount of time we spend in there can be a blessing in disguise  
as we eliminate the waste products of our bodies in variable size.  
Whether it is gases, liquids or solids depends on the urge  
but one thing is certain that with all of them we must purge.

And as far as a blessing goes how many people have received  
an insight or solution to a problem that previously deceived.  
After spending some time in the W.C. with a good evacuation  
we usually give thanks to the powers that be in contemplation.

It is as if we must return or give back some part taken from the earth  
and of this we cannot or should not ever be neglectful from our birth.  
This inherent law or principle of nature seems to be unrelenting in its demands  
that we jeopardise physical and mental health if we don't adhere to its commands.

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George Krokos

## **The Way And The Goal**

If you somehow find or see the way,  
be firm in your resolve come what may.  
The way for you is that which reveals  
Your real nature within hidden seals;  
being those which we have all constructed,  
over the years left with, now are obstructed.

To say only that whatever did happen  
was thrust upon us, we were mistaken  
is due to lack of discrimination right from the start  
considering, the choice was ours, we played the part.  
We became entangled in an invisible net  
of our own creation and so fell into debt.

We looked for that which never existed  
outside of ourselves and became twisted.  
Finding out painfully things just did not last  
as we expected them to, remember the past? ....

Perhaps one who has recognised this and with detachment,  
some reflection acquires dispassion, sees their attachment,  
will find the right keys, with a little grace unlock the seals  
fastened within their mind and heart, so remove the veils.  
Revealing the inner light gradually brighter  
by the virtue of purity and thus get lighter,  
feeling our natural essence being unalloyed bliss;  
ecstatic joy, unmistakable and unable to dismiss  
as something other than coming from within,  
sustaining, fulfilling, and definitely free of sin.

Projected from inside as a screen seemingly outside where  
it manifested as tangible objects appearing to be out there.  
This is part of a grand design to lure us all from the source  
by a world of duality being apparently an adversary force.

Creating so many illusions and making us believe  
we haven't the things with which it tries to deceive.  
Eventually becoming involved in an unreal mesh  
of the five objects through the doors of our flesh.  
And using five limbs we get seduced even more,  
caught in a desperate struggle to hold and score  
all that we can hope to get by not realising that  
everything has come out of our own mind's hat,  
that we have all created to experience the extent  
of our Infinite Being which was really the intent.

We are only One Being apart from it all  
eternally free, playing the game we just saw  
of hide and seek making all the right choices  
within its own dream and thus finally rejoices.  
When finding Itself as all, nothing has remained  
left to be known; all has in Itself been ascertained.

Awakened at last and knowing ourselves as one motion  
of existence indivisible beyond certainty a shoreless ocean  
of light self effulgent and forever complete,  
only Itself, all pervading, can actually meet.  
Infinity of existence, omniscient, formless; nowhere bound,  
endless and immutable being Itself without a second around.  
Awesome, incomprehensible, beyond mind's ability to grasp  
except after final annihilation of all limitations in its clasp.

Everything and nothing have merged as before  
into that place where they will be forevermore.  
For a moment only that Existence of Being is Now  
and am by myself so reverently to That must bow.

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George Krokos

## The Ways Of The World

These are times of uncertainty and widespread discontent  
and certain forces of nature on our destruction seem bent.  
Though we mostly try very hard to do the right thing  
we as a whole get into trouble and then feel the sting.  
When our heart isn't completely in that which we do  
there's no real satisfaction to help and see us through.

There is too much superficiality and of make believe;  
to be creative in life is essential like that to conceive.  
If we only go about doing what it is we just have to do  
without any scope for improvement is a limited view.  
To scan the horizon involves looking forward and taking a risk  
using one's intelligence develops confidence and is also brisk.

Though the world seems daunting and at times without cheer  
if we have faith in ourselves can overcome much of our fear.  
To live for the moment only is something few can afford  
but the situation at hand may indicate or offer a reward.  
When anyone persists in their efforts there's a breakthrough  
even if the desired result is still some way off it may be true.

To succeed in the world is what we all try most to achieve;  
this can be accomplished easily if in what we do we believe.  
To change boats in midstream is not the real way to succeed  
yet anything may be possible if in life we have genuine need.  
To accomplish then what we had set out at first thought to do  
depends much on our determination or desire to see it through.

There will usually always be obstacles in whatever we undertake  
that is why we shouldn't mind too much if we learn by mistake.  
A lot of the trials in life are such that for some are overbearing  
however, if they're overcome bring success and smooth sailing.  
Though where people are around nothing stays the same for too long  
as each one demands something else which for a while proves strong.

To get the most out of life is what we're all living here for  
and so everyone usually strives to gain just a little more.  
If it happens as it often does that many do not succeed  
it's because the right signs on the way they didn't read.  
The ways of the world are sometimes like a cliff or razor's edge;  
one slip and you're down regardless of how secure was the ledge.

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George Krokos

## **The Wheel Of Time**

The wheel of time is like a giant clock  
in this circular physical world  
and its spokes are the second,  
minute and hour hands that  
continuously seem to move within it  
and propel it forward in one direction  
as perceived through the hub of our awareness  
which witnesses the recurring phenomenon  
and flux of life in its various stages of  
birth, youth, maturity, old age and death.  
What of the afterlife and rebirth then?

George Krokos

## **The Wonder Of It All**

In the time it takes for us to blink our eyes  
somebody is born and someone else dies.  
The way of the world is through life and death  
all that exists is nourished by food and breath.

In just a fleeting moment so much goes on  
it's a wonder for our mind to reflect upon.  
Yet all that ever happens has a beginning and end  
in the vastness of time and space it has to contend.

What is life about and our purpose on this world here?  
Is it not to grow and expand, to realise something dear?  
We all have basic desires to achieve one thing or another  
a sort of instinct or legacy through our father and mother.

In self knowledge and expression we all reveal the way forward  
one step at a time or in leaps and bounds we come closer toward  
where this impulse of life leads us or directs each one to go  
while the emphasis is always to learn, live, love and to grow.

In life we all have to face situations by which we gain or lose  
yet it depends so much on our ability and freedom to choose.  
If we see beyond our present circumstances it's a positive sign  
and experience may prove that there was only an imaginary line.

In relationships there are certain things that we all come to know  
whatever doesn't appear on the surface, otherwise hard to show.  
To cultivate or develop the best in ourselves and others is a worthy ideal  
though many people have a tendency for the false instead of what is real.

There are so many aspects of life we take for granted or even miss their point  
in our daily struggle for survival whoever we are or find ourselves at this joint.  
It takes much discriminative knowledge based on experience to come out ahead  
at the end of each day be able to relax or rest and even sleep soundly in our bed.

We're all prone to the malady of living wherever we may happen to be  
as long as we don't make it harder for ourselves or others in being free.  
And in seeking the right solutions to those problems or dilemmas that we face  
we should realise them to be relative not just to one particular time and place.

George Krokos

## **To My Higher Self**

What can I say, please tell me what can I do  
everything that happens is so because of You  
You are the core and essence of my life  
looking after my needs like a loving wife

I can't do without You for even a moment  
which is almost as if we are in atonement  
Remembrance of You removes all my fear  
being the only one I hold really most dear

I hope that this does not sound vain  
for if it does would cause much pain  
You are my one and only beloved friend  
with me always from the start to the end

You know me better than anyone else does  
that's why confiding in You gives me a buzz  
This usually keeps me going most of the time  
and so it's almost as if I'm living on a rhyme

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George Krokos

## **To The Bride And Groom**

Life now again is about to be resumed anew  
Happiness and prosperity to the both of you.  
Life together is in beauty and understanding  
The thoughts and things that are satisfying.

George Krokos

## To Whom It May Concern

O those ignorant of the path to God  
don't carry on about less than a dog.  
There's so much to be gained in youth  
so get yourself interested in the truth.

If some stranger were to say to you  
certain words that proved to be true  
would you hold onto them and pray,  
regardless of whether it was today?

You brood over too many things it seems  
which are of little value even in dreams.  
This situation sometimes gets out of hand  
but you do manage bravely and withstand.

You're so caught up in the ways of the flesh  
that you hardly know how to escape the mesh.  
You keep on repeating the same mistakes over again  
and wonder how on earth you have come to this end.

In this world you will always reap what you sow  
take heed therefore and make an effort to know:  
the actions performed will cause one to rise or fall  
whatever is held in the mind opens or closes a door.

We should never take this world to be real and lasting  
because everything and everyone is part of the casting,  
on the world's stage depicting various dramatic scenes  
and whether we like it or not make impressions it seems.

Everything we see and touch has a beginning and ending  
yet we persist in hoarding as much as we can for tending.  
Our inner desires are never really all fulfilled to the extent  
that we don't want or crave something else for our content.

The affairs of this world have become so complex and binding  
where is that situation or condition which is not demanding?  
For the average person who doesn't consider any alternative  
their attachment's complete; hands, feet and head affirmative.

With everything we say and do we reveal or give something away  
how much therefore can we hide from one seeing through the array.  
When we find or realize our ideal in life then we'll surely know  
all we have gained outside of ourselves is only a passing show.

The world we all see around us is made up of light and shadow  
for everything that there is an opposite exists my dear fellow.  
Most of the people in the world go from one extreme to the other  
they spend most of their lives seeking additional ground to cover.

The mystery of life and death still remains to be resolved  
praise be to that person who this ignorance has dissolved.

That person is immersed in knowledge and has also reached The Goal  
radiating to all the divine light of wisdom, bliss and love of The Soul.

George Krokos

## Tribute to A Poet Saint

Oh Swami Muktananda Paramahansa that bliss of liberation you attained by Guru Nityananda's grace emancipation in this very life you had gained. You were a representative of the lineage of poet-saints that had gone before showing how easy it was, by chanting the name of God, to meditate for sure.

You stressed the importance of repeating the mantra 'Om Namah Shivaya' and that if done with love would bear fruit regardless of who was the sayer. There was so much energy about you that one could feel, like an ever present force, the supreme blessing of Guru Nityananda was with you always being its very source.

You were a living embodiment of chitishakti or divine power-knowledge-bliss and most of all those who came before you could also easily experience this. It appeared at times you were unapproachable if one was by your presence overawed and that you were on the constant lookout for any sincere aspirant who was not bored.

You also emphasized and revealed the true nature of the guru-disciple relationship stating in plain modern words what was expected of one like in an apprenticeship. Many secrets of the inner path you divulged and laid bare in all your writings and talks saying the receiving of Guru's grace was what made a difference on the path one walks.

A book called 'The Play of Consciousness' explained some of the inner experiences you had your spiritual autobiography for the world at large making many inspired and extremely glad. To many it meant that someone was still around living these days who had been through it all and was available to instruct and guide others on the path to the goal he'd been to well before.

You were a living True Saint, Sadguru or Perfect Master to many it seemed and showed the way or path of the Siddhas being the one which you deemed. Living at a place called Ganeshpuri in India nearly fifty miles from Bombay many came from all parts of the world to see you and in your ashram stay.

In the abode you named 'Shree Gurudev Ashram' in that land of yoga where people came many found what they were after becoming your devotees to whom you gave a new name. There was a strict daily discipline of chanting certain scriptures, work, study and meditation and also the occasional all night chanting of the name of God which was a holy dedication.

The atmosphere in that place was so pervaded by the energy radiating from your being almost as if one were living in another world and could not help what they were seeing. The whole place resembled that of a temple palace attracting people from far and wide who came to experience what with your grace you said was to be found but only inside.

You opened up a whole new ancient path of spiritual experience leading gradually to the goal that people from all walks of life could participate in and regain the lost treasures of

their soul.

By one-pointed devotion, self-effort, obedience, meditation and the blessings of Guru's grace  
anyone could practice Yoga easily without much struggle and attain that inner peaceful place.

There were many new centres that opened by enthusiastic devotees in far away lands; with the money, sweat and labour of all those who selflessly gave by their willing hands.

And it didn't really matter at what distance or place this centre was situated from you, although not physically present your spirit, being all pervasive, was subtly there for you.

You also visited many of the countries where your devotees lived both in the east and west

giving darshan to all those old and new followers of the Siddha path you said was the best.

Initiating many people by either a look, word, thought, touch or even by your physical presence;

and all who received of your grace getting a real buzz, were invited to tell others of its essence.

It was mostly at a certain two day program, held every one or two months, called an 'Intensive'

anyone could partake of the Siddha Yoga Initiation offered, at a price, which wasn't expensive.

This was also designed to enhance and recharge those who were already practising meditation

involving chanting, meditation and talk sessions including a lunchtime meal and brief relaxation.

One had to participate fully, from about nine to five, over the two days, usually on a weekend

to get the full benefit of what the program had to offer and experience Guru's grace descend.

This was really the main date on the calendar for all those into meditation that were not to miss

if they had nothing better to do and wanted to get a lift in their 'sadhana' and acquire some bliss.

It remotely seemed to be a bit of a fund raising venture with all the money seen changing hands

but to those who couldn't afford it, must of been painful missing out, one somehow understands.

There was also the question, which crossed one's mind, as to what was being bought and sold?

- a meditative experience the result of Nityanandaji's grace through Swami Muktananda's hold!

Although no one was ever heard to complain about not getting their share of what was being given  
and with the attitude of 'the more you put into something the more you'll get back' one

was driven.

It also depended a lot on how much in tune you were and what prior preparation had been made;  
how sincere you were in your effort also what devotion and faith at the feet of the Guru one laid.

There were no restrictions, it appeared, to either old or young, male or female to begin meditation,  
all could profit and benefit in one way or another in the process and practice of Self contemplation.  
One had to have an open mind and heart to receive and partake surely of the Grace that was there;  
that power of the True Living Master, which was so all pervading, being available for any to share.

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George Krokos

## **Universal Freedom Is.....**

Freedom from hunger and freedom from pain  
freedom from loss and so freedom from gain.  
Freedom to give and freedom to share  
freedom from want and that of despair.

Freedom to think and freedom to know  
freedom to achieve and freedom to grow.  
Freedom from bondage and freedom of liberation  
freedom from ignorance and any unknown situation.

Freedom to come and freedom to leave  
freedom to stay and freedom to conceive.  
Freedom from struggle and freedom of ease  
freedom to enjoy and the capacity to please.

Freedom from failure and freedom of success  
freedom from denial and freedom of access.  
Freedom from illusion and freedom of reality  
freedom to become what we are in actuality.

Freedom to live and freedom to die  
freedom to laugh and freedom to cry.  
Freedom to speak and freedom to listen  
freedom to act based on a wise decision.

Freedom from hate and freedom of love  
freedom of below and freedom of above.  
Freedom of the past and freedom of the present  
freedom of the future and what it can represent.

Freedom from war and freedom of peace  
freedom to begin and freedom to cease.  
Freedom from sickness and freedom of health  
freedom from poverty and mishandled wealth.

Freedom from wrong and freedom being right  
freedom of the day and freedom of the night.  
Freedom to choose and freedom to reject  
freedom to imagine what there is to expect.

Freedom from lust and freedom from greed  
freedom from anger and freedom from breed.  
Freedom from jealousy and freedom from pride  
freedom from within and freedom from outside.  
Freedom of always not having anything to hide.

Freedom from space and also freedom from time  
freedom from attachment and freedom from crime  
Freedom to work and freedom to play  
freedom to believe and freedom to pray.  
Freedom to experience a rebirth someday.

Freedom from the body and freedom from the mind  
freedom from the ego and freedom from being blind.  
Freedom of transcendence being of the spiritual kind.

Universal freedom is eternal and infinite bliss  
we should all therefore be able to realise this.

George Krokos

## Universal Maintenance

This universe is God's creation what more is there to say  
and so everything that happens in it is a part of His play.  
It's only when something starts to go wrong on a major scale  
God personally has to come down to make sure it doesn't fail.

The world is not perfect though perfection is hidden there  
and so every once in a while it requires God's loving care.  
This is also the general work of all spiritual masters and saints  
who go about doing their sacred duty without any complaints.

To the people at large this may not be obvious though some would suspect  
about the universal maintenance of creation by God and those of His Elect.  
Even the forces of nature respond in accord with what has been laid down:  
that original master plan which God adjusts every time He has to visit town.

These visits some say are very infrequent and thus too far in between  
and so the world situation as it is now is the result which can be seen.  
But it's one of the paradoxes of life that destruction often precedes reconstruction  
and unbeknown to most God did come and leave again inspite of any obstruction.

But God's not to blame for this as His Spirit is forever here omnipresent  
it's because of man's forgetfulness of Him that precipitates His descent.  
By living an unnatural existence in the world man causes so much harm  
to his own kind and the harmony of nature which only raises the alarm.

If, as it is said that, the Earth is the centre of our known universe  
then whatever bad happens here must have repercussions adverse.  
Like the hub of a giant wheel which gradually begins to break down  
the rough vibrations that follow on through are to be felt all around.

And so man seeks to escape from this world he is destroying  
well before its own time is up - how the situation is deploring.  
In selfish pursuits and mostly to satisfy all of his ignorant desires  
man is turning this world into an ash heap after smoke and fires.

The signs are here for us all to see there shouldn't be any mistake  
that the universal maintenance of creation Some One has to make.  
Especially on this world here, given that it's the very centre of it all,  
being the only place that we know of where man acts so very small.

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George Krokos

## Unspoken Words

If I were to tell you something  
would it please you to know what it would be?  
For I do not know how I can say it  
without saying it to you.  
So please bear with me when I say to you  
Words cannot express the message  
I want to get across to you.  
You are the only person  
I would want to say this to.  
If only you would let my actions  
speak for my words,  
then you'll see what meaning  
my silent words have for you.  
If you feel the same way then you'll know  
You don't have to say anything  
just let your actions speak for themselves.

George Krokos

## **Untitled #1 - My friends think of me as.....**

My friends think of me as being good,  
Good? ! ....To myself which I am not.  
Ha! to him I am but a lunatic.  
Oh! how I wish I were good.

George Krokos

## **Untitled #2 - I seem to be happy.....**

I seem to be happy  
in the midst of company.  
But by myself, I am always in sadness;  
thinking, hoping of, what I know is  
missing from my life.  
If what I am thinking about knows,  
why doesn't it come?  
To me, who could give so much,  
for as much given,  
To make me happy.  
As I am alone,  
in the midst of that company.

George Krokos

### **Untitled #3 - I have engrossed it in my mind.....**

I have engrossed it in my mind  
what is missing, what should be mine.  
But how hard it is, to get it, in this life of ours.  
Oh! how I wish I had not come into it somehow.  
I have waited so long, searched so deep  
Its meaning, I'm sure will not wear away.  
But, what meaning?  
Oh Yes! , I know now and vaguely remember  
how it was like, but it wasn't for long!

George Krokos

#### **Untitled #4 - There is a reason as you will know.....**

There is a reason as you will know  
why I chose to tell you so.  
The things that I say will be  
If you give your love to me.  
Happiness together is a must  
confide in me and have trust.  
We have together a long way yet to cross  
stay with me no matter what the cost.  
The way is hard, long and slow  
but for it there will be a lot to show.  
So please bear with me when I say to you  
I will love you much as you'll love me to.  
This world is a tough place for our love to thrive  
yet I have a certain feeling that it will survive.  
Amongst all the evil and good in the place  
loving each other is all we have to face.

George Krokos

## **Untitled #5 - The other day it was made known to me.....**

The other day it was made known to me  
that this is the way it should be.  
Come what may crooked or straight  
you cannot stay in this state.  
Everything moves slow and fast  
the time is now, forget the past.  
You are you and they are not  
what you think is what you've got.  
Say to yourself: 'I will no more,  
turn my back or close the door.'  
Go outside, look and walk around,  
see for yourself, you're on solid ground.  
Look ahead, you have not lost,  
all that it takes will be all its cost.

George Krokos

## **Untitled #6 - Every one does abuse me so.....**

Everyone does abuse me so  
for what reason I don't know  
I am getting peace of mind  
all of which is in good time.

There is a way that I must find  
through this barren life of mine  
to achieve that which I have not  
now is the reason for my lot.

I know now what must be done  
to ease the scorching of the sun  
Stay in the shade and take care  
so as not to catch a chill in there.

That is why I say to you  
you must be careful too.

George Krokos

## **Untitled #7 - If you find that you must go.....**

If you find that you must go  
and leave behind all that you know  
which we loved and shared together  
during the time we had good weather  
You will leave me alone and in despair  
only to expect to see you somewhere.  
Please understand the situation  
as regards our particular relation  
You also alone will be  
as before you'd found me.  
We are alike so much consider  
when you leave and go thither.  
Better it is to solve the problem  
than go and leave all as mayhem.  
Do recognise that all of the above  
is due to a strange thing called love  
which has been somehow awakened  
I hope we haven't been mistaken.

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George Krokos

## **Uplifting Grace**

The hands of grace sometimes fall unseen  
lifting you up to where you've never been.  
Blessed are they on whom it descends,  
being worthy, they are ready to ascend.

For such a long time most people have been caught  
by ignorance, struggling and ignoring life's taught.  
Their ego is usually arising through clashes  
forsaking its identity with all by its rashness.

To gather more experience and to impress  
its own existence apart from all of the rest.  
Impossible though that will forever be  
regardless of what appears or is to see.

We are all of one substance existing within its domain  
of Infinite Being always playing a very illusory game.  
The descent of grace is experienced as bliss  
the likeness of which one should never miss.

All one's troubles seem to get dissolved away  
having existed only under an imaginary sway.  
Towards God-Realization is the extent of the place  
of all those worthy who have acquired God's grace.

George Krokos

## **We All Have To Move On**

It's from an obscure background we mostly try to emerge  
into that mainstream of life is the direction of our urge.  
As we gain a little knowledge and skill in what we do best  
we grow in confidence and learn to stand apart from the rest.

All life is such an uphill struggle against many an odd  
and even after we make a mark our body claims the sod.  
Yet life holds many mysteries in which itself is bound  
being the main one all the rest revolve themselves around.

Whenever there's a problem or one arises we need to surmount  
the solution is that answer of which we all have to take account.  
If we go about only creating more problems than we can solve  
we get bogged down and from where we are it's hard to evolve.

The struggle of life goes onward though and forward is its march  
taking everything with it that we know to build a monumental arch.  
And this is usually seen as a signpost if at the past we happen to look  
recorded for posterity as a picture of a structure in our history book.

The future becomes the past and so the past can reveal the future  
the present is the thread that binds them together as in a suture.  
And time and space are the stage set of all three in the drama of existence  
wherein everything that happens is for a purpose in spite of any resistance.

To live well and long is not really the true objective of life  
neither is it to live in luxury nor to boast of a beautiful wife.  
As death and the grave await everyone whether they're great or small  
we should try to go beyond them and the body which heeds their call.

When we experience death in our dreams we don't really die  
but only awaken from the nightmare we've had with a sigh.  
The same thing happens in real life more or less when our time comes to leave  
our soul rises freed from the body and its surroundings so we need not grieve.

George Krokos

## What Am I?

I would very much like to see  
somebody, anybody that might be like me.  
But then I am one of a kind, why shouldn't I?  
Must I not find what I am seeking! ;  
someone in whom I may see myself and vice versa.  
Nobody seems to know me and  
I do not seem to know myself.  
Therefore, I must, must I? , explore the world of the unknown.  
But I am one of the unknown!  
Would anyone like to analyse me?  
I bet, they would find something of themselves.  
It seems to me now that I am two of a kind  
I sincerely hope that both are not blind  
and unite together to be of one mind.  
Looking for someone else might be easier to find.  
Time gone has left a scar in my life  
but each day that passes seems to suggest  
that my life is as a star in humanity.  
How do I know that I am directing my life  
by some pious nature embedded in my subconscious?  
I might be an experiment that life itself is undertaking  
to understand more about itself. Is there anything else?  
I must resolve myself in my mind with utmost consideration  
try and find the solution and by contemplation  
recognise once for all time my true and sole existence  
and saying 'there, I am here always! ', thus rejoicing  
I should endeavour to affirm and proclaim in this world.

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Note:

This is a very early poem written about 40 years ago.

George Krokos

## **Within Us**

Within us is the power to create, preserve and destroy  
but which is the power that we all do most employ?  
We are all struggling to gain that which we know  
will give all the knowledge and strength to show  
what we imagine ourselves to be perhaps or wish to express  
in this world of name and form where nothing lasts I confess

Each person has their aspirations and cherished dreams  
yet very few are they who have realized them it seems  
All that is to be had is acquired a little at a time  
going in the right direction we achieve our prime  
If we come across too much too soon we may get lost  
and possessing it all will be a burden or unknown cost

When we know ourselves to be what we really are  
we experience our true nature like a shining star  
that shines in the dark and sheds its light upon all  
irrespective of their condition be they great or small  
To get to this state we must plunge deep within our being  
and fetch the pearl of great price that's most worth seeing

George Krokos

## Worlds Within Worlds

There are worlds within worlds in this world of ours  
as there are seconds in minutes and minutes in hours.  
Take for example the world of the artists and their creations  
how they represent aspects of nature and physical situations.  
Or the world of writers whether it be that of drama, prose or poetry  
how they express themselves in words of ever increasing ambiguity.

Then there's the world of music and of a musician's composition  
in which are combined sounds of harmonic and varied precision.  
And we have the world of nature and the life of all living things  
of their instinct for survival and of what man's place in it brings.  
We must therefore consider the world of science and its discoveries  
where in that pursuit for knowledge our future gives no guarantees.

There's also a world of despair and that of faith and hope  
how in the midst of pain or difficulties we're able to cope.  
We must also mention the world of love and its opposite hate  
where we care for each other or go about in a destructive state.  
There are worlds within worlds in this world of ours here  
and in every one of them we try to achieve something dear.

There's a world within each one's mind or body and that of the heart  
through which we experience this life of ours before we have to depart.  
And so there's the world of the beyond of which we know very little  
where our soul is said to go being for a while its place of transmittal.  
Which brings us to the world of religion and in what people believe  
whether they are certain of their notions or what they may perceive.

There's the world of memories that bears for many joy and sorrow  
in which we remember our past and carry it with us into tomorrow.  
We must mention the world of crime which is against the social good  
and the laws of the state that it competes with mocking where it would.  
And next is the world of justice which metes out punishment or reward  
for things that people do in respect of ethics; what is or isn't in accord.

There's a world of communication and the various devices it uses to inform  
of the complex and sophisticated means created by which it has to perform.  
Then there's the world of medicine or the prevention, treatment and cure of disease  
where the doctor in his practice tries in various ways the patient to help or appease.  
Yes, there are virtual worlds within worlds in this world of ours almost without end  
and so therefore it's with each other against time and space they all have to contend.

George Krokos

## Young At Heart

We like the water and are very fond of the sun  
and so on a good day like to have some fun.  
We usually sport and play all day long  
and frolic about while humming a song.

Our childish antics may seem absurd  
especially to those who haven't heard  
- the young at heart need no excuse  
to spend their time and joy produce.

We don't seem to be alone here at all or far apart  
as there're many around who are young at heart.  
We amuse ourselves mostly with fanciful things  
and enjoy the pleasure that this activity brings.

Whether alone or with a group of friends  
whatever is done against time contends,  
which pushes each moment behind that comes along  
as we make the most of each day with a happy song.

If there's someone about who makes us upset  
we may cry a little, but then also try to forget.  
The joy of life consumes most of our day  
as we continue doing what we love to play.

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George Krokos

## **You're The One**

You're the Only One there is no other  
You're our Divine Father and Mother.  
You are the One who first gave us all birth  
You're That which made heaven and earth.

You're the One Who has the infinite treasure  
You're the One That can bestow real pleasure.  
You are our Eternal Guardian and Benefactor  
You're the Source of everything and Enactor.

You're the One Who is without beginning or end  
You're the One Whom we need most as a friend.  
You are the One Almighty and Supreme Being  
You're That Who is everywhere and All-Seeing.

You're the One to which all creatures must return  
You're the One Who teaches what's good to learn.  
You are the One we should all worship and believe  
You're The Truth which all our troubles can relieve.

You're the One Who has boundless Love and Wisdom  
You're the One that can show the Promised Kingdom.  
You are the One Who knows everything that we all do  
You're That which can create anything if You wish to.

You're the One to which all the world's religions refer  
You're the One with Whom all creatures often confer.  
You are the One That reveals knowledge to all those who seek  
You're the One Who favours those who're humble and meek.

You're the Eternal Divine Almighty Power and Glory  
You're the One Who has created this Universal Story.  
You are the One we commune with by Your Sacred Name  
You're the Only Beloved Who sets all lovers hearts aflame.

You're the One Who any amount of words can't really describe  
You're That One Ocean of Goodness from which all do imbibe.  
You are in fact all of life and That One Everlasting Infinite Existence  
You're the One towards Whom we all shouldn't show any resistance.

You're the One in the Many and also the Many in the One  
You're that One Energy by which everything does get done.  
You are the One Who conceals and The One Who reveals  
You're that Ancient One Whom to every creature appeals.

You're the One Who knows all of the past, present and future  
You're the One without a second to Whom nothing is obscure.  
You are the Only One That exists and You are also eternally free  
You're the One whose True Glory very few of us ever get to see.

You're the One Who is the Only Real and All-pervasive Being  
You're the One Whom those few You've favoured are seeing.

You are in fact the Ultimate Goal of all of life and its Sustainer  
You're the One Who is the Unity in diversity and its Container.

You're the One Who incarnates in a male form throughout time  
You're the One Who is also The Most Immaculate and Sublime.  
You are the One That gives Laws for us all to follow when here  
You're the One Fathomless Ocean of Love which is Most Dear.

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George Krokos