

SACRED PSYCHOLOGY

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Anger is a mood,
an emotion .
Experience it and let it go.
Like a wave of the ocean,
it moves over the surface, breaks
and dissolves against the shore.
The ocean does not say,
"I am a wave."
The way of the ocean is expansive plenum
and not reduction. The ocean knows
that every ripple is in transition.

Love is a condition.
Love and the ocean are one.
Only a fool
tries to hold back a wave,
identifies with ripples,
ignores the stillness
behind ephemeral motion.
The fool does not know
the nature of nature
or the core of creation.

The one who says,
"I am anger," rather than saying,
"Anger passes through me,"
knows only the surface,
is propelled by illusions.

Such a person
is pushed and driven
by the waves of emotions,
but ignores the profundity
of the constant sea.

Love is a condition and is eternal.
It accepts all things in transition,
yet contains the depth
transcending reason.
Love and depth are one;
God and ocean coequal.

Two choices
lead to joy and inner peace:
The first is letting go,
the second is abiding.

Abide in love.
Then all things
of heaven and earth
pass through you
in their quest for blessing.
This is the power
behind myriad forces.
This the reality
beyond the rippling
play of illusion.

The ocean dissolves
the ego of the shipwrecked
and the "I" of the drowning.
Among the merfolk,
there is no distinction
between themselves
and the kingdom of love



Drawing: Cecile Waslow