

INSIGHTS

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Lessons I have learned from Life

Dedicated to the seekers of Beauty



Redondo Beach

(Cover Photo - Na Pali Coast)

Freedom

The humming bird sings softly, relaxing without cause or care
Another morning, for breakfast maybe a pear
While we toil for a tomorrow which may not arrive
He enjoys the cool morning breeze, refusing to strive
Hiding inside our self made cells, the hummingbird sighed
“By seeking safety and security, they have long since died!”
He sets off again, not knowing yet where
With God as his guide, he soars free in the air



Interlaken

Contentment

A window into my soul, her eyes pierce my veil
I was a prisoner in relentless pursuit of Truth, now free from my jail
I have found not, rather the search has ended
For the first time in my life I am contented
In this moment, time stops, rather it does not exist
Our meeting is eternal, and clear now is the mist
A window into my soul, she is a mirror into my own true being
My barriers demolished, my ego fleeing
Ali is no more, you truly are king and I but a peasant
A window into my soul, now only Truth is present



San Jose del Cabo

Letting Go

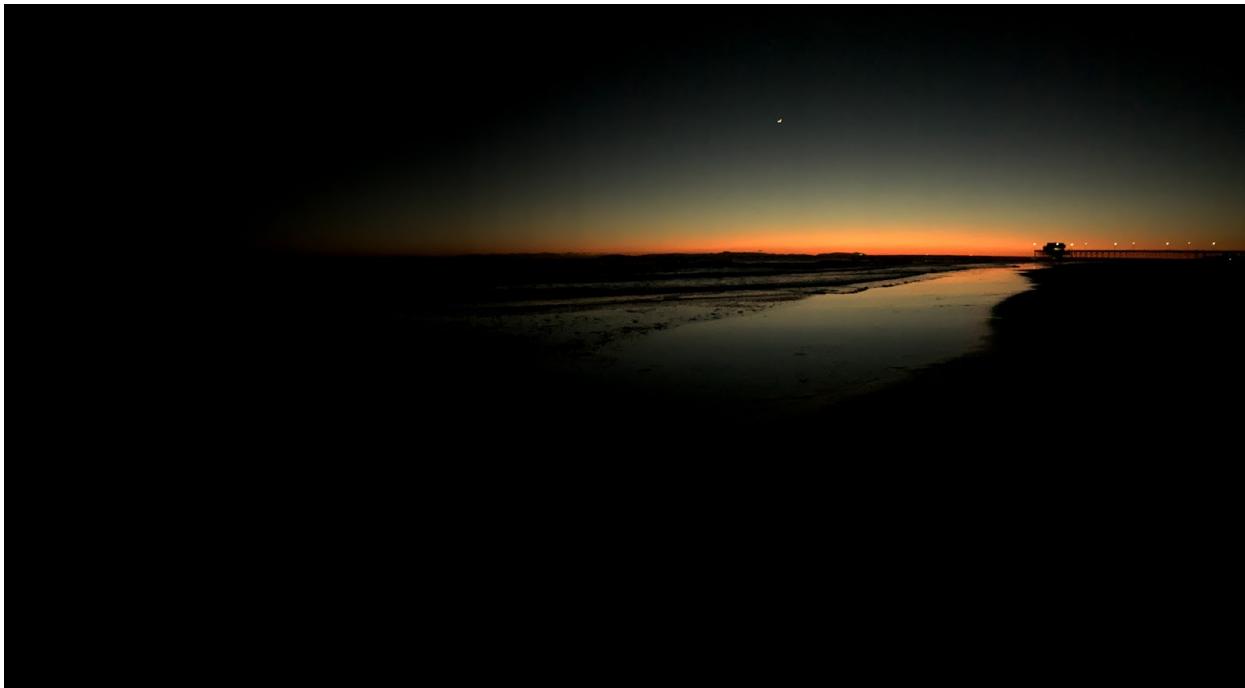
Never ending, the River carries on
What was and what will be, to the River are already gone
This moment is ever present, eternal, and how the River can gleam!
Always treading the easy path, the River never fights, never flows upstream
Perhaps we can learn a thing or two from the easy going
In our search for Truth, many times we become stagnant, instead of flowing
With innocence, with wonder, with an inexpressible love for Life
Instead we find ourselves in our constant internal war, our never ending strife
Is God not closer to us than our own jugular vein?
Why then do we struggle, what more is there to gain?



Death Valley

Emptiness

Long ago, there lived a wise sage
Many men came stumbling to him, wanting to break free from their cage
The master refused each student, saying "I cannot be your mentor.
Like a cup of tea, you are full. Empty yourself or Truth cannot enter"
His Truth was subtle and unseen, and though many would come praying
Nobody really understood what the sage was actually saying
Until one night, a young child, blessed with deep innocence and silence,
awakened and said
"All ideals, morals, truths, and beliefs existed only in my head
I am now free of desires and attachments, the Truth now is clear"
He came running to the venerable master, whose death was now coming near
The child exclaimed "Having finally found, I realize there was nothing to be done
This inner peace is all encompassing, a way to teach it, why there is none!"
The master chuckled and replied "You truly have understood, for I have no
teaching
Be an island unto yourself, don't follow those who stand preaching
The Way is but a raft to cross the river, and although it serves you well
Unless you discard it on the other shore, it too can become your prison cell
Drop all efforts of doing, and become hollow like a stick of bamboo
Then you will come to know that the Kingdom of God is already within you"



Newport Beach

Impermanence

Carve your name in water and see how long it will last
Your house, wife, children, dreams and accomplishments. See how long those will last
Or maybe see how long your own aging body will last
Time is fleeting, don't be ensnared by Tomorrow's empty charm
Don't die without waking up to God's subtle alarm
Running perpetually on a treadmill of despair, the beautiful horizon just a little farther away
Death will make sure your life's goals and dreams do not see the light of day
Live in the moment, because even the next second you do not own
Dive deep into the mysterious wonders of Life's unknown
And know that despite your immense efforts, you will leave this world empty handed and alone
All is fleeting and impermanent, like a sand castle by the ocean
One day your own sand castle will crumble, so don't waste your life in its devotion
The more salt water you drink, the thirstier you become
The more you chase after the illusions of life, the more your soul will numb
Never quenched, always thirsty, dehydrated we will all succumb
Carve your name in water and see how long it will last
A foolish endeavor, water knows no past



Laguna Beach

Meditation

Watch your breath until you settle down and find your center
Silent and still, you now become your own mentor
Watch your thoughts and sensations like clouds drifting through the empty sky
Witness them silently from a distance, like a river flowing by
Do not get pulled into the rushing current of your thoughts, lest they will stay
They do not belong to you, recognize them and send them on their way
As awareness spreads, thoughts will slow down and cease
Leaving gaps of emptiness in their place, an abiding presence and everlasting peace
A clear blue sky without any clouds, a state of no mind
Just a taste and you'll realize up until now you've been completely blind
Delve deep into this emptiness and relax into the center of your uncreated being
The illusions of mind and body are fading, and you cannot believe what you are seeing
Now Let Go of all effort, methods, expectations and desire
A silent aimless witness, observe the cooling down of your inner fire
Surrender yourself, for you are no more
Freedom is knocking, now enter that door
Sitting in open awareness, accept everything passively without strife
Cut through the chains of your ignorance with this sharpest knife
The center of a storm is silent and still
This state of meditation is now a natural skill
Your false self is gone, there is nothing left to grasp or to cling
Only now can you truly listen to a bird frolic and sing
Enlightenment was already there, if only you knew
You had Truth the entire time, the only barrier was you



Mt Rainier

Submission

Strong, sturdy and deep rooted is a tree
But after a storm, only the grass is left to stand
So who really is free?
Secured, established and powerful is a man
But in the face of death, only the birds accept this reality
So who really is free?
Passive, directionless and submissive are the birds and grass
With no identity of their own, formless like shattered glass
Yet they pass through calamities without any strife
Truly they hold the secret key to understanding life



Laguna Beach

Awareness

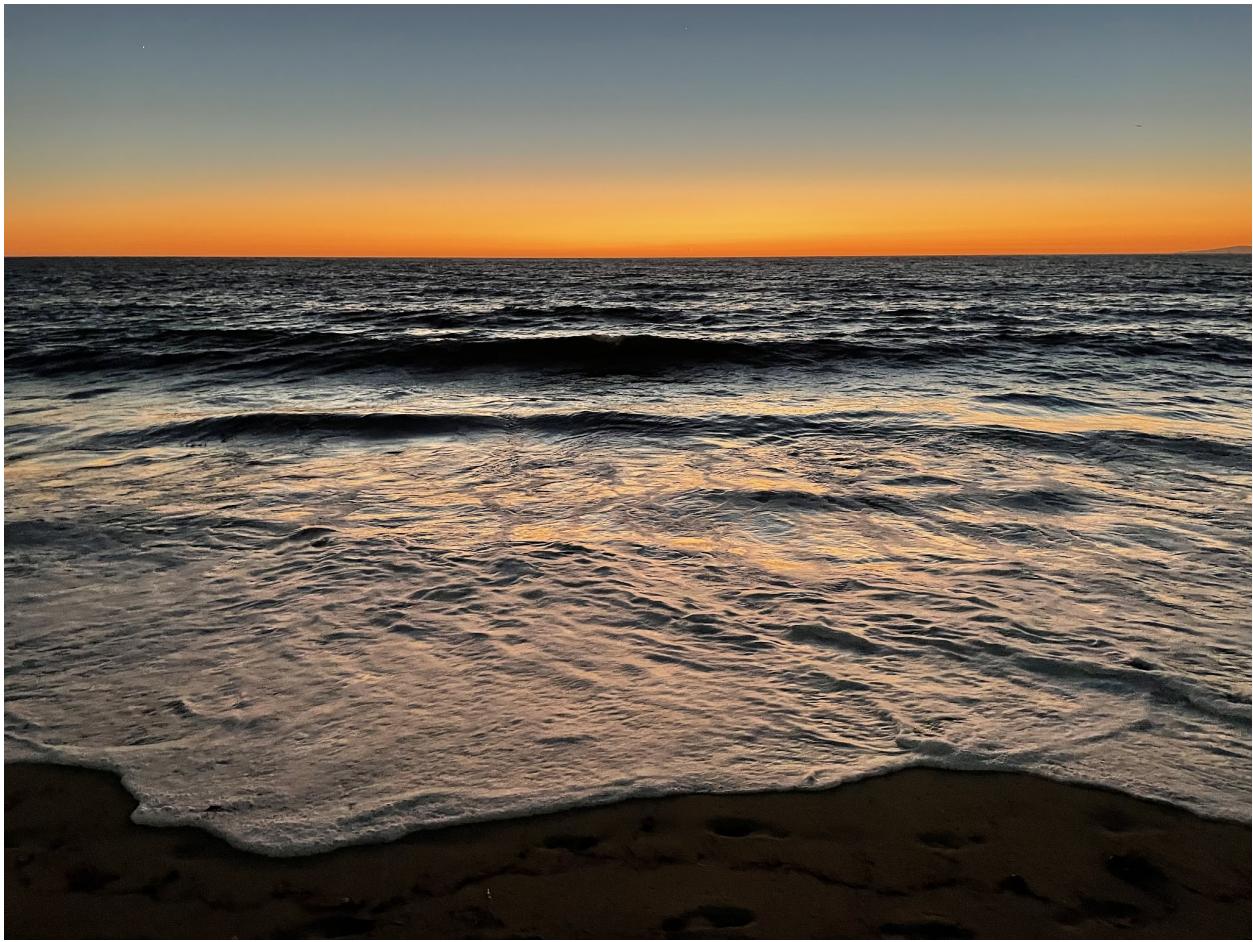
Little rain droplets tip and tap
Mysterious cats wander and nap
Innocent birds sing a song so fair
The leaves gliding lazily in the air
This silence so encompassing yet so free
I cannot truly make sense of what I now see
Settling into that boundless silence as deep as the sea
No words can capture this fleeting beauty
In this moment to simply breathe and to walk
Fully aware and watchful as a hawk
Oh these leaves how they so elegantly fall
Just enjoying life, that is all



Lake Elsinore

Unity

Millions of raindrops born from the clouds, now set in motion
Each believing themselves separate from the others, this story of individuality a cause for self devotion
Yet they will soon find themselves merging back into the great formless ocean
They knew once of their True origin, but this too was lost in life's commotion
From nothingness we arise and into nothingness we will find ourselves returning
Inner peace is elusive unless your soul rediscovers this deep yearning
A child dreams of adventure though a traveler seeks home on his course
The formless gives birth to a dance of forms yet its children wish only to dissolve back into its source
What is a drop but a harmonious balance of water, wind and gravity?
If one of these disappears, so too does this fragile illusion of identity
Do not resist this dissolution, you have held onto this form for countless ages
Toss away what you've spent your whole life accumulating, come join the saints and sages
Our life in this world is short and sweet, gone in the blink of an eye
Don't establish your roots here, for you truly are a passerby
Your breaths drawn weren't many, yet now you find they start to cease
This is just a new beginning, enter the gates to everlasting Peace



Redondo Beach

Now put down this book

Find your own Truth within



Pacific Northwest