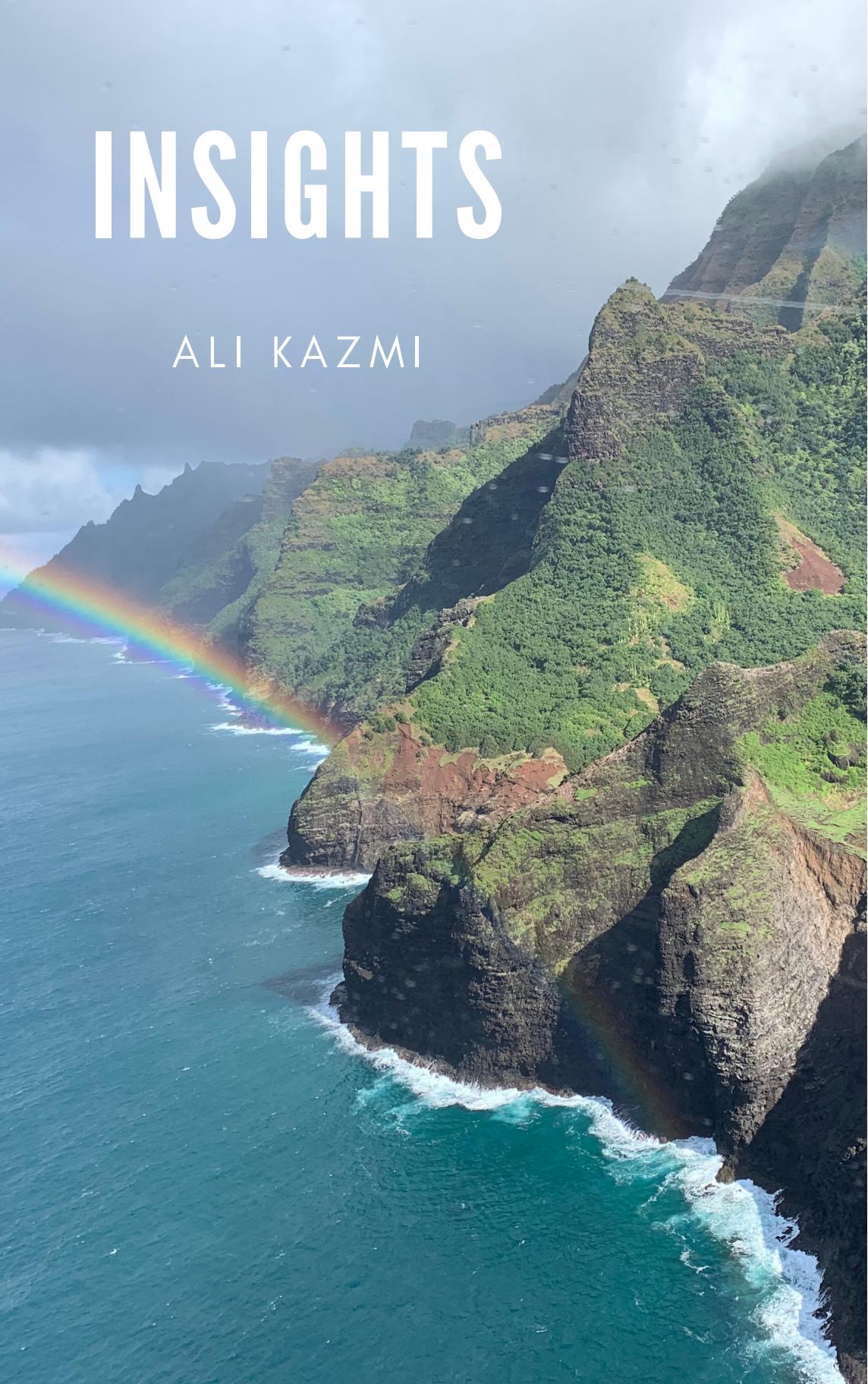


# INSIGHTS

ALI KAZMI



Lessons I have learned from Life

Dedicated to the seekers of Beauty



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## ***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



## ***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



## *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?



## *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

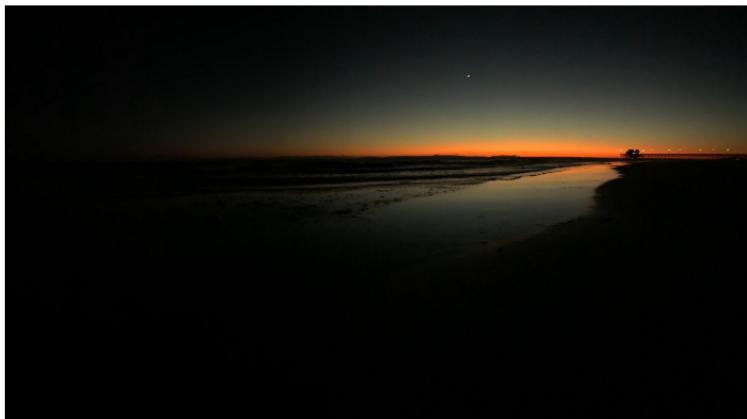
Be an island unto yourself, don’t follow  
those who stand preaching

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”



## *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



## ***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



## ***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



## ***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

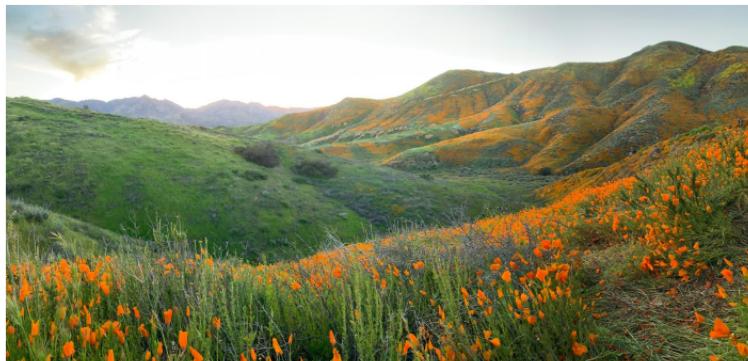
No words can capture this fleeting beauty

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



## *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

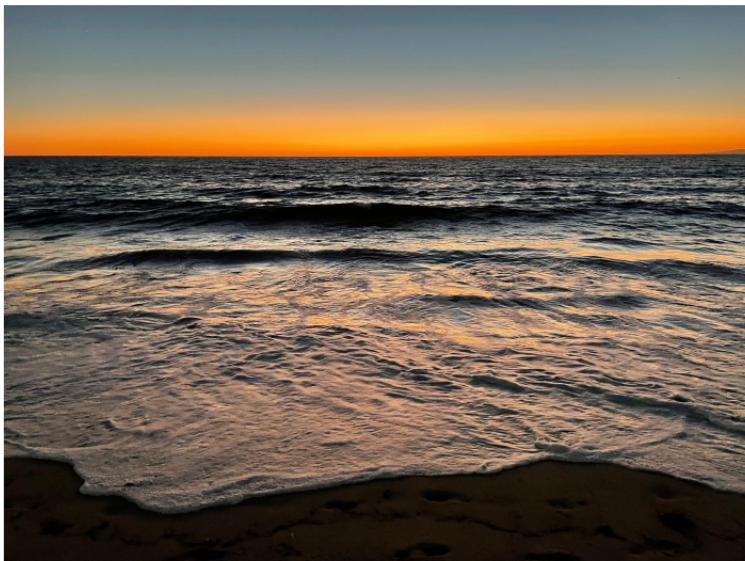
Toss away what you've spent your whole life accumulating, come join the saints and sages

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



Now put down this book

Find your own Truth within



