

# Soul's Parade

- *poems, photos* -

**By SJ Egret**

# **Soul's Parade**

**Writings & Photos, 2021**

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*-To: Love, and all that makes the forest of being.*

SJE  
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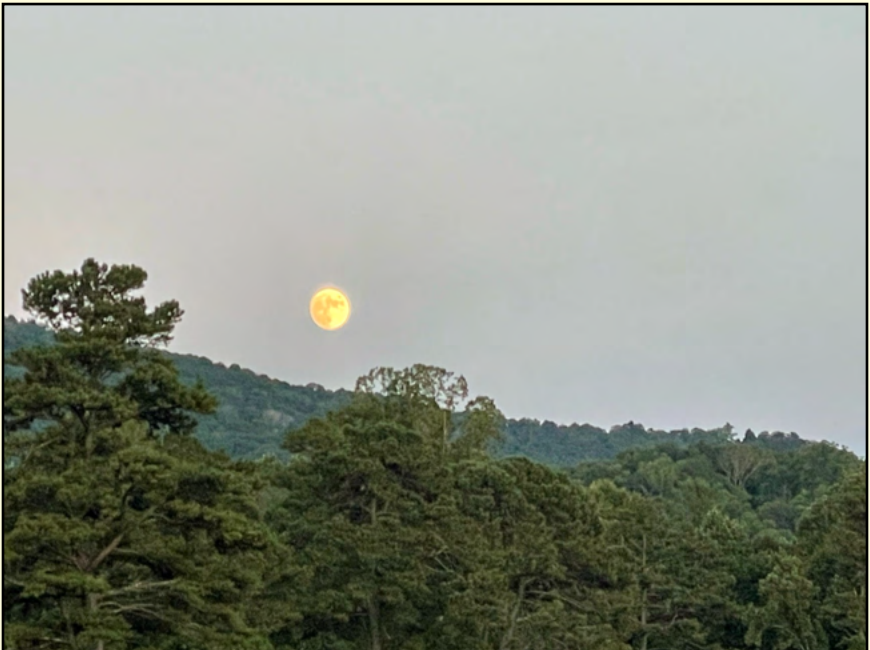
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## Evening Walk in Spring

Through the waterfall I send a prayer  
Reverberated to the stars  
The Little-Dipper spills wishes & inspirations into my  
soul

Walking in the road, a raging creek on left and babbling  
brook on right  
Choosing either, I take both, splitting my life in two to  
enjoy the beauty and poetry all around  
In everyday settings I make today, this moment, special

The yellow daisies bobbing, bowing their head, dancing  
their dance  
The enchanted light-post tipping her top-hat, tap-  
dancing to the revs of highway groans far off  
The breath of spring blows winter away as rustling  
leaves and piney forest scents fill my every cell



## Sunset

Sleep? In this crude hour?  
When earth has twirled & wrapped her gown  
& pulled the candle from the mantle  
to light the hall in flames  
of pink & glowing, orange bursts  
while the band erupts  
& darkness is pushing but earth, & sky, & all we call day  
leave happy on their own accord  
    over the mountain, on to make some other lands grow;  
& night settles in  
& rinses its palms  
& mischiefs unbound  
until we twirl back around  
& tomorrow will beat nighttime to the next town,  
& we'll rejoice & dance until again our twirling host spins a candle off a table  
& again we're inflamed  
& then seeped in darkness,  
& again,  
& again...



## World

When all the world is cold  
    & strangers are your foe  
Reach in your heart  
    take hold  
Draw the bow &  
    release the arrow  
    that sends your woes to me  
From my hand I'll plant in thee  
    the will to go on, the strength to see  
    the beauty in the world surrounding  
    & we'll be free, in ecstasy  
& the darkness of your life will  
    be the coal that fuels  
    the furnace of your purpose.



## Awareness (or, Vertigo from A Bug)

A ladybug descends city portals  
Flags sway  
Sirens pass  
Faces spin

Steeples, windows, a church  
The world passing  
anything can happen

We are not our bodies  
The cloud is not our life  
We are not the painting

Observe the observer  
laughing at life for what it is,  
the painting





## Sky Child

To see the sun  
    & breath the sky;  
To feel the earth  
    in all her moods;  
Heaven holds  
    an open chair... but  
I choose neither.

Let the moon  
    envelop my pupils;  
Let the stars  
    entangle my hair;  
For my soul is the night,  
    & my home is here...  
    for now.



## **Simpler Times**

When we try too hard  
we forget ourselves  
The clear blue flame below, unfettered,  
watching passively the weather patterns of thought

While further below, behold, the  
mirrored chamber of  
golden light... infinite intelligence...



## **Spirit**

Canyon walls of psyche,  
rushing river in soul;  
Boulders of worries & troubles  
tumble & roll;  
Birds of anxieties  
chirp & scream;  
The sun of consciousness  
drys the dew of ego  
from the meadow of  
heart's true intention.



## Society

Pent-up; lost — misguided from  
all that makes us one  
Still mind makes wholesome heart  
Helping hands can't clench fists  
Suspended in soul & tingle in body  
by the  
beauty in everyday-things  
Extrapolate feels from nature  
take cues from intuition  
Breath wholly, touch tenderly  
A sensitive soul.



## Reverence for The True, Part I

Beauty walks painting the air  
brushes the breeze with her hair  
Glowing the world for mortals to share  
the galaxy in her eyes, the  
diamonds of her style  
the thunder of her frown  
Showing birds to swim &  
jealousy to dance  
Swindling, worshiped, woebegone  
Warship on lighted path  
Call her home. Call her home;  
Beauty begone, once set to roam,  
has lit the world, & laid rest  
in throne. Forever to hold  
entombed to know  
Befuddled & wanted oh so  
for Beauty to calm in your heart  
alone, but Beauty must fly  
Catch her when you can  
to fill your bones,  
& nourish your soul...



## Reverence for The True, Part II (Looking Around)

Devine, rapturous splendor  
suspended in air  
Reaching for Beauty  
shocked back to reality  
Grasping once more,  
a fleeting sight - swaying trees,  
birds in flight,  
flesh of your lover,  
kids in a puddle,  
the sky at night.

Holding close as long we can,  
like bottling wind  
or pocketing a sound;  
Our hearts so close  
but through words, through  
music, art & romance  
we're still just humans  
longing for, yearning for, joyful  
soul-lifting, spirit-impressing  
cosmic mellifluous  
phantasmagoric ecstasy  
that will take our souls from here, at last & for ever,  
to Beauty moreover.



## **Moment**

And the blind cat perched on my books  
absorbing my journals,  
channeling.





## Home

Thoughts my only companion  
on the sea we voyage  
Distant lands call "This way, come".

Traveling. Moving,  
crowd-surfing the continuum

Free in space, but bound in heart

Enter cloud castle

Each moment its momentum  
Cannot sway  
When a soul is set on achieving  
the life it knows it needs  
as rain will find the earth  
so too I'll bring you to me.





## Correct

Objection! Objection!  
Unruliness wins the day  
Get gone wickedness  
Scoundrels go astray

Relish in cleanliness  
Bliss is our nature  
Ride the light of yoga  
into our soul's parade

Cut loose the rags of society  
Open gaily your heart to God  
Father Sky is waiting  
Mother Earth, our homely pod

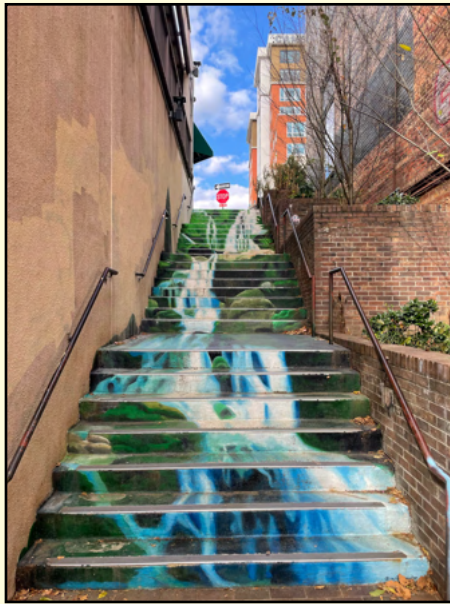
Push the blackness  
Beyond the horizon  
Float high above  
Take hold & control  
The monkey that is your mind

Relax on this holiday in hell  
Be tough but remember  
Our spirit's only stopping by  
— brighten it!



## Lighthouse

Ponder — look on  
Close your eyes  
Gaze ahead  
Into your soul  
Where riches abound  
Sand is falling  
Infinity in a moment  
All life in your hand  
Movement through breath  
The fire of desire  
Cool head & well body  
Friends & family  
Love & society  
Greed & hunger  
Welter-weight champions  
    of humanity  
    eat dinner  
There is nothing but Now.



## **In The Absurd**

In the absurd the air is falling,  
cats are barking  
& dogs meowing

In the absurd the rivers burn hot,  
mountains are soaring  
& birds made of rock

In the absurd you'll find me there,  
away from norm in my little world  
Where people play nice but leave you alone  
& birds & flowers & trees & critters are  
at peace, fulfilled & nourished  
without want... in  
Harmony.



## Music

Let piano keys strike the  
match that burns, neh,  
extinguishes the residue,  
the impurities, in my soul...

Excavate the parts of me,  
internally, that cloud the  
eternal light of oneness  
from its brilliancy...

Suffocate, force-out, begone  
the springlings of darkness,  
of all things black & negative;

& bring forth the one &

ever-lasting

Light of Love!



## **Good Instructions**

Be real  
Don't complain  
Have a heart  
Do nice things



### Lyrics: Zelda Are You Listening?

Zelda, are you listening?  
You lost  
your mind;  
But you're lovely  
inside

Zelda can you hear me?  
Are you  
still mine?

The worries, I know,  
they eat at your soul  
There's so much  
to decide  
But tonight, my dear love,  
please let them all go  
Tonight, just be mine...

Zelda, can you hear me?  
You don't need  
no mind  
Zelda, can you listen?  
You're lovely  
inside...



**Lines from The Tides of Savannah, a play**

I loved her – I loved her  
to the point I couldn't stand it –  
I couldn't take it – being two  
bodies, two separate souls so close  
so intertwined yet separate  
by sheer physical division... Needing her  
more than life itself – what good  
is life without Her!?...  
Wanting only her; Thinking only  
of Her — Reaching





## **On Awareness of Stress**

As stressors arise  
distance  
like stars in the sky  
yourself from them by  
tossing them in the furnace  
that is your  
solar plexus  
thereby fueling your inner drive.





## Evening Time

Turn off the TV of your mind  
Put your head on the shelf  
for use on some other day  
Swan-dive to the galaxy of your  
inner soul –

Leave the worries of day to  
sashay & swordplay amongst themselves  
Steer the submarine of your inner light  
to the depths of your self, your  
true self

Plant seeds – seeds of hope, seeds of change,  
explore life beyond the brain –  
life beyond the body, & just be.



## **Shaman Way**

Leave society  
Leave your name  
Enter the forest  
To find your way



## Winding Stairs

Erode & sway  
Away moonlight the chariot  
A million horses' hooves  
thundering hooves  
Remove thoughts  
Improve gallows swung to & fro  
Buffalo on steel rails  
Kitchen songs & infantile pictures  
The priest's predicament  
Slaves in exile  
Motion makers' dovetail worshippers  
Get stray  
Move on  
& be lively...  
The body is a verb  
& in this world,  
two hearts make a third...



## **Thunderbolt in a Bottle**

Golden palace  
Crystal cave  
Oceans below oceans  
Where I hide away

Still, thick puddle of consciousness  
The all-knowing  
Bless the world & its chaos  
From my world of order

Deep calm meditation  
Geometry of cosmic strength  
Unmovable  
Find me here  
10,000 miles below  
soaring 10 light-years above





### **Lines Written from Truth**

And the sun never sets  
on the ones whom I love...



THE END.

*“Ride the light of yoga  
into our soul's parade”  
- SJE*