



# Treasures Of The Heart

*David Stone*

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Fed up with the harshness of this world, I sought answers. For 20 years, I crossed continents and seas, questing far and wide. I climbed mountains and bathed in sacred waters, I sat in ashrams and holy places, at the feet of gurus and saints, and after what seemed an eternity of disappointments, I came to realise that the only true path is the turning within.

In this empty and lonely place, I stood toe to toe with my most fearsome of foes; the unmet pain of my past. Humiliation, shame, rejection and abandonment awaited me, disguised as the unhealed relationships that had dogged my life.

Here, in the darkest recesses of my soul, where many battles had been lost and won, I set down my sword and shield, and came to know the inner shadows of my being. In this unlikeliest of places, I realised that my salvation was, in fact, born from the very act of noticing these unloved places and reclaiming each one in the growing light of awareness. The more I embodied and reclaimed these fragmented parts of myself, the stronger I became.

These poems are an outpouring from this journey into wholeness, and a celebration of my emerging outwards once again into a life of unlimited potential. I now embrace a world, where I know I am more than dark and light.

I wish to dedicate this book to all the courageous souls who have accompanied me, supported me and inspired me on my path. Thank you to all of you who serve the world tirelessly, offering the fruits of your labour, so that others may walk their paths in wholeness and grace.

# The Great Mystery

As I drink from the vastness of this radiant source  
Universes form

As I anchor my Self fully in this moment  
Stillness emerges

As my body learns to embrace this eternal spark  
Unbridled delight brims over

As the bounty of love unfurls in each moment  
Miracles appear

As I release all perceived disharmony  
The Great Mystery calls

## A Prayer for The Fallen

May this present moment yield peace, light and love within you.  
May truth gently caress, nourish and bathe you,  
even when what you have denied becomes shockingly apparent.

May nature balance and hold you,  
filling you with compassion and mercy,  
especially in the face of unconscious cruelty in others.

May the miracle of life touch and melt you,  
particularly when you are frozen, hurting and in anguish.

May you hear the constant chorus of the angels within you,  
especially when you are distressed, confused or overwrought.

And may you know that you are always ONE with Great Spirit,  
no matter how far you have fallen.

## Be Empty

Be empty like the breeze  
Swaying reeds gently  
As she passes through  
The wind is invisible  
Yet moves entire fields

Let the winds of the creator blow through  
Unhindered by emotion or thought  
Allow yourself to be moved

Letting go  
Letting be  
Like the hollow reed  
Let stillness enter you

## Fertility

Pregnant pause  
 Unknown chaos  
 Concealing deep silence  
 The garden of my heart lies dormant  
  
 Seeds carefully nurtured  
 Invisible to the gazing eye  
 Resting inward  
 Without expectation

Patience	Faith
Being	Breathe my soul softly into presence

Movement abounds  
 Serendipity strikes  
 In the twinkling of an eye  
 The heavens open

Nature returns  
 My faith rewarded  
 My flowers bloom  
 With effortless Grace

## Hiding

Keep going  
 One foot in front of the other  
 One breath at a time  
 Thoughts come  
 Thoughts go  
 Resting between moments  
 In this delicate place

You are vast, beautiful, bright  
 You are Divinity Itself  
 Surrender fully to this NOW  
 For it shall always pass  
 Into the eternal presence  
 That faithfully awaits you  
 Always hiding between moments

## Money Love

There is a currency which runs far deeper than sterling, the dollar or the yen  
 It gets exchanged every day, in shops, cafes and on the street  
 It passes through hands and hearts, and cannot be manufactured, faked or copied  
 It is immutable, indestructible and the most powerful force known to man

It heals, gives life, nurtures and protects  
 It cannot be hoarded or withheld  
 It must be shared or it will atrophy  
 It knows no difference between being given and received

It knows no evil and does not judge  
 It sees no malice and seeks no power  
 It gives with no strings attached and expects nothing in return  
 It knows no bounds and has no limits

It performs miracles with no self-aggrandisement  
 It is humble and self-effacing  
 It is totally unconditional and expands exponentially when given freely  
 It knows no lack, shortage or austerity

This currency is love, and so are you

## Rise Brother Rise

Rise brother rise  
 As the sun breaks through at dawn  
 Casting out the shadows of the night  
 Setting fire to the sky

Rise brother rise  
 Like the serpent shedding her skin  
 The old and exhausted discarded  
 For the new to come in

Rise brother rise  
 Like the butterfly emerging  
 From the safety of her cocoon  
 Taking her first flight into freedom

Rise brother rise  
 Like fresh shoots in spring  
 Naked, delicate and tender  
 Reaching towards the midday sun

Rise brother rise  
 Like the phoenix soaring up  
 From the ashes of fatal battles  
 A blazing being of glory  
 Reborn

## Clay Pots

These mortal vessels of flesh and bone,  
fragile and hollow like clay pots.

Empty of content they stand on display,  
admired for their decor and shape.

Empty of thoughts and guile,  
you too can be filled once again,  
with sweet-smelling mirth and reverence.

## Global Warming

My heart is really my brother's heart.  
My brother's pain mine,  
and his unshed tears my grief,  
frozen like the Antarctic.

As I weep tears of sadness,  
the ancestors breathe a sigh of relief.  
My inner warmth leaves puddles  
as I call out to the unknown  
that is this emerging space.

I invite the Angels of Grace  
to fill me with their Divine gifts,  
and imbue me with their blessings.

Let us all open our hearts  
to the Beloved in each other's heart,  
and melt the collective iceberg of grief.

# The Holy of Holies

Let everything pass through you.

Fly free as a dove,  
pure, white and untainted by suffering.

As you transcend all attachment,  
be the clear vessel you were born to be.

Allow all distractions to arise and pass,  
for they shall.

Trust and know that inherent in the arising  
is the passing.

Know this cycle intimately.

Each time you rise in righteous anger,  
judgement, criticism, blame or avoidance,  
notice in what arises  
which aspect of you  
seeks to attach to the rising.

For these brief moments of seeming POWER are short-lived.  
They take you down with them,  
back into sleep.  
Back into the darkness of the illusion and the deceived.

Stay still.  
Solitary.  
In the moment.  
In this very NOW.  
In this in-breath.

For all illusion drops instantaneously  
when there is nothing to grab onto in this moment.  
Relinquish all bondage from your attachments,  
and you will cease to suffer.

Instead you will begin to know freedom and empowerment.  
No longer seeking power over or power under another.  
No longer a victim, a rescuer or a persecutor.  
You will know the ecstasy of equanimity.  
You will know the sweetness of mercy.

For you now know  
how liberating it is  
to no longer be enslaved to your grasping  
at what arises inside or outside of you.

Who you were as a personality may suffer,  
as your identity dissolves,  
as the one who grasps drops away.  
Do not fear.

Out of this undoing and not knowing  
will arise a SEER.  
A true you,  
eternal, immortal, merciful and free.  
Be at One with all that exists  
and only then you will know Me.

## The Divine Essence

Breathe deeply Little One,  
imbibe My Sweet Nectar.

Allow My Soft Embrace to caress you,  
rest a moment in My Emptiness.

As you melt your heart into mine,  
allow your wounds to heal.

Do you see that you and I are One?  
Separated only by the thought:  
you are less than, greater than or other than.

Awaken from your slumber,  
for the Universe is our meeting place  
our Love for one another the Divine dance.

Come back to me now O Immortal Soul,  
your birthright has always been this body.

Tarry no longer  
looking outside yourself,  
only you can set yourself free.

## Purity

Discarded, by the roadside,  
Love resides eternal  
In her fragile and transient form

Modestly unimposing  
Radiating purity and simplicity of being  
Within each and every cell

We are this love  
Which flows freely throughout all things  
Even the dirt and the grit

## Stargazer

Your heart is loving

Your soul deep

Your presence vast

Like the stargazer

Peering into the dark sky

I melt into your being

For just a moment

Beyond mind

I AM stardust

## Passing Through

I am space beyond imagining

I am the light of the world

Absorbed into the eternal

I let all things come and go

When I relax into not knowing

I become the space that opens

All that is and that ever existed

Passes through me

Moving on

In the flow

## Flip the Switch

Pause a moment next time you're hurting and telling a story  
 It's ever so subtle  
 Notice the gap between the past and the present

Pinch yourself hard  
 Can you step out of it and remember your innocence?  
 Can you remember your natural state of joy?

Your story isn't connected to how you are feeling  
 Your emotions are hardwired circuits of memories long gone  
 Stop feeding those hungry wolves of unlovability and unworthiness

Starve them of your daily human sacrifice  
 Give up the false gods you've worshipped in place of love  
 Abandon all the altars you've erected to self-blame, criticism and untruth

It's time to Stop diminishing your greatness  
 It's time to Stop hiding behind a story of bullshit  
 It's time to Stop shackling your magnificence  
 It's time to be courageous

Take a breath and come back into this precious moment

FLIP THE SWITCH...Yeah baby let it go  
 FLIP THE SWITCH...You just did it  
 FLIP THE SWITCH...It's that easy  
 FLIP THE SWITCH...Let it all go  
 FLIP THE SWITCH...Breathe  
 FLIP THE SWITCH...Aaaahhhh it's orgasmic when you let it all go

Yoke the power inherent in your story  
 Hold on tight and take the reins of your destiny  
 Like a cowboy on a bucking bronco  
 This is the ride of the spiritual warrior

## The Journey Home

Imbue me with your insatiable appetite for life  
 Weaving your mysteries through my delicate being

Grant me safe passage over stormy seas  
 Shepherding me across treacherous ways

Shine your light so bright I will never be led astray  
 Guiding me away from the snares of iniquity and sin

Blaze me with your purifying fires of mercy  
 Melting all fears, judgements and shame

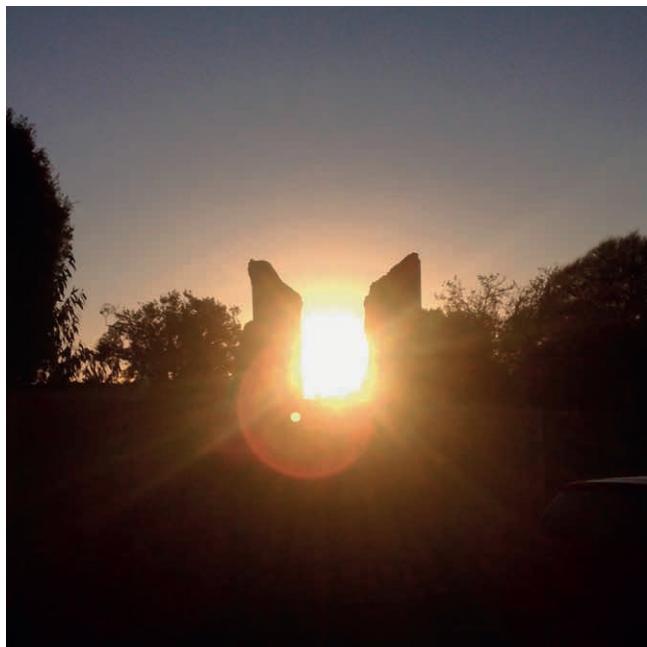
Dissolve those wounds weighing leaden on my heart  
 Permitting me to embrace all with equanimity

Cast out the demons of old betrayals  
 Tearing down the walls which isolate me from others

Break the bonds that have enslaved my innocence  
 Revealing the radiant light within that never dims

Unveil the path to the Garden of Eden  
 Showing me how to go forth naked and open hearted

Restored to my true nature  
 I am fearless, whole, wild and free



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