



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

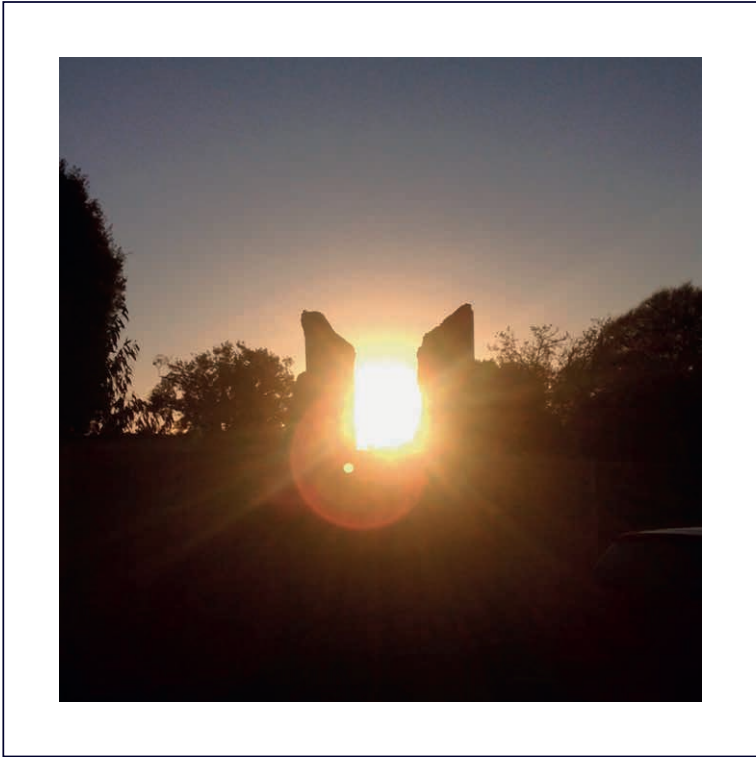
Revealing the radiant light within that never dims

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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