

10 YEARS IN PRINT (1996 – 2006)

the High One presents

Sun-Optikos

"Seeing the Whole Together"

a collection of poetic insight & inspiration
for spiritual awakening

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www.geocities.com/SeeingTheWholeTogether

The Sun and all the other stars
Flowers in bloom
in a vast stretching meadow
Dandelions ever
conquering the perimeter of their empire like the
Romans never satisfied with a limited influence
Each burning flower radiant and unfolding with
one common destiny to burn out and become a
seed that may be reborn as a new passion in the
ever fluxing oneness
The Earth and all the other
planets circling like electrons around a nucleus
Wind spread seeds sprouting or hibernating to one
day sprout children that will evolve from the dust
into gods and demons and sages and sinners who
will stretch their legs as they hop from seed to seed
across the shallows of the ebbing and flowing
cosmic ocean guided by the blossoming flowers
above and below

Dayz in Passion

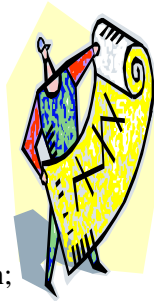
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Lord Of All Being

Lord of all being thronè afar,
Thy glory flames from sun and star;
Center and soul of every sphere,
Yet to each loving heart how near!
Sun of our life, Thy quickening ray,
Sheds on our path the glow of day;
Star of our hope, Thy softened light
Cheers the long watches of the night.
Our midnight is Thy smile withdrawn;
Our noontide is Thy gracious dawn;
Our rainbow arch, Thy mercy's sign;
All, save the clouds of sin, are Thine.
Lord of all life, below, above,
Whose light is truth, Whose warmth is love,
Before Thy ever blazing throne
We ask no luster of our own.
Grant us Thy truth to make us free,
And kindling hearts that burn for Thee,
Till all Thy living altars claim
One holy light, one heavenly flame.



Oliver Wendell Holmes, Sr.

(b.1809-d.1894)

The older I get the more I realize that life has its mechanically reliable patterns and I'd better watch out and remember and see my way to better changes...Regarding years gone by, I remember how much information I had, how much I knew myself and others and what's going on...and I see exactly who I was and why. Sometimes I think that all that I am is a robot under the illusion of an endless personality...OOO-EEE PER-SON-NAL-IT-TEE OOO-EEE OOO-EEE...

August Rousel

www.geocities.com/august_rousel

If you set to work in right earnest, then you are sure to be successful. Whoever works at a thing heart and soul, not only achieves success in it, but through his absorption in that he also realizes the supreme Truth— Brahman. Whoever works at a thing with his whole heart, receives help from God.

Swami Vivekananda

(b.1863-d.1902)

It doesn't matter where I Am on this small yet vast planet, I carry with me the same heart. If it is full of love on one side of the planet, then it is also full of love on the other side of the planet. And if it is full of gloom on one side of the planet, then it is full of gloom on the other side as well. My heart does not wear a different face in a different nation or climate. I have only One Beating Heart and it travels with me, deep inside of me, wherever I journey...

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