

## My Travel Companion

Unsung hero(ine) on the way to Palerm-O from Osl-O.  
Sometimes sung in chants and mantras,  
In Satsangs or ambling about kicking along a stone.

**Ātman** is always there, guiding me.  
Guided by the all-pervading Brahman.  
(S)he/ it is within me,  
I am within her/ him/ it.  
Free of race, religion and gender.  
Snow and palms, palms and snow.  
Land-locked and sea-locked,  
but we are free.  
Purity and pomegranates.  
Water and sugar, with plenty of sweetness...

Sometimes we get along,  
Sometimes not.  
These are the fluctuations.  
The unceasing fluctuations.

### **Citta Vritti Nirodha.**

Time and tide wait for none but my companion is always with me.  
Crashing, salty waves and fish.  
Sunshine and warmth are always within me.  
Beaming amidst the glistening and glimmering waters...  
as the tides come and go.