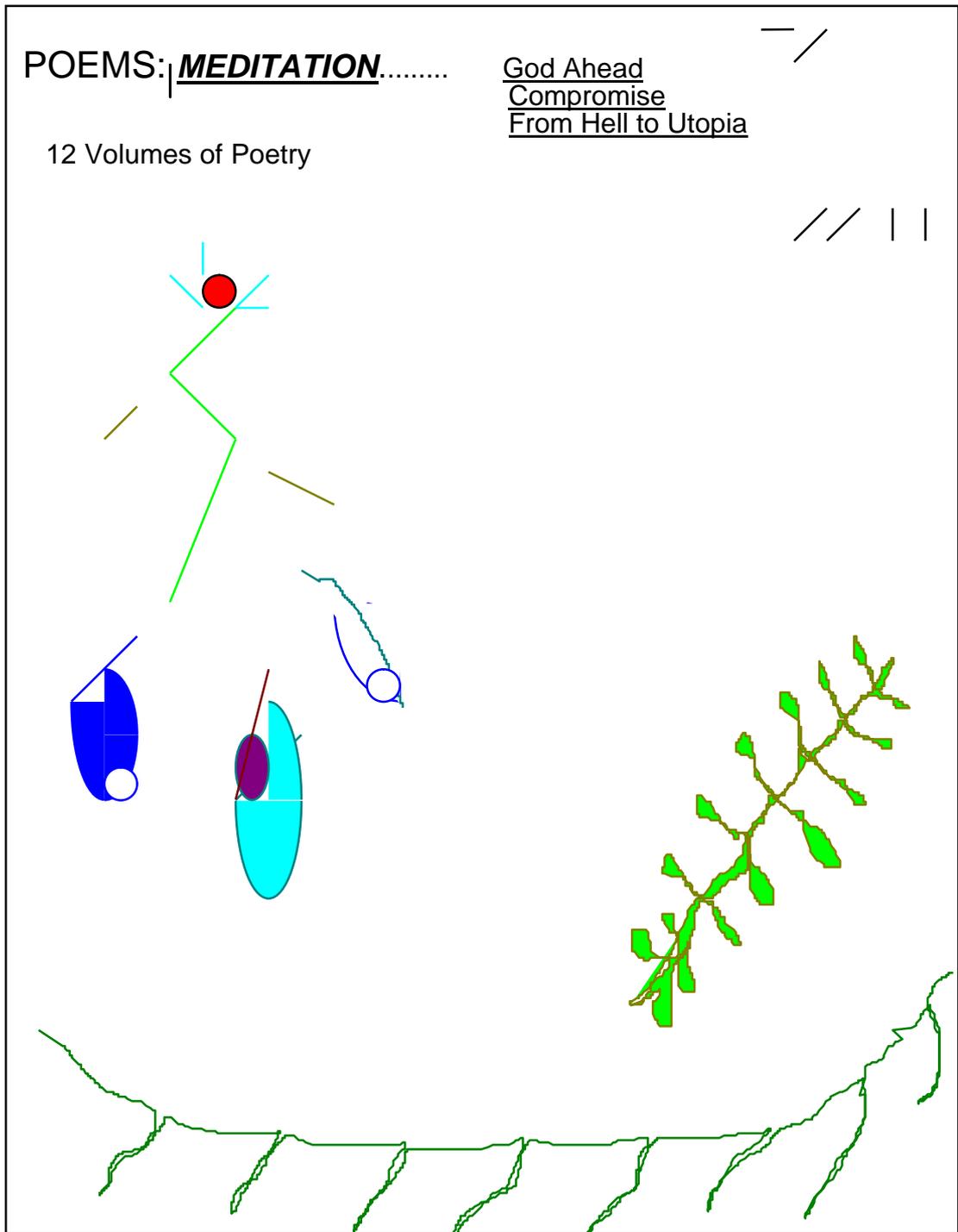


# SENSITIVITY - POEMS



*By John E. Holland-Laurentius* ©1990

For reading on your own  
or as course material  
to be followed in a group.

**MEDITATION**.....

God Ahead  
Compromise  
From Hell to Utopia

Foreword .

With the right words one can find oneself in another world. I have endeavoured to create in words the possibilities to go there, to understand some of the peace and even to bring some back into this topsey turvey world.

Some say, what should we understand as reality, but it appears from the old masters, as the Tao, there is only one reality and that is the TRUTH. A truth which because of its understand lies within everything but immediately it is the form of words and action its whole nature is dispelled. Even so we require to journey from these senses we have to the very core of the universe, which lies in us all, this we do with meditation. Start with words and music, then bring the mind to the "breathe" the central point between life and death; between the senses and the infinite. Introduce a "mantra"; a sound you are comfortable with if you require a help and relax and feel eventually a state of transcendence; a stillness. To end, rest and read some words from this text to instil further understanding and come back into this world with greater understanding.

John E. Holland Köln. May 1986.



GOD AHEAD

GOD AHEAD

GOD AHEAD

GOD AHEAD

1. God Ahead  
October 1983 - January 1985

- |                          |                             |
|--------------------------|-----------------------------|
| 1. What is Life          | 9. To Be or Not to Be       |
| 2. Emotions so Deep      | 10. Defined                 |
| 3. To Let Go             | 11. Dimensions              |
| 4. Escape                | 12. Mind Changes            |
| 5. No Love in this World | 13. Tension                 |
| 6. Testing               | 14. Love God through People |
| 7. Love and Freedom      | 15. Business                |
| 8. What is Wrong         |                             |

1.

Truth, Love, Freedom, Independence  
Falsehood, Hate, Imprisonment, Dependence  
What is life?  
Come between these things and live.  
Be aware, Beware.  
What are words?  
Falsehood can be love  
Truth to one can be imprisonment to another  
Look at nature  
Always changing  
Change allows development  
Allows new truth, new love, new freedom  
Remember all nature, all things, all people  
They have all, some of the truth  
See purpose, see nature, see truth  
But be close to nature.  
Nature in all  
Secure their Truth, their Freedom, their Love  
Live close and find this Purity  
Live Free and find this Truth  
Live Love and find this Life  
It is in others, in them, their words  
Outside them, their deeds  
It lives for ever  
SEE GOD AHEAD:

2.

Emotions so deep it spreads even the Universe  
It expands, it's Truth itself.  
Doors do not exist  
They are opened - true thought forever.  
It is true freedom  
True knowledge comes from freedom  
It is reality  
The real reality, knowing everything.  
Pure emotion develops reality  
It cools the overheated - it soothes the pain  
It breaks down barriers in and around us all.  
God is its pinnacle.  
Complete wonderment - it is everything.

### 3.TO LET GO.

I live in this world  
Full of action, full of change  
I let go, I descend  
I transcend  
Faster than light, to the foundation- life  
Let go ideas  
Let go time  
Let go space  
Bring all together- reunite all nature  
In full natural light - let go  
Then action life in full variety  
Reassemble, reorganise  
- But be careful  
    Stabilize the foundation of full natural light  
    It sings throughout the universe  
    Capture it in all  
    The inner spirit through  
To let go- be not afraid.  
    - Be not threatening  
    Be not threatened  
    Give slowly and receive  
The GIFT is eternal-

### 4.ESCAPE.

To escape, to hide, but where.  
-Why?  
Society, institutions, even work, even learning  
Away from loneliness, away from self - it's safe  
Go back to oneself  
Start again  
Escape to self - learn from nature  
What is your nature?  
What is the real reason, why  
Find nature inside - lively, bright, happy  
Resonate inside without - nature lives  
Change, always but always  
The base in love  
If properly nurtured it endless creates  
It flows-

5.

There is no love in this world  
Run away, away,  
I understand why  
Give way, way, way.  
Do they, do they not  
Think trust, think consequence  
How far to go - no, no, no.  
It's all the same  
Don't take me  
Wish me way  
I go not - trust.  
Alternative, consequence, it's not known  
Understand, understand, understand  
Accept love - it's great  
It means trust, understanding  
Or a wish, wish, wish.

6. TESTING.

Pressure - from all sides  
Friction - untie the knots  
Build up, climax, let go  
Not too strong.  
Do you know others - even yourself  
Purpose - to untie  
Even, smooth, soft.  
Know where, know how, know yourself  
Protect yourself, know yourself  
Inside, outside.  
This protection, keeps the pressure  
- under control  
In light, in dark, in heat, in cold  
Equalise, test, change - let nature let you go  
Sometimes fast, sometimes slow.  
You are yourself  
Through change, you change.

## 7.LOVE AND FREEDOM

True love is freedom  
What are the consequences?  
In truth they are brought together.  
Is freedom to do what one wants?  
The answer to some is yes  
What is egotism?  
I cannot love, I do not know it  
- they say.  
Love expands  
It widens understanding  
The other contracts real understanding  
Real understanding-  
What is that - love perhaps  
Understanding brings happiness.  
I understanding, I am free, I love  
I truly love, I am free, I understand.

## 8.WHAT IS WRONG?

We sit and ponder.  
Questions arise and step across our mind.  
We think, what is wrong?  
What have we done wrong?  
We start blaming ourselves - was it us?  
We search for excuses - we find plenty  
But why?  
Were we guilty? perhaps partly or maybe not.  
Where did it all start or was it "together"?  
Then suddenly- realisation  
We should forget about blame  
We are where we are  
Take it from now and remember  
- there is a future  
It is up to us.

9.

To be or not to be, this is not it  
Life is a stage but which scene am I in?  
Sometimes with Ariel  
Sometimes with Caliban  
The island is strange  
Its behaviour as new  
Should I go or should I stay  
But where?  
The mind knows  
The body cannot  
It is stuck in time and space  
A child of its time  
Vibrating so.  
It has a choice  
It is true  
Emotions stay  
But based on what - real or unreal?  
We should shatter the mirror  
But what is the question?  
    what is the answer?  
We hide - we drown in culture, tradition  
Don't- stay free  
I want to belong - lonely no  
Together in goodness, freedom and truth.  
Practical - yes - unison, harmony, even discord  
Freedom in spirit - at roots  
Belonging to everything - belonging to nothing  
Attachment - no, sharing yes  
But with who - who will understand - I thought I knew  
But what is an illusion  
I love, I wish to share  
Something crazy, something beautiful  
Life-----  
Is it a question of loss or gain  
Why think this way?  
Gain in the present can be loss in the future  
Loss in the present can be a wondrous development.  
THE FUTURE -----  
God the inner spirit will guide  
We play for safety  
We get insecurity.  
But why?  
But what safety if we do not know the foundations  
Culture, Tradition - hopes, fears  
Be innocent from knowing  
Be knowing from innocence  
The deep river of life will not allow you to drown.

## 10.DEFINED.

Sharp and focused  
Light and shade.  
It's definition clear  
We could not tell - what is it?  
It was by some people's eyes  
Nature and God  
Rolled into one.  
It sounded, tasted to the viewer  
But- there was no description  
All senses came alive  
They strove to complete  
None could not.  
All enjoyed a harmony, themselves  
They were sharp and focused  
Harmony, music - but it was  
- Only Nature.  
From close inside - we see it still  
Look close but concentrate not  
Allow all your senses to come together  
See together what's outside together  
Bring self together  
Bring self to nature  
Defined.

## 11.DIMENSIONS.

Material, perception, things  
Surrounded by emotions  
Brought together by time.  
Emotions; happiness and sadness  
Vibrate as one  
Brightness and Darkness  
Only in us  
Material and Spiritual  
Time only changes  
Nature equals activity  
Sound in sight  
Feeling in taste  
I hear music - it opens doors  
It echoes nature  
Its background - its culture  
A mirror which nature shatters  
Time; the shatterer  
Watch it, its perception  
It twists..... care  
It values ..... it should NOT  
Brutality; nature twisted  
Balance without time  
Become timeless  
Transcend the barriers  
They do not exist

Forget and reset nature.  
Reset the time  
The nature clock  
Settle , settle, settle  
Reset and live reborn,  
Reborn to bring again - life  
Harmony to all  
In length, breadth and height  
IN TIME  
Excuse not  
The tempest blows, music loud and shrill  
Quiet returns sometimes  
Quieten the tempest  
Go to God - transcend time  
Get the mind to shed time  
Entice it - YES  
Thrill it with wholeness  
Not with aggression  
But how - nature vibrates  
Not whole  
I react whole to it  
Its waves are large  
Its waves are not daunting  
What time is whole?  
It carries sound, sight  
All emotions equal  
Shining and bright.  
Dimensions fade  
I look for equality  
Nature loves it not  
Excitement reigns,..... difference  
Length, breadth, height ..... time holds  
Or.... no I become aware of a shadow of time  
It resolves too; the wholeness of life.

## 12.MIND CHANGES.

We started full  
We rose to the heavens  
Expansion of all  
Time creates a love  
Perfection reigns  
Two souls live together .... BUT  
Only half way  
A mind was changing  
The world west or left  
The world east or right  
Feeling and reason are not partners.  
A partner was splitting  
"Feeling" loves, reason hates feeling or....  
One wants to travel - it's restless  
The other half - you know.  
The mind and so society - divided  
Reason and practice

Feeling and emotions  
I sense - so feeling - so practice  
Reaction from others - the sound board  
Good or bad  
Accepted, non-acceptance  
Mind changes.

### 13.TENSION.

Life is tension  
Waiting, prepared.  
Each cell, person, society under a certain cycle  
Retaining its own equilibrium  
Its own accepted tension.  
Normal times tension remains steady  
Suddenly equilibrium moves askew.  
In one area tension is not enough  
In another tension is great  
Nature rules - something breaks.  
Force is tension  
Held in equilibrium - it cannot move  
Not too poor not too rich  
As nature grows each spring  
- a little more than the previous  
So society, so people.  
Force and so tension is relative  
Accepted it drives - but too much tension  
- it destroys.  
Energy runs out too fast  
Or ..... the tension is not accepted around  
- by nature, by society, by people.

### 14.LOVE GOD THROUGH PEOPLE.

God is the end result  
"Find me everywhere" we're told  
The source of happiness  
God shows himself at whatever level we look  
God the basis.  
Love people, love everything  
Love God  
God's nature is everything  
He's always behind the mask  
You love someone  
Bring feeling from yourself  
That GOD given SPIRIT  
Your feeling is as unity to the other  
Spirit to Spirit  
Feeling to feeling - unite.

## 15.BUSINESS.

We resolve, we create, we build and renew.  
The business of the material world;  
The transfer and creation from nature  
Shelter, warmth  
Clothes and food  
The undercurrent  
The business of the spiritual world  
Subjective and feeling unseen, yet all knowing  
If business is to create  
A flow for purpose  
The question is -  
Who is the regulator?  
Can we say the ultimate - the creator  
For the task to succeed  
Whatever it is - it is from the ultimate source.  
The way we do sometimes so strange  
Even to ourselves - in language, culture, tradition  
These ways echo our surroundings  
The earth, the climate, outside influence like travel  
The business of life  
A combination of material and spiritual  
The way - the organisation  
Tradition and culture  
Be free to accept - to broaden  
Travel, open to all values  
The business of life.

COMPROMISE.

COMPROMISE

COMPROMISE

CONPROMISE

COMPROMISE

COMPROMISE

## **2. Compromise**

January - June 1985

- 1.Wish against Wish- the path to balance
- 2.A child of our Times
- 3.Life Gives, Life Takes
- 4.Sacrafice
- 5.Understand
- 6.Bright
- 7.A Dream
- 8.Fundamental
- 9.The Door
- 10.A Window to Reality
- 11.History
- 12.Compromise or....

### 1.WISH AGAINST WISH

- the paths to balance.

Success, beauty, emotions

I see all around

I try and make decisions

Things stall

its impossible

It is forced

it does not happen

What is right

What is wrong

we do not forget

Every level vibrates nature's music

Wish against wish

Everything in competition

Can we reach this coherence

Bitterness overrides love

Love, the feeling of joy, of expansion

Full creation explodes with joy

No feelings allow bitterness to continue

Overwhelming joy and creation

It creates the wish which negates bitterness  
I listen to you, I don't wish to  
It's against my wishes but -  
    Listen and create  
    - add and let it flow  
Wish against wish towards wish to wish  
Both wishes are fulfilled  
    -not in totality  
In essence they come together  
Quieter, softer, less excitation  
Then add the excitement, the creation aspect  
Action fully and watch  
The cosmos comes together  
Right and wrong do not exist  
They come together and harmonise

## 2. A CHILD OF OUR TIMES.

Sounds as rough  
Sounds as fine  
Where do these feelings come from?  
Was it the hangover from previous encounters?  
We search for perfection  
Perfection of what?  
It brings us to our knees  
It brings us to heaven's door  
We try and abandon it  
We come to materialism  
It supports us not  
Aggression, wanting, destroying  
We try and turn back  
We have no teachers capable of the task  
All in struggle we try and rest  
In the rest; we open  
Open the doors - the real doors  
Rush not  
We are not ready - yet  
We slowly pick ourselves up  
Can forgiveness come into ourselves  
Melt bitterness; love is our partner  
It has a flow as the most perfect balance of feelings  
The perfection of all equal but all flowing  
Happiness, Bliss  
Time gives us a chance to start again  
Repent and start to rethink the cycle , the flow  
What can I manage?  
At first slow, test, checking  
Can I relax?

What emotions do I feel?  
Gentle; feel the way  
What will nature allow you to do?  
We all have purpose  
Happiness in full, perfection of meaning  
Live with full realisation  
Undo the past by realising its meaning  
A meaning for the future  
It shows your basic character  
A character to show a way forward  
Reborn as God had meant  
From a character against its real self  
To a person working with its real self  
A message has been told many times  
Try again and wear a way to reality  
In balance.

3.

Life gives, life takes  
What does this mean?  
To gain, to loose  
But what meaning, what emotion?  
In gain is loss  
By gaining I can loose it.  
I lost my way  
I did not recognise the path  
The signs; the material world was different  
I expected then not  
Anxiety rose  
Replace this with love  
A love to know  
I found it  
I cannot loose it  
I am safe  
True love, happiness expands the horizons  
I cannot loose  
I cannot gain  
Love brings understanding  
Life, trusting and faithful  
I give not  
I take not  
So I take no value and give none  
I am satisfied.  
4. SACRIFICE.

Should a sacrifice give without receiving  
According to nature we should grow  
Spring shows a little more than the previous  
A cycle as breathe  
We should not grow to surrender

Too fast; the energy is not there  
The Cross is its end but as symbol alone.  
For sacrifice give love, give caring  
What do I do with love I receive?  
Accept and grow and learn by it.  
Love is like an energy  
Give it, receive it  
What if love to freedom?  
Is love freedom?  
Freedom of mind is to understand  
Purpose to love  
Purpose to be free  
Free alone, free together  
Together with people  
People in love, people with aims  
Create as nature, a flow, a growth  
We live to create in love with others, for others  
Should I care how others think?  
Where self ends, where you begin?  
In material values I see it well  
In electrical values I feel its warmth  
In spiritual values it's endless, it's all.  
Heaven and earth overlap and emotion is all.  
Right and wrong to not exist.

Amen.

## 5. UNDERSTAND.

It is clear  
But bound by what?  
Unclear in present emotion.  
Is cold, unemotional, understanding?  
It negates action  
Action leads nowhere without vitality  
What vitality?  
Full of emotion  
Consider equality  
Call it smoothness  
Action is clear when thoughts are clear  
Thoughts in interaction  
With yourself, with others  
Full of love  
Full of hope  
Full of light  
But what of that dull environment  
It reflects and echoes further  
But hear and feel it change  
The rain comes, then the sun  
Then the dark and then the light

The senses are able to change  
What do we understand?  
How does it change?  
It is out of equilibrium  
Do we allow it, how does it affect us?  
What is the damage?  
Damage to emotion, physical damage too.  
If we allow it to flow  
Life flows  
Time sees to that  
Accept it from the divine level  
How  
- transcend  
A tool of life  
- and understand.

## 6. BRIGHT.

Have faith  
Be innocent  
Be aware  
Then action  
Increase the faith to overcome the action  
The sacrifice is complete  
Adjust action to awareness  
Feel the energy coming up  
In brightness, bring happiness  
Do not loose faith  
Be innocent to be aware of self  
The flow of action  
Allow emotion to flow  
Do not allow it to overshadow  
Balance faith to innocence to awareness  
The brighter the spirit becomes  
The greater the flow of the upward energy  
In purity it will flow for evermore  
God is its master.

## 7. A DREAM.

In soft light  
- I dreamt  
The world untwisted, uncompromised  
But how?  
It seems not possible -  
Knots interweave knots  
Each more strongly interwoven  
One undone, another in the making  
We should not compromise

A worry should be shared in areas where it can resolve  
Place it in transcendent light  
Place it with people who really care  
But do not compromise  
Emotions are built on previous  
Dig deep to clear and place in transcendent light  
Allow emotions to come out  
Into environments where it cannot hurt  
Be true to self and true to God  
Allow it not to hurt you again  
Loose pride of it  
- it hurts  
Nothing should harm  
It is clean and pure  
Light and bright  
I spy the soft light  
It comes occasionally  
It comes on horses, with doves of peace  
No symbols of harm  
No waves of discontent  
The knots do and nature shows  
Why the knots, the understanding  
The pure light remains  
The feeling of LIFE  
Its meaning is clear  
To unravel these knots  
To take the plank from ones eyes  
Ones mind so clear.  
Angels, sing to open the heart  
Capture environments, possess them not  
Pride is away  
- you are with yourself  
Yourself in nature  
Pure and simple  
Once more I saw soft light  
It came to me and held  
The door opened  
The key of eternal happiness  
Life at all levels  
It was feeling  
Its roots were all the same  
Total and whole  
Bad and good breathed the same  
What brought the same as good or bad  
I looked again  
I saw the good and bad surfacing differently  
We value, we hold an emotion  
- we hold no emotion - emptiness.  
Hold not  
- let vanity  
- let pride

blow to the winds  
The bad balanced wrong  
But what is "wrong"?  
A value which harms you  
- or harms everything.  
Let the value drop  
- but it harms us still  
It does not allow us to see the soft light  
It still shadows  
- it is bad  
Consider its removal  
But with care for some it is upheld  
- it is useful  
Care to show its change  
- its consequence  
Care to understand  
- by all, by nature  
nature reacts full and swift  
In other places it fights back  
Gentle with constructive thoughts  
- rebuild  
Take down bad and reassemble only good  
Values which tie no knots  
- no compromise  
Pure to uphold nature  
Pure to be blessed  
Pure to be forever  
A development to the future  
For embetterment  
Life - its meaning  
For ever and ever.

## 8. FUNDAMENTAL.

The key was found  
It was in questions  
In questions with real meaning  
The meaning of existence  
The vibration complete under all of us  
Aware of all flow  
Correct and incorrect  
Once understood it continues forever  
It's fundamental.  
When correctly understood  
The tradition opens the door  
The door of the universe  
Fundamental is base roots

Each tradition has its fundamentals  
Held superficially they destroy.  
Eventual strength comes from unpossessive love  
Love without possessiveness  
Possessions are an illusion  
Hold them when you have them  
But not in love  
Use them to the full  
When they are lost or thieves walk in  
Grieve not  
It is in your hands, your heart  
Reaction is to you as you sow.  
One reaps as one sows  
Note what is special  
Care - each case is special  
Each person is special  
Fight all battles only when necessary  
People are where they are  
Show symbolically where that is  
People are often not where they think they are  
Point out the consequence  
Point out fundamentals  
Keys take time to form  
Tools need to be correct  
Correct to the culture and tradition  
Skill using them  
Teaching is skilled  
Self is the best guide  
Authority is not the answer  
Self learning comes as the best  
The tools transcend life  
They quieten the spirit to move towards the door  
The key of real meaning  
It works slowly  
It allows for better use of material resources  
Even  
Stay seated and allow a reality to creep  
Softly and hard into your life  
Forever

## 9. THE DOOR.

For what I see is an illusion  
Death carries through lighted ways  
Through to timeless rest.  
A land where all exists  
In perfection lay.  
We battle to await our death  
Instead of struggle and torment fall

Shall we do or shouldn't we succeed  
Through death we can but full light perceive.  
But, wait a while.....  
I heard an Angel  
She was at my door  
Between dark and light  
Wait a while and let me tell  
- she said  
There is a way while on this earth  
To live and be full understanding  
The meaning was clear I do recall  
So I wait  
- full in anticipation  
What should I do or do I not.  
That is half the understanding  
- she said  
You must wait awhile  
Think very clear after sleep you make  
A deep resounding sleep  
When all is clear  
And harmony prevails  
Perceive you things only meant for few  
A widening perspective  
Of bright lights  
It echoes, here under feet and stones  
Knowledge begets knowledge  
The half circles grow full circles  
A wonderment so enormous  
I grow but restless  
Now - it must be now  
The angle comes  
Halt - I explain more fully  
You work, you play, you sleep  
But start to know yourself  
Through action - you know  
Through transcendence you know  
Search for the truth  
- through love and God alone.

#### 10. A WINDOW TO REALITY.

I was at a door  
Behind was the same as in front  
The two realities were different  
One flat, unenergetic  
One vibrant full of life; of symbols  
Perception was all  
Right and wrong did not seem right