

A SOJOURN ON HOLY ISLE

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With thanks to fellow participants for making it a great experience and for the photos.

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Retreat on Holy Isle

Cut off from the world
no worries, just joy
of being with the nature
open skies, sea, birdsong, animals
solitude, what more could one ask for
What took you so long
but better late than never
Wonder why they call it retreat
surely not withdrawal, rather progress
Bet everyone wants a re-treat
I do, do you?



Ode to a blackberry *

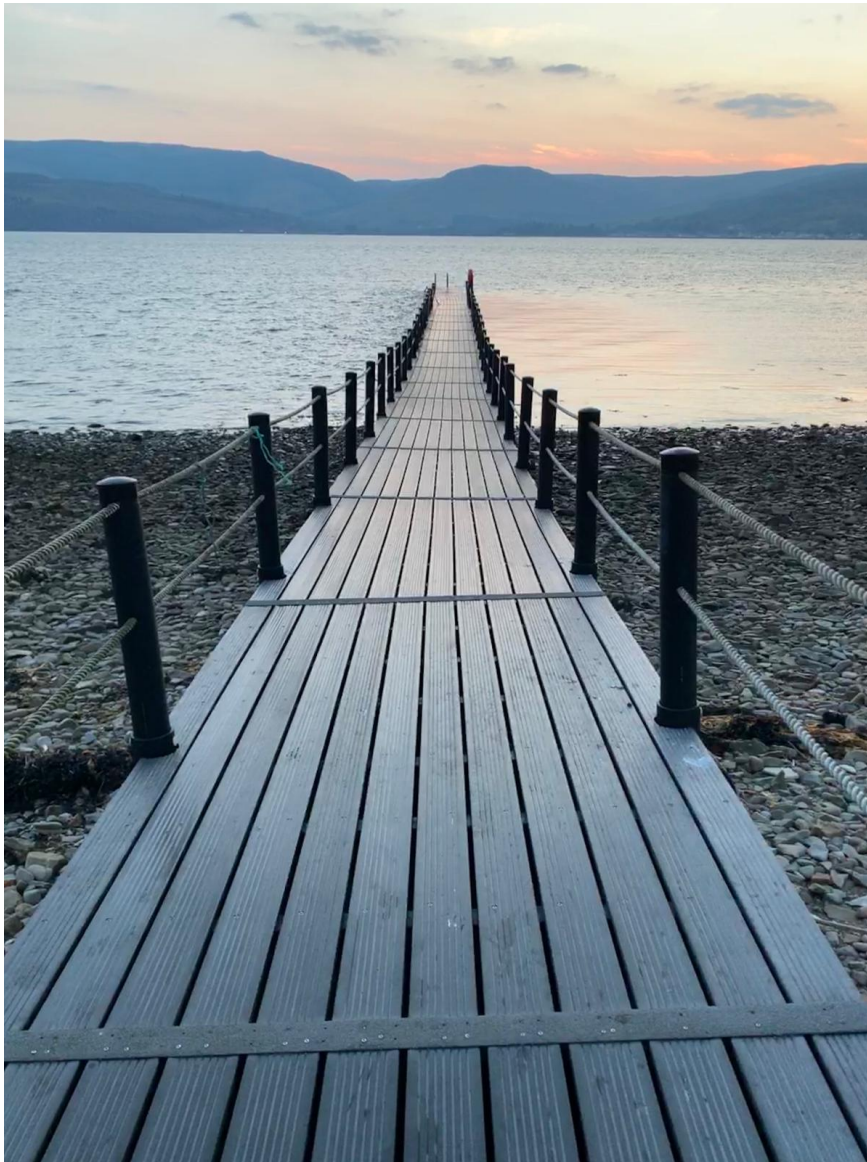
You did not die in vain
the lessons you taught
live in me now
bringing joy and peace



* On learning mindfulness by eating a blackberry

Goodbye black dog

Lugged him all the way to the top
weighed a ton, bending me double
but then I got my own back
throttled him and to make sure
threw him off Mullach Mor into sea below
then danced down the mountain
with spring in my steps, much lighter
and to be safe took the boat out of the island



Talking is over-rated

No need for words
for true communion
just being is enough
heightened senses
natural sounds backdrop
and all is crystal clear
when sitting in silence



Om

Two letters but such power
union of body, mind and soul
few chants and complete shanti
Nirvana

*Shanti = Peace



Get on with it

Do what it takes
shed tears, scream, pray
better still laugh
but get it over with
past is past and
future yet to come
Why ruin present
Life is beautiful
to be enjoyed
It can be done
you are in control
and there is help



Moving on

Hope and fear two dacoits
on journey to joy
hoping the other will realise
afraid not to upset more
robbing you in bad relationships
Somethings are not meant to be
clinging on makes it worse
Let go and make new start



Joy

It does not get better than this
so be in the present
savour the moment
one at a time
and which is what life is
a series of moments
Only way to eat the elephant
in bite sized chunks



Smiling is permitted

Every reason and no excuse

For a start you are alive

(dead people wont be reading this)

Journey of thousand miles

begins with the first step

Be happy in this moment

start here, start now

rest will follow, Hakuna Matata



A tribute to Clive Holmes

Believe me it is true
Nightingales sing on Holy Isle
I heard them loud and clear
And what joy they brought me
Took away the black dog
Lightened me and set me free
How did they get there you ask
Because he brought them
Along with his wisdom and wit
Shared freely with all who attended
Turned worriers into warriors
Respect+++++

