

Anticipation, Intoxication, and Happiness

(Inspired by Rick's talk 8/25/2010)

So much effort

Fueled by anticipation

To avoid the dreadful or

Capture the desired experiences

What are mine? What are yours?

Either way, the craving's the same

Suffering of wanting

Things to be different than they are

While so much is missed

Reclaim it!

Cultivate mindfulness!

Unlink anticipation from craving!

Allow instead an entering

Into new relationship with

All that conditioned the arising.

Ask "What would Buddha do?"

Take another step along the Path with Heart,

Another step into the light of the moment.

Here is happiness, a place different from

Seeking the craven which is anyway

Never the same as anticipated.

Here is undeluded equanimity,

A place free from intoxication with the future,

Happy with the sobriety of now.

---Harold Hedelman