

Also a morning meditation

There is a middle point in your life that you have to appreciate. It is called ALSO.

You can feel that you're the greatest asshole in the world,
and when somebody says that ALSO you are very beautiful,
you have to accept that, too.

ALSO let you slide between being beautiful and being ugly.
If you learn to appreciate ALSO,
it is like an insurance program for being enlightened.

People tend to forget about also.
They think that it is either one or the other.
No, it is also always, whatever it is that is coming.
You are ugly, you are beautiful,
you are confused and fucked up,
you don't know what you are, also.
You are also sometimes turned on,
or absolutely a fucking drag to be with, too, ALSO.
also sometimes you are just floating,
it is beautiful and there is nothing to say.

Never, ever exclude anything. Everything is always also,
because if you exclude anything, you are a poor human being.
you don't allow. ALSO, ALSO, ALSO, that's who you are.

We only have this much time to live. Within that time include everything:
I fucked it up, ALSO, I feel great ALSO,
I had the greatest orgasm. ALSO,
I blew it ALSO.
When you allow that, it is beautiful.

I am beautiful because I allow the ALSO's in me.
I am beautiful because I accept my ugliness,
and I accept fucking it up
and I accept feeling guilty,
and I accept wishing I could do it better.

And if you ever come in a situation where
you don't accept ALSO, that is an ALSO, also.

Veeresh D. Yuson (from: THE POETIC CONCEPTS)

