

From the desk of G R Krishna Chand Avatar

 <http://kcavatar.wordpress.com>

## *The troubling duality*

Of the mind we say, stands without props  
So does the body claim and the same  
for the spirit, the Aatmaa.  
The multitudes of the transitory states  
Beneath all stays the same.

What power do the stream of thoughts hold  
That it shakes us deep within, fissures it creates  
Whilst there are none, duality it seeks  
Leading astray from the hard-earned equanimity,  
Oh! the irony, it itself persevered to attain.

Of what use is thinking when its  
only intention is to instigate duality  
For the tranquility is not a minute's work  
But the work of a dexterous craftsman  
Who toils and toils for just a fresh breath.

Of what differences do we talk  
When the same Sameness permeates all  
The mind plots and it does it so well  
Differences it desires whilst there exists none  
For everything is merged in Shiva.