

**POEMS OF INSPIRATION: INSPIRATION AND  
MEDITATIONAL THOUGHTS**

**Eugene Washko**

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Unless you are totally destroyed as a mind, there is no hope for you. I'm saying that you can get rid of all this insanity created by the past in you. Om chanting is the process of opening the psychic petals of that flower.

With meditation, I can keep the mass mole hills. Just this moment as it is. Wait without thought, for you are not ready for thought: We are living in an eternal now, and when we listen to music we are not listening to the past, we are not listening to the future, we are listening to an expanded present. If you think of Om only as a sound, a technique or a symbol of the Divine, you will miss it altogether.

With each step, the wind blows. You can be whatever you want to be. It is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul. Read them with an open heart and see if you can see yourself or your own life situations in any of .