

Poem Notes

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Dedicated to:

the readers...

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*Please be comfortable to look for your own
meanings in my poems...*

IMAGE

medium of transfer

poetry

*my words
your image*

John O'Reilly

...that said...

in the event that you may wish to know what i was thinking or trying to say with each poem, i have provided a brief note on each on the following pages.

I have deliberately listed these in this separate document so as not to place my meanings and reflections above your own.

Keep in mind that not all my poems had a meaning as such – sometimes it was just a feeling or a reflection translated into the words that came to mind at the time.

CHARACTER

LOST	A feeling I had in a city - at one time - some distance from home.
PRESENT	The <i>beings</i> are trees – prompting some past feelings.
BRIDGE	Listening to ‘ <i>Bridge Over Troubled Waters</i> ’ by Simon and Garfunkel, plus the rustling leaves – prompted a sequence of memories.
BOREDOM	Suffering the pain of boredom and not coping – writing the poem helped somewhat...
STARLINGS	At that very moment - a longing to be like the starlings.
INTRUSION	On a train trip - getting lost in the vision of a natural landscape, interrupted by a human cityscape.
BABY-CANARY	Reflection on raising children...
FREIRE	With reference to the philosophy of Paulo Freire (Paulo Reglus Neves Freire, Ph.D).

CITY	Another city, another feeling.
SELFISH	A reflection on how money often seems to control our lives.
EAGLE	A reflection on and longing to be like the eagle (<i>at that very moment</i>). An eagle viewed from the Indian-Pacific train, somewhere in the middle of Australia.
LAUGHING	A stream of consciousness.
SKY	The awakening that came with a sunset.
TRANQUILLITY	<i>She</i> is tranquillity. The poem offers thanks to those who had helped get me to that point in my life – in particular my parents.
EQUINOX	A stream of consciousness / a meditation - feeling content, written to / inspired by Jean Michel Jarre's album: Equinox.
LAKE	Reflection on a natural view within the city of Canberra, and a moment of envy.
BEACH	Reflection on Stevenson's Beach, Jervis Bay, NSW.

SANCTUARY	Reflection on 'Lost World', Lamington National Park, QLD.
LIGHTHOUSE	Reflection on a lighthouse at Jervis Bay, NSW.
TRESPASSER	A couple of <i>moments</i> while hitchhiking on a road in W.A.
WITHOUT	A desire to get back to a more natural lifestyle...
MEDITATION	A reflection on a series of meditations.
RELIGIOUS	My questioning and uncertainties relating to religion...
ALIENATION	Living in a university residence with so many people, sometimes wondering how to get to know everyone...
REFLECTING	A late-night discussion on religion with Allan. Allan's comment (<i>as quoted fairly much word for word</i>) struck a strong chord with me and reflects one of my core beliefs.

WHEN	Sometimes when you are desperately seeking something, it eludes you. But then seems to crop up when you are least expecting!?
THEN	Something similar, only with writing poetry.
RECIPROCATED	Felt maybe that business people were sometimes judging lowly of me!? This poem was about reflecting back.
PARTLY	A lover's tiff.
CHARACTER	A general reflection on our (my!?) shortcomings, beliefs, values, attitudes and perspectives.
SHOULD	This poem closes - I guess - with one of my beliefs: <i>the impact of political influences is transitory, the impact of human nature is eternal...</i>
ACCEPTING	Finding a moment of self-acceptance.

INSTABILITY	During a period of transition in my life, I appeared unstable in my decision making. This seemed to cause concern for others around me.
REALISING	Self-pitying indulgence at an outdoor rock concert.
BUSKERS	A poem about missing someone I cared about. <i>Side item: I started with writing songs but my musical ineptness made it difficult to express what I really wanted to say and feel – so song writing gave way to poetry. The implement was a guitar.</i>
MEGALOMANIA	Comment about people governing the thoughts and feelings of others - through their arbitrary cliques and imposed world views.
UNDEFENDED	Having a go at white male prejudices (including my own) and our imposing of these on others - <i>to maintain our self-esteem at all cost.</i>

ANOTHER	Reaction to society's-imposed view that we must look good at all times.
THOUGHT	A quiet moment of reflection...
HAUNTED	I had previously noted for myself that this poem was: <i>not really about a band</i> . Most likely it was a reminder to me that I should look to better stabilise my values and beliefs.

CLARITY

NOSTALGIA	A moment taking in the character of an old abandoned cabin – near Swift’s Creek, Victoria.
WAREHOUSE	Reflection on a grocery warehouse job I once had.
FRIEND	Time spent with a friend at Cotter Dam, near Canberra.
YIN-YANG	A stream of consciousness around the Yin-Yang concept and with concern for nuclear obliteration.
ANARCHIST	Reflection / perspective on an anarchist. <i>The style of this poem was modelled on Richard Tipping’s poem: CAPT COOK CONSIDERS HIS FETE.</i>
CIGARETTES	A reflection on scientific miracles, addictions and the state of the world.
SECURITY	A question of some seeking spiritualism in materialism.
IMPLICATIONS	Reflections on the potential of and the potential impact of nuclear war.

BRICK	Reflection on (<i>bringing home</i>) the importance of taking responsibility for technological progress.
FACES	A reflection on different types of people.
SCUM	A reflection on a moment of my selfishness and the inadequacy (<i>sometimes</i>) of only just saying ‘ <i>sorry</i> ’.
PENDULUM	Coming out of spates of lonely depression and refocusing on a search for clarity.
DRIVE	Natural environments being devastated / eliminated in the name of our consumer need. <i>And about my anger at poor forest management...</i>
REVOLUTION	The influence of musicians on the youth of today - leading them away...
TRADITION	A reflection on various approaches with shifting world issues – sometimes too much change too quickly can be too destabilising.

THEORETICALLY	A stream of consciousness around the collision of two worlds.
DECEPTION	Reflections on how deceptions afflict us as people, plus a little mathematical logic suggesting that all may not be lost...
FIGHT	My excess drive had worn me out (<i>at that time</i>).
RULER	Frustrated with not feeling inspired...
MICROCOSM	In our search for answers, maybe the Yin/Yang principle has been overlooked – both outward and inward focus may be required.
LOCUS	Looking to stop going around in circles with some of my belief and values.
REFLECTION	Focusing (<i>reflecting</i>) inwards.
FOCUS	Yin-Yang principle again. (<i>Note: IFF - If and Only If</i>)
ESTEEM	In not finding your self-esteem...

CHANCE	Sometimes you need to overcome your fear and take a chance.
BOUNDARY	Reflection on our difficulty with things that are 'infinite'. Sometimes some people get a glimpse of the true nature of things.
CO-STAR	A quirky mathematical take on Yin-Yang.
LOVE	I believe <i>love</i> is somehow aligned with Robert M Pirsig's concept of <i>quality</i> , rather than it being an emotion. (<i>IE: Love is not an emotion.</i>) (Reference to: Robert M Pirsig, author of the book: <i>Zen and the Art of Motorcycle Maintenance.</i>)
BUGS	Trying to assimilate the thinking processes from two or three parts of my life. IE: unable to focus with different aspects of my life impacting / competing / distracting.
HELP	Looking for truth out in the world, not on paper.

PATH	A reminder to myself to try to reflect constructively on accusation, irritation and insult.
ASK	Asking questions versus preaching.
HERO-ISM	Looking outward only - for heroes - is unbalanced.
DEFINITION	Various definitions and reflections on quality, love and truth. <i>(Reference again to Robert M Pirsig.)</i>
CONTROL	Too much outward focus had left me unbalanced and out of control.
PHILOSOPHY	A working definition for <i>philosophy</i> !?
ENDS	Some statements inhibit further personal growth and the ability to be open to alternate views.
RESPONSIBILITY	Sometimes applying a restrictive label to oneself can remove any responsibility to otherwise change.
FENCE	A perspective on the concept: <i>'Sitting on the Fence'</i> . <i>(I align more with the Yin/Yang principle.)</i>

TRIP	Beginning to define the concept of a <i>'trip'</i> .
YOU	Further reflections on <i>love</i> .
IMAGE	Art in different forms often provide a vehicle for others to create their own image(s) / interpretations.
PARENTS	Noting that we do not always realise what we inherit from our parents by way of their language.
CONFLICT	A thought on managing conflict (<i>and truth (Robert M Pirsig)</i>).
ART	A comment on engaging with art versus just consuming.
YIN	Questioning the validity of focusing on events via / using the one-sided question: <i>Whose problem is it?</i>
OWNING	Reflection on owning and taking responsibility for my own values, beliefs, actions, etc.
ILLUSION	Our <i>clarity</i> and <i>truth</i> may well be little more than illusions...

DESTINATIONS

IRIDESCENT	A <i>snapshot</i> poem of a Bali landscape.
BATHING	River-scape, Lovina Beach Bali.
MOUNTAIN	A mountain landscape enroute to Singaraja, Bali.
CULTURE	Inspired by a devotion to daily cultural ritual, I am left questioning the strength of my own spirituality.
CHEERFUL	A <i>snapshot</i> poem of a new morning.
FRIEND	Reflection on a friendship made. (In Surakarta (Solo), Java.)
VOLCANO	A <i>snapshot</i> poem of a volcanic landscape. (Mount Merapi, Java)
HARMONY	Another morning reflection - surroundings, culture and on god (<i>infinite higher order</i>)...
PROCESSION	Experiencing a cultural festival - colourful, joyful and musical; involving a procession up the main street. (Ubud, Bali)

BAREFOOT	A moment in time one evening... <i>(Ubud, Bali)</i>
HOME-STAY	Another morning reflection.
KOSCIUSKO	Reflections on a trip to Kosciusko. <i>(Noting that quality is in the experience itself, not in the representation provided by the words of a poem, painting, etc...)</i>
FEELINGS	Looking for an understanding of / definition for <i>feeling</i> . Considering the importance of <i>acceptance</i> .
GOAL	Deliberating on the value of goals and the opening out of possibilities.
TWELVE	Reflection on times with a friend when we were young.
CAMP	Moments on a school camp. <i>(Longbeach, N.S.W)</i>
BROTHERS	An emotive memory of my older brother - crossing a thistle-filled paddock walking home <i>(when we were young)</i> .
MISSING	Missing a close friend while on a school excursion on the snow fields.
CLIMB	A bushwalk on Pigeon House Mountain, N.S.W.

POSSUM	Reflection on a night camping at Pebbly Beach, N.S.W.
SWAYING	<i>(To be honest, not sure...!?)</i>
TRAVELLERS	Travelling often opens us up to revealing ourselves to others in incredibly quick time.
CENTERING	New to teaching (<i>as with any new job</i>) - long hours and feeling overwhelmed... trying to centre myself.
SETTING	Reflecting on a camping trip on Stradbroke Island, QLD.
ZEN	Reflection on hitchhiking in New Zealand.
GUMBOOTS	Reflection on staying with a friend and family in New Zealand.
TWILIGHT	Reflection on a frustrating day hitchhiking, catching the sunset from a bus window.
VALENTINES	Missing a close friend on Valentine's Day...
PAIN	Reflection on surviving a period of being extremely depressed.
PROGRAM	A program describing an insane volume of computer programming tasks to be completed...

MOMENTS	Reflecting on selected school trips and camps.
MEMORIES	A stream of consciousness wandering through ANU.
MOUNTAIN	In awe of the mountain-scape - Rockies, Canada.
HOSTEL	Falling in love with the hostel at Lake Louise, Alberta.
SQUIRREL	Moment of reflection (<i>near Lake Louise</i>)
TRANSFERENCE	A comment on connecting with others.
POLISHED	A reflection on our night time kitchen cleaning job, Banff Springs Hotel, Banff.
THROUGH	Sharing a moment with another dishwasher.
WATER	Moment's reflection of Athabasca Falls, Alberta.
PEAK	Walked up Mt Rundle after a night cleaning shift – tough walk....!
FLOWERPOWER	A reflection on the 60's !?
TREES	A moment / a stream of consciousness.
LAKE	Reflection on the magnificence of Lake Louise and surrounds.
MALL	Reflection on our visit to West Edmonton Mall, Edmonton, Alberta.

TORN	A moment of feeling de-centred.
WHITE	Returning to Banff just before the start of winter, snow (<i>white</i>) present everywhere.
POEM	Reflection on writing a poem...
YOU	A further stream of consciousness inspired by the snow (<i>you</i>).
PATCH	A whimsical poem about falling in the snow at Sunshine Ski Resort, Alberta.
CABIN	Reflection on our stay in a log cabin at Stockade Log Cabins, Canmore.
LIFETIME	Wading through past memories - a reflection on life and life goals yet to complete.
HOME	Reflection on a sea lion cave, Oregon, USA.
STATUES	A further reflection on the Oregon coastline.
LIFE	A brief assessment of a search for the meaning of life.
HOSTELS	A comment on youth hostels.

CANYON	A reflection of the Grand Canyon. <i>(The Grand Canyon ranks for me as one of the most awesome/ inspiring / breath-taking sites / experiences in the world. No poem I might wish to write could do it justice...)</i>
ZOO	In visiting the San Diego Zoo, our human impact on the extinction (<i>and near extinction</i>) of so many animal species became so very present and real...
DISNEYLAND	High point to finish our trip – Disneyland, LA.

FOCUS

BUGS	A moment sitting on the verandah looking out over the paddocks, observing the bugs.
ONCE	Stream of consciousness.
BURROWS	Stream of consciousness - alone and missing.
GOR-TEX	<i>(Sorry - not able to recall the specifics...!?)</i>
VAPOURS	Musing about things, working on a laptop, when feelings of loneliness start to creep in...
MEMORIES	Acknowledging the visitation of memories.
SACRIFICE	Reflecting on the place of the catholic religion (<i>and spirituality in general</i>) in my life, or not...
FLOWER	Reflection on a plant, spreading out but losing its spring flower(s)...
CAR	Something may look good, but worthless if the functionality is not attended to.

TEMPERAMENT	Temperament is a factor of some nature, some nurture, maybe some past lives!?
NOVEL	I struggled with writing a short novel - took about 5 years to finish. <i>(I noted that this poem was written part way through writing my novel.)</i>
HIGHWAY	Reflection on the numerous drives back to the city on the weekends.
ORGANIC	The thought that eventually computing technology will become organic, not metal and plastic.
GORGE	Reflection on Carnarvon Gorge – a beautiful spot!
VISITATIONS	Stream of consciousness – flow of memories, including some from dark corners. <i>(Reference to the musician Jean Michel Jarre.)</i>
CALL	Reflection on the muzak filling the extended time being left <i>on hold</i> - when making various phone calls, seeking support...
CROSSROADS	Deliberations on a career choice crossroads.

HOLE	Stream of consciousness...
PUNK	A moment - passing and catching the eye of a punk - drawing my respect for holding true to their chosen value and belief system.
PRODUCER	<i>(Sorry - not able to recall the specifics...!?)</i>
MEMORIES_2	Sometimes memories have this effect... leaving me unbalanced with too much outward focus, needing and reaching outside of myself.
YET...	A reflection on capitalism and all that goes with it.
SHE	Frustration on the way some guys mistreat their girlfriends.
WE	Momentary and strong reaction to our (<i>my!?</i>) inconsiderate depth of consumption. <i>(Inspired by David Suzuki.)</i>
CLOUD	Stream of consciousness...
STREAM	Not looking forward to catching another bus home for the weekend...
CREATED...	Reflection on the <i>Creationism versus Evolution</i> debate.
MOMENTARILY,	Deliberation around chasing new ideas all the time.

BREAK	A stream of consciousness, somewhat depressed.
GIFT	Moments with an Indian student while staying in a university residence.
SOMETHING	A stream of consciousness – something like a counselling session...
STILL	<i>Still</i> ...searching for clarity – my fight with scepticism.
MELTING	Again, a moment reaching out of myself for answers – resulting in almost toppling over.
THAT'S	A moment of reflection on beauty / quality – how easy it can be missed.
RAIN	<i>I had noted previously</i> - a solid rain that broke a drought.
CONTENTMENT	A reflection on other's contentment.
NOTE	Reflection around understanding my judgement of quality.
THESE	Just a reflection...
PAPER	A longing to put pen to paper.

POINT	The beginnings of my ever present & debilitating question: ‘What’s the point?’ <i>(Reference to Jack Kornfield, author of the book: A Path With Heart.)</i>
BOUNDARIES	Reflection on reality and boundaries. <i>(This and several following poems were inspired by Ken Wiber’s book: No Boundary.)</i>
TRUTH	Thoughts on, working definition and deliberation on the concept of <i>truth</i> . <i>(The idea that truth may be: ‘that which a majority of well-informed people agree on’ – may have originated – in part or otherwise - with the pragmatist Charles Pierce 1839-1914).</i>
PRESENCE	Reflection on <i>drive</i> .
WALK	Deciding on a walk to allow me to reflect on <i>truth</i> .
DIALOGUE	<i>(Sorry - not able to recall the specifics...!?)</i>
POINT_2	Reflecting again (<i>suffering</i>) the question: ‘What’s the point?’
MELANCHOLY	Melancholy and loneliness kicking in...
METAPHOR	Feeling the emotion, but lacking the words to express things...
FOR	A <i>pseudo-code</i> poem about writing and assessing a poem.

DISK	Pseudo-code poem about unloading the data from a floppy disk.
FACADE	Pseudo-code poem about dreams that come and go – and the long-term impact.
PSEUDO_POET	Pseudo-code poem on the recording of thoughts that come to mind.
SOMEWHERE	My poetry lapsed for a period of time. Writing programming code seemed to take its place...
THANK-YOU...	A note of thanks to the universe.
PASSION	Frustration coming out around music and musical careers; with subsequent reflections around <i>glamour</i> and <i>passion</i> . (<i>With almost a sense of acceptance!?</i>)
OPENING	A reflection on the opening ceremony at the China Olympics, 2008.
SAND	Reflection on life... (<i>I had previously noted that this poem was probably not about sand castles...</i>)
OR	What do we take away from life's events and challenges?

MUSIC	Reflection on the music of the band: <i>Pavlov's Dog</i> . (There may be something here about the word <i>music</i> seemingly having a link to the concept of <i>muse</i> .)
PERSEVERANCE	Again, a business reflection... getting up every day and going again – in spite of the issues and challenges – requiring sheer <i>perseverance</i> .
SUBSIDE	Business again... looking to get a guilt-free moment for myself...
REFLECTION	A reflection on reflecting (<i>and possibly on not truly seeing</i> .)
YET	Living in the moment versus living only in the past and future.
LIST	When I reach a point of overload, stopping and writing a list clears my mind.
ATTRACTION	Not fully convinced by the primary premise of the book: <i>The Secret</i> .
EXPERIENCE	We like to capture sights, experiences, etc; but photos, poems, etc, are only filtered representations of the real thing.

FRAMEWORK	Reflection on setting yourself a framework to work within, or using as a guide.
LETTING	Accepting a moment of peace and escape from <i>commitment guilt</i> .

GLIMPSE

OPPORTUNITY	A perspective on the presentation of opportunities.
INERTATIVITY	The older some of us get, the less creative we seem to be...
DESIGNER	Engineers, IT developers, technicians, designers, etc, take on system complexity and work to hide it behind a user-friendly interface.
RETURNING	About good quality headphones.
GREEN	Greening up of our property after the advent of rain.
COOLING	Being <i>present</i> , sitting on the deck.
ANGER	Reminding myself of the value of reflecting on strong emotional reactions such as anger.
SOUL	A reflection on what <i>soul</i> may be. (<i>Thanks Nessa.</i>)
LIVING-ART	A reflection on the waterfall and gorge at Springbrook, South East QLD.

IMMORTALITY	Reflection, looking out at the ocean, from an 8th floor vantage point (<i>Kirra Beach, SE QLD</i>).
RAP	I wonder whether I or many others are really able to change the thinking of others – given the presence of so much media.
OFFER	Present what you have to offer...
GIVING	Being grateful for what I have and the opportunities I have been handed. <i>I remind myself that sometimes, something simple like filling the sugar bowl, can remind me to be grateful and to want to give back.</i>
GENERATION	A passing thought on the contribution passed down by each generation.
BEING	Accepting whatever interaction / reflections life brings.
SO	Reflection on the Queensland Floods, March 2011.
DEPRIVE	Reflection on the human cost of a natural disaster.
GREW	Reflection on a tree on the property.

GREY	General reflection on things - grey sky, down by the sea at Deception Bay, SE QLD.
NAGGING	Reflection on <i>truth</i> (... <i>I think</i>).
WORK	Filling time with work and other activities, can be a distraction from my ongoing deliberation around the point of things...
DECK	Stream of consciousness.
CUT	Feeling/reflecting on the personal impact of the Government job cuts 2012.
ROLLERCOASTER	Frustration with the flow of incoming work for the business.
SPECTATING	Filling my/our lives with music and movies (<i>plastic</i>) rather than making time to be enlightened / creative.
RECORDING	Poem about our present-day historically unprecedented ability to personally record sound and motion. (<i>Poem presented in the shape of a TV, music note and computer.</i>)
EMPTY	A reflection around grown children leaving home.

FLAT-FOOTED	A deliberation around people's reaction(s) to impending events or disaster.
GUMPTIONISE	Reflection on gumption, energisers and consumers.
DEPENDENCE	We need to consider the risks of taking on and becoming solely dependent on new technologies (<i>some now 100+ years old</i>).
BUSHWALKING	Reflection on the meditative value of bushwalking – clearing the <i>internal mail (issues)</i> that have built up.
EMBRACE	Sometimes in the event of emotional pain – all being willing and accepting – a long hug can help... (<i>I originally read this somewhere – sorry I can't recall where. Seven seconds I believe is the time required...</i>)
CLOUDS	A reflection on clouds, virtual (<i>IT-based</i>) or otherwise... (<i>God is sometimes used as an IT term.</i>)
INJUSTICES	Reflection on finding one's place in and around the support of helping others in need...
CAVE	Response to needing a day off <i>all obligations</i> .

FLOOD	Reflection on the Queensland Floods, Jan 2013.
ONCE	Frustration coming out over the continued state of the world...
SNAPPED	Photos, poems and such are not so real, just snapshots in time.
JUST	Personal reflection on what is currently a wonderful life – am I just to enjoy it (<i>even flaunt it</i>) or to give something back, pay something forward, or something of a mix!?
DIGIFICATION	Reflection on the current virtual nature of our world & communications – is there not still <i>human connection</i> at the core of this?
EXCUSE	Reflection on piracy – is it new? For those of us that can afford... is there any excuse for not fronting up with a payment!?
EXTEND	Reflecting on the power / value of simple human connections.
CREATE	Reflection on the joy and addictiveness of creativity.

WHEN?	Personal reflection on the progress of life. <i>(Reference to the band: Dire Straits.)</i>
COST	In the more fortunate sectors of society (<i>even countries</i>), people are able to reach and enjoy self-actualisation (<i>as per Maslow's Hierarchy of Needs</i>). Who (<i>what groups of people / countries</i>) are paying the cost for this!?
REACHING	Recognition of the skill of (<i>even envy of</i>) musical artists such as: <i>Jason Mraz, Plain White T's, Spill Canvas, Passenger</i>, etc.
ACHIEVING	Acknowledgement of those that are giving back - some doing so quietly behind the scenes... <i>References to: The Carter Centre (www.cartercenter.org) and The Bill and Melinda Gates Foundation (www.gatesfoundation.org)</i> <i>Guinea Worm Eradication Program - The Carter Center. Malaria - Eradication, Prevention, Through Innovation & Data - https://www.gatesfoundation.org</i>
IGWS	<i>Whimsical poem on the explosion of acronyms.</i>
LET	Looking for a positive outlook on life. <i>(Reference to the band: Spill Canvas)</i>

THEM	You get who the majority of people vote for.
YOUTH	Reflecting on the blessings of youth.
DIG	Another reflection around children leaving home.
LABELS	<i>Whimsical poem on the use of labels...</i>
CONVENTION	Sometimes you just want to say / write / create / pursue something that does not fit all the convention(s).
NEWER	When younger we look to find our own world view / goals / etc - different from the previous generations.
SNUBBING	Reflection on the quiet bullying that goes on all around us...
EMPOWERING	Acknowledgement of / reflection on Google.
MODULARISATION	IT Programming principles – low coupling / high cohesion.
SWEATING	Stressing over an event.
CHILDREN	Thoughts on current game changers and a question in relation to their successors... <i>(Reflection that came to mind after watching: Bloomberg Game Changers - Sergey Brin & Larry Page Google Full Story.)</i>

CYCLES	With all our accumulated knowledge, the people of the world continue to repeat the same behaviours...!?
MIGHT	Reflecting on our treatment of others, and approaches in offering help.
PILING	Reflection on our ongoing polluting of the world and the need for us to take responsibility for our waste disposal...
CLEARLY	Reflection on feeling out of control with a medical prognosis.
DOWN	Anger begets anger...
APPRECIATING	Written about listening to and being inspired by the band <i>Passenger</i> during an otherwise stressful drive home. (is now so... <i>appreciated!</i>)
VOICE	Reflection on / giving thanks for a current lifestyle on acreage.

GREEN

STANDING	Sitting under an old tree reflecting on clearings and the life of this tree.
READY	New garden established, waiting on the rain.
GREEN	<i>...green out is:</i> clear out / meditate on / earthy reflection of.
STUFF	Now that we have bought all our stuff, and reflecting on the Story of Stuff, how should I feel!?
DARNING	Look up: darning...
STRUGGLE	Feeling out of touch with / listening to nature.
ABOUT	A feeling / impression / reflection... A reflection on our impatience with the garden.
MOMENTS	Again, a reflection on nature and a moment of reflection.

VIEW	What would this tree say to me? How might I adjust my perspectives on things?
IT	Frustration with trying to keep up with changes in Info Tech – it.
BREEZING	Listening to the music of the breeze through the trees and bushes.
RE-SOWING	Clearing out the old – plants / processes / people - to revitalise with the new...
GROWING	Warning about <i>Group-Think</i> .
NOTHING	A welcoming of the rain...
WELCOMING	Reflection on writing and re-reading past writings / poems.
ADVOCATE	Sometimes just knowing that a friend or associate may be thinking of me is enough to energise me into action!?

EXPERIENCE	When I was young I felt I was often excited by the discovery of life and what it had to offer. Some years on I notice that a lot of this feeling has died away and I talk a lot more about what I now know or have experienced – to the point I think people around me sometimes must wish I would just shut-up...
NATURE	Reflection on writing political poetry...
EVEN	Reflection on re-growth... * - Yacouba Sawadogo, The Man Who Stopped the Desert. (“Stone by stone, hole by hole, Sawadogo turned 50 acres of wasteland into the biggest private forest for hundreds of miles.” – National Geographic, http://ngm.nationalgeographic.com/2008/09/soil/mann-text/6)
RATATOUILLE	Our first harvest meal...
TEND	Find what it is you love doing... and then tend to it.

AUTUMN	Re-connecting with the magic colours of a Canberra Autumn.
INEXPERIENCE	A perspective on facing inexperience – at whatever age...
RENOVATION	A thought on renovating things...
MOMENT	Looking out the panoramic windows to a forested back yard.
BEYOND	Vanessa confided one day on a perspective of death that I had also considered...
SONGS	Listening to the morning chorus of a variety of bird species at Mt Gravatt TAFE.
LIVING	A reflection on a well-established tree.
JACK	And then the frost came in and killed most of our garden...
PATCHES	Reflection on our lack of respect for the environment...

BARK	Watching a bird forage for bugs under the tree bark within a grove of trees.
AWE	Among us are those that rise to the top, often as a matter of well-earned success. Some of these people then write books that we rush out to buy thinking/hoping their secret to success will somehow be realised in our own lives... They of course receive further kudos and financial reward for their book.
MOSAIC	Slowly getting to know someone / something can fall into place in a seemingly random manner.
SPRINGING	Feeling uplifted on the first day of spring
ECHOES	Meditating, taking in the natural setting of the park.

BEING	Nature and being in the moment (Zen) may well hold a (significant) part of the answer to: <i>What's the point?</i>
CHORUS	There seem to be trees selected by groups of birds where they assemble at night for flock security/support. They then provide a dawn chorus. We humans also throw our enthusiasm at the new day, though usually later in the morning.
WITH	Our Infinite Higher Order has created one great big playground and built in enough activity, distraction and challenge to distract us from generally thinking about such things...
PASSING	Looking to a fallen leaf for answers - based on its life experiences, and then in its closing hours / days...

SEEDS	Taking a moment alone, reflecting on the current and long-term projects.
LIFTING	Deliberation about changing careers...
PARK	Police checking me out while I sit in my car in an empty park, writing poetry, before going to work.
STAYING	In consideration of opting not to take a voluntary early retirement package.
FRESH-CUT	A personal request to look for or consider aspects of life that afford / inspire / raise a more positive frame of mind.
EMOTIVITY	Curious about how many words or phrases it might take to engender an emotive response in the reader!?

TOGETHER	A reflection on sometimes there being a larger group living together or working in the same area, yet are disconnected. And yet there are or can be identified themes that do or could bring them together.
STATUS	With things here so good, yet knowing things are not so elsewhere, what action(s) might we be prepared to take?
THUMPING	In the face of so much existing thought and consideration, deliberating on something new can be challenging.
NEW	The joy of looking for and trying something new – and truly having the strength to accept the risk of potential success or failure.

RE-VITALITY	Re-growth beginning to appear in and around the frost-damaged banana plants. Subtle reflection on current events impacting – looking at an approach / perspective to lift myself out...
NOW	A Sunday morning moment...
KNOTTED	Trees, an old tree in particular and seemingly a home for a family of wood ducks... growth, re-growth, new growth and some perspectives on life.
LEAVES	The seasonal cycle of leaves (<i>life!?</i>).
CLOAKED	Musing to the music (<i>song!?</i>) of a breeze rustling through the leaves.
DISCRIMINATION	Considering our discrimination(s) around the many varieties of plants.
FRASER	Reflections on a weekend trip to Fraser Island.

BRANCH	Reflecting on the need for space to reach full self-actualisation, and the positive benefit that may have on those around you – whether person, entity or plant...
LESSONS	And then our garden did not quite flourish the way we had expected / hoped.
ANXIETY	Working through a period of anxiety, quietly sitting by the river.
RIPPLES	Step back from my point of anxiety, reflect, and then decide whether I should jump back into the maelstrom, or get out altogether...
GUMPTION	Reflection on my personal gumption being bolstered for a period of time after receiving positive feedback or input from others. Similarly, after the rain, grass, plants and trees come up glowing thereafter for some time...

GOODWILL	Reflection on the destruction of goodwill sometimes by processes seeming beyond our control.
RETURN	Inspired watching ants making their way up a tree. Reflecting on my own work choices / decisions. Potential side reflection on the state of our garden...
REVITALISATION	After the morning rain, working on lifting my spirits.
FROM	About a poem/song being created and coming into existence.
RISE	Reflecting on my surrounds: a forest-covered hill, a recent burning off, a hot summer day and evidence of recent rains. Reflecting in me a momentary sense of peace.

TULL	A dedication to the band Jethro Tull and its principal member – Ian Anderson.
COMMUNITY	Reflection on nature's very-present community - out here on the property.
NAKED	Response to / reflection inspired by a recently acquired painting: Original Prankster, purchased from: The Furniture Shack.
SPLACE	A little about everyone finding a place in the garden and/or the world. Some plants or enterprises are strong enough to squeeze out (choke out) other plants / enterprises. Where lantana (for instance) may be considered unwanted or unreasonably monopolising garden space, hoeing it out may not be on time to save plants already choked out, though possibly leaving a space (a splace) for a new plant / enterprise.

HUMIDITY	A Yin-Yang reflection and an acceptance of the balancing forces of nature.
LITTER	Our impact / intrusion on the natural beauty of things...
TEAL	Reflection on the beach and the longevity of the dunes.
GREY	Working through a moment of depression.
AWAKENINGS	Off with the birds...
EXCHANGE	Still off with the birds...
GLORY	‘proclamation’ for rain, subsequently a month of rain, transformation of all wilting vegetation to a luscious green.
GRATITUDE	Moment of gratitude for nature – the rain, the flourishing garden...
UNCERTAINTY	Feeling a natural end to this poetry collection. Uncovered some clarity, quality, etc, but also a reinforcement of my uncertainty around nature, and the nature of things.

HARMONICS

ENTRANCES	Listening to and wondering if we might be able to interpret the chatter of birds.
DINOSAURS	Reflection on getting older...
REACH	Dedicated to the people of Nepal after the April 2015 earthquake
APRICOT	Reflection on life aspects not currently being attended... One door closes, another...
HORROR	About our day-to-day inhuman consumption behaviours
HOPE	Organisations bringing hope to millions.
SMILE	Feel-good morning reflection

FUTURES	I'd like to hope that the immensity of nature will be strong enough (resilient enough) to sustain until we somehow get our act together hopefully soon...
INSECURITIES	Being confronted by a new group of people and working through the uncertainty of appearing and being judged unworthy...
ELECT	Reflection on various past associations...
DESPERATION	Tough day....
BALANCING	What is the cost of our unbalanced fast-paced life styles?
MANIFESTATION	Stream of consciousness...

VOLUMES	Lots of people/groups chasing their dream, creating, sculpting, etc while others are happy to bob alongside. Sometimes (often) the energy expended does not deliver an outcome of notable value...
STIMULUS	Assessing quality may not be a cognitive process, as with 'feelings' of love
SANITY	About not needing to understand every aspect of everything all the time sometimes we just need take in the view, without dissecting every detail...
SOLITUDE	Reflections on moments / periods of solitude.
PROGRESS	Considering a change from I.T. to something like wood-work

NOW	One of many reflections after viewing: The Man Who Knew Infinity.
EXPERTISE	Sometime i lose sight of the skills that life has given me and overlook being grateful for them.
POETRY	Settings that inspire poetry.
WAKE-UP	Deliberations after viewing Al Gore's video: 'An Inconvenient Truth'.
DETAIL	Reflection on writings that bring out the subtle detail of our lives that we otherwise often too busy to notice
GRATITUDE	Expressing gratitude to my various friends, students, associates and various connections throughout my life

LOOKING	Musing on getting ahead of the IT development wave, feeling that I have, to date, not been able to do so.
EFFECTS	A flow of past and new visual memories.
BOTH	A view and associated reflections.
YEARNING	A yearning to find my creativity, and a reflection on some inspirational music.
FULFIL	A number of obligations / preferred activity compete for my time.
NOT	Confusion around not connecting with, for instance, my creative outlet(s).

THAT	Stream of consciousness... The memories and feeling that are brought to the surface when listening to, for instance, a piece of music.
THIS	An appreciation of the value of the freedoms and opportunities that are available to me in my life – that need to be cherished and draw out my gratitude.
WRITE	A whimsical poem about the link and inspiration that music can have on my writing. <i>Note: Each poem in this collection was inspired while listening to a specific and familiar piece of music.</i>

LOSS	I disconnected with someone, and then was surprised to note my emotive reaction with the disconnection came to be.
CALLS	Various reflections on protesting issues. Noting that we stand on the shoulders of those who have protested issues in the past.
COUNT	Again, commenting on the wealth and value – the blessing – of gifts provided me in my current life.
...!?	Noting the uncertainty we often face in making the ‘ <i>right</i> ’ decisions.
ASTONISHING	While we can get lost in our day-to-day concerns / issues, we can often forget to be grateful for our lives, our very existences...

PENNY	Looking to get the reader to ponder and comment on their deliberations.
WAVERING	Media reporting – how much might it contribute to national <i>‘group-think’</i> ?
COST	What has been the past and present cost so that I can live and experience this otherwise charmed life?
PLATES	One of the circus’ acts I remember as a child was a performer placing and spinning a multitude of plates on top of individual sticks. The spinning kept the plates balanced on their respective sticks.

PLATES (Continued)	As the spinning of a plate slowed down, it looked to fall. The performer would walk and then run between the various sticks, re-spinning each stick to keep the balancing of all of the plates going. Sometimes the balancing of my current and various obligations in life feels a little like this...
DEPEND	My concern (<i>warning!?</i>) around our ever-growing dependence on IT hardware and software, including AI. Further comment on IT potentially not delivering on improved quality / standard / sustainability of life.

LOUNGE	Inspired by a comment some years earlier by a Buddhist monk. Are the various enhancements in our lives making us ‘soft’ and more demanding / expectant?
LINE	My acknowledgment of inspired rap music, for example by Fort Minor.
SHINE	Looking for a pathway out of a busy period, and to reconnect with my creativity.
LIBRARY	Finding a balance in my reflection of and responses to my past memories.
BETRAYAL	Climate crisis and the sins of capitalism.
TRULY	In consideration of the various areas of need and concern of others.

SURE?	Reflection on those imposing strong opinions, including myself...
CALLED	Significantly distracted away for a period of time from writing poetry by business and career obligations
HARMONIFY	Connecting with some quite specific songs, played loudly through headphones.

INSTINCTIVELY

ANOTHER	A love song - on the road, looking for a place to live.
GOD	A whimsical dig at corporate managers and owners...
FREE	Lost-love song.
SORRY	Lost love caused by a note in a diary.
LAMPPOST	Whimsical reflections on my life by in-animate objects (<i>conversations with</i>), resulting in various subsequent actions.
UNI-STUDENT	Whimsical reflection on those reflecting on me as a university student.
AIRPORT	Lost-love song.
KNOWS	Reflection on my reaction to the death of a close friend.
DON'T	A whimsical dig at other peoples' (sometimes my own!?) world views.

VISION	A dark reflection, almost goth(!?)
PLEASE	Another love-lost song.
ALBERT	Celebrating Albert Einstein.
TREES	Comment on the cutting down of the world's forests.
FALLING	And yet another love-lost song.
ODE	A dedication to my children.
LOVE	Love song.
TOGETHER	And yet another love song – spending time.
CONSIDER	Anxiety surrounding a new love.
DEVOTEE	Wanting to spend time together dancing - reaching out as a devotee.
WHATEVER	A reflection on the actions of someone who has a strong sense of clarity.
STAY	Trying to make a connection with my song-writing.

CORAL	Thoughts on the demise of Australia's coral reefs.
RIGHT?	Reflecting on our human impact on the earth.
CHANCE	Story about making a human connection.
TRUTH	A reflection on the concepts of Yin-Yang and truth.
INSTINCTIVELY	Reflection on my love of music.
YOU	A realisation...
NOTHING	Reflecting further on our human impact on the earth – the potential of a terminal result.
UNWRAP	Start each day with a positive outlook, find your ' <i>thing</i> ', strive for it – life is the ultimate gift.
TREE	We as humans invade (<i>devastate!?</i>) the homes of those that live in the forests. Now swap the roles...
NO	Reflection on our general lack of care, concern and consideration for the earth.

BE	A comment on getting up, going out and chasing your dream, pursuing your passion.
SEEKING	Again, our impact on / responsibility for the earth. Offering a thought on developing a more constructive outlook / approach.
HERE	Being there for a friend...

