

## **Just Stop**

Stop.  
Just stop.  
Stop, stop, stop.  
Stop.

Stop the chasing.  
Stop the racing 'round.  
Stop all the 'super chicken'  
me-making now.

Just stop.  
Just stop.

When enchantments  
and spells are broken,  
when the mind is still,  
awake, and open –

In the seen will be the seen.  
In the heard will be the heard,  
In the sensed will be the sensed.

No more, no less.  
Just this.

In the flow...  
there's no one to know.  
But never more alive  
than without 'I'.

Extraordinary... ordinary...  
awake, and alive.  
Never ever,  
ever more alive.

In the seen  
is just the seen.  
In the heard  
it's just the heard.  
In the sensed,  
yes, just the sensed.  
No more, no less.  
Just this.

Clean and clear, nothing interferes.  
Just through-flow, come and go.  
Here... there... everywhere.  
Then... now... all around.

In the flow...  
there's no one to know.  
But never more alive  
than without 'I'.

So stop the chasing.  
Stop the me-making.  
Never ever,  
ever more alive.

Just stop.

*-- C.R. Nunamaker  
Llanover, Wales, 2019*

