

LOVE LETTERS TO GOD



Poems From the Heart

Gayle Gregory

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To my teacher, Elle Collier Re,
without whom I would still be
spinning inside my mind, all
the while believing I was pro-
gressing towards 'the goal'. I
thank God each day for your
pure Love.

Gayle Gregory began writing these poems, or rather they began to be written through her, while attending spiritual intensives with her teacher, Elle Collier Re, in December 2004. The latest poem was written March 2007. They are in chronological order and are a testament to the mind's ability to quickly and deftly counter any breakthrough threatening its survival and the Heart's deep and abiding presence and absolute support regardless of mind's shennanigans. They speak to the depth and breadth of her spiritual journey and are an open invitation to any one willing to dive into a deeper understanding of the God-mind within.

MIND'S 'I'

Look for yourself.
 Put down books.
 Ask yourself,
 "What do I know for sure?"
 "What is the only thing I really know?"

'I'
 Not 'I' exist
 Not 'I' am
 Just 'I'!

Something experiences
 Or observes the experience.
 Is there an experience?
 Are you sure?

Speculation!
 There is mind
 But it is not 'I'.
 Mind arises and falls
 Comes and goes
 Reels in the sense—
 Of ownership
 Slips the noose—
 Over what?

What is it that mind
 Catches in its game?
 What it is that becomes
 Attached to the mind's 'I'?

Mind?

Circular logic
Around and around
Mind spinning mind
Catching mind
And who knows?
Who sees?
Who is there throughout it all?

NO SELF

Do I fear no self?
 How can an 'I' conceive of no self?
 The 'I' sees only 'I'.
 No self is no 'I'.
 No self to know 'I'.
 Obliteration of the 'I'
 Is that the meaning of no self?

No small self is easy.
 To see the game as mind
 The 'me' as beliefs and thoughts
 That would dissolve
 If looked at closely.
 That's child's play
 Or is it?

Child's mind, child's purity
 Complete and utter acceptance of *This*.
 The real game
 Is letting the 'I' go.
 That is God's Will alone.
 'I' will not let 'I' go
 Only God can dissolve the 'I'.

THE SAFETY NET

We build up a knowing.
It keeps us safe.

Without our realizing
Or acknowledging the safety net
We unknowingly slip in to it
Ferociously defending this that
We now stake our lives on
Not realizing what it is we defend
Is what keeps us at a distance
From life and living.

This knowing evolves
As soon as one belief
Is exposed
As the fraud that it is.

Another,
Silently slips into its place and
Quickly the void absorbs
The next replacement fix.

Being without belief
Is too scary
Too something deep inside
To the fear- abhorrent DNA.

So grab the next
And keep the painful
Strongly in place.

FOR THE GREATER GOOD

For the greater good
Assumes we could alter God's plan.
Usurps God's power!

For the greater good
Assumes the small 'I'
Has the ability to choose
Beyond the programming
That assures reaction
Action—Reaction
Reaction that is a certainty!

For the greater good
How arrogant
How wrapped within the mind's
Impotence
Unable to see beyond
The mind's latest fiction.
Sounds good!
Sounds righteous
To a veiled mind.

THE END DRAWS NEAR

The ego has to die!
 Peace can only be found
 Beyond time and space
 Outside of ego's domain
 Beyond the boxes of mind.

As long as mind holds the cards
 The game is still the same
 No matter what deck's used
 Or what rules reign
 The game is the game
 ...is the game.

Peace lies outside the game.
 Peace is the death not of the game
 But the death of the player.
 The game will remain
 It must go on.
 It is life, as most know it
 But the playing
 Ah! The playing
 Nears an end!

FURTHER

Further...
 Beyond...
 This too...
 The truth—Regardless!
 Yes to it all!
 Find the one true question.
 Inquire into 'who' wants to know.
 Surrender Dorothy!
 It's all mind.
 Create whatever you will.
 Don't blame God.
 All mind...
 God too...
 Mind...
 Just mind...
 Nothing
 Exists...
 All words!

YOUR TRUE INHERITANCE

Give it up!
 All you believe yourself to be
 Your opinions
 Teetering atop righteous certainty
 Your beliefs
 Buried in layers
 Of generations
 That knew before
 Layered in cultures
 And civilizations
 That are naught but dust.

Anything, everything
 That says 'me'
 Give it up!
 Give it all back.

Take a vow of poverty
 Vowing to never again claim
 Any belief as your own
 A poverty of knowing
 An opening into freedom
 An opening into the God Realm
 Into your true inheritance.

SWEET, SWEET HEART

Oh sweet heart of mine
 Your hard shell designed to protect
 Sweet, sweet heart
 Your dear sacrifice understood.

It is time now
 To break open in full praise
 To sing the blessings of love
 Long held at bay.

It is time now at long last
 To let down the walls
 To crack over the brittle barrier
 To bow in sweet awe
 At God's pleasure
 To smile in wonderment
 At the mind's attempt
 To hold such grace
 At a distance.

Yet, what success?

No further than a heart beat
 No...closer
 So close that it defies any concept
 Of distance at all.

THE PRECIOUS GIFT

What a precious gift this life!

Time to learn
The true meaning
Of Love!

Time to hold
Our lover close
And feel the beating of a heart.

Time to see
All our fears and dreams
In the eyes of the lover.

If we look close
Very close
To see our own face
Shining back at us
Through the lover's smile!

To experience Oneness
As only multiplicity can.

What a precious gift
To move from God to life
And back home to God again!

DISCOVERY

The little self does not exist
 Other than in programming
 Of experience, belief and thought.
 The little self—a composite
 That believes in its' own reality
 Its sole claim to fame
 That same belief
 Is what it stakes its selfhood on!
 I am because I believe
 I believe because I am.
 Paper-thin!
 No wonder we fear discovery.

The true discovery
 Would leave us non-existent.
 There is no volition or will
 No one to act.
 Free will versus destiny—
 The debate a cosmic laugh
 Both assume a reality
 That is not real!

When we say
 “Something in us knows
 We are more”
 We miss the mark.
 There is no one
 To know
 Of something more

There is only God
Knowing all
At all times!

As we intersect
With the moment
An opening appears
That provides a glimpse
Into 'That' which is watching
'That' which hears
'That' which intersects
With this planetary dance
And found in each moment
Is the heart of this person
That was claimed as me.

YES!

YES!
 Yes to What Is
 In this moment
 To its Absolute
 Divinity
 Yes!
 To clear seeing
 To Being
 Not being something
 But being everything.

How can there be a
 'NO' to anything?
 No is a creation
 Of the wily mind.
 No is mind saying
 'I know better than God.
 No is a clamoring of
 Ignorance.
 It brings only death.
 It numbs us to life.
 So, say Yes!
 Completely
 Hold nothing back.
 There is nothing that is yours
 Anyway.
 It all belongs
 To God!

CONNECTIONS

Love is about
Connections
Falling into Union
With all that is.

Love Unites!
It never divides.
It cannot.
Love contains all.
It cannot say no to
Anything.

See the contraction.
See what you fear
And you will find the places
That hide from Love.

Your whole being cries
Out for Love.
It knows where it belongs
And asks you to allow
The Love in
To allow the love to
Break you free!

A PURE STATE OF BEING

Small children
 Labrador retrievers
 Daffodils
 All in a pure
 State of being
 Nothing to become
 Nothing to prove
 To anyone
 Like children
 Just being children
 Loving
 Playing
 'Child'-ing
 Moving from
 Action to action
 Without hangover
 No questions
 No self-reprobation
 No guilt
 Just a bundle of energy
 Sleeping
 When sleep comes
 Running
 When the urge to run
 Spikes the nerves
 Just sleeping
 Just running
 No need
 To be smart

To be right
To be anything at all
Allowing
Any who care
To share in their pure being-ness.
Being beats becoming
All else is
Betting on the come
The price—life!

FIRST LOVE

First love Love!
Be Love!
In being love
Beauty is found.

No need to find love
No need to look at all
Love is everywhere
In everything
In me
In all things.

Love is all there is
First love
Every concern
Every need
Drops away.

GOD'S EYE

Not knowing
 Open to being used
 Being played
 Like a grass reed
 Plucked from its reality
 Of mud and muck
 Brought to the mouth of God
 To become what only
 God knows.

No clamoring
 For the reed bed
 For reed-ness at all
 Just being the mouthpiece
 Allowing the breath
 To seep in
 Around and through
 Unconcerned
 About wear and tear
 Oblivious to
 The next tune
 Curious
 To watch the interplay
 To see God
 To be God
 Intertwined with woman
 Unable to discern
 A difference

To find
No claim
To separation
Nothing to separate
Seen from God's eye.

TRUST LOVE

Trust Love.
Know that God
Knows the Way
That all is perfect
In this moment
That it can
Not be other.

Be fully present.
Feel it completely
Be it completely
Allow it
To complete you.

Become whole
In the perfection
As it shows you
What has always
Been your truth.

Hide no longer
In your beliefs
Of what should be.

Hide no longer
In your desire
To be unique
To be special.

Trust love
And be
The only uniqueness
The ONE.

Release the small
For the All.
Trust Love
To show you
The way Home.

HIDE-AND-SEEK

God breathes!
 Energy flows
 Through fingertips
 Sparks lighting up
 The night
 Jumping
 From me
 To you.

God sighs!
 Knowing all
 Is perfect!
 It is only
 The mind
 That labels
 That rails
 Against the Real.

God Sees!
 God sees God
 Playing a game
 Of hide-and-seek
 With herself
 Amused at this game of life
 Discovering the joy
 In finding God!

THE ONLY ANSWER

Yes!
The only answer
To the questioning mind.

Yes!
Yes! Is all.
Yes! The absolute.

No question
No resistance
Just full, resounding

Yes! God.
Impossible it is

Only Yes!
Only You!

NO ONE TO FALL

Safety
We think we want it
We think we must have it.

It is a wolf in sheep's skin
It cuts us off from
Spontaneous combustion
In God!

Building thick
Invisible walls
Invisible to the mind
But oh so present
To the heart.

Our God Name
Only awaits our 'Yes.'

Yes God
I am ready to walk
On the wild side
To jump without a net
To catch me.

Yes God!
No Cliff
No Edge
No one
To Fall

LETTING GO

Let go of the 'I'.

Let go of the need
To protect
Yourself from harm.

Let go of the belief
That you can be hurt
In anyway.

See the beauty
In the moment unfolding.

Worship the grace
That wraps us all within.

Praise this moment
And all that presents
Itself to be loved.

Open, Open, Open!
Protect no more.

Share the gift
Of who you know
Yourself to be.

Love
And it is done.

OPEN OUT INTO THE LORD

Open out into the Lord.
Give back all that you have created.
Let it flow out of the small
Into the All!

Re-name yourself.
You are not what you believed yourself to be;
You are all of awareness
You are LOVE!

There are no boundaries,
There are no constraints
When you return
To what you have always been.

Sit in not-knowing
Trusting God to feed you.
In every moment
Open out into the Lord.

DISAPPEAR

Disappear!
Dissolve into nothingness
Letting go into complete surrender.

Touch into the core of being
Within each that unites us in holy wedlock
Opening to the exquisite beauty that you are.

Embrace the undoing and its unnamable fullness
As each and every cell vibrates
Singing its praise of the One.

Angel tears of joy wash down your face
Wiping away all that obscures
This knowing, this being God.

SONGS OF LOVE

Let me sing songs of love.
 Let my heart open in adoration.
 Let that which was closed
 Never feel the pain of separation again.
 It is too much to bear.
 I know not how we manage to cling to illusion
 When all about us God calls us Home.
 Listen to that small still voice that Knows.
 Listen to the ageless within smiling upon us
 Patiently awaiting a break in ego's wall
 A moment of awe, a moment of laughter
 A moment of sorrow—one of God's break-ins!
 The thief that steals in to give us
 His most precious gift—Our Self.

IF IT IS TIME

If it is time, I am willing.
Lord show me all that I have
Created that denies the divine plan.
Crown this mind with thy sacredness.
Let me deny You no more.

Never again shall I let fear
Stand in the way Home.
Never again shall I let
Earthly needs and wants
Determine and measure
My love of thee—the God of All.

If it is time, I am willing.
Show me the subtle variations
Of “no” that keep me from
Knowing only You.

ABSOLUTE SERVICE

To be of absolute service
 To let go of any self-importance
 Any hope of being some body
 Any thought that I have value
 To bow my head in praise
 Asking to be used to help others
 Without any need, desire, want.

To let go of all the childhood dreams
 Of being looked up to, seen as
 Important, admired, and loved
 To let go of all judging
 All knowing, all design, all plans
 All sense of self
 To fall deeply into love.

Holy of holy, on my knees
 I am yours!

NO MEANING

I have no meaning without the All.
 Each being creates me.
 Each heart is my own.

Inside my crystalline shell
 I am the Queen of my world
 My world of one where
 Universes come and go
 Collapse and expand
 While I, isolated from life
 Become smaller and tighter
 In each moment
 The only meaning, that which I
 In my queenliness, assign.

Ah!
 The Knowing knocks!
 The heart beat of the All
 Banging loudly on the shell
 Crack...
 The light shimmers in.
 Now I bang from within
 Crack...Harder
 Shatter...Harder
 Awe...

I have no meaning
 Without the All.

Each being creates me.
Each heart brings me home.
Such Grace, such gratitude!
I am Home.
God! I love you, All.

THE GATE

I am the gate.
I swing wide open
Inviting you to see
Yourself in me.

The love that I am
Sings to you
Come, come, come
I am You
I know you
And you Know me.

I see who you really are.
You are the heart
You are the great Love
You have been looking for.

FOREVER CHANGED

I am forever changed
 For I have met God.
 Grace is met with a fierceness
 That will not be denied.
 Ask and the answer will be given—
 You become the answer.
 Yes resounds throughout eternity.
 I said, “I do not know you God”
 “Let me know You” and then,
 Believing in the answer became the answer
 Stepping forth in faith
 Melted into the Oneness.

Trust the atmosphere.
 God is closer than your breath.
 Forgive me for taking so long to come Home
 Forgive me for not understanding
 Forgive me Father
 Forgive my fear, forgive me.

God humble this beloved servant
 May I seek only to Love
 May I put down the armor of self
 And find a ‘me’ no longer
 Fully dissolved into union
 With the divine.

Take my fear of annihilation
 And replace it with a Love so great
 That it consumes me with its Light.

THE HEART'S ALTAR

Open wider
 Include All
 Say YES
 To this moment!

Open wider
 Open wider
 This too!
 This too!
 Yes, Father, Yes!
 The heart knows.

Include the mind
 Include the animal
 Burning it all
 On the heart's altar.

Bring even the ashes
 Into the Oneness and
 Release it All.

THE GIFT

I Give All
 That I
 Have Thought
 Myself to Be
 All That I
 Have Created
 Against the Whole
 All That Comprises
 This Self-Thought
 This 'Me'
 This 'Mine'
 This Ownership
 Of Anything
 Of This Physical World.
 I Give It All
 Including
 Any Concept
 Of "I" At All.

Strike this Pain-Filled Word
 From Language
 Strike the Memory
 The Habit from Mind
 Replace It
 With Love
 Heart's Memory
 Of What IS Real

NOTHING TO HIDE

The catch in my heart—
People will know who I am
That I'm not God's perfection
Oh! I can't let them see!

To just be what I am
What grace that would be
To explore and experience all
The little cracks and corners
All the dust blanketing awareness
To just be and see whatever arises
Without the catch
Nothing to protect
Nothing to hide.

My God!
What grace that would be.

THE MIND'S TURNING

Competition
Must win
Prove my worth
Hide that
I'm not enough
Without winning...LOST!

There's not enough enough-ness
For each of us to be enough.
I give my power to approve
My enough-ness to another
Who knows better than I.
Odd...since I am the one
Who gives the other power.

It's a scary world out there
For I am separate and alone
In need of others
To complete me
To make me safe.
I must compete
For approval.

Never enough, never enough
Loud, noisy, unrelenting
Seen, understood
Allowed
Accepted
Silence
Ah...

THE COMMITMENT

My prayers are no longer mine
 They belong to the Whole.
 All requests
 Are requests for humanity
 For all beings,
 For All.

The vision is not a vision
 For a me;
 The vision is of
 Safety for all
 Abundance for all
 Of the God within
 That sees the God within All
 For the beauty of diversity
 That blesses each
 And paints a patchwork quilt—
 The quilt of All
 For clear seeing of what is Real
 Was Real, and has always been Real
 For the vision that leads to
 Sweet remembrance
 Of the Oneness that is the All.

Lord, let us all find safety in
 Your sweet embrace
 So that we reach out beyond
 What we believe ourselves to be
 And find the ONE—
 The answer to all prayer

The Home we search and long for
The heart of humanity
The heart of God.

THE LONGING

We are that longing.

It is that within

The purity

The God-Light

That Knows—

Knows its beauty

Knows its magnificence

Knows it is God!

A BLUEPRINT FOR LOVE

Enjoy my world.
 See my beauty in all my creatures.
 Open and embrace it all.
 Wait upon me.
 Relax and enjoy my embrace.
 Open wider, and embrace it all.
 Laugh and play and cry.
 Be fully here and feel it all completely.
 Shy away from nothing.
 Welcome love in its many forms.
 Take care of My children, return them to Me.
 Don't worry, be happy; you are doing My work
 I will take care of you; I always have.
 Play some more!
 Be in awe of Me and in awe of your becoming.
 Share your love, your heart.
 Kiss the feet of thy enemies;
 They are not enemies at all only misguided children;
 Love them for me.
 Teach gently with your Loving.
 Lead my children home, show them My Way.
 Remember Me with every breath; pray not forget Me.
 Do not forget my Love.
 I am always here awaiting your safe return.
 Love Me, Love first always.
 Know that I love you;
 Know that I love my entire creation;
 And love as I do.
 There is no separation;

Stop this silly game and come home.

I am Home.

I have always been with you.

Open your eyes and see me in your brother and

Love.

Nothing matters but LOVE.

See me in your shadow calling you,

Showing you the pain of absence.

All is designed but for one purpose.

My love is unending.

Embrace Me.

Embrace your divinity.

GIVE IT BACK

Hang onto nothing.

Give it back,
Give it back.

If you hang on
You keep the new at bay.

There is no end zone
No attainment.

FORGIVENESS

Father, forgive me.
 I have put myself above others.
 I have seen myself as better, as more awake.
 I have compared the One,
 And split the indivisible into many tiny pieces.

I forgive this oversight giving it back to the Whole
 Seeing again the Oneness.
 As always, forgive us our trespasses
 As we forgive those who trespass against us.

With this forgiving Grace is found.
 There is only my story on this plane.
 Trespass is imagination, superiority the same
 Dividers of the Oneness, the game continued
 Revelers not yet weary of playing the game.

But now I tire of the treadmill
 Round and round and round and round.
 This groundhog has seen its shadow.
 Game up! Enough! I choose LOVE!

I choose love, I choose love, I choose love
 I shall write it a thousand times
 on the heart of hearts,
 Etch it into memory, wire it into my DNA.
 As I re-create it can never be undone
 For it is the True undoing, the ultimate Yes God!

Yes, I choose love
In awe, I choose love
Such grace, I choose love
Love, Love, Love, Love, Love, Love...

I SHALL

It is written on my heart:

I shall meet each as God seeing God.

I shall see anything that is less that Whole

As my imagining, something ripe for release

And praise each for their gift to my and our planet's
evolution.

I shall stand naked before you and see only the light
radiating from within us.

I shall be bowed in full surrender to God in all God's
forms and fascinations.

If I deny any, I deny God.

YOUR MYSTERY REVEALED

So close
So obvious
Right here
All the time.

Nothing changes
Yet everything
Is changed.

Shimmering
Light body
Your mystery
Revealed
No longer
Who I believed
Myself to be.

Loud belly laugh loud!
Thank you
My Lord.

I am in awe
Of the simplicity
Of your sweet design.

Your wink
Your smile
Embraced me
And have
Made me Yours.

THE AMAZING LIE

Such an amazing lie.

We lead lives
 Believing ourselves
 To be real
 Leading lives of adventure
 Lives of sorrow
 Lives of stories
 Based on stories that thread
 Through the ages
 Locking us in a dance
 Without end
 Passing it along
 To the next
 And the next
 Covering the lie
 With layers of glass
 Each of us somehow aware
 Of something more
 Not guessing how big
 That something more is
 In our wildest imagination.

Couldn't have seen this One coming!
 How to explain
 Probably shouldn't try.

A BABE NEWBORN

Droplets of energy
Intermingled with
Droplets of light
Shot thru and thru
No threads remain
No structure
Nothing to stand upon
A babe newborn
Clean sheet
No directions
Looking out
Looking in
No one looking
At the One.
Ah, the game continues
With one less player.

THE RISING

Sparkling drops of dew
New day dawning
Now the Rising can begin.

A babe wrapped
In swaddling clothes
Peering out upon the world
Loving, knowing, blessing
Open and accepting
Floating between the worlds
A bridge to what is possible
Beckoning, summoning, inviting.

Come play in the fields of heaven.
Come play with me now.
Put down your cross.
Come into the light.

ENTER IN LOVE

Enter in love
Into this moment
Without past
Without future.

Each one's path
In their own
And a precious piece
Of this Divine puzzle.

Hold the space
Of love
For God's plan
And await the Real.

Be an invitation
Into Wholeness
The Heart that beats
Rhythmically in All.

Hold the silent request
For Communion
The Prayer that
Commands us to kneel.

