

SOMATHEERAM

By Dennis Sheppard

(Room 108 August 2015)

The noise of the ocean fills me up,
Stillness allowing the sound to erupt.
Perceptions heightened pointing to pleasure,
Feelings are good by any measure.

This retreat from the world on India's coast,
Relaxes my being, my mind fully engrossed,
With the gentle life on this campus grand,
Nothing to do, no-one to demand.

Beautiful women and handsome men,
Are working, serving, to practice their Zen.
Involved with us all in this virtuous trade
Nested nobility bringing a truthful cascade.

The temperature warm makes me drowsy with sleep.
But the wind brings chants pointing to something deep
Yoga halls full with practice and goodwill.
The grounds vibrate with sympathy, for me to distil.

The pool invites for a bathing bliss
The ocean embroiled, waves joining the abyss
All is revealed from this perspective still.
Symbiotic relations existing with nature's will.

Hungers continuous call, is contained three times a day,
With delights made to balance our ills on display.
Dining five stars in this wonderful setting
Pleasure building awareness and Ayurvedic blessing.

The smells of the herbs and the oils and the ghee,
Tell of the treatment that is waiting for me.
Tinsa's strong hands fixing my aches and pains,
Following Doctors instructions, to address my campaign.

The purging that happens sometimes feels a like trial,
Can I face any more without losing my smile?
But persistence and trust in the goodness at play.
Will transform and bring peace to make my day.

The good will and service on offer at this place,
Renews faith in life and is humanity's best face.
You let go of yourself into nature's best care,
To imbibe a beauty and knowing beyond compare.

What joy the founders of this place have brought,
A sanctuary sought, for relief from our thought.
A place to build balance and presence of mind,
Three sadhu's to all involved; for being so kind.