

THIS QUEST

POEMS ON THE SEARCH FOR
ENLIGHTENMENT



BY TRADITIONALBODYWORK.COM

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*"Ask, and it shall be given you;
seek, and ye shall find;
knock, and it shall be opened unto you..."*

— Matthew 7: 7

Preface

The poems in this book were written between 2011 and 2015.

They are about the quest, a journey you don't invent or deliberately embark on. It pops up without your volition, and when it starts to manifest itself, it slowly but surely becomes a red-hot burning endeavor.

It can only find its closure when it ends — when this all-devouring fire has “eaten all” and naturally extinguishes itself by a sudden, unanticipated lack of fuel.

You then realize that this fuel, this constant feeding of the fire, were only *your questions*. And when — in spite of you — the questions subside, no answers are needed.

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About the Author

I initially studied Information Technology in the Netherlands and worked seventeen years in software and database development for a variety of international companies and organizations.

In 2009, I left Holland for good, and discovered the beauty and healing power of Thai Massage and Reusi Dat Ton (Thai Yoga) in Thailand. It changed my life's direction and inspired me to become a massage and yoga practitioner and teacher.

After my return to Europe in 2010, I started offering treatments and training, and — for about a decade — regularly returned to Thailand to further my studies in the Thai healing arts.

In 2018, I co-founded the TraditionalBodywork.com website as a platform to publish articles, eBooks, and Video Workshops about Thai Massage and Reusi Dat Ton.

Today, I also publish works about other types of massage and bodywork, somatic practices, alternative and complementary therapies, nature, spirituality, and unconventional lifestyles.

In addition, I share essays, poems, and reflections about my personal life and experiences.

You can learn more about my background and about the website through <https://www.traditionalbodywork.com/>

Poems on the Search for Enlightenment

This Quest

This quest
we're going East
and back to West

we pack our bags
we're leaving home
to be a guest

we're shaking earth
the heavens
do our utmost best

this quest
we cannot get it
off our chest.

What Is It

What is it
we are longing for
what is it
that we hope to find

why is it
we are going on
keep on
troubling mind

who is it
posing questions
reading all
those fancy books

what is it
that we hope to gain
going to
these guru crooks

why is it
that we want to know
not knowing how or
what it is

when is it
that we stop this thing
acknowledging
our helplessness.

You See the Light

Suddenly
you see the light
you think
you've got it right

suddenly
it's all so bright
you think
you've won the fight

suddenly
you're back in fright
step back
into the night.