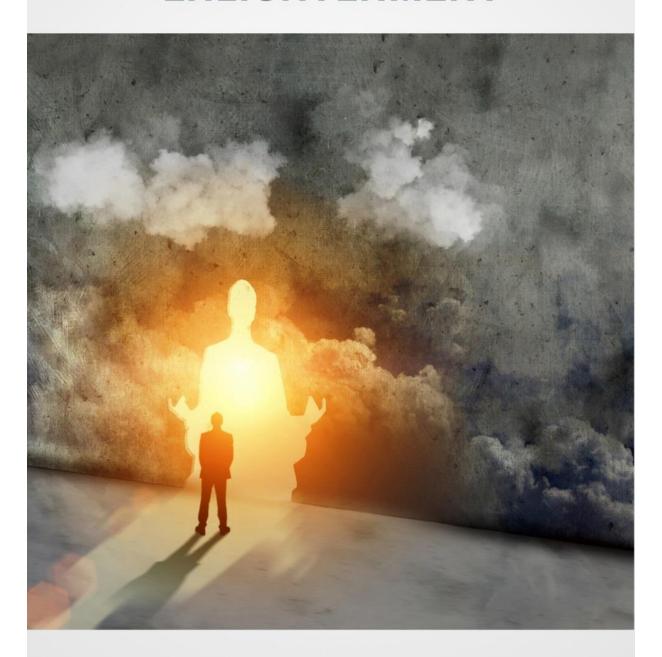
# THIS QUEST

# 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 alldevouring 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.

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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 <a href="https://www.traditionalbodywork.com/">https://www.traditionalbodywork.com/</a>



# 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

**W**hat 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**

**S**uddenly 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.