

## “Spirituality”

You want a “spirituality” that includes:

Mantras  
Crystals  
Soul mates  
And twin flames

You want  
The perfected state  
The unperturbed  
Presence and  
Unconditional love

But, do you want truth?

Real truth  
Truth that includes  
brokenness,  
A truth  
That you finally see  
When you hit your lowest.

Or is your spirituality  
Another shell  
That you are wearing  
To be someone,  
To make sense,  
To be accepted,  
Loved,  
Respected, or  
Needed?

This search  
We are all on,  
In the name  
Of spirituality,  
Could be just a clever way  
To avoid  
Having our hearts  
So broken open,  
That the very dirt

Beneath our feet  
Becomes  
Holy.

How could it be  
That the darkest,  
Or most mundane parts  
Of our existence,  
Are also breathtakingly  
Exquisite?

How could it be  
That our memories  
Our bodies  
Our relationships  
Our lack of meaning  
Our addictions  
Our patterns of sabotage  
Are actually divine jewels?

*The sheer divinity*

*Of reality*

*Just as it is,*

*Is so overwhelming*

For the mind,  
That the concepts  
Of “spirituality”  
We create,  
And so loyally follow  
Become another shield  
Of protection.

Better to drop down  
Naked of all pretense,  
Not to adhering to  
Any form of spirituality,  
And then just wait  
Until you open.

- James Marshal w/edits by Lyn