

SWAG WITH LOVE

Snapshots & Stills from An Impassioned Life Lived Every Day
Capturing the Eternal and Continuous Love Song

A Circumstance Enacted by Cheselyn Amato

How amazing that sublimity, awe, wonder and delight are embodied in every infinitesimal frame that we choose to see. The frame – like a snapshot or moving image still – captures an instant that does not otherwise exist. The key to heightened experience – imbued experience – is simply paying attention – making oneself available to receive transmission that is going on continuously all the time. The act of noticing offers so much.

Paying attention and noticing govern my aesthetic practice as a visual artist, and as a poet and ceremony celebrant. I am fueled by the desire to create conditions and circumstances that encourage and enable the sounding and receiving of resonances and outpourings meant for each one of us.

Experiencing sublimity, awe, wonder and delight can beget an impassioned life lived every day. The waters above and the waters below are separated, by us. We, humanity, are like a gesture, like the effect of the wind – interrupting or disrupting continuity and flow. We are also eruptions arising out of continuity and flow. We are ourselves a kind of divide or baffle or gap between. We are a swag, a swish, a spiral, a swoon, a swirl, billow, curl, and furl. We are waves and trajectories intersecting every which way whenever. And so, and yet, reality not being as it seems, still we exist in the illusion of shared time and space together. Together we traverse time and space as we are able to experience it, and we catch flashes, glimpses, snippets, clips, and blips that frame and amplify the mystery of all that is:

Coming back from the dead,
Returning after the fall,
Returning after being in the wilderness and lost there for some time,
New sprigs of life are bursting open, new shoots are popping forth,
Snap, Crackle, Pop!
I am here, here I am:
I have heard your call,
Your love song to me,
and I am saying yes.
Yes, yes, yes –
Pay attention
Because you will notice
That everything you need and want is with you –
Delight in the signs that Mystery gives.

Ah this resonant and resounding, resplendent and radiant life,
This marvelous and mighty Earth!
Each of us strong but vulnerable,
naturally limited without exception in some regard,
and encompassed within a frame of reference that encloses us completely.
But sometimes because we try,
And sometimes without apparent effort,
We wake up, and suddenly we have walked through the portal
that perhaps we have gazed through for a very long time.
Awake, we cross the threshold, and begin again, liberated and free,
And still human, that's the ecstasy.
How lovely these instances are!
Hurrah for Love and Willingness,
Hurrah for Snap, Crackle, Pop!
Here, There, Everywhere,
Reminding Jewels of Edifying Remembrance,
Soothing Toggles to Sweet Forgetfulness.
Cherish all the signs along the way that constitute the melody and lyrics
of the ever-continuously undulating and unfolding love song.
That is my life and yours and everyone's anytime, all the time.
Just walking along the way, what you want and need show up,
appealing to your eye, your ear, your skin, your nose, your palate –
paying attention and noticing happens effortlessly,
then you receive all that is present to sense.
A tireless, ever ready will to transmit beauty and pause the fearsome
enwraps you and charms you and protects you,
how wonderful to be human and alive!