

## the ONE...introduction

These reflections have taken me a life-time to write; not the actual pen on paper writing, but living the experiences that have given me something to write about. That's my approach, my guiding principle; it must be from the heart, *my* heart, *my* own life experience. The content of some of them I've lived through completely, so it's totally autobiographical; others are a mix [in various proportions] of that, together with my observations on life, and made-up fiction. The percentage of the mix in any individual reflection is my secret. Someday I'll share it; but not now.

People might call my particular style 'poetry', and technically, a lot of it is. However, I felt that if I used that word in the title, it would put my writing into a box that people may have already decided they love or hate, based on their previous experience of poems, so I chose a different word instead. '**Reflection**' gives the idea of taking a step back to consider or think, especially about the more serious matters of life [and death]. It's also what we see when we look into the mirror, where what faces us is a true image of ourselves, the real us.

In my mind, I was always going to include the 2 words: 'Spiritual Reflections', but in the end, I cut out the first of those, as I felt many people would already have their own view of what it meant, possibly stopping them from looking inside. I chose simply to write 'Reflections' but then have the extra sentence '**dig beneath the surface of life**', which can cover many things, including:

- heart, mind & emotions
- thoughts, words & actions
- values, beliefs & spirit
- life's beginnings, journey & destination.

These reflections are all unique. They stand alone. I never intended that someone should just read or listen to all of them from start to finish, although of course you are

free to do that. What it's really best suited to is more of a 'pick and mix' approach, choosing a title that connects with what you're going through at the time, so it's more of a 'now' moment for your soul.

They are therefore for everyone, whoever and wherever they are...although may in fact be accepted by none. Atheists, agnostics, believers...all are invited, as we share a common humanity. I don't for one minute expect you to agree with all that's written - even I don't, but please don't abandon the whole, based on the one reflection or sentence that you don't like.

Finally, I want to say that I've poured *my* **soul** into every single one of these reflections, some of which have been in process for many months or even years. As you read or listen, it may be that only **the ONE** reflection or even just **the ONE** single phrase is like a **voice** [source unknown] that speaks to *your* **soul** in a deep, profound, or even life altering way. If that happens, well, it's why I put so much of myself into writing, so I'll die happy knowing it's helped someone...

## *Guru Mani H*

Please note: I use the title 'Guru' in the *general* sense of someone with expertise or experience, not in the *specific* way that it is used in some religions.