

MARLYN AMANN

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Marlyn Amann was born October 12, 1943: At Women's Hospital in Baltimore: Maryland: USA: Marlyn Amann's favorite activity as a child was running for the sheer pleasure of running faster for the pleasure of independence: Being alone in the world of imagination: Free floating attention: Living in the moment: Paper dolls: Finger paints: Mud pies: Arranging pebbles: Feathers: Leaves into patterns: Life's breath: Exploring under the stairs: Down alleys: Wondering what was hidden behind yearning to follow paths leading to the unknown: Marlyn Amann's first job was business woman at thirteen: Denied a paper route: Boys only: She started a summer playgroup: \$6 per week per family: Only customer: The next door neighbors' family of six kids: For employees: Her younger cousins: Marlyn Amann's Mother was born in 1921: In Baltimore: Maryland: USA: Among dirt poor: Stone throwing sardine on saltine Jew haters: She would come home to six brothers and sisters lined up every Saturday to be beaten to 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an adult Marlyn Amann loves:** Light: Being full of breath: Empty mind: **Quiet:** The music that is not quite heard: Ice cream: Wind: Sweat smelling air: Walking in the wind: Night stars: Day stars: Friends: Laughter: Warmth: **Sex:** Touching: Being touched: Giving pleasure: Receiving pleasure: Love: Touching other people's minds: The deepest sense of sense: Seeing: Shape: The shape of a design: Object: Sound: Idea: Life: Movement: The movement of shape: Formlessness becoming shape: Shape transmuting: Stillness: The movement of shape poised at the balance: I am: It moves: To remember: Every thing and all is new: Now: Veils: Drop: Float away like clouds: Translucent sweet breath: Bubble full and light suffused: Crystalline shivered ice tears loose from the grip of winter: The subtle wise light in the void: Tender shoot: Alone: **Fragile:** Filled: Beyond bounds: Infinite light: Marlyn Amann's favorite animal is the eagle: Soaring far: Observing all: Patterns fragmenting: Reforming: 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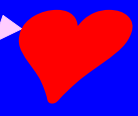
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as all in between life too:

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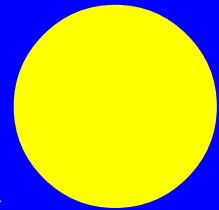
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As an adult Marlyn Amann loves: Light: Being full of breath: Empty mind:
Quiet: The music that is not quite heard: Ice cream: Wind: Sweat smelling
air: Walking in the wind: Night stars: Day stars: Friends: Laughter: Warmth:
Sex: Touching: Being touched: Giving pleasure: Receiving pleasure: Love:
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other people are not in relation to her: That they are e struggling with their
own inner demons: Their own hopes: To value and respect what is alive in
her and in other people: To live like a bird with line attention on her Self
and to whatever she is doing: To realize what it is to be human: To be kind
to her Self: To realize and express real kindness to other people: To be what
Marlyn Amann is: To express what Marlyn Amann is s: To be able to start:
To be able to stop: To be Conscious: Inside: Outs ide: And in between:
And now I will say farewell to you: And I will sing of f another smoke seep
ing through cracks that know no barriers looking in where there is no hor
izon no bottom to no ocean where no phantasmagoric construction of wall
narrow corridor closed doors can ever contain silent m elody light suffusing
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To be brave; To take risks; To realize that other people are not in relation to her; That they are struggling with their own inner demons; Their own hopes; To value and respect what is alive in her and in other people; To live like a bird with fine attention on her Self and to whatever she is doing; To realize what it is to be human; To be kind to her Self; To realize and express real kindness to other people; To be what Marlyn Amann is; To express what Marlyn Amann is; To be able to start; To be able to stop; To be Conscious; Inside; Outside; And in between; And now I will say farewell to you; And I will sing of another smoke seeping through cracks that know no barriers looking in where there is no horizon no bottom to no ocean where no phantasmagoric construction of wall narrow corridor closed doors can ever contain silent melody light suffusing water prism colors that do not fix to form this mind march to no drum beat breath ocean floating free from zephyr to storm to blizzard and back as all senses are tuned to sense the call of inner and outer and in between life too;

MARLYN
AMANN



MARLYN AMANN



Marlyn Amann was born October 12, 1943: At Women's Hospital in Baltimore: Maryland: USA: Marlyn Amann's favorite activity as a child was running for the sheer pleasure of running faster for the pleasure of independence: Being alone in the world of imagination: Free floating attention: Living in the moment: Paper dolls: Finger paints: Mud pies: Arranging pebbles: Feathers: Leaves into patterns: Life's breath: Exploring under the stairs: Down alleys: Wondering what was hidden behind yearning to follow paths leading to the unknown: Marlyn Amann's first job was business woman at thirteen: Denied a paper route: Boys only: She started a summer playgroup: \$6 per week per family: Only customer: The next door neighbors' family of six kids: For employees: Her younger cousins: Marlyn Amann's Mother was born in 1921: In Baltimore: Maryland: USA: Among dirt poor: Stone throwing sardine on saltine Jew haters: She would come home to six brothers and sisters lined up every Saturday to be beaten to never become free of lifelong nightmares of hunger: Rats: Beatings: Marlyn Amann's Father was born in 1913: In Saint Mary's County: Maryland: USA: His family ran a country store in darkest southern Maryland: Milk straight from Nellie the cow: Freedom to explore fields and woods: An older brother to hit him over the head: A grandfather to try to beat religion into his head: His head survived to continue to love learning: As a child Marlyn Amann lived in Baltimore: Maryland: USA: In a series of row houses in Jewish neighborhoods: Once next to a synagogue buzzing of summer music of ancient mumbling: Outside: The eternal kibitzing of grizzled old men lounging on folding chairs: At age ten Marlyn Amann moved to a neighborhood of bungalows: Big yards: Trees and quiet streets: Marlyn Amann met her first real friend whose Christian parents soon moved away from the neighborhood Marlyn Amann's family had tainted: As a child Marlyn Amann loved: This moment flowing into that moment: Ever unique: Each discrete: Grass: Touching the feel of it: The smell of it: Air entering her nostrils: Filling her lungs: Buoyancy lifting her feet from solid ground: The lightness of air: The shock of bright light and the brisk snap of the October wind on her cheek: Riding on her father's shoulders: Sitting in his lap while he read to her: Feeling warm and safe: Running like the wind: Leaping from rock to rock: The moment of balancing on one toe: Sitting half way down the cellar stairs where her shelf of books held poems and myths: Fairy tales and stories of adventures: Exotic places and different ways of life: Savoring words as food: Walking into the library awed trembling with fear and anticipation looking up at the towering shelves of books wanting to read them all: Contemplating infinity: Trying to sense the experience of it: The tentative fragments of music drifting out of a house of strangers as she passed by: Now: Marlyn Amann lives in El Cerrito: Contra Costa County: California: As an adult Marlyn Amann loves: Light: Being full of breath: Empty mind: Quiet: The music that is not quite heard: Ice cream: Wind: Sweat smelling air: Walking in the wind: Night stars: Day stars: Friends: Laughter: Warmth: Sex: Touching: Being touched: Giving pleasure: Receiving pleasure: Love: Touching other people's minds: The deepest sense of sense: Seeing: Shape: The shape of a design: Object: Sound: Idea: Life: Movement: The movement of shape: Formlessness becoming shape: Shape transmuting: Stillness: The movement of shape poised at the balance: I am: It moves: To remember: Everything and all is new: Now: Veils: Drop: Float away like clouds: Translucent sweet breath: Bubble full and light suffused: Crystalline shivered ice tears loose from the grip of winter: The subtle wise light in the void: Tender shoot: Alone: Fragile: Filled: Beyond bounds: Infinite light: Marlyn Amann's favorite animal is the eagle: Soaring far: Observing all: Patterns fragmenting: Reforming: Patient: Effortlessly: Updrafting: Waiting for the moment to dive to action: Realizing: Flying is not effortless: Flying requires harmony with reality: Flying requires observation: Flying requires care: Flying needs exact effort: Too much exhaust: Too little results rotting in the nest: On the wing tongue tucked behind teeth she told her Self a story about an eagle flying: It was the great watcher of a mouse running below endlessly around the tangled worn ruts of path: To the mouse the eagle is an ominous shadow: To the eagle the mouse is life: There is no hurry: Suspension on a current of air movement is stillness: Marlyn Amann's favorite idea is that her only concern should be to try and stay attentive to the wordless call from her real Self which is always breathing in her being waiting for realization to be born again to her Self: Heart free: Mind empty: The heart of the heart of the mind: Rust vapors obscure mirror reflection: Polish: The image in the mirror is hard: The reflection in the 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