

The Lost Book of Mystical Insights

POINTERS & REMINDERS



STEPHEN D'AMICO

Illustrations by Daniele Scapati

Readers' Favorite Review by Asher Syed

In his writing of *The Lost Book of Mystical Insights*, author and poet Stephen D'Amico shares his deepest desire to connect us with the divine, and his personal journey of awakening and enlightenment. In a collection of earlier works that D'Amico has revisited with greater spiritual insight, and newer pieces gifted to the public for the first time, D'Amico combines poetry in multiple styles and formats. His poetry is accompanied by artwork, and the poems themselves are intentionally shaped to be artwork, as well. The artwork ranges from a poem in the shape of a candle flame that begins with "A divine spark of brilliance..." to the very earthly plea to live authentically in a piece followed by a drawing of a Dickensian scene.

I really love poetry in general, but there is something extra special about an entire volume being written by a poet who has dedicated their life to spiritual teaching. *The Lost Book of Mystical Insights* by Stephen D'Amico came to me when I most needed it, and for that I am grateful. There is an intelligence to the work that can only come from a gifted storyteller who not only shares words but wraps them in emotion and delivers them with honesty. I was surprised to find myself laughing, nodding, and sharing lines with anyone who would listen. The piece that lingered with me the longest and still stays with me today is on page 350: "Of all the paths we can follow in life, there is one that matters more than anything else. It is the path of a true human being. The beautiful ones who are always spreading love and positivity and bringing out the best in all the lost or sleeping souls still wandering around this world wondering how to get back to a home we never left." Very highly recommended.



The Lost Book of Mystical Insights

POINTERS & REMINDERS

Stephen D'Amico



Ameek
Press

*Because of Your Mysterious Origin
& Your Bewildering Infinity
Because of Your Formless Essence
& Your Eternal Consciousness
Because of Your Boundless Being
& Your Neverending Bliss
Because of Your Spiritual Transcendence
& Your Physical Immanence
Because of Your Almighty Power
& Your Amazing Creation
Because of Your Visionary Dreaming
& Your Magical Animation
Because of Your Cosmic Light
& Your Manifesting Energy
Because of Your Electric Heartbeat
& Your Oscillating Hum
Because of Your Magnetic Attraction
& Your Exquisite Symmetry
Because of Your Indivisible Unity
& Your Interwoven Variety
Because of Your Invisible Creativity
& Your Revealing Activity
Because of Your Perpetual Appearance
& Your Sorcerous Vanishing*

*Because of Your Dynamic Ordering
& Your Total Care*

*Because of Your Generous Spirit
& Your Outstanding Patience*

*Because of Your Ultimate Goodness
& Your Infallible Justice*

*Because of Your Supreme Knowing
& Your Loving Grace*

*Because of Your Compassionate Mercy
& Your Abounding Kindness*

*Because of Your Synchronistic Guidance
& Your Timely Blessings*

*Because of Your Transcendental Knowing
& Your Optimizing Intelligence*

*Because of Your Illuminating Truth
& Your Liberating Wisdom*

*Because of Your Entrancing Awareness
& Your Elevating Gaze*

*Because of Your Bottomless Depths
& Your Unshakeable Grounding*

*Because of Your Unlimited Widening
& Your Centering Core*

*Because of Your Epic Equanimity
& Your Endless Joy*

Introduction

I'm so glad your eyes are finally meeting my words! Or perhaps we've met this way before? Either way, the main thing I want you to know is that beyond the veil of everyday life there is a deeper mode of knowing the true nature of reality, and that the way to access this spiritual dimension of your being can be found within these pages.

What else should I share with you before we begin? Perhaps you'd like to know how I knew which way to go on my own journey of awakening? The most important thing I can tell you is that my deepest desire was to become one with God, proving that if you are sincere in your search for enlightenment, a path will open up for you.

Back when I was still seeking enlightenment, I experimented with a literary style that fused prose and poetry together as a way to uncover the source of existence. This writing was inspired by glimpses of the formless realm and my ardent desire to fully merge with it to attain lasting spiritual freedom.

When that shift finally came about, it totally transformed my life. My consciousness and identity (or soul) merged with my higher self, and I became a better person overnight. A few days later, I burned everything I had written leading up to that moment to completely let go of my ego and attachment to the world of form.

Introduction

This book is inspired by the same kind of writing I was doing back then, only now the words come from knowing the spiritual path and its ultimate goal far more intimately. Each entry is written in a condensed and often poetic way to enlighten and delight the soul.

Many of the poems are instructional, with a haiku-like simplicity that gets straight to the point, and all of the poems share this same succinct style. Like sutras, they are designed to sink into the depths of your being, providing inspiration and guidance for your spiritual journey.

These poems also speak to each other and to you, with each entry made more meaningful by its connection to earlier ones. This way of writing follows in the footsteps of *sohbet*, a conversational style of transmitting mystical knowledge and inspiring devotional love through storytelling and poetry.

The text also combines concrete poetry with mantric poetry to enhance the meaning and impact of the words, which are all just fingers pointing at the moon, or invitations into the silence beyond words. Concrete poetry plays with the placement of words on the page to produce visual images related to the topic, and mantric poetry pays close attention to the sounds of words to capture the musical ring of spiritual truth.

Introduction

The shapes of all these poems are also archetypal in nature, meaning they are shared across cultures. Symbols such as the chalice, diamond, head, keyhole, pyramid, and spade all invoke an immediate sense of knowing beyond language that is instantly recognizable and deeply meaningful in an intuitive way, and even more sublimely, the text itself scrolls along expanding and contracting like the nondual nature of reality it constantly describes.

To increase your enjoyment of this book, don't feel that you have to absorb it all at once. It can't be read too slowly, but it can be read too fast. Many readers also describe feeling hypnotized, which is intentional. But if it makes you feel uneasy at first, allow yourself time to get used to this mesmerizing effect to maximize the impact of all these mystical insights.

The text follows a natural rhythm the same way life does. Themes emerge like waves from the ocean of oneness lapping on your shore and inviting you in. So go ahead and dive in whenever you're ready and let your soul soak in the liberating waters these words reveal.



In the beginning
God created
the Logos
which is a
kaleidoscopic
matrix of geometric
shapes and colors God
makes using holy sounds

The Logos has an endless
capacity to morph into
any configuration
imaginable
allowing
God to
render
platonian
simulations
in concrete ways



When the inner eyes and ears
are blown open the Logos
can be seen and heard

The Logos shapes
the very light of
creation which
is as bright as
a gazillion suns
and made of strings
of interacting intelligence

The vibrations creating the cymatic
fractals begins as OM and rises to HU
in a crescendo of cosmic frequencies



Before we decode any more
keys I hope you're not
one of those
people
who
reject
the word
God because
you haven't in fact
deciphered any of the
enigmas found in religion

The epigraph at the front of
this book is a work of praise
for how magnificent God is



You've heard it said when
the student is ready
a teacher will
appear

Ergo
the simple
fact that you are
reading these words
right now means you are
ready to hear these truths
so let this message be the
primer that guides you on
your journey through the
rest of this magic book
full of spells to free
your soul fully



I follow in the
footsteps of Ramana
and Rumi and Shams

Rumi referred to God
and his guru Shams
as the Friend

I am also a
Friend in the flesh
vibrating at the same
frequency as Ramana
with a pound of the
poetic gravity of
Rumi and a
splash of the
intensity of Shams



Now
that I have
your attention
let this sink in

Enlightenment
is the result of
God's grace
and your
ardent
wish
for
it

Beyond
that nothing
else is needed
not even a guru

The words of any
sage worth their
salt will stress
this often
now
follow me
I know the way



There are many religions
but only one
God

There are many paths
but only one
goal

There are many mystics
but only one
message

Creation has a purpose
that began with
a wish

God was alone and
wanted to be
known

As we awaken God's
dream comes
true



The highest level of attainable
awareness has been in
existence since
before the
dawn
of creation

The only difference
between a tree and a
flea and humanity is the
degree of complexity for
the higher up the ladder
of life you go the more
equipped you are to
make the unifying
discovery that
everything
comes
from
a divine
emptiness



Spiritual enlightenment
doesn't just reveal
the oneness of
everything
there is

It
also
bestows
the ability to
alter our realities

Darlings of divinity
we become then
with heavenly
hearts and
minds in
bodies
designed to
wield the power
of godly vibrations



What came before the big bang?

This mystery that scientists
still struggle with was
solved by mystics
many moons
ago using
the mirroring
lens of awareness
to explore the depths
of human consciousness

This inner odyssey takes us
way beyond creation into
the formless source of
this cosmic dream
we call reality
throbbing
with so
much
life
that
sprang
out of the
void of infinity



The same spiraling motion
of electrons spins whole
galaxies and our very
universe whirls into
existence from a
source that's
still static
energy

At your core
you are one with
the unmoved Mover
crystallizing creation

If you stay perfectly still
your soul will wind its
way back to the very
beginning before
everything we
see swirls

into

b
e
i
n
g



Spiritual freedom is
initiated by the
dissolution
of our
egos
and the
resurrection
of ourselves as
transcendent souls

This is that death before
dying and being born again
every religion already knows

When you find yourself face
to face with the infinity of
God don't pull away in
fear let yourself fall
into the essence
of emptiness and
the ground of your
being will arc up and
anchor your higher self



POETRY/SPIRITUALITY

Keep
this book within
arm's reach for a daily dose
of inspiration. Each entry con-
tains essential truths written in a
condensed and often poetic way.
Read it once from beginning to end
then open it up again at any page and
start reading the first messages you
see. There are so many reminders
here all leading you home while
sharing pointers you can use
to get back there again
on your own.

