

Quest!  
Questing!  
Rhythm is life and life is rhythm – Oh! Rhythm ----  
Rhythm, Rhythm, - Exalt the fire within! Yes! The fire within!  
All! All's –  
Understand the primordial consciousness of you – “You” –  
The Sun behind the sun!  
Unravel the mysterious forces of life itself – Yes! Life force (forces)-  
The Sun in “You” – “The fluids of life” - -  
Emotions! Emotions!  
Sexual desire(desires)  
Oh! What speed the body responds to sexual thinking – ideas!  
Getting a lift! Yes! A Lift –  
Easy for some – Painful to others – Death to many –  
Some shake the organ, - they pat it – they beat it – they apply substances –  
they tie it – they drink this – they drink that – Yet! No response! –  
Rhythm is life and life is rhythm – Oh! Rhythm –  
Implants! Oh! Implants – no erectile dysfunction –  
“Whoever believes in a God – believes in an infinite mystery “  
Seeking this! Seeking that!  
They pray – they prayed for sexual vigor! Yes! Sexual vigor!  
Quest for standing – standing in something – The vagina! Etc. Etc...  
Then came the mystery pill(pills) – Tablets –  
Some consume half – others one or two –  
Get a lift! Get a lift!  
Some expired and cannot record the experience – standing inside – Firmly!  
I am no pharmacist nor trained in diagnosing medical situation(situations)  
But check this out – we are loosing too many pre-maturely –Yes! Pre-maturely –  
Some are exhausted and exasperated –  
Pre-existing condition(conditions) can dictate outcome(outcomes) –  
Rhythm is life and life is Rhythm – Oh! Rhythm --  
Prerequisite!  
Understand and respect the nature of your being- “Being!”  
Blood flow! Oh! Blood flow – critical –  
Systolic and diastolic blood pressure –  
Cholesterol! Oh! Cholesterol – LDL (low density lipoproteins) – so called  
bad cholesterol - -  
Recognize your “light” within – “the super-conscious mind” –  
All! All's –  
Study the seven systems of your body – Breath, Bones, Flesh, Blood, Nerves,  
Food, Sex ---  
Your body is your bible! Yes! Your Bible! Study it for what it worth – Watch your  
Life force, - your emotions and feelings – Recognize your “Light”–  
Be refined – Yes! Refined

NO WAY OUT – poetry, prose, short stories, essays, articles and anecdotes – By Arnold  
Bathersfield

Alchemy! Oh! Alchemy -  
Transmute! Transmute! Even – a clothes pin can prevent fluid from escaping! –  
Practice transmutation – Exercise! Exercise! No worldly desires – desires –  
Oh! Arahant --  
Exalting the fire! Yes! Your Fire!  
Understand the laws of food –  
Break loose – No impotency - Be refined –  
Grasp the body chemistry –  
Explore the noble science of meditation and navigate the nature  
of your “Being”.

Quest!

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\*Women are the “key” to the holistic liberation of the planet/planets.