

sun memos
ziggy alberts



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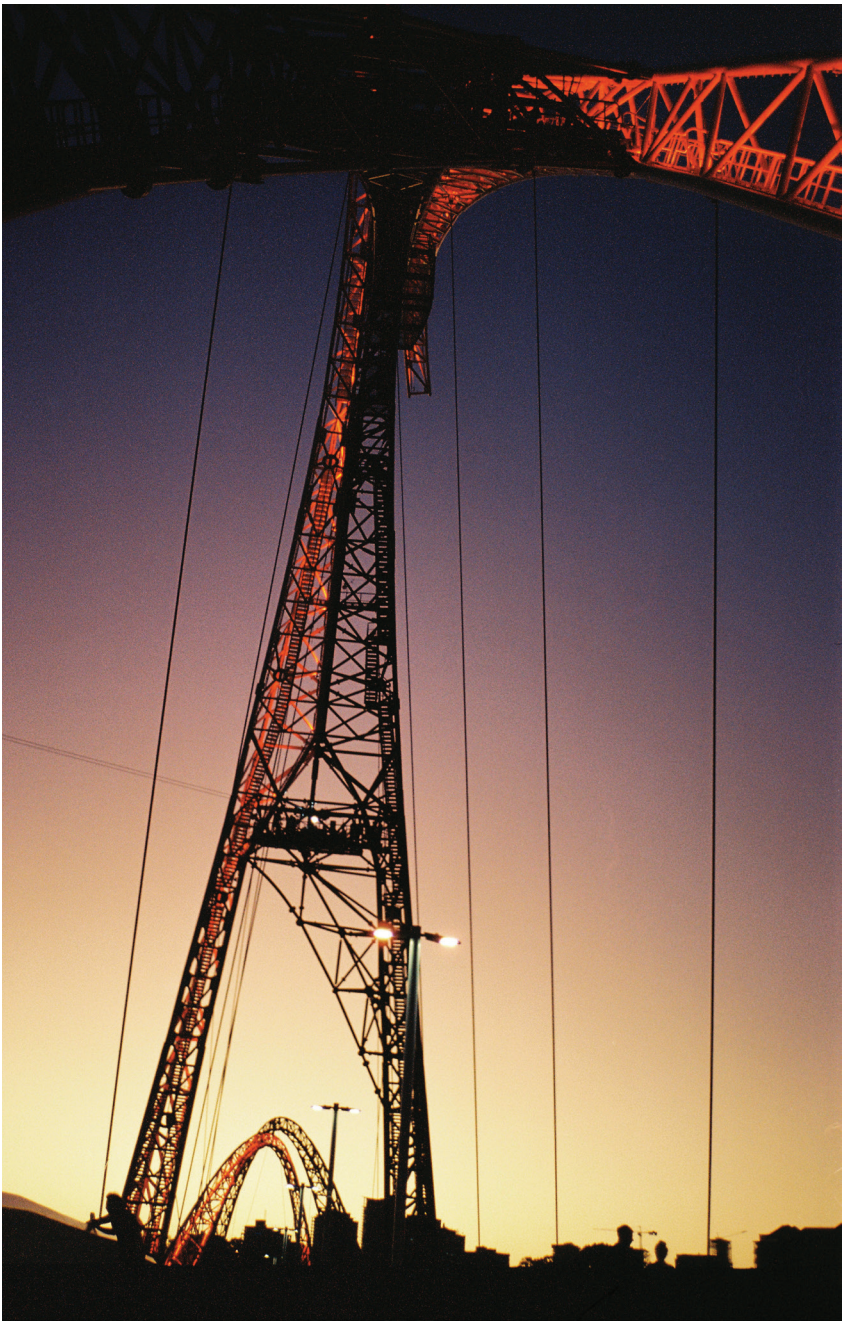
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PART I. Buddhist Hotline

PART II. Honey-pot

PART III. Concerned on behalf of The Universe

PART IV. Lightwork



PART I.

Buddhist Hotline

Scars aren't proof
that you've been hurt
scars are proof
that you have healed.

-

chicks dig scars
and so do men

The one time
taking more
and not less
is always right
and is seldom practiced
is in humans
and all the good advice
we each
so willingly
give.

Usually
our first reaction
when diving into a frigid sea
is to hold
our breath
to restrict
our breathing

isn't it funny
how our first bodily reaction
is the opposite
of what is actually best for us
of what is actually good for you
and what would be
much better
for all parties involved
including the blood
trying to flow
around your body
is to breathe
even more deeply
than usual

I wonder how many moments
we react like this
like warm bodies to frigid water
like known humans
to unfamiliar seas

Believe the story
that is most aligned
with reality

and if you must believe
a fictional story
make it worth the while because
belief defies reality
and if you wish to defy
reality
in this singular finite lifetime
it would be best
to make the story
unbelievably good.

- inner dialogue

uncertainty
is the heart
of mortality

in all of our many forms
wishes
and pursuits
we are at least
most certainly
one thing:

mortal
beings

- pg.53

Maybe
we should address
the unknown
more like
an old friend

(with embrace)

like the other languages we hear
but do not speak

(smile)

bridge the gap
and realise
the unknown
speaks most the same dialogue
just in ways
we haven't learnt yet
how

*- the younger you start,
the easier it is*

The more I learn about
what is considered normal
the less I believe
it is remotely ethical
or reasonable
to consider it
a valid reference
in what I personally consider
is right
or wrong

How easily
we forget realisations
and how readily
we remember
doubt

- practice and you will be good

*To be smart enough
for our own good*

that might just be
the key
to our human universe

Don't worry
you're on the right path
otherwise
you wouldn't notice
you were getting off track

remember
life is an adventure
and in all good adventures
somebody gets lost
and luckily
today
it's you!
and not somebody else
lost and amidst
what just might be
an incredible
adventure //

Not everything.
That's about the right amount

we've got to keep some impulsive
human qualities
otherwise
you and I
are more or less
computers
And heaven knows
we've got enough of those already

- pick and choose

I didn't understand
the depth in which
we affect others
until I was trying
to fall asleep
next to somebody
already sleeping

-

and as I changed and slowed
the depth of my breath
the dreamer
unconsciously
did the same

-

what a great interbeing
we share with others
to maintain our own
wellbeing
when something as subtle
as our breathing
affects each other
even in
totally
separate
states
of consciousness

Isn't it funny
how eagerly we sell
escapism
to ourselves
and each other

ideas that travelling to the far reaches
of the world
will provide answers
would provide contentment
could provide peace
to all the questions and desires and restlessness within -

Maybe it does
Maybe it will
but what I've learnt so far
from all my travels is this:
the best things in life aren't for sale
and in all my travels
I have not seen
one single advertisement
From the myriad of selling points
encouraging people
to take a trip
inwards

How many copies
do we make
before the art or importance
in taking care
of the original
becomes lost ?

- questions for self

Maybe
the truest of secrets
are truly impassable
and that is why
many a writer
philosopher
guru
and saviour
suffer deeply
trying
to share them

-

A true secret
will keep itself as such
even when
trying to be defined
in a matter
of words

-

And so forth,
as I realise this,
I will continue to write
sharing my reflections on living
knowing them
exactly as they are:

secrets

And discontinue
this impossibly tiring pursuit
of thinking

I could discover secrets
and then feel good
or responsible
for sharing them

-

If life chooses to entrust in me
the secrets of living well

I will do
as true friends do
and keep it exactly
as it was intended
to be

-

a secret

We are
never here
again.

that's the truth
of our situation

when you consider that
not as a belief
but as a reality

does anything
change?

Humans seem to be
the only form of life
that forms opinions
on whether or not
life is worth living
while simultaneously doing
just that.

Isn't it funny
how sitting down
to simply
close your eyes
to focus on your breath
and observe
the surrounding audioscape
is perceivably harder
than our usual mode of being
despite it being
a practice
of simply
doing less?

- buddhist hotline

To watch
our breath
is to focus
on the very ebb and flow
of life and living

we seem to watch
and watch out for
a lot of things
but find it peculiar explaining
why
to ourselves
or others
we might keep an eye
on something
of such
importance

Lick your own elbow
and tell me that
souls don't come
in pairs of two.

- two for one deals

Of all the steps
choose direction
of all the lovers
choose one
of all emotions
choose love

ACKNOWLEDGEMENTS

Thank you to my team, who brought this book to life amongst the relative chaos of touring the world — it was almost lost in the years between, and I can breathe a sigh of relief now these sun memos are bundled into these pages.

Writing poetry has nothing to do with publishing it. Writing poetry is what music has been for me since the very beginning: an outpour.

Minimal planning, maximum emotion.

Like my first book, *brainwaves*, this is another thoughtfully independent project made possible by my family & friends at Commonfolk Publishing.

Looking forward to connecting with you all for the second time, and again.

X,
zig

ABOUT THE AUTHOR

world touring musician
(still) human being
ocean enthusiast
author

Ziggy Alberts, an Australian singer-songwriter and author, has captivated audiences worldwide with his authentic writing, folk-pop melodies and an upbeat energy that shines in his solo-act, live performances.

Alberts' narrative unfolds on his terms, reflected in his latest musical records and debut poetry release, *brainwaves*. Differentiating from his lyrical work, readers of *brainwaves*, and now through *sun memos*, can discover some of Alberts' most personal realisations from life at home and on the road within his prose.

Ziggy Alberts continues to earn critical acclaim with 'Laps Around the Sun' proudly ARIA Double Platinum Certified, while 'Gone', 'Runaway', 'Heaven', 'Stronger', 'Love Me Now', 'Simple Things', 'Days In The Sun' and EP 'Four Feet in the Forest' have achieved ARIA Platinum Certification. He has also received Gold Certifications for his 'Laps Around The Sun' album and a further six tracks in his catalogue. Alberts has also received an APRA Music Award for Most Performed Blues & Roots Work for his track 'Letting Go'.