

LET IT GO ) FOR IT



SWARMEE BA BA BLU

LET IT GO FOR IT

By Swarmee Ba Ba Blu

LET IT GO FOR IT.

How does an idea originate?

Where do concepts come from?

Who knows.

Was it in a dingy theatre, watching all this violence. The sweaty man in the boxing ring? The big strong black man with a funny hairstyle? Sweat, glistening eyes, confident. "Go for it." I was thrilled, exhilarated, blissed out as some people more wise than I call it. Go for it. The words reverberated in my brain. It had touched a nerve somewhere in my psychic reality, trembling, I left the theatre in a state of shock...I didn't care for the movie.

Was it in the face of a saucer eyed youngster involved in something called "new age" music, who played strange melodies on my five string guitar. Smoking this weird smelling cigarette which would make him laugh alot. "Go for it." He said it in a different way from the man in boxing shorts putting more emphasis on the word go. The saucers go slightly redder. "Go for it."

Or was it in the bamboo clump? Where I had taken the magic drink, lying there in the intense heat, sweating\* profusely. Tears welling in my eyes. Not knowing whether I was happy or sad and not caring. Experiencing death on that bed of dry leaves under the bamboo. Seeing the unity of all nature, Go for it! Go for it it seemed so simple.

Or was it the telephone call from a certain member of royalty who shall remain nameless, suffice to say she is a Duchess of a large Northern sea resort in a faraway land they call England. Her cold haughty voice warbling, "We need your services Saturday and Sunday." Go for it! sprang in my mind.

Or was it in the mad pacing of my apartment thinking to myself I was that man in the old movie representing a person they called Glenn Miller. Applying the blue on my face last used to portray a druid for a religious celebration they have in this land on October 31st. Go for it.....Go Dodgers!

\*(I know! Pigs sweat, men perspire, and women blossom. But I'm a pig according to the Chinese Horoscope.)

Maybe the point of time was when I placed the hair on my head.  
The hair that belonged to Adam when he was old and knew no thought  
of passing on. The hair that belonged to the singer poet who  
predicted his own crucifixion. Go for it.

Perhaps when the voice came to my box, refined by time. People  
flashing past the grey matter. The funny man who passed on,  
immortalising the inept police inspector from the land of wine and  
romance. Or the wise man who likes orange and drives in only the  
finest horseless carriages. Go for it...Go for it...

Before I rush you wonderful people headlong like a giddy whirlwind  
to the fateful day when the two came together to make one, one  
should stop to consider...

Procrastination.

...it has taken me many years to write this word which seems like but a tiny speck in the vast mass of time.

Consider. Let it go.

Listening in a hushed room, rented from the Masons. A large woman who called herself Reverend. "Guilt...you can let it go right now. Fear you can let it go right now." A gentle tranquility swept over me like a warm tide lapping over the sands at Malibu. Let it go. Let it go.

A young unformed mind listening to the words of insects. Let it be. Even then I knew the real truth. Let it go. Let it go.

And back to the bamboo clump feeling the liquid leave my body, as my fear and guilt left too. Goodbye strange friends. When I find myself in times of trouble. Let it go. Let it go.

The fateful day. A combination of all. The briefest fleeting instant locking into the greatest of great humor ones, at the moment he placed the moustache, baggy pants and cane stick and came together. Much praise was and is still heaped on his head. (Although he had to leave the land.)

The shell felt completed.

I talked with many people young and old. Wandered around seeing the open mouths. Gave and received energy. Then came the son, after that the father, outwardly smiling, with perhaps more than a tinge of cynicism. Someone I had known and yet not known for quite a time.

The eye contact. Funny sayings and nervousness, words flowing from my mouth although not originating in my mind, but from the source. A constant tirade. Faces altered, bodies moved and when it had ceased...I heard "Swarmee I'm a little confused, first you tell me to let it go and then you tell me to go for it, what should I do?"

A beat. A second or an eternity "Let it go for it" I said.

Silence.

"Let it go for it" I repeated.

He replied. "I got it."

"If you've got it, then let it go for it"



My life had changed. After the celebrations of the fateful day, in the stillness of the night, I tried to collect my thoughts which were rushing round my brain like mating salamanders on the banks of the great Ganges River, and the only thought I could collect was...Let it go for it.

I repeated the phrase many times placing emphasis on different words thereby changing the outward meaning, putting pauses at different places sometimes speaking the words outwardly, sometimes inwardly, yelling, whispering, a myriad of human emotions. And every time it conveyed the same basic message.

I can assure you that with my excitement sleep was hard to come by. Even counting jumping Brahman Bulls which is usually successful in obtaining this blissful state proved to no avail.

Let us examine the words.

**Let:** To cause to make

To offer or grant for rent or lease

To assign (spelt backwards tel)

Used in the imperative to introduce a request or proposal

i.e. let us pray

Let the prisoners go

"It hit the net" tennis

**It:** The neuter singular form of the third person pronoun,  
corresponding to the masculine and feminine forms, he and  
she and having the plural forms, they, their, them.

Clara Bow the "it" girl.

Abbreviation in a game of tag.

Love Gives Good Feelings Infinity.

Go: Go-go dancing  
Do not pass/Win and Bin  
Japanese game  
"Go Dodgers"  
"No go." "On the go"  
The act of going, to move along  
The power of going: energy  
To pass on  
To be sold at (go for)  
Fashion vogue  
In cribbage "go without"  
A try; an attempt; endeavor

Go out/over/off/on/under/up  
To go aboard  
To go far.

For: One who is in favor of something  
For (bid) Forever  
For (Lawn) For life  
For (ceps)  
For (ce)  
For (e) A golf tee

Let it fo gor it let it fo for it let it go for it  
Glitter foot! Glitter foot!

Practical applications of Let it go for it.

Let it go

Yang: Alpha State

You are sitting comfortably on the floor or chair -- you are relaxed. You have taken deep breaths and now your breathing is normal. You are thinking of things you want to let go...fear...guilt...jealously ...warts...laziness...outstanding bills or the mother-in-law (etc. etc.) They are all joined. As you breath out, think the words Let it go and imagine all your problems leaving with each breath. If tears come let your troubles flow down your face...as you breath in imagine a beautiful white light entering through the top of your head replacing all the negative energy that is leaving. Take your time and let it go.

The exercise is also effective when you go to the bathroom. As your bodily fluids leave. Let it go.

Practical applications of Let it go for it.

Go for it

Yin: Alpha State

You are listening to bright music, (preferably) waltz time. You are moving with the music, feel free to start slowing and really get into the beat. Yes go with it! Jump if you feel like it. You are thinking of something you really want to achieve, you are beginning to perspire. Move. Go with the music...career, romance any positive desire. Focus on one thing you want...thats right, jump...imagine yourself succeeding in this endeavor...when you get a clear image of yourself, start to verbalize "Go for it" preferably in time with the music, you are repeating the words as your spirit takes you in a multitude of ways. Allow yourself the freedom to reach gay abandonment, wd take anywhere from five minutes to eternity...it's up to you...

(This exercise works very well with groups of people)

Practical applications of Let it go for it.

LET IT GO

Stressful experiences in your day.  
Take a couple of deep breathes.  
Imagine the words. "Let it go for it"  
And it is gone, e.g.

Supermarket/Post Office lines  
Negative remarks about your wearing apparel  
Parking/Speeding/Jay-walking tickets  
Being over-drawn at the bank.

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Look at yourself in a mirror and realize how funny you are---  
Let It Go For It

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When you make a commitment, Keep it,  
Let It Go For It.

Practical applications of Let it go for it.

O FOR IT

Repeat the words let it go for it let go for it let it go for it,  
and endless stream. Punctuate different words for different  
meanings. Internalize or Externalize. Feel like a river.

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Try the above exercise But let it go for it it for go it let go ect.

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Always remember that we create our own reality..so if anyone is  
to blame for our problems it usually is ourselves.  
Let it go for it.

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Say the words with a group of friends each taking a single word.

Baseball conciousness...Catch it!

Pilgrimage to Chavas Ravine:

The assembly, standing chanting mantra

Symbolic colors.

White orb symbol of unity.

Giving and receiving of orb.

The masked one judging if the orb is fair or foul.

Spontaneous energy release of ego into god figures.

Satisfaction or frustration but always hope (especially in  
Minnesota & Cleveland)

In the words of the great guru of baseball

The Berra yogi. "It ain't over till it's over."



K.I.S.S.\*

Life sometimes seems so impossible, complicated and totally out of control.

Take a pebble in your hand and really totally "experience" it.

Life sometimes seems so heartless and cruel.

"Watch" a kitten playing.

\* Keep it simple Swarmee

## Reflections

Perhaps the moment was when I wrapped the covering round my body. Diaper and child were mentioned many times. Enter the baby. Go for it!

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Maybe in a frail tent hearing the howlings of hungry coyotes close by, feeling an instant of fear...dissolving into laughter.... Let it go.

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Perhaps the crazed expression on my eldest brother's face as he introduced a sleeping mind to a thing called positive thinking and a man named after a one-armed Corsican General....Go for it.

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Back in the rented Mason temple. The heavy set doctor from Hawaii who asked if he could come to me with the message that we are all men of god. Let it go for it.

Who knows? Shaking the hand of a Chinamen with one-eye,  
committing myself to a dream. Go for it.

Most of all I am feeling this energy, that unites and uplifts us  
all. Something we can all share. It has no price although many  
are asking. It is as real as the wind I feel against my face.

Where do ideas finish?

Where do concepts go to?

Who knows.

#### Quotations

The one who confesses first...loses.

(Old Gypsy Saying)

If you're not allowed to laugh in Heaven, I don't want to go  
there.

(Martin Luther)

Of two evils, chose to be the least.

(Ambrose Bierce)

The only thing sick is your mind.

(Rev. Terry Cole-Whittaker)

I'm a character in this novel of life  
...therefore I'm a novel character.

(Jonathan Collins)

Quotations (con't)

If you make people think they're thinking, they'll love you.  
If you really make them think, they'll hate you.

(Don Marquis)

The only way to accept an insult is to ignore it: if you can't ignore it, top it, if you can't top it, laugh at it, if you can't laugh at it, it's probably deserved.

(Russell Lyons)

I am not a number.

(The prisoner)

We are all myth makers.

(Swarmee Ba Ba Blu)

Life just is. You have to flow with it.  
Give yourself to the moment. Let it happen.

(Gov. Jerry Brown)

There are no warlike peoples--  
Just warlike leaders

(Ralph Bunche)

May you live all the days of your life.

(Jonathan Swift)

Nobody ever died or laughing.

(Max. Beerbohm)

A free society is one where it is safe to be unpopular.

(Adelai Stevenson)

World Peace starts in your heart.

(Swarmee Ba Ba Blu)

Remember the bo wevil?

(Anon)

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