

**I GO OUT**

**I COME IN**



**Sri Chinmoy**

**I Go Out  
I Come In**

**I Go Out  
I Come In**

**Sri Chinmoy**

**Illustrations by Radha Honig**

**An earlier edition of this book, under the same title, was published on 19 February 1997. It contains the first 33 poems.**

**This is the 1,193rd book that Sri Chinmoy has written since he came to the West in 1964. His first book was published in 1970.**

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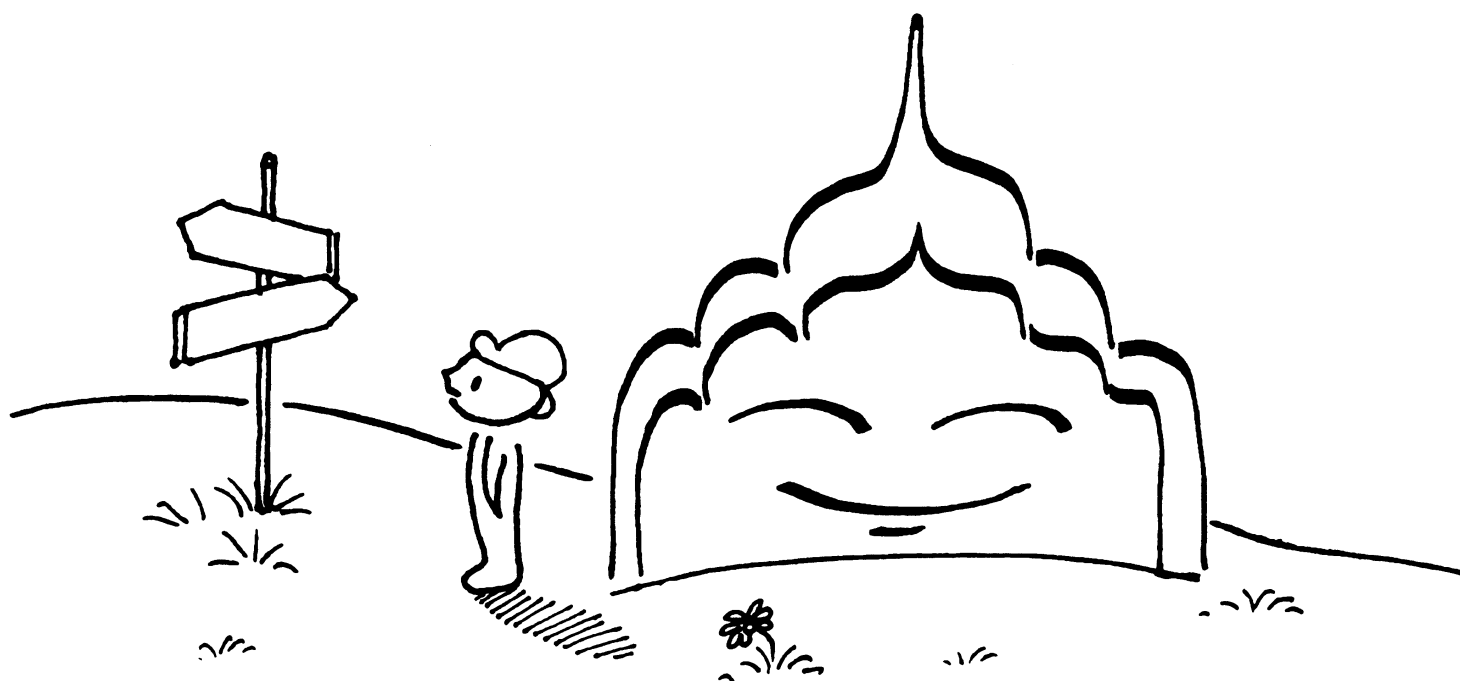
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**1.**

**When I go out,  
I am nowhere.**

**When I come in,  
I am all-where.**



**2.**

**I go out  
To school my mind.**

**I come in  
To school my heart.**

**3.**

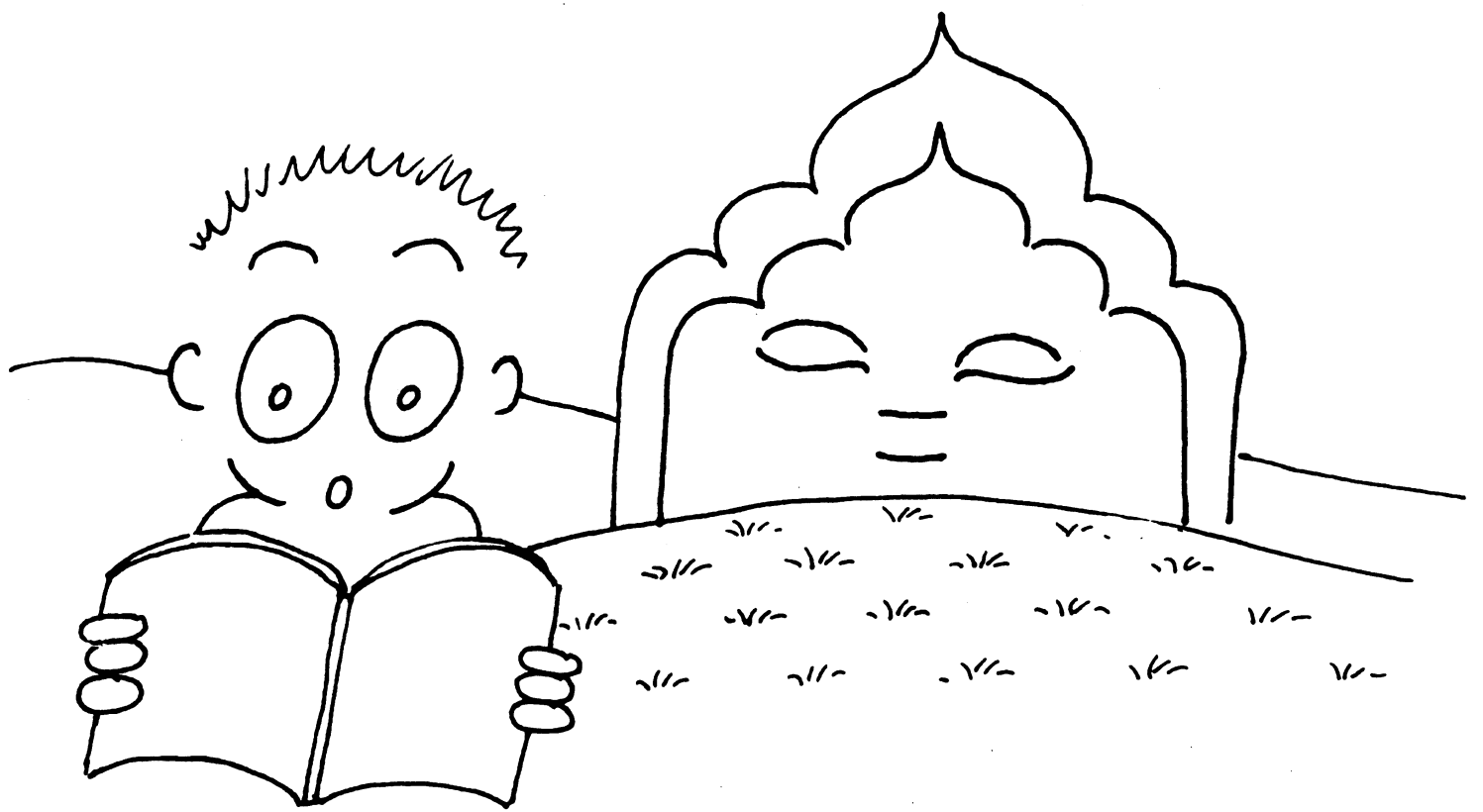
**I go out  
To buy what I leave behind  
Foolishly.**

**I come in  
To reclaim what I am  
Eternally.**

**4.**

**I go out  
To feed my curiosity-mind  
And curiosity-eyes.**

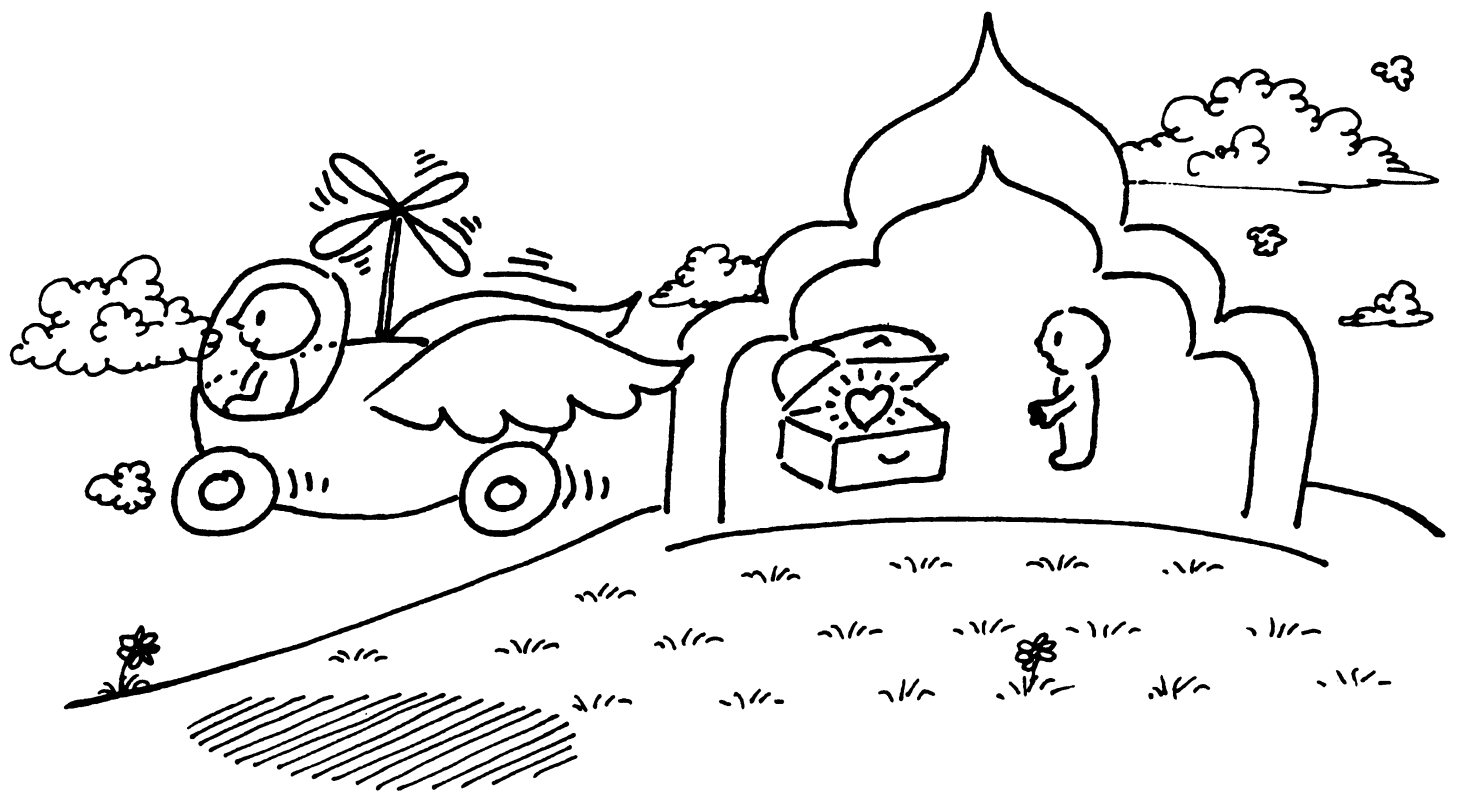
**I come in  
To feed my divinity-soul  
And purity-heart.**



**5.**

**Out I go  
To foolishly invent.**

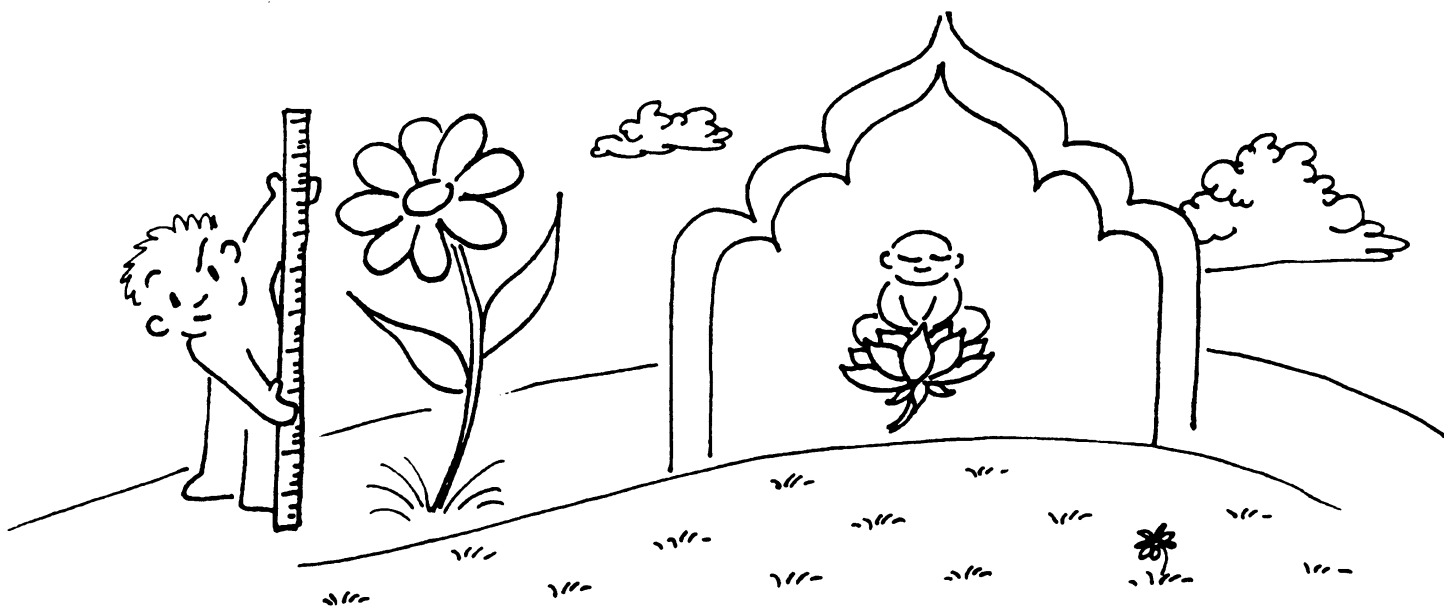
**In I come  
To wisely discover.**



**6.**

**I go out  
To measure Nature's divinity.**

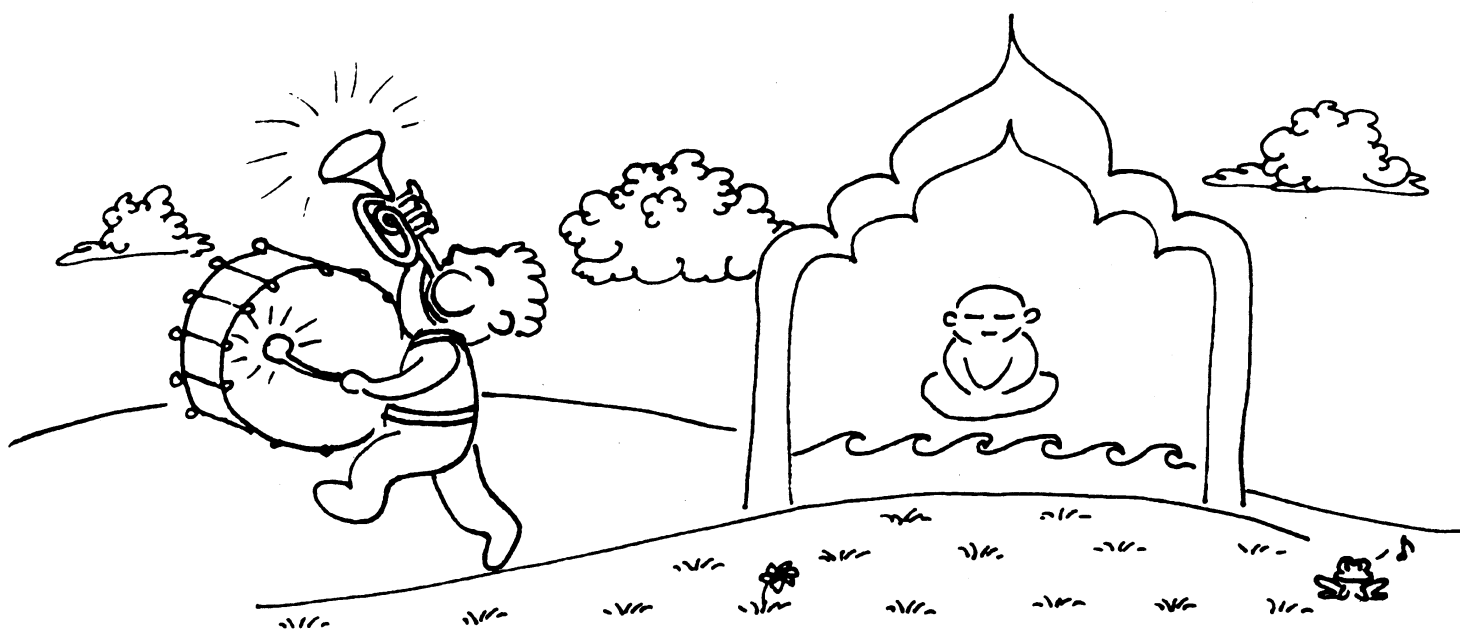
**I come in  
To treasure Divinity's nature.**



**7.**

**When I go out,  
Mine is a sound-bound journey.**

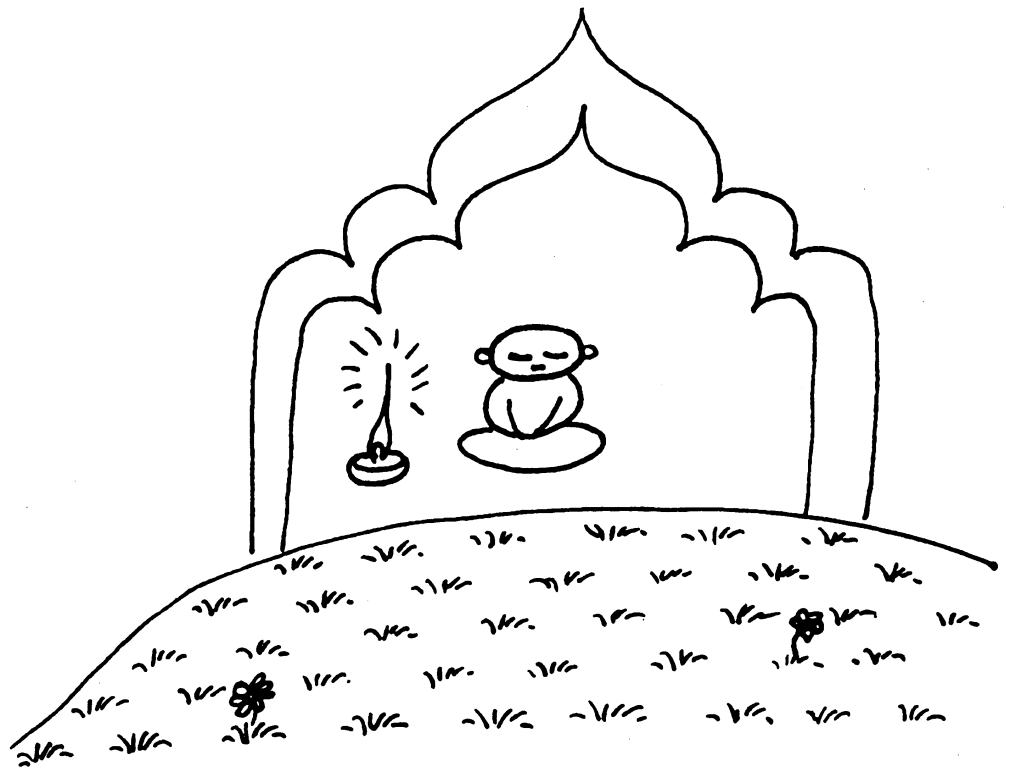
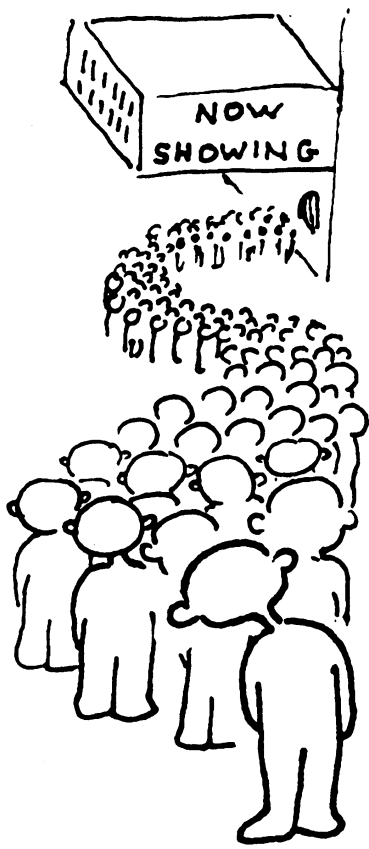
**When I come in,  
Mine is a silence-bound destination.**



**8.**

**When I go out,  
I assume a new name:  
Joy-expectation.**

**When I come in,  
I resume my old name:  
Peace-foundation.**



**9.**

**When I go out,  
I try to find God.**

**When I come in,  
God tells me,  
“Bind Me, My child,  
Once more.”**

**10.**

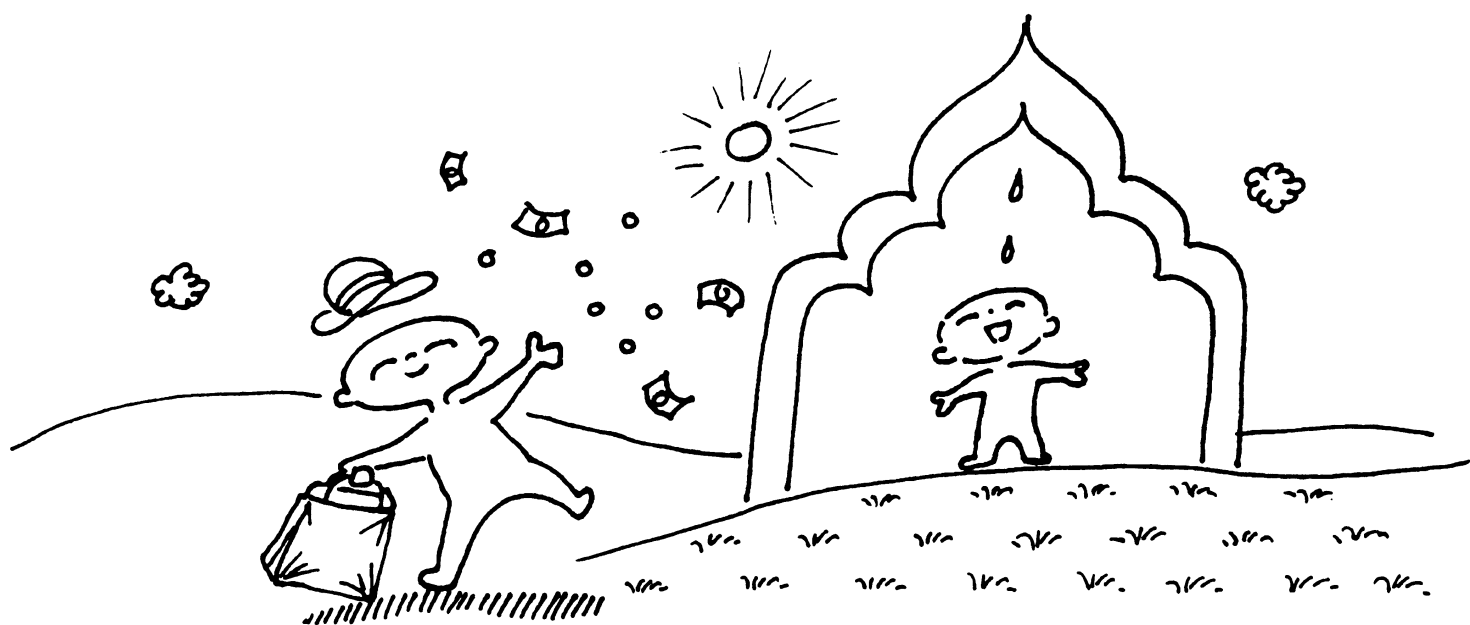
**When I go out,  
I need what I find.**

**When I come in,  
I find what I need.**

**11.**

**When I go out,  
I spend money.**

**When I come in,  
I drink honey.**



**12.**

**I go out  
To watch my mind's exploration.**

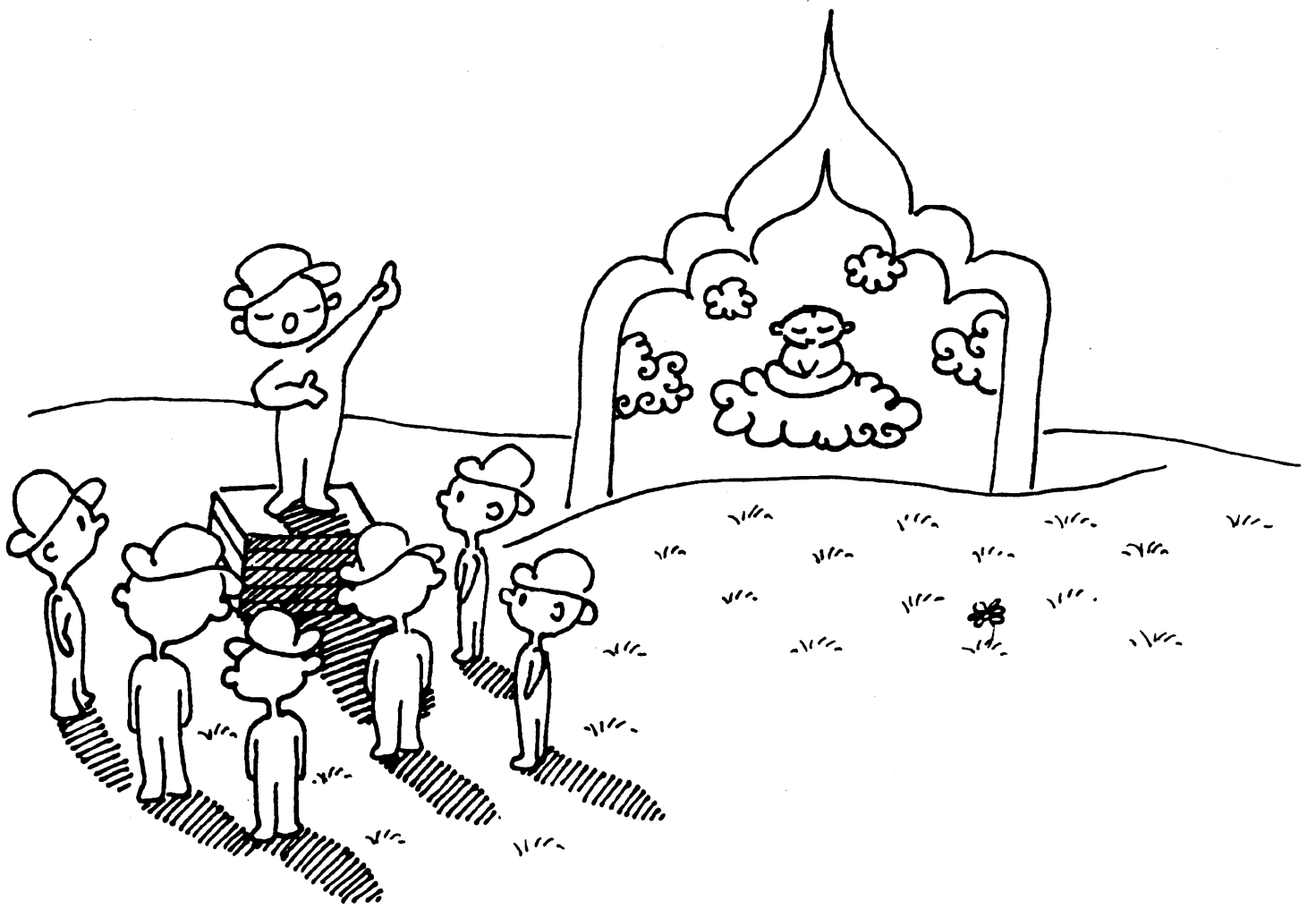
**I come in  
To sing my heart's invocation.**



**13.**

**Proudly I go out,  
Only to say what I can.**

**Peacefully I come in,  
Only to feel what I am.**



**14.**

**The carpenter's human son asks me  
To go out.**

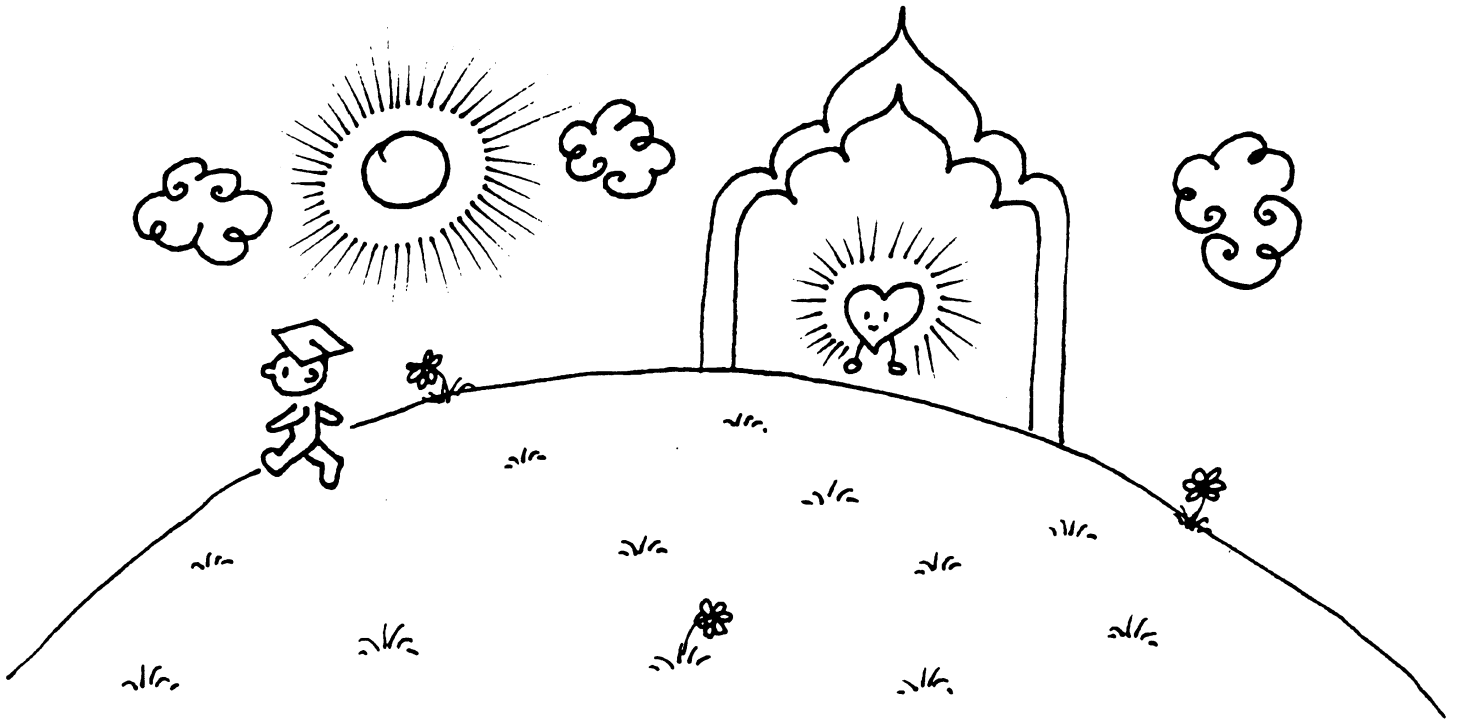
**God's divine son asks me  
To come in.**



**15.**

**Be a brave mind  
When you go out.**

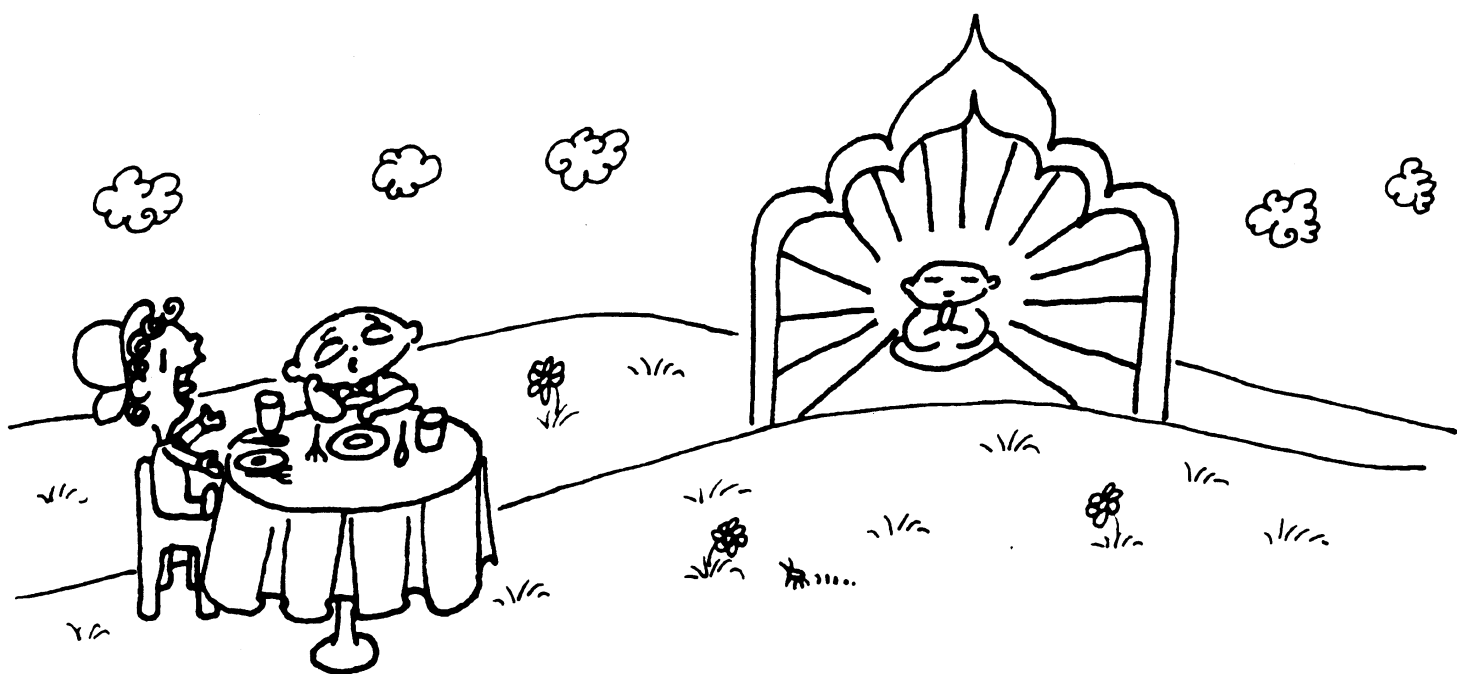
**Be a pure heart  
When you come in.**



**16.**

**When I go out,  
I dine with the known.**

**When I come in,  
I pine for the Unknown.**



**17.**

**I go out  
To see the Face of God.**

**I come in  
To become the Heart of God.**

**18.**

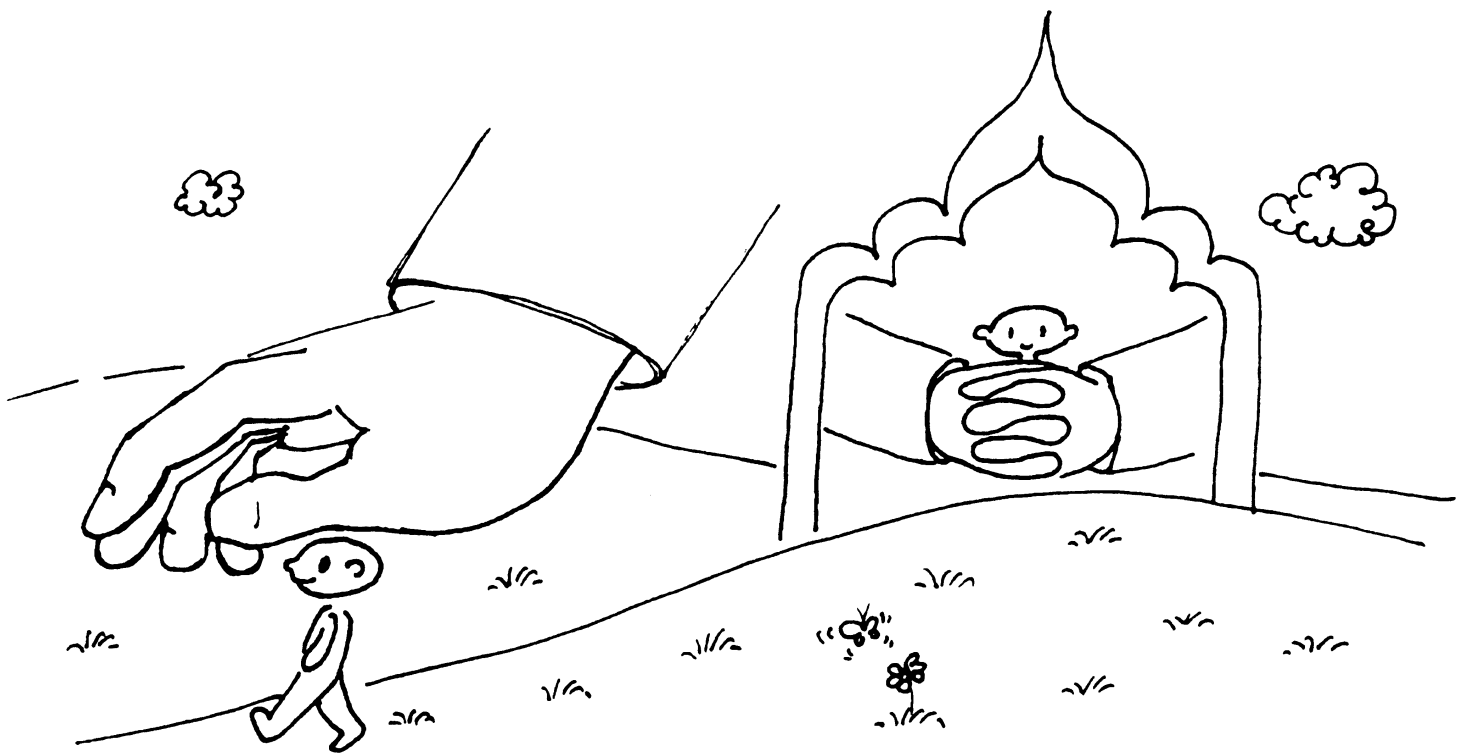
**When I go out,  
I see the flow.**

**When I come in,  
I become the glow.**

**19.**

**When I go out,  
God tells me:  
“My child, enjoy yourself.”**

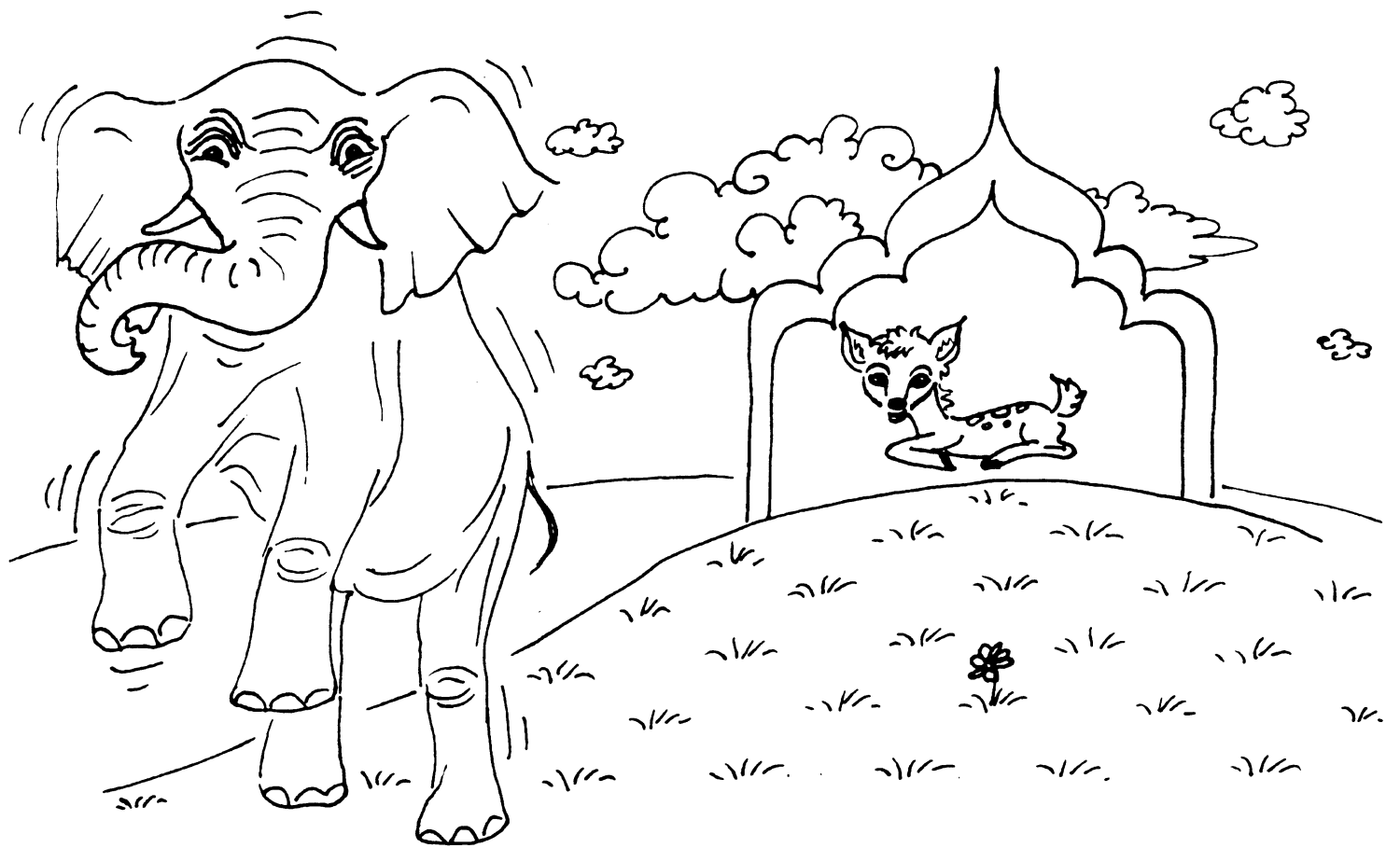
**When I come in,  
God tells me:  
“My child, enjoy Me.”**



**20.**

**When I go out,  
I become a mad elephant.**

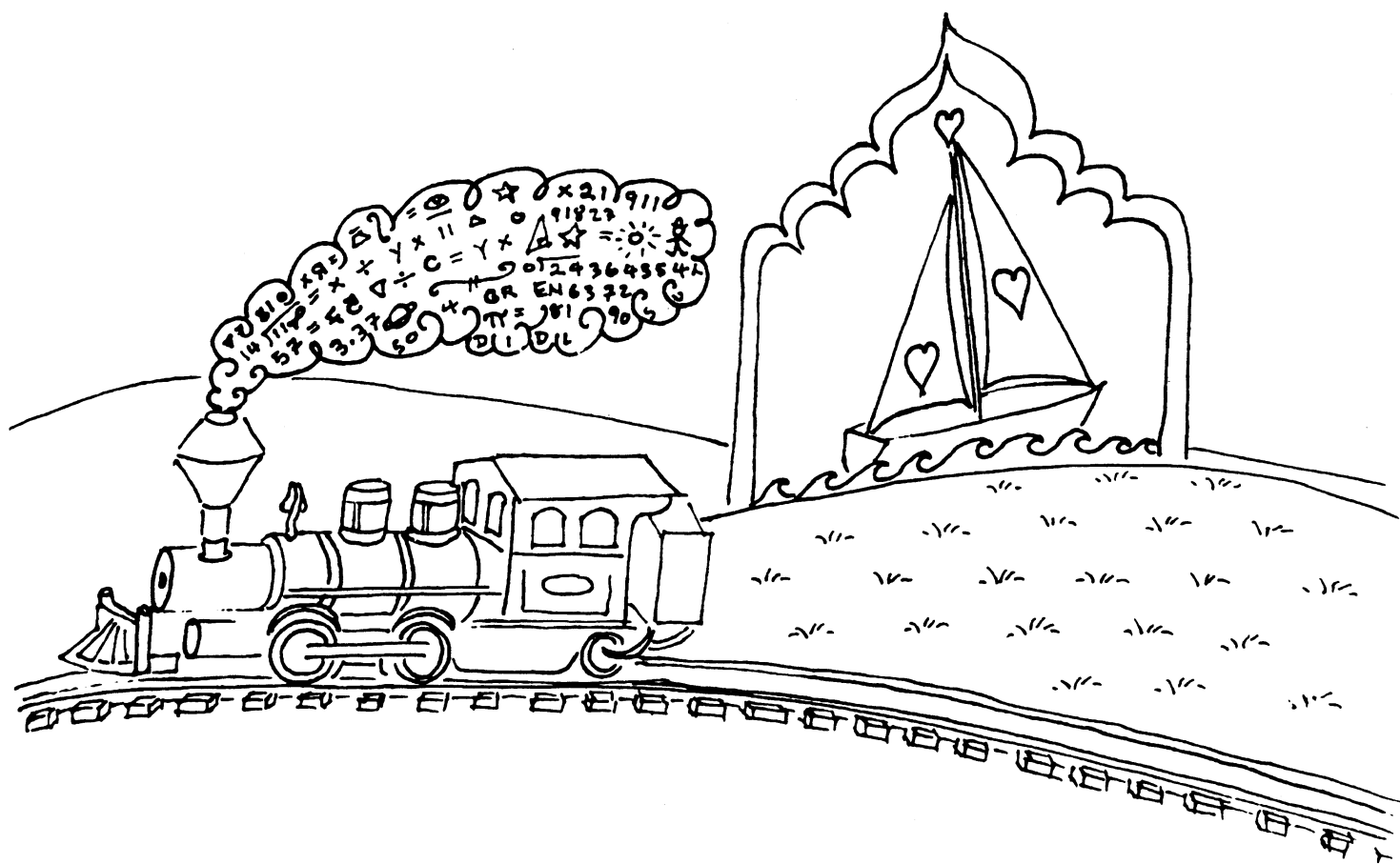
**When I come in,  
I become a glad deer.**



**21.**

**When I go out,  
I start my mind-engine.**

**When I come in,  
I sail my heart-boat.**



**22.**

**To see God the Power,  
I go out.**

**To feel God the Peace,  
I come in.**

**23.**

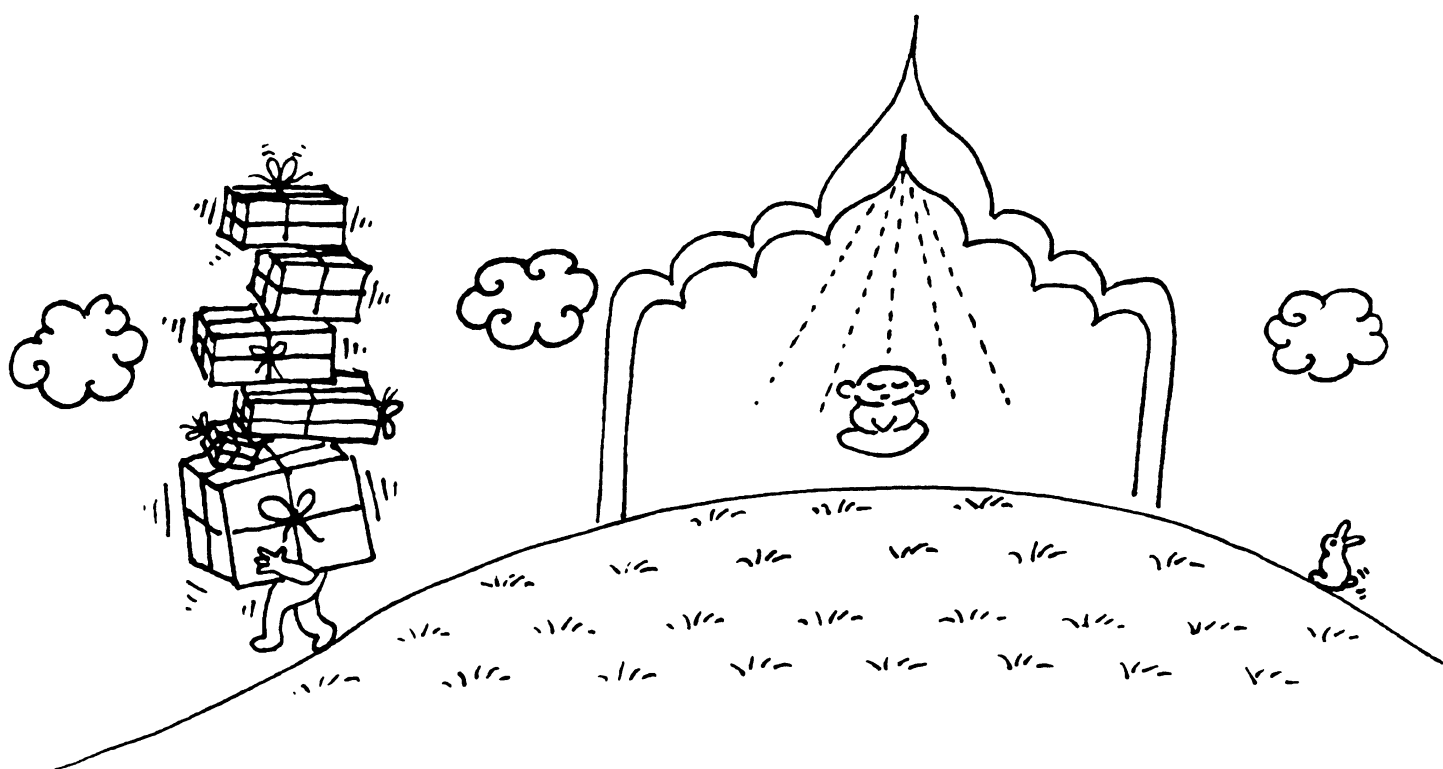
**Columbus went out  
And discovered the New World:  
America.**

**I came in  
And discovered my old world:  
My Source, my God.**

**24.**

**I go out  
To get what I want.**

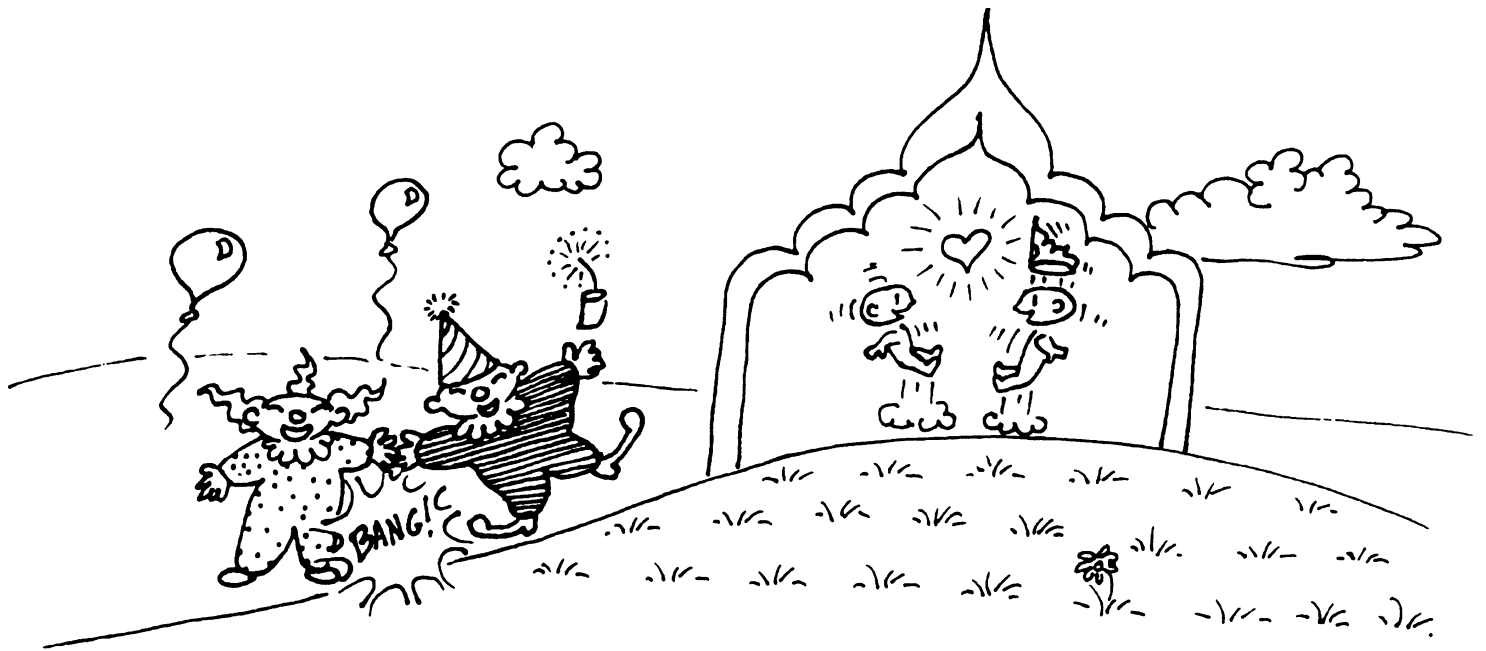
**I come in  
To feel what I need.**



**25.**

**When I go out,  
I surprise others  
And others surprise me.**

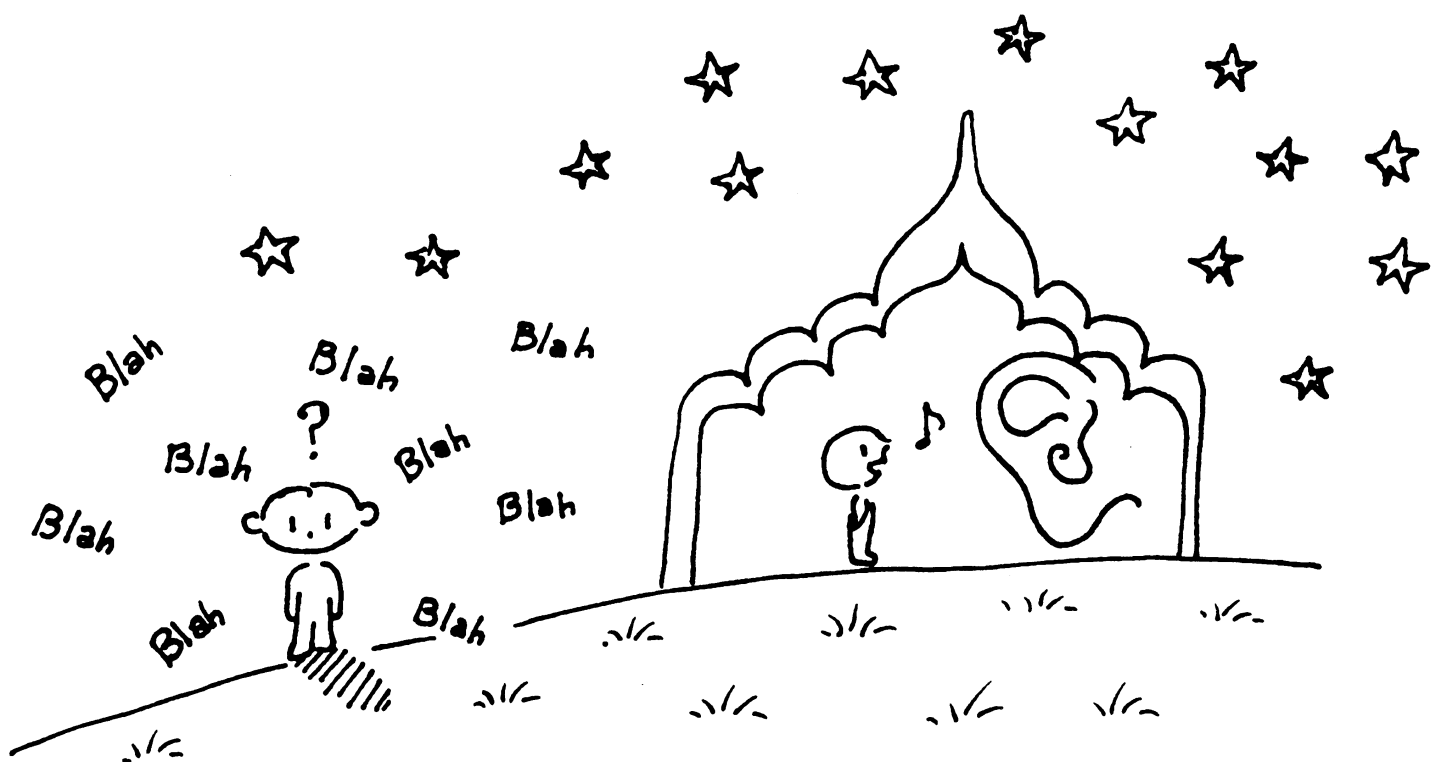
**When I come in,  
God and I surprise each other.**



**26.**

**I go out  
To hear what the world  
Has to say.**

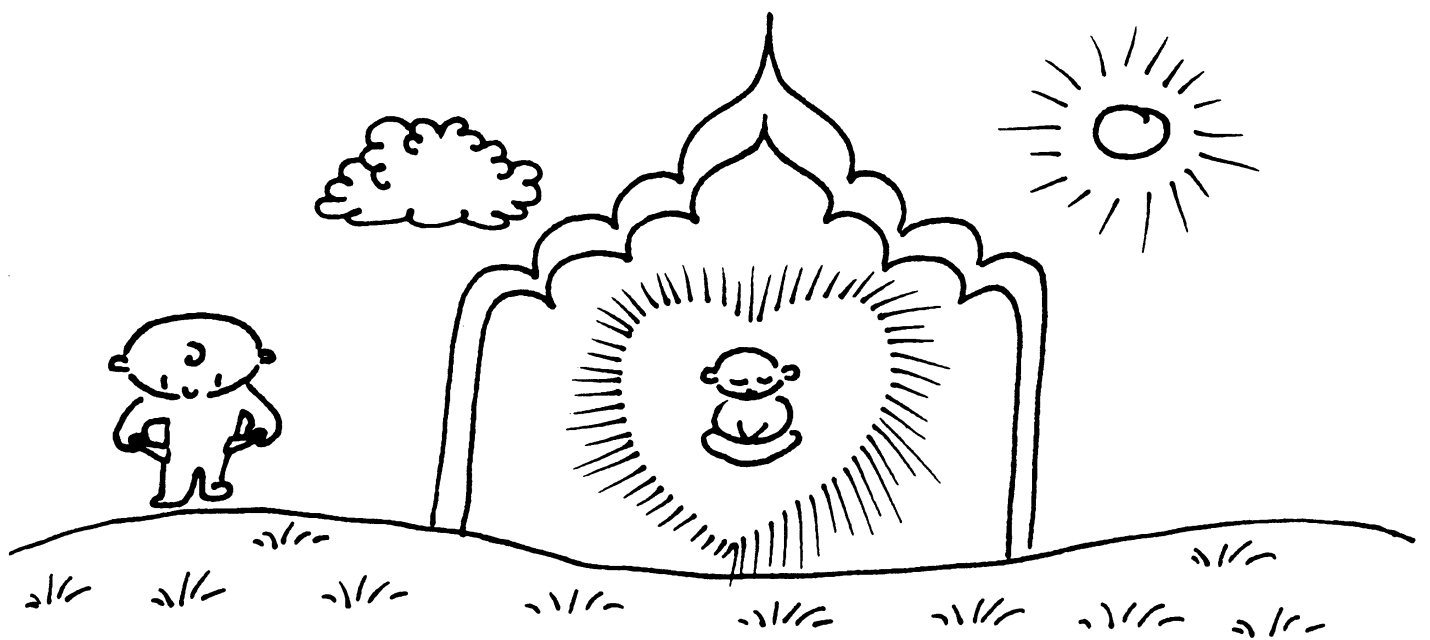
**I come in  
Only to see that God is waiting  
To hear from me.**



**27.**

**I go out  
And decrease my money-power.**

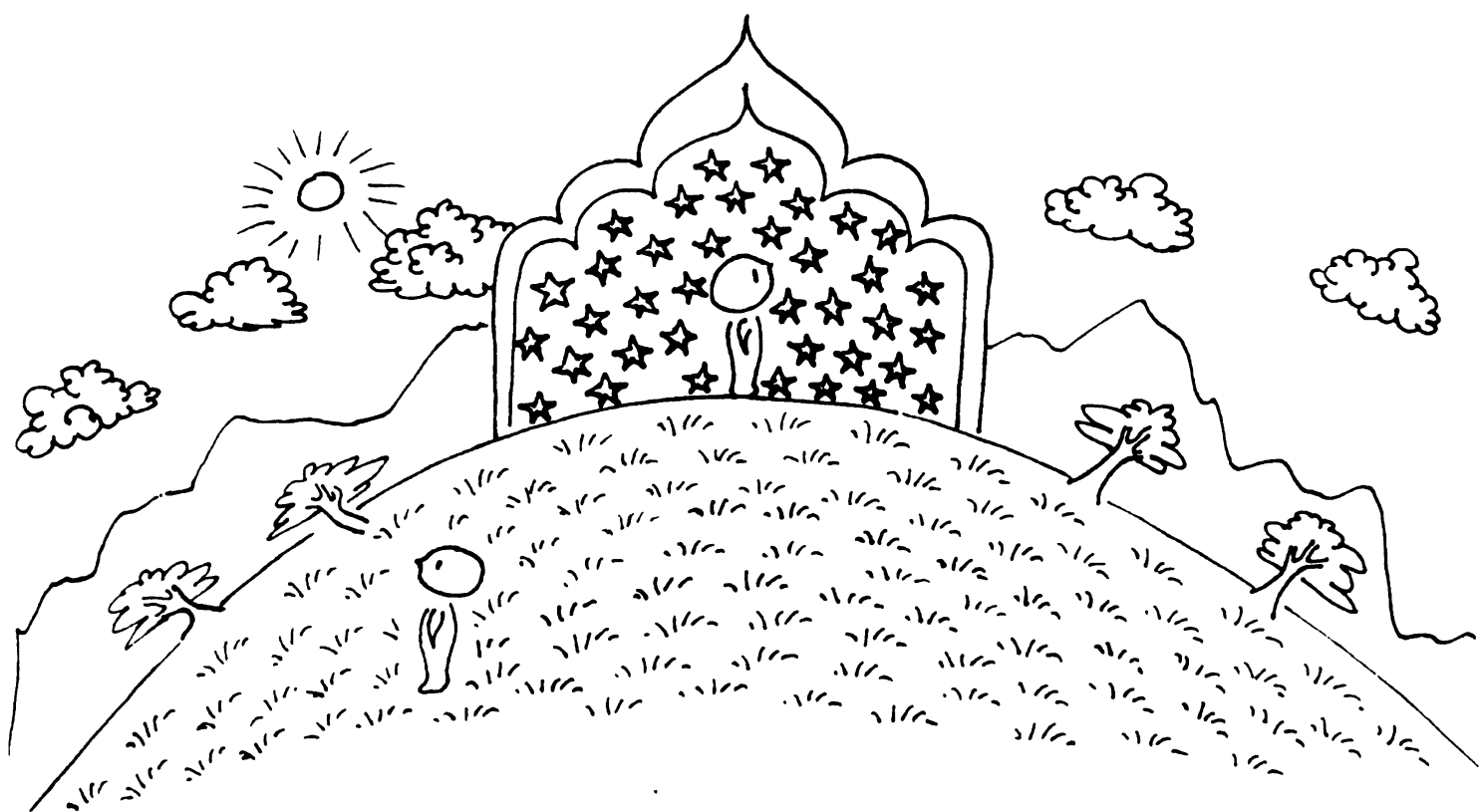
**I come in  
And increase my heart-power.**



**28.**

**I go out  
To see the vastness of the world.**

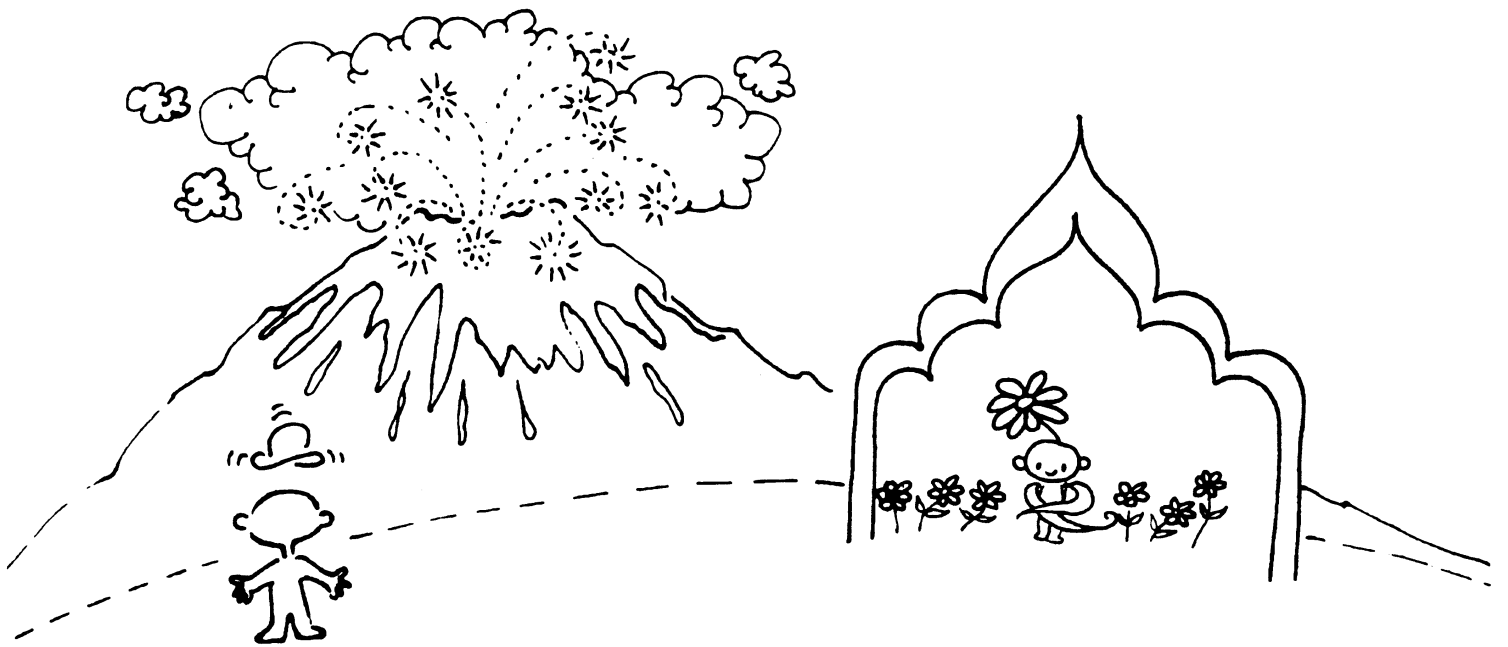
**I come in  
To see the Infinity of the universe.**



**29.**

**I go out  
To see the power of greatness.**

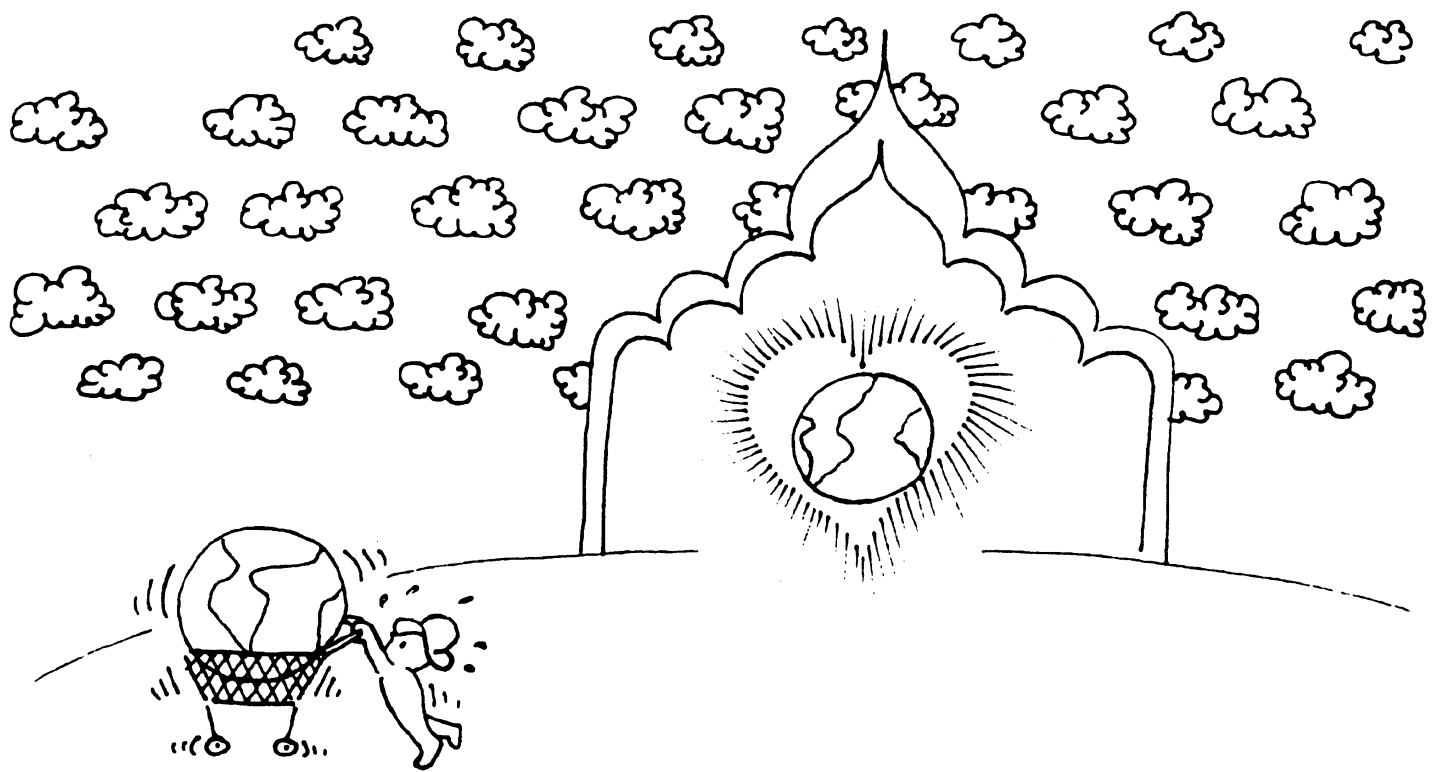
**I come in  
To feel the love of goodness.**



**30.**

**I go out  
To buy the world.**

**I come in  
To love the world.**



**31.**

**I go out hurriedly  
To learn.**

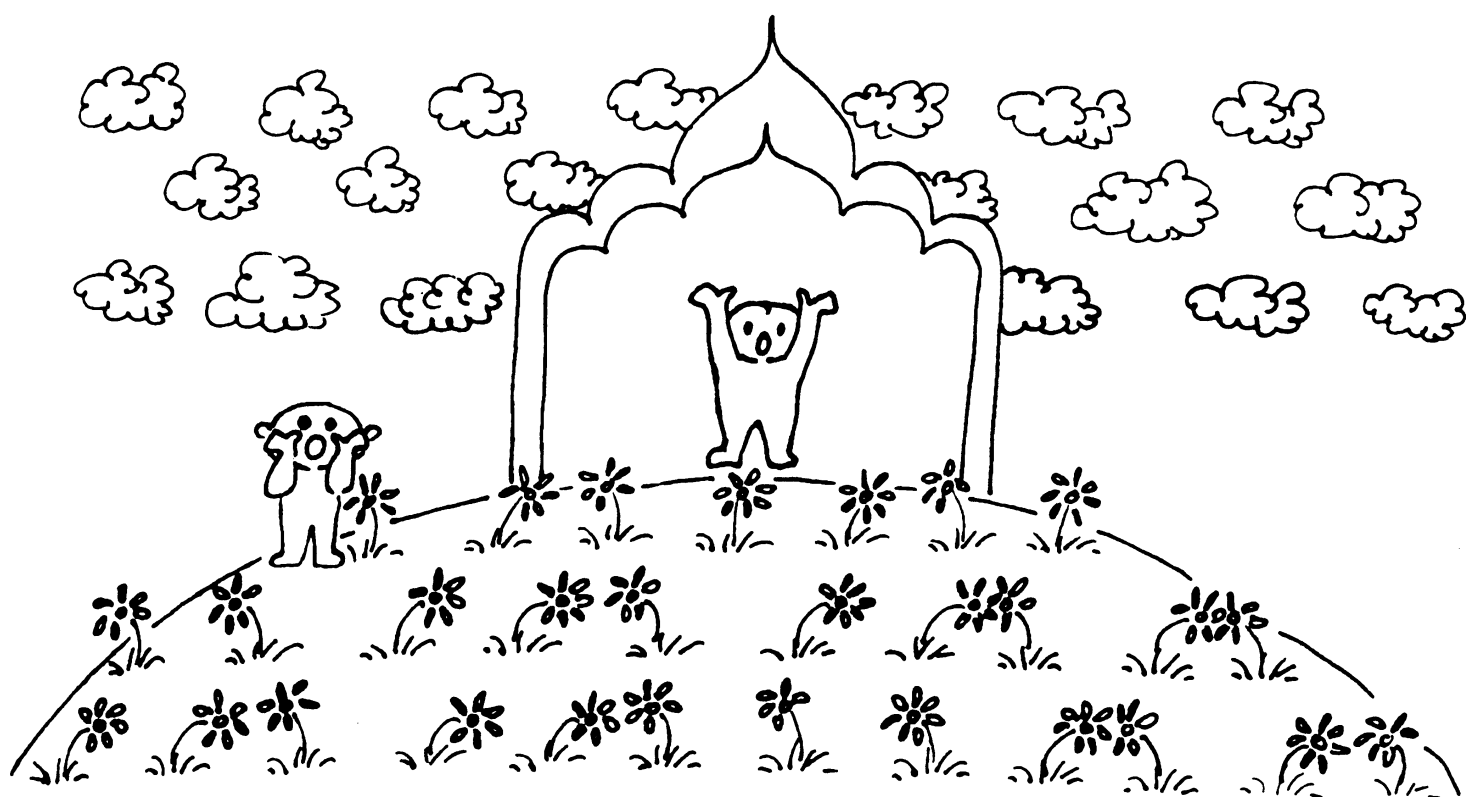
**I come in wisely  
To unlearn.**



**32.**

**I go out to say:  
“God, where are You?”**

**I come in to say:  
“God, take me!”**



**33.**

**When I go out,  
My mind provokes.**

**When I come in,  
My heart invokes.**

**34.**

**I go out, alas,  
Only to realise that I have become  
My show-off mind.**

**I come in  
And, lo and behold, to my greatest satisfaction,  
I have become my humility-life.**

**35.**

**I go out  
And sit beside God the Power  
Inside my life-house.**

**I come in  
And sit at the Feet of God the Peace  
Inside my heart-home.**

**36.**

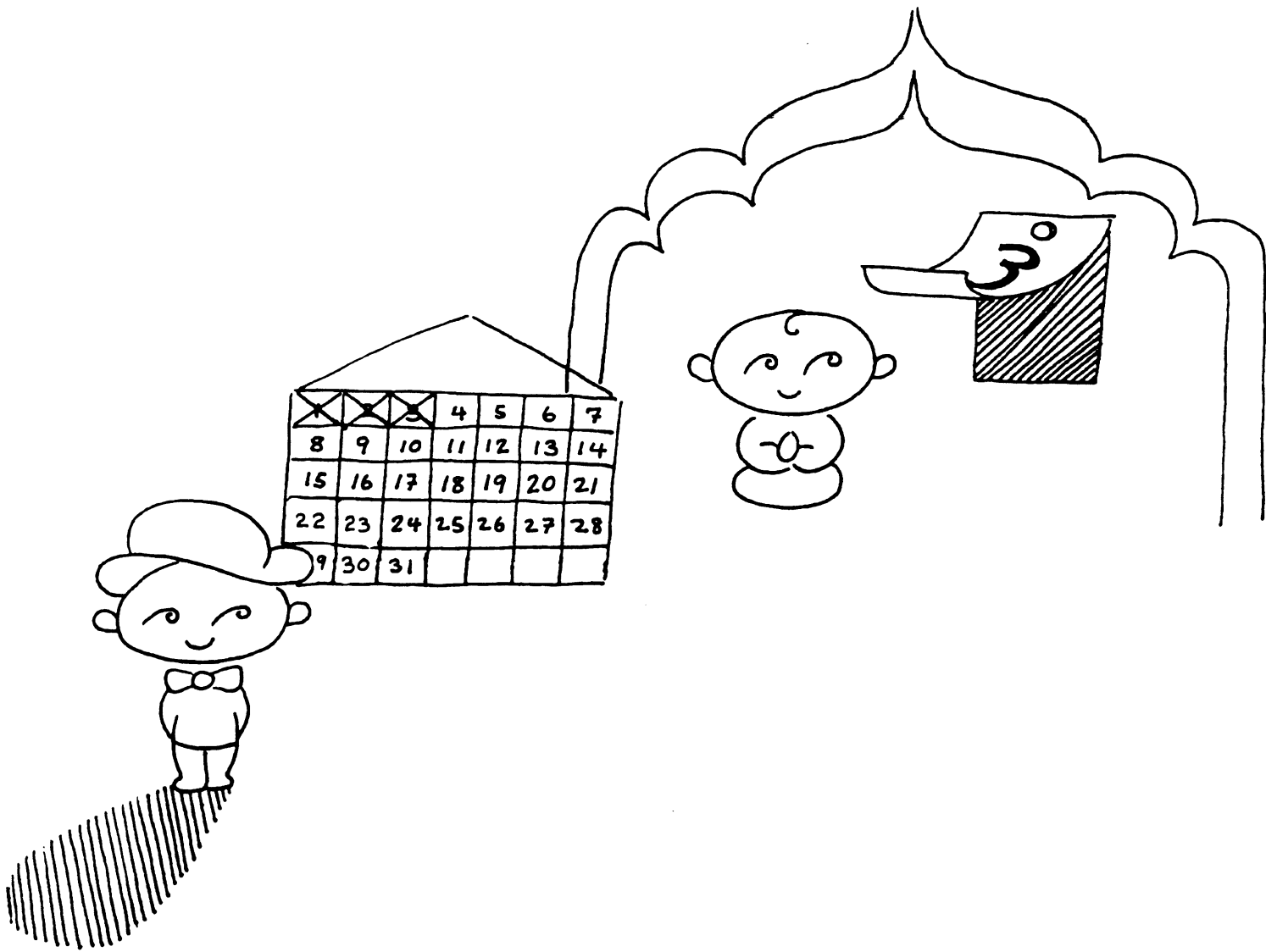
**I go out  
And come to realise that if I have hope,  
I have everything.**

**I come in  
And come to realise that if I have promise,  
I belong to everybody  
And everybody belongs to me.**

**37.**

**When I go out,  
My mind tells me  
That even if I do not desire today,  
Tomorrow invariably comes.**

**When I come in,  
My heart tells me  
That if I do not aspire today,  
Tomorrow may never come!**



**38.**

**When I go out,  
The barking doubt-dogs frighten me.**

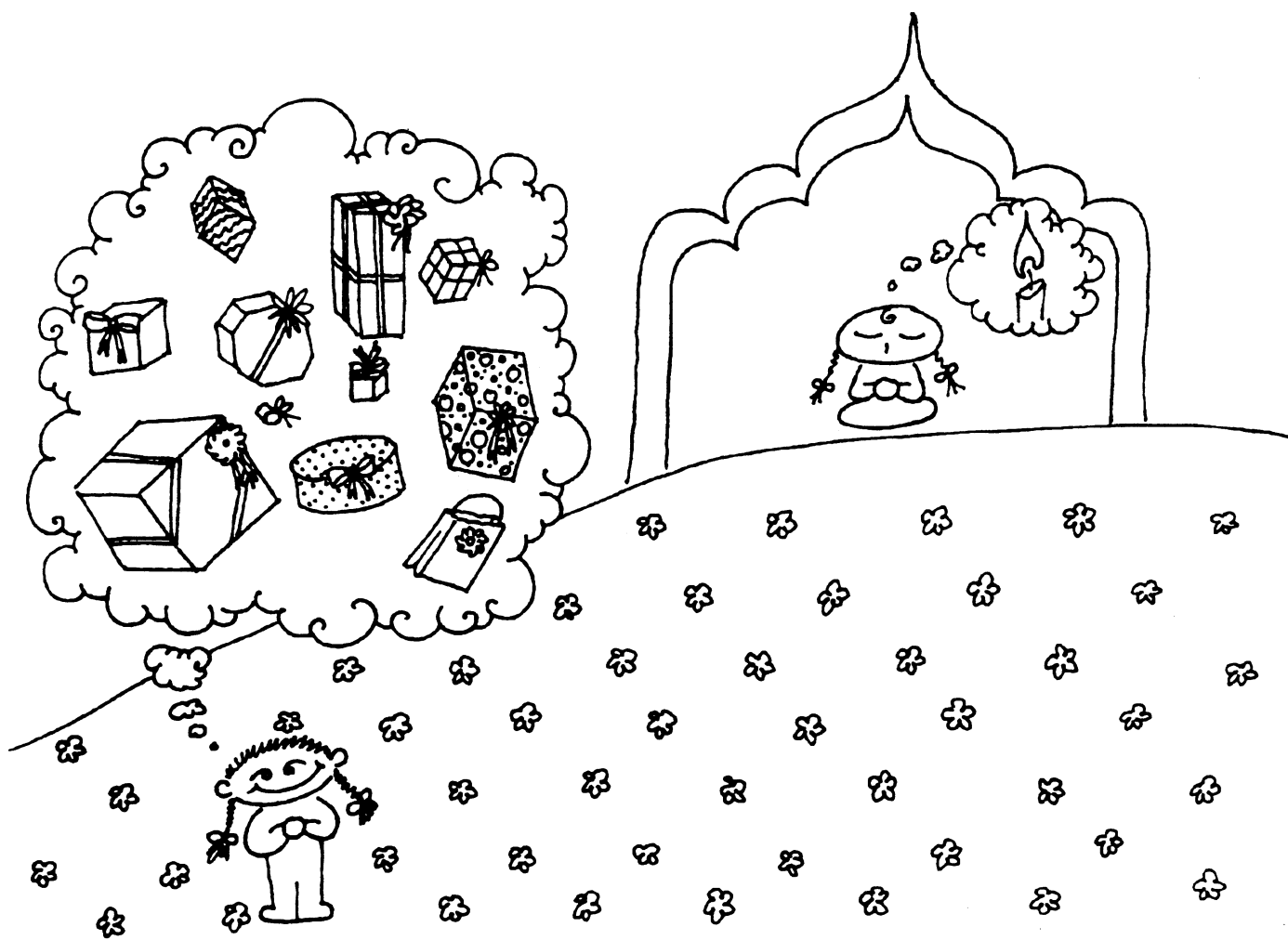
**When I come in,  
The enriching faith-dog enlightens me.**



**39.**

**I go out  
And unguardedly multiply  
My desire-dreams.**

**I come in  
And very carefully safeguard  
My aspiration-dreams.**



**40.**

**I go out  
To win humanity's mind-favours.**

**I come in  
To collect Divinity's heart-treasures.**

**41.**

**When I go out just a little,  
I see my Lord shedding bitter tears.  
I ask my Lord the reason.  
He says, "My daughter, I am weeping  
Because your vital is so insecure."**

**When I come in just a little,  
I see my Lord shedding bitter tears.  
I ask my Lord the reason.  
He says, "My son, I am shedding tears  
Because your mind is so impure."**

**42.**

**When I go out,  
My Lord looks at my ever-withered mind  
Most sympathetically.**

**When I come in,  
My Lord looks at my evergreen heart  
Most proudly.**

**43.**

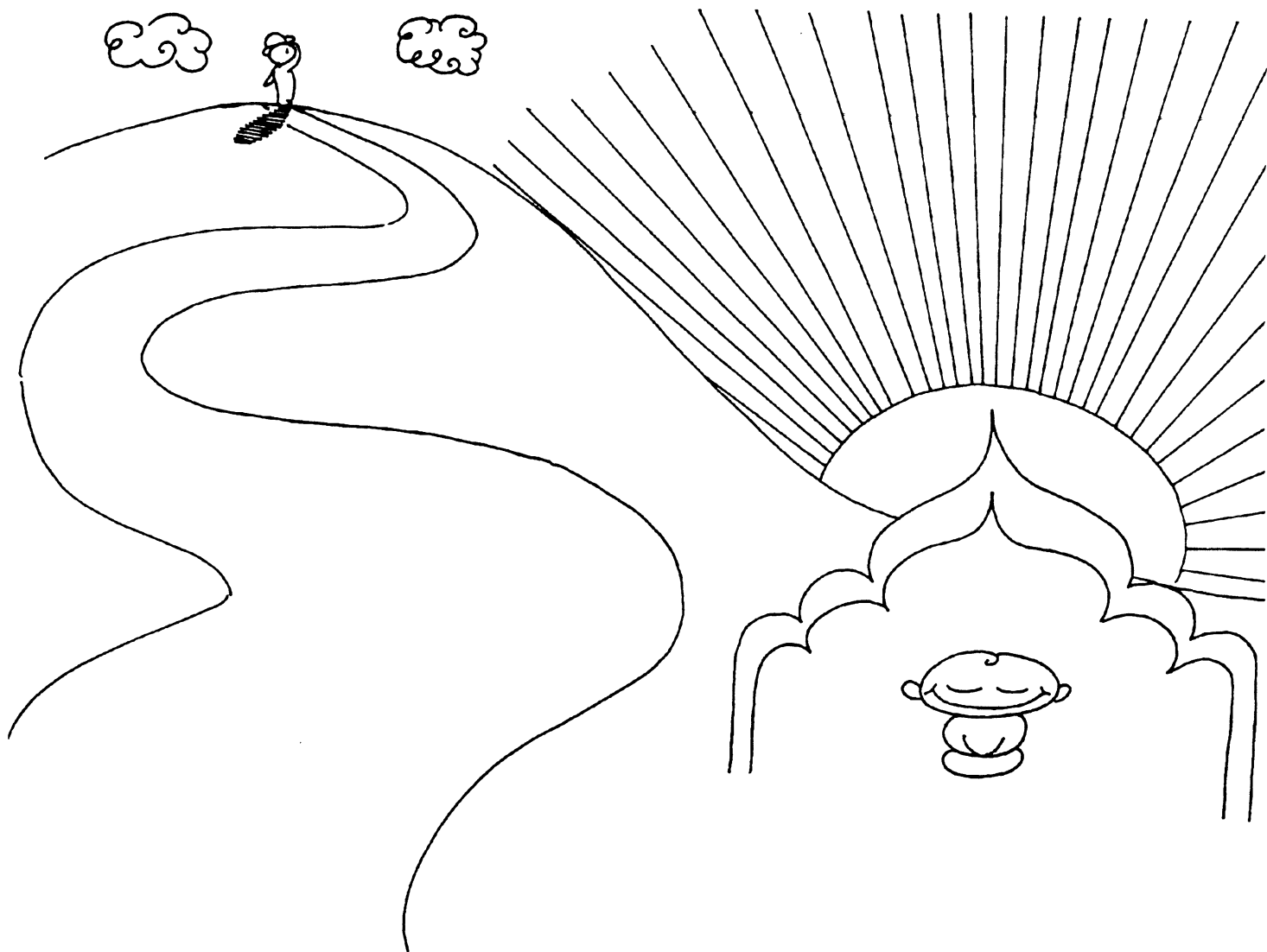
**When I go out,  
God's Patience endures  
My ever-unbending mind.**

**When I come in,  
God's Pride treasures  
My ever-surrendering life.**

**44.**

**I go out  
To seek happiness in the distance.**

**I come in  
And become the breath of happiness  
Right within.**



**45.**

**When I go out,  
I watch the dance of self-importance  
All around me—  
And I invariably participate.**

**When I come in,  
I listen to the song of God-importance  
In the inmost recesses of my heart—  
And I immediately participate.**



**46.**

**When I go out,  
The smiles of my own mind  
Confuse me.**

**When I come in,  
The tears of my own heart  
Illumine me.**

**47.**

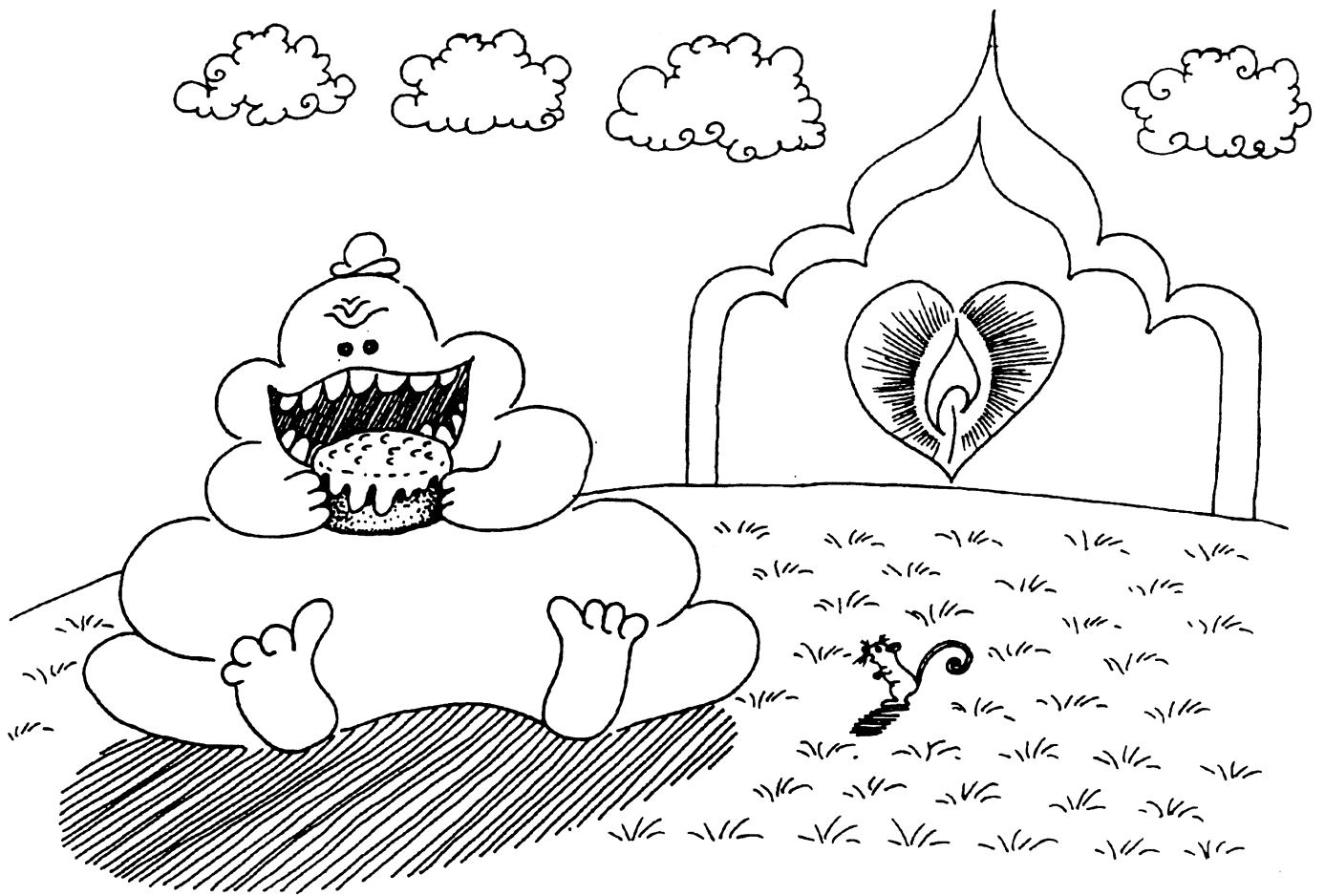
**I go out  
And tell the outer world  
That God has sent me  
To teach His Philosophy.**

**I come in  
And tell the inner world  
That God has sent me  
To study His Biography.**

**48.**

**I go out  
And become my mind's  
Voracious desire-hunger-torture.**

**I come in  
And become my heart's  
Veracious aspiration-meal-satisfaction.**



**49.**

**When I go out,  
I try to free my mind  
From fear-paralysis.**

**When I come in,  
I feed my God-meditation-heart  
With tremendous confidence.**

**50.**

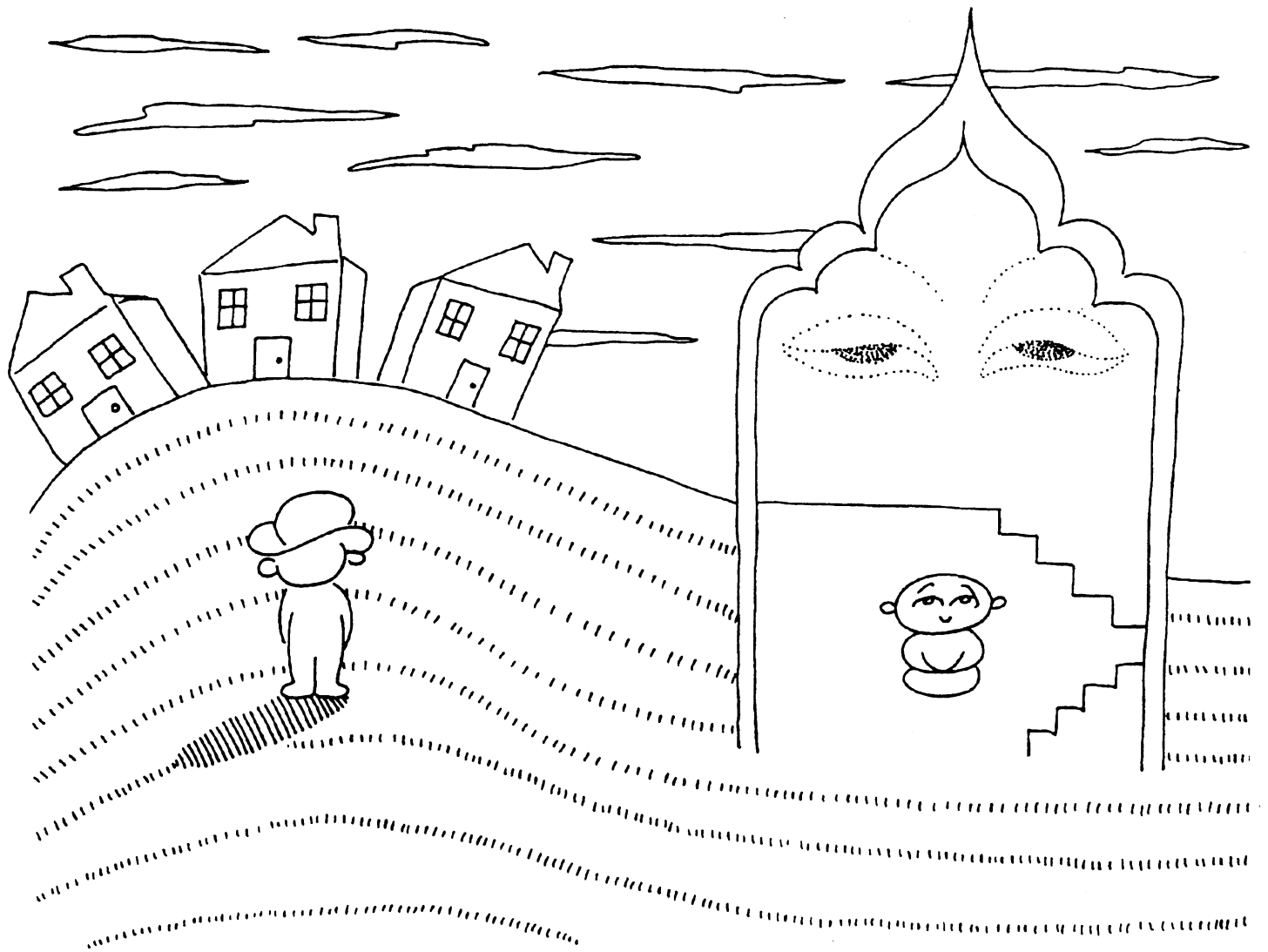
**When I go out,  
I try to keep my mind  
In tune with God's universal Sound.**

**When I come in,  
I feel and grow into  
The Silence-Heart of God's infinite Love.**

**51.**

**I go out  
To find a house for myself.**

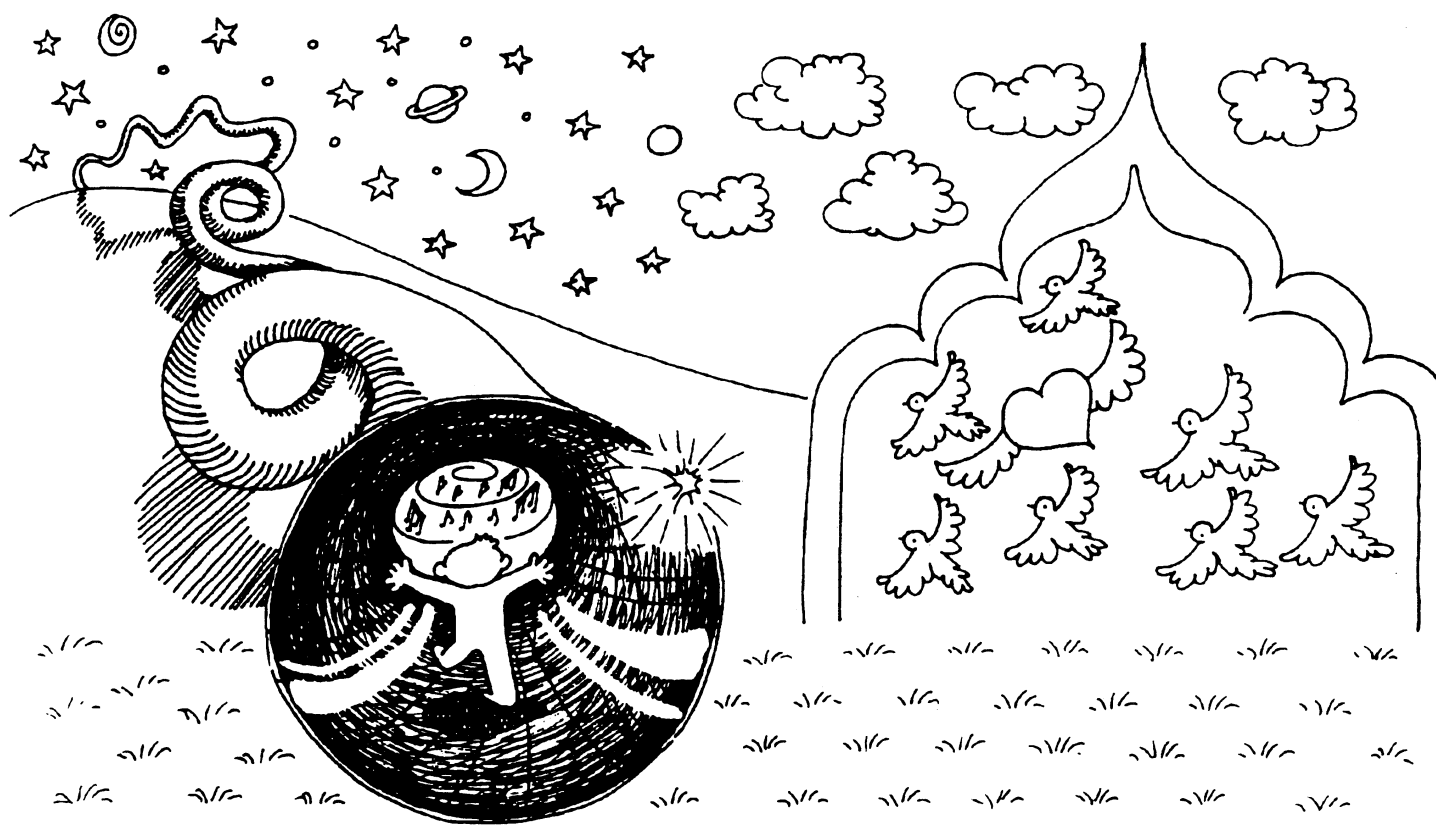
**I come in  
And find that God has made a joint home  
For both of us to live in.**



**52.**

**I go out  
To enjoy my mind's sound-adventure.**

**I come in  
To enjoy my heart's peace-pilgrimage.**



**53.**

**When I go out,  
I am a stranger to the world-audience.**

**When I come in,  
I immediately try to enter into  
My heart's God-Home.**

**54.**

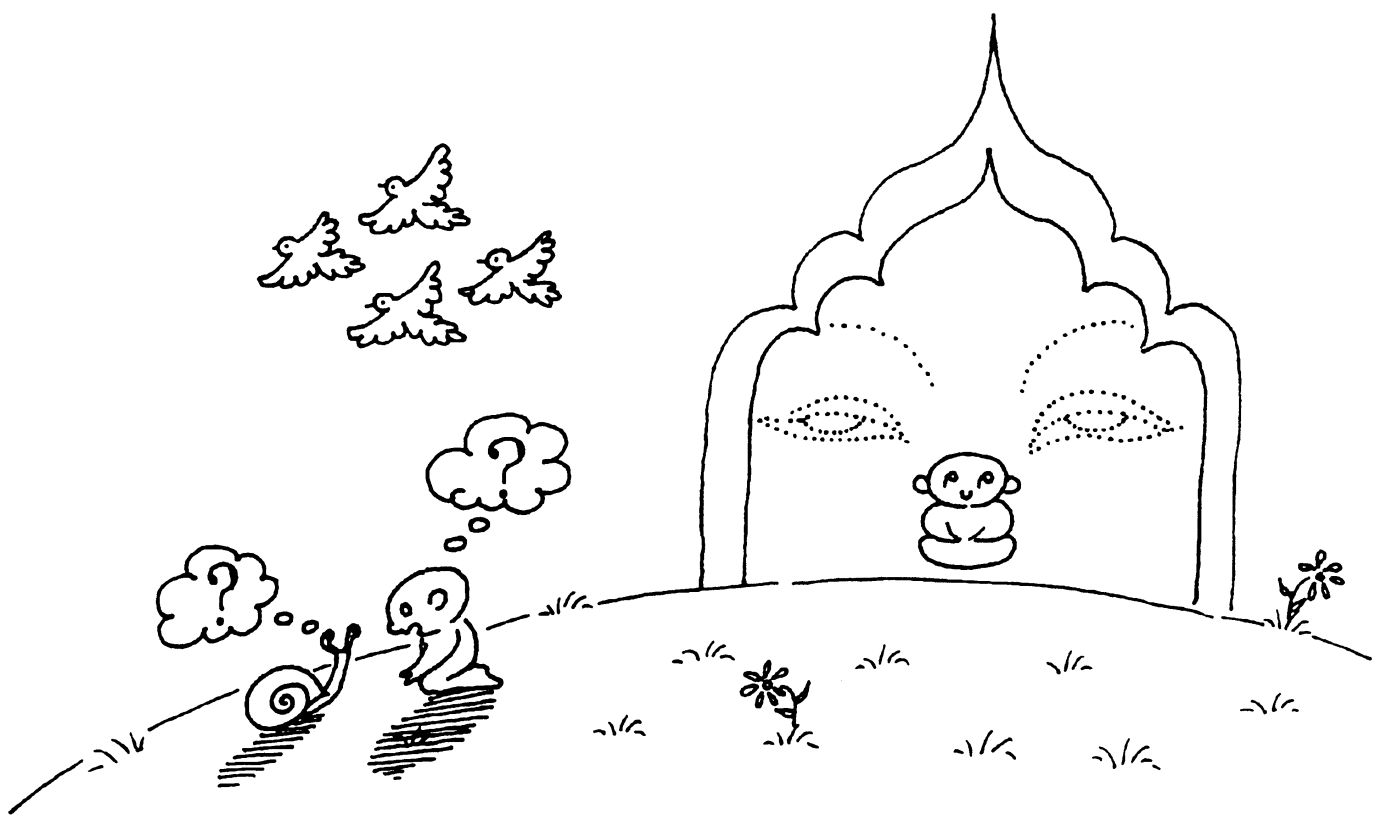
**When I go out,  
My doubting mind masquerades  
As an honest truth-seeker and God-lover.**

**When I come in,  
My aspiration-heart brings to the fore  
My God-love, my God-devotion  
And my God-surrender  
In the twinkling of an eye.**

**55.**

**When I go out,  
Somehow I manage  
To forget God.**

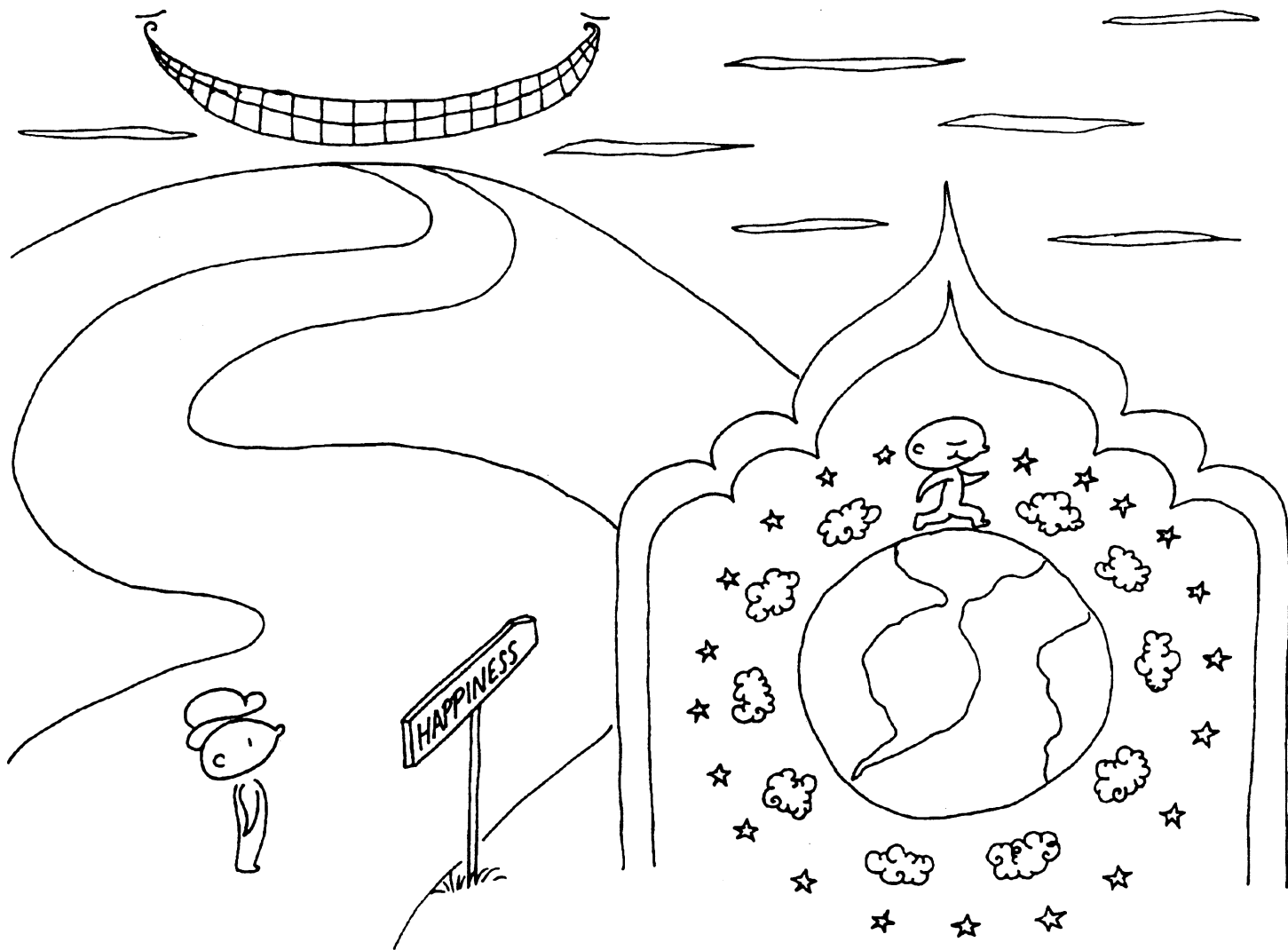
**When I come in,  
I clearly see  
That God never leaves me.**



**56.**

**I go out  
And look for the happiness-destination.**

**I come in  
And discover that happiness is a journey  
And not a destination.**



**57.**

**I go out  
In deep necessity  
To find God.**

**I come in  
And, in deep amazement,  
I see God has been waiting for me  
For a very long time.**

**58.**

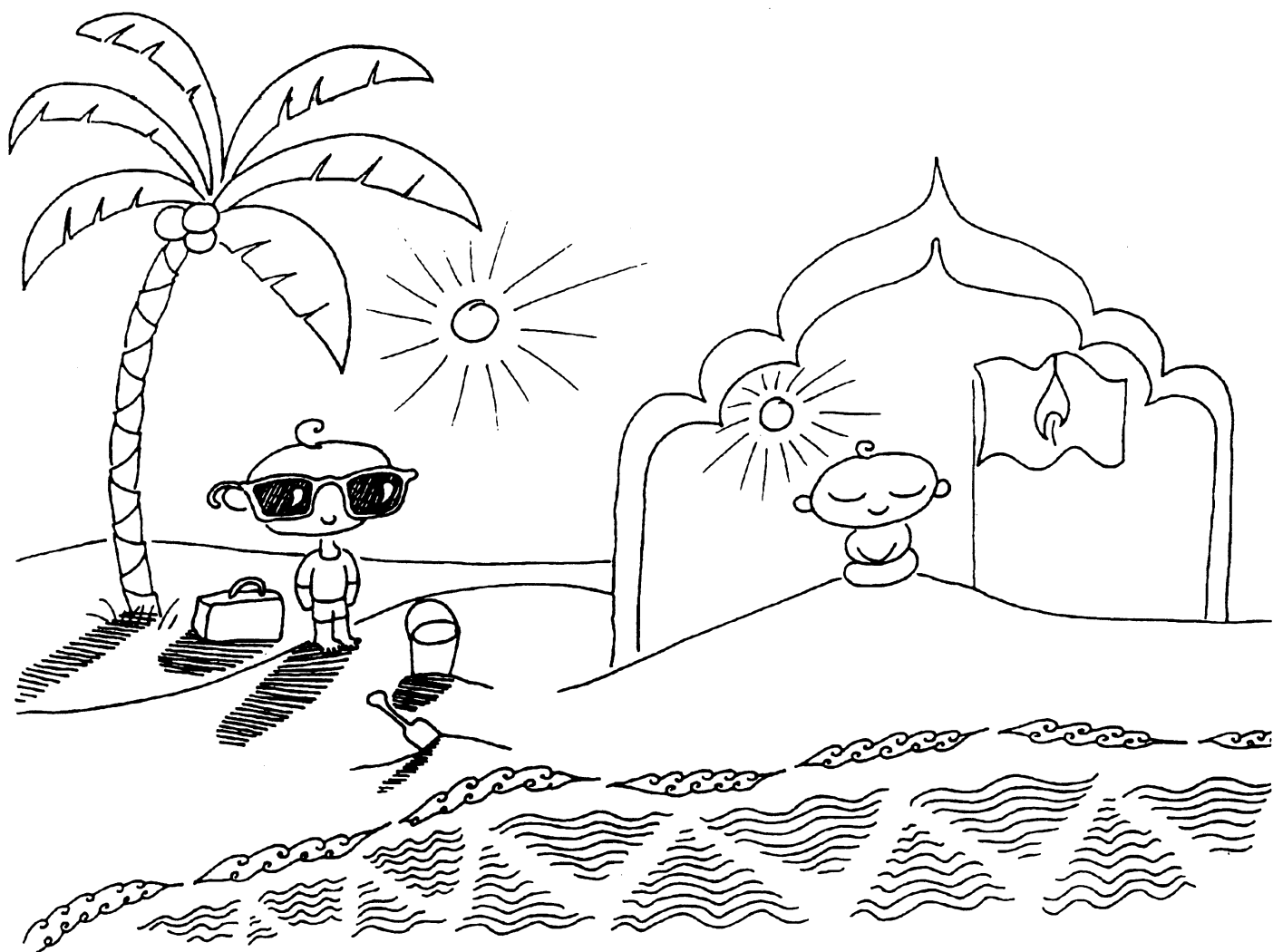
**I go out  
And enjoy my mind's  
Freedom-satisfaction.**

**I come in  
And devotedly align myself  
With God's Will.**

**59.**

**I go out  
And enjoy my vacation-land  
Of freedom.**

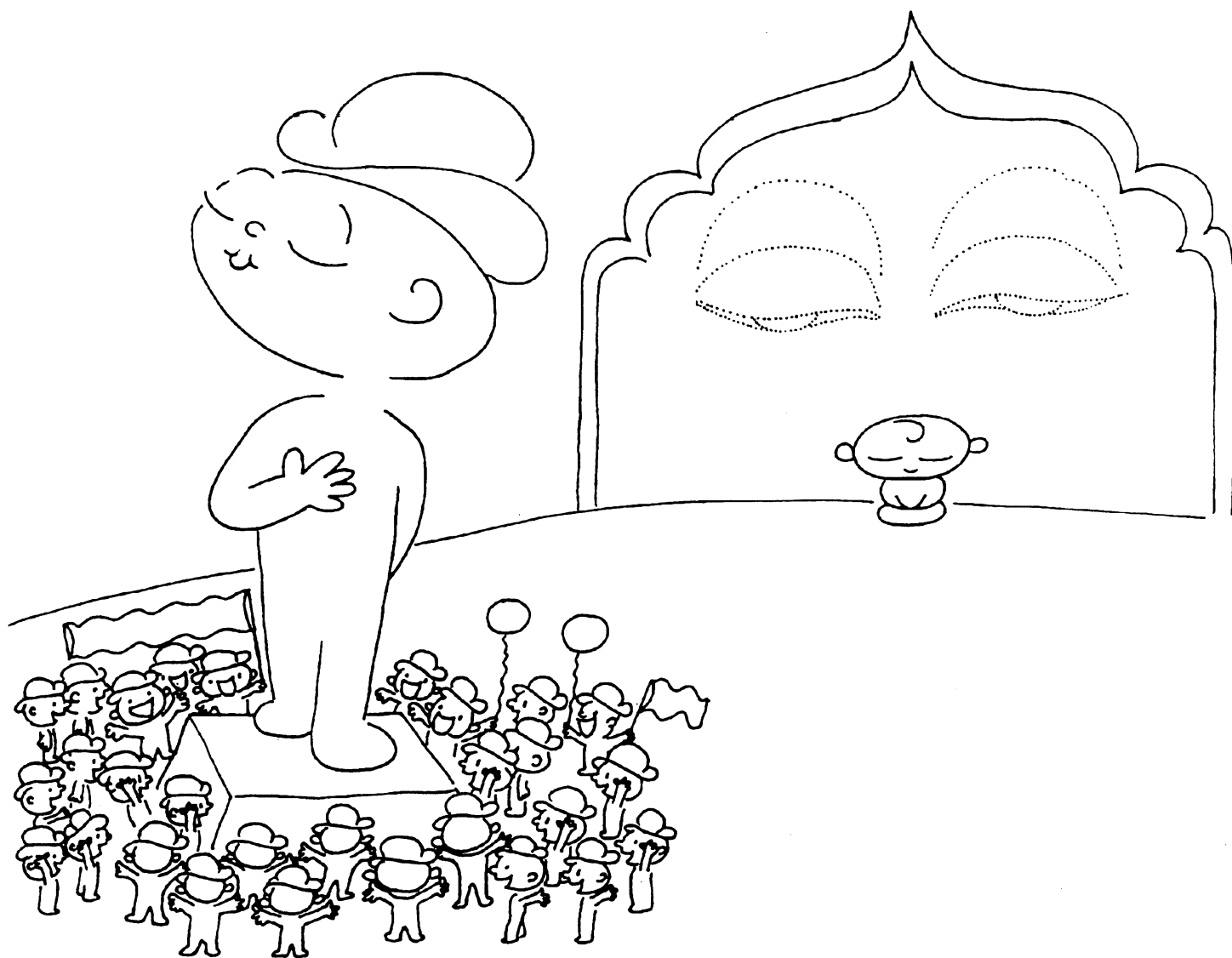
**I come in  
And enjoy my aspiration-country  
Of oneness.**



**60.**

**When I go out,  
I tell God the creation to look at me  
The way I would like to be looked at.**

**When I come in,  
I tell God the Creator to look at me  
Whichever way He wants to.**



**61.**

**When I go out,  
I become the slave  
Of my autocrat-mind.**

**When I come in,  
I become the prince  
Of my Absolute King Supreme.**

**62.**

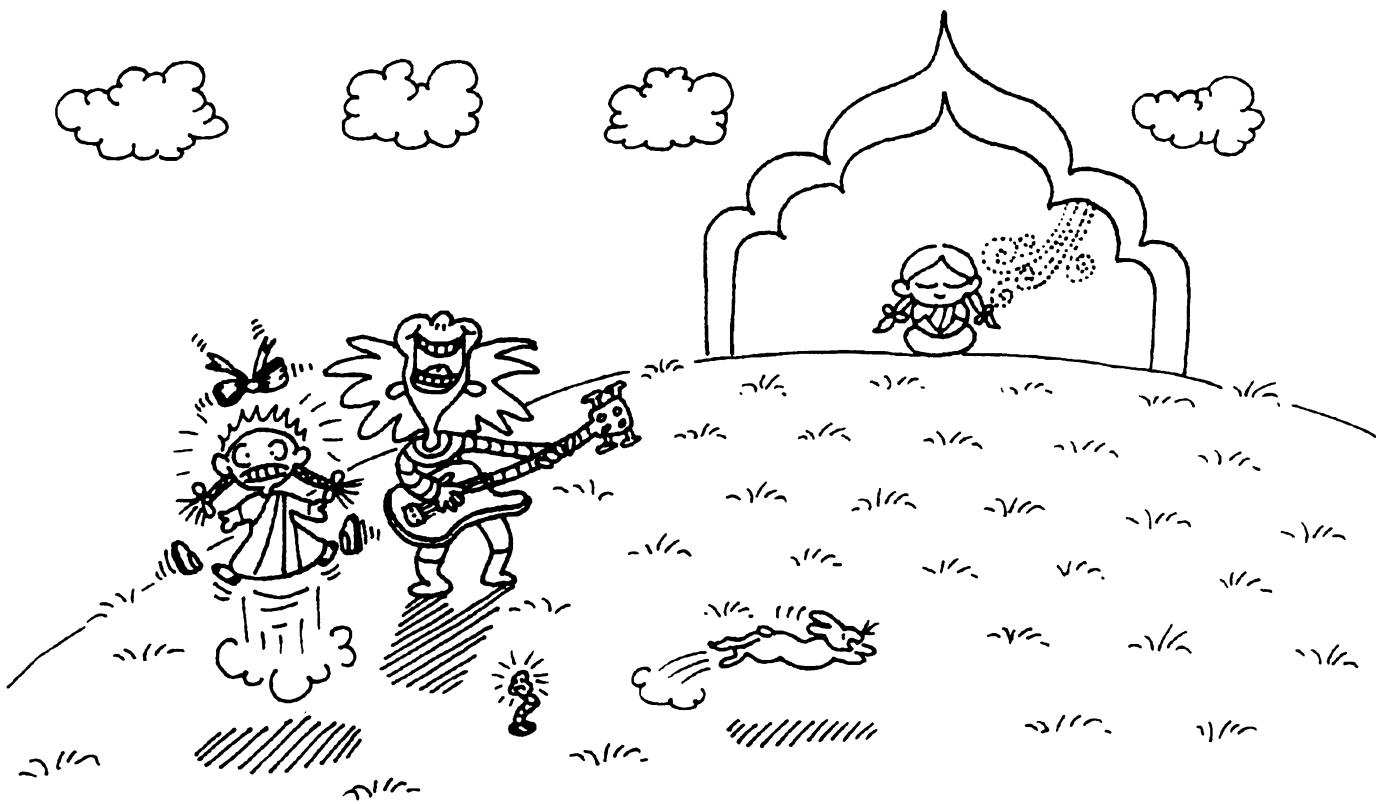
**I go out  
Only to be captured  
By the narrowness and selfishness  
Of the outer world.**

**I come in  
Precisely to be energised  
By the eagerness and enthusiasm  
Of the inner world.**

**63.**

**I go out,  
And the sound-life of the outer world  
Practically paralyses me.**

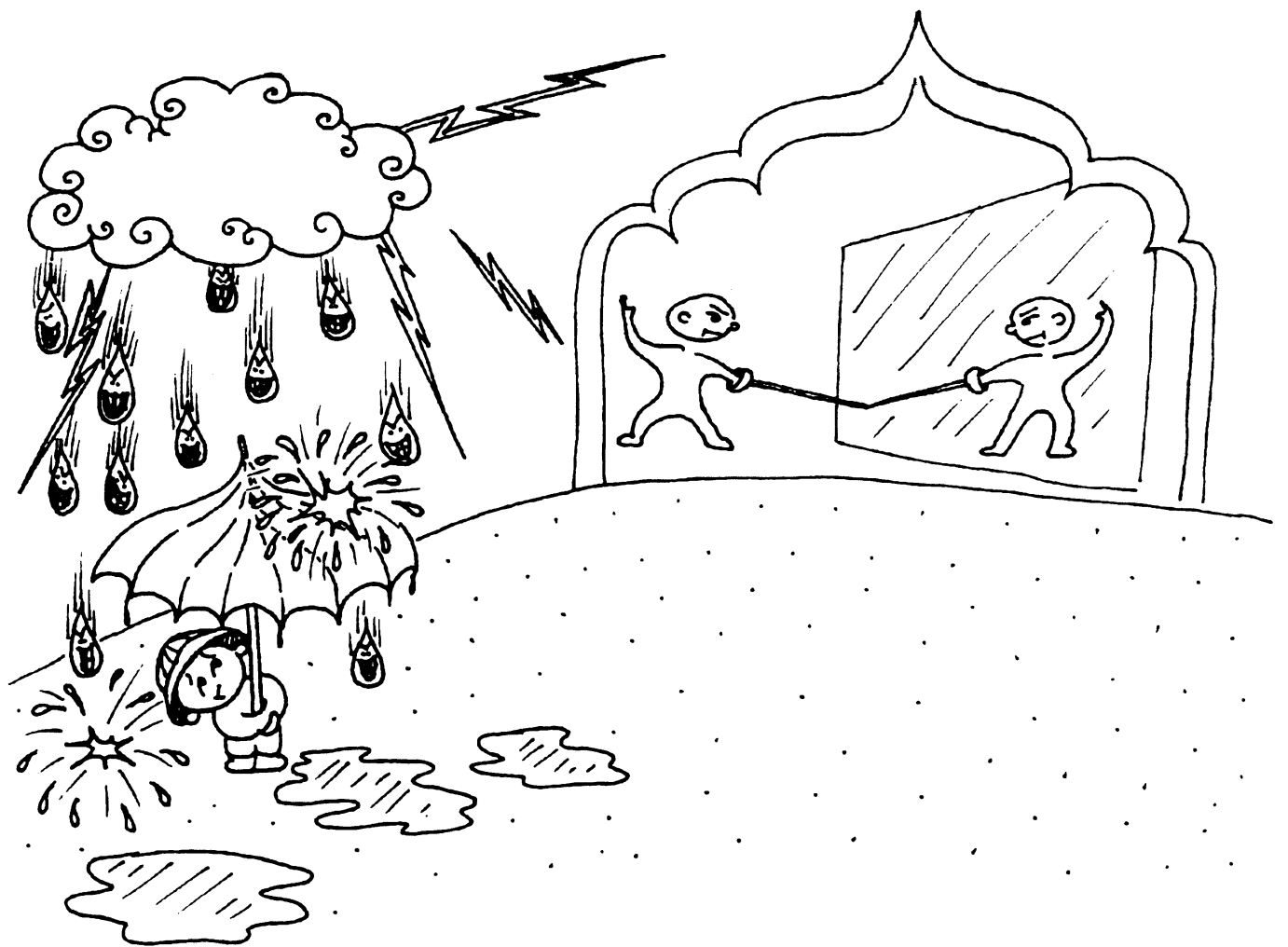
**I come in,  
And the silence-life of the inner world  
Whisperingly immortalises me.**



**64.**

**When I go out,  
I seek for God-protection.**

**When I come in,  
I get inspiration and determination  
To protect me from myself.**



**65.**

**When I go out,  
My mind asks me  
To take a photograph of God.**

**When I come in,  
I see that God is waiting  
To take a photograph of my heart.**

**66.**

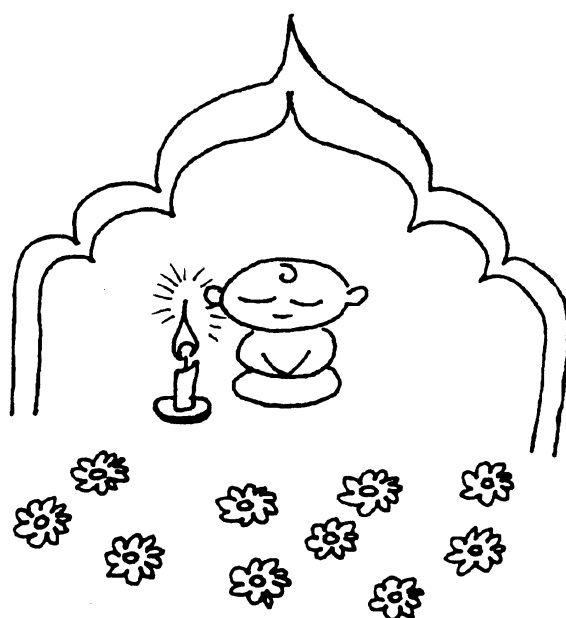
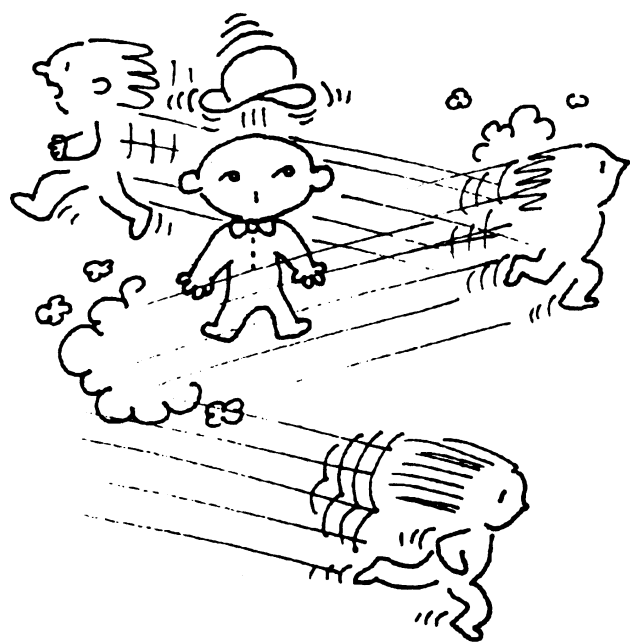
**I go out  
And my mind becomes all fantasy-curiosity  
For man's visit.**

**I come in  
And my heart becomes all ecstasy-thrill  
For God's Visit.**

**67.**

**I go out  
Only to see that the outer world  
Is in a desperate hurry.**

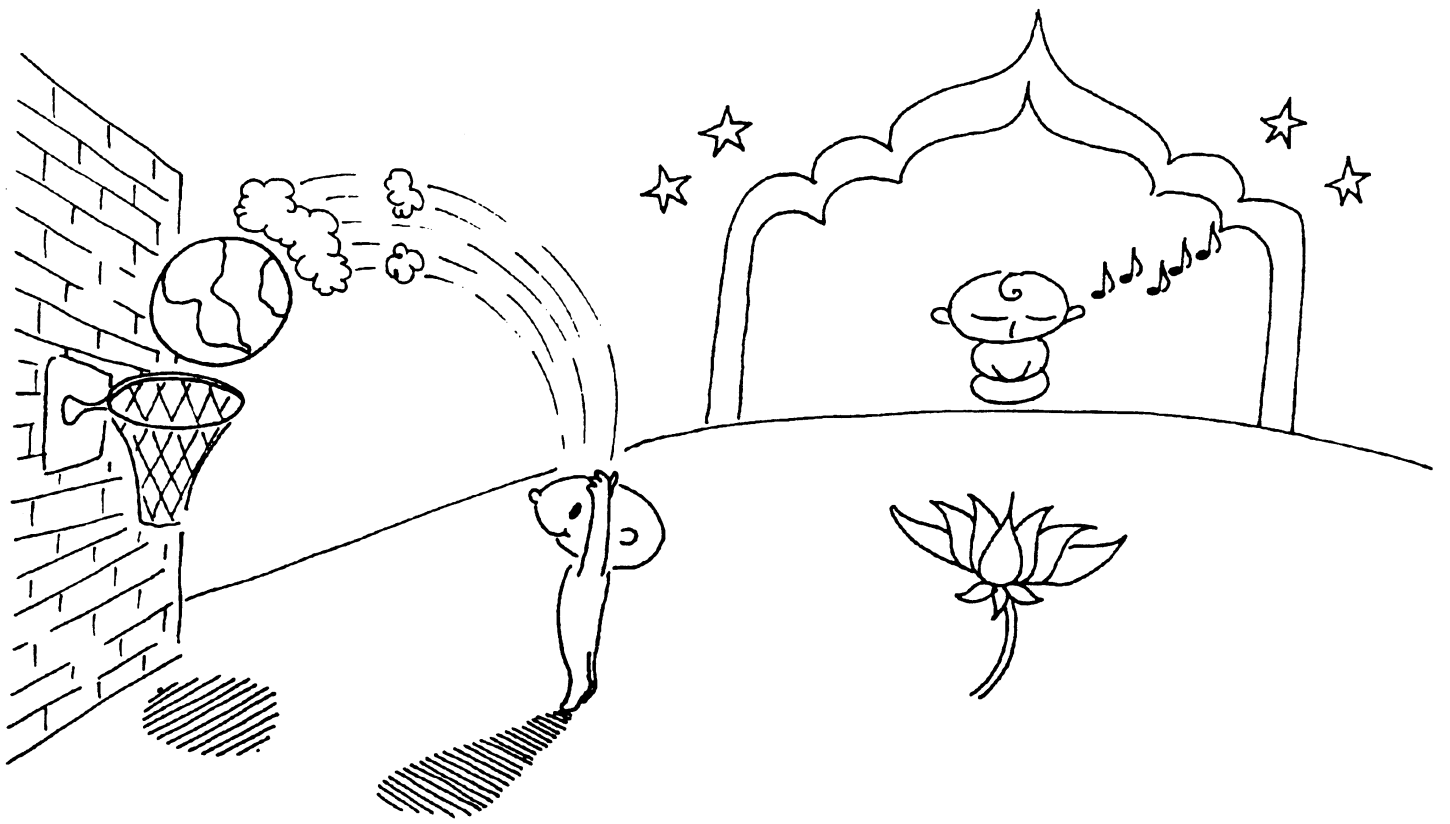
**I come in  
And, lo and behold, I become  
The poise of the inner world.**



**68.**

**When I go out,  
I immediately want to play  
My world-supremacy-game.**

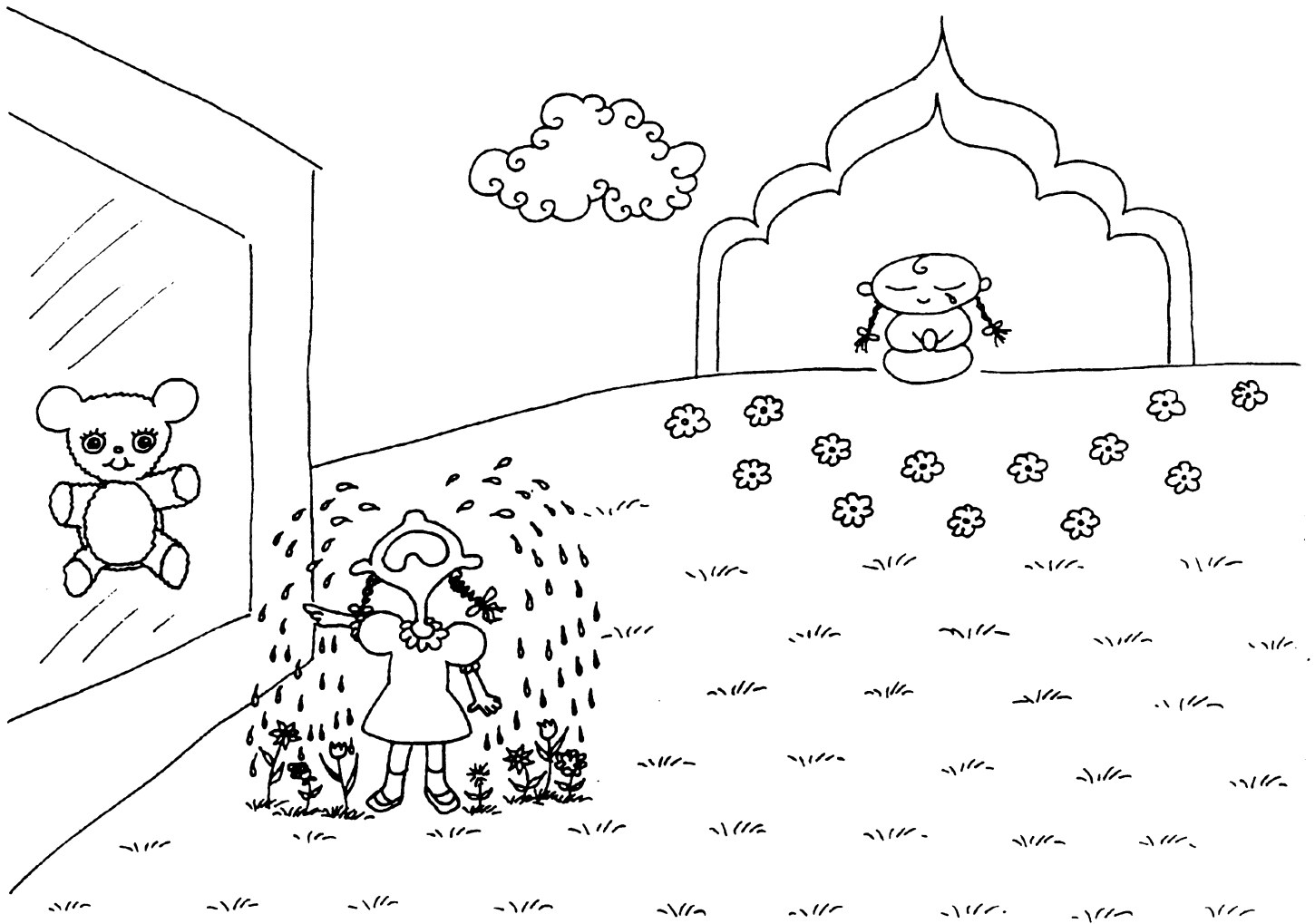
**When I come in,  
I soulfully sing  
My self-transcendence-song.**



**69.**

**I go out  
And immediately shed tears  
To amass each and every charming thing I see.**

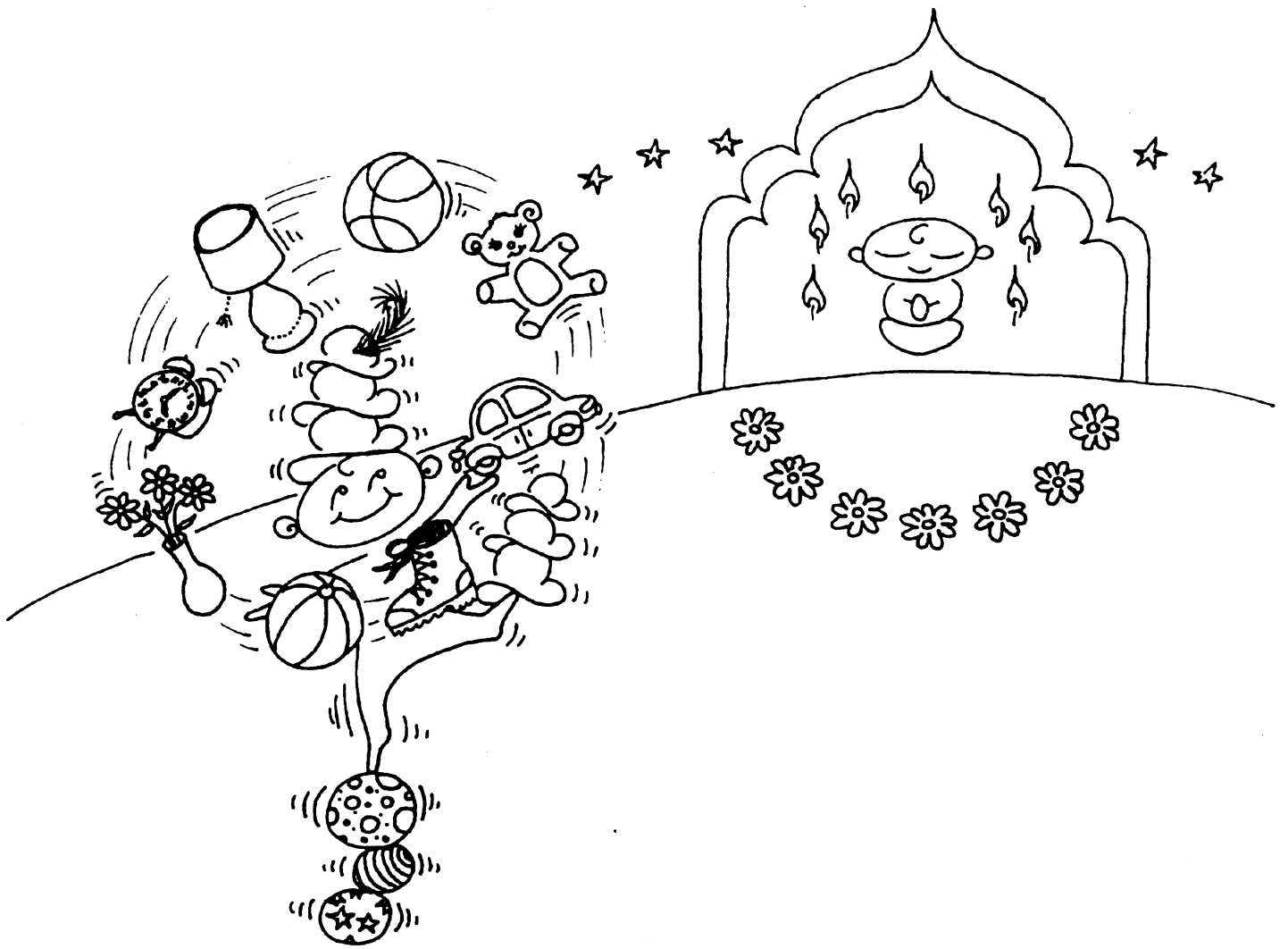
**I come in  
And shed no tears  
For anything other than God.**



**70.**

**When I go out,  
I immediately try to enjoy  
My all-aptitude-dance.**

**When I come in,  
I unmistakably see  
My climbing God-aspiration-flames.**



**71.**

**I go out  
And, the nearer I stay to my mind-autocrat,  
The farther I am from God.**

**I come in  
And, the nearer I stay to my heart-friend,  
The sooner I feel that I am of God  
And I am for God.**

**72.**

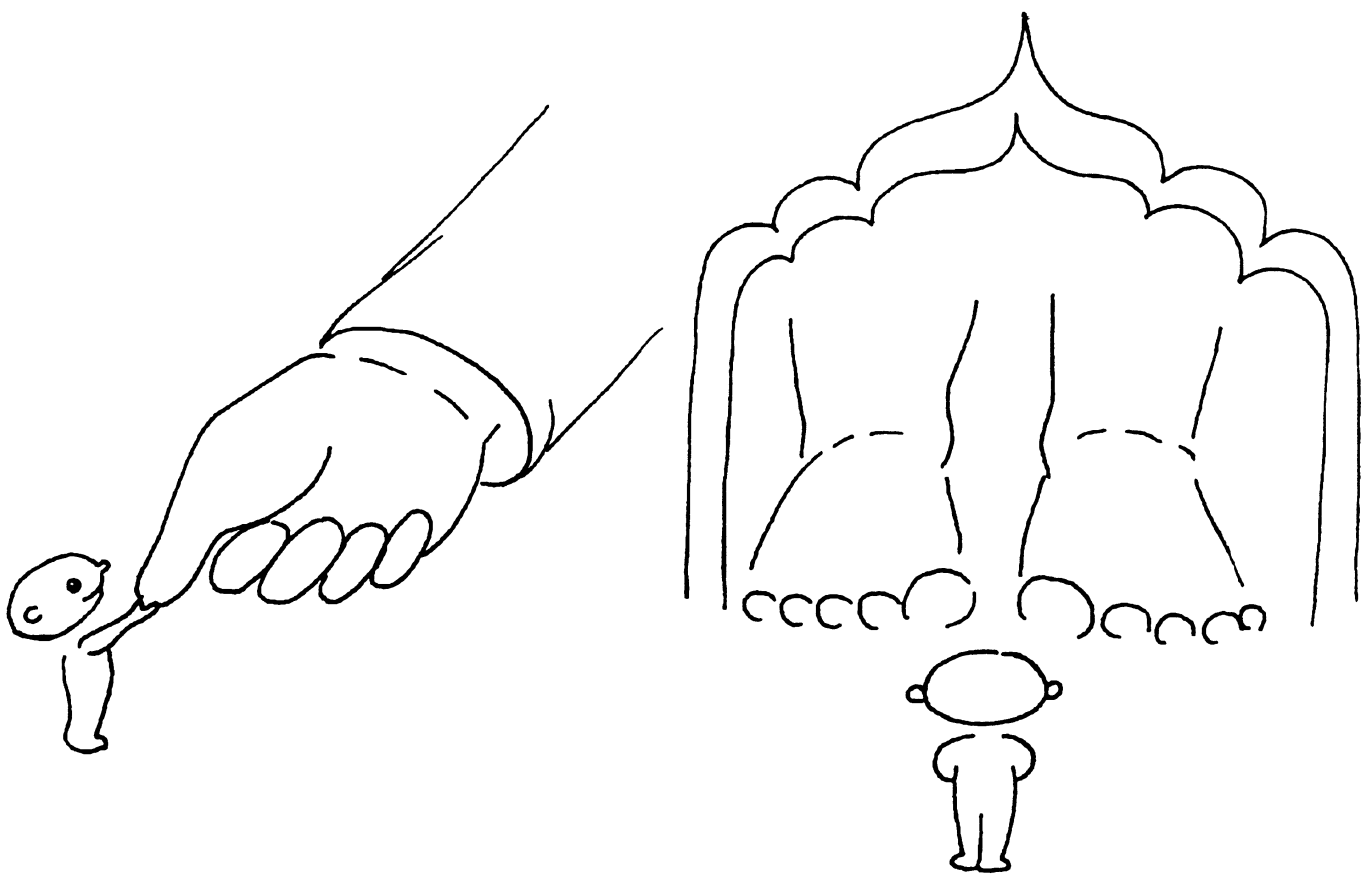
**I go out  
And start building my mind-hut.**

**I come in  
And see that God Himself is building  
My heart-temple.**

**73.**

**When I go out,  
My Lord tells me,  
“I see you are astonishingly brave, My child.  
Let Me shake hands with you  
And examine your strength.”**

**When I come in,  
My Lord tells me,  
“I see, My child, you are absolutely pure.  
Come and touch My Feet  
And receive My infinite Blessings,  
Love and Affection.”**



**74.**

**When I go out,  
I see that my doubting mind  
Is worse than a third-class student  
In God's Love-Devotion-Surrender-School.**

**When I come in,  
I see that my aspiring heart  
Is, indeed, a first-class student  
In God's Love-Devotion-Surrender-University.**

**75.**

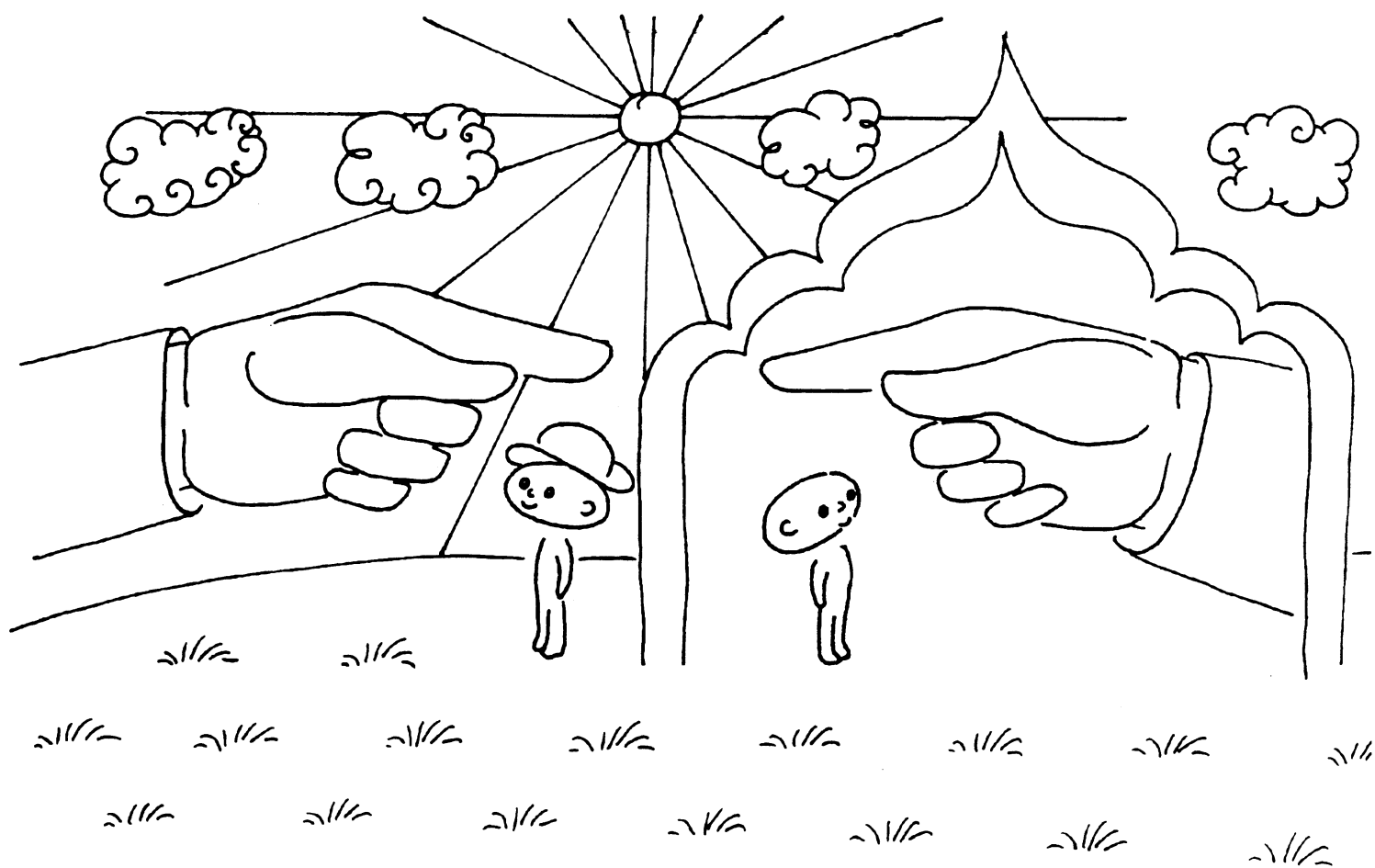
**When I go out  
With a God-“No”-mind,  
The outer world shakes hands with me.**

**When I come in  
With a God-“Yes”-heart,  
The inner world embraces me.**

**76.**

**When I go out,  
My Lord asks me summarily to go in.  
He tells me, "First things first.  
You must aspire to realise Me."**

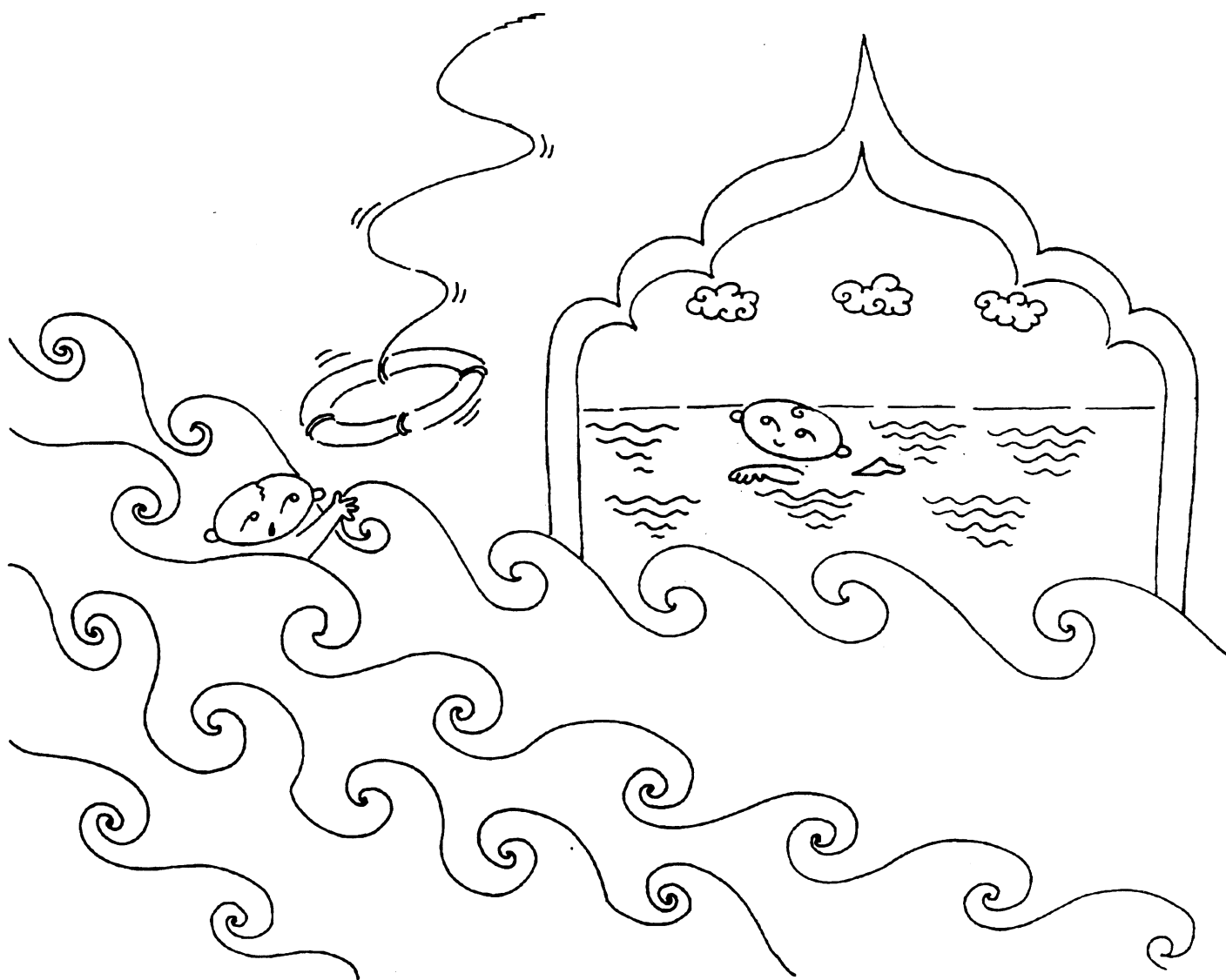
**When I come in,  
My Lord peremptorily commands me to go out  
And manifest Him.  
He says, "My son, let the world receive  
All My Blessings, Love and Compassion  
Through you."**



**77.**

**When I go out,  
God helps me to escape  
From my mind's doubt-currents.**

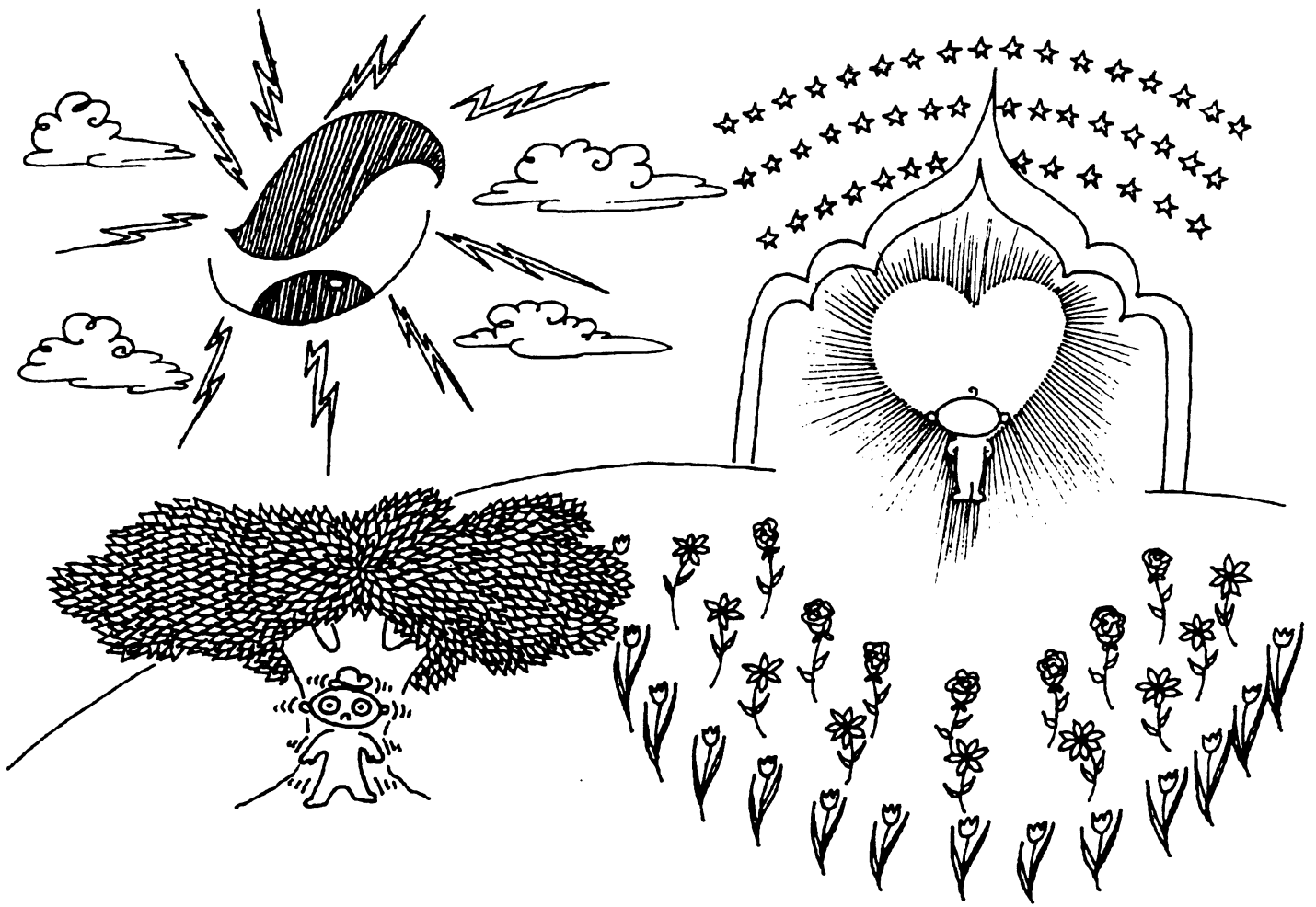
**When I come in,  
God helps me to swim  
In my heart's faith-sea.**



**78.**

**I go out  
And, to my extreme sorrow,  
I see that God's Justice-Eye  
Is not approachable.**

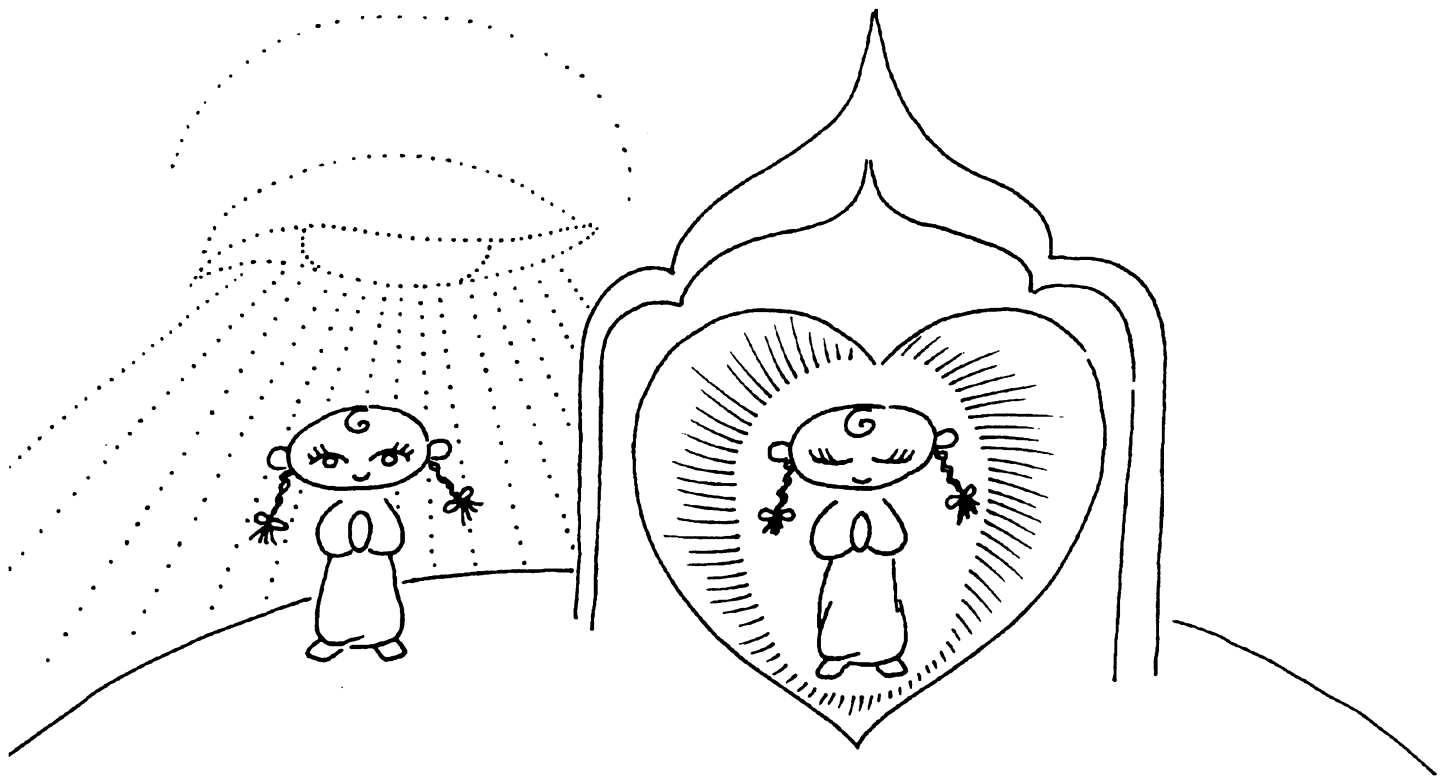
**I come in  
And, to my greatest joy,  
I discover that God's Forgiveness-Heart  
Is at every moment approachable.**



**79.**

**When I go out,  
God's Compassion-Eye  
Secretly blesses me.**

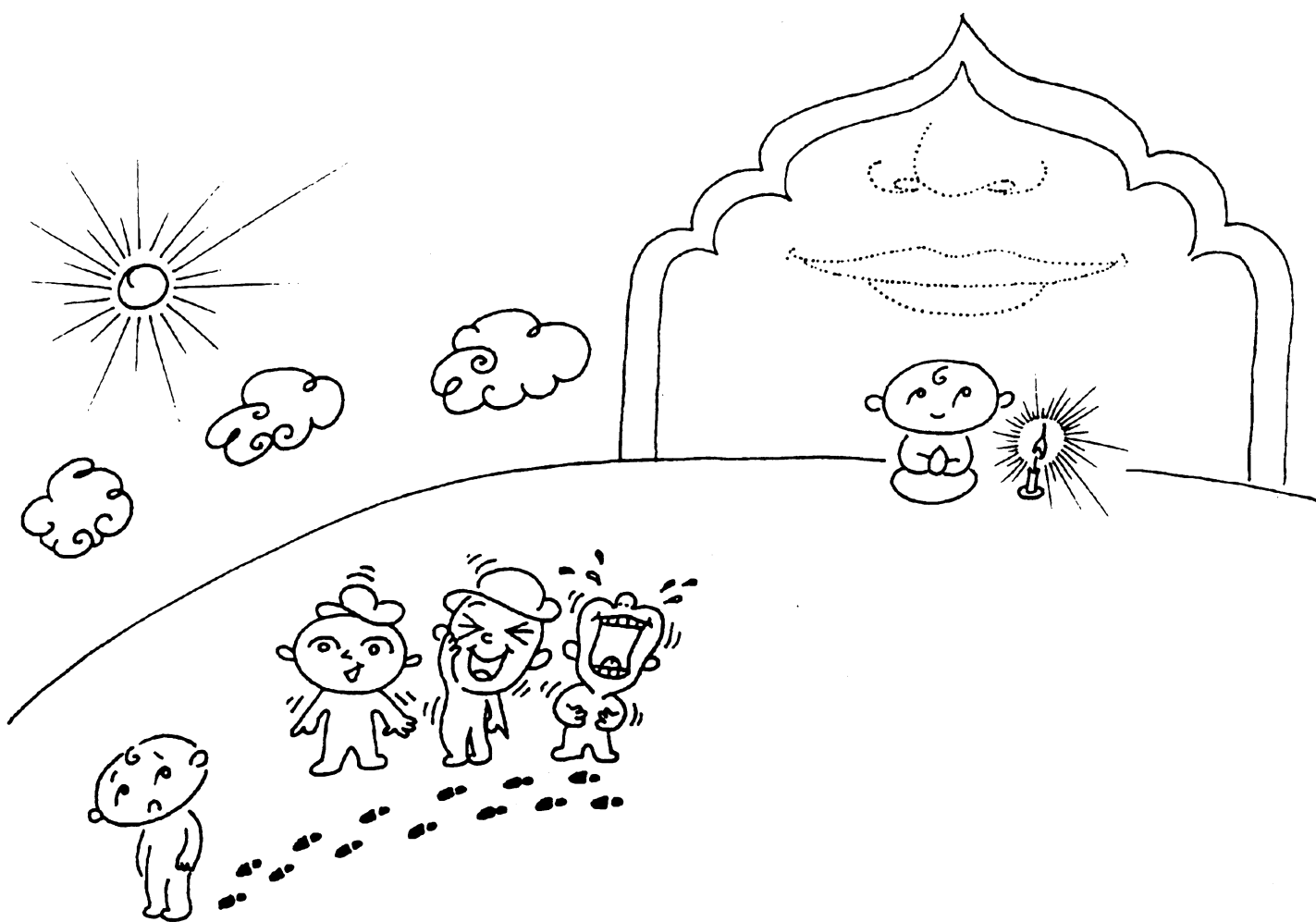
**When I come in,  
God's Oneness-Heart  
Openly embraces me.**



**80.**

**When I go out,  
Mankind laughs  
At my feeble God-service-steps.**

**When I come in,  
God smiles  
At my feeble God-aspiration-attempts.**



**81.**

**I go out  
And immediately see  
That the secret of my success-life  
Is to look forward.**

**I come in  
And immediately discover  
That the secret of my progress-heart  
Is to dive inward.**

**82.**

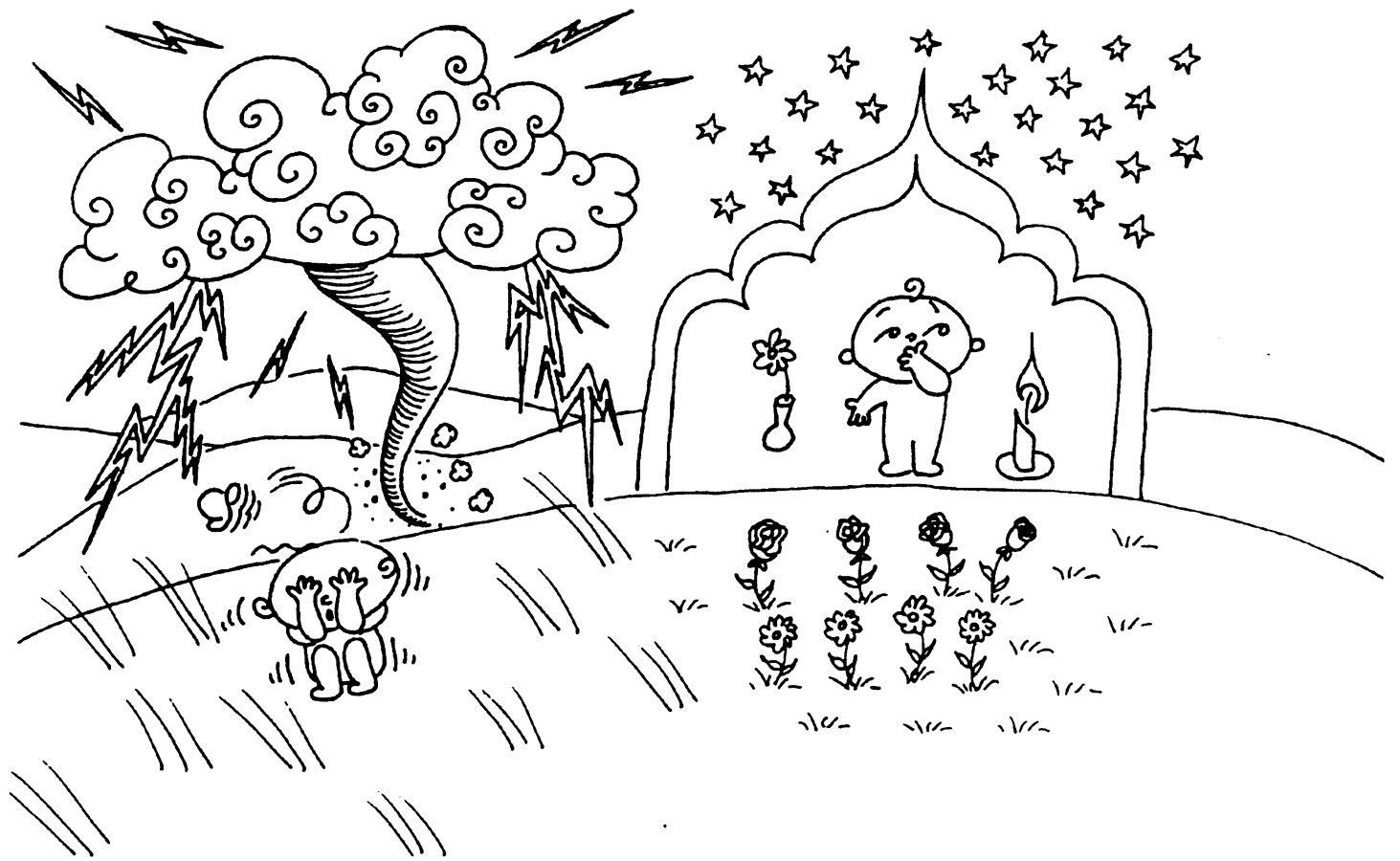
**When I go out,  
I do not know how to cope with  
My life's ups and downs.**

**When I come in,  
I see that my God-aspiration-existence on earth  
Is far beyond my life's ups and downs.**

**83.**

**When I go out,  
I am afraid to see God the Power.**

**When I come in,  
I am afraid to disturb God the Silence.**



**84.**

**I go out  
And immediately see  
That my mind's endless world-complaints  
Are befriending me.**

**I come in  
And immediately see  
That my heart's teeming world-compliments  
Are befriending me.**

**85.**

**I go out  
To protect my mind-temple  
From doubt-hurricane.**

**I come in  
And see that God Himself  
Is protecting my heart-shrine  
From impurity-flood.**

**86.**

**When I go out,  
My freedom-mind  
Means so much to me.**

**When I come in,  
My surrender-heart  
Means so much to God.**



**87.**

**I go out  
And, alas, I see my starving mind  
Wrestling with its own questions.**

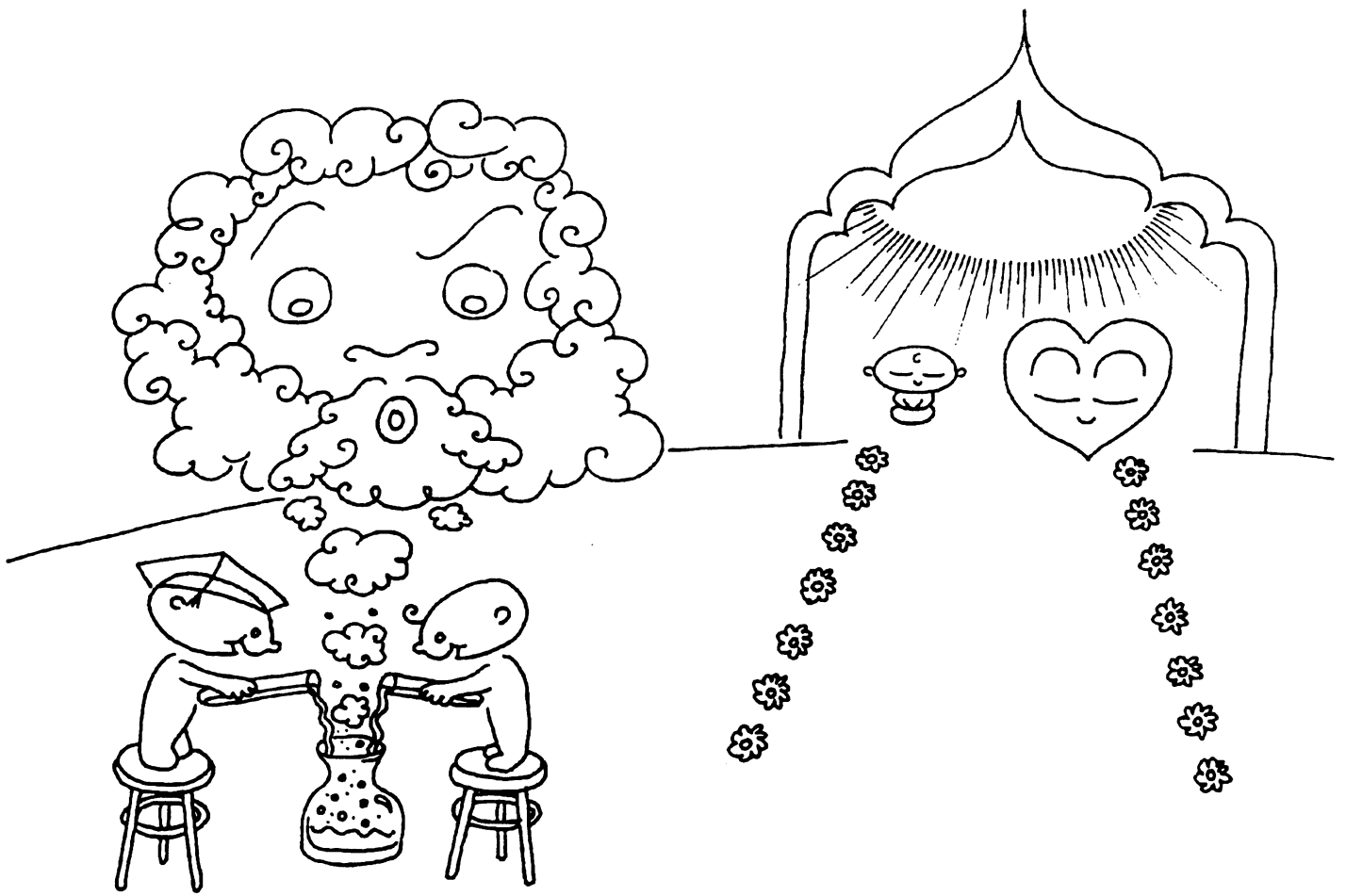
**I come in  
And, to my greatest joy,  
I see my heart and its answers  
Enjoying a God-manifestation-feast.**



**88.**

**When I go out,  
My mind and I together  
Try to invent God.**

**When I come in,  
My heart and I together  
Try to discover God.**



**89.**

**When I go out,  
I see that there is an astronomical distance  
Between my mind's desires and God's Will.**

**When I come in,  
I see that shorter than the shortest  
Is the distance between my heart's aspiration  
And God's Sanction.**



**90.**

**When I go out,  
The outer world expects  
My salutations.**

**When I come in,  
I prayerfully bow  
To the inner world.**

**91.**

**When I go out,  
I unmistakably see that there are many realities  
That I have not even touched.**

**When I come in,  
I clearly see that God has myriad Dreams  
That He has not yet manifested.**

**92.**

**I go out  
With the hope of having  
A very brief interview with God.  
But, alas, God says He has no time.**

**I come in  
With the hope of having  
A very brief interview with God.  
God smilingly tells me,  
“My child, take as long as you want to.  
I am not in a hurry.  
I am at your perfect disposal.”**

