

*sun memos*  
ziggy alberts





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- 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  
tryingly 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'.