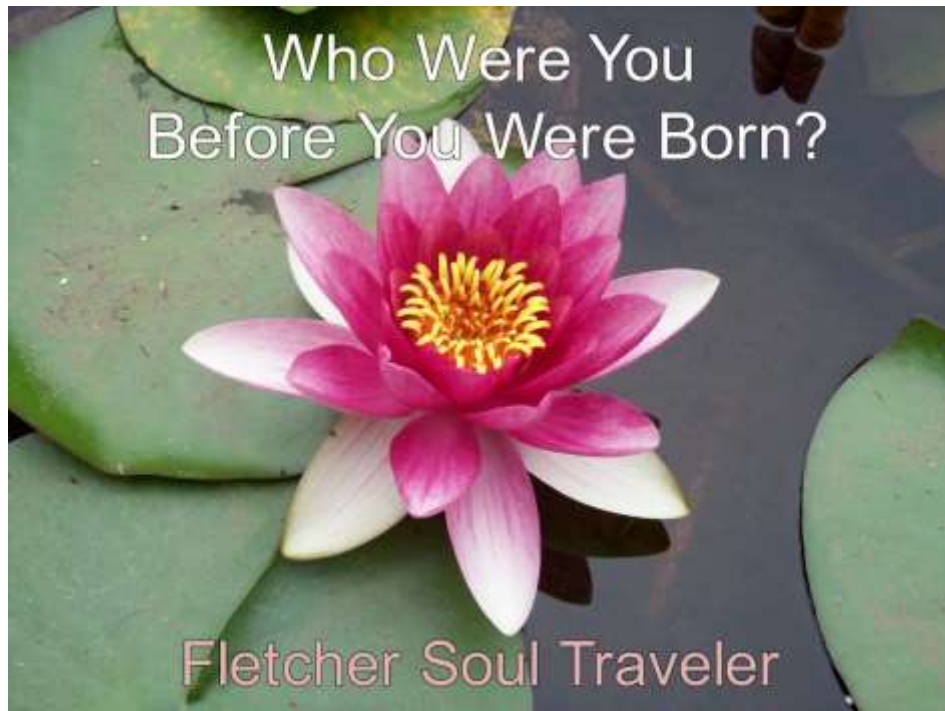


Who Were You Before You Were Born?

2017+



I hope that you stop and reflect on these poems. They are meant to ponder over and to ask yourself some basic questions about life. I sincerely hope that they will trigger a longing inside to search for the diamond that exists inside of you.

I wish to offer my humble gratitude to my brother John. John did all the music for this CD I believe that poetry and music together can enhance the poetic experience. It adds an extra layer of emotion. Unfortunately, in America, poetry has taken a back seat in our culture. Let's bring back the power of the spoken word.

Contents

All Things Must Pass	3
Aspire	4
Determination	5
Did You Know?	6
Forgive	7
Hello.....	8
How Do You See The Cup Of Life?.....	9
Is This From A Mystic Or A Scientist?	10
Kindness Goes A Long Way.....	11
Practice Makes Perfect.....	12
Serenity	13
Talking To Myself	15
When I'm 64	16
Who Were You Before You Were Born?	18

All Things Must Pass

George Harrison wrote the song “All things must pass”.
To be honest, at the time I really didn’t understand the song.
This was many moons ago.
Since then I have seen stormy weather and sunshine in my life.
Whatever troubles you have today will soon be forgotten.
As George says all things must pass.
Our lives are like a river.
It is flowing towards the sea.
The problems we have in life disappear into the night.
Everything changes.
Nothing in life is static.
Change is everywhere.
You can’t hold on to the good old days.
Everything is water under the bridge.
It takes time to develop this awareness.
When you do your life will change for the better.
You will be wise enough to carry an umbrella when it rains.

Aspire

Aspire is to direct one's hope or ambitions toward achieving something.

As a human race, we all aspire to the same thing.

We want our world to be peaceful.

We want peace on earth.

We want the world to be tolerant of one another.

Each of us can pray and meditate in any way we want.

Religion can tie us together.

There is a thread of love that binds us all.

We aspire food and shelter for the whole planet.

Health care for all.

Everyone on this planet needs to be educated.

Education is the foundation of the world.

We aspire for the world to be kind.

This is our true nature.

We embrace love and compassion.

This is our true nature.

Most of all we aspire to be a family united by the creator.

This is what we aspire to.

Determination

I learned at a young age the law of determination.

My brother was good at whatever he touched.

Our parents gave us bicycles at a young age.

My brother jumped on it and rode away.

It took me a month just to ride the darn thing.

Yet I learned that through determination I could learn anything.

My wife says that things come so easily in my life.

You learn everything so fast.

Life taught me through determination we can accomplish anything in this life.

Even finding a new job.

I'm saying this because many of us are in the same situation.

I'm trying to give you help along the way.

We are all in the same boat.

Rediscover your inner humor.

Laughter will help you along the way.

It will help dissolve some of the blocks within.

Laugh with the universe.

You are not alone.

You're on the next stage of the video game of life.

Change your attitude and enjoy the game.

We don't have to struggle.

Flow with the tide of life.

You are not a rag doll.

You are the universe.

You just don't know it.

Did You Know?

Did you know the universe considers you as your best friend?

You are never alone.

Yet at times we think we are.

You are a part of the universe.

There is a part of you that is beyond time and space.

Unfortunately, we have forgotten.

You are the great mystery of life.

It is hidden inside of you.

Is this truth or fiction?

Only you can decide

Forgive

I love the definition of forgive.

Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

Imagine a person doing you wrong.

You have every right to be angry.

Time passes and the person who wronged you has forgotten the situation.

But you haven't.

The anger is still festering within.

The poison left by the arrow lies inside of you.

The moment you truly forgive yourself and the other person true alchemy occurs.

True healing can take place.

This is the law of forgiveness.

It doesn't say you must forget the experience.

The laws say to forgive.

Big difference.

Like the world, we would truly be more content if we forgive ourselves and others.

Learn from your mistakes.

Forgive yourselves and others along this journey of life.

Hello

Hello

Where have you been?

It just seems like a few minutes ago you left to get a glass of water.

Now your life is almost up.

I hope you enjoyed this life.

It was quite a journey for you.

Life is not easy but you made it to the end.

We have been always at your side.

We have never left you.

Remember you are a part of the universe.

You have simply forgotten.

Welcome back home.

How Do You See The Cup Of Life?

How do you see the cup of life?

Is it full or empty?

Is it half-full or half-empty?

Is your cup a struggle?

Is your cup a struggle but you have faith you are on the right road?

Struggles are a part of life.

Nobody gets a free ride.

Even if you meditate your entire life you will have challenges along the way.

Struggles and challenges are ways to make you strong.

It makes a strong cup.

Only you can change your attitude for the better.

It's not easy but you can do it.

Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside our, DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

Kindness Goes A Long Way

Kindness goes a long way.

Being angry is so easy.

Just put more gasoline on the fire.

We have done that forever for so long.

Yet kindness takes time to mature.

You have to plant the seed in the ground and nature it.

True kindness you have to take out the negative weeds and water daily.

Yet the fruits are so sweet.

The universe is proud that someone is reaching for the stars.

Practice Makes Perfect

Practice makes perfect.

When I was young I had to practice much more than my brother.

He had a knack to be good at whatever he picked up.

I was always a few stages behind him.

Yet by the art of practicing, I developed over time mastering what I was learning.

When it comes to life you can never say I've mastered it.

Life will throw you curveballs.

It will test you.

It's like playing video games.

You can advance to a new level and that's where the challenge begins.

Everybody gets their fair share of hard knocks,

How do you handle them?

That is part of the game of life.

It's quite a delicate process.

We stumble and fall.

Yet over time, we learn how to embrace the situation.

I've been laid off numerous due to our economic climate.

Each time I learned how to snap back.

It takes practice.

Each time it gets a little easier.

Is this a lesson on how to fine-tune the guitar of life?

Do we make better music when we go through the wringer and out the other side?

This life is definitely not boring.

Serenity

Serenity is the state of being calm, peaceful, and untroubled.

Think of life as a video game.

In a video game once you master a level you go to another level.

People love the challenge of playing the game.

Now imagine playing the video game of life.

Which by the way you are.

Have you read the instruction manual?

Do you know even if there is one?

Are we on auto-pilot in this life?

Anyway here are a few suggestions for playing the complex game.

Imagine you're playing this video game.

It's old and new at the same time.

The purpose of this game as you know is to go through the various levels.

Step 1.

Life throws you a curveball.

How do you react?

If you can be in a state of being calm, peaceful, and untroubled you go to the next level.

Otherwise, life throws you a curveball and you try again.

Now if you pass level 1 be ready for the next step.

Life throws you a curveball.

How do you react?

Serenity is a state of mind where you go through and learn how to react to life.

Been there done that.

It's learning the video game of life consciously not in a stupor.

Every step of the way is a practical learning experience.

Each time a curveball is thrown remember you can hit a home run.

Talking To Myself

It seems like these sayings are for everyone but myself.

Yet that is far from reality.

In actuality, these sayings are for me.

They are reminders along this journey of life.

What better advice there is to daily write it down?

It becomes an intricate part of your life.

Each day these sayings get rooted in my being.

What I say I'm really trying to make it into reality.

We can change.

We can change consciously.

This is a grand journey of life.

We can help and improve our lives every single day.

We will fall and yet we can pick ourselves off the ground and continue walking
towards our goal.

We are not alone.

The entire universe is rooting for us.

When I'm 64

I heard the Beatle's song "when am 64" many moons ago.

I am now 64.

I'm still young at heart.

But society at large thinks oh you're over the hill.

Recently I had a phone interview on the phone.

At the end of the call, the interviewer said this was the best interview he ever had.

Yet when I had the interview in person you could see the disappointment in his eyes.

Oh, he is over the hill.

My resume is quite impressive.

You can never rest on your laurels.

Being a software engineer you have to always be in a state of learning and growing.

Even when my employers didn't have a technology that was going to be forefront I learned it.

For example, I built a cooking site using the latest technologies 6 years ago.

If I didn't do that maybe I would be over the hill.

I'm still learning and growing every single day.

I have tremendous knowledge of the outside world and inside the world.

I have traveled around the world.

I have nothing to prove.

I do get tired when some young person makes me prove myself to him.

In some companies, all you have to do is smile and they read your resume.

No questions asked.

They know talent when they see it regardless of age.

Some companies only see the image of an old man.

I'm not old.

I'm wise.

Big difference.

I think I really want to work for a company who truly sees me as who I am.

Who Were You Before You Were Born?

Who were you before you were born?

Where did you come from?

Both good questions.

Have you ever stopped and pondered these questions?

Where will you go when you die?

It's not the grave.

Yes, your body will return to the earth.

But where will you go?

Mystics have said the answers lie within.

Open the door within.

Remember it's one small step after another.

You can solve this riddle.