

2017

These poems are meant to be pondered over.  
There is a message contained in each one.  
There is a riddle to be solved.  
I hope they may contain meanings for your life.



# **Walking On Egg Shells**

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## Times Flies By

Times fly by.  
My theory is the older you get the faster time flies.  
I can't prove it to you.  
But I think time is a state of mind.  
When I was young time seemed to last for an eternity.  
I remember summer vacation in grade school.  
Summers lasted for eternity.  
Today is my birthday and this year is almost over.  
Summers and years fly by.  
I was once young and today I'm sixty-five years old.  
When you were young you couldn't even imagine getting old.  
When you are old you can't imagine being young.  
Life has two sides to the coin.  
My mind is still young.  
My body has a few aches and pains.  
Yet overall this body is an incredible vessel.  
I'm learning how to take care of it.  
My theory is this is the only body you get.  
So take care of it.  
Personally, I think we can slow down time and heal our bodies.  
Mankind is at the forefront of discovering new ways to heal the body.  
You are your own doctor.  
Your mind is super powerful.  
Your spirit is infinite.  
Combine those two and you can definitely improve your health.  
By learning how to meditate you can learn how to suspend time.  
You can be in a place of suspended automation.  
In this place, your body can heal.  
Time is your friend.  
At times we think time is our enemy.  
Our society praises the young and neglects the old.  
We think the older you get the less worth you have.  
What a crazy world we live in.  
We have so much backward.  
Ponder this over.  
Try to become more aware and conscious in your life.  
Signposts of God are all around.



## Time For A Change

Time for a change.  
Let's face it humanity.  
It's time for a change.  
We have been fighting for so long.  
We still think that war can solve our problems.  
It hasn't.  
Yet we think we can bully people around.  
The world is tired of our antics.  
We used to be admired by the world.  
Just think in only one year we have lost the world's respect.  
Even almost the entire UN voted against us.  
Yet we are still arrogant in our ways.  
We simply mocked the world who voted against us.  
We have changed our position.  
It's now us versus the world.  
In the past, we were the world's leaders.  
We have fallen from that.  
The world can no longer trust us.  
Even our most solid allies are lost and confused.  
Some of them even threaten to put our President in jail if he puts one foot in their  
country.  
The pot is being stirred.  
We are seeing darkness all around.  
Yet the light is shining.  
This darkness is being revealed and is going to go away.  
The sun is about to rise.  
The first rays are hitting the land.  
Mark my words peace will be on this land.  
A golden age is about to be on this land.  
We will finally witness and see humanity's true nature.  
It exists inside of us.  
You will discover your true nature.  
Kindness, love, and wisdom lie inside.  
All the past negative energy will disappear into the night.  
Soon it will be forgotten.  
War will soon not be in our vocabulary.  
The golden age has started.  
Ponder this over

A new dawning for man is here.  
Let the dust settle and discover your true nature.

## Time Is Precious

Time is precious.  
Many people say you only have a few precious breaths while you are alive.  
We come into this world.  
Before we know it we leave this world.  
Time is silently slipping away.  
Where does the time go?  
I remember as a kid time seemed like an eternity.  
Summer vacations lasted forever.  
I just turned sixty-five years old.  
The years just seemed to fly by.  
It seems just like yesterday we approached the year 2000.  
Now it's almost eighteen years later.  
Yes, time is precious.  
Enjoy every moment you have.  
Treasure your life.  
Be grateful for being alive.  
This life is a journey.  
Yes, you will hit potholes on the road of life.  
That's what makes it a journey.  
Life always changes.  
You can never hold on to a moment.  
When you try life will just pass you by.  
You can almost grasp it.  
It is right between your fingers.  
But time just passes by.  
The wise masters of the past have said that sit in stillness.  
There is inner silence you can go beyond time and space.  
You are eternal.  
You were never created nor will you ever die.  
Yes, your body will.  
But your essence is eternal.  
When one truly recognizes this one has the experience that time is precious.  
One experiences a shift in awareness.  
You can't exactly put this into words.  
Yet your view of the world and time changes.  
You may hit the same potholes in life.  
But this time you have great shock absorbers.  
Life will carry you through rough times.

Ponder this over.  
Time is precious.

## Time Passes Every Breath

Time passes in every breath.  
The mystics have said that you only have so many breaths.  
Nobody knows how many we have.  
Each individual has a different count.  
Yet I really don't think destiny is cast in stone.  
We can learn how to be conscious and learn how to change our ways.  
But time slips away with each breath.  
We must be aware of the miracle of the breath.  
We take it for granted.  
All the great masters talked about the breath of life.  
Behind our breath is the power that is keeping the universe alive.  
We just aren't aware of it.  
We always look externally to find God.  
But the great masters have said the kingdom of heaven lies within.  
God is hidden under our inner pillow.  
What an incredible game of hide and seek!  
This is probably the greatest game man can play.  
The great masters have given us hints as to where to find God.  
Many great books have been written on this.  
They can't walk the path for you.  
They can't play the game for you.  
It's up to you to decide if you want to play this game.  
You have free will.  
This is the law of the universe.  
Nobody will take that away from you.  
These sayings or poems are hopefully inspiring you.  
They were meant for you to ponder over life.  
They are meant for you to see a different side of the story in life.  
We aren't trying to convince you or trick you.  
The truth doesn't need that.  
The sun just shines in the sky.  
The truth just shines.  
The truth lies inside of you.  
It will never go away.  
This is your true nature.  
Ponder this over.  
You are eternal.  
You are the universe.

## Time Will Do That To You

Time will do that to you.  
Time slowly slips away.  
You can never quite grasp it.  
It is just a fraction away from your fingertips.  
Time is elusive.  
Yet it affects us in every way.  
Time is like a great sculpture.  
It slowly ages us.  
Where we were once young.  
We hit middle age.  
Now I'm in my sixties.  
I'm still in good shape for my age.  
I'm still young at heart.  
My mind is fresh.  
I think that a spiritual path is the most practical path.  
I learned about moderation in all areas of my life.  
I'm beginning to use time as my friend.  
Time is not an adversary.  
Time and space exist.  
Yet we are eternal.  
We are the universe.  
We just don't know it.  
This is why all the great masters said to discover the jewel within.  
You can go beyond time and space.  
It's amazing how so many physicists are saying the same thing.  
Many of them are saying the future can influence the past.  
They are saying time is a circle.  
We think time is linear.  
You go from point a to point b.  
Maybe this is why we feel the ravages of time.  
You are what you think.  
What would happen if a man truly realized that he is beyond time and space?  
How long would you live?  
Ponder that over.  
Scientists and mystics are both looking at the same thing.  
They may have different angles.  
But the essence is the same.  
You are the vast universe.

## Tired In The Head

I'm tired in the head.  
All I see is chaos all around.  
The media is on fire.  
Fake news is all around.  
Yet our press is reporting as best as they can.  
We have a President who calls any news he doesn't like fake news.  
He proclaims he can touch any woman by the pussy and still get elected.  
Hundreds of men have gotten fired for sexual discretions and he is still in office.  
He calls the chairman of North Korea a little rocket.  
I don't think he has a bone of diplomacy in him.  
Yet, America elected him.  
I could go on and on.  
But there is great hope all around us.  
The sunrise of man is occurring.  
The first rays our hitting the land.  
Soon it will be noon.  
The light will finally shine on this planet.  
It was a cold and dark winter.  
It lasted for ever so long.  
Humanity is tired of the bickering and fighting.  
We know deep down inside that war is not the answer.  
It has never solved anything.  
It's a rich man's chess game.  
The young unfortunately are pawns in this game of life.  
Which side of the fence do you lie on?  
You can't sit on the fence any longer.  
Do you want to anger, war, greed, and intolerance to prevail?  
You have seen for thousands of years where that has gotten us.  
Or.  
Do you want kindness, love, patience, and tolerance on this planet?  
It's up to you.  
You have free will.  
You vote by your actions.  
Your actions dictate what side of the coin you want for this planet.  
God does not change the world.  
Your prayers do not change the world.  
Your actions change the world.  
Period.

Ponder this over.  
You can be a light to this world.

## To Be Real

What does it mean to be real?  
I remember a long time ago I had a great friend whose house just burnt down.  
I asked his Father how are you doing.  
He gave me a plastic smile and said never been better.  
I think this is probably the first time I was conscious of being real and fake.  
Your house just burned down.  
Are you out of sync with your emotions?  
You don't have to hide them.  
To be real is to be aware and feel the emotions you have.  
All the great masters of the past said to weed your inner garden day by day.  
They didn't say stuff the emotions.  
Did you know the Dali Lama once had a temper problem?  
I read this in one of his interviews.  
Yet look at him now.  
I remember about 30 years ago he said that every day before he goes to bed he  
goes over the daily events in his mind.  
He looks at situations where he can improve himself.  
To be honest, at the time I didn't understand.  
I didn't have the foresight or understanding of how important that was.  
Years later I see that pulling the inner weeds is a way to be real.  
It's a way to be truly authentic.  
You have nothing to hide.  
You are like the sun in the sky.  
You simply shine.  
Look this life is an incredible journey.  
We all hit potholes in our lives.  
Doesn't it make sense for us to be real with each other?  
No agendas.  
I  
I'm not trying to convince you of my beliefs.  
No cunning.  
No lying.  
Just be honest and real.  
Just be a human.  
Just be a kind man.  
I truly think kindness is the way.  
When you are kind you have no inner motives.  
You are truly real at that moment.

You are in sync with the universe.  
This is your true state of mind.  
Ponder this over.

## Tonight I Wait For You

Tonight I wait for you.  
I know that you will show up.  
You are inside of me.  
We have free will.  
We can go on our merry way and be completely oblivious.  
We are the universe.  
We just don't know it.  
Signpost is all around.  
We are oblivious to them.  
We are driving in rush hour traffic with our cell phones.  
In our hectic life, we can't wait for anyone.  
We rush through life.  
It seems like mankind is getting more stressed with life.  
We have all these devices supposedly to help us.  
Yet it seems it makes our life more stressful.  
Personally, I think we need to slow way down.  
We have gotten into a traffic jam in life.  
We are driving in the wrong direction.  
Yet we think that nothing is wrong.  
We are blinded and yet we think we can see.  
Imagine that the universe is hiding inside of you.  
What do you see?  
Maybe you are cursing at me and saying that's make-believe.  
That's hocus-pocus.  
Look I'm not trying to convert you.  
I'm not trying to change you.  
I'm stating the obvious.  
Talk to any physicists today.  
They know about quantum energy.  
The mystics and the scientists both are talking about the same thing.  
They have different angles to the same story.  
Both of them are in a state of awe about the universe.  
I'm just saying with your free will you can also discover your true nature.  
Yes, it takes time.  
Yes, it is a journey.  
Yes, you will discover your true nature.  
Ponder this over.

## True Love Does Not Want To Hurt

True love does not want to hurt.  
True love is kind.  
True love truly cares for the other person.  
True love just shines like the sun.  
He has no ulterior motives.  
True love doesn't try to change or manipulate you.  
It doesn't want to use you as an object.  
True love is not a status symbol.  
True love knows that life is a journey.  
In a journey, both of you will hit potholes in life.  
That's why it's called a journey.  
True love will support both of you on this journey.  
It's like both of you are shocked absorbers for each other/  
True love is like wine.  
It gets better with age.  
True love takes commitment.  
Nobody gets a free ride.  
It takes emotional maturity.  
Both people have to work on their inner garden day by day.  
It's a give-and-take in life.  
As with any relationship you will be tested.  
Life will throw you curveballs.  
Life will test your relationship.  
Life will make you stronger.  
If you are aware of the game of life the game is easier to play.  
You know what buttons life will trigger your way.  
When the same buttons get triggered with awareness you can go beyond them.  
This is when your relationship can go to another level.  
You see relationships never stop growing.  
Everything evolves.  
Everything changes.  
Everything matures and grows.  
We are fortunate when we discover true love.  
True love truly exists when we can find the love inside of ourselves.  
This will bring true strength to any relationship.  
Ponder this over.  
This advice will help you tremendously on the road of life.

## True Love

What is true love?  
But first what is the truth?  
Where does truth exist?  
Do truth and love belong together?  
Are truth and love the same thing?  
Are they different words but have the same meaning?  
Are they two sides of the coin?  
You can't have love without truth.  
You can't have truth without love.  
It seems like both of them are merged together.  
No wonder the great masters talked about finding the truth you will find love.  
When you find the love you will find the truth.  
All of them said they exist inside of you.  
You are the vast universe.  
You just don't know it.  
The entire universe is supreme love.  
The entire universe is composed of truth.  
This is true love.  
Many people think true love is between a man and a woman.  
Yes, that does exist.  
But once you discover the jewel inside you have a true love for all.  
You are the sun.  
You simply shine.  
That is your true nature.  
You are kind.  
You are full of love and compassion.  
You will have solved your piece of the puzzle in life.  
Ponder this over.  
Man has been searching for true love all his life.  
Yet the answer has always been within.  
Isn't that ironic?  
For thousands of years, man has been looking in the wrong direction.  
The truth has always been shining inside.  
True love is the building block of the universe.  
Somehow unconsciously we know it.  
That's why we pursue it.  
We can't quite put into words where to find it.  
Yet we know it exists.

## Visitor

We are all visitors to this beautiful planet.  
We come into this world.  
We visit for a short while.  
And then we leave.  
Our lifespan is really a blink of an eye in eternity.  
It seems like when we are young we live forever.  
The older you get you truly see how precious life is.  
It seems like deep down inside you know when the game is up.  
Life is so precious.  
Where did yesterday go?  
Is this life a game of hide and seek?  
All the answers lie inside of ourselves.  
Yet we constantly look outside of ourselves.  
Look I'm not here to badger you.  
I'm not here to convince you.  
I'm not here to convert you.  
The truth doesn't need conversion or convincing.  
The truth just exists inside of you.  
You are the universe.  
You just don't know it.  
These are not just words.  
Ask the modern physicist.  
He will talk about quantum energy.  
Both the mystic and the physicist are talking about the same thing.  
They have just different angles to see the picture.  
They are both talking about the same coin in life.  
So you are a visitor.  
Where did you come from?  
Where is your true home?  
These are the questions you should ask yourself.  
This life is so short in the eyes of eternity.  
Yet we go on merrily on our way.  
Ponder this over.  
Life is precious.  
Know why you are alive.  
You can solve this puzzle.  
You are a visitor on this earth.

## Walking On Egg Shells

Walking on eggshells  
Have you ever felt that life is walking on eggshells?  
At times in each and every moment, you are cautious of the steps you take.  
Some people judge your every step.  
You have to walk on eggshells around them.  
These people are highly critical of themselves and others.  
They seem to get delighted in criticizing others.  
Yet they never pull their inner weeds.  
They probably don't think they have any.  
Unfortunately, they are missing out on life.  
Why point your one finger towards yourself when you have three fingers pointing  
back towards you?  
I got that saying many moons ago from a great teacher.  
Now we don't want to be a bull in the china shop either.  
We have a current President like that.  
Our entire nation and world are in upheaval.  
Nobody knows what is going on.  
We are like a ship without a rudder.  
Even our allies are concerned.  
They don't know what we stand for anymore.  
Amazingly, the kind of damage one person will do.  
He has a vendetta against the last president.  
So he is trying to unwind the clock and undo everything he did.  
Personally, I think our political system needs an entire makeover.  
We need fresh blood.  
I think young people are better to rule the world.  
They have different ideas about life.  
They have a fresh perspective.  
They aren't in gridlock with one another.  
Look the Republicans and Democrats can't work together  
They only can see the party line.  
They don't know how to compromise.  
For so long like now when one is in majority they rule.  
They pass laws that are biased against the other side.  
In the old days, you would have public hearings for a bill.  
Not anymore.  
They hold sessions behind closed doors.  
Then they vote.

Usually the other side votes against it.  
They had no say in the matter.  
Ponders these words.  
Our system must change.