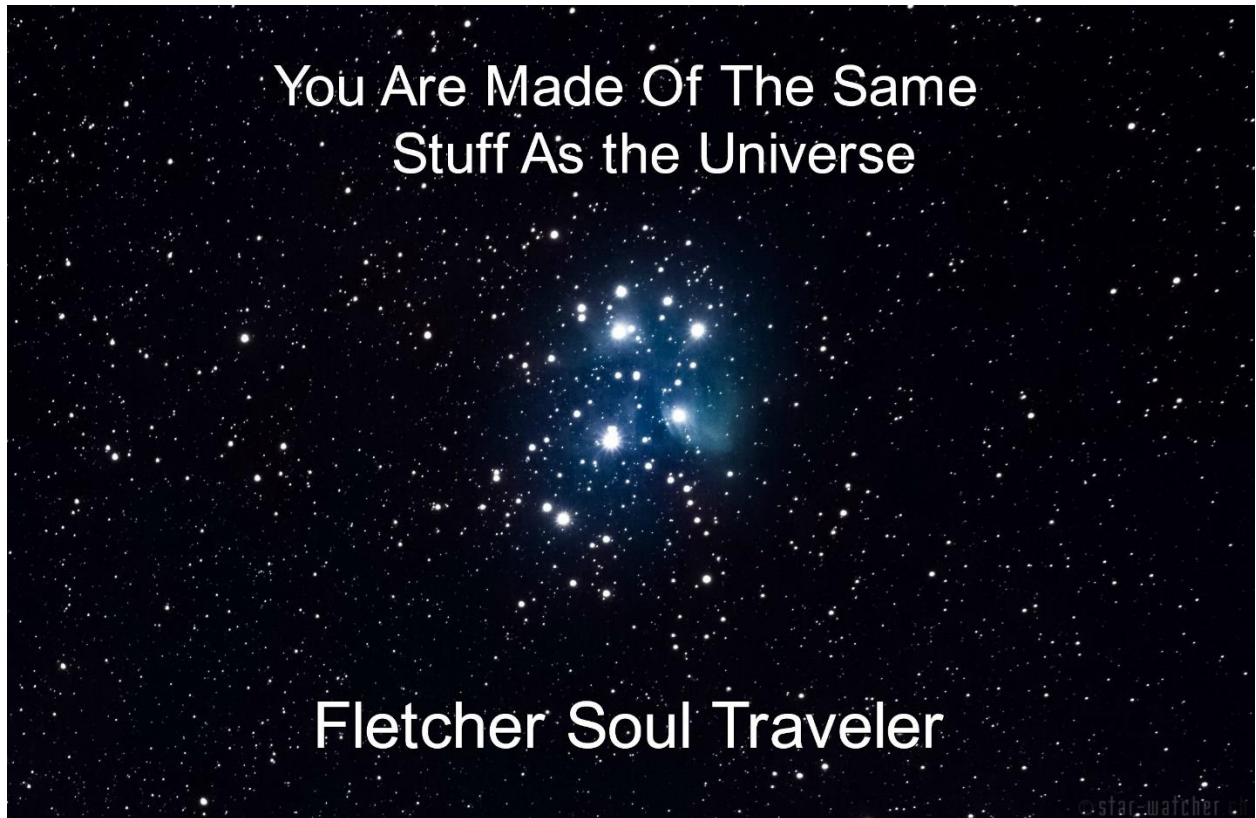


2017

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.



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Why Can't We Do It, Al

I have a dear friend Chris.
We have been friends for many many moons.
46 years.
I met him in South Africa.
We were on the same spiritual path.
I lost contact with him many years ago.
Recently we have reconnected.
It seems like yesterday.
Anyway along with the story.
His main question is “why can’t we do it all”?
That’s a very valid question.
At times he gets a little depressed with this question.
He has been meditating for many years.
Personally, I think patience is the best medicine.
I sincerely believe we can do it all.
Yet it is a day-by-day step in this journey of life.
We want to leap where small baby steps are needed.
We learn along the way.
Sometimes we think we haven’t gone far on this journey of life.
Every one of us has traveled so far.
You see on this journey there are no benchmarks.
Imagine swimming in an ocean of light.
Everywhere you look there is light.
You are swimming in it.
You will never know how far you swam.
This is an endless journey.
It never begins and never dies.
My advice is to enjoy it.
Take it easy.
There is no rush.
There is no final destination.
Enjoy the ride in this life.
You are the one who sees the glass as half full or half empty.
Ponder this over.
Life is grand.
You are the universe.
You just don’t know it.

Wonderful Day

It's a wonderful day.
I just woke up.
It's early in the morning.
It's cold outside.
My heart is warm with love.
It melts all my troubles away.
Life is good/
Even when they shut down the government life is good.
We need to all change.
We need to embrace kindness and compassion for all.
We need to stop bickering and truly listen to the needs of the world.
Everyone deserves a wonderful day.
I'm rich at heart and want everyone to have the same riches.
A new dawning is occurring.
The sun is rising.
Darkness is slowly disappearing.
Yes, it is putting up a fight.
It doesn't have anywhere to hide.
Darkness is exposing itself for what it is.
We don't need war, anger, bigotry, and greed on this planet.
It's been here far too long.
It's not part of our true nature.
Many people think it is.
Well, darkness has been around for thousands of years.
Consequently, we think it's part of us.
Well, the light dispels the darkness.
Your true nature is kindness.
Your true nature is love and compassion.
Your true nature is patience.
You are the universe.
No wonder it's a wonderful day.
Discover your true nature.
This is how the world will be a better place.
One person at a time is the way.
One person wakes up from a deep slumber.
You are a piece of the puzzle.
You can solve this puzzle.
Ponder this over.

World Of Mystery

We are walking in a world of mystery.
Yet most of the time we Are obvious of it.
We are driving around with our cell phones in our hands.
The signpost of God is everywhere.
Yet we barely see the road ahead of us.
We are so concerned about the text we just received.
The President just tweeted something in his mind.
Thousands of birds are flying in the sky.
Sweet songs of honking fill the air.
What a magnificent sight.
Such beauty is in motion.
Where are we?
Lost in our phones.
Look I'm all for technology.
I've been in it my entire adult life.
But sometimes we have added an extra layer between us and our true nature.
We have created more distance between us and God.
Is that text message more important than life itself?
You are missing out on the mysteries of life.
We are wearing tinted glasses.
We think we know it all.
Don't bother me.
I know everything.
The wise man simply smiles.
He has nothing to convince.
The sun in the sky just shines.
The wise man just shines.
The lighthouse in the sea just shines a light to save us from harm.
It shows the way to the harbor.
The wise man does the same thing.
I'm not trying to criticize you.
I'm trying to show you that you can keep your technology.
Yet at the same time discover your true nature.
You can discover the mysteries of life.
You can solve this precious puzzle.
You can help this world finally find peace.
Ponder this over.

Would Be Incomplete

Can you imagine that the universe lies inside of you?
Yet we live our lives oblivious to our true nature
Wouldn't our life be incomplete?
We have a yellow Ferrari sitting in the garage.
We have never opened the garage door and taken the car for a spin.
It just sits there gathering dust.
Isn't that kinda sad?
We walk alone on this journey of life.
We have our ups and downs.
Yet we don't realize we are never alone.
Help is always with us.
Signpost is everywhere.
We think the world will provide all the answers.
We have forgotten who we truly are.
Our life is incomplete.
We are missing something.
Yet we always look externally for the answer.
Maybe a new girlfriend.
Maybe a new career.
Maybe a new house.
Maybe a vacation.
There are thousands of maybes.
Yet until one looks within the door within is closed.
You must open your inner door.
Nobody can open the door for you.
You have free will.
You can open the door or not.
Nobody is going to judge you.
God does not judge.
God simply loves.
You are never alone.
God is always inside of you.
Just waiting for you to open the door.
This journey takes small baby steps.
Most people can't leap to God.
But you can stumble and fall.
That's how you learn on this journey of life.
Ponder this over.

You Are In this Life to Win

You are in this life to win.
You will have ups and downs.
You will hit potholes on this journey of life.
What would be a journey if it was always a smooth road?
A journey is meant to be exciting at times.
At times we can just cruise through life.
You put the car on speed control and just relax and drive.
You don't have your foot on the accelerator.
At times you are holding on to the steering wheel for dear life.
The mountain road is steep and curvy.
No guard rails in sight.
Many moons ago I went through the Khyber pass in Afghanistan.
Now that was a scary ride.
This life will give you an incredible joy ride.
You will never know what going to happen next.
My dear friend Dave just got in a car accident the other day.
A young driver barreled through their car and others behind them.
Fortunately, his wife Ellie had the wits to swerve so they wouldn't get killed.
They escaped with minor injuries.
Ellie must have been in the zone to react that way.
She wasn't on her cell phone chatting.
If she was their dog, Dave and Ellie would be dead by now.
This is why I say to be aware in all moments in life.
Ellie didn't stop the accident.
Yet she saved their lives by acting swiftly and making the necessary course of
action.
Just one split second or less saved their lives.
This is where your awareness helps you.
Yes, there is grace that helps.
But your actions bring grace to you.
You are the motivating force in life.
Your actions and awareness help you to navigate the potholes of life.
Now I haven't talked to Ellie in many moons.
Probably over 47 years ago.
Dave was a great friend of our family during high school.
I'm so glad that Ellie was aware.
We don't need another tragedy.
You are in this life to win.

Ponder this over.
This is the only life you get.

You Are Made Of The Same Stuff As the Universe

You are made of the same stuff as the universe.
Wow.
Isn't that exciting?
You are stardust.
You came from the universe.
In fact, you are the universe.
Isn't that exciting?
The great masters of old talked about your great essence.
We thought they were fairy tales.
We thought they were just stories.
Today we sent satellites out to the unknown in space.
The more we learn the more we can our knowledge is a grain of sand.
The modern-day mystic goes within.
The modern-day scientist explores the universe.
Both are leading mankind to the search for the unknown.
Did you know that all matter on earth came from the beyond?
Just stop and think for a moment.
What a glorious world we live in.
The signpost of God is all around us.
Yet we are driving in our cars with our cell phones in our hands.
What do we see?
In this condition, we are lucky to see even the road.
I was once told that if God ever did come back most people wouldn't be aware.
Imagine heaven can be all around you.
Yet you are not aware and conscious of it.
You see consciousness and awareness is the key to life.
That's why I say the spiritual path is the most practical path.
In each and every moment you must be aware and conscious.
The more you are aware and conscious the more you have gratitude.
This is an endless journey.
You can never clap your hands and say I've totally aware.
The journey of life is eternal.
You were never created.
You will never die.
Your body will.
I find this fascinating.
Just think you are made up of the same stuff as the universe.
Ponder this over.

You Are Never Alone

You are never alone.
Wow, I wish I could believe that.
I feel all alone. where are they?
That's a good question.
Mankind has been looking in the wrong direction.
Signpost is all around.
Yet we can't see them.
God is hiding inside your heart.
This is the greatest game in the universe.
You are the universe.
You just don't know it.
All of that lies inside of you.
Yet somehow we have forgotten our true nature.
These sayings or poems hopefully will remind you.
You have free will.
We are not trying to convince or convert you.
If you are the universe do you think you need converting?
We simply are here to remind you of your true nature.
Hasn't humanity suffered enough?
Humanity is waking up from its slumber.
It's been thousands of years we have slept in.
War, Anger, and greed have been on this land.
Kindness, love, and compassion will be the new norms.
You will look into the eyes of others and see a reflection of yourself.
You will be aware and conscious that you are never alone.
Humanity will discover its piece of the puzzle.
The puzzle of life will be put together again.
The dawning of man is coming.
The sun is arising within.
In a few hours, the sun will be shining everywhere.
All the great masters talked about a new dawning of man.
You have free will.
You can't sit on the fence any longer.
Do you choose war or peace?
Only you can make that decision.
Ponder this over.
You are a piece of this precious puzzle.
You are never alone.

You Are On My Mind

You are on my mind
When I was young I knew that God existed inside of me.
I knew the light and music existed inside of me.
Yet I didn't know how to tap into it.
It was kind of frustrating.
You have instincts that are true yet you can't see.
A signpost of God is all around.
I just didn't see them.
Maybe when we know that we are looking for God, God appears.
This is a hide and seeks game.
I feel blessed that my wondering leads me to go inside.
I discovered meditation quite young.
It was around 47 years ago.
That was the turning point in my life.
I knew the direction to turn.
Many mistakes are learned along this journey of life.
Two steps forward, one step backward.
Small baby steps.
Day by day.
Moment by moment.
You are on my mind.
You are a part of my life.
I'm not alone.
What a saving grace.
I feel guided and protective.
I am grateful.
The greatest way to help humanity is by changing yourself.
One smile to someone in need to lighten up their world.
We are all in the same boat together.
We are all sailing home.
Ponder this over.
You are a piece of this puzzle.
You can learn how to discover your true nature.
The world needs it.
You can solve this puzzle.
The dawning of man is here.

You Are You

You are you.
Who are you?
When you look into the mirror what do you see?
The external mirror will reveal your face.
Ah, that's who I am.
But who were you before your grandfather was born?
Your father and mother didn't exist.
You are you.
You are infinite.
You were never created nor will you ever die.
You are eternal.
Yet we think I'm only this body.
You are the universe.
You just don't know it.
I say that a lot.
I say that because it's the truth.
You are quantum energy.
You are beyond time and space.
This human vessel is hardwired to find God.
God custom designed you.
Your DNA contains the blueprints of God.
Signpost of God exists inside and outside of you.
The more you have the intent to find God you will.
God exists inside of you.
Lo and behold the kingdom of heaven exists inside of you.
All the great masters have said the same thing.
You are a piece of the puzzle.
You are precious.
You are never alone.
It may seem that way.
Open the inner door and start your inner journey.
All it takes is consciousness and awareness.
Day by day the seed grows.
Pull your negative weeds such as anger, greed, and hate.
Water your soil daily.
Meditate and pray.
Ponder this over.
You are you.

You Become What You Do

You become what you do.
You are the company that you keep.
What you think you eventually become.
Your thinking leads to actions.
Your actions in life dictate your destiny.
We have a President that has lied over 1400 times since taking office.
He talks about fake news.
Yet nobody truly knows what is real and what is fake coming from his mouth.
Unfortunately, many Christians still support him.
Even when it is known he paid off a porn star's money to hush up.
It seems like Christians are no longer a religion but a political party.
As long as the President supports their agenda he can do what he likes.
We need to understand that the American people voted him in.
What does that say about ourselves?
What does that say about the mental health of America?
We have a President whose values are totally against ours.
If Obama would have done just one of Trump's sins he would be thrown out of
office.
I cringe when he goes overseas.
We are the laughingstock of the world now.
Look I'm not a democrat or republican.
I'm a human being.
I think both parties are the cause of the downfall in America.
They don't listen and compromise with one another.
They say they speak for America but I haven't seen that in a long time.
They speak along party lines.
I'm not saying that all are this way.
Yet the majority in my eyes are self-serving
You become what you do.
History has shown that.
Our present-day political system is like a sewer.
It totally smells.
Yet there is a new dawning in America.
People are waking up.
Many new people are entering the political system who care.
These are the ones who can help transform our system.
A new wave of freshness has entered the door.

You Can Do It

You can do it.
You can discover your true nature.
You are never alone.
You are the universe.
You just don't know it.
You are kind.
You are full of love.
You have compassion.
You have patience.
You have tolerance.
You are playful.
You are curious.
You are wise.
You are considerate.
You are thoughtful.
You are infinite.
All of this and more is your true nature.
You are beyond time and space.
You can do it.
You can wake up from your slumber.
You have slept in.
Now is the time to wake up.
Your nightmares are over.
The sun is arising in the sky.
A new dawn for mankind is here.
A kind man is waking up.
What is greater than that?
You wake up peaceful.
Your grouchy nature is gone.
You are alive.
What could be more precious than that?
Wow, I'm alive.
Ponder this over.
What a miracle lies inside of us.
You are the universe.
You just don't know it.
You can solve this puzzle.

You Don't Know What You Are Missing

You don't know what you are missing.
You may think this is some guy just rambling.
You may think this is just some preacher.
You may think I'm trying to convert you.
You may think I'm trying to win the argument.
I'm just telling my story.
The sun in the sky has nothing to prove.
It just shines.
I have nothing to prove.
A lighthouse just shines a light.
It paves a haven for a boat to enter.
It doesn't say look how many people I have saved.
You see this is the new dawning of man.
You have already slept in.
The sun is rising in the sky.
I mean it when I say you are the universe.
You just don't know it.
These aren't just some fluffy words.
The experience exists inside of you.
You even don't need a preacher or guru to show you.
Nobody can walk the steps for you.
You have to walk the steps by yourself.
Yet you are never alone on this journey of life.
You may think so.
Maybe it's time to truly ponder this over.
Why are you not opening the door?
Are you thinking don't tell me what to do?
I'm not.
I'm just showing you the way.
I'm telling you there is another direction to look to find peace.
You have spent eons looking outside of yourself.
Where has that taken you?
There is another path that lies inside of you.
A great treasure lies there.
You have to pick up a shovel and dig a hole.
Oh, my God, it takes work.
Yes, it does.
But it is worth it.