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#### Heaven Or Hell

Do you know if we create heaven or hell? Heaven or hell is a state of mind.

We listen to our minds and get tormented by them.

We don't realize our mind is our friend.

We should control our minds not the other way around.

To conquer the mind is the hardest thing to do and the easiest thing to do.

You decide.

The choice is yours.

You can all be like the great masters.

They walked in the same shoes as you do.

They took step by step and never lost their way.

Oh, they fell down and made mistakes.

They learned from them.

Some of them probably had a lot of bad vices.

But when you go inside and experience the source of life they eventually go away.

This is not an easy path.

But just being on this planet is challenging.

The more you take individual steps the path becomes easier.

I remember in the beginning it took hours to calm down the mind.

Now I close my eyes and my mind is calm.

Yet this is still the beginning of my journey.

This journey will go on forever.

### Help

Help is always there.
Your guides are there waiting to help you out.
The Angles are there waiting to help you out.
You are never alone.

Except we feel alone in this life.

We ask for help but it doesn't seem to come our way.

The masters have said you have free choice.

If you don't go within the help is there but you can't see it.

You are family to the universe.

A wise man once said the kingdom of heaven lies within. Dive into your heart and you will see you are never alone.

## Help Is There

Did you know that help is all around?
You have been hardwired to know God.
97% of your DNA comes from God.
The entire universe is rooting you on.
The planet earth knows who you are.
You have a lot of knowledge to learn from GAIA.
You have the guides within.
You have a part of you that is one with God and the universe.
There is so much internal and external help.

You are never alone.
God is your coach.
What better coach is there?
Help is all around you.
Open up your heart.
Help is there.
You can solve this puzzle.

## Hey, Don't Pull The World Down?

For all the terrorists out there.

Don't pull the world down.

Your ways are senseless.

Violence is not the answer.

God does not believe in any wars.

We create them.

If you truly want to help the world start a revolution within your heart.

Be kind.

Spend your money to feed the hungry.

Educate your young.

Help your fellow man.

Turn the other cheek.

Learn to be tolerant.

God does not have true religion.

All paths lead to the same house.

There are many rooms in my mansion.

We are recommending you look within.

With your passion, you can change the world.

Not through violence.

But through your love of mankind.

### Hey You

Hey, you walking down the street! Do you know that you are special? Hey, you walking down the street! Do you know the secret of life? Hey, you walking down the street! There's a diamond inside of you. Hey, you walking down the street! What a miracle you are alive! Hey, you walking down the street! Money won't buy you happiness. Hey, you walking down the street! Love your fellow man. Hey, you walking down the street! Respect your fellow man. Hey, you walking down the street! Welcome to the journey.

### Hey You Are A Radical

Is it radical to say that God wants to be your equal partner? We were never taught that.

In Sunday school we were taught you were born a sinner.

Only Christ can save you.

Well, imagine every one of us came from God.

We are born.

How can we be sinners when we just came from God?

Also, does God wants us to be sheep?

Are we the crown of creation?

Why are we designed to find God?

We are hardwired for it.

We don't need blind faith.

We are wired to discover our true nature.

God is rooting us on.

This is the greatest game in the universe.

Will man discover his true nature?

Ponder these words.

They go against the grain.

They are radical.

So was the Christ when he was alive.

#### Hide And Seek

When I was young we loved to play hide and seek. We would play the game for hours.

For eons, man has played this game with God.

We search the four corners of the world.

Where are you?

We search near and far.

We know something is missing in our life.

We can't quite figure it out.

Somehow we know we are something greater than what we know.

The great masters have said seek God within you.

This is life's greatest mysteries.

He has always been hiding there waiting for you do discover him.

Olly olly in come free.

You can solve this puzzle.

### Hold On To Your Dreams

Hold on to your dreams.

Never let them go.

There are clouds in the sky covering the sun.

All it takes is a slight wind to blow them away.

Don't give up.

You're only a few steps away.

Hold on to your dreams.

### Homeward Bound

I'm going home to my beloved.
I've been away far too long.
I had incredible adventures yet it's time to start heading home.
I can hardly wait to sleep on my bed with my beloved in my arms,
Each day I'm getting closer.
Home.

### Honesty

Are there different shades of being honest?

Someone bakes you a cake.

It took a lot of time and effort.

You don't like the cake.

What do you say?

If you say the cake was awful you will hurt the person's feelings.

Yet you aren't truly honest.

What is more important I didn't like the cake?

Or I love this person.

They did their best.

A lot of love went into this cake.

Personally, I would go with this one.

Maybe I'm not 100% honest but I saved a friendship.

#### Hope

We need to reinstall hope back into our country.

At times we have lost our ways.

We have become divided not united.

Our political system has gone astray.

We have become polarized.

I'm right and you're wrong.

I'm going to heaven and you're going to hell.

You are a commie.

The hope we need lies in our hearts.

We need to be mature human beings.

We act like spoiled children.

I get my way or I will have a temper tantrum.

Have you seen this in politics?

This is the norm.

In order to have hope, we must take responsibility for ourselves.

Do you know how to become mature?

Your essence is made of it.

#### How Does It Work?

How does it work to create a poem?

You close your eyes.

Sit still and listen.

Words come from nowhere.

It's like water coming on in a facet but you didn't turn the facet on.

You could say you are channeling something that is part human and part divine.

Your life experience is divine.

At times you wonder did I write this poem.

This poem you created is personal.

Many people will like it.

Many people will hate it.

It doesn't matter.

You are expressing your true feelings.

I know I don't know the proper rules of writing a poem.

But I do know how to connect to love.

Maybe that's all it takes.

The proper rules of poetry can be broken when ones discover the love within.