

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

Distracted	3
Enhance Your Life	4
Even Lao Tzu Walked Away	5
Hungry For The Kill	6
Is Life Like A Race Car?	7
Mothers	8
Oil Pipelines	9
Solitude	10
Plug Into The Source	11
The Door	12
You Are You Own Creator	13

Distracted

We come into this world knowing we are God.

But we get so distracted.

Over time we even forget our true nature.

We get totally distracted by this world.

Our mind is only focused on the external.

Our mind is constantly distracting us.

It wanders from one thing to another.

Ask someone to meditate and they will say I can't.

My mind is distracted.

I can't focus at all.

My mind is always wandering.

The great masters have said to look within.

Day by day you can solve these riddles.

Your mind is your friend.

You just need to know how to focus and overcome distractions.

Enhance Your Life

All these riddles and puzzles are meant for you to ponder.

These sayings are too hopefully to use to enhance your life.

We aren't here to convince you.

Nothing needs to be convinced.

We aren't here to convert you.

Nothing needs to be converted.

Let's just say we are putting salt in your food.

Have we created a thirst within?

That is our only goal.

We are here to give you support.

We are here to give you hints along the way.

We simply just love you.

We aren't here to judge you.

You have free choice and we respect that.

We just want to enhance your life.

Even Lao Tzu Walked Away

We think we have political problems today.

Well in China many moons ago Lao Tzu walked away.

China had the same problems we did.

Man lost the way.

Man wouldn't listen to the great masters.

So eventually Lao Tzu walked away.

He was stopped in the forest near the border.

The monks knew that he was going away.

They pleaded for him to give some final wisdom.

The Tao Te Ching was born.

This precious book is still alive today

We think we know ourselves.

I'm John or Susie.

Yet we are so much more.

Only you can find your true nature.

Hungry For The Kill

Are our politicians who send innocent men to war hungry for the kill?

Why would you send innocent ones to die on a battlefield?

You are not doing your job.

You are paid to be a diplomat.

There is a way to solve this issue.

You gave up and said this s the only solution.

Is there a part of you that takes responsibility for your actions?

How do you sleep at night?

Are you a career politician?

I'm only interested in getting elected.

I have no concerns for my fellow man.

I'm the best leader.

I will slander my opponent.

We need to change.

Leaders must truly lead without selfish interests.

Let's change the system.

Is Life Like A Race Car?

Is life like a race car?

Can you drive like a master driver?

Speed up and slow down.

This situation needs me to put on my brakes to contemplate where I'm going.

I need to turn left.

Now I need to turn right.

We need to be in harmony with the car and the road of life ahead of us.

At times we will get a flat tire.

The road crew will fix it for us.

God is on the sidelines rooting for us.

Unfortunately, our car is sitting in the garage getting dusty.

We need to open the garage door within and take the car for a spin.

Do that day by day and will you discover your true nature.

We were meant to soar.

Mothers

At times I think newborn Mothers should be the dominant force in ruling us.

Imagine a newborn mother will never want her infant to go to war.

She would say that war is obsolete.

Let's find a better way to solve this problem.

A mother has the best interest to educate her children.

She doesn't want anyone to go hungry.

Both sides of the parties wouldn't fight one another.

Mothers know how to compromise.

They have the best interest in mind.

They would have term limits so nobody would get too greedy in power.

We have seen what happens today without term limits.

A mother would have patience, tolerance, compassion, and love.

These are the qualities that are needed by rulers today.

We do not need rulers who have no respect for one another.

We don't need rulers who mock those who disagree with us.

We don't need rulers who say I could shoot someone on the street and they would still vote for me.

We need to change.

I like my solution.

Oil Pipelines

At times I believe we are sawing the branch we are sitting on.

Money is God.

The CEO of the pipelines believes in profits more than the safety of millions of people drinking the water.

In Kansas City, they voted against having the pipeline go underneath the Missouri River.

All the indigenous people came and protested.

We need companies that represent the people.

The employees should be on the board of directors.

Making profits for the shareholders shouldn't be the only focus.

We have lost our ways.

This is the only planet.

Let's take care of it.

We have a long way to go.

Solitude

When I was young I hear about monks going into solitude.

It seemed so strange.

Are you running away from this world?

Something is going on and I don't understand it.

Since then I have spent time in solitude in my own way.

I wake up early and meditate.

The world is asleep.

I'm all alone yet I'm not alone.

You are never alone.

Meditation taught me this.

Solitude brings a person to discover his true nature.

It's not boring.

The entire universe is alive inside of you.

Unfortunately, we always have our cell phones on.

When we are driving we have our radios blasting.

Or are we on our cell phones?

We are miles away from solitude.

When you are in solitude God speaks directly to your heart.

Love is communication.

The wise man says to solve this precious riddle.

Plug Into The Source

You are the universe.

You have simply forgotten.

We are all looking for the source of life.

We are looking in the wrong places.

We look outside for the source of life.

It will never be found that way.

Know that's the truth.

All the great masters have said the same thing.

Imagine you have a computer and it's not plugged in.

Will your computer run?

No, it must be connected to the source.

Plug it in.

Turn on the computer.

Hey, it's up and running.

Now take your awareness within.

With your intent plug yourself into the source of life.

Turn on the switch.

Over time with practice, you will understand.

The Door

An open door can take you from one room into another.

A door that is locked needs a key to open up the door.

We have been looking for the door to God by focusing outside of ourselves.

The masters have said.

You have a key within.

This key is your intent to open up the door within.

Use your intent and open up the door.

Day by day keep this door open.

The mysteries of life will be shown.

This path takes patience.

This path takes effort.

Yet over time, you will discover your true nature.

The universe is alive.

You Are Your Creator

You are your creator.

You create your destiny.

The actions you take and the words you speak will create the world you live in.

You can't blame others in this game of life.

You must take responsibility.

We must learn to become mature.

We can learn from our mistakes.

We can transform our negativity.

The power exists inside of you.

You are the universe.

All wisdom lies inside.

You are truly wise.

Discover this essence inside.