

The Cell Phone



I hope that you stop and reflect with 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.

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Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said to go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this in this moment.

You can solve this puzzle.

Open up your eyes.

I Don't Know Why People Pass This Up

I don't know why people pass this up.

We all are searching for happiness externally.

We get glimpses of happiness yet it disappears like a thief in the night.

There is no conversion or convincing.

The facts are laid out.

The kingdom of heaven is within.

It doesn't matter if you follow a religion or not.

The facts are laid out.

The kingdom of heaven lies within.

It doesn't matter your background.

Nobody cares about your race.

We are one after all.

All we are saying your car is sitting in your garage getting dusty.

You have the opportunity to take your car for a spin.

Become the race car driver.

Your car was meant to be driven.

There Are Sign Post Of God Everywhere

There are signposts of God everywhere.

No matter where you go, God, is there.

He even knows what you are thinking.

Oh, how can God know me?

He has so many important things to maintain.

The power of love knows you more than you know yourself.

It's knowing your true essence.

At times when you are driving put your cell phone down.

Just enjoy the ride.

Take time to relax on this journey.

The more you pay attention inside, the more signposts of God will appear in your life.

You will see the universe is alive.

There is signpost of God everywhere.

You can solve this puzzle.

It's Time For A New Act

It's time for a new act.

Mankind has been acting for a very long time.

It seems we have been performing for a very long time.

It's like the record we are playing is always repeating itself.

War, war, and war.

Anger, anger, and anger.

For centuries we have played the same track.

It's time for a new track.

Let's drop these old energies forever.

Let's embrace peace, love, and tolerance.

Be kind.

Be thoughtful towards your fellow man.

Learn from your mistakes.

There is a new way to act within this divine play.

Discover your new role.

Become one with it.

Perfect it.

You will have solved your piece of the puzzle.

One by one peace will be on earth.

The Cell Phone

Is the cell phone good or bad?

How many people die from a car crash speaking on the phone?

How many people are lost messaging someone?

Are we lost without our phones?

We can't drive anywhere but with Google maps.

Is any phone call truly life and death?

Do we really need another Facebook post?

Do we need to tweet at 3:00 in the morning like the Donald?

Are we so distracted we add another layer to the complexities of life?

Are we going further away from our true home?

Is the tech world more real than our actual world?

Do you have your cell phone on while you are having dinner with your family?

How about Mothers talking on their cell phone while strolling their newborn in the park?

Whatever happened to be here now?

We are slowly going down the drain.

Nobel Peace Prize

The Nobel peace prize was given today.

The President of Colombia won.

Colombia has been in a civil war for over 50 years.

The president brought the rebels out of the forest and unite them with their families.

How grand is that idea?

Imagine letting bygones be bygones.

Let's start anew.

Let's be united again.

It takes time but we can do it.

When need more leaders like him?

Can You Imagine?

I saw a story on 60 minutes today.

A young 5-year-old Indian boy boards an empty train.

The train was empty and he couldn't get off.

The train flew a thousand miles away.

When the train got to his destination he was lost.

To make a long story short he ended up in Australia adopted by a fine family.

He grows up.

Twenty years later he is looking at google maps.

He doesn't know the town he lived in but in his mind's eye, he does.

He discovers the exact markers.

His parents send him back home to find his Mother.

The Mother is still alive.

Can you imagine the joy when they both met after 20 years?

What an incredible story!

Each person alive has an incredible journey.

Why Do I Write These Poems?

Why do I write these poems?

I love to share from the bottom of my heart.

My words are simple.

I'm not trying to convince anyone.

These aren't words of conversion.

These are words of love.

I don't have anything to prove.

Some people will like them while others will say this is a waste of time.

Somewhere deep inside of me, the words need to come out.

From these words, a small and simple poem arises.

Hope you will enjoy them.

My Grandmother Josie

My grandmother Josie taught me about the love of God.
Whenever we saw each other she would say God loves you.
My brother and I would giggle with delight.
She looked like Mrs. Santa Claus.
Her laughter filled the air.
It seemed she didn't have a care in this world.
She loved life and life loved her.
She will always be an inspiration to me.
I have a seaside painting in my house that she painted.
It reminds me of the times walking along the beach.
I love you, Grandmother Josie.

Do You Fit In?

At times in your life have you ever asked the following?

Do I fit in?

I remember in high school asking this question.

I wasn't a jock yet I wasn't a geek.

These are just labels.

As a matter of fact, I loved surfing, and years later my entire career was built around computers.

There were many clicks around campus.

I remember walking around campus to find someone who could see me as me.

I went to a few parties.

Somehow getting drunk didn't seem to be much fun.

I couldn't relate to drinking my problems away.

Who wants a hangover anyway?

My friends would talk about girl's parts.

Do you see how big her tits are?

Sorry I just can't relate.

I have a great sense of humor.

Life taught me to respect life.

I finally realized over time that I do fit in.

Deep inside me, I found the beauty of life.

Fine Tune Your Life

Have you ever heard of a person who has mastered the guitar?

Imagine an Eric Clapton.

How much dedication did it take to get where they are today?

So many hours of practice.

I'm sure there was stumbling along the way.

They made errors.

Yet they continued on this journey.

I love to discover who I truly am.

I've spent most of my life meditating.

I'm discovering how to be a better human being.

I'm facing the dragons within.

What joy it is to let go of anger.

Every moment is an opportunity to be tolerant of others.

Practice what you preach.

Every moment is an opportunity to improve on this road of life.

Your life is a canvas and you create your own reality.

What kind of world do you want to live in?

Little Drops Of Mercy

Did you know that with every small gesture you make little drops of mercy fall
from heaven?

This one small act makes God proud.

Imagine if the entire world would make one small gesture day by day.

God doesn't bring peace on earth.

Only humans can.

God is our coach in life.

He will not play the game for you.

Nobody gets a free ride.

Little drops of mercy fall from heaven.

Laughter

There are no words to describe laughter.

When we laugh the entire universe laughs.

The world is joyous.

Laughter can bring you to tears of delight.

Laughter can take your sorrow away.

When I was young and moody my brother would laugh at me.

I would get angry.

He would laugh even more.

Eventually, I would see that I was seeing a mole hole as the mountain.

I would begin to laugh and my sorrows disappeared.

Laughter is the greatest medicine.

Open up your life to laughter.

You will be glad you did.

You Are Your Own Doctor

When I was young I realized something profound.

It was the following.

You are your own doctor.

Many people go to the doctor and expect the doctor to fix them.

They don't want to take any responsibility.

Hey, doc I'm sick. Fix me.

Sadly this is the reference point for our health care today.

I recently got a job offer that helps hospitals save money on health procedures.

We had a great conversation.

I mentioned that for many moons I believe in preventive medicine.

I said we must make lifestyle changes in order to be healthy.

The man said it couldn't be done.

People don't want to take responsibility.

No wonder our health system is in shams.

Thousands of people a year die from the drugs given by their doctors.

What about the side effect?

This drug could cause cancer or even death.

You want me to take this.

Each and every person needs to take responsibility for our health.

This is the only body you get at least for this go around.

What Good Is It To Be Spiritual?

What good is it to be spiritual?

Many people ask this question.

We come into this world to find out who we truly are.

We look all over the place.

Life is a journey and at times we are lost and we think we are found.

At times we think we are found but we are lost.

Did you know that a part of you is the universe?

You are the sun, the moon, and the stars.

How would you like to discover your true essence?

How would you like to drop your anger and be in love with your fellow man?

All the traits of the great masters are hidden within.

You can be kind, tolerant, and full of compassion.

This is your true nature.

Rules Of Life

If this creation has a rule of life I think it would be the following.

Love

Simple it is.

Love created the universe.

Love created this beautiful planet.

Love created you and me.

Love is kind and patient.

God is love.

Love is God.

Sit still and feel the love of God in your heart.

There Is A Point In Life

There is a point in life when we question what purpose do I have.

What is the meaning of life?

I'm having a good time.

I'm making a lot of money and I'm partying on the weekends.

I'm traveling all around the world.

I live in a grand house.

But there is a mosquito in my mind.

I can't sleep at night.

I am restless.

What is going on?

This is a turning point in life.

You can have all of this yet true happiness lies inside.

The journey of self-discovery begins within.

Nobody will take away your treasures.

The endless treasure lies in your heart.

Running On Empty

How have you ever felt like your life is running on empty?

We come unto this life with a full tank of gas.

Life is incredible.

As we drive this car of life our fuel gauge goes down.

It's down to $\frac{3}{4}$ full.

We don't need to think about fueling up.

We have plenty of gas.

We continue on this incredible journey.

Now our tank is half full.

Still plenty of time.

Wow, it's now $\frac{1}{4}$ full.

Where did all this time go?

Where is the nearest gas station?

I'm running on empty.

How do you fuel your car of life?

Discover the source within your heart.

The Struggle

We all struggle in life.

Life is not easy.

So many obstacles along the way.

Yet at times we are like drama queens.

We love to rage through our emotions.

We make a mountain out of a molehill.

We blow things out of proportion.

What life throws at us we react?

We go from one extreme to another.

All the great masters have taught that only you can change the outcome of your struggle.

You are never alone.

You can see everything is a blessing in disguise.

No matter what happens to you God is holding you in his arms.

That is a fact.

You are the sun, moon, and stars.

Does the universe struggle?

Your Treasure Chest

Did you know that inside of your DNA contains a treasure chest?

It contains the book of life.

Eternity lies there.

A part of you that is universal lies there.

How do you think the great masters performed their miracles?

Their DNA was running at 100%.

Man was built in the image of God.

It's in our blueprint of life.

It's inside our DNA.

You can discover your inner treasure.

It's been there all along.

It's up to you to discover this treasure within.

Faith

With the faith of a mustard seed, you can move mountains.

What happens to you, you can be in a place where everything will be all right.

In times of trouble, God is there holding you in your arms.

This is not blind faith.

Faith builds day by day.

As the years go by you can see how God is part of your life.

You are never alone.

Lesions keep coming your way.

We can never say I've mastered life.

Life always has a curveball along the way.

Yet we do have faith.

We have the experience that we aren't alone.

We feel that movement by moment.

Faith will lead us along this path of life.

We Are Wired For God

We are wired for God.

We are the only creature on earth that is wired for self-discovery.

There is a master electrician who wired our bodies in his image.

You contain the blueprints of life.

Does this excite you?

I hope it does.

You are not alone.

You were built to drive your car of life.

The car wasn't meant to sit in your garage for your entire life.

There is a vast highway of the universe that is waiting to be discovered.

Listen To Your Body

Listen to your body.

It speaks to you.

We have ignored its signals for far too long.

The body is intelligent.

It is way smarter than we think.

It is always there to give you advice.

When you are about to get a cold the body may say to go to bed an hour early.

I would take that advice.

If you do most likely the cold will not manifest.

The body knows what food is good for you.

Unfortunately, we are junk food addicts.

We don't take any responsibility for our health.

Remember this is the only body you have.

Your life will be 100 times better if you would learn to listen to your body.

It's up to you to solve this riddle.

The Party

Before we come into this world there is a grand party.

The party is held in our honor.

All our friends and family are there.

After the party is over we are born onto this magnificent earth.

We are still intoxicated from the night before.

A newborn baby's smile fills the air with love.

As we grow older we forgot where we came from.

We get so serious.

We have forgotten our way.

When we die another great party is given.

It doesn't matter if you are a saint or a sinner.

The party is in our honor.

God is welcoming us back home.

We have the opportunity to know God while we are alive.

The choice is ours.

Where Did Our Wisdom Go?

Where did our wisdom go?

We think as a western men we are so smart.

Yet only 600 hundred years ago we thought the world was flat.

If you sailed too far your ship would fall from this world.

Galileo was put in prison for saying the earth is not the center of things.

The pope said heavens forbid and threw him in jail.

Modern man thinks that ingenious people were dumb.

Yet these people said their ancestors came from above.

So many tribes had the same creation story.

Man did not come from Adam and Eve.

Something grander occurred.

The Mayans have calendars that last for over 26,000 years.

Our calendar system was developed by August and Julies Caesar.

One of them wanted to have an extra day of the month in their honor.

What an ego trip.

Where did wisdom go?

What in the world happened?

The Inner Scientist

From time immemorial the masters have said to discover the truth that lies within.

Discover your inner scientist.

You were created to discover the mysteries of life.

You were meant to have a direct experience of God.

You are not alone.

You are the sun, moon, and stars.

All of the tools exist inside your heart.

Sit still and listen.

That's all that it takes.

I know that sounds so simple.

It is so simple you say it can't be that easy.

Before you even start you give up.

The master has said to solve this riddle.

Just One More Book

When I was young I was looking for a book that would give me all the answers.

I read all the holy books.

I would think just one more book.

I'll find it.

Yet a book can only talk about truth.

It is not truth.

It is a part of the truth.

It describes truth.

One day I discovered that truth exists hidden in our hearts.

The truth was there all the time just waiting to be discovered.

At The Speed Of Light

Our rockets are like Junkers in the sky.

Chug, chug, chug

We can go around 18,000 miles per hour.

We think we go so fast.

Yet even if we go 180,000 miles per second it would take a long time to get to the nearest star.

How can we truly explore space?

Can you imagine an advanced civilization that in a blink of an eye can be anywhere in the universe?

How's that for time travel?

Beyond time and space.

In the quantum world, there is no A to B.

Travel is not linear.

We have a lot to discover.

Zoran

Zoran came from the stars.

He was my best friend.

His message was laughter.

His tools were toys.

Elf was onstage when he gave his message.

He said thru laughter all problems can dissolve.

Zoran was wise.

He knew that state of man.

He was like the sun in the sky.

With every step, he took love radiated.

Travels

I have traveled near and far.

Traveling is in my blood.

The majority of my traveling was 3rd class.

Awakening in Africa sleeping in mud after a great storm.

Sleeping on the floor on a train in India.

I was young and could handle it.

I saw the world and the world saw me.

I was curious.

Everything was so different.

The journey was difficult at times.

Arriving in India with signs saying crush Pakistan.

Moments before at the Pakistan border seeing signs of crush India.

War was brewing in the air.

When I was in Hardwar you could hear bombs going off in the distance.

But then I learned how to meditate.

It made life so much easier.

To know you are never alone.

That says a lot.

Oh, there are many lessons to learn in this journey of life.

Afghanistan

I was in Afghanistan during the seventies.

It was a wild place.

For the first time in my life, I could see the world 2 thousand years ago.

The people have hearts of gold.

You just don't want to cross them.

Ask the Russians and the Americans.

Tribes have tried to conquer them ever since Genghis Khan.

The Khyber Pass is one of the highest passes in the world.

Imagine flying down a mountain in a bus with no guard rails.

Each bus had their own unique temple of God.

I'm so glad I saw this place before the wars started.

The only way in is you probably have to be a soldier.

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.

Did Christ Meditate?

When you pray you talk to God.

When you meditate God talks to you.

Did Christ meditate?

He was in constant meditation and prayer.

His whole life was teaching man to go within.

Lo and behold the kingdom of God lies within.

All the great masters said the same thing.

Christ showed the way to come back home.

The journey is the same.

Many people cringe when they hear the word meditate.

It's like today when people hear the word rap.

But all meditating is to connect to your heart.

Over time you become one with it.

Doesn't that seem simpler?

The River Of Life

We are all in this river of life.

We are born in this river and we are gently floating downstream.

As we get older obstacles come our way.

They may be small pebbles that get stuck in our toes.

Or we are about to crash into a boulder.

At times we try to paddle upstream.

My life is standing still.

What do I do?

At times we are going through intense rapids.

We are experiencing the thrill of life.

If we make it out safe we do a sigh of relief.

If we don't we may have a death-like encounter.

My advice is to know this river of life.

This river is calling your name.

The Thrill Of Surfing

Is surfing like a drug?

I often wonder.

When I first learned how to surf a famed surfer pushed me into a one-foot wave.

I was hooked.

My entire life changed.

The adrenaline of life began.

Surfing took me all around the world.

I remember as kids my brother and I always paddle out.

No matter the size.

Is the high from surfing created by the union of the ocean and man?

The Hawaiian would say so.

For them to relax and have a good time.

They watched the ones from the mainland get greedy for catching waves.

Surfing was teaching you about life.

You can be just like a drug addict with your next fix.

Or you can be in complete harmony with the wave of life.

The choice is up to you.

How will you live this life?

What Makes Us Special?

What makes us special?

Why is man so unique?

We are created in the image of our father.

Can you imagine even in our DNA God is hiding there waiting to be discovered?

How wondrous is that?

Inside every cell, God is hiding.

We have free choice.

Masters have come and gone.

They have all said the same thing.

The kingdom of heaven is within.

Isn't it about time you discovered?

The coach is there guiding you.

He is saying only you can discover your true home.

The Earth Is Not Flat

It was not long ago that western man believed that the earth was flat.

Even during the time of Columbus man carried this idea.

If you sailed your ship far enough it would eventually fall off the earth.

Yet thousands of years before the ingenious people knew the world was round.

They knew that the earth and the planets revolved around the Sun.

They knew many of the secrets that Astronomers have today.

Yet they didn't have any instruments.

They didn't have any telescopes.

Yet they knew.

Where did that knowledge go?

Did we take a few major steps backward?

I would say so.

Does a human being have the capability to become one with the universe and still
be in a human body?

That's a riddle you must solve.

The Engine Of DNA

Man finished the genome project around 15 years ago.

What were their findings?

97% is junk DNA while 3% is known

Kyron a great being says that God did not create junk.

You just don't have the tools to understand what you are seeing.

The so-called junk DNA is quantum.

Inside of your DNA lies God.

Inside your DNA lies your higher self.

Your engine of life is running at 30%.

The great master had their engines roaring at 100%.

They were no different than you.

Maybe it's about time to realize the God within.

Your gas tank is nearly empty.

Maybe it's about time to fill it up.

You are running on fumes.

Be Practical

God wants you to be practical.

He doesn't want you to be a space cadet.

At the beginning of your spiritual journey, you will be a space cadet.

I certainly was.

I loved to meditate.

Maybe too much if that is possible.

Yet I knew a balance has to occur.

I needed a spiritual foundation.

It took a good 15 years.

It won't take you that long.

In the beginning, I meditated for myself.

Now I meditate for myself and the world.

Big difference.

I learned how to have my feet on the ground and my head in heaven.

I have worked for many great companies during my career.

Yet we are silent as the night.

We do our job and yet we shine a light.

Be practical.

Know the God within.

There is a part of you that is not balanced.

The Older You Get

The older you get on this journey of life the wiser you get.

I've been meditating for over 45 years.

In the beginning, you thought you knew so much about this journey of life.

We are like babes in the woods.

Day by day this journey goes on.

Year by year this journey goes on.

Life throws you everything along the way.

You get wiser and more mature in every way.

You learn to balance the inside and outside.

You listen to your body, mind, and God.

You realize you are never alone.

That's a huge one.

You realize that when you get laid off another job is on its way.

You realize in God's time everything will sort out.

In fact, God has no time but everything will turn out all right.

I'm proud of this journey.

It has made me humble.

Help Is On The Way

Darkness has been in control for thousands of years.

Just take a look at our history.

Wars have been fought in the name of this and that.

Countless wars in the name of God.

We are at a turning point.

Man has said enough is enough.

We want the light to shine upon this land.

The light of God dispels the darkness.

Does the entire universe listen to our calls?

We made a conscious choice only a few years ago.

Everything is set into motion.

The planet changes.

Even the magnetics of the earth has changed.

A great revolution is taken place without any violence or guns.

The old energies of anger and war are disappearing.

Love for mankind is on the way.

Help is on the way.

Open up your eyes.

What A Game This Is?

What a game this is!

This game of life is like a ping-pong game.

The struggles between darkness and light.

A man struggles with his darkness in many ways.

I can't control my anger.

I'm hooked on drugs.

I'm a work alcoholic.

I'm drinking my problems away.

I want to rule this world.

I want to be a billionaire.

You still won't be happy.

This game of life is to have the light of God dispel the darkness within.

That's why you are a light worker.

God does not do the work for you.

You have to be mature enough to do the work yourself.

The great masters learned to win at the ping pong of life.

They had the same struggles you have.

They knew to stop playing this game and put their paddle down.

Then there were no more silly games to play.

The Tuning Fork Of Life

The mind is like a tuning fork.

Whatever you focus on your mind will vibrate at that frequency.

If you focus on anger your entire body will be angry.

Some people are so angry that stress hormones are being released constantly.

What a sad state that is.

Do we choose what to focus on?

It's our free choice.

We can be happy or sad.

Imagine the same circumstances happening to two different.

One gets angry or sad.

The other is just like a duck.

It flips the water off his back and goes on its merry way.

Your attitude is everything.

What you say is what you get.

The great masters have learned this.

They learned how to tune in to the God within.

Maybe you should learn the same.

The Universe Is Supporting You

Did you know the universe is supporting you?

You are never alone.

It just seems that way.

God's arm is always stretched open to us.

Yet we don't have eyes to see.

The earth we walk on knows our name.

Yet we walk upon her with our cell phones lost in Pokémon.

Have many layers are we away from knowing the truth?

There are signs everywhere to look within your heart.

We go on and on in this life looking for answers.

The only answer lies within you.

Solve this riddle and you will understand what I'm talking about.

I Am A Christian

I am a Christian yet I'm not a Christian.

I am a Jew yet I'm not a Jew.

I am a Hindu yet I'm not a Hindu.

I am a Buddhist yet I am not a Buddhist.

I am a Jain but I'm not a Jain.

I am a Muslim yet I am not a Muslim.

So who am I?

I believe in the oneness of God.

We are all talking about the same thing.

Look within your heart to solve this riddle.

The answers lie within.

The Palace In The Sky

When I was young and in India I hear this incredible poem.

There is a palace in the sky without any foundation.

A blind man sees a light more beautiful than a million suns.

A deaf man listens to the unstruck music.

A lame man climbs the ladder and drinks the nectar and gets intoxicated.

The poem goes on and on.

The final clincher is the following.

Only a wise man understands what I'm talking about.

These aren't some pretty words.

The entire universe exists inside of your heart.

If I Can't See It With My Own Two Eyes

Many people say if I can't see it with my own two eyes I don't believe it.

How sad!

How can you see the infinite with your two eyes?

Some of us are near-sighted and far-sighted.

We can only see a few miles away.

We are so linear.

I can go from point A to Point B.

For example, we went from the earth to the moon.

Grand applause.

Now God is not linear.

It is beyond time and space.

How can you comprehend this?

Not with your two eyes or state of mind.

The master has always said to discover the truth within.