2018

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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# Life Is A Garland Tying Man Together

Life is a garland tying man together. We use the string and create such a tangle. We say this is my string and we pull from different angles. This is mine or I'm right and you are wrong. What is the matter? Are we smart when there is simply one string and we create such a mess? Each of us has to untangle ourselves from the mess we have created. Then and only then will man really become free. Then we will see that the needle of life cause no pain but man in his own ignorance creates the pain.

### Life Is Short

Life is short. We come into this world. When we were young summers lasted for eternity. As we grow older the years just whiz by. Before you know it you are passing away. Where does time go? Did we miss something along the way? Have we forgotten our true nature? What did I do with this life? There is no judgment. God does not judge you. God does not condemn you. All we are saying is the secret to life is inside of you. That's how simple it is. Ponder these words. You can solve this puzzle.

### Life Teaches Us Lessons

No matter who you are or you age life teaches us lessons. Every step of the way we learn or we don't. Nobody gets a free ride. The lessons are custom made for us. They are made to make us strong and yet humble. It's like learning to play the guitar of life. The strings can't be high-strung or too loose. Each and every moment we are learning how to respond to events around us. The masters taught us to stop, look and listen. Before you speak a word what are you doing? You can master the words that come out of your mouth. Most people, unfortunately, don't have a clue. They just say what comes to their minds.

# Life's Challenges

We all have challenges in life. They are meant for us to become strong. Remember this is a game of life. We came here to learn and overcome life's challenges. Because it is a game God is our coach. He will not play the game for us. You alone are the central player. God is on the sidelines. You may say if God is on the sidelines I have never seen him. Maybe you are looking in the wrong place. The great masters have said to look inside your heart. There lies your greatest coach. Oh, you will still have challenges in life. But your perception of them will be different. That mountain will now appear to be a mole hole, Oh, I can master this challenge. Learn how to embrace life's challenges. Learn to solve this puzzle.

# Listen

Sit still and listen. Can you hear the sounds of nature? Can you hear the whispering of the wind? Can you hear the waves breaking on the shore? Can you hear the birds chirping? Can you hear children laughing in the wind? Can you hear the rain? Nature is talking to us. Maybe it's about time we listen.

# Living On The Surface

Are we just beings who are living on the surface? We have our 9 to five existences. We are babies, became teenagers and then adults. Do we ever get in contact with our emotions? Do we ever get in contact with our feelings? Do we ever get in contact with our various personalities that lie within? Do we know our inner child? Our being is simple yet at the same time extremely complicated. There are so many different aspects of us. Most of the time we dwell only on the surface level. Hi! How are you? I'm fine. In order to truly live we have to dive deep into our subconscious. We need to know all levels of the sea. From the top to the bottom. We will become human beings.

# Look In The Mirror

Look in the mirror. What do you see? Have you forgotten who you are? Where has your love gone? Why are you so angry? Do you still hold on to your dreams? The mirror reflects our life. How does one change? First look in the mirror. When was the last time we looked at ourselves? We must first know that we want to change. That's the first step.

### Love Is The Great Mystery

Love is the great mystery. The entire universe is created by love. Isn't that incredible? Love creates the universe. You are the universe. You are the universe. You are love. You are the sun, moon, and stars. Yet have we forgotten our true nature? What happened? This is the great mystery that is meant to be solved. All the great masters have said you can solve it. Remember the kingdom of heaven lies within. Ponder over these words. You can solve this riddle.

### Love The Diversity

Love the diversity. Look how diverse nature is. Look at how many different flowers there are. Well, what about the weeds? Do they have a purpose? Many of the best herbal medicines are weeds. Do the flowers fight one another? I don't think so. Love the diversity of man. We are all so different yet we are the same. We came from God every one of us. How dare we mock one another due to our religions? We should rejoice in the many paths. Remember all paths eventually go home. We need to celebrate and enjoy the diversity of all. You are the universe. You just don't know it.

# Magic Is All Around Just Waiting To Be Seen

Magic is all around just waiting to be seen. In the midst of our pride, we can not see. We think we know all of the answers so we don't even pray. Man is lost but he thinks he is found. Man is drowning in this world but he says I'm all right. Well, this cycle goes on forever. Well, man eventually be set free. Only man can decide.

### Man Climbs The Stairway Of Life And Gets Very Frustrated

Man climbs the stairway of life and gets very frustrated. He looks for satisfaction but never quiets find it. Man is tired but can't find sleep. Alone at night, he prays for answers. There is an elevator within that man can take. It doesn't stop until man reaches his true home. Stop and enjoy the ride. The whole universe is spinning right between your eyes. The secret of life lies within. The mystery of this riddle lies in your heart. Be like a child and discover your youth. Your true father and mother are keeping you alive. Relax and enjoy the sweetness of breath.

### Man is living in a prision

Man is living in a prison. He is living in the prison of his mind. He thinks that he is better than one another. I'll show you who is better. A war begins. Man is not very tolerant. My race is the only race. My religion is better than yours. God governs my country. Your country is governed by the devil. How narrow thinking? We put ourselves in boxes. We are prisoners of our own design. God did not place us in our prisons. We did. Look beyond your beliefs. Look beyond you ideas of what is truth? Be open to the universe. Everyone has a truth to tell. Listen to both sides of the story. They're both talking about the same thing. Walk in the other person's shoes. They will fit. Open your prison's wall. Tear them down. You will become free.

Man Thinks That His Conscious Only Exists In His Brain

Man thinks that his conscious only exists in his brain. He has created himself distant from life itself. According to Einstein E=MC2. Show me then where consciousness does not exist. Inside of a flower or a car. The whole universe is alive. Man just thinks he is alone.

### Man Vision Of Paradise

Man vision of paradise is Kmart on the parking lot. We buy buy buy hoping that someday we will be complete. How can we own land when this earth is such a blessed place. God does not collect rent. If he does we would have been driven from our homes a long time ago. We come and conquer and we think we are so smart. We have sent man to the moon so thereby we have all of the answers. Yet our life is still incomplete. We are so arrogant that the answer can be staring us in the face but we refuse to listen. Even if God himself would come we would ridicule him. How much money do you have dear God?

# Man's Potential

What is man's potential? How far can we go? Is it endless or does it have an end? Man can reach for the stars. There are so many different avenues man can strive. How would it be if man decided to find peace? This is man's greatest potential. To bring man to the moon, to govern the nation. There is nothing wrong with that. But when a man finds peace, this world can find peace. Man will then just begin to realize his true potential. Peace and wisdom lie within.

### Manifest Your Dreams

How to manifest your dreams? Humanity prays to God to answer our dreams. Before you even pray God knows your dream. Many people pray yet they never take any action. Many people pray and take action immediately. The timing may be off and they get frustrated. How do we manifest our dreams? Maybe we need to pray and be in a state of absolute peace. By being peaceful our intuition will be in sync with our true nature. It will guide us to put our foot on the gas and put our foot on the brakes. All dreams take time. Some may be days while some may take years. I have found out that dreams do come true. Many times what your dream for God gives you something you never thought about.

### Mankind

I love mankind. I know it appears there are a few rotten apples. But they also have the divine inside. I have been all over the world. People truly care for one another. While in India many times the poor people would invite you for a meal. They didn't have much but the food was fit for a king. So much love was put into it. On my travels, I saw we have the same dreams. We want our children to be happy. We want food and shelter. We want decent health care and a decent job. We want to pay our bills and not to worry. Mankind just wants to live a simple life and care about each other. We understand we are all created equal in the eyes of God. It doesn't matter our religion. Deep down we know the oneness.

### Many Different Paths

There are many different paths to God. There is not the only way. Each one of us has our own way. To discover your true self you must go inside. Only you can find your correct way. There is no meditation technique or prayer that works for everybody. You are a custom design. Each one of us has our own particular way to find God. You are never alone. The first step is with your intent open up the door inside of your heart. You have free choice. God is always there but he is waiting for you to open the door. It's your choice. Discover the God within.

### Many People May Think

Many people may think I'm against religions. I love all the diversity. I love all the different points of views. Yet they all had the same message. The kingdom of heaven lies within. They all provided tools to discover your true nature. God is love. Love is God. All religions are based on this. God is light. Light is God. All religions are based on this. Love your fellow man. All religions are based on this. Remember there is one thread of love tying us all together. We are all one family.

### Marpa The Translator

I once read a book given by a dear friend. It was the story of Milarepa a great Tibetan saint. Milarepa was looking for Marpa. He wondered throughout the land. He saw this simple farmer plowing his field. Milarepa said "Do you know where Marpa the translator lives" in a sarcastic voice. Oh, he is miles down the road. He spent a few days walking and asked another farmer. Oh, you passed him two days ago. He was the farmer that was plowing his field. A great master has nothing to prove. He loves to plow the fields of life. He loves to pull weeds and plant seeds when the soil is rich.

# Martin Luther King

When I was just a kid I heard about Martin Luther King. I was white and he was black. Unfortunately, when I was a child nobody really taught me what was going on? I wasn't prejudiced yet I didn't know about people's plight in our country. As I got older I read about his life. He believed in non-violence. Isn't it amazing how backward we are? We say we believe in freedom for all, yet Martin died in the struggle. His dream lives on. He did not die in vain. People all around the world carry his dream. Whether a man is black or white the dream lives on. I have a dream. His dream exists inside of you and me. Thank you, Martin Luther King.

#### Mastery

How does a person master himself? It takes a lot of work and effort. We must first love to listen more than we speak. That's a hard one. We must learn to be patient. What!! We must learn to dissolve anger within and transform it into compassion. We must learn how not to gossip. John did so and so. Give up your jealousy. It's not helping you at all. Be aware of your actions. Fine tune the guitar. Look at your motives. Is it in harmony or not. Learn to develop a healthy relationship with your mind. Love it and it will love you. Learn how to be content. Spend time with family and friends. They are the treasures of life. Balance between your work and play. You did not come to this planet solely to work. Learn something new. How about learning to meditate? Each and every moment we can learn how to master ourselves. Nobody gets a free ride.

# May The Circle Be Unbroken?

May the circle be unbroken? May you discover your golden wings? You were meant to fly. You are like the swan flying in a dark sky. You were meant to soar. This is your true nature. Your mirror is covered with dust. You can't see who you truly are. Discover the secret of this riddle in your heart. Open up the door within.

#### Memories

Life contains such sweet memories. Remember when you were young? A birthday was a day to remember. Blowing out the candles and eating the cake. Love was all around. Do you remember the freedom of the last day of school? Summer is here. I'm off to the beach. Christmas always floods me with memories. The entire family is together. Spirit floods the air. Surfing on Christmas day. I remember visiting my Grandmother. She was such a beautiful Granny. Memories Sweet Memories.

# Mahatma Rajeshwar

I just learned a few days ago that Mahatma Rajeshwar passed on. Joan Apter was kind to post on Facebook. Rajeshwar was loved by thousands of people. He had a great heart. He was kind, compassionate and full of love. In his early days, he was a great judge in India. He was a beacon of light to all. People from all around the world have written about their love for the man. He was wise and practiced what he preached. Rajeshwar was extremely funny and loved to laugh. His most famous quote was "a meeting without eating is cheating" To this day there are probably thousands of people who remember his quoting this. I remember one Canada's Thanksgiving day where he came to cook for around six people. He was an incredible cook. I will never forget the laughter and sense of family among us. Everyone would consider him as a friend. He had a way to make you feel good about yourself. I look back and we were all quite young and naïve. Yet he had a way to embrace all around him in kindness. Kindness is sort of lost in the world today. Yet I love the theory that death is the scattering of ashes throughout the universe. This means that the true essence of Rajeswar exists inside of us. His body may be gone yet his soul is eternal. He has gone back to the source of all. Our sweet memories of him will live forever. Until we meet again.

# Merry Christmas

Merry Christmas!!! Today we celebrate the birth of a great master. During his days on earth, he helped humanity to discover the God within. The kingdom of heaven lies within. He showed the way. He was a perfect example of his father. He exemplifies Love, Peace, Tolerance and Compassion. He showed the way to discover these gifts inside of us. His body may have left us over 2000 years ago. His spirit is a part of us. It never left us. Look into your heart to solve this riddle.

### Metaphors

When I was young I really didn't understand metaphors. When I start to meditate I began to understand. How can you talk about the infinite? No words can truly express the experience. Metaphors are the means to try to express the truth within. They point the way inside of your heart. Over time they become a part of your life. It's like you have something which describes something which words can't express. Yet the metaphor over time transcends and you understand the true meaning. It's like a Zen Koan. You can't solve it with your rational mind. The answer is beyond your mind. We are all trying to discover our true nature. The wise men have used metaphors to convey the truth within.

## Michelle Obama Interview

Last night Oprah gave Michelle Obama her last interview in the white house. I really loved it. She had such love, patience, and compassion. Oprah asked 'What allowed you to stand in your own truth and find your way'? 'Being a grown-up,' Obama replies. She is extremely mature and full of wisdom. Over the past 8 years, so many people have thrown her garbage. She has learned the truth that turns the other cheek. She says 'When they go low, we go high' This is exactly what the great masters taught. She has served her country with dignity and respect. She said the Obamas will help out President Trump and his family in the transition and beyond. I think as American we should take a look at their legacy and be proud. I know I am.

#### Mom

My mom is like my best friend. It hasn't always been that way. She has always supported me, even when it was against her wishes. During my twenties, I didn't see too much of my mom. I was traveling throughout the world. I got the traveling bug from my mom. She loves adventure. As a kid, she would inspire me. I love different countries, places, and things. Mom I love you. A part of you resides in me. Throughout the years you have been there, always supporting me. You have seen me through thick and thin. You have seen all the different sides of me. Yet I know you love me. How secure that makes me feel. Mom Thank you for being my friend. I can say anything to you. You will listen. I love you.

## 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.

# My High School Poetry Teacher

When I was in high school, I took poetry.
I had an incredible teacher.
She inspired me.
We read from many different poets.
I learned about the power of words.
The poetic reflects human life.
His soul is on fire.
Life is passionate.
The poet words have meanings.
The poet teaches us how to listen.
The poet says we are all poets.
We have simply forgotten.
We speak at a surface level.
Through out time the poets have been here.
They reflect our needs.

#### My Twin Brother

My twin brother John. John is my best friend. He has always been there for me. In the thick and thin. We are on the same path in this journey of life. We have spent most of our life going within. We have our struggles in life. Life is not easy. I'm sure you will say the same thing. Yet with all this pounding we take we come out to the other side. We know the God within. Not the complete picture yet we have a beautiful experience. My brother taught me patience in so many different ways. His yearning for God is endless. He has a great love for humanity. Inside he knows humans have a great heart. The mirror is just full of dust.

### Normally

Normally out in the world, I would not talk like this. I'm like a chameleon. I like to blend in. I'm not here to convert the world. The world doesn't need converting. Normally I like to be myself. I have nothing to hide. I have nothing to prove. I try to be like the sun in the sky. Just shine. People get angry if you preach. This message needs no preaching. If you want to hear about it just ask. You are in control of your own life. You are mature enough to find out.

#### Not A Fan Of Trump

I'm not a fan of Donald Trump. Yet he won the election fair and square. Even if the Russians did hack the DNC. Let's give his administration a chance. We judge him ever before he got into office. He won the electoral vote. Some of his policies I like while others I do not. We elected him. Americans are fed up. Politicians spew words and the majority of time don't deliver. I'm hoping and praying that he will make a difference.

#### Obstacles

We create our own obstacles. Humanity gets caught in its own web. We are running in circles. Have we learned from the past? Do we still need to have wars? Fighting should be a thing of the past. It will be soon one day. We all need to cut the negativity within. With the sword of love, we can overcome all obstacles. The universe is cheering us on. There is so much going on behind the scenes. Mankind will establish peace on earth. Mark my word. We all want peace on earth. This is our true state.

#### Old Man

It's amazing how the west regards the elderly. Let's put them in an old age home to die. Have we lost our minds? How out of touch we are? The ones, who brought us into this world, we put them out to pasture. Have you ever learned from the old ones? Is America the home for the young? What discrimination have we? In Hollywood a female has a hard time getting roles over forty. We think she is over the hill. Yet the perception lives on. Man dreads his old age. He longs for his youth. Yet wisdom is garnished throughout a man life. The older you get the wiser you become. The wine improves with age.

## **Randy Stabler**

I just learned yesterday that a dear friend of mine Randy Stabler died last Friday. In my high school year book Randy wrote the following. A word of wisdom from a fool. Randy one word was OM yet he used the letter O as a ying yang symbol. To be honest it was quite profound for its time. Randy had a great heart. My twin brother and I ran cross-country and track together with Randy. He was always a delight to be around. I last talked to Randy only a few months back. He talked about his kids and spending time in Iraq. Both of us love to cook. We both love the ocean. We had so much in common. I would see incredible post on Facebook with Randy and his six kids. They all had an incredible love for each other. The day he died all six kids were there. What a beautiful way to leave this world. Randy body died yet his spirit is eternal. His ashes were spread across the universe.

Randy is still alive. Close your eyes and go into the silence. You will sense Randy's presence. Randy lives inside of your heart. He is a part of you. So whenever you are sad about your dear Dad living this planet remember he is a part of you. Those glorious memories never go away. They are a part of you. Randy is riding the incredible wave of the universe. He is a cosmic surfer now. Some things never change. They just transform and go into another dimension. Love you Randy. We will see your shinning face again.

#### Wild Fires

It seems like an eternity that the wild fires in California are still blazing. So much devastation upon the land. An entire town Paradise was destroyed. Some people never got out alive. Thousands are still missing. I send my love to all the fire fighters. They work until they have to sleep. The work is heavy and dangerous. The Santa Ana winds can cause such havoc when there is a fire. The winds can reach speeds up to 70 miles per hour. What kind of luck do you have when we awake with only a few seconds to run for dear life? When I was young many moons ago the fire season was quite short. Today it last the whole year. Climate change is for real. I pray for California and all sentient beings. Someday the forests will grow back and wild flowers will grow. Houses will be rebuilt. The trauma will be gone but never forgotten.

## Happy Thanksgiving

Happy Thanksgiving to all. May we give in each and every moment kindness to all? May we see the unity in all? With each precious breath that comes our way may be give compassion and love to our fellow man. The true feast lies within. Today's dinner will soon be a part of the past. It will be forgotten within the next week. Yet we can feast on kindness for eternity. This is our true nature. Light does not know darkness. If at the dinner table someone is trying to antagonize you just smile and don't say a thing. This tip could help you stay happy for the rest of the day. Many people love to try to make you angry. When that happens just hold up your inner mirror. The mirror will just project the anger back to them. The just simply smile and say I'm grateful for spending time with you. That will through them in a loop. Kindness will eventually win in the end. It's like water dripping on a rock. Overtime the rock of anger will dissolve. Happy Thanksgiving to all.

### One Man's Food Is Another Man's Poison

I have a friend of mine named Vince. Vince is extremely allergic to peanuts. In fact, he could die if he ate a peanut. How it is that one man's food is another man's poison? Some of my friends can't eat a single strawberry. Yet I love Strawberry pie. Each of us is truly different and unique. There is no single food that we can all eat. When it comes to food, the only thing we have in common is that we all eat.

One Rain Drop

When you first start meditating its like one rain drop that falls from the sky. Day by day you start a meditation practice. From that one drop, two drops fall.
Over time there is a puddle which you jump up and down like a child. Over time there is a thunderstorm. The raindrops turn into a stream. You are drifting downstream on a mat. Wow, this is fun!
Over the years the stream turns into a river. You are on a sail boat that has a rudder. You are sailing towards your destination. At some point in time, the river will merge with the ocean. You are home. Ponder these words. They have great meaning.

Original Sin

Many people say the moment you are born you have original sin. How could that be? Before you were born you came from God. God does not contain sin. So how can you be a sinner when you are born? Now, are you get older in life man performs actions that are sinful. We go to war. I hate you. We must all learn from our actions. Can we clear our slates? The master has said it's up to you to become a better person. You have free choice. Maybe we should moment by moment make conscious effort to become good. The choice is ours. We can make a huge difference in the world around us. We can silently make changes to improve our lives.

#### Paddle Out

When I was young I paddled out on a huge day. You always had a little fear inside. The ocean is alive. At times you are almost to the lineup. A huge set appears in the sky. Before you know it the white water throws you underneath the water. You are thrown around like the clothes in a washing machine. Eventually, you come up. Your board is washed to the shore. You go again and try again. You finally make it out. The wave of the day comes through. You ride it with pure delight. You have overcome your fear for today.

#### Paradise

I lived in Hawaii for 6 years. You would think that every moment you were in paradise. I was a surfer and surfed every day. Yet at times I made trouble in paradise. Not every day was paradise. We create our own states of mind. You can be in paradise yet the mind can create problems for us. There can be obstacles on the way. I have learned that Kansas can be a paradise. It's a state of mind. There are no waves here. But I found to enjoy the waves that come my way. I've learned to balance my life. It makes life much more precious. Paradox

Isn't it a paradox that before we were born we were one with the universe? When we die we return to the universe. We once again return back home. Yet when we are born we are aware of the oneness and then it slowly starts to disappear. Over time we forget who we truly are. We forget our true nature. We think we are alone. Isn't that a paradox? Is this a game? Well, quite frankly I think it is. This is the greatest game in the universe. The universe is rooting us on to find our true essence while we are alive. It takes a tremendous amount of work and effort. But each day is an incredible journey. We are learning to transform ourselves. We are learning to let love, patience, compassion and tolerance to be truly in our life. Kindness for all. The list is endless. The masters have taught moment by moment be connected to the core of your being. You can solve this paradox.

## Partnering With God

Can you be a partner with God? Can you walk side by side with your creator? Drop your ego and pride. Drop your negative emotions such as anger and fear. Day by day meditate within. Bring that experience to be your state of mind. Treat everyone as they are God. Let go of your judgments. God does not judge. Become a vessel of love, patience, and compassion. Be kind. Every moment you can build a greater relationship with God. Yes, you can be a partner with God. There already is a part of you walking with God right now. You can solve this riddle.

## Pay Attention To Your Actions

Pay attention to your actions. Watch them carefully. Treat your actions with care. Your actions create your character. Your actions create your state of mind. Your actions dictate where you are going in life. Most of us are reactive beings. We reactive without thinking to what appear to us. A wise man does not react but ponders over the situation and then acts. He speaks from his heart and wisdom. The wise man learns from his mistakes while other make the same mistake over and over. This is the true maturity of man.

## Pay Attention To Your Craft

When I was young I loved baseball. I once heard a story that Ted Williams didn't go to the movies because he said it would hurt his eyes. He had exception sight and reflexes. You had to be if you had many seasons when your batting average was over 400. He didn't party, smoke or drink. I'm sure many people thought he was a fuddy-duddy. Yet he was the best of the lot. He paid attention to his craft. Maybe he was baseball's mystic. He turns baseball into a science and an art. He had complete devotion to the game. He did not get sidelined by the many distractions of life. He just loved to play the game. He was the best of the best. Many famous ballplayers need to look at his devotion to the game. Pride and ego weren't in his game. He did not need to show off. He had nothing to prove. Sounds like a mystic to me.

## Pay Yourself First

The wise man says Pay yourself first. Take that money and invest it wisely. Over time your fortune will grow. Schools do not teach this. Our government does not recommend it. They want you to be a slave. A person who understands wealth is a threat. The knowledge he has. He eventually can retire and live off his interest.

#### Peace

There would be no war if man was peaceful. There would be no fights between men. You may have a different point of view. We are all different flowers. How boring it would be if all the flowers in the world were sunflowers. To be peaceful is the greatest strength. War is easy compared to peace. It's easy to blow up and fight your fellow man. It takes a wise man to diffuse the bomb of anger within. Throw away your bombs. Throw away your ideas that my way is the only way. I'm going to convert you. Discover the inner peace of life. It's like dumping that Oreo cookie in the glass of milk.

#### Peace On Earth

Did you know that God does not bring peace on earth? That is our choice. Did you know that God won't stop a war? That is our choice. Did you know that God won't stop poverty on earth? That is our choice. God won't stop the problems we have created. That is our choke.

# Peanuts

The world shall never forget Charles Schulz. Peanuts inspire us all. We loved Snoopy and Charlie Brown. Linus with his blanket. The red baron. Charles You inspired us. May God be with you?

#### Pickup Game

Do you remember the pickup games you played when you were a kid? There was no adult supervision. There were just kids playing for fun. Nowadays kids are part of a team with a coach. Many coaches think that winning is the goal. They yell and curse at the kids. The kids just want to have fun. They are learning and growing. Don't take the joy out of life for them. Winning is not everything. In fact, the majority lose. But didn't Darwin say the survival of the fittest? In his book, he mentions cooperating in nature more the survival of the fittest. Man needs to cooperate with one another and have fun. We are here to enjoy this life. We don't need coaches who put us down.

## Play Your Part

If you want peace on earth, play your part. If you want people to be kind to you play your part. If you want your family to love you play your part. If you want people to like you play your part. If you want to help somebody play your part. If you want someone to get elected, play your part. If you want to change this world play your part. If you want heaven on earth, play your part. If you want people to understand you play your part. You have a part to play in this world. We need you to play your part.

## Please Pull Over To The Right

When you first learned how to drive, you learned to pull over to the right when an Emergency vehicle comes by. How selfish we are when we refuse to do so? I'm in a hurry. You are going to have to wait. Yet if the ambulance was going for us we would be furious. Remember someday it may be you. Respect your fellow man.

## Poetry

The world needs Poetry. Poetry is a way for humanity to express his soul. We talk and exchange words every day. Yet so much of it is words that are superficial. Hi, how are you? I'm fine. Poetry allows a person to go deep inside. It allows a person to contact to emotions, feelings and to the soul direct. From the unconscious to conscious. There is a place inside where the poet dwells. Words spring from these wells. The water can be bitter or sweet. There is a message hidden deep. The poet tries to capture the experience behind the words. The poet conveys the dreams of man. Hidden they are, in a ton of sand. The poet causes the wind to blow inside the mind of man. Question arises inside your mind. The sand blows away and you find the jewel inside. Maybe all a poet does is to ask the right questions that will trigger man. Once we have the questions we want to be answered, we can find the answer inside of us. The poet has the questions, not the answers.

The answers lie inside of your heart.