

Stop The Prejudice

2017+



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.

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## A Smile Can Change Your World

I saw on the news yesterday the following.

An elder man lost his wife and was in mourning.

His wife died 6 months ago.

He couldn't get out of his slump.

A young girl sees him in a grocery store and smiles at him.

She asks him for a hug.

In two seconds flat his miseries go away.

Just one smile and a hug work wonders.

They become friends.

Isn't that amazing?

One smile can change your world.

## Books

I love to read.

I have many books.

They inspire me to become a better person.

Yet a book may talk about the truth.

But it is not the truth.

A book may inspire us to find the truth.

The truth lies inside of us.

It takes effort to unravel the string we have spun in our life.

We have become tangled.

Books will talk about the way to God.

Our effort to dive inside will reveal our true nature.

All the tools for self-discovery lie inside.

A book may inspire you along the way.

But a book is talking about a mango.

Once you eat a mango you understand what a mango is.

You can solve this riddle.

## Cross The Bridge

When we are born we cross the bridge to come into this world.

We remember who we are.

Over time we forget our true nature.

We even forget there is a bridge.

We fell all alone.

We get lost along the way.

When we die we cross the bridge and go back home.

We return to the family.

We are the universe.

Well, then why do we forget about this bridge when we are alive?

All the great masters have said to discover the bridge within.

You are never alone.

A part of you exists on the other side.

It is watching over you.

You can cross this bridge while alive.

Your life will be incredible.

Ponder this over.

Discover the truth that lies inside.

## Does The Shoe Fit?

Does the shoe fit?

Do these poems make you say I like that?

Do they make you say that's a good question?

I'll ponder and think that one over.

Do these poems give you hope?

You are never alone.

Do these poems help you to ask the right questions?

Do these poems help you to find your way?

Do these poems help you to discover the God within?

Do these poems help you to find which direction is your true essence?

Does the shoe fit?

You decide.

## Friends

On this journey of life, we develop many friendships.

We develop such a great connection that the bond can't be broken.

Some of my friends have died.

Yet the memories of them never go away.

Some of my friends I haven't seen in over 30 years.

I can call them over the telephone and the conversation will pick up as it was yesterday.

As friends, we support one another.

We love one another.

We all have our ups and downs on this journey.

We may have different points of view.

It doesn't matter.

A friendship can't dissolve because of what you think.

Friendships respect each other.

The older we get I value friendships more deeply in my life.

## Questions

Here are some basic questions to ask yourself.

Who am I?

Where did I come from?

Where will I go when I die?

Is there a purpose to life?

What is keeping me alive?

Where is God?

Ponder this for a while.

These answers lie within.



## Stop The Prejudice

Stop the prejudice.

Stop the name-calling.

You are no better or worse than your fellow man.

In the eyes of God, we are family.

Your religion is not better than another.

You just think it is.

The great masters of the past don't fight with each other.

They love one another.

They are the best of friends.

They want you to treat your fellow man with the same respect.

They all pointed to find out the answer inside of you.

We are all family.

This is the truth.

Where do you think you came from?

We all came from the same place.

Broaden your horizons.

Don't get stuck in your little box

The universe is alive.

## The Wheel Of Life

Are we like the wheel of life?

We come and go into this world like the spokes on the wheel.

We forget that all the spokes are connected to the center.

We think we are a particular spoke.

We have forgotten our true nature.

Our wheel goes round and round on our journey of life.

We are always supported.

There is a center of the wheel.

The center is home.

You are the universe.

Remember who you truly are.

Ponder the meaning of this message.

## Time

Time is so relative.

It seems like we go in circles.

We are on this train track and it goes around and around.

Man has been fighting for eons.

Have we learned our lessons?

It's like our record is playing the same music over and over.

No wonder many people had doomsday on their minds.

Well, it will never happen.

There is a brand new album being played.

Kindness is in the air.

Humanity is tired of fighting.

They must be a better way.

We are looking for peaceful solutions.

The times are a-changing.

Incredible things lie ahead.

This is probably the greatest time to be alive.

Ponder these words.

You can help change the world.

## To Solve A Problem

Solving a problem with another being takes patience.

You can't solve something that has been simmering for years.

You must be tolerant of one another.

You must place yourself in the other person's shoes and see his point of view.

That's not easy.

You can't convince someone from your point of view.

You can't convert someone either.

Both sides have to compromise.

It must be a win win for both sides.

This way no one will be bitter.

Bitterness is a seed that will foster conflict in the future.

The goal is to solve the problem and then forgive the other side.

You don't forget you forgive.

Big difference.

The more emotionally mature we become it will be easier to solve problems.

We are still in a kindergarten state.

The great masters were at the college level.

They taught that we can be too.

Go inside and solve this riddle.

Ponder the meaning of this.

## Your Mind Wants Peace

Did you know that your mind wants peace?  
Unfortunately, you are looking in the wrong direction.  
You are looking outside of yourself.  
You will never find peace there.  
You will always be looking for it.  
It's like a mirage.  
You can see the water but you can't drink the water.  
Peace only exists inside of you.  
All the great masters have said the same thing.  
The kingdom of heaven exists inside of you.  
Ponder the meaning of these words.