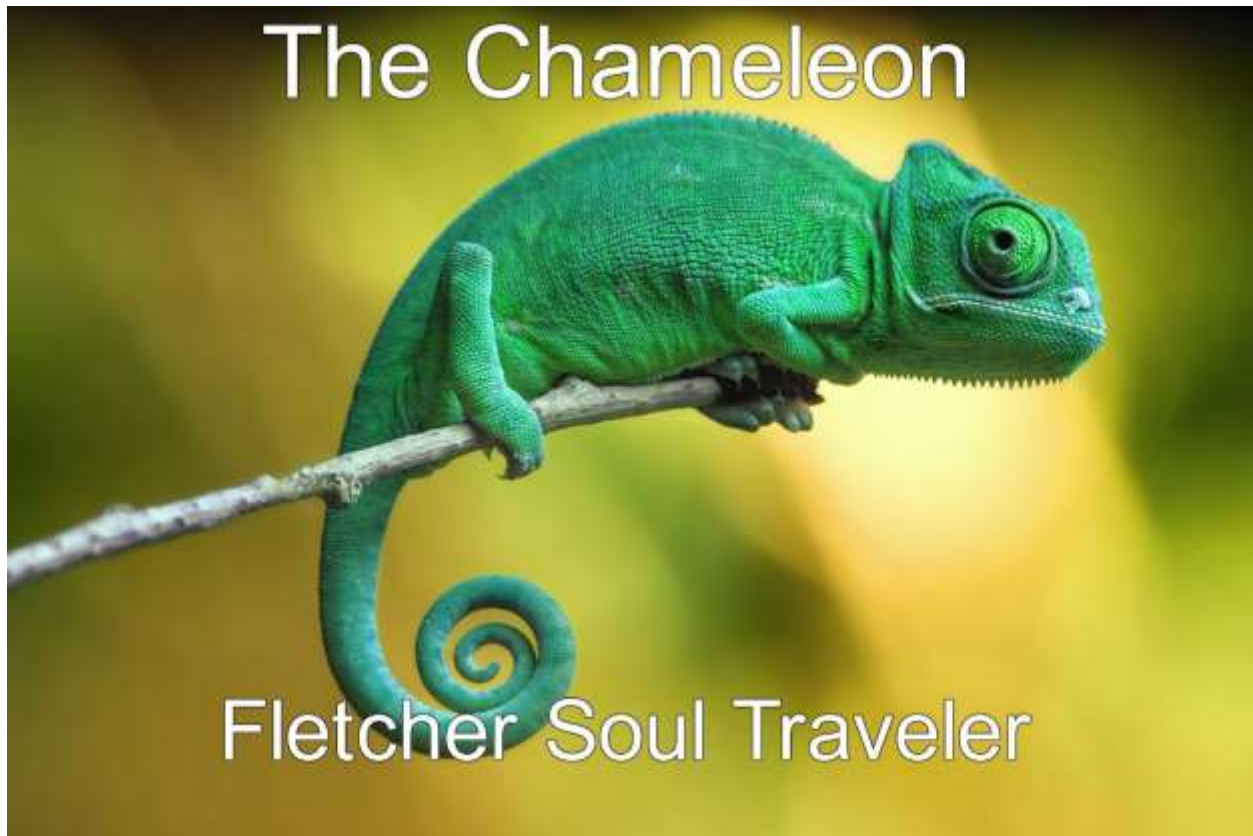


The Chameleon



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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When I Returned From India

When I returned from India I thought many of my friends would love to learn how to meditate.

I was wrong.

Most of my friends were not interested in the slightest.

Some were and some weren't.

I learned not to think what's good for me is good for you.

We are all on this journey together.

On this path, there is no conversion.

There is no judgment.

We just present the simple facts.

We present what we have learned on this journey.

We love our fellow man.

We respect the journey that you are on.

If this message responds to you that's ok.

If this message doesn't respond to you that's OK.

We are just speaking from our hearts.

Is There Empty Space?

When we look at the stars at night we see the majority of the sky as empty space.

Is it truly empty?

Scientists have a theory that dark energy exists.

Kyron says there is a field of multidimensional energy which pervades the entire universe.

No present-day instruments can detect it.

Why?

There is no instrument known to man that can detect the quantum energy of God.

We have this same energy inside of us and the majority of people on earth have not discovered it.

If we don't find it with ourselves how can we discover in the universe?

In reality, there is no empty space.

The universe is alive.

It's your choice to solve this riddle.

The Signs Of God Are Everywhere

The signs of God are everywhere.

From the time you get up till the time you go to bed the signs of God are everywhere.

It's funny we think we are alone.

We say things to ourselves thinking no one is watching us.

Yet there is someone who is there 24 hours a day.

God never judges us.

He is hidden within.

Every person you talk to.

Every action you take.

The signs of God are everywhere.

From the birth of a child.

To the death of a loved one.

The signs of God are everywhere.

Know that life is precious.

The signs of God are everywhere.

Sat Chit Ananda

In the Upanishads, a great Indian holy book is this saying.

Sat chit Ananda

Truth is the consciousness of bliss.

When the mind vibrates with Truth the awareness is in bliss.

The entire universe is alive.

The entire universe is aware.

The entire universe is built with supreme bliss and love from the creator.

This experience lies within your heart.

It's your choice.

Looking inside for the answer.

Recalibration

When I worked for the observatory in Maui we had to recalibrate many instruments in order for them to work properly.

Does man get recalibrated and isn't aware of it?

Is this a new recalibration of man?

Is the entire universe watching in suspense?

Will there be peace on earth?

Is the earth recalibrating for man to discover his true nature?

The journey of life is going on.

The rules have changed.

The old energy of war is going away.

People are fed up.

Watch the recalibration of man.

We will bring peace to the planet.

The Probability Of God

When I was young at times I wondered about the probability of God.

How could some power beyond time and space?

Why is there constant war?

Why doesn't God stop it?

Why doesn't God stop the nonsense in this world?

How do I find God?

These are the questions I had.

Over the years of meditating, I realized that we have free choice.

God has always been inside of us.

We just have to open the door.

Wars can stop.

God won't stop them.

Only human being can stop them

The problems man have God won't solve them.

Only man can fix them by working together.

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.

The Four-Minute Mile

It took man centuries for man to break the four-minute mile.

Roger Bannister from England broke it on one fine day.

Ever since the barrier was broken many men have run faster.

It seems in life once something is attained the door is wide open.

The same goes for the heart.

Millions of people are like you and me.

The doorway to the heart is being opened.

Love and compassion are beginning to be the norm.

By healing ourselves we are healing the planet.

The light we discover within ourselves shines throughout the world.

The four-minute mile of discovering your true essence has been broken.

It's your choke to discover this jewel within.

Kindness Is My Religion

The Dalai Lama once said the following.

My religion is very simple.

My religion is kindness

I fell in love with this statement.

The universe is kind.

We would have peace on earth if man would be kind to one another.

Why does man have to be so macho?

It's so easy to get angry.

Kindness is true power.

It's very difficult to master kindness.

I once heard the Dalai Lama say that at the end of the day he looks at all the interactions he has.

He tries to learn from any mistakes that have occurred.

He is consciously weeding his garden.

Maybe we should do the same.

Pull the weeds of anger and toss them away.

God won't pull them for you.

Leave Your Baggage Behind

On this journey of life, I recommend the following.

Leave your baggage behind.

Even if you don't believe in God.

Leave your baggage behind.

Your anger is unnecessary baggage.

It doesn't serve you in any way.

Get rid of your pettiness.

Your selfish nature does you harm.

All of your negative emotions are a burden on your shoulders.

Lighten up the load.

This life is incredible.

You will really enjoy it once you leave your baggage behind.