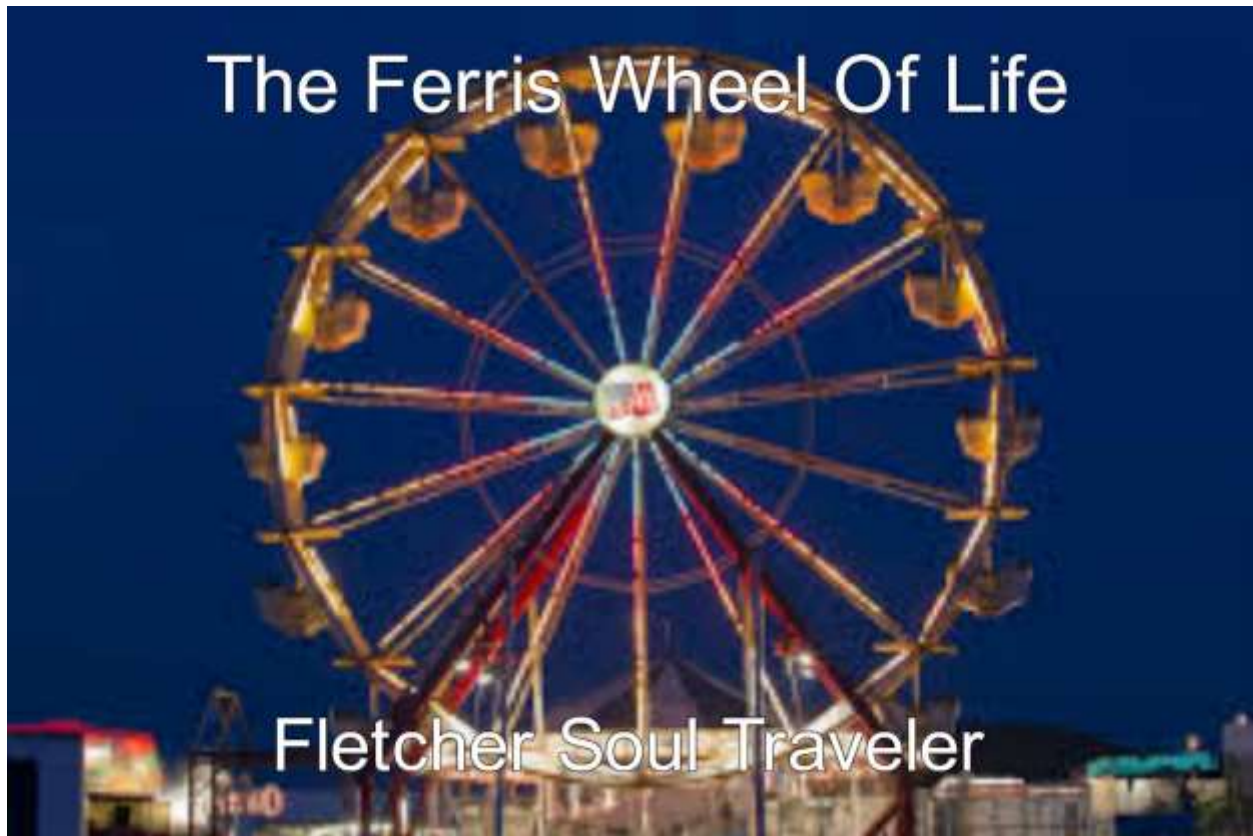


The Ferris Wheel Of Life



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.

Contents

The Ferris Wheel Of Life.....	3
The Whale.....	4
The Surfboard	5
The Wine Of Life	7
It Takes Two To Tango	8
Your House Needs Dusting.....	9
The Mirror.....	10
Do You Want Some Small Advice?	11
You Are The Company That Your Keep	13
How Did The Master Become The Master?	14
Practice Is The Key	15

The Ferris Wheel Of Life

Are we on the fairest wheel of life?

We go around and around.

We are happy and then we are sad.

We love someone and then we get totally pissed off by someone.

We are at peace and then in the next moment, we are all at war.

We go around and around in a circle.

How do we go beyond this wheel of life?

The masters have come from time immemorial.

They have all said the same thing.

Look inside your heart to answer this riddle.

The Whale

When I was young my brother and I went for a spin on a motorboat with our dear friend Mark.

It took time to go from the harbor to outside the jetty.

When we got outside the jetty Mark turned off the engine.

Suddenly we felt thousands of bubbles beneath us.

Never before have I been so excited.

A huge whale comes to the surface and greets us.

I'll never forget those beautiful eyes.

The whale knew he could destroy us but that wasn't on his mind.

The whale was our friend.

He had nothing to prove.

He was majestic.

I'll never forget that experience.

The Surfboard

The surfboard is the vehicle to ride the ocean waves.
You can take this board around the world and ride the magnificent waves.

You paddle out.

You encounter obstacles along the wave.

When the waves are big you are panting for breath.

I made it out.

Now, what do I do?

You wait for a wave to come.

Ah, look at that one.

I'm in a perfect position.

You either catch the wave or you don't.

The wave doesn't wait for you.

You stand up and you made the drop.

Your mind is totally at peace.

You are in the zone.

You made the wave.

Or

I'm paddling for the wave.

I think I got it.

Oh my God, I'm going over the falls.

It seems like years I'm underwater.

Yet only a few seconds go by.

The wise man was surfers of their day.

They discovered the waves of light.

There is an ocean within just waiting to be discovered.

Did you know you are a surfer?

The Wine Of Life

They say that wine will get better with age.

But in the job market today there is discrimination.

I was once laid off and given a great termination package on the condition I would sign this document.

The document said I couldn't sue the company for age discrimination.

This was a carrot on a stick.

Sadly, folks at Google think you are washed up at 30 years old.

They become putrefied with age.

Their self-worth goes away.

I'm no longer needed.

What a joke we play on ourselves.

The older I get the wiser I get.

Society doesn't see it that way.

I'm proud of my life and you can't take that away.

Millions of people are getting older and are like that fine wine.

We must change our ways.

It Takes Two To Tango

It takes two to tangle.

The next time you are about to get angry remembers the following.

It takes two to tangle.

You can diffuse your anger by seeing the molehill is not the mountain.

What difference does it make?

Do I really need to prove my point of view?

There are always two sides to the story.

The wise man always sees it takes two to tangle.

If you give anger to a wise man he will not accept it.

The anger will be redirected back to you.

This is the true martial artist.

The wise knows it takes two to tangle.

Your House Needs Dusting

When you dust your house the dust flies all around.

At times it appears the dusting truly causes more dust to fly.

Yet at the end of the day, your house is clean.

Are we at the point in time where humanity is dusting our house?

It seems like more chaos than ever.

The world is spinning out of control.

Yet realize the house is being cleaned.

Peace will prevail on this earth.

Now continue the house cleaning.

The Mirror

We look in the mirror when we get ready for work.

If the night was full of partying we will see baggage under our eyes.

If you are young a child will giggle in the mirror.

The mirror will reflect our state of mind.

If your husband cheated on you, your face will be full of sadness.

If your mates propose to you, you will declare I'm the luckiest person in the world.

If your Mom dies you will reflect grief.

There is a mirror within that needs to be discovered.

A wise man cleans the mirror of life within.

He finds his true nature.

Do You Want Some Small Advice?

Do you want some small advice?

Let go of your anger.

You may hold some situations for decades.

The other person has forgotten about it years ago.

Yet you carry this baggage on your shoulder.

Throw this baggage away.

Forgive yourself and others.

This doesn't mean you forget, it means you forgive.

You will experience less weight on your journey in life.

Practice being a human being.

You are a human doer.

Sit and play with your children.

Put your cell phone away.

Your children will grow right before you.

Take this golden opportunity to know them.

Spend time with your friends.

Don't put your job first in your life.

Create a work-life balance.

Learn how to meditate.

Let go of old energies such as anger, fighting, impatience, intolerance, and greed.

Drop them by the side of the road.

Embrace kindness, compassion, tolerance, patience, and love.

Over time you will soar like the eagle.

Remember you are a piece of the puzzle.

You can change the world.

You Are The Company That Your Keep

In India, there is a saying tell me who you keep company with and I will tell you who you are.

If you keep company with the Mafia you will probably be a member of the Mafia.

If all your friends use drugs most likely you will too.

If all of your friends like rap music you will probably like it.

You are the company that you keep.

Here's some good advice.

Why not be a friend of your higher self?

You are the sun, moon, and stars.

You are never alone.

Your best friend is God.

He lives inside your heart.

You are the same.

Remember you are the company that you keep.

You have free choice to make.

I would consider this offer.

How Did The Master Become The Master?

How did the master become the master?

Do you think the master was born that way?

The master became a master through a lot of work.

Nobody gets a free ride.

A master makes mistakes along the way.

He makes thousands of mistakes along the way.

Yet over time, he learns from his mistakes.

He learns what buttons people push that are his weak links.

Over time there are no buttons to push.

He will just smile and listen to you.

He has nothing to prove.

A master loves to meditate.

Not only sitting in meditation.

A master learns to be in a constant state of meditation.

Walking around is fun.

There is no boredom.

There is a love of this great journey of life.

This journey is eternal.

The master knows this and so can you.

Practice Is The Key

Everything you learn in life you must practice.

A baby learns how to walk.

It stumbles and falls

The baby gets frustrated.

Yet in time the baby learns to walk.

It even learns how to run and leap through the air.

Everything in life you must practice.

Many people come up to me and say I can't meditate.

It's too hard.

My mind is constantly chattering.

Learning how to meditate takes time and effort.

You learned how to walk.

You can learn to meditate.

You can learn how to be a master.

Remember practice is the key.