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Steven Soffer



I once went to Steve's house for dinner in 1978. I still remember clear as day after dining Steve and I go into the kitchen and he makes a smoothie out of soybean ice cream.

Steve and I are on the same wavelength in life. We both love to meditate. Steve has been practicing preventive medicine since the seventies. Here's a photo from one of his posts. Thanks, Steve for you and Kathy being in my life. Both of you are an inspiration.





About a year ago Steve got sick. It was a blessing in disguise. Out of nowhere, Steve started writing these incredible poems. Steve shared these poems on Facebook. My brother John and I were completely blown away. When I started this project I had Steve in mind.

We connect through the phone. Mind you it's been over forty years yet that same connection was there. Nothing was lost. I helped Steve to get the software install for the recordings of his poems.


He did a quick test to see if it was up and running. Then Steve started to record his first poem. He started to playback his recording. It was crystal clear. I got goosebumps listening to it. In my eyes, there is a huge difference between reading a poem and listening to a poem.

It's like trading the words of the song imagined by John Lennon and then listening to the song. Difference between night and day. Thanks, Steve for contributing to this project.

[when is one plus one only one?](#)

when is one plus one only one?
when you merge yourself in HIM.
go to the school of true knowledge
this is the only math you need.
addition by subtraction
.take your self away and what is left is nothing.
do you know the value of zero?
do not worry, you will not disappear.
your heart and soul will blossom.
and grow and explode with love and joy.
more is less and less is more.
there are no worries here.
half of what you worry about never happens.
and the other half is only half as bad.
student..do the only true math.
you then become the teacher of Him!!

[love is like a fox](#)

love is like a fox.....quietly it stalks its prey....but when it strikes...IT MAKES
ITS PRESENCE KNOWN! .

have you had an accident?

have you had an accident?
it can happen many ways.
when our hands come off the wheel
it can put us in a daze.
we must pay diligent attention,
we must focus when we look.
if we become distracted,
thoughts steal it like a crook.
we sense where we are going,
when we use HIS GPS.
our journey and arrival,
are then guaranteed success.
just keep the eyes one pointed,
and always steer the wheel.
we will travel safely
through all traffic jams,
pay attention to what you feel.
you will know upon arrival,
with clarity you will see.
you can never lose HIS license,
or ability to be.
do you know whats best about this?
we can travel near or far,
the magic is in getting there.
we dont even need a car.
remember.....
there is never anything new!!
just what we forget.....
SO KEEP YOUR HANDS ON THE WHEEL,
we will never have regret!💖.

do you know HIS number?

do you know HIS number?
does HE call you on your phone?
when you want and need
to speak with HIM,you never are alone.

HE calls us every morning,
HE speaks with us at night.
HE answers us at hyper speed,
HES faster then the light!
do you hear HIS ringtone?
is it music to your ears?
when by grace we speak with HIM,
HE rids us of our fears.
do you use HIS magic smart phone?
did you sign up with HIS plan?
HIS phone comes free when joining,
its inside every man.
just dont forget HIS number,
and may we please remember HIS name,
and when by grace we speak with HIM,
we always play HIS game.
are you an Active member?
of HIS eternal cosmic plan?
then recognize HIS ring tone,
your devotion it will fan.
gopi- lover... just remember this!
when HE calls us... ANSWER THE PHONE!

does HE talk to you?
does HE talk to you?
do you listen when HE speaks?
do HIS thoughts come waffing
through your head and heart?
HE is the craftiest of sneaks.
does HE act as guide
to what you sometimes do?
and sometimes what you think?
have you felt HIS magic
in your breath?
HIS holiest of links.
does that bell ring true
when you hear HIS voice?
wonderful!! i am so glad to hear
i thought i was going crazy!!💖💖.

have you been struck by cupid's arrows?

have you been struck by cupid's arrows?
he works for HIM you know.
their tips are drenched in passion,
HE is everywhere we go.
HE penetrates our heart strings,
HE shoots straight through our soul,
and every time i try to run,
to capture me HIS goal.
do not fear of being hunted,
HE finds us just the same.
HE knows where we are hiding,
devotion is his aim.
please.. hunt me down and shoot me,
with your arrows dipped in joy,
i try to run and hide from you,
attempting to be coy.
sometimes i even see you,
at times the wait is long.
sometimes i get to listen,
and hear your eternal song.
i always get to feel you,
and sense that you are near.
please annihilate my ego,
and take away my fear.
may i always be your hunted,
and ready for your kill.
and when your arrows pierce my heart,
i live to feel that thrill.❤️❤️
p.s. HIS love is like a fox,
quietly it stalks its prey.
yet when HE strikes,
HE makes HIS presence KNOWN!!!

have you flown His magic carpet?

have you flown His magic carpet?
what?... you did not know that it could fly?
have you seen His stars at midnight?
in the darkness of the sky.
do you feel His breeze each morning?
or sleep the day away?
He visits us with every breath
may we welcome him to stay.
let us ride His magic carpet,
where it flies is so sublime.
instructions are on the inside
on how to take the ride.
do you know of flying carpets?
or seeing in the dark?
or do you join Him sitting
when you visit heavens park?
HE always wants to join us, have i always time for Him?
or am i sometimes busy,
doubting i can swim.
lets dive in holy water,
only egos ever drown
when swimming with our lover,
smiles change from frown.
when next you see His carpet,
just know that you can fly.
it is Knowledge how to fly it,
that lets our ego die.💖💖.

its so easy to fall in love
its so easy to fall in love

not so easy to rise in love.
have the burning flames of desire
lit your travel bug?
does your every breath dare to know its source?
is your vessel worthy?
does it sink or sail?
we are sailing on the river of HIS eternal love.
one needs not aim its rudder,
just follow all the stars at night.
effort and grace will take us there,
to a world beyond
both comprehension and belief.
lets sail with HIM,
on the river of every breath.
it is the greatest journey one can ever take.
the joy is in the journey,
as well as the destination.
the itinerary is beyond belief.
heaven is its port of call.
let HIM be your captain and mine.
all we need is to enjoy the ride.
are you afraid of sailing?
no one here ever ever drowns,
except into the sea of HIS eternal love.
on his vessel all travel well.
the secret is to learn to ride the waves.
you will not get seasick!
just dont ever leave HIS ship.
your travel agent awaits your call,
do you know the number?
then book your travel now!
why..because as HE has said
tomorrow never comes!
eternity is now, in every single breath.

just a note... i have been writing some poetry this week. it all has come surprisingly out of somewhere, nowhere..i am really not certain. just to be clear..these poems are written by me for me.i do enjoy sharing them...but just to be very clear. i am not trying to portray myself as anything . clearly i am very far from being an enlightened soul. i am like all of us taking this journey on the path. if these musing inspire you..that is so wonderful. clearly they are inspiring me. if not that is great as well. life is all about choice.. actually i have been very ill for a few weeks and housebound. it all started happening(the poetry) out of the blue. i too am just sailing on his path like the rest of us.i call these poems" wisdom of the idiot" i do hope you still enjoy them .i am having a wonderful experience in writing them.💕.

listen. do you want to know a secret?

listen. do you want to know a secret?

do you promise not to tell?

closer...let me whisper in your ear

say the WORD you want to hear,

YES..I AM IN LOVE WITH YOU!

this is not john or paul nor ringo singing

this is your captain and pilot speaking!

do you want to fly with me?

let me take you to heavens gate.

come with me to the land beyond time and space.

the ticket is free.

all that is required is your willingness to fly!

come with me through my starry endless sky.

put on your wings and rise!

you are already there

and I am always with you.

let me show you who you truly are.

be the butterfly!

student, remember this....

ONLY THE BUTTERFLY KNOWS WHY THE CATERPILLAR CAN FLY!💖

Are you finally ready to play divine hide and seek?
Are you finally ready to play divine hide and seek?

then you must commit to its only rule.
you must seek only with your heart.
and play completely in the dark.
the path is lit by fire.
burning desire guides your every single step.
have you firewalked??
do not worry...your feet wont burn or even touch the ground.
your heart WILL with desire.
and its flames will guide you.
come and play and join in this eternal dance!
between heart and soul,
between every single breath.
nothing is REALLY hidden.
it is just that the blind cannot see.
student...the time is now!!!!
PUT ON YOUR GLASSES!!!♥♥♥♥♥.

do you want to go to eternities garden?

i have been really enjoying my new found love of writing poetry. this is my third poem. any feedback really helps and is greatly appreciated. " do you want to go to eternities garden? it is truly an amazing place. admission is always free and the secret space is ALWAYS open. Finding it is the key. it is off the beaten trail. it takes KNOWING where to go. a simple but not easy task.many have come close but never enter through its heavenly gates. do you HEAR ITS WHISPER? does it call to your heart? it lies between your heart and soul. time is endless there. the vistas are incredible. much more than mere words can describe. the sweetest fruits are growing there, with the most heavenly of nectars. do you want to come in? if so then follow your every breath...the most ancient GPS. upon arrival just breathe the password. no words are spoken here. in this silence all things flourish and grow. just LISTEN TO YOUR HEARTBEAT. every beat says enter. just DO NOT THINK ABOUT IT! understanding is the booby prize!!💖💖.

i hear thunder

i received so much positive feedback on my first written poem yesterday that i did another one today. let me know what you think.....i hear thunder...i see lightning, as the sun darts in and out between the clouds. do you pay attention to the rain??? the winds of grace can carry you..lift your sails and catch the wind! it WILL take you where you truly want to go. the rain both in and out refreshes you as you go deep to catch its every drop. student.. do you want to sail on the vessel to eternity?? then trust the divine will take you there. watch the stars twinkle inside your very head. let the light of love and kindness guide your way. perfect god, perfect man, perfect being, perfect life the life of god is my life now. it is all in there, inside of you, complete and waiting for your call. waiting for you to say "who is there"? and of course..PLEASE COME IN.♥♥♥

a flute divine plays within

i wrote this earlier today while feeling inspired. "a flute divine plays within. with every breath i take. spirit dances invisibly within my very chest. i ride on a swing which never ever stops. the sun,moon and stars shine brightly- even behind the clouds. do you know who you are?? do you know why you are here?? the ladder to climb to heaven is tall and steep. its rungs are rickety and difficult to stand on and climb. all the riches of the earth, gold and silver precious gems cannot take you there. do you want to fly?? the journey lies within.all you need to know you already know . student and teacher alike all must go within to find the true gift. it lies right between your every breath."💖💖💖