



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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Aleia

Aleia, my heavenly flower.

You bring so much joy to me.

You have so much compassion.

You give so much love to this world.

You don't understand why people hurt one another?

You only understand love?

You treat everywhere with so much respect.

I'm so proud that I have you.

Aleia

I love you.

I will always support you.

Barbara and I will be there.

We are having a grand journey together.

Thank you for being a part of my life.

Aleia

I love you.

Dad

My Dad died a few years ago.

This poem is for you.

Dad, I love you.

Thank you for being my father.

I'm sure you're in an incredible place.

Dad

Thanks for all the good things you did when you were alive.

My memories will always be with you.

May my life be spent making you proud?

You did your very best.

It's sad knowing that you're not around.

Yet I know you're in good hands.

May someday we be together again?

I love you.

Hypocrisy

We live in the home of the free and brave.

We live in the land of democracy.

Yet at times there is so much hypocrisy.

We have laws in this land to protect our young.

We have drug laws to protect men.

Yet we have our own government bringing in drugs such as cocaine.

Our rationale is the money is used to fight a war congress won't give the money
to support.

So we have our government institutions be pushers.

It's ok for these drugs to come to LA. Mr. Inspector.

These profits will help support a hidden cause.

During the eighties, billions of dollars came.

The Iran-Contras was the name of the game.

From the top, I didn't know about it.

We got pissed off at Costa Rica for not allowing our planes to land (laden with
drugs).

We would never accept it in our airspace foreign country contraband on our land.

It's kind of amazing that the dirt was pushed under the rug.

60 Minutes did an expose.

But soon after it was covered up.

It really didn't happen this way.

I Wanted To Scream

I remember a time not so long ago- (almost thirty years)

I just learned how to meditate.

Now I'm the sort of person that I really try things out.

I heard that the key was in my heart.

I was handed the key and told now it's up to you.

You must open the door.

For many years I practiced.

Words cannot explain what happened.

I wanted to scream at this world.

It does exist.

Your father does lie inside.

There is so much happiness inside.

But most people wouldn't listen.

You can't shove it down people's throats.

Yet it's sad when people refuse to listen.

Years later I realized I could only save myself.

Yet I could assist and tell people that the truth is real.

I have seen so much joy inside.

My father has held me.

He is keeping you alive.

Open up your heart and you too will want to scream.

If I was...

If I was a singer and I could only write one song what would I sing?

If I was a poet and I could on write one poem, what would it be?

If I was an actor and could be in only one movie, what would it be?

If I was a dancer and could only dance one dance, whom would I dance with?

If I could only buy one thing in my life what would I buy?

If I could only have one meal whom would I have it with?

If I could only have one friend who would it be?

If I could have only one lover who would it be?

The poet says to listen to your heart to solve this riddle.

My Heart Is Singing

My heart is singing because I was lost and now I'm found.

How can words describe the experience of going home?

My soul is yearning for my beloved.

Homeward bound.

I still go through the ups and downs of life.

Yet my soul still can experience such peace.

I know that all worldly experiences are temporary.

Knowledge is eternal.

What can I say?

I've seen the face of my Lord today.

Faceless but full of light.

My life is in his hands.

My heart is singing tonight.

Sunglasses

What kind of sunglasses are you wearing in life?

Each of us is tainted by what we see.

Some see life as harsh.

Some see life as rosy.

Some see life as an adventure.

Some see life as surviving the day.

Some see life as a game.

Some see life as a war or battle.

Some see life as a play.

Each of us is wearing different sunglasses.

Do we wear sunglasses to be fashionable?

At times we wear different ones.

But our glasses are still tainted.

What are the true sunglasses that we can wear?

What kind of sunglasses reflects the Truth?

What kind of sunglasses shows the way home?

The answer lies within.

The Candle

Each of us is a candle.

Do we know our purpose?

Do we just walk around?

A candle must be lit to fulfill its purpose.

Man must be lit to fulfill his.

Light the fire in your heart.

Know why you are alive.

The Lotus Flower

I remember being on a train in India.

It was a two or three-day train trip.

On the journey, we crossed this bridge and thousands of lotus flowers were on top of the water.

It was a magnificent sight.

Now the lotus flower only grows in dirty, swampy water.

Its root lies in the water yet the flower doesn't touch the water.

Have you ever seen a lotus flower?

The Indians have used the analogy of the lotus for thousands of years.

They say that man can be like the lotus.

He can live in this world, yet at the same time, his mind can be in heaven.

The word idiot supposedly means, feet on the ground and head in heaven.

Let's all be like the lotus flower.

The world would be a better place.

The Menu

Is life like a menu where we can choose what we want?

I'll take the chocolate cake but never mind the broccoli.

Or

Does life dish out what it wants to give to you?

I know everything is going on right, but here's a rug that will pull you under.

At times Life is like a feast.

The restaurant is serving whatever you ordered.

You sit down and dine with such delight.

At times life gives you the opposite of what you ordered.

Can we control this banquet of life?

This world will always have a pair of opposites.

Yet there is a menu that lies inside that can quench your heart.

It doesn't matter what happens outside, the food within will satisfy the soul.

Maybe we are ordering off the wrong menu?

Where do we draw the line?

The World Is Not Flat

Isn't it kind of amazing that for years Man believed that the world was flat?
If a ship were to sail off into the horizon it would eventually fall off the face of the
earth.

Columbus proved that the world was round.

During his time I'm sure people thought he was crazy.

Do we still think the world is flat?

That the Saints have said there is our true world and it lies inside.

But I can't see it.

Therefore it can't be real.

Have you ever seen the wind?

The world is not flat.

The kingdom is God is not a figure of imagination.

Inside of you lies the answer.

We Are On The Same Boat

I'm so happy that there are so many different kinds of religions.

Each man has a different way.

From time immemorial man has pursued the way.

We are in the same boat.

There is only one captain.

We are going home.

Everybody has a different point of view.

It would be so boring if we all eat the same thing every day.

In the midst of diversity, there is a common thread.

We are in the same boat.

There is only one captain.

We are going home.