

2016-2017

These poems are meant to be pondered over.
There is a message contained in each one.
There is a riddle to be solved.
I hope they may contain meanings for your life.



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5 Minutes To Heaven

5 minutes to heaven.
The bullet train is coming to your station.
Your time on earth has passed.
All of your physical belongings are left behind.
Everyone has left this way.
No one ever gets a free ride.
You are going home to your beloved.
You played your part well.
Your memories on earth will always be with you.
They are locked inside your soul.
There is nothing to be afraid of.
God does not judge you.
God loves you.
Man judges each other but God loves his creation.
You have free will.
If you have free will why would God judge you?
Life is a learning process.
You will never stop learning.
This is the adventure of life.
We stumble and fall yet God is always there.
He doesn't yell at you.
Your boss may do that.
Yet God is always smiling at you and encouraging you.
He is your best friend.
You were never created nor will you ever die.
You are eternal.
Your human body will give nourishment back to the earth.
Mother earth knows your name.
She is thanking you for being on earth.
You are loved by all.
Nobody knows when their time is up.
It's always a big surprise.
Do not be sad or afraid.
This train is custom-built for you.
The ride will always be for a few seconds in your time.
A beautiful light filled with love will appear to you.
You will merge with this light and all of your pain will instantly go away.
How grand that is

How much the universe loves you?
It's time for you to get some rest.
Your Angels are at your side.
They are singing sweet melodies into your ear.
These melodies are greater than any candy.
They are sweet medicine for the soul.
This is your true nature.
Your true nature is kind.
Somehow man has lost his true nature.
It has always been there.
Hidden inside of you.
A true treasure is always hidden.
Remember as a kid looking for those Easter eggs.
How much fun it was searching and then finding the precious eggs.
Well God lies inside of your heart.
He doesn't boast or say "look at me".
God is too humble for that.
This force created the entire universe and is humble.
Wow, that is incredible.
If man in his present state created the universe what kind of final journey would we
have?
This train would take us to hell.
Yet hell does not exist.
The only hell is a state of mind.
God is not jealous
There is no wrath of God.
God does not fight.
There is no devil.
All these are human traits that we place on God.
Remember God is not human.
We tend to place human emotions on God.
Yet God is kind.
God is compassionate, patient, and full of tolerance.
These are the incredible traits of your creator.
This is your true nature.
You are about to once again see your true nature.
The train has arrived at the station.
Enjoy the ride.
In a few moments, you will be in God's arms.

Song 5 Minutes To Heaven

Verse 1:

Five minutes to heaven, the bullet train is nigh
Your time on earth has ended, no need to ask why
Belongings left behind, as all before have done
You're going home beloved, your life's race well run

Chorus:

Fear not this journey, God will never judge
He loves His creation, in His grace we trudge
Free will was always yours, a learning sojourn
Stumbles and falls accepted, by His love adorned

Verse 2:

Like a friend God smiles, encouraging your way
Your body'll nourish the earth, Mother knows your name
None know when their time's up, this ride's a sweet surprise
A light filled with love appears to guide your eyes

Chorus:

Fear not this journey, God will never judge
He loves His creation, in His grace we trudge
Free will was always yours, a learning sojourn
Stumbles and falls accepted, by His love adorned

Bridge:

Angels sing sweet melodies to sooth the soul
This is your true nature, always kind and whole
Long we've lost our humble way, placed ego on God's throne
But a treasure's been hidden in your heart's sacred home

Chorus:

Fear not this journey, God will never judge
He loves His creation, in His grace we trudge
Free will was always yours, a learning sojourn
Stumbles and falls accepted, by His love adorned

Outro:

The train has arrived at the station, enjoy the ride
Leave human projections, be embraced in God's light

Compassion, patience, tolerance - your creator's way
In these few moments, you'll be home to endlessly stay

Welcome To Another Day

Welcome to another day.
It's a miracle that we are alive.
We have been given another golden opportunity
Did you see the glorious sunrise?
The sun is saying "good morning".
The first rays are hitting our side of the earth.
What a glorious day this will be!
The birds are beginning to wake up from their slumber.
Can you hear them begin to sing their sweet songs?
The squirrels begin to run on the branches
The deer come out from their hiding.
Nature is alive.
The surfers are out in the water trying to catch one wave before work.
Rush hour traffic begins.
People driving to work with a cup of coffee in their hand.
Life is glorious.
The whole universe is alive.
People go to work.
They gotta make that buck in order to keep alive.
The universe shines with grace and compassion.
It is always trying to speak to us and remind us of our true nature.
Yet we go on our merry ways.
As a society, we are driven to succeed.
Yet we have forgotten our true nature.
We go on with so much petty detail.
Yet in our hearts we know we are searching for something yet we don't know what
we are searching for.
It's not our fault.
It's a game of hide and seeks.
All the great masters have said you are the universe and you just don't know it.
Isn't that incredible?
I bet you didn't learn that in Sunday school.
Christ said the kingdom of heaven lies within.
This is what the wise masters taught.
The answers lie inside your heart.
In each and every moment the universe is keeping you alive.
Yet we aren't aware of it.

Isn't that kind of sad?
We are never alone.
Yet we think we are.
The whole universe is supporting us.
The whole universe is cheering us on.
God sits on the sidelines with a huge smile on his face.
God is cheering you on.
He is ever so patient and kind.
He will never judge or ridicule you.
God has no wrath.
God is humble.
God is kind.
God is full of mercy and compassion.
God sits inside of you whispering into your ears.
He is saying I love you.
Let's come out and play.
I've been waiting for ever so long.
So on your way to work turn off the cell phone.
Look around you.
You are alive.
Feel the beauty behind your breath.
The whole universe is keeping you alive.
We think we know all the answers yet look at this world.
There has got to be another way to live.
We have tried war for ever so long.
What has it done for us?
Our boys are brought home in boxes.
At least a forest fire nourishes the land.
It's a brand new day.
Open up your heart and be grateful you are alive.

Song Welcome To Another Day

Verse 1:

Welcome to another day, a miracle we're alive
A golden opportunity the sunrise brings our way
The sun's first rays greet the earth with "Good morning's" glow
Nature awakens in glorious song we know

Chorus:

It's a brand new day to feel alive
The whole universe shines grace and truth
Though we get distracted on the work day drive
Open your heart to this rebirth

Verse 2:

People go chasing the buck, succeeding seems the craze
Forgetting our true nature in these petty detailed ways
Yet deep inside we're searching for something so sublime
All masters point within, the answers there we'll find

Chorus:

It's a brand new day to feel alive
The whole universe shines grace and truth
Though we get distracted on the work day drive
Open your heart to this rebirth

Bridge:

Each moment the universe keeps us alive
Yet we miss the beauty, thinking we're deprived
God's cheering you on with kindness and patience
Inviting you to awaken from the sleep of nations

Chorus:

It's a brand new day to feel alive
The whole universe shines grace and truth
So turn off the phones, be present and thrive
Open your heart to this rebirth

Outro:

We've tried the way of war for far too long
A new way is calling like the morning's song
Be grateful you're alive, let this day be the start
Of living from that sacred place - the openness of your heart

1107 Essex Lane

I lived during my school years at 1107 Essex Lane.
Those were glorious years.
Back then we were in a tight neighborhood.
We knew all the neighbors.
A majority of kids were our age.
We played all sorts of games.
Hide and seek.
Flag football.
Baseball
We were always outside until dark.
We developed great friendships that even last today.
Life was simpler back then.
We had no cell phones or video games.
We had a telephone that you had to dial.
Liberty 9777 was our phone number for years.
Back then we didn't even have answering machines.
If you couldn't get a hold of someone you had to call them back.
We walked to school or rode our bikes.
Back then there were no gangs in the city.
Life was safe and carefree.
We played sports to have fun.
Winning was not everything.
I never remembered having an angry coach or someone who yelled at me.
Life was so much simpler back then.
Maybe I'm wrong but the Republicans and Democrats actually bowed and bend to
each other.
Practical laws actually got passed.
They worked for the people.
I had some great teachers.
My poetry teacher is dear to my heart.
My poetry isn't classical yet it's inspirational.
Personally, it's better than not writing anything at all.
These sayings or poems are for me.
I write from my heart and soul.
You have a blank canvas and you start to paint.
My twin brother provides the background music.
It is a perfect composition for us.

As kids people thought that we had some kind of speaking problem.
They didn't know that twin can have a language of their own.
Maybe it's only my brother and I can only appreciate these poems.
To be honest most people don't like poems.
Whenever in school we had to read poems the classroom would go silent.
At times I don't think humanity likes to get out of the box that we are in.
It's comfortable.
We have been in this box all of life.
Don't rock the boat.
Yet John and I love what we do.
It's a great hobby.
We have been meditating most of our life.
We know we are strangers in a strange land.
We are speaking from our hearts.
It's not a joke when we say you are the universe.
It's not a joke that we say you are not alone.
It's true.
The universe is keeping you alive.
There are millions of beings like us.
Just think when I first learned Yoga many moons ago I was considered a commie.
It was totally outside the box.
People spoke unkind words behind my back.
Yet I found the treasure inside of my heart.
Years later everywhere you go Yoga is taught.
What a transformation!
Medication is even taught in schools.
The foundation is slowly being built.
No one is getting converted.
The truth is just what it is.
Slowly humanity is embracing its true nature.
Now you see I said slowly.
Nature works slowly.
It took billions of years for life to appear on this planet.
It will take time for us to forget war.
Someday we will see how barbaric we were for thousands of years.
We will learn our lessons and embrace the universe with open arms.
The universe will say "welcome home".
You are family.

This is your true home.

Barbara

You came to me in a dream.
My life is filled with your joy.
You have so much innocence.
We played and laughed together.
You have taught me so much.
My love for you, I can't describe.
We are both walking together in this world.
We have so much to learn.
I have so much hope.
Barbara, you put up with me.
I know I have my share of quirks.
Yet my love for you will never die.
We have gone through a lot.
But it has made us stronger.
Fortunately, our love is strong.

Barbara

I love you from the deepest place in my heart.
You make my heart sing.
You make me laugh.
We have traveled so far in this life.

Barbara

I love the way you are.
You have always supported me.
I love the way you are with Aleia.
You have given so much.

Barbara

Thank you.

Song Barbara

Verse 1:

You came to me in a dream,
A vision filled with joy
Your innocence a beam
That lights my world

Verse 2:

You've taught me so much
About love and life
The gift of your presence
A treasure to cherish

Chorus:

Barbara, I love you
More than words can say
Your light shines unto me
Showing me the way

Verse 3:

Through thick and thin
We've walked this path
Your love a balm
That soothes my heart

Chorus:

Barbara, I love you
Walk with you beside me
Your radiance a guide
To make my heart wise

Outro:

Barbara, I love you
Your kindness and gentle love
Nurture the best in me
Forever your love I'll hold

The Journey

We come unto this world born naked.
We leave this world naked.
Between our birth and death lies an incredible journey.
We have free will in this game of life. what is the purpose of this journey?
Why am I here on this beautiful planet?
For thousands of years, man has pondered over this question.
Who am I?
What is the purpose of life?
Is there something to find and discover while I'm here?
For the majority of mankind, we look outside ourselves for the answers.
If only I could buy that yellow Ferrari.
Yet even if you had one your happiness is fleeting.
At first, you are in love with it.
Wow, what an incredible car.
You're in euphoria for at least a month.
You're so proud of that car.
Once a week you get out the hose and wash it down.
The car gets buffed with wax so it's super shiny.
Yet over time, a little dissatisfaction enters the door.
I need an oil change.
Someone bumps into my fender.
My transmission just went out.
Hey, I never knew this car could be such a bumpy ride.
You get pulled over for speeding.
What my fine is for a thousand dollars.
The officer says you were doing 60 in a 25-hour zone.
After some time your yellow Ferrari is a hassle.
The same love you had when you bought the car disappeared a long time ago.
Yet we were brought up that the purpose of life is to hoard material things.
Your true happiness comes from being rich.
Money can't buy happiness.
Happiness is a state of mind.
True happiness comes when you discover your true nature inside of you.
That's the true treasure.
All the great masters of the past have said that.
Well maybe if the yellow Ferrari doesn't buy me happiness how about a mansion?
Somehow you win the lottery.
Congratulations.

So you go out and buy a mansion.
Just you and your lovely wife.
You move in and settle in.
After a while, you realize someone has to clean up the place.
Who is going to clean the pool?
My yards need mowing.
I have 3 acres of grass.
Wow after that last rainfall a ton of weeds appeared in my garden.
Your mansion soon becomes another obstacle.
Your happiness disappears like the thief in the night.
Now I'm not saying that physical things are wrong or bad.
But I'm saying at times we are barking up the wrong tree.
How about finding the true source of happiness inside of you?
Then you are happy if you are rich or poor.
You will still be happy when you get laid off.
Oh, the rug will still be pulled underneath you yet you recover and see you are
never alone.
What a wonderful feeling that is when you discover the universe is supporting me
on my journey.
It always has and always will.
Your true friend exists inside of you.
Discover your true nature and you see the beauty of this journey.

Song The Journey

Verse 1:

We come into this world born naked
And leave it naked once again
Between our birth and death's unveiling
Lies a profound journey of life to transcend

Verse 2:

For eons humanity has wondered
"What is my purpose? Who am I?"
Searching outside for fleeting answers
Yet true happiness can never be bought or pried

Chorus:

The yellow Ferraris, the lotteries won
The mansions and riches will run their course
For true joy resides deep within
Your essence unstained by the world's distracting forces

Verse 3:

We're taught to hoard and chase material wealth
Yet money can't purchase a peace-filled mind
Discover the universe supporting your path
Your true nature glowing - this treasure to find

Chorus:

The yellow Ferraris, the lotteries won
The mansions and riches will run their course
For true joy resides deep within
Your essence unstained by the world's distracting forces

Bridge:

When hardships come and ruin surrounds
Call on the light that can never be drowned
Your constant companion through the ebb and flow
The universe's love - let it inward flow

Chorus:

The yellow Ferraris, the lotteries won
The mansions and riches will run their course
True joy resides deep within
Your timeless essence, the universe's source

Outro:

We arrive and depart in this naked vulnerability
Between those points shines the opportunity
To unveil the treasure within, happiness' seed
And blossom into the TRUTH that's already freed

Spokesman

Yesterday, while I was meditating this thought, drifted from my mind.
It said your brother and I are spokesmen of the universe.
What in the world does that mean?
Well, I sat and pondered the meaning of these words.
Well here goes.
My brother and I have been meditating for many years
You could say from the beginning it was easy for us.
Yes, we paid our dues.
Nobody gets a free ride.
But we had a knack for this meditation.
We both loved it.
For over 25 years I've been writing poetry.
I love it.
It's a way to bring more clarity to the inside and outer worlds.
Poetry is a way to be the spokesman for the universe.
The universe can speak through funky human beings.
The universe can create music from funky human beings.
Just ask my brother.
It may not be fancy.
We are amateurs.
Yet an amateur is a lover.
We love God and the universe.
I know that God lives in my heart.
I know that we are the universe.
We just don't know it.
These words aren't some fancy fairy tale.
These words come from a source within.
We are never alone.
We are not here to convince you.
We are here to help you on this journey of life.
We are all on the boat floating downstream.
Meditation brings one to an awareness that we are all one.
Outside we think we are individuals.
Yet tell me when you go to a movie and get sucked into it, is it real?
Turn around and watch the light hitting the screen.
Now that's reality.
Science and religion are both talking about the same things.
A person who meditates is a scientist in his own right.

For the past 10 years, I discovered within myself a cold universe.
Now I love cold weather.
I really believe that this universe exists.
Recently I saw an article that scientists discover a place in the universe where it's
cold and their theory goes like this.
We may have discovered a second universe.
This gives me chicken skin.
All the ingenious cultures of the past were highly advanced.
Look at their sophisticated calendars.
The Mayans had 12 calendars.
One of them had a 26,000 cycle.
How did they do that?
You are the universe and just don't know it.
My brother and I will take the title of being as spokesman of the universe.
Deep down inside of you, you are the spokesman.
We are here to remind you.

Song Spokesman

Verse 1:

Yesterday while meditating, a thought came shining through
My brother and I are spokesmen, messengers of the cosmic view
For years we've walked this inner path, had a knack to go within
Where poetry and music flow, the universe begins

Chorus:

We're spokesmen of the universe, funky human tongues
To remind you of the oneness, helping life's river song
You are the universe too, just awaiting your recall
We're all surfing this wave together, one family for all

Verse 2:

Not preachers of some fancy tale, these words ring from the source
The core of our being sings, reminding of our cosmic course
From the cold depths of space's womb, to ancient calendar's turning
The signals are everywhere, if we'd only stop and listen

Chorus:

We're spokesmen of the universe, funky human tongues
To remind you of the oneness, helping life's river song
You are the universe too, just awaiting your recall
We're all surfing this wave together, one family for all

Bridge:

Like a movie, this reality can mesmerize and trick
Turn around, face the projector beam, the truth it does depict
Science and spirit meet as one, the meditator their union sees
We're not here to convince, just reintroduce what's already within

Chorus:

We're spokesmen of the universe, funky human tongues
To remind you of the oneness, helping life's river song
You are the universe too, just awaiting your recall
We're all surfing this wave together, one family for all

Outro:

From the amateurs' loving hearts, implicit reality streams
My brother and I, spokesmen of the dream within the dream
You are that too, don't forget, don't let the magic die
We're all spokesmen from the source, we just don't remember!"

Have You Seen That Dragon

Have you seen that dragon walking down the street?
In the West, man would pick up their pitchforks and drive the dragon away.
In the east children, will come out of their homes and gently stroke the dragon's ears.

Did you know that dragons love to be stroked?

I didn't think you knew that.

What is the difference?

In one culture one thinks dragons are harmful while in another culture children come out to play with the dragon.

In the west we are trained, yes I said trained to believe dragons are no good.

They hoard treasures.

They are deceitful.

Dragons are angry.

Dragons are bloodthirsty.

Dragon wants to kill you.

Yet,

In another culture dragon represents wealth.

The golden dragon has the highest virtue.

Dragons are protectors.

Dragons are man's best friend.

Dragons are wise, they live for thousands of years.

Dragons are friends of God.

Dragons are friends of the universe.

So what does a dragon have to do with my life?

Plenty.

Did you know that in only the last 30 years have scientists started to take a look at positive states of mind?

Oh, we had plenty of studies where we looked at the negative states of mind.

When I first studied meditation I was almost considered a commie.

I was blacklisted without anyone telling me.

They just had this standoffish attitude which you could see clear as day.

The attitude was Christ didn't meditate so why should we?

Yet I said to myself hum Christ had a two-way connection to God.

Christ prayed (talked) to God.

Christ also listened to God without any words being spoken.

That's called meditation.

I didn't try to defend my position.

Did you know the truth doesn't need to be defended?

Truth just is.
We don't need any holy wars.
God could care less about wars.
He is not on either side.
His point of view is, you started it and you have to clean up your own mess.
In the east meditation was being studied way before Buddha came along.
The Buddhists were the first physiologists.
They studied how to cultivate a positive mind.
They were one of the great forerunners of self-discovery.
They learned all about taming the dragon's mind.
They learned about the dragon mind is your best friend.
Love your dragon and the dragon will love you.
Look at the world today.
So much senseless violence.
Where does it come from?
How about the dragon mind?
Look at Facebook today.
How many flames of anger?
Gasoline on fire.
What are we feeding to our dragons within?
No wonder we are angry.
The dragon(mind) is angry.
So in conclusion what are you feeding your dragon?
Peace on earth starts with you.
Remember the dragon is man's best friend.
Ok dogs also are included in this category including cats.
When will you learn to tame the dragon within?

Song Have You Seen That Dragon

Verse 1:

Have you seen that dragon walking down the street?

In the West, we're quick to raise our swords

But in the East, the children come to gently stroke its scales

Two lenses on the ancient lore

Chorus:

Will you tame the dragon mind?

Or let it rampage and burn?

It all depends on what you feed

The lessons you have yet to learn

Verse 2:

To some, the dragon's a menacing beast

Hoarding treasure, breathing fire with deceit

But in the East, it's man's wise friend

Virtuous protector, God's ancient ally to tend

Chorus:

Will you tame the dragon mind?

Or let it rampage and burn?

It all depends on what you feed

The lessons you have yet to learn

Bridge:

For eons we studied the negative
The positive mind was ignored
But the Buddhist seers showed the way
To befriend the dragon, kill it nevermore

Chorus:

Will you tame the dragon mind?
Or let it rampage and burn?
It all depends on what you feed
The lessons you have yet to learn
Like training a puppy with patience and love
The dragon's fire can warm the world, not scathe from above

Outro:

Scan the world's anger, the Facebook flames
It's the dragon mind that we never tamed
But tend to it right with compassion and care
The golden dragon's friendship is waiting there

A Wise Man Understands

A wise man understands when to keep his mouth shut and when to speak.
This will help potential conflicts at bay.
The wise man truly listens to what you have to say.
He tries to put himself in your shoes.
He has patience and love for you.
He doesn't just listen to you and at the same time come up with a rebuttal.
He understands true communication is between the mind and heart.
The source of his wisdom comes from within his heart.
He has spent time pulling out his inner weeds and tending his crop.
This is the only thing you can take when you leave this planet.
Whatever fruit and weeds you have.
Your precious mansion will stay behind.
You can't take your job with you.
The wise man understands this.
He knows what truly the meaning of life is.
He knows that he is the universe.
Maybe not at its highest potential but he can smell it.
He knows where ever he goes in life the experience exists inside.
From that comes universal water which he drinks.
Over time he understands many different things.
How can you describe love?
You can't.
How really can you describe that you are the universe?
You can't.
But the wise men have said you are.
Even scientists have begun to look into the field.
The field is an energy source which exists anywhere.
With this field, one can entangle with anything in the universe in less than a second.
If that doesn't describe interconnectedness I don't know what else will.
Isn't that amazing?
You have the potential inside of you to discover this precious fact.
As Guru Nanak once said centuries ago everyone knows that raindrops will merge into the oceans.
But how many people realize that the raindrop contains the entire ocean in it.
Even back then they understood this concept.
The wise man really doesn't have anything to prove.
He simply smiles.

You may think he is dumb.
Remember the TV show, Colombo?
He will always solve the mystery by being dumb and absent-minded.
This goes totally against the norm in society.
Look at good old Albert Einstein.
His teachers said he would never amount to anything.
He was a loser.
Boy, did they ever get that wrong?
Being absent-minded, meant he could go beyond his mind and tap into the
universal mind.
This is where true wisdom resides.
Being in this state he had dreams which floated to him where he could decipher
them and come up with his theories.
In our culture, we are taught bookish knowledge and to remember the facts.
Good old Albert couldn't recite like a parrot.
Therefore he flunked his exams.
His thinking process came from beyond the stars.
He was searching for the great mysteries of life.
How many Albertans exist today?
Our school systems really haven't changed that much.
I'm sure teachers say the following.
Class, please turn to page 10 in your book.
Johnny, will you please read the first two paragraphs?
The class has gone over this way over and over.
The needle is stuck on this track.
No wonder this child is bored.
He loves to daydream.
How can you capture this and build an education system from this?
If only we could tap into this.
The wise man says you can.

Song A Wise Man Understands

Verse 1:

The wise man knows when words should take a rest
He truly listens with an open breath
Puts himself in your shoes with patient grace
Drawing wisdom from the heart's deep space

Chorus:

He's tended to the garden of his soul
Pulling weeds to let the flowers unfold
For the only thing that travels when we're gone
Is the inner fruits this life journey's grown

Verse 2:

Mansions, jobs, they all stay behind
The wise man knows the meaning we must find
He senses he's a part of the cosmic trail
The universe immense, yet contained in each breath

Chorus:

He's tended to the garden of his soul
Pulling weeds to let the flowers unfold
For the only thing that travels when we're gone
Is the inner fruits this life journey's grown

Bridge:

Like raindrops to the ocean, we're intertwined
Einstein's great mind tapped the universal mindscape
Beyond book smarts, he dreamed theories sublime
Against the norm, he was the wise man of his time

Chorus:

He tended to the garden of his soul
Pulling weeds to let the flowers unfold
For the only thing that travels when we're gone
Is the inner fruits this life journey's grown

Outro:

The wise man smiles, he has nothing to prove
As Colombo solved cases with his humble groove
So tap the daydreams, that's where genius abounds
The wise man's wisdom is the treasure to unbound

Aaron's Journey

There was a man named Aaron.
He is about 64 years old.
What an incredible journey he has had!
At a young age, he discovered the mysteries of life.
He just stumbled upon it without knowing it.
He had a huge obstacle in his way.
Somehow he knew for every obstacle there is a solution.
It couldn't explain it yet he knew this is the truth.
He decided to find the answer inside.
He pondered within and after some time he found the answer to his riddle.
From this simple gesture of faith, he decided to follow in this manner for every
moment of his life.
Of course, he stumbled and fell.
This is why it's called a journey,
Moment by moment he decides to be aware of his breath.
Somehow he realized there is an importance.
Behind your breath is the power keeping you alive.
He starts to pull the weeds within.
At first, he needs a chainsaw.
The weeds of the mind are huge.
Yet over time all he has to do is just pick them by hand.
Over time he has a wonderful garden.
He learns that a seed doesn't grow overnight.
He realizes that he is in charge of his garden.
Nobody else can till the soil for him.
Nobody else can take out the weeds of anger, impatience, and intolerance.
He discovers that man is truly a farmer in this life.
Aaron becomes humble over time.
He has nothing to gain or lose.
If you meet him he will just smile.
He won't try to convert you.
The truth needs no converting.
If you are interested you discovering yourself he is more than happy to tell you
about his journey.
He won't be boastful or say this is the only way.
He found the jewel within.
He sees the unity of all religions.
On this precious journey, Aaron realizes he was never alone.

Even in the darkest of times, the universe was backing him up.
Now that's called a support system.
God is always on the sideline watching the game.
He is encouraging us on this journey.
He will never be angry or belittling you.
He has the highest regard for you.
He sees your stumbles and falls.
At times it can be quite funny.
Yet this life is a journey.
Who knows how long it will take for a man to discover the jewel within?
Even after finding the jewel, the journey is just starting.
This is an infinite journey.
You can never stop and clap your hands and say I know it all.
There is always more wisdom along the way.
This life is endless and boundless.
Aaron finds such peace on this journey.
He loves every step of the way.
Even when he stumbles and falls.

Song Aaron's Journey

Verse 1:

Aaron was a man who trod the challenging path,
He met life's trials, but knew the truth would be found at last.
He made the effort, he did not quit,
Kept going despite the struggle, bucking the norm's thick crust.

Chorus:

He met those challenges head on
Each new day, life's hardships he'd confronted
But his strength did not bend or wither
For, deep within, the truth he nurtured.

Verse 2:

Years passed by with feet dragging hard labor's roadway
His poor patience worked upon, now he withered to bone simply trying to stay.

Chorus:

Till at last, the inner truth did appear, dispelling the surrounding murky night
And there it was, unveiled, for all to see - the golden journey's sight!

All Men Must Shine

All men must shine.
In order for peace to be on earth.
All men must shine.
To stop all the wars once and for all.
All men must shine.
To stop all the senseless murders.
All men must shine.
To stop poverty on earth.
All men must shine.
To stop hunger on earth.
All men must shine.
To stop intolerance on earth.
All men must shine.
It's up to man to clean up the mess.
We created it and God won't fix it.
He will give us inspiration and internal guidance.
Yet you have a piece of the puzzle inside of you.
That piece is for you to put down in the puzzle of life.
How would you like to have a puzzle with billions of pieces yet one piece is
missing?
And that piece is yours.
The puzzle would look incredible yet one piece is missing.
Have you ever put together a puzzle and one piece is missing?
The puzzle doesn't look right.
Now is the time for you to look inside your heart and discover your piece of the
puzzle.
All men must shine.

Song All Men Must Shine

Verse 1:

To end the senseless murders
To stop poverty's curse
To bring peace to this earth, all men must shine
It is our role, each of us holds a key
To unlock the chains that hold back humanity

Verse 2:

We must look inside, brothers
And bring out our truest identities
Our divine sparks to be of service
In whatever roles meant for us - nothing more magnificent

Verse 3:

There is a piece of the great puzzle inside each of us
As the wise men observed
A piece we must contribute, our special identity
So very precious and befitting mankind's greatest identity

Bridge:

Dear brothers, bring forth your divine gifts
Your signature talents to benefit humanity
Only by unlocking this are we free and uplifting others

Chorus:

All men must shine, all must shine

We must end hunger and poverty

Its time for each of us to shine

Assuming the true identity that belongs to each of us

Aloha

I lived in the land of Aloha for six glorious years.
What can I say about paradise?
I heard stories about how the locals didn't the foreigners in their land.
Yet can you blame them?
We pointed cannons at their palace during the late 1800s.
We said either give up your land or we will blow your queen's palace away.
Mind you this was Christian ministers behind this call.
At first, the Hawaiians were somewhat standoffish.
Yet once the ice melted you could see they have hearts of gold.
The ocean is their life.
Everything revolves around the sea.
They laugh when they see surfers coming from afar.
These surfers are so competitive.
They have lost the sense of the aloha spirit.
Waves are meant to be conquered.
Somehow the wild west is still going on.
The Hawaiians have learned to be in harmony with nature.
They learned to slow down and appreciate life.
The ocean will do that to you over time.
Because these are islands the waves rock them to sleep.
Just the sound of the ocean will slowly calm down the mind.
You have to listen carefully.
Unfortunately, with cell phones in hand, the majority miss out.
Isn't it amazing even in paradise we can't see the forest for the trees?
The Hawaiians use their garage for social gatherings.
They usually have a large picnic table in the center of the garage.
Family and friends are cornerstones in their life.
They know how precious life is.
Their culture goes way back.
It's a lot older than we thought.
Some say it came from the stars.
Isn't it amazing that most indigenous people say the same thing?
Where did you come from they will point towards the sky.
Have we lost such sacred knowledge?
Have we lost our connection to this earth?
I have hope for humanity.
The aloha spirit lives inside a man.

Open up your heart and discover this essence inside.
Aloha.

Song Aloha

Verse 1:

I lived in the land of aloha for six glorious years
A paradise some said was unwelcoming to outsiders
But can you blame the natives after cannons were aimed?
Forced to give up their kingdom or see their palace flamed

Chorus:

Yet once the ice did melt, their hearts of gold did shine
The aloha spirit teaching us to surrender to nature's design
The ocean their life force, its waves a lullaby
If we just quiet our minds, the deep wisdom rise to the surface

Verse 2:

They laugh at tourists conquering waves, a wild west mentality
While Hawaiians embrace the flow in sublime tranquility
Their ancient culture rock'd to sleep by the sea's calming sway
A knowledge some say came from heavens far away

Chorus:

The aloha spirit teaching us to surrender to nature's design
The ocean their life force, its waves a lullaby
If we just quiet our minds, the deep wisdom we'll descry
The aloha spirit courses through our veins, can't we see?

Bridge:

Cherish gatherings, quality time with loved ones so dear
Appreciating life's preciousness that could end any year
Indigenous roots reaching back to the stars
Have we lost that connection behind these modern times?

Chorus:

The aloha spirit teaching us to surrender to nature's design
The ocean their life force, its waves a lullaby
If we just quiet our minds, the deep wisdom rise to the surface
The aloha spirit courses through our veins, can't we see?

Outro:

I have hope for humanity to rediscover this peaceful way
The aloha spirit's inside just waiting for its day
To flow through our beings and heal this earth
Aloha - a powerful vision awaiting its re-birth

A True Warrior

What is a true warrior?
Has war ever brought peace?
Do you think God takes sides when we fight one another?
I don't think so.
God is love.
He says to fight your own battles.
Fighting and killing one another is never the answer.
Stop fighting like spoiled brats.
Now that's probably my words but God will probably smile.
Why not stop the warring in your mind?
This is where all conflicts occur.
The most difficult thing to conquer is the mind.
All the great masters have said this.
So many of my friends gave up meditating because they saw how powerful the
mind is.
In my eyes, Christ, Buddha, and all the great masters were true warriors.
They conquered the mind.
The dragon's mind was tamed.
They became the universe.
They became one with life.
In that see they see the unity of life.
They were kind and full of life.
For all those who were taught to fight for their country was an honor.
Did it stop wars?
Why are we still in Afghanistan after 15 years?
World War II lasted for only four years.
Why not be a true warrior for the universe?
Why not slay anger, intolerance, and impatience inside of you?
Take out the chainsaw and get rid of your weeds.
You have created a garbage dump inside.
You were told that war is necessary by people who are so angry they start wars.
It's not your fault.
You have the decency and honor to fight for your country.
Well let's bring peace on earth
Let's bring an end to the war.
Let's bring an end to poverty.
Let's see that all men, in essence, are the same.

We all were created by a divine force.
Love is the answer.
Till your garden within.
Take out your negative weeds.
Over time you will have an incredible harvest to give to this world.
One by one if humanity does this there will be peace on earth.
War is obsolete.
War never solves any problems.
Discover the true warrior inside.
You are the universe.
You just don't know it.

Song A True Warrior

Verse 1:

What defines a true warrior's path?
Has war ever brought lasting peace?
God does not take sides when we foolishly fight
The battle for peace begins within, not with might

Chorus:

Be a warrior for the universe
Slay the anger, the intolerance
Till the garden of your soul
Let compassion be the essence you sow

Verse 2:

The masters like Buddha and Christ showed the way
Conquering the turbulent mind's restless sway
Becoming one with all life's unity
Spreading kindness and peace, from ignorance free

Chorus:

Be a warrior for the universe
Slay the anger, the intolerance
Till the garden of your soul
Let compassion be the essence you sow

Bridge:

Too long we're taught war brings honor and glory
But still the conflicts rage on in their sad story
Use your noble strength to fight the true fight
Make peace within, let your spirit take flight

Chorus:

Be a warrior for the universe
Slay the anger, the intolerance
Till the garden of your soul
Let compassion be the essence you sow

Outro:

One by one, we can leave hatred behind
By tilling our own negative weeds from the mind
True warriors unite all humanity as one

The battle is won, the battle is won

Song RIP Dear Nigel

(Verse 1)

In the heart of Cape Town, 'neath the Table Mountain's
gaze,
Lived a man named Nigel, with his kind and gentle ways.
In a church from centuries past, where history's
whispers sound,
He shared his home, his heart, a friendship so
profound.

(Chorus)

Oh Nigel, the surfer, with the ocean at his feet,
Meditating on the waves, his spirit was complete.
From the old town's cobblestones to the shoreline's
sandy spread,
He lived a life extraordinary, a path of peace he led.

(Verse 2)

Nigel Fairhead, a name that echoes like the sea,
His love for life, a beacon, for you, for me.
Fifty years may pass, but memories never sway,
In the aloha spirit, his legacy will stay.

(Bridge)

Surfing through the heavens, now where the angels
tread,
Cape Town's beauty lingers, in the life that he led.
Aloha, dear friend, your journey's at an end,
But in our hearts, your spirit will forever ascend.

(Chorus)

Oh Nigel, the surfer, now in the skies above,
Your meditation's deeper, in the universe's love.
The friendship never faded, though half a century's
gone,
In every golden sunrise, your memory lives on.

(Outro)

So here's to Nigel, whose life was a song,

A melody of joy, where all hearts belong.
In Cape Town's embrace, his story's been told,
A tale of a man with a heart of gold.