

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.

# Apple Of My Eye



Fletcher Soul Traveler

## Contents

Angel Wings	3
Anonymity	7
Apple Of My Eye	11
Ask For Nothing In Return	15
Baby Grace	18
Bad Things Can Happen To Good People	26
Be Careful What You Ask For	30
Be In The Moment	34
Before You Became A Star	38
Bella	42
Body Getting Old	46
Born To Sail The Open Seas	50

## Angel Wings

Did you know that when you were born you had Angel wings?  
You were born to fly with the stars.  
You came in with full knowledge.  
You were the universe in all its glory.  
Somewhere along the way, our wings got clipped.  
We forgot who we truly are.  
How did that happen?  
How were we the universe and sometime later we are fighting in some forsaken  
war?  
Does it make sense?  
If you believe that life is eternal we come and go time after time.  
Yet each time we forget our true nature.  
Maybe that's why humanity is so confused and frustrated.  
The carrot is always dangling in front of us and yet we can never reach it.  
Somewhere deep down inside we know the answers lie within.  
Yet society says to look outward to find the answers.  
We're told from our birth that we must succeed.  
We were told the facts of life.  
Yet generation after generation was told the same story.  
What has mankind accomplished?  
All the great masters have said to look within your heart to find the answers.  
There you will discover your true nature.  
How would you like to be conscious of your creator?  
How would you like to walk side by side with your creator?  
This is what God wants.  
This is a game of hide and seek.  
This is probably the most exciting game in the universe.  
God hides inside your heart.  
He has never left you for even an instant.  
Yet we look in the four corners of the world looking for him.  
Isn't that ironic?  
Yet all the great masters had the same identical message.  
Yes, it was in different cultures and different languages.  
But the meaning was God lies in your heart waiting to be discovered.  
Are these words of encouragement?  
Do these words have any meaning?  
Do these words make sense?  
This is probably the greatest time to be alive.

Man is waking up from his slumber.  
Mark my words.  
It may take more time.  
Some people say it takes a million years for the world to wake up.  
You either evolve or you blow yourself up.  
Mankind has reached a point where we decided that blowing ourselves up is not  
the answer.  
In the conscious mind of man, we have chosen to discover our true nature.  
The snowball is going down the mountain and picking up steam.  
It is driving the darkness away.  
When each person discovers his true nature darkness disappears.  
Does the sun in this sky know about darkness?  
Even if darkness tries to show up it will disappear.  
It has no power over the light.  
Darkness has been king on the land for way too long.  
Countless wars have been fought.  
A new day is on the horizon.  
The sun is rising.  
Behold your Angel wings. are unfolding.  
You were meant to fly.

## Song Angel Wings

### Verse 1:

Did you know, when you were born, you had angel wings?  
Born to fly with the stars above  
You came in with knowledge, the universe's love  
Glory unfolding, a cosmic dove

### Chorus:

Somewhere our wings got clipped, we lost our way  
Forgot who we truly are, led astray  
How did it happen, this forsaken war?  
When we were the universe, divine at the core?

### Verse 2:

Life eternal, we come and go, time after time  
Yet each birth, we forget our true prime  
Humanity confused, frustrated, it's no crime  
The carrot dangled, but answers lie within

### Bridge:

Society says "Look out, succeed at all cost"  
Generation after generation, the same story's tossed  
What has mankind accomplished, when all seems lost?  
The masters whisper, "Look within your heart, you're the host"

### Chorus:

Somewhere our wings got clipped, we lost our way  
Forgot who we truly are, led astray  
How did it happen, this forsaken war?  
When we were the universe, divine at the core?

### Verse 3:

Conscious of the Creator, walking side by side  
This is what God wants, a game of cosmic hide and seek  
He hides in your heart, never left your side  
Yet we search the world, isn't that ironic?

Bridge:

Words of encouragement, do they make sense?  
The greatest time alive, as we transcend  
Waking from our slumber, the world will mend  
Evolve or be destroyed, we choose to ascend

Chorus:

Somewhere our wings got clipped, we lost our way  
Forgot who we truly are, led astray  
How did it happen, this forsaken war?  
When we were the universe, divine at the core?

Outro:

The snowball's rolling, gaining speed  
Driving darkness away, we're being freed  
A new day's dawning, the sun's rising  
Unfold your wings, you were meant for flying.

## Anonymity

Did you know that anonymity is a state of being unknown to most people?

We come into this world alone with no name.

We leave this world and leave our names behind.

Just think someone is dying right now and we have no idea who they are.

All our worldly possessions are taken away.

Yet we take the precious fruits that we have harvested

Kindness, love, and compassion are ours to share forever.

We think we are alone.

We think that God doesn't know our names.

Yet God is hidden in your heart just waiting to be discovered.

How many years have you been searching for the truth?

Life has its ups and down yet the truth will set you free.

I'm not saying that life won't throw you a curveball.

It will.

Life is meant to have challenges.

How would you like to play the same song year in and year out

It would drive you insane.

We don't like change.

Yet change is the most constant thing in the universe.

We like to capture a moment and hold on for dear life.

We get so frustrated when it is taken away.

We need to hold on to God.

We need to hold on to the Universe.

God is unknown to us.

God is a mystery to us.

Yet God can be known.

All the great masters have said the same thing.

The diamond exists within your heart.

All the religions are earth are talking about the same thing.

They are all pointing to the God within your being.

In essence, we are one and the same.

You and I are one.

We are not separate.

Our true nature is known throughout the universe.

We are the sun, moon, and stars.

How grand are you?

How about this?

There is a part of you that is timeless.

This part was never created nor will ever be destroyed.  
This is your true nature.  
This spark of life exists inside of you.  
Your DNA contains this spark of life.  
Yet for the majority of mankind, we are oblivious to this.  
We go on our merry ways.  
Life s precious.  
Know why you are alive.



## Song Anonymity

### Verse 1:

Did you know that anonymity's a state unknown?  
We come to this world alone, with no name to call our own.  
We leave behind our worldly names, our possessions cast away,  
Yet kindness, love and compassion remain, our fruits to share for aye.

### Chorus:

We think we're alone, that God knows not our names,  
But in your heart, the Divine awaits, just waiting to be claimed.  
How many years have you searched for the truth?  
Life has its ups and downs, but the truth will set you free, in truth.

### Verse 2:

Life will throw you curveballs, challenges come and go,  
Playing the same song year after year would drive anyone low.  
We resist the change that's constant in this universe sublime,  
Grasping moments, frustrated when they slip away through time.

### Chorus:

We think we're alone, that God knows not our names,  
But in your heart, the Divine awaits, just waiting to be claimed.  
How many years have you searched for the truth?  
Life has its ups and downs, but the truth will set you free, in truth.

### Bridge:

God's unknown, a mystery, yet can be known, the masters say,  
The diamond's in your heart, religions point the way.  
We're one and the same, you and I, not separate,  
Our true nature known throughout the universe so great.  
The sun, moon and stars, how grand are we?  
A timeless part, never created, never to be destroyed, you see.

### Verse 3:

This spark of life inside, in your DNA it glows,  
Yet oblivious, we go on our merry ways, as life ebbs and flows.  
Life's precious, know why you're alive, this truth embrace,

Unveil the Divine within, and let your spirit soar through space.

Chorus:

We think we're alone, that God knows not our names,  
But in your heart, the Divine awaits, just waiting to be claimed.

How many years have you searched for the truth?  
Life has its ups and downs, but the truth will set you free, in truth.

## Apple Of My Eye

Barbara, you are the apple of my eye.  
Today is the anniversary of our marriage.  
We were married many moons ago.  
Our precious friend Zoran arranged for us to meet.  
You came unto me in a dream.  
When I saw your precious face Zoran said in a thundering voice the following.  
When you meet this person you better get to know her.  
The following month you drove from the state of Washington to Arizona.  
I meet you on one fine day during the harmonic convergence.  
I recognized you at once yet I wanted to see the game being played out.  
I was coy and didn't say much.  
But inside I was giving thanks to Zoran for arranging the whole thing.  
A week later I was staying in Phoenix with some friends and there you were  
walking down the stairs.  
Wow, you were so beautiful.  
You had such a glow of life coming from your eyes.  
You came and left.  
I was trying to rent the trailer on the creek.  
Somehow you found out and asked me if you could rent it.  
I said I'll think it over and call you back tomorrow.  
I really didn't want to put any false effort for us to get together.  
I was watching the previous game being played out.  
You rented the trailer by the creek.  
One day I decided to give you a call.  
The next day I came to you.  
Ou spent the night at your friend's house.  
We finally met and we decided to rent a video.  
We had some popcorn and started to watch the movie.  
At some point in time, we held each other hands.  
To this day we still talk about how incredible it was.  
No words can describe the energy of love that was felt between us.  
It was beyond this world.  
This was the start of an incredible adventure for us.  
We were on the same wavelength.  
It seems like we were custom-made for each other.  
Our lives are balanced together.  
I can say anything to you and you can say anything to me.  
We are striving each day to cultivate our garden's within.

We are divine farmers and strive to be better each day.  
We are solving our piece of the divine puzzle.  
We know how precious it is to be together.  
Barbara, you are the apple of my eye.

## Song Apple Of My Eye

### Verse 1:

Barbara, you are the apple of my eye,  
Today we celebrate our marriage tie.  
Married many moons ago,  
Our friend Zoran made it so.  
You came to me in a dream,  
Zoran's voice thundered, so it seemed:  
"When you meet her, you better get to know her,  
A tale of love, I have to tell."

### Chorus:

From Washington to Arizona you drove,  
We met one day, at the harmonic convergence.  
I played it coy, but gave thanks inside,  
For Zoran's plan, he did provide.

### Verse 2:

In Phoenix, down the stairs you came,  
So beautiful, with life's bright flame.  
You left, but soon a trailer to rent,  
Our paths crossed again, as if Heaven-sent.  
I'll call you back, I said with a smile,  
Letting the game play out its wile.  
The trailer you rented by the creek,  
My call to you, our bond to seek.

### Chorus:

From Washington to Arizona you drove,  
We met one day, at the harmonic convergence  
I played it coy, but gave thanks inside,  
For Zoran's plan, he did provide.

### Bridge:

That night at your friend's, we finally met,  
A video rented, a night we'll never forget.  
Holding hands, popcorn between,

Energy of love, like we'd never seen.

Verse 3:

Beyond this world, our adventure began,  
On the same wavelength, two souls in a span.  
Custom-made for each other, it seems,  
Our lives balanced, a perfect team.  
We cultivate our gardens everywhere,  
Divine farmers with love to share.  
Solving our part of the divine puzzle,  
Cherishing our precious marital muzzle.

Chorus:

From Washington to Arizona you drove,  
We met one day, at the harmonic convergence.  
I played it coy, but gave thanks inside,  
For Zoran's plan, he did provide.  
Barbara, you are the apple of my eye,  
My soulmate, my love, until we die.

## Ask For Nothing In Return

If you give something to someone.  
Ask for nothing in return;  
If you do this from your heart you will never be disappointed.  
The problem is most people expect something in return.  
And the result is they get deeply disappointed.  
I gave them my time and they never appreciated it.  
I loaned them money and never got paid back.  
There are countless ways we get disappointed in our ways of giving.  
If you plan to give something to someone do it from a point where I may never see  
this again.  
I'm truly giving from my heart.  
I can let go.  
Let the wind blow wherever it goes.  
How many weeds do we have from the art of giving?  
How many disappointments and anger do we hold onto?  
The person to who we lent money to has forgotten about it a long time ago.  
Yet we hold on for dear life.  
I'll never forgive this person.  
He had no right not to pay me back.  
The list goes on and on.  
Our anger still is fuming inside.  
Unfortunately, it does not do us any good.  
We, in the end, may become bitter and stop tasting the sweetness of life.  
Remember life throws us curveballs to make us strong.  
The lessons we learn make us strong as steel if we learn from them.  
Image a skyscraper in the sky.  
The steel can't be rigid.  
It must be flexible to sway with the wind.  
The wise man flows with the wind of life.  
He wasn't always wise.  
He had to take baby steps along the way.  
He stumbled and fell just like you.  
Yet he was determined to weed out his garden.  
He knew that the only thing that mattered is the results of the harvest.  
The crop is meant to be shared.  
Kindness.  
Love.  
Compassion.

Patience.

These are the greatest gifts we can share with the world.

Just one smile can help someone who is in need.

So the main point in all of this is the following.

Life is so precious.

There is an infinite treasure that exists inside of us.

You are never alone.



## Song Ask For Nothing In Return

### Verse 1:

If you give something to someone, ask for nothing in return  
If you do this from your heart, you'll never be disappointed, learn  
The problem is most people expect something in trade  
And the result is they get deeply disappointed, dismayed

### Chorus:

I gave them my time and they never appreciated  
I loaned them money and never got paid  
There are countless ways we get disappointed in our giving  
If you plan to give, do it with the mindset of never receiving

### Verse 2:

How many weeds do we have from the art of giving?  
How many disappointments and anger do we hold onto, living?  
The person we lent money to has forgotten long ago  
Yet we hold on for dear life, a bitter seed we sow

### Bridge:

Remember, life throws us curveballs to make us strong  
The lessons we learn make us strong as steel, all along  
Imagine a skyscraper in the sky, flexible, sways with the wind  
The wise man flows with the wind of life, wisdom within

### Verse 3:

He wasn't always wise, he stumbled and fell like you  
Yet he was determined to weed out his garden, see it through  
He knew that the only thing that mattered is the harvest's yield  
Kindness, love, compassion, patience, the greatest gifts we wield

### Chorus:

Just one smile can help someone who is in need  
So the main point in all of this, let it lead  
Life is so precious, an infinite treasure inside  
You are never alone, let your light shine wide

## Baby Grace

There once was an Angel named Grace who came upon this land many moons ago.

She was a gift from God.

She only stayed a short while only about a month or so.

Yet she radiated the Love from God that still is alive today.

I never got to meet this precious being.

My twin brother told me after the story was over.

It seems like her mission was to come into this world and shine like the sun.

Then she would leave.

She knew her mission.

The world couldn't taint her yet.

She knew where she was going.

Grace didn't have time to forget.

What seems like a tragedy is a blessing in disguise.

She had a hole in her heart.

Yet her heart was love itself.

She was the universe and she knew it.

She had nothing to hide.

Grace just shined.

In that state she knew she was never created nor will she ever die.

Her father was always rocking her while she was alive.

Yes, she experienced pain yet she was beyond the pain.

Love is truly the greatest mystery.

We come unto this world to solve this mystery.

Yet Grace was an example of being love incarnate.

By the way, all newborns are in that state.

Over time they slowly lose their direct connection to God.

God never leaves us but our connection to God slowly disappears.

Did you know that some Angels come unto this world to remind us of our true nature?

Baby Grace was one of these precious Angels.

God has a different game plan than ours.

This life is truly a game of hide and seek.

God hides and we look for him in the four corners of the world.

We never find him there.

Baby Grace came for one purpose and one purpose alone.

She came to remind us that God exists in our hearts.

Like the great masters, she knew she was the universe.

Yet she didn't have any fancy words to say.

She was just a newborn but you could from her eyes that she knew who she was.  
An Angel is wise.  
An Angel loves humanity.  
An Angel love to inspire humanity to discover the jewel within.  
An Angel works outside of the box.  
We as humanity have lost our ways.  
Each newborn is hand wrapped by God.  
How incredible is that?  
Mabe man's mission is to raise the newborn with the awareness that this child came  
from God.  
May we raise her to never lose that connection.  
What does that mean?  
Well, first of all, discover that connection day by day.  
Make that your priority.  
Become the magnet of love yourself  
Be kind to all.  
Be patience.  
Cultivate compassion.  
Your child needs this kind of food.  
War and anger are a thing of the past.  
Live each moment that you are going to make God proud.  
God is proud when we take responsibility for our piece of the puzzle.  
In this game of hide and seek when you discover God inside this is the first step in  
the journey.  
In truth, God will always be a mystery.  
There will never be a point where you can clap your hands and say I know it all.  
Even when you discover you are the universe this will be a starting point in your  
journey.  
You see the journey never ends.  
There are many rooms in my mansion.  
How true is that statement?  
Grace was a messenger sent from God to remind us of this precious journey.  
She came to us and without any words said take off your blinders.  
Discover the jewel within your heart.  
This is why you came.  
You have searched everywhere outside of you.  
You will never find it there.  
We are not judging you.  
The Truth doesn't need to judge.  
We aren't condoning you.

The truth doesn't need to be condoned.  
In this game, you have free will.  
God loves you so much that by will alone you set your mind in motion.  
Baby Grace came to remind us of our true home.  
What can I say?  
A gift from God came our way.  
Years later tears still come when I remember Grace.  
Thanks for coming into this world baby Grace.

## Song Baby Grace

### Verse 1:

There once was an Angel named Grace  
Who came to this land, leaving her trace  
A gift from God, for a short moon's stay  
Radiating Love that lives on today

Though I never met this precious being  
My twin spoke of her story, truth seeing  
Her mission was to shine like the sun  
Then leave, her purpose duly done

### Chorus:

Grace knew not the world's tempting stain  
She knew where she came from, where she'd reign  
A tragedy seems, but a blessing in disguise  
With a heart of love, hole in her heart's guise

### Verse 2:

The universe herself, with nothing to hide  
Grace just shined in that eternal tide  
Never created, never to die  
Her father rocked her as she wondered why

She felt the pain, yet was beyond  
Love's mystery, our world's sacred bond  
We come to solve it, she showed love's way  
Like newborns do, before habits sway

### Chorus:

Grace knew not the world's tempting stain  
She knew where she came from, where she'd reign  
A tragedy seems, but a blessing in disguise  
With a heart of love, hole in her heart's guise

### Bridge:

Angels come to remind our true nature

God's game of hide and seek, we search each corner  
But God hides in our hearts, Grace came to show  
With eyes that knew herself, wisdom's glow

Verse 3:

An Angel wise, loves humanity  
Inspires us to find the jewel's rarity  
Works outside the box, as we've lost our way  
God wraps each newborn, miracle to say

Raise them in God's love, that connection dear  
Make it the priority, have no fear  
Be love's magnet, kind and patient too  
Compassion's their food, from anger's words eschew

Chorus:

Grace knew not the world's tempting stain  
She knew where she came from, where she'd reign  
A tragedy seems, but a blessing in disguise  
With a heart of love, hole in her heart's guise

Outro:

God's proud when we take responsibility  
In hide and seek, finding God's the key  
The journey's eternal, Truth is a mystery  
Grace came to remind, let our hearts be free  
Tears still come, remembering our baby Grace  
A gift from God, who came to embrace.



## Happy Birthday

🎵 (To the tune of "Happy Birthday" with an added chorus)

Verse 1:

Happy Birthday to Barbara,  
Born on the summer solstice day,  
Thirty-seven years married, oh so true,  
Your light shines bright in every way.

Chorus:

Happy Birthday, Barbara dear,  
On this longest, brightest day,  
Thirty-seven years of love so clear,  
You brighten life in every way.

Verse 2:

The sun stands still to celebrate you,  
On this longest day of the year,  
Your love has lasted through and through,  
Barbara, we hold you so dear.

(Repeat Chorus)

Verse 3:

From dawn to dusk, your joy does shine,  
Like the solstice sun up above,  
Thirty-seven years, your love divine,  
Has filled our hearts with so much love.

(Repeat Chorus)

Verse 4:

So here's to Barbara, bright and strong,  
May your birthday be full of cheer,  
We sing this special birthday song,  
To honor you, our Barbara dear.

(Repeat Chorus)



Final Verse:  
Happy Birthday to Barbara,  
Our shining star, both day and night,  
Thirty-seven years of love so true,  
You fill our world with pure delight.

(Repeat Chorus) 🎵

## Bad Things Can Happen To Good People

Bad things can happen to good people.  
Yet a wise man once told me that everything that happens to you is good.  
He said you might not see it at first but over time you will.  
Everything is a blessing in disguise.  
The universe works in ways that we can't understand with our minds.  
The only way to understand this life is through the heart.  
The intellect is finite.  
The heart is infinite.  
Can you imagine how grand this planet would be if each and every one of us took  
responsibility to discover our true nature?  
This planet would be cleaned up of the garbage we have dumped unto the earth.  
As I said that life throws us curve balls.  
This life is not static.  
Everything is in motion.  
Nothing is constant except change.  
When a curve ball gets thrown at us we can hit the ball out of the park.  
All the great masters knew how to bend with the wind.  
They were experts at the game of life.  
Do you know that a great ball player's average is around .333?  
This means that if a batter is at bat 3 times, one of the times he will be on base.  
Just think in life we have an opportunity to grow and learn.  
Life will throw us curve balls.  
Bad things can happen to good people.  
We need to see that we are never alone.  
God is always inside of us.  
He will never leave us.  
No matter what happens to us externally we can overcome the obstacle.  
There is always a solution to a problem.  
We may not see it at the time.  
Yet the more we focus within the proper answer will always bubble up to the  
surface.  
Spirituality is practical.  
This life was meant to be balanced between mind body and soul.  
Mankind needs to discover the jewel within.  
So when bad things happen to good people we can transform the situation.  
Remember you are the universe.  
You just don't know it.



## Song Bad Things Can Happen To Good People

### Verse 1:

Bad things happen to good people, it's true  
But a wise man once told me, it's all for you  
You might not see it now, but give it time  
Every blessing's in disguise, it's so sublime

### Chorus:

The universe works in mysterious ways  
Our minds can't grasp, but our hearts can embrace  
The intellect is finite, the heart infinite  
Let's discover our true nature, make the world exquisite

### Verse 2:

Life throws curve balls, nothing stays the same  
Change is constant in this cosmic game  
Great masters bend like trees in the wind  
Experts at life, they know how to transcend

(Repeat Chorus)

### Bridge:

Like a batter with a .333  
We've got chances to grow and to be free  
God's always with us, we're never alone  
Inside us all, there's a seed to be sown

### Verse 3:

Spirituality's practical, balance is key  
Mind, body, and soul in harmony  
When bad things happen, we can transform  
Remember you're the universe in human form

(Repeat Chorus)

### Outro:

So when life gets tough and the road gets rough

Remember you're stronger than you know  
The answer's within, just look deep inside  
You're the universe, let your light shine and grow

## Be Careful What You Ask For

Be careful what you ask for.  
There is a famous wise saying.  
It says “what you want you don’t need.  
What do you need you don’t want?  
Doesn’t that kinda sum up the human condition?  
We all strive for a better life.  
That’s why we are alive.  
Striving is a part of life.  
Yet does striving for money make you happy?  
I have met so many people during my career who sacrifice their families and their  
job to make that buck.  
Some even died in the process  
There must be a balance in the process.  
If you truly don’t need what you want and yet what you need you don’t want.  
Isn’t that sad?  
No wonder our world is in such a mess.  
No wonder the great masters have come over and over again.  
Yet the majority of their message fell on deaf ears.  
Have we become brainwashed?  
Maybe our brain needs washing so we can see clearly.  
Why do we decline “what you need you don’t want”?  
I’m being honest here.  
Life is not a religion.  
If I told you that a special diamond exists on the ground with your name on it  
would you want it?  
Now if I pointed to the ground and handed you a shovel would you do that?  
I can’t dig the hole for you.  
That’s the only condition.  
So you pick up the shovel and dig for the diamond.  
In one hour, you hit the jackpot.  
You find the diamond with your name on it.  
Now suppose I tell you that the diamond exists inside.  
I can point you in the direction so you can discover this precious jewel.  
Isn’t it amazing at that point the person will clam up?  
End of discussion.  
Don’t tell me what to do.  
I hate you.  
Do you ever think that the mind and ego don’t ever want you to go there?

They don't want to lose power and control.  
They are the barking dog in your life.  
They will bark when you try to pursue what you need most precious.  
Yet when you pursue your wants the dog is wagging its tail.  
Stop and consider this for a while.  
Ponder over this.  
No wonder the great masters have said the most difficult thing in the universe is  
mastering your mind.

## Song Be Careful What You Ask For

### Verse 1:

Be careful what you ask for, they say  
A wise old saying comes our way  
What you want, you don't need  
What you need, you don't want, indeed

### Chorus:

Oh, the human condition, ain't it strange?  
We strive for better, but we don't change  
Chasing wants, ignoring needs  
While the inner diamond bleeds

### Verse 2:

Money and success, we chase all day  
Sacrificing family along the way  
But does it bring the happiness we seek?  
Or leave us feeling hollow and weak?

(Repeat Chorus)

### Bridge:

The masters came with wisdom to share  
But deaf ears met them everywhere  
Brainwashed minds, refusing to see  
The diamond within that sets us free

### Verse 3:

If I told you of a diamond so rare  
Would you dig for it with tender care?  
But when I say it's found inside  
You clam up, run away and hide

(Repeat Chorus)

### Outro:

The mind and ego, a barking dog  
Keeping us in a mental fog



The greatest challenge we'll ever face  
Is mastering the mind with grace

So ponder this, take time to see  
What you need to truly be free  
The diamond's there, just waiting for you  
To look within and see what's true

## Be In The Moment

When I was young I read the book “Be here now” by Baba Ram Das.  
Its central theme was to be in the moment.  
To be honest I really didn’t understand this concept.  
I just started my meditation practice and everything was so new.  
There was an entire universe to discover inside.  
Many moons later I have a more personal experience of this.  
Imagine the difference between sitting on the beach and watching the waves.  
Now imagine you are a surfer riding the waves.  
Big difference.  
To be in the moment one needs to be engulfed in the wave of life.  
Something is keeping you alive.  
There is a power, a force of love filling the entire universe.  
One learns over time how subtle this experience is.  
Our human bodies are hardwired for this experience.  
Yet we can’t have an experience greater than what the nervous system can handle.  
This is why slow and easy wins the race.  
By meditating over time you are slowly building up a vessel that can understand  
God.  
To be in the moment is when you close your eyes and the experience is just there.  
At the beginning of my journey, it took probably an hour to settle my mind.  
Now the mind is my friend.  
It can still be a brat yet I’m truly learning how to tame it.  
I think that by sitting on the beach you can have a concept and at times glimpses of  
this experience.  
Runnings get runner high.  
In the sixties hippies used drugs.  
We all get glimpses of this experience.  
The universe places signposts along the way.  
This is our true nature.  
In actuality, we don’t have to do anything to be in this state.  
In this reality, we have forgotten our true nature.  
This is why all the great masters have said “discover your true nature”.  
Can you imagine being inside the center of the hurricane of the mind?  
In the center is absolute peace,  
In the center is calm.  
The center is serene.  
In the center are love and compassion for all.  
In the center are patience and kindness.

Yet mankind exists in the winds of the hurricane.  
Our minds are restless.  
We may think that is not so.  
Yet close your eyes and watch your breath.  
It seems so easy and it is.  
Yet tell me the mind wonders here and there.  
You will never be able to 100% to completely tame your mind.  
But you can learn to tame your mind.  
You can learn to have your mind as your friend.  
In the midst of life you can learn to be in the moment.  
This moment is kind.  
This moment is filled with love and compassion.  
This moment is patience.  
This is your true nature.  
Be in the moment.

## Song Be In The Moment

### Verse 1:

"Be Here Now," a book I read in my youth  
Ram Dass's words, a quest for truth  
Watching waves from the sandy shore  
Now I'm surfing, feeling so much more

### Chorus:

Be in the moment, ride the wave  
A force of love, it's all we crave  
Our true nature, waiting to be found  
In the center, where peace abounds

### Verse 2:

Meditation, a journey slow and steady  
Building a vessel, making the mind ready  
Once an hour to settle down  
Now my friend, though still a clown

(Repeat Chorus)

### Bridge:

In the eye of the hurricane, we find  
Love, compassion, a peaceful mind  
While the winds of thought swirl around  
In the center, truth is found

### Verse 3:

Watch your breath, it seems so easy  
But the mind wanders, always busy  
Tame it slowly, make it your friend  
Be in the moment, time and again

(Repeat Chorus)

### Outro:

This moment's kind, filled with love  
Patient and calm, like a dove  
Your true nature, always there

Be here now, be aware

## Before You Became A Star

Before you became a star life was easy.  
You could walk anywhere and be free as a bird.  
Nobody on the street noticed you.  
You could walk into any restaurant without someone clamoring for your  
autograph.  
You didn't have to worry about the paparazzi outside.  
They are waiting to take a pic of the day.  
They have drones flying around your property.  
In the old days, it was easy to know who was your friends.  
Your friends always supported you  
Even during thick and thin.  
Today you are feeling alone.  
You don't know who your friends truly are.  
They may be along for the ride.  
When you're famous they love you.  
When your fame is over they walk away like a thief in the night.  
The world loves to gossip.  
You're on the cover of all the entertainment magazines.  
Most of the stories are made up.  
They have photoshopped pictures of you showing you at last night's party.  
You had a little too much to drink.  
They have ways to make it much worse than it was.  
Your chauffeur drove you home.  
Unfortunately, the paparazzi were there just waiting for this opportunity.  
They just shot away like a warrior going to war.  
They had money to be made.  
Your drunken picture could be worth thousands of dollars.  
Fifty years ago they were called photographers.  
They had the deepest respect for your craft.  
They didn't tell anyone about your secrets.  
That was the hidden code.  
You were a human just like everyone else.  
Yes, you were a star.  
But the goal wasn't to tear you down.  
The industry has typecast you in the roles you play.  
You have learned your craft well.  
Yet they want to act in some senseless and gross comedy.  
You have to pay your bills.

Your mansion is worth a lot.  
The parties you throw for one evening are worth almost a year's salary for the  
average person.  
Unfortunately, over time, you lose your sense of dignity.  
Not all stars end up this way.  
Yet the trap is set for it.  
A star has to be so strong not to fall into the trap.  
Many of the finest stars leave Hollywood and live somewhere else.  
They come only to work.  
They see the dangers all around.  
More than ever hold on to your heart.  
This will save you in the end.

## Song Before You Became A Star

🎵 (To a melancholic country-rock melody)

### Verse 1:

Before the stardom, life was free  
Walking streets in anonymity  
No autographs, no paparazzi's eye  
Just a simple life passing by

### Chorus:

Oh, the price of fame, it weighs so heavy  
Drones above, gossip ready  
True friends fade, as fake ones rise  
Stardom's a trap in disguise

### Verse 2:

Magazine covers, stories untrue  
Photoshopped pics of last night's brew  
Chauffeur drives home, cameras flash  
Your private life turned to cash

(Repeat Chorus)

### Bridge:

Fifty years ago, respect was king  
Photographers knew the hidden thing  
You're human too, behind the star  
Now they chase you near and far

### Verse 3:

Typecast roles, bills to pay  
Mansion parties every day  
Dignity slips, as the trap closes in  
Holding your heart's the only way to win

(Repeat Chorus)

### Outro:



Some stars leave, they see the danger  
To Hollywood, they become a stranger  
Come just to work, then fade away  
Guarding their heart day by day

The price of fame, it's oh so high  
But your true self, they can't buy  
Hold onto your heart, that's the key  
To keep your soul and spirit free



This song captures the contrast between life before and after becoming famous, touching on themes of lost privacy, fake friendships, media exploitation, and the struggle to maintain one's dignity and true self in the face of stardom. The chorus emphasizes the weight of fame and its pitfalls, while the verses detail specific challenges faced by celebrities. The bridge provides historical context, showing how the treatment of stars has changed over time. The outro offers a glimpse of how some stars choose to handle fame, ending with a message about the importance of staying true to oneself.

## Bella

How beautiful is life?  
We are born into this world with total innocence.  
Life supports us in so many beautiful ways.  
Gaia the beautiful Mother Earth knows your name.  
You are welcome to this glorious home called earth.  
You are precious beyond words.  
The Almighty is keeping you alive.  
How beautiful is your breath?  
Such a divine sweetness is keeping you alive.  
The entire universe knows your name.  
You may feel alone but you're not.  
The sun, moon, and stars danced when you were born.  
What a beautiful moment.  
You came from the stars and now you are this beautiful newborn.  
The journey of life continues.  
This journey will go on for eternity.  
This is the beautiful dance of life.  
The universe participates in this dance.  
Each star has its own melody.  
They all make up a grand song in celebrating life.  
The universe is aware.  
It is conscious.  
You may think that is just empty space.  
But imagine a wave of love exists in the entire universe.  
Scientists are beginning to slowly understand this wave.  
Within a short period of time, we will understand the mysteries of life.  
What a beautiful time to be alive.  
This may seem just like fancy words to you.  
This may seem like this person has lost it.  
This may seem too good to be true.  
But tell me what is keeping you alive?  
What is behind your breath?  
Is there something that is missing?  
If you believe God is everywhere.  
If you believe the universe exists?  
Then doesn't it make sense that God exists inside of you?  
Doesn't it make sense the universe exists inside of you?  
Did God decide nope this person doesn't deserve this?

I'm going to limit myself.  
God is endless.  
God doesn't judge.  
Man does.  
Man fight wars.  
God is not taking sides.  
Don't project any negative emotions onto God.  
Those are human emotions.  
God is pure love.  
We tend to think that God is on our side.  
Well, he is yet he is on all sides.  
Love does not divide.  
Love is united.  
Love is not fragmented.  
Love is beauty in disguise.  
Did you know the universe doesn't complexly understand the power of love?  
It will always be a mystery.  
Mind you the universe know God yet in this journey of life you will always grow.  
Your understanding of God is an infinite journey.  
Isn't that grand?  
How beautiful is that?  
Come along on this journey.  
Oh yeah, you already are.  
Whether you like it or not.

## Song Bella

🎵 (To a gentle, uplifting melody with a cosmic feel)

### Verse 1:

Born into this world, pure and new  
Gaia welcomes you, skies so blue  
Precious beyond words, you're alive  
The Almighty's breath helps you thrive

### Chorus:

How beautiful is life, can you see?  
The universe knows you, you are free  
From the stars you came, to Earth you dance  
In this cosmic ballet, you take your chance

### Verse 2:

Sun, moon, and stars danced at your birth  
Celebrating your arrival on Earth  
This journey eternal, never ends  
Through space and time, your soul transcends

(Repeat Chorus)

### Bridge:

Scientists seek to understand  
The wave of love across this land  
God's everywhere, inside of you  
The universe too, it's all so true

### Verse 3:

Love doesn't divide, it unites all  
God's on every side, hears every call  
This mystery of life, always grows  
How beautiful it is, nobody knows

(Repeat Chorus)

### Outro:

Come along on this journey grand  
You're already here, take my hand  
How beautiful is life, don't you see?  
In this cosmic dance, you're always free



This song captures the essence of the beautiful, interconnected nature of life and the universe as described in your words. It emphasizes the inherent value of each person, the omnipresence of a loving divine force, and the eternal journey of life and understanding.

The verses touch on themes of birth, the welcoming nature of Earth and the cosmos, and the eternal journey of the soul. The chorus reinforces the beauty of life and our connection to the universe.

The bridge addresses the scientific exploration of these concepts and the idea of divinity within each person. The outro invites listeners to embrace this journey of life, acknowledging that we're all already part of it.

## Body Getting Old

This body is getting old yet at the same time, it's getting young.  
Is that a paradox?  
I'm 64 yet I feel so much younger.  
Is our health determined by our state of mind?  
Since I was young I believed in preventive medicine.  
My theory was this is the only body you get so why not take care of it?  
Over the years I have developed a healthy lifestyle.  
Balance is the key in all areas of my life.  
I have seen friends literally die from overworking.  
We didn't come to this planet solely to work.  
You can't take your work with you when you die.  
This human body is so precious.  
God is present inside.  
Listen to your body.  
It literally speaks to you.  
There have been numerous times I'm about ready to get a cold.  
My body tells me and says go to bed an hour early.  
99% of the time that works.  
The body needs that extra hour to fight it off.  
The body will tell you what foods to eat.  
Food is the most powerful medicine.  
It doesn't have so many side effects.  
One man's food may be one man's poison.  
Get plenty of exercises.  
Walk or go for a swim.  
Do yoga.  
Meditate.  
As you get older pay attention to your breath.  
Watch it.  
Feel the energy behind your breath.  
Someday your breath will be taken away.  
You will then leave this precious earth.  
Wouldn't you like to have a glimpse of where you are going?  
God has a trailer for his movie.  
Watch your breath and experience this short movie.  
Everything gets old and eventually dies.  
Even the sun, moon, and stars.  
The universe will eventually die.

Yet the creation dies but the essence never dies.  
Slow down and experience this incredible journey of life.  
Be grateful.  
Gratitude is the key.  
You are alive.  
Be kind.  
Be kind to your body.  
Pay attention to it.  
Be kind to your mind.  
Your mind is your friend.  
Learn who to tame your mind.  
We take our dogs to dog school so they can be trained.  
The great master has said to go to the mind school within and train your mind.  
The mind is wild when it's not held on a leash.  
We were never taught this in school.  
You are a Co-Creator with God.  
Learn the tricks of the trade.  
Your mind, body, and soul will love it.

## Song Body Getting Old

🎵 (To a thoughtful, folk-rock melody)

### Verse 1:

This body's aging, yet feeling young  
A paradox? No, just life begun  
At 64, I'm feeling fine  
Health's in the mind, that's my lifeline

### Chorus:

Listen to your body, it speaks so true  
Precious vessel, with God inside you  
Balance is key, in all you do  
This journey of life, it's made for you

### Verse 2:

Preventive medicine, that's my way  
Take care of yourself, day by day  
Friends lost to work, but that's not all  
Life's more than labor, heed the call

(Repeat Chorus)

### Bridge:

Watch your breath, feel the energy flow  
A glimpse of where we'll someday go  
Everything ages, stars and all  
But essence remains, beyond the fall

### Verse 3:

Slow down, be grateful, show some love  
To body and mind, fit like a glove  
Train your thoughts, like a dog on leash  
Co-create with God, reach for that peace

(Repeat Chorus)

### Outro:



You're alive, so be kind and true  
To yourself and others, in all you do  
Mind, body, soul in harmony  
That's the secret to feeling free



This song encapsulates the ideas of maintaining health through balance, preventive care, and mindfulness. It touches on the paradox of feeling young while aging, the importance of listening to your body, and the concept of life beyond the physical form.

The verses cover topics like preventive medicine, work-life balance, and the practice of mindfulness. The chorus emphasizes the importance of listening to your body and maintaining balance in life.

The bridge introduces the idea of breath awareness as a way to glimpse the eternal, while acknowledging the temporary nature of all physical things. The outro reinforces the themes of kindness, gratitude, and harmony between mind, body, and soul.

## Born To Sail The Open Seas

Imagine you had an incredible sailing vessel.  
The ship was born to sail the open seas.  
This ship's nature was to sail with the wind.  
This ship's nature was to be free.  
It's like a wild horse nature is not to be tamed.  
This ship loves the journey of life.  
This ship is aware.  
Yet our ship just sits in the harbor.  
Our ship's anchor is at the bottom.  
There is no captain of the ship today.  
The ship stands alone.  
Is this the true nature of the ship?  
Imagine having a beautiful Ferrari and it just sits in your garage.  
How sad would that be?  
Yet the great masters have said you are born to sail the open seas.  
You are born to sail the universe.  
Such an incredible vessel exists inside.  
At first, you have to know how to pull up the anchor.  
You have to know how to put up the sails.  
The boat is in perfect condition.  
It will never rust.  
The wood is in perfect shape.  
You begin to read books on how to sail the open seas.  
You begin to learn how to go inside.  
Slowly through practice, you begin to sail in the harbor.  
You learn how to tack.  
You learn about the mind of the wind.  
Slowly you venture out of the harbor.  
You start to learn to sail in the open seas.  
Mind you, you can still see land.  
The land is at a far distance.  
One day you sail so far that the land can't be seen.  
You are so happy that you have a great compass on board.  
This compass will lead you back to the harbor.  
Over time your jaunts go farther and farther out.  
You have enough food on board that it will never run out.  
The same goes for water.  
Everything you need is there.

All this exists inside of you.  
Your ship is in the harbor.  
The anchor of life is tying you down.  
At times you feel you are all alone.  
At times the wind of the mind is howling.  
You can't sleep at night.  
Learn how to sail inside.  
This is your birthright.  
You can be free as a bird.  
This is your true nature.  
You were born to sail the open seas.

## Song Born To Sail The Open Seas

🎵 (To a gently rolling folk melody with a nautical feel)

Verse 1:

A sailing vessel, born to roam  
Sits idle in the harbor's foam  
An anchor dropped, no captain near  
Its spirit yearns to persevere

Chorus:

Sail the open seas within  
Let your journey now begin  
Pull the anchor, raise the sail  
Your true nature will prevail

Verse 2:

Like a Ferrari locked away  
This ship was made for more than stay  
The masters say you're meant to soar  
Across the universe and more

(Repeat Chorus)

Bridge:

Learn to tack against the wind  
Navigate the storms within  
Venture out beyond the shore  
Where land can't be seen anymore

Verse 3:

A compass guides you on your way  
Food and water for each day  
All you need is there inside  
Just learn to sail, enjoy the ride

(Repeat Chorus)

Outro:

The anchor of life may hold you down  
The mind's winds may make you frown  
But you were born to sail so free  
This is your true destiny

So hoist your sails and face the breeze  
You're meant to sail the open seas  
Your ship awaits, don't hesitate  
It's never, ever too late



This song uses the metaphor of a sailing ship to represent the human spirit and its potential for inner exploration and growth. The verses describe the ship's current state of inaction and its true nature, drawing parallels with human potential. The chorus encourages listeners to begin their inner journey, emphasizing that this is their true nature.

The bridge touches on the learning process of inner exploration, using sailing terminology as metaphors for personal growth. The outro addresses the challenges that might hold one back, but reinforces the message that we are meant for this journey of self-discovery.