

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.

One Tribe

A satellite image of Earth from space, showing the Americas and surrounding oceans. The image is centered on the Western Hemisphere, with North and South America visible in green and brown, surrounded by blue oceans and white cloud patterns. The title "One Tribe" is overlaid in white text at the top, and the author's name "Fletcher Soul Traveler" is overlaid in white text at the bottom.

Fletcher Soul Traveler

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Nothing In This World Last Forever

Nothing in this world last forever.
As George Harrison once said all things must pass.
Nothing in this world last forever.
Everything comes and goes in life.
This life is an incredible journey.
We are sailing downstream in the river of life.
In the wake of eternity, we are a blink of an eye.
Yet we hold on for dear life.
I have given the example before of buying a brand new car.
Wow, a yellow Ferrari.
For the first month or so we take our friends and family for a spin.
We are so happy with our little car.
As the months go by a little dissatisfaction enters the door.
We need an oil change.
Someone rear-ends the back of the car.
Our transmission goes out.
Our car spends more time in the shop than on the road.
Over time our wonderful car becomes a hassle.
What happened to our happiness?
I noticed this very early in life.
You would open your Christmas presents and be ever so happy.
A month later you could care less about the presents.
I learned that external happiness is fleeting.
It comes and goes like a thief in the night.
This is why all the great masters have said true happiness lies within.
Happiness is a state of mind.
If you truly are happy inside you will be happy regardless of the circumstances
outside.
This is true freedom.
Your happiness does not depend on anything external.
No wonder the great masters were happy.
They had many bumps in the road of life.
They learned how to develop internal shock absorbers.
They learned not to get upset by the bumps of the road.
They learned about their true nature.
You are the universe.
You just don't know it.
Ponder this over.
Nothing in this world last forever.

Song Nothing In This World Last Forever

(Verse 1)

Nothing in this world lasts forever,
As George once said, all things must pass,
We're sailing down this winding river,
In the wake of time, so fleeting, so fast.

(Chorus)

Oh, this life's an incredible journey,
With every twist and every turn,
Hold on tight, for it's the ride we're living,
In the heart of each lesson we learn.

(Verse 2)

Remember the thrill of a brand new car,
A yellow Ferrari, shining so bright,
With friends and laughter, we'd drive so far,
But soon the joy fades into the night.

(Pre-Chorus)

Months go by, and the shine wears thin,
Oil changes and dings, we can't keep it in,
What happened to that rush? Our happiness fades,
A fleeting moment lost in the parade.

(Chorus)

Oh, this life's an incredible journey,
With every twist and every turn,
Hold on tight, for it's the ride we're living,
In the heart of each lesson we learn.

(Bridge)

You unwrap the gifts, joy painted on your face,
But a month later, they're lost without a trace,
External happiness, like a thief in the night,
True joy is within, it shines ever so bright.

(Verse 3)

The great masters spoke of this truth,
Their freedom found in the depths of their mind,
No matter the storms or the bumps in the road,
They danced with the shadows, leaving worries behind.

(Chorus)

Oh, this life's an incredible journey,
With every twist and every turn,
Hold on tight, for it's the ride we're living,
In the heart of each lesson we learn.

(Outro)

Nothing in this world lasts forever,
But in the silence, you'll find your song,
Embrace the journey, with every endeavor,
You are the universe; you've been all along.
Nothing in this world lasts forever,
Yet in this moment, we truly belong.

One Tribe

We are all one tribe.
We are all human beings.
We may have different skin colors yet our blood is red.
We are all united by a thread of love.
The same life force that is keeping me alive is keeping you alive.
In fact, we are the universe.
We just don't know it.
This is how far off track we have gone.
For thousands of years, man has been fighting with each other.
We still haven't learned our lessons.
War is obsolete.
War is from the past.
We don't realize that we are shooting ourselves in the foot.
Your so-called enemy, in reality, is a part of yourself.
Remember you are a part of the universe.
You are fighting with yourself.
I know it doesn't make sense.
But talk to a scientist today.
They believe in quantum energy.
There is an energy that is beyond time and space.
You and all of life are part of this energy.
You were never created nor will you ever die.
Your body will.
Yet your true essence will never die.
The reason why we think man is different is that we don't see the unity of life.
We have become lost and think we are found.
We think we have all the answers.
Our ego gets in the way.
Your ego needs to be tamed.
Look at what happens currently when we have a President whose ego is out of control.
Need I say more?
The ancient ones said that mastering the mind and ego is the most difficult thing to do.
They were correct.
If each one of us truly did this there would be peace on earth.
Yes, there would still be conflicts.
But there would be peaceful conflicts.

A big difference between peace and war.
Today we have external wars of hate and anger and internal wars of hate and
anger.

All wars stem from the internal.
Our egos and our thoughts and emotions lead us to war.

Our ego and hate lead us astray.
We only see the difference in man.

We don't see the unity of man.

We are all one tribe.

Ponder this over.

You are a piece of the puzzle.

Song One Tribe

Verse 1

We are all one tribe, under the same sky,
Different shades, but one heart beating high,
Blood runs red, we share this thread,
A tapestry of love, the message we've spread.

Chorus

We are the universe, lost and found,
Fighting shadows, can't you hear the sound?
In wars of anger, we've lost sight,
But together in the dark, we can ignite a light.

Verse 2

For thousands of years, we've gone off track,
Lost in our battles, we've got to turn back,
Your enemy's reflection, it's a part of you,
A journey towards unity, that's long overdue.

Chorus

We are the universe, lost and found,
Fighting shadows, can't you hear the sound?
In wars of anger, we've lost sight,
But together in the dark, we can ignite a light.

Bridge

Quantum energy flows, beyond time's embrace,
Trapped in these egos, we've lost our grace,
Masters of our minds, we need to reclaim,
In love and in peace, we'll rise from the shame.

Verse 3

Look at the leaders, with egos so broad,
The ancient ones whispered, we're fighting the odds,
But if we tame the storm within our hearts,
Peace will blossom, the healing can start.

Chorus

We are the universe, lost and found,

Fighting shadows, can't you hear the sound?
In wars of anger, we've lost sight,
But together in the dark, we can ignite a light.

****Outro****

So ponder this truth, don't let it slip away,
You're a piece of the puzzle, and together we sway,
Hand in hand, let's break down the walls,
One tribe united, love conquers all.
We are all one tribe, and together we'll rise,
In the fabric of life, we'll find our ties.

Our Days Here Are Numbered

Our days here are numbered.
Many ancient cultures say we come into this world with so many breaths.
Moment by moment we breathe, breath by breath.
Each breath gives us life.
Each breath is one more towards death.
Isn't that a paradox?
Life and death in the same moment.
Mystics have tried to solve this puzzle for thousands of years.
Are life and death a cycle of life?
We are born.
We are created.
We live our life.
Our life is preserved.
Ultimately at the end of the journey, we die.
Yet our soul never dies.
We are the universe.
We just don't know it.
Does that excite you?
Or.
Yeah right.
What have you been smoking?
Now I'm not the first person to say this.
I'm a student of life.
All the great masters have talked about the same thing.
You have a piece of the puzzle of life inside of you.
The goal is to find the piece of the puzzle.
When you do you will answer this riddle.
Life is not mundane.
Our attitude is.
In each and every moment the universe is keeping you alive.
You can tap into this inside of you.
When you do even for a second your life will change.
You will slowly wake up from your slumber.
Notice I said slowly.
The universe works slowly.
We are impatient.
The universe is patient.
We can learn ever so much by going inside.

There are literally thousands of documents describing the benefits of looking
inside.

The signpost is everywhere.

We just need to go beyond our ego at times.

We need to look outside of the box for answers.

You can solve this riddle.

Our days here are numbered.

Song Our Days Here Are Numbered

** (Verse 1) **

Our days here are numbered, it's written in the stars,
Every breath that we take, pulls us closer to the bars.
Moment by moment, we weave our fragile thread,
Life and death dance together, with every word unsaid.

** (Chorus) **

Isn't it a paradox, in this sacred space?
Life and death, side by side, in an endless race.
We are born, we are created, we embrace the light,
Yet deep in our souls, the universe ignites.

** (Verse 2) **

Mystics spoke in riddles, centuries ago,
Are we just a cycle, or is there more to know?
With every heartbeat echoing, the truth starts to unfold,
Our essence is eternal, a story yet untold.

** (Chorus) **

Isn't it a paradox, in this sacred space?
Life and death, side by side, in an endless race.
We are born, we are created, we embrace the light,
Yet deep in our souls, the universe ignites.

** (Bridge) **

You've got a piece of the puzzle, it's hidden deep within,
Find that spark of magic, and let the journey begin.
The universe is patient, while we often rush,
In the quiet of the stillness, our spirits learn to hush.

** (Verse 3) **

So, take a look inside you, find the truth you seek,
Our lives are not mundane, it's just our minds that speak.
In every fleeting moment, the cosmos has a plan,
Break beyond your ego, let your heart take a stand.

** (Chorus) **

Isn't it a paradox, in this sacred space?

Life and death, side by side, in an endless race.
We are born, we are created, we embrace the light,
Yet deep in our souls, the universe ignites.

****(Outro)****

Our days here are numbered, but the journey's just begun,
We are the waves of stardust, the moon, and the sun.
So breathe in the magic, let the riddle unwind,
In every breath—a lifetime, in every heartbeat—a sign.

Out Of Control

Out of control
For so many humans we live our lives out of control.
It seems like somewhere along the way we get really lost in life.
Maybe we get bored.
We can't quite pinpoint it.
Somehow we live destructive lives.
I once had a super smart friend.
He got involved in drugs at a young age.
He cleaned up his life for a while.
He even got a paid scholarship to Oxford and became a teacher.
He lived a clean life for many years.
Unfortunately, it didn't last forever.
He died using heroin.
I feel sorry to hear stories like this.
There are thousands of people dying today using opioids.
It's an epidemic in our society.
Why are so many people's lives out of control?
There is so much pain in people's hearts today.
They are standing in water up to their necks.
They are struggling in life.
We need to help them.
We need to inspire them.
This human life is ever so precious.
Yet at times we are in the dumps of life.
I know I've been there.
At times it feels like life is caving in on you.
I've been meditating for many moons.
But life still throws curveballs.
Life seems it tempers you like fire and steel.
This process makes steel stronger.
I pray that everyone one of you will find true strength inside.
We can help and inspire each other.
We are all in the same boat in life.
Let's make this journey of life filled with kindness.
Let's help to uplift our fellow man.
Hopefully, these sayings or poems can help you.
They are meant to inspire you.
They are meant to lift you out.

They are meant for you to think outside of the box.
They are meant for you to find the precious jewel inside.
This jewel is your true essence.
You came down from heaven to discover the jewel within.
Christ's favorite words were Lo and Behold the Kingdom of heaven lies within.
This is a practical path.
This path leads one to find harmony in life.
One's life becomes in control.
Your life becomes stable.
Your mind is at peace.
You smile at life.
You are kind.
You love your fellow man.
These are the gifts you discover inside of you.
You become more mellow.
Your words don't put a bonfire on life.
Your words put water on the bonfire.
You become compassionate and full of tolerance.
This is your true state.
You are the piece of the puzzle.
Discover your true nature.

Song Out Of Control

****(Verse 1)****

Out of control, we're living our lives,
Somewhere we drifted, lost in the skies.
Searching for answers, can't find the way,
Destruction surrounds us, day after day.

I had a friend, so bright and so keen,
Got caught in the shadows, chasing a dream.
He found his way back, touched the light's glow,
But the dark claimed him back, too painful to know.

****(Chorus)****

Why are we drowning in this sea of pain?
With hearts full of sorrow, we're lost in the rain.
We need to lift each other, share a hand,
Kindness is the compass, together we stand.

****(Verse 2)****

Every story echoes, a tragic refrain,
Opioids stealing lives, oh, it feels so insane.
Standing neck deep in the waters of strife,
Struggling to breathe in this fragile life.

Meditation's been my refuge and shield,
But life throws its curveballs, it won't yield.
Like fire and steel, we're shaped by the heat,
True strength lies within, don't accept defeat.

****(Chorus)****

Why are we drowning in this sea of pain?
With hearts full of sorrow, we're lost in the rain.
We need to lift each other, share a hand,
Kindness is the compass, together we stand.

****(Bridge)****

Let's make this journey bright, filled with grace,
Uplift one another, let love take its place.
Find the jewel inside, that shines like the sun,

In the kingdom of heaven, we're all truly one.

****(Verse 3)****

With peace in our minds, we'll smile at the storm,
Compassion will guide us, keep our hearts warm.
We're pieces of a puzzle, each life plays a part,
Discover your true nature, right from the start.

****(Chorus)****

Why are we drowning in this sea of pain?
With hearts full of sorrow, we're lost in the rain.
We need to lift each other, share a hand,
Kindness is the compass, together we stand.

****(Outro)****

So here's to our journey, let's walk hand in hand,
Embrace one another, united we'll stand.
Through highs and the lows, let love be our song,
In this beautiful life, together we belong.

Out On A Limb

Out on a limb.
Did you know that poets and comedians put their lives on a limb?
They are the heavy thinkers of today.
The poet usually doesn't make a dime.
He usually dies in obscurity.
A poet just loves his craft.
It may not make sense to you.
But for the poet, it comes from a deep place inside.
Words float to the surface and the poet captures them.
He brings them back into a poem.
Now the comedian works the same way.
He dives deep within his soul and has to make the words come back with
emotional meaning like laughter.
He can make a lot of money if he has his own nightly show.
Nowadays most famous comedians have their own scriptwriters.
They have teleprompters.
Both comedians and poets talk about things you wouldn't say.
In the days of old, we had court jesters.
They could say anything and not get their head chopped off.
If you and I said such things we would have been thrown in jail.
I totally respect people who make us think outside of the box.
They give us great wisdom.
At times their humor can soften our views on political situations.
It can help relieve some pain in our current political situation.
Laughter is after all the greatest medicine.
We must learn to laugh at life.
We must learn to live our life out on a limb.
In this state, we can bear all.
We have nothing to hide.
In my eyes, both a poet and a comedian is a spiritual people.
They walk a tightrope in life.
It takes the right balance.
One slip and you might fall.
Some comedians die much too early.
The pain is so great they drink their life away.
Some die due to drugs.
Yet their memories live on.
SNL was a great signpost for our times.

Many great comedians came and went into the night.

Ponder this over.

Live your life out on a limb.

You have nothing truly to hide.

You are the universe.

You just don't know it.

Song Out On A Limb

(Verse 1)

Out on a limb, where the brave dare to roam,
Poets and jesters, crafting dreams from their home.
Heavy thinkers tread softly on the line,
They weave through the shadows, chasing words divine.
The poet, in silence, paints pictures with ink,
Lives in obscurity, yet dares us to think.

(Chorus)

Oh, live your life, out on a limb,
Where the laughter and the heartache softly swim.
With every breath, we're weaving a line,
In the depths of our souls, the universe shines.

(Verse 2)

Wordsmiths of laughter, comedians dive deep,
From the sorrow and joy, they sing us to sleep.
Chasing the echoes of what's left unsaid,
In the spotlight, they turn our fears into thread.
In those late-night studios, they spin wit like gold,
With scripts and teleprompts, their stories unfold.

(Chorus)

Oh, live your life, out on a limb,
Where the laughter and the heartache softly swim.
With every breath, we're weaving a line,
In the depths of our souls, the universe shines.

(Bridge)

Court jesters of old, with wisdom to share,
Speaking truths in a world that often won't dare.
They challenge our views and soften the strife,
Laughter is the medicine, the pulse of our life.

(Verse 3)

Yet some bear the weight, too heavy to hold,
Drowning in darkness, their stories left untold.
Remember the legends, their echoes remain,

From SNL stages to the hearts filled with pain.
So ponder this moment, let your spirit fly free,
You are the universe, just let yourself be.

(Chorus)

Oh, live your life, out on a limb,
Where the laughter and the heartache softly swim.
With every breath, we're weaving a line,
In the depths of our souls, the universe shines.

(Outro)

So wear your heart boldly, don't hide it away,
In the laughter and tears, it's the price we all pay.
A poet, a comedian, they're two sides of the same,
Walking that tightrope, in love with the game.
Out on a limb, with nothing to hide,
Together we're lighting the world from inside.

Peace On Earth Is Possible

Peace on earth is possible.
You may say it's impossible.
How could that ever happen?
Such childish nonsense.
Yet for thousands of years, man has dreamed about peace on earth.
It will happen.
Dreams do come true.
Man will overcome his follies.
We don't need to play the same song over and over.
War, war, and war.
There is a way out of all this madness.
We need another way.
Anger and hate do not serve us.
It has only put more gasoline on the fire of life.
Your true nature is kindness.
You may be a bully yet deep down inside kindness exist.
Even the leaders of our countries have kindness deep down inside of them.
The universe is kind.
We just have dust covering the mirror of life.
You are a piece of the puzzle.
Your piece is ever so precious.
Your life will be peaceful when you pull the weeds within.
Imagine walking around with a huge ball of iron around your neck.
Peace comes when you take the iron ball off your neck.
You don't need it.
It is weighing you down.
For some reason, we think it's natural to hold on for dear life.
We have to prove ourselves to ourselves and others.
We have to prove our point of view.
We have to defend ourselves.
We don't tolerate people with different ideas from ours.
At times we love human drama.
We love hearing rumors about other people.
We have lost sight of our true nature.
Yet we don't even know it.
We go on our way without even pondering where are we going.

We need to stop in our tracks and ask ourselves where am I going?
Is there something I'm missing inside?
My life is running on empty.
Is there a gas station in life?
How do I get filled up?
If peace will come to earth, what is my role?
All of us need to change in order for peace to come on earth.
You don't need to change your religion.
You just need to change your mindset in life.
Practice kindness moment by moment.
Practice love and compassion moment by moment.
Practice tolerance moment by moment.
If we all do this the world will be changed.
Peace will exist on this earth.
Ponder this over.
Peace on earth is possible.

Song Peace On Earth Is Possible

Verse 1:

You say it's impossible, a childish dream
But for thousands of years, it's been humanity's theme
Through wars and battles, again and again
There's another way forward, beyond this pain

Chorus:

Peace on Earth is possible
More than just impossible
When we change from within
Let the healing begin
Peace on Earth is possible

Verse 2:

Deep inside every heart, beneath the dust
Lies kindness and love, waiting to trust
Even in those who seem lost to hate
Compassion remains, it's never too late

(Chorus)

Bridge:

We carry these weights, like iron around our necks
Proving ourselves, defending what comes next
But if we just stopped, looked deep inside
We'd find what we need, no reason to hide

Verse 3:

Practice kindness in each moment we live
Practice love and compassion, learn to forgive
We don't need to change what we believe
Just open our hearts, let the peace conceive

(Chorus)

Final Verse:

Your piece of the puzzle is precious and true
The change that we need begins with you
Together we'll build what dreamers foresaw
Peace on Earth, forevermore

(Chorus x2)

Outro:
Peace on Earth is possible...
Peace on Earth is possible...

People Change

People change.
People change for the better or worse.
It's like we see the glass as half full or half empty.
A lot of time it's our attitude that must change in life.
You can give two different circumstances to the same people.
One will change for the better.
The other will change for the worse.
How is that possible?
A lot of time our self-worth is off course.
In this case, we make bad decisions in life.
There are so many different reasons.
Entire books have been made about the nature of man changing his ways.
Probably the easiest way to change for the good is to be aware of your actions.
Monitor your actions.
Stop look and listen in life.
Don't be a reactive being.
Don't Twitter at three in the morning.
Speak words of kindness.
Don't add anger or hate to the fire of life.
These are simple ways to change for the better.
You must learn how to pull your internal weeds in life.
Only you can pull them.
Only you can be aware that you can pull these weeds.
Most of us live unconscious lives.
We know we have anger or hate yet we don't know we can pull these weeds
within.
The Buddhists are the original psychologists.
For thousands of years, they have trained themselves to pull the inner weeds.
I'm not saying you have to become a Buddhist.
What I'm saying is that you can get rid of your negative weeds.
The precious jewel lies within.
You can discover this jewel and your life will shine.
This is one way you can change for the better.
Take tiny steps on this journey.
Be aware of your thinking and actions.
Slow down.
We as a society are moving too fast.
Try to learn to meditate.

Just close your eyes and watch your breath.
It's that simple.
Day by day your awareness will grow.
Ponder this over.
You can solve this riddle.
People change.

Song People Change

****(Verse 1)****

People change, oh, they evolve,
For the better or worse, can we resolve?
Got a glass in hand, is it half full or empty?
It's our attitude that shapes our destiny.

****(Chorus)****

We've got two paths in front of us,
One leads to hope, the other, mistrust.
How do we decide what we'll embrace?
It starts with love, it starts with grace.

****(Verse 2)****

Self-worth sometimes goes off course,
And we make those choices, feels like remorse.
So many reasons, whole books we could write,
Changing our ways, it starts with insight.

****(Chorus)****

We've got two paths in front of us,
One leads to light, the other, the dust.
Choose your words, don't let anger ignite,
We can find our way back into the light.

****(Bridge)****

Pull your weeds, tend to your soul,
Know that within, you're truly whole.
Most of us wander, lost in our lives,
But the jewel inside, it surely survives.

****(Verse 3)****

Oh, we're moving too fast, gotta slow it down,
In this chaotic world, let love wear the crown.
Try to meditate, just breathe and believe,
Day by day, watch your heart weave.

****(Chorus)****

We've got two paths in front of us,
One brings us joy, the other is fuss.
It's about your choices, small steps we take,
Change for the better, make no mistake.

****(Outro)****

People change, oh yes, they do,
With kindness and love, it starts with you.
Let the journey begin, take a breath, make it clear,
People can change, let's spread the cheer.

****(Verse 1)****

People change, oh, they evolve,
For the better or worse, can we resolve?
Got a glass in hand, is it half full or empty?
It's our attitude that shapes our destiny.

****(Chorus)****

We've got two paths in front of us,
One leads to hope, the other, mistrust.
How do we decide what we'll embrace?
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****(Chorus)****

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Choose your words, don't let anger ignite,
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****(Bridge)****

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****(Outro)****

People change, oh yes, they do,

With kindness and love, it starts with you.

Let the journey begin, take a breath, make it clear,

People can change, let's spread the cheer.

Pure Love & Gratitude

Pure love and gratitude.

That's the attitude we need for life.

Somewhere along the way, we got lost.

We are more cynical about life.

At times we are swimming upstream going against the current of life.

At times we are barely treading water.

We fell off the boat of life without a life jacket.

When ones discover pure love and gratitude inside your life will change for the better.

There will always be bumps in the road.

Yet love and gratitude are shocked absorbers

You will still hit the bump.

But your road in life will be smoother.

Gratitude and love make the day truly shine.

Both of these are essential for discovering your true nature.

It's like a magic elixir.
Your drink it and slowly over time, your troubles melt away.
Your true nature rises to the surface.
It's like the cream rises to the top of the milk.
You are the universe.
You just don't know it.
We are all one.
When you truly have this understanding your life will change forever.
You will truly smile with life.
You will have nothing to prove.
You will want to help fellow man.
All the great masters from the past discovered their true nature.
All the great books talk about your true nature.
Pure love and gratitude is the key.
This key can open up your heart.
We have been looking externally to find true love and gratitude.
It's been there all the time.
We have simply looked in the wrong direction.
It's that simple.
Did you know that pure love and gratitude grow more every day?
The source is infinite.
There are infinite love and gratitude in the air.
We are like bees gathering nectar from the flower of life.
Each day we go inside we are gathering nectar of love and gratitude.
It makes us wiser and more humble in life.
We can feel the grace of God in our life.
We can moment by moment experience God's presence.
This journey is eternal.
Ponder this over.
You are a piece of the puzzle in life.
You can solve this mystery.

Song Pure Love & Gratitude

Verse 1

Pure love and gratitude, that's the way to be,
Through the twists and turns, let your heart feel free.
Somewhere down the road, we lost our guiding light,
Swimming upstream, trying to win this fight.

Pre-Chorus

At times we're treading water, lost without a plan,
Fell off the boat, but we can rise again.
When you discover love that's pure,
Your life begins to change for sure.

Chorus

Oh, love and gratitude, they're the keys to your heart,
Fueling every moment, like a brand new start.
Through the bumps and the scars, they'll keep you on your way,
With love and gratitude, you'll shine brighter every day.

Verse 2

There will be some hurdles, but you'll glide along,
Love and gratitude, they make you feel so strong.
Like a magic potion, over time they'll melt away,
Your true nature rising, like the cream of every day.

Pre-Chorus

You are the universe, you just don't see it yet,
When you understand this, you'll have no regret.
A smile will grace your face, you'll want to lend a hand,
In this web of life, together we will stand.

Chorus

Oh, love and gratitude, they're the keys to your heart,
Fueling every moment, like a brand new start.
Through the bumps and the scars, they'll keep you on your way,
With love and gratitude, you'll shine brighter every day.

Bridge

We've searched outside for love, but it's inside of you,

Just stop and breathe it in; it's the simplest truth.
Like bees gathering nectar from the flowers of life,
Each moment finding wisdom, in the grace of light.

****Chorus****

Oh, love and gratitude, they're the keys to your heart,
Fueling every moment, like a brand new start.
Through the bumps and the scars, they'll keep you on your way,
With love and gratitude, you'll shine brighter every day.

****Outro****

This journey's never-ending, ponder this, my friend,
You're a piece of the puzzle, and it's time to transcend.
With love and gratitude, let your spirit unfold,
In this dance of life, let your true self be told.

Reap What You Sow

You reap what you sow.
This is a natural law.
If your life is full of anger.
You will be an angry person.
If your life is full of hate.
You will be a hateful person.
It's as simple as that.
For every action, there is an opposite and equal reaction.
The wise man pulls the negative weeds inside of his being.
He plants the seeds of kindness, love, and compassion.
Daily he waters the crop and pays attention to it.
Over time he will reap the bounty of his precious crops.
All the great masters of the past were incredible farmers of life.
They taught us many different ways to cultivate the truth inside of us.
They taught that the universe is kind.
God is kind.
The universe does not judge us.
God does not judge us.
They taught that the most precious jewel lies inside our hearts.
Can you imagine that the darkest person on this earth has the truth inside of them?
Yet they don't know it.
How sad is that?
Do you know peace would be on earth if the majority of people would wake up
from their slumber?
Today is a new dawning for man.
Let's drop the old energies of anger, hate, and intolerance towards others.
Let's embrace kindness, love, and compassion.
That is your true nature.
You can change.
Every day you are changing whether you like it or not.
How about making a conscious change?
How about moment by moment monitoring your actions?
Will this action place gasoline on the fire of life?
Will it inflame the situation?
If it will don't say anything.
Just remain silent.
If the action is kind then do it.
It takes great strength to do this.

It takes practice and patience.
You will stumble and fall.
This is how the great masters learned.
We stumble and fall countless times.
Yet over time we learn from our mistakes and grow.
Remember we sow what we reap.
Ponder this over.
This is one key to understanding your life.

Song Reap What You Sow

****Verse 1****

You reap what you sow, it's a natural call,
In the garden of your heart, let your spirit stand tall.
If anger's in your soil, you'll harvest a storm,
But if kindness takes root, you'll find love will warm.

****Chorus****

Plant the seeds of compassion, let them grow strong,
With every little action, we can right the wrong.
From darkness to light, let your true nature show,
Together we'll rise, in the love that we sow.

****Verse 2****

Every action has a mirror, reflecting back clear,
The wise man knows the whispers, in the silence you hear.
He pulls out the weeds of doubt, with tender, patient hands,
Watering the crops of grace that blossom in the lands.

****Chorus****

Plant the seeds of compassion, let them grow strong,
With every little action, we can right the wrong.
From darkness to light, let your true nature show,
Together we'll rise, in the love that we sow.

****Bridge****

The masters of the ages, they've walked this path before,
Teaching us the treasure that lies within our core.
A jewel in every heart, even the ones in pain,
Can you see the beauty? Can you break the chain?

****Verse 3****

Imagine peace on earth, if we wake from our sleep,
Let's drop the chains of anger, in the kindness we keep.
Every moment is a choice, will you nurture or ignite?
With strength and understanding, let's embrace the light.

****Chorus****

Plant the seeds of compassion, let them grow strong,
With every little action, we can right the wrong.
From darkness to light, let your true nature show,
Together we'll rise, in the love that we sow.

****Outro****

So as the day breaks, let's rise with the sun,
With hearts wide open, let our journey be one.
Remember what you sow, every thought and desire,
With love as our guide, we'll set the world on fire.

Redemption

Redemption is the act of being saved from sin.
Sin means to miss the mark in life.
Imagine a person shooting an arrow.
Sin is the person not hitting the bull's eye.
Redemption is our effort to make a wrong right.
Redemption is learning from our mistakes and not making them again.
Mind you this takes time.
This is a journey in life.
We have a rough diamond inside.
Redemption is the art of cleaning precious diamonds so they will shine to all.
We all have free will.
The universe does not judge us.
God does not judge us.
There is no hell except for our states of mind.
You are the universe.
You just don't know it.
True redemption is discovering your true nature moment by moment.
Speed bumps will come your way in life.
That's part of the journey.
How would it be a journey if everything was smooth sailing?
Can you imagine that anyone can redeem themselves over time?
Milarepa a famous Buddhist monk was once a sorcerer and killed an entire village.
Yet he became Tibet's greatest Yogi.
The universe allows us to make great mistakes and yet learn from them.
It doesn't say I'm sorry mister you blew it.
Man is always learning and growing if he wants.
Sometimes grave mistakes will wake the person up.
The person wants to be redeemed.
Slowly over time, he goes from a caterpillar to a cocoon, to a butterfly.
Slowly we develop traits of the universe.
Anger and hatred are things of the past.
We embrace kindness.
We embrace love and compassion.
We embrace patience and tolerance.
Our life changes for the better.
This is true redemption.
We save ourselves.
We wake up from our slumber.

Ponder this over.
You can solve this puzzle.

Song Redemption

(Verse 1)

Redemption, oh, the sweet refrain,
A moment when we rise from the pain.
Sin's just missing the mark we aim,
Like an arrow lost, but we play the game.

(Pre-Chorus)

A rough diamond lies within each heart,
Journey's just begun; we'll find the art.
Learning from mistakes, we take our time,
Step by step, we're learning to climb.

(Chorus)

Oh, redemption, shining bright,
From darkness to our inner light.
Free will's the path we need to tread,
With every misstep, we're reborn instead.

(Verse 2)

Imagine the universe, vast and wide,
No judgment here, just open skies.
Hell's not a place, it's a state of mind,
We break the chains, leave doubt behind.

(Pre-Chorus)

Milarepa, oh, he knew the way,
From sorcery to wisdom, he found the day.
Great mistakes teach us, oh, so well,
In every fall, there's a rise to tell.

(Chorus)

Oh, redemption, shining bright,
From darkness to our inner light.
Free will's the path we need to tread,
With every misstep, we're reborn instead.

(Bridge)

Speed bumps will come, our journey unfolds,
How could we grow if the path was all gold?
Caterpillar dreams of the life it will see,
In a cocoon it waits, to set its heart free.

(Verse 3)

Anger and hatred, they fade into past,
Kindness and love, we hold them steadfast.
With patience and compassion, our spirits align,
As we embrace the universe, the spark divine.

(Chorus)

Oh, redemption, shining bright,
From darkness to our inner light.
Free will's the path we need to tread,
With every misstep, we're reborn instead.

(Outro)

Ponder this puzzle, let wisdom interlace,
Every twist and turn leads us to grace.
We save ourselves, from slumber we wake,
In the heart of redemption, true joy we'll make.

*True redemption, find your way,
Discover your nature, day by day.*

Ride Of Your Life

Mystics say this is the ride of your life.
Imagine life is a roller coaster.
It has its ups and downs.
At times the ride is extremely scary.
The roller coaster slowly goes up the huge mountain-like tracks.
You hear the inch-by-inch of the roller coaster creaking to the top.
When it reaches the top all hell breaks loose.
You either scream with delight or with fear.
You hold on for dear life.
At times the roller coaster will go upside down.
You wonder if will I fall out.
At times the roller coaster is extremely gentle.
You might say I'm bored with life.
Life is predictable.
I'm doing the same thing over and over.
I did the usual stuff in life.
I went to school, got married, got a job, and have kids.
I'm cruising in life but I'm bored.
The roller coaster will take you to places that you never imagined.
You hit speed bumps on the tracks.
At times you go flying in the air.
Some unpredictable event comes your way.
Your life gets changed dramatically.
This ride is unpredictable.
When you think you got it made, something comes along and changes.
This is our adventure in life.
This is the roller coaster of life.
Nothing is constant.
Life changes moment by moment.
What can you hold on to if everything changes externally in your life?
No wonder when people get old they tend to say get me out of here.
I'm fed up.
I'm tired.
I have talked to so many people who don't want to live over a hundred.
They say that would be a drag.
That would be a difficult burden.
I paid my dues.
I just want to go home.

Ponder this over.
There is a riddle to be solved.
The great masters of the past showed the way.
The answer lies inside of you.

Song Ride Of Your Life

(Verse 1)

Mystics say this is the ride of your life,
Imagine a coaster cutting through the strife.
Up and down, we chase the thrill,
With every twist and turn, it's a battle of will.

(Pre-Chorus)

Creaking tracks take you up, oh so slow,
Inching higher, where will it go?
When we reach the peak, all hell breaks loose,
Will you scream with joy or scream to let loose?

(Chorus)

Hold on tight, it's a wild ride,
Upside down, there's nowhere to hide.
Through the thrills and the spills we'll roam,
On this roller coaster, we're never alone.

(Verse 2)

Sometimes it's gentle, sometimes it's loud,
In the calm, you feel lost in the crowd.
I did the usual, played by the book,
But the boredom creeps in, just take a look.

(Pre-Chorus)

Cruising through life, but where's the spark?
Chasing the ordinary, fading to dark.
But this roller coaster takes you where you dream,
With unexpected loops and a wild, crazy scheme.

(Chorus)

Hold on tight, it's a wild ride,
Upside down, there's nowhere to hide.
Through the thrills and the spills we'll roam,
On this roller coaster, we're never alone.

(Bridge)

Speed bumps hit, and you're flying high,
Unexpected turns make you question why.
When you think you've got it all figured out,
Life flips the script, that's what it's about.

(Verse 3)

Is anything constant? Do we ever know?
Life changes moment by moment, that's how we grow.
Hold on to the lessons, let go of the fears,
Ponder the riddles, find answers through tears.

(Chorus)

Hold on tight, it's a wild ride,
Upside down, there's nowhere to hide.
Through the thrills and the spills we'll roam,
On this roller coaster, we're finding our home.

(Outro)

Great masters of old showed the way to see,
The answer isn't out there; it's inside of me.
So embrace the adventure, don't shy from the climb,
This is the ride of your life, let's dance with time.

*Hold on tight, it's your wild ride,
Through every twist, let your spirit glide.*

Serendipity

Serendipity is the occurrence and development of events happily or beneficially.

Wow, I like that.

When life throws you a curve ball you can hit the ball out of the park.

You can learn how to dance with life.

At times life is like rock and roll.

Stuff comes your way and you can dance to it.

Serendipity is a natural law.

In order for it to occur, you must daily spend time being conscious of life.

Most of the time we walk around with cell phones in our hands crossing the streets.

We are hardly aware of the cars driving down the streets.

It's almost impossible for us to be aware of serendipity in our lives.

We have placed another layer between us and the universe.

Serendipity happens to all of us.

Yet we don't have eyes to see.

You see we must be aware in life.

We can't live life in a stupor.

Most of the time we are unaware of the vast universe.

We live our nine-to-five existence.

We have forgotten our true nature.

Look at your past.

Serendipity has been there.

Notice how one event leads to another.

Notice how it leads you happily and beneficially.

Now develop gratitude and a hint of conscious awareness.

Ponder this over.

This is a key.

Many times there is a signpost everywhere yet we don't see them.

Day by day try to look at life more consciously.

Things don't just randomly occur to you.

There are a reason and lessons to master.

All the great masters in the past were just like you.

Nobody gets a free ride.

They had to make the same mistakes you do.

The difference is they learned from their mistakes.

Day by day they became more aware and conscious of life.

Ponder this over.

You can solve this riddle.

Song Serendipity

Verse 1

Serendipity, a dance in the dark,
The way events unfold, leaving a mark.
When life throws you curves, take a swing,
Hit it out of the park, feel the joy that it brings.

Chorus

Oh, let's learn to dance with life,
In a world of twists and turns,
Like rock and roll, we'll spin and groove,
Through the laughter and the lessons, our hearts will move.

Verse 2

We're glued to our screens, lost in the race,
Blind to the wonders, we forget to embrace.
The cars on the street, they honk and they swirl,
Yet we're in a stupor, missing out on this world.

Chorus

Oh, let's learn to dance with life,
In a world of twists and turns,
Like rock and roll, we'll spin and groove,
Through the laughter and the lessons, our hearts will move.

Bridge

Open your eyes, the universe is near,
Before you are signposts that whisper in your ear.
Gratitude blooms as you take a look back,
Each moment a thread in the cosmic track.

Verse 3

We forget our nature, the magic we're made,
But every misstep, let it not be a trade.
For the masters before us faced trials like ours,
They learned from their stumbles, they reached for the stars.

Chorus

Oh, let's learn to dance with life,

In a world of twists and turns,
Like rock and roll, we'll spin and groove,
Through the laughter and the lessons, our hearts will move.

****Outro****

So ponder this riddle, let awareness arise,
Serendipity's waiting, just open your eyes.
In the rhythm of life, we'll find our sweet song,
Together we'll dance, where we truly belong.