

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.



Contents

Times Flies By	3
Song Times Flies By	4
Time For A Change	6
Song Time For A Change	8
Time Is Precious	11
Song Time Is Precious	13
Time Passes Every Breath	16
Song Time Passes Every Breath	17
Time Will Do That To You	19
Song Time Will Do That To You	20
Tired In The Head	22
Song Tired In The Head.....	24
To Be Real	26
Song To Be Real	28
Tonight I Wait For You	30
Song Tonight I Wait For You	31
True Love Does Not Want To Hurt	34
Song True Love Does Not Want To Hurt.....	36
True Love.....	38
Song True Love.....	39
Visitor	41
Song Visitor	42
Walking On Egg Shells.....	44
Song Walking On Egg Shells	46

Times Flies By

Times fly by.
My theory is the older you get the faster time flies.
I can't prove it to you.
But I think time is a state of mind.
When I was young time seemed to last for an eternity.
I remember summer vacation in grade school.
Summers lasted for eternity.
Today is my birthday and this year is almost over.
Summers and years fly by.
I was once young and today I'm sixty-five years old.
When you were young you couldn't even imagine getting old.
When you are old you can't imagine being young.
Life has two sides to the coin.
My mind is still young.
My body has a few aches and pains.
Yet overall this body is an incredible vessel.
I'm learning how to take care of it.
My theory is this is the only body you get.
So take care of it.
Personally, I think we can slow down time and heal our bodies.
Mankind is at the forefront of discovering new ways to heal the body.
You are your own doctor.
Your mind is super powerful.
Your spirit is infinite.
Combine those two and you can definitely improve your health.
By learning how to meditate you can learn how to suspend time.
You can be in a place of suspended automation.
In this place, your body can heal.
Time is your friend.
At times we think time is our enemy.
Our society praises the young and neglects the old.
We think the older you get the less worth you have.
What a crazy world we live in.
We have so much backward.
Ponder this over.
Try to become more aware and conscious in your life.
Signposts of God are all around.

Song Times Flies By

** (Verse 1) **

Time flies by, like leaves in the breeze,
My theory whispers, "It's all a tease."
The older you get, the faster it speeds,
Yet it's just a state of mind, planting the seeds.

When I was young, oh, time stretched wide,
Summer vacations, where dreams would bide.
Days felt eternal, sun-kissed and free,
Now I'm sixty-five, still searching for me.

** (Chorus) **

Oh, time is a friend, though we sometimes fight,
In the dance of the years, I'll hold on tight.
Two sides to this coin, both joy and pain,
I'll cherish the moments, like whispers of rain.

** (Verse 2) **

Years come and go, like a fleeting song,
In a world that looks forward, we often feel wrong.
When you're young, you can't see what's ahead,
And when you're older, those dreams fill your head.

My body's a vessel, a canvas of life,
With a few little aches, yes, it's not always right.
But I'm learning to nurture, to heal and to grow,
This is the only body, so I'll take it slow.

** (Chorus) **

Oh, time is a friend, though we sometimes fight,
In the dance of the years, I'll hold on tight.
Two sides to this coin, both joy and pain,
I'll cherish the moments, like whispers of rain.

** (Bridge) **

Suspend time in meditation, let the chaos fall away,
Your mind is a fortress, where hope can stay.
Spirit infinite, in the stillness, I find,

Hearts open wide, with love intertwined.

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

Our youth is a treasure, yet aging's a gift,
In a world that's so backward, see how we drift.
Let's raise up the elders, their wisdom so deep,
For time's just a cycle, in this dance we keep.

****(Chorus)****

Oh, time is a friend, though we sometimes fight,
In the dance of the years, I'll hold on tight.
Two sides to this coin, both joy and pain,
I'll cherish the moments, like whispers of rain.

****(Outro)****

Ponder this over, be aware, be alive,
Signposts of God, where the spirit can thrive.
Embrace every moment, let your heart sway,
Time flies by, but love will always stay.

Time For A Change

Time for a change.
Let's face it humanity.
It's time for a change.
We have been fighting for so long.
We still think that war can solve our problems.
It hasn't.
Yet we think we can bully people around.
The world is tired of our antics.
We used to be admired by the world.
Just think in only one year we have lost the world's respect.
Even almost the entire UN voted against us.
Yet we are still arrogant in our ways.
We simply mocked the world who voted against us.
We have changed our position.
It's now us versus the world.
In the past, we were the world's leaders.
We have fallen from that.
The world can no longer trust us.
Even our most solid allies are lost and confused.
Some of them even threaten to put our President in jail if he puts one foot in their
country.
The pot is being stirred.
We are seeing darkness all around.
Yet the light is shining.
This darkness is being revealed and is going to go away.
The sun is about to rise.
The first rays are hitting the land.
Mark my words peace will be on this land.
A golden age is about to be on this land.
We will finally witness and see humanity's true nature.
It exists inside of us.
You will discover your true nature.
Kindness, love, and wisdom lie inside.
All the past negative energy will disappear into the night.
Soon it will be forgotten.
War will soon not be in our vocabulary.

The golden age has started.
Ponder this over
A new dawning for man is here.
Let the dust settle and discover your true nature.

Song Time For A Change

(Verse 1)

It's time for a change, let's face it, humanity,
We've been fighting too long, caught in this insanity.
Believing that war can bring us solutions,
But the wounds keep growing, lost in our delusions.

(Pre-Chorus)

We used to hold the torch, guiding the way,
Now we're lost in a maze, turning night into day.
Arrogance on our lips, while respect slips away,
Look around, can't you see? The world's lost its sway.

(Chorus)

The pot is stirring, darkness all around,
But I can hear the whispers, a light will soon be found.
Mark my words, peace will rise from the land,
A golden age awaits, let's join hand in hand.

(Verse 2)

Our allies doubting, feeling lost and confused,
Threats looming over heads, it's a world we've abused.
But deep down within us, a spark still remains,
Kindness and wisdom can break these old chains.

(Pre-Chorus)

Once we were the leaders, now shadows we cast,
Time to shed the burdens, let go of the past.
The sun's starting to rise, softly kissing the earth,
A new dawn is dawning, let's celebrate rebirth.

(Chorus)

The pot is stirring, darkness all around,
But I can hear the whispers, a light will soon be found.
Mark my words, peace will rise from the land,
A golden age awaits, let's join hand in hand.

(Bridge)

Forget the wars and battles, wipe the slate clean,
A future full of promise, a world yet unseen.
Negative energy fades, into the night it will flee,
Embrace your true nature, let love set us free.

(Chorus)

The pot is stirring, darkness all around,
But I can hear the whispers, a light will soon be found.
Mark my words, peace will rise from the land,
A golden age awaits, let's join hand in hand.

(Outro)

Ponder this over, a new dawn is here,
Let the dust settle for the vision that's clear.
Time for a change, let humanity see,
The truth lies inside us, we are meant to be free.

Time Is Precious

Time is precious.
Many people say you only have a few precious breaths while you are alive.
We come into this world.
Before we know it we leave this world.
Time is silently slipping away.
Where does the time go?
I remember as a kid time seemed like an eternity.
Summer vacations lasted forever.
I just turned sixty-five years old.
The years just seemed to fly by.
It seems just like yesterday we approached the year 2000.
Now it's almost eighteen years later.
Yes, time is precious.
Enjoy every moment you have.
Treasure your life.
Be grateful for being alive.
This life is a journey.
Yes, you will hit potholes on the road of life.
That's what makes it a journey.
Life always changes.
You can never hold on to a moment.
When you try life will just pass you by.
You can almost grasp it.
It is right between your fingers.
But time just passes by.
The wise masters of the past have said that sit in stillness.
There is inner silence you can go beyond time and space.
You are eternal.
You were never created nor will you ever die.
Yes, your body will.
But your essence is eternal.
When one truly recognizes this one has the experience that time is precious.
One experiences a shift in awareness.
You can't exactly put this into words.
Yet your view of the world and time changes.
You may hit the same potholes in life.
But this time you have great shock absorbers.
Life will carry you through rough times.

Ponder this over.
Time is precious.

Song Time Is Precious

(Verse 1)

Time is a treasure, a fleeting embrace,
Whispers of moments, we all have to face.
Came into this world with a spark in our eyes,
Before we can blink, it's our time to arise.

(Pre-Chorus)

Summer days feeling like they'd never end,
Now I look back, where did those years blend?
Sixty-five sunsets, I've watched them unfold,
Every heartbeat a story waiting to be told.

(Chorus)

Time is precious, hold it close to your heart,
Every breath matters, it's a work of art.
Treasure the laughter, the love that we find,
Embrace every moment, be grateful and kind.

(Verse 2)

Life's a journey, oh, it twists and it turns,
Potholes and rough roads, that's how much we learn.
You can't hold a moment, it slips through your hands,
But the wisdom we gather, like footprints in sands.

(Pre-Chorus)

Close your eyes for a second, feel the silence within,
Go beyond time and space, let the journey begin.
You are eternal, a flame in the night,
Your essence will linger, shimmering bright.

(Chorus)

Time is precious, hold it close to your heart,
Every breath matters, it's a work of art.
Treasure the laughter, the love that we find,
Embrace every moment, be grateful and kind.

(Bridge)

Think on this softly, let the stillness unfold,
Shift in your awareness, let your spirit be bold.
Life may bring challenges, but you'll rise up again,
With each bump in the road, you'll find strength within.

(Chorus)

Time is precious, hold it close to your heart,
Every breath matters, it's a work of art.
Treasure the laughter, the love that we find,
Embrace every moment, be grateful and kind.

(Outro)

So ponder this over, feel the truth inside,

Time is a gift on this beautiful ride.

Live for today, make the memories last,

In the heart of the present, we'll cherish the past.

Time is precious, oh yes, it's true,

Every moment's a jewel, waiting just for you.

Time Passes Every Breath

Time passes in every breath.
The mystics have said that you only have so many breaths.
Nobody knows how many we have.
Each individual has a different count.
Yet I really don't think destiny is cast in stone.
We can learn how to be conscious and learn how to change our ways.
But time slips away with each breath.
We must be aware of the miracle of the breath.
We take it for granted.
All the great masters talked about the breath of life.
Behind our breath is the power that is keeping the universe alive.
We just aren't aware of it.
We always look externally to find God.
But the great masters have said the kingdom of heaven lies within.
God is hidden under our inner pillow.
What an incredible game of hide and seek!
This is probably the greatest game man can play.
The great masters have given us hints as to where to find God.
Many great books have been written on this.
They can't walk the path for you.
They can't play the game for you.
It's up to you to decide if you want to play this game.
You have free will.
This is the law of the universe.
Nobody will take that away from you.
These sayings or poems are hopefully inspiring you.
They were meant for you to ponder over life.
They are meant for you to see a different side of the story in life.
We aren't trying to convince you or trick you.
The truth doesn't need that.
The sun just shines in the sky.
The truth just shines.
The truth lies inside of you.
It will never go away.
This is your true nature.
Ponder this over.
You are eternal.
You are the universe.

Song Time Passes Every Breath

** (Verse 1) **

Time passes with every breath we take,
Mystics whisper secrets, but the path we make,
How many moments, how many days?
No one knows, we're lost in the maze.

** (Chorus) **

But consciousness can break the mold,
Destiny's not stone, it's a story untold.
With every breath, there's a miracle to see,
Awake to the wonder, we can truly be free.

** (Verse 2) **

We take for granted this life we lead,
Masters spoke of breath, it's where we feed.
The force behind it keeps the stars alight,
In the quickening pulse of day turning to night.

** (Chorus) **

But consciousness can break the mold,
Destiny's not stone, it's a story untold.
With every breath, there's a miracle to see,
Awake to the wonder, we can truly be free.

** (Bridge) **

Looking outward, searching high and low,
Yet heaven's hidden, in the depths we sow.
A game of hide and seek, oh what a dance,
The greatest play of life, if we give it a chance.

** (Verse 3) **

Books are the guides, but the steps are your own,
They can't walk the path or take the stones.
Free will is a gift, the universe's law,
No one can take it, just see what you saw.

** (Chorus) **

But consciousness can break the mold,

Destiny's not stone, it's a story untold.
With every breath, there's a miracle to see,
Awake to the wonder, we can truly be free.

****(Outro)****

So ponder this truth, let it resonate,
You are eternal, embracing your fate.
In your heart lies the cosmos, vast and wide,
The universe within, where your light can't hide.
The truth just shines, it's your guiding star,
Eternal and infinite, just as you are.

Time Will Do That To You

Time will do that to you.
Time slowly slips away.
You can never quite grasp it.
It is just a fraction away from your fingertips.
Time is elusive.
Yet it affects us in every way.
Time is like a great sculpture.
It slowly ages us.
Where we were once young.
We hit middle age.
Now I'm in my sixties.
I'm still in good shape for my age.
I'm still young at heart.
My mind is fresh.
I think that a spiritual path is the most practical path.
I learned about moderation in all areas of my life.
I'm beginning to use time as my friend.
Time is not an adversary.
Time and space exist.
Yet we are eternal.
We are the universe.
We just don't know it.
This is why all the great masters said to discover the jewel within.
You can go beyond time and space.
It's amazing how so many physicists are saying the same thing.
Many of them are saying the future can influence the past.
They are saying time is a circle.
We think time is linear.
You go from point a to point b.
Maybe this is why we feel the ravages of time.
You are what you think.
What would happen if a man truly realized that he is beyond time and space?
How long would you live?
Ponder that over.
Scientists and mystics are both looking at the same thing.
They may have different angles.
But the essence is the same.
You are the vast universe.

Song Time Will Do That To You

Verse 1

Time will do that to you, slowly slips away,
A whisper in the silence, just a moment gone astray.
You can never quite grasp it, like sand through your hands,
A fraction of a heartbeat, slipping from your plans.

Pre-Chorus

Oh, it's elusive, like shadows in the night,
Yet it paints our stories, with every dawn's light.

Chorus

We're like sculptures in the rain,
Aging with grace, but young at heart we're still the same.
In the dance of time, we find our place,
Eternal souls navigating this space.

Verse 2

Once we were so youthful, now I find my way,
In my sixties, I'm still shining, living day by day.
Mind's a canvas, fresh and bright,
Moderation's my compass, guiding through the night.

Pre-Chorus

I'm beginning to see time as a friend,
A circle unbroken, where beginning meets end.

Chorus

We're like sculptures in the rain,
Aging with grace, but young at heart we're still the same.
In the dance of time, we find our place,
Eternal souls navigating this space.

Bridge

Oh, the masters whispered secrets that we hold,
Discover the jewel within, let your spirit unfold.
Scientists and mystics, peering through the veil,
Every thought will shape our path, a universal tale.

****Chorus****

We're like sculptures in the rain,
Aging with grace, but young at heart we're still the same.
In the dance of time, we find our place,
Eternal souls navigating this space.

****Outro****

Ponder this, oh, how long would you live,
If you embraced the truth of all you can give?
You are the vast universe, reaching for the stars,
In this journey of time, we are never too far.

Tired In The Head

I'm tired in the head.
All I see is chaos all around.
The media is on fire.
Fake news is all around.
Yet our press is reporting as best as they can.
We have a President who calls any news he doesn't like fake news.
He proclaims he can touch any woman by the pussy and still get elected.
Hundreds of men have gotten fired for sexual discretions and he is still in office.
He calls the chairman of North Korea a little rocket.
I don't think he has a bone of diplomacy in him.
Yet, America elected him.
I could go on and on.
But there is great hope all around us.
The sunrise of man is occurring.
The first rays our hitting the land.
Soon it will be noon.
The light will finally shine on this planet.
It was a cold and dark winter.
It lasted for ever so long.
Humanity is tired of the bickering and fighting.
We know deep down inside that war is not the answer.
It has never solved anything.
It's a rich man's chess game.
The young unfortunately are pawns in this game of life.
Which side of the fence do you lie on?
You can't sit on the fence any longer.
Do you want to anger, war, greed, and intolerance to prevail?
You have seen for thousands of years where that has gotten us.
Or.
Do you want kindness, love, patience, and tolerance on this planet?
It's up to you.
You have free will.
You vote by your actions.
Your actions dictate what side of the coin you want for this planet.
God does not change the world.
Your prayers do not change the world.
Your actions change the world.
Period.

Ponder this over.
You can be a light to this world.

Song Tired In The Head

(Verse 1)

I'm tired in the head, chaos all around,
The headlines scream, the truth can't be found.
Media's on fire, with fake news in the air,
While our leaders twist words, do they even care?
A President calls dissenting voices "fake",
While the walls of justice slowly start to break.
He talks of power, he plays the game,
But the hurt we've felt, it all feels the same.

(Chorus)

Yet there's hope rising, like the dawn of day,
The sunrise of man is finding its way.
Through the cold, dark winter, we've weathered the storm,
Soon it will be noon, the light will transform.
Will you choose kindness, love, and grace?
Stand up for what's right, let's change this place.

(Verse 2)

A game of chess played by the hands of the rich,
While the young pay the price, caught in the pitch.
You've got to choose a side, can't sit on the fence,
Will we lift each other or live in this tense?
Are we done with the anger, the greed, and the fight?
Or will we stand united, by doing what's right?
We've seen where this road has led us before,
It's time to awaken, it's time to restore.

(Chorus)

Yet there's hope rising, like the dawn of day,
The sunrise of man is finding its way.
Through the cold, dark winter, we've weathered the storm,
Soon it will be noon, the light will transform.
Will you choose kindness, love, and grace?
Stand up for what's right, let's change this place.

(Bridge)

Your actions speak louder than words ever could,
It's time for compassion, to stand where we should.
God doesn't change the world, it's our hands that must heal,
Your choices are the truth, everything we feel.
So ponder this over, let your spirit ignite,
You can be a beacon, a flame in the night.

(Chorus)

Yet there's hope rising, like the dawn of day,
The sunrise of man is finding its way.
Through the cold, dark winter, we've weathered the storm,
Soon it will be noon, the light will transform.
Will you choose kindness, love, and grace?
Stand up for what's right, let's change this place.

(Outro)

So be the light to this world, shining bright,
With every small action, together we'll fight.
For a future of peace, let our voices be heard,
With love as our weapon, let's spread the word.

To Be Real

What does it mean to be real?
I remember a long time ago I had a great friend whose house just burnt down.
I asked his Father how are you doing.
He gave me a plastic smile and said never been better.
I think this is probably the first time I was conscious of being real and fake.
Your house just burned down.
Are you out of sync with your emotions?
You don't have to hide them.
To be real is to be aware and feel the emotions you have.
All the great masters of the past said to weed your inner garden day by day.
They didn't say stuff the emotions.
Did you know the Dali Lama once had a temper problem?
I read this in one of his interviews.
Yet look at him now.
I remember about 30 years ago he said that every day before he goes to bed he
goes over the daily events in his mind.
He looks at situations where he can improve himself.
To be honest, at the time I didn't understand.
I didn't have the foresight or understanding of how important that was.
Years later I see that pulling the inner weeds is a way to be real.
It's a way to be truly authentic.
You have nothing to hide.
You are like the sun in the sky.
You simply shine.
Look this life is an incredible journey.
We all hit potholes in our lives.
Doesn't it make sense for us to be real with each other?
No agendas.
I
I'm not trying to convince you of my beliefs.
No cunning.
No lying.
Just be honest and real.
Just be a human.
Just be a kind man.
I truly think kindness is the way.
When you are kind you have no inner motives.
You are truly real at that moment.

You are in sync with the universe.
This is your true state of mind.
Ponder this over.

Song To Be Real

Verse 1

What does it mean to be real,
I remember way back, a friend's raw deal,
His house turned to ashes, lost it all,
I asked his father, "How are you?"—the wall.
A plastic smile, "Never been better,"
But deep down we both felt the heavy tether.

Chorus

Are you out of sync with your emotions,
Hiding behind a mask, lost in the motions?
To be real is to feel every ache and sigh,
Open your heart, let your true self fly.

Verse 2

Great masters of old said to tend your own ground,
Weed your inner garden, don't let silence abound.
Did you know the Dali Lama had his fights?
Yet he learned to shine bright, a beacon in the nights.
Every little moment, he'd reflect and grow,
True authenticity, let the inner light show.

Chorus

Are you out of sync with your emotions,
Hiding behind a mask, lost in the motions?
To be real is to feel every ache and sigh,
Open your heart, let your true self fly.

Bridge

Look at this journey, it's a winding road,
We all hit those potholes, heavy with load.
Let's be real with each other, no hidden strife,
No agendas, just truth, that's the essence of life.

Verse 3

I'm not here to convince you, no cunning disguise,
Just honesty, kindness, let the realness rise.
Kindness is the way, with no inner motives,

When you shine your light, that's when love overflows.

****Chorus****

Are you out of sync with your emotions,
Hiding behind a mask, lost in the motions?
To be real is to feel every ache and sigh,
Open your heart, let your true self fly.

****Outro****

So ponder this over, let it resonate deep,
To be truly human is the promise we keep.
We're like the sun in the sky, just let yourself be,
In sync with the universe, that's reality.

Tonight I Wait For You

Tonight I wait for you.
I know that you will show up.
You are inside of me.
We have free will.
We can go on our merry way and be completely oblivious.
We are the universe.
We just don't know it.
Signpost is all around.
We are oblivious to them.
We are driving in rush hour traffic with our cell phones.
In our hectic life, we can't wait for anyone.
We rush through life.
It seems like mankind is getting more stressed with life.
We have all these devices supposedly to help us.
Yet it seems it makes our life more stressful.
Personally, I think we need to slow way down.
We have gotten into a traffic jam in life.
We are driving in the wrong direction.
Yet we think that nothing is wrong.
We are blinded and yet we think we can see.
Imagine that the universe is hiding inside of you.
What do you see?
Maybe you are cursing at me and saying that's make-believe.
That's hocus-pocus.
Look I'm not trying to convert you.
I'm not trying to change you.
I'm stating the obvious.
Talk to any physicists today.
They know about quantum energy.
The mystics and the scientists both are talking about the same thing.
They have different angles to the same story.
Both of them are in a state of awe about the universe.
I'm just saying with your free will you can also discover your true nature.
Yes, it takes time.
Yes, it is a journey.
Yes, you will discover your true nature.
Ponder this over.

Song Tonight I Wait For You

(Verse 1)

Tonight I wait for you,
I know that you will show up,
In the silence, feel the truth,
We're tangled in this cosmic love.
Deep inside, we hold the key,
Like stars, we shine but seldom see,
Oblivious to signs around,
In our rush, the peace is drowned.

(Chorus)

Driving in a traffic jam,
Lost in screens and the hurried plans,
In this hectic life, we can't wait,
But tonight I know we can escape.
Imagine the universe hiding inside,
What do you see when you take the ride?
Let's slow down and find our way,
Ponder this over, it's a brand new day.

(Verse 2)

The world spins faster, the chaos grows,
Devices meant to help us, just add to our woes.
We think we're moving, but we're standing still,
In the wrong direction, climbing up the hill.
Blinded by our thoughts, we think we know,

The secrets of existence, but do we truly glow?
Mystics and scientists, both in awe,
Whispering the mysteries, the beauty of the law.

(Chorus)

Driving in a traffic jam,
Lost in screens and the hurried plans,
In this hectic life, we can't wait,
But tonight I know we can escape.
Imagine the universe hiding inside,
What do you see when you take the ride?
Let's slow down and find our way,
Ponder this over, it's a brand new day.

(Bridge)

With your free will, take a chance,
Discover your nature, join the dance.
Yes, it takes time, yes, it's a quest,
But in the stillness, you'll find your rest.
So breathe in deep, let your spirit soar,
Open your heart, and you'll find so much more.

(Chorus)

Driving in a traffic jam,
Lost in screens and the hurried plans,
In this hectic life, we can't wait,
But tonight I know we can escape.
Imagine the universe hiding inside,

What do you see when you take the ride?

Let's slow down and find our way,

Ponder this over, it's a brand new day.

(Outro)

Turn off the noise, let the silence speak,

Embrace the journey, it's you that you seek.

Tonight I wait for you, and I'll be alright,

Together we'll find the stars in the night.

Ponder this over, let the cosmos align,

In your heart, dear friend, the universe will shine.

True Love Does Not Want To Hurt

True love does not want to hurt.
True love is kind.
True love truly cares for the other person.
True love just shines like the sun.
He has no ulterior motives.
True love doesn't try to change or manipulate you.
It doesn't want to use you as an object.
True love is not a status symbol.
True love knows that life is a journey.
In a journey, both of you will hit potholes in life.
That's why it's called a journey.
True love will support both of you on this journey.
It's like both of you are shocked absorbers for each other/
True love is like wine.
It gets better with age.
True love takes commitment.
Nobody gets a free ride.
It takes emotional maturity.
Both people have to work on their inner garden day by day.
It's a give-and-take in life.
As with any relationship you will be tested.
Life will throw you curveballs.
Life will test your relationship.
Life will make you stronger.
If you are aware of the game of life the game is easier to play.
You know what buttons life will trigger your way.
When the same buttons get triggered with awareness you can go beyond them.
This is when your relationship can go to another level.
You see relationships never stop growing.
Everything evolves.
Everything changes.
Everything matures and grows.
We are fortunate when we discover true love.
True love truly exists when we can find the love inside of ourselves.
This will bring true strength to any relationship.
Ponder this over.

This advice will help you tremendously on the road of life.

Song True Love Does Not Want To Hurt

(Verse 1)

True love does not want to hurt,
It's kindness wrapped in gentle words.
It's a bond that truly cares,
Shining brightly, beyond compare.
No ulterior motives, just pure intent,
In this sacred space, hearts are lent.
It doesn't seek to change or control,
Your spirit, your essence, it embraces your soul.

(Chorus)

True love is a journey, hand in hand,
Through the potholes of life, we will stand.
Like shock absorbers, we'll hold the weight,
Together we'll navigate and not hesitate.
True love is like wine, it deepens with time,
A dance of commitment, a beautiful rhyme.

(Verse 2)

Nobody gets a free ride, I must confess,
It takes emotional maturity to truly bless.
Tending to our gardens, day by day,
In the give-and-take, we'll find our way.
Life's curveballs may try to shake our ground,
But with eyes wide open, strength can be found.
When buttons are pushed, we respond with grace,
Rising above, in this sacred space.

(Chorus)

True love is a journey, hand in hand,
Through the potholes of life, we will stand.
Like shock absorbers, we'll hold the weight,
Together we'll navigate and not hesitate.
True love is like wine, it deepens with time,
A dance of commitment, a beautiful rhyme.

(Bridge)

Everything evolves, everything grows,

In the garden of love, our true strength shows.
When we find the love inside our hearts,
Only then can we truly play our parts.
Awareness in the game, as we rise above,
Together we'll discover true love.

(Chorus)

True love is a journey, hand in hand,
Through the potholes of life, we will stand.
Like shock absorbers, we'll hold the weight,
Together we'll navigate and not hesitate.
True love is like wine, it deepens with time,
A dance of commitment, a beautiful rhyme.

(Outro)

Ponder this over, let it resonate,
This advice on the road, it's never too late.
In the tapestry of life, precious and rare,
True love truly exists, let's nurture with care.
True love's journey is ours to embrace,
With strength in our hearts, we'll always find grace.

True Love

What is true love?
But first what is the truth?
Where does truth exist?
Do truth and love belong together?
Are truth and love the same thing?
Are they different words but have the same meaning?
Are they two sides of the coin?
You can't have love without truth.
You can't have truth without love.
It seems like both of them are merged together.
No wonder the great masters talked about finding the truth you will find love.
When you find the love you will find the truth.
All of them said they exist inside of you.
You are the vast universe.
You just don't know it.
The entire universe is supreme love.
The entire universe is composed of truth.
This is true love.
Many people think true love is between a man and a woman.
Yes, that does exist.
But once you discover the jewel inside you have a true love for all.
You are the sun.
You simply shine.
That is your true nature.
You are kind.
You are full of love and compassion.
You will have solved your piece of the puzzle in life.
Ponder this over.
Man has been searching for true love all his life.
Yet the answer has always been within.
Isn't that ironic?
For thousands of years, man has been looking in the wrong direction.
The truth has always been shining inside.
True love is the building block of the universe.
Somehow unconsciously we know it.
That's why we pursue it.
We can't quite put into words where to find it.
Yet we know it exists.

Song True Love

(Verse 1)

What is true love, can you tell me, please?
But first, oh, what's the truth, can it set me free?
Where does the truth exist in this grand design?
Are love and truth two threads that intertwine?

(Pre-Chorus)

Are they different words, yet the same refrain?
Two sides of the coin in this beautiful game.
You can't have love without the light of truth,
And you can't know truth without love's sweet proof.

(Chorus)

Oh, it seems they're merged together,
In the depths of our souls forever.
Find the truth, you'll find the love,
Like a gentle whisper from above.
The universe, it speaks softly,
Within you lies the love, oh can't you see?

(Verse 2)

Many think true love is just man and a woman,
Yet there's a jewel inside, waiting to be chosen.
You are the sun, you simply shine,
With kindness and compassion, your true design.

(Pre-Chorus)

Life's puzzle, piece by piece, we try to solve,
Searching for love as the world revolves.
Isn't it ironic, through the ages we pine,
When the truth has been shining, waiting for our sign?

(Chorus)

Oh, it seems they're merged together,
In the depths of our souls forever.
Find the truth, you'll find the love,
Like a gentle whisper from above.

The universe, it speaks softly,
Within you lies the love, oh can't you see?

(Bridge)

True love is the building block of all creation,
Somehow we know, in our hearts, this sensation.
Searching in shadows, we roam far and wide,
But the answer has always been deep inside.

(Chorus)

Oh, it seems they're merged together,
In the depths of our souls forever.
Find the truth, you'll find the love,
Like a gentle whisper from above.
The universe, it speaks softly,
Within you lies the love, oh can't you see?

(Outro)

So ponder, dear friend, on this road that we walk,
With every step taken, let your heart talk.
For in the end, we'll discover anew,
True love and truth have been waiting for you.

Visitor

We are all visitors to this beautiful planet.
We come into this world.
We visit for a short while.
And then we leave.
Our lifespan is really a blink of an eye in eternity.
It seems like when we are young we live forever.
The older you get you truly see how precious life is.
It seems like deep down inside you know when the game is up.
Life is so precious.
Where did yesterday go?
Is this life a game of hide and seek?
All the answers lie inside of ourselves.
Yet we constantly look outside of ourselves.
Look I'm not here to badger you.
I'm not here to convince you.
I'm not here to convert you.
The truth doesn't need conversion or convincing.
The truth just exists inside of you.
You are the universe.
You just don't know it.
These are not just words.
Ask the modern physicist.
He will talk about quantum energy.
Both the mystic and the physicist are talking about the same thing.
They have just different angles to see the picture.
They are both talking about the same coin in life.
So you are a visitor.
Where did you come from?
Where is your true home?
These are the questions you should ask yourself.
This life is so short in the eyes of eternity.
Yet we go on merrily on our way.
Ponder this over.
Life is precious.
Know why you are alive.
You can solve this puzzle.
You are a visitor on this earth.

Song Visitor

(Verse 1)

We're all just visitors, on this beautiful land,
Stepping into the light, holding the world in our hands.
A blink in eternity, a moment in time,
Caught in the rhythm of the universe's rhyme.
Oh, when we're young, we think we'll never fade,
But as the years go by, those dreams seem to wane.

(Chorus)

Life is precious, a fleeting dance,
Where did yesterday go, given the chance?
We seek the answers in the stars above,
But the truth is inside, it's the essence of love.

(Verse 2)

Is this life a game of hide and seek?
Chasing shadows, the answers we seek.
Look deep within, there's a light, you'll find,
You are the universe, a spark so divine.
Not here to convince, not here to persuade,
Just sharing the truth, let it light up your way.

(Chorus)

Life is precious, a fleeting dance,
Where did yesterday go, given the chance?
We seek the answers in the stars above,
But the truth is inside, it's the essence of love.

(Bridge)

Ask a physicist, hear the quantum call,
Mystic and science, they're connected after all.
Different angles of a coin, spinning in flight,
You're a visitor here, in the soft evening light.

(Verse 3)

Where did you come from? Where is your true home?
Questions to ponder as we wander and roam.

This life is so short, yet we carry on,
Let's embrace the journey, before it's all gone.

(Chorus)

Life is precious, a fleeting dance,
Where did yesterday go, given the chance?
We seek the answers in the stars above,
But the truth is inside, it's the essence of love.

(Outro)

So cherish each moment, know why you're alive,
In the puzzle of existence, let your spirit thrive.
You're a visitor on this earth, take a breath, make it worth,
Holding kindness and dreams, as we find our way back to the hearth.

Walking On Egg Shells

Walking on eggshells
Have you ever felt that life is walking on eggshells?
At times in each and every moment, you are cautious of the steps you take.
Some people judge your every step.
You have to walk on eggshells around them.
These people are highly critical of themselves and others.
They seem to get delighted in criticizing others.
Yet they never pull their inner weeds.
They probably don't think they have any.
Unfortunately, they are missing out on life.
Why point your one finger towards yourself when you have three fingers pointing
back towards you?
I got that saying many moons ago from a great teacher.
Now we don't want to be a bull in the china shop either.
We have a current President like that.
Our entire nation and world are in upheaval.
Nobody knows what is going on.
We are like a ship without a rudder.
Even our allies are concerned.
They don't know what we stand for anymore.
Amazingly, the kind of damage one person will do.
He has a vendetta against the last president.
So he is trying to unwind the clock and undo everything he did.
Personally, I think our political system needs an entire makeover.
We need fresh blood.
I think young people are better to rule the world.
They have different ideas about life.
They have a fresh perspective.
They aren't in gridlock with one another.
Look the Republicans and Democrats can't work together
They only can see the party line.
They don't know how to compromise.
For so long like now when one is in majority they rule.
They pass laws that are biased against the other side.
In the old days, you would have public hearings for a bill.
Not anymore.
They hold sessions behind closed doors.
Then they vote.

Usually the other side votes against it.
They had no say in the matter.
Ponders these words.
Our system must change.

Song Walking On Egg Shells

** (Verse 1) **

Walking on eggshells, in this life we tread,
Every step a whisper, fear of what's said.
Judged by every move, they're looming near,
Tiptoe around the voices, can't afford to show the fear.

** (Chorus) **

Oh, the critics laugh, but they don't truly see,
Three fingers point back, but they're blind to their own debris.
Caught up in the chaos, we're ships lost at sea,
Yeah, our system needs a change, can't you feel the plea?

** (Verse 2) **

A bull in a china shop, our leaders clash,
Our nation's in turmoil, it's a reckless dance.
Allies look on, confused by our plight,
Wondering who we are, drifting through the night.

** (Chorus) **

Oh, the critics laugh, but they don't truly see,
Three fingers point back, but they're blind to their own debris.
Caught up in the chaos, we're ships lost at sea,
Yeah, our system needs a change, can't you feel the plea?

** (Bridge) **

We need fresh blood, young hearts to lead,
With open minds and ideas to plant the seed.
No more gridlock, let's break down the walls,
Republicans and Democrats, hear the people's call.

** (Verse 3) **

Once we had the hearings, the voices of the crowd,
Now it's secret sessions, and they push us down.
Vote behind closed doors, the other side in strife,
No say in the matter, just a shadow of life.

** (Chorus) **

Oh, the critics laugh, but they don't truly see,

Three fingers point back, but they're blind to their own debris.
Caught up in the chaos, we're ships lost at sea,
Yeah, our system needs a change, can't you feel the plea?

****(Outro)****

So ponder these words, let's ignite the flame,
A revolution of thought, nothing stays the same.
We'll rise up together, refuse to play small,
In the name of change, let's answer the call.