

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.

At the speed of light

Fletcher Soul Traveler



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## Love

Love.  
What is love?  
You can talk about love for eternity.  
Imagine describing a mango.  
It has all different colors.  
It has many different sizes.  
It can be sweet and sour.  
Yet a young child can pick up a mango and say yep that's a mango.  
Only be eating a mango will you understand.  
The entire universe is created by love.  
This is your true nature.  
The world needs love sweet love.  
How true that is today.  
Love is the foundation for life.  
We all yearn for it.  
We all strive for it.  
We search for it externally.  
It is quite elusive.  
At times we think we found it but it soon disappears into the night.  
When I was in India in many of the temples were signs saying the following.  
God is love.  
Love is God.  
Now that truly resonates with me.  
God is love.  
Love is God.  
God lies inside of ourselves.  
God is hidden.  
God wants you to open the door within.  
Only you can do it.  
You have free will.  
The infinite ocean of love dwells in your heart.  
Just one drop of love can fill you up.  
Just one drop can transform your life.  
The kingdom of heaven lies inside of you.  
Ponder this over.

I Feel

I feel the love in my heart.  
I feel gratitude in my life.  
I feel compassion for my fellow man.  
I feel hope for the future.  
I feel kindness towards all.  
I feel patience is stirring inside.  
I feel tolerance towards my fellow man.  
I feel the bliss within.  
I feel day by day the weeds are being pulled within.  
I feel this journey of life is a blessing.  
I feel that in each and every moment we can learn from life.  
I feel when you fall down in life it's a grand opportunity to grow.  
I feel two steps forward, one step backward is how we progress.  
I feel the injustices in this world.  
I feel the worries of my fellow man.  
I feel the pain to see such poverty on this planet.  
I feel such happiness to set a child laugh.  
I feel such harmony listening to a beautiful song.  
I feel that God is inside of me.  
I feel that heaven is inside of me.  
I feel that the universe is alive.  
I feel beauty all around me.  
I feel the light basking inside of me.  
I feel the vibration of love all around me.  
I feel that God does not judge us.  
I feel that God is kind.  
I feel that the dawning of man is heard.  
I feel that a new beginning is occurring.  
I feel mankind will soon become a kind man.  
I feel that mankind can change.  
I feel mankind will drop anger, power, war, and greed.  
I feel mankind will truly reflect the God within.  
I feel science and religion will show us the way.  
I feel that man may learn to truly listen to one another.  
I feel that we can have respect for one another.  
I feel that man can learn how to compromise.  
I feel that mankind can be united.  
Ponder this over.  
A brand new day is here.

You are a piece f this puzzle.

## Mary Beth Jackson Lovett

I must admit I didn't know Mary Beth very well.  
We didn't hang out together.  
Yet she had a heart of gold.  
One of my favorite moments was on top of a mountain.  
A snowstorm was taking place.  
Inside of the temple, you could hear huge taiko drums reverberating into the night.  
It was a sight to behold.  
Prayers were sent out to around the world.  
Meditation was thick in the air.  
Heaven was on earth.  
Afterwards, sweet fellowship occurred.  
I remembered Mary Beth making and serving chai.  
It was absolutely delicious.  
Now I love chai and this was like liquid gold droplets of love.  
At times Mary Beth told me her precious stories on her journey of life.  
I learned all about Uncle Bob.  
He seemed like quite a character.  
Mary Beth loved her uncle.  
To be honest I didn't see a broken bone in her body.  
She loved to meditate.  
You could see it in her eyes.  
She cared for humanity.  
Mary Beth didn't boast about her experiences.  
She just shined like the sun.  
She had nothing to prove.  
I haven't seen Mary Lou for probably a good 10 years.  
I learned of her passing a few days ago.  
Memories never die.  
Yes, the physical dies but the soul lives forever.  
I believe we are all shooting stars.  
When we leave this body we become stardust.  
Mary Lou exists inside of us.  
I can still see her smiling face dancing into the night.  
Life is precious.  
Someday Mary Lou will appear on the scene.  
She will just have a different body.  
For now, she is dancing with her master.

## A Confused Baby

Can you imagine that you came from the universe before you were born?  
You come into this world slightly confused.  
You have this brand new body which has to learn all about this world.  
Yet your awareness is beyond the stars.  
You know who you are.  
The parents of the child see such wisdom in the eyes of the child.  
Over time you slowly forget your true nature.  
Society tells you to stop day dreaming.  
Stop talking to your imaginary friends.  
You're in the clouds.  
We get trained to forget our true nature.  
No wonder we get confused in our life.  
We came from God.  
The world tells us don't believe in any imaginary stuff.  
Yet then they say search for God by reading the holy books.  
No wonder people give up in their search.  
Many people never start.  
We were told from the beginning not to trust ourselves.  
We were told to ignore our true nature.  
Remember you are never alone.  
The universe knows who you are.

## A Man May Be The Ruler Of This World

A man may be the ruler of this world and may conquer all of the lands.

He may be rich beyond belief.

Yet a man who has no material riches but knows the secret of the universe is truly  
the rich man.



## A Man Who Knows His True Home

A man who knows his true home has no enemies.

Christ considered all the world as family.

He had many enemies.

Yet in his eyes they were family.

A man who knows his true home is never alone.

He is the universe.

He is totally free.

He is patient.

He is kind.

He is full of compassion.

He is full of love.

He is beyond time and space.

Mark my words he let negativity behind.

He dropped his emotional baggage.

Ponder this over.

Are you missing something?

You can solve this riddle.

## Adapt

The definition for adapt is make (something) suitable for a new use or purpose;  
modify.

All the great mystics have talked about this.

You have the opportunity to tune into the universe inside of you.

It already exists.

This is your true nature.

You just need to adapt to this new wisdom.

Take it to heart.

Your body is hard-wired for this experience.

The more you adapt yourself to this realization the more it will pay off.

You are an incredible diamond.



## Adventure

The definition of adventure is the following.  
Engage in hazardous and exciting activity, especially the exploration of unknown territory.

I remember as a kid I took a yoga class.  
At the time yoga was unknown in America.  
Yoga was around during the late 1800's yet the majority of the population thought it was on the fringe.

It was definitely an unknown territory.  
This love for adventure took me all over the world.  
With a surfboard in my hand, a backpack on my back and a yearning to discover my true nature I was off.

I had quite the adventure.  
I learned the greatest adventure lied inside.  
This is truly unknown territory.  
You can live anywhere and have a simple life but by exploring your true nature is the adventure of a life time.

Lock a person up and put them in solitaire confinement and see what happens.

The greatest adventure is to tame your mind.  
That is probably the most difficult thing to do.  
Mystics have talked about this for thousands of years.

Today yoga is mainstream.  
Millions of people practice it.  
Maybe something is going on.  
We are slowly learning more about life.



## Afghanistan

I was in Afghanistan during the seventies.  
It was a wild place.  
For the first time in my life, I could see the world 2 thousand years ago.  
The people have hearts of gold.  
You just don't want to cross them.  
Ask the Russians and the Americans.  
Tribes have tried to conquer them ever since Genghis Khan.  
The Khyber Pass is one of the highest passes in the world.  
Imagine flying down a mountain in a bus with no guard rails.  
Each bus had their own unique temple of God.  
I'm so glad I saw this place before the wars started.  
The only way in is you probably have to be a soldier.

## Amnesty

Stand up for your human rights?

The world needs decency.

We need governments to support human rights.

Fortunately, there are organizations, which strive for human rights for all.

We must support them.

This is our basic human right.

Some many governments are built on tyranny.

The people have no rights.

Let's support human rights.

It's up to each one of us to change.

Stand up.

Stand up for your human rights.

## Anthrax

Why should our soldiers have to take Anthrax?

There are side effects.

If you don't take it you are forced to retire and leave.

Our government says that it has no side effects.

No side effects mean no side effects.

They said the same thing about Agent Orange.

It had no side effects.

Yet thousands of soldiers and their newborn babies were affected.

Our government needs, to tell the truth.

They can't shoot from the hip.

Thousands of soldiers are being affected.



## At The Speed Of Light

Our rockets are like Junkers in the sky.

Chug, chug, chug

We can go around 18,000 miles per hour.

We think we go so fast.

Yet even if we go 180,000 miles per second it would take a long time to get to the  
nearest star.

How can we truly explore space?

Can you imagine an advanced civilization that in a blink of an eye can be  
anywhere in the universe?

How's that for time travel?

Beyond time and space.

In the quantum world, there is no A to B.

Travel is not linear.

We have a lot to discover.