

Contents

Merry Christmas	3
Metaphors	
Michelle Obama Interview	
Mom	6
My Grandmother Josie	7
My High School Poetry Teacher	
My Twin Brother	
Normally	10
Not A Fan Of Trump	
Obstacles	

Merry Christmas

Merry Christmas!!!

Today we celebrate the birth of a great master.

During his days on earth, he helped humanity to discover the God within.

The kingdom of heaven lies within.

He showed the way.

He was a perfect example of his father.

He exemplifies Love, Peace, Tolerance and Compassion.

He showed the way to discover these gifts inside of us.

His body may have left us over 2000 years ago.

His spirit is a part of us.

It never left us.

Look into your heart to solve this riddle.

Metaphors

When I was young I really didn't understand metaphors.

When I start to meditate I began to understand.

How can you talk about the infinite?

No words can truly express the experience.

Metaphors are the means to try to express the truth within.

They point the way inside of your heart.

Over time they become a part of your life.

It's like you have something which describes something which words can't express.

Yet the metaphor over time transcends and you understand the true meaning. It's like a Zen Koan.

You can't solve it with your rational mind.

The answer is beyond your mind.

We are all trying to discover our true nature.

The wise men have used metaphors to convey the truth within.

Michelle Obama Interview

Last night Oprah gave Michelle Obama her last interview in the white house. I really loved it.

She had such love, patience, and compassion.

Oprah asked 'What allowed you to stand in your own truth and find your way'?

'Being a grown-up,' Obama replies.

She is extremely mature and full of wisdom.

Over the past 8 years, so many people have thrown her garbage.

She has learned the truth that turns the other cheek.

She says 'When they go low, we go high'

This is exactly what the great masters taught.

She has served her country with dignity and respect.

She said the Obamas will help out President Trump and his family in the transition and beyond.

I think as American we should take a look at their legacy and be proud.

I know I am.

Mom

My mom is like my best friend.

It hasn't always been that way.

She has always supported me, even when it was against her wishes.

During my twenties, I didn't see too much of my mom.

I was traveling throughout the world.

I got the traveling bug from my mom.

She loves adventure.

As a kid, she would inspire me.

I love different countries, places, and things.

Mom

I love you.

A part of you resides in me.

Throughout the years you have been there, always supporting me.

You have seen me through thick and thin.

You have seen all the different sides of me.

Yet I know you love me.

How secure that makes me feel.

Mom

Thank you for being my friend.

I can say anything to you.

You will listen.

I love you.

My Grandmother Josie

My grandmother Josie taught me about the love of God.

Whenever we saw each other she would say God loves you.

My brother and I would giggle with delight.

She looked like Mrs. Santa Claus.

Her laughter filled the air.

It seemed she didn't have a care in this world.

She loved life and life loved her.

She will always be an inspiration to me.

I have a seaside painting in my house that she painted.

It reminds me of the times walking along the beach.

I love you, Grandmother Josie.

My High School Poetry Teacher

When I was in high school, I took poetry.

I had an incredible teacher.

She inspired me.

We read from many different poets.

I learned about the power of words.

The poetic reflects human life.

His soul is on fire.

Life is passionate.

The poet words have meanings.

The poet teaches us how to listen.

The poet says we are all poets.

We have simply forgotten.

We speak at a surface level.

Throughout time the poets have been here.

They reflect our needs.

My Twin Brother

My twin brother John.
John is my best friend.
He has always been there for me.
In the thick and thin.
We are on the same path in this journey of life.

We have spent most of our life going within.

We have our struggles in life.

Life is not easy.

I'm sure you will say the same thing.
Yet with all this pounding we take we come out to the other side.
We know the God within.

Not the complete picture yet we have a beautiful experience. My brother taught me patience in so many different ways.

His yearning for God is endless. He has a great love for humanity. Inside he knows humans have a great heart. The mirror is just full of dust.

Normally

Normally out in the world, I would not talk like this.

I'm like a chameleon.

I like to blend in.

I'm not here to convert the world.

The world doesn't need converting.

Normally I like to be myself.

I have nothing to hide.

I have nothing to prove.

I try to be like the sun in the sky.

Just shine.

People get angry if you preach.
This message needs no preaching.
If you want to hear about it just ask.
You are in control of your own life.
You are mature enough to find out.

Not A Fan Of Trump

I'm not a fan of Donald Trump.
Yet he won the election fair and square.
Even if the Russians did hack the DNC.
Let's give his administration a chance.
We judge him ever before he got into office.
He won the electoral vote.
Some of his policies I like while others I do not.
We elected him.
Americans are fed up.
Politicians spew words and the majority of time don't deliver.

I'm hoping and praying that he will make a difference.

Obstacles

We create our own obstacles.
Humanity gets caught in its own web.
We are running in circles.
Have we learned from the past?
Do we still need to have wars?
Fighting should be a thing of the past.
It will be soon one day.
We all need to cut the negativity within.
With the sword of love, we can overcome all obstacles.
The universe is cheering us on.
There is so much going on behind the scenes.
Mankind will establish peace on earth.
Mark my word.
We all want peace on earth.
This is our true state.