

Politics Hold Your Emotions



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## Politics Hold Your Emotions

When it comes to politics hold your emotions.  
Don't spew anger.  
Be tolerant towards the other side.  
Be calm.  
Be united.  
Look at both sides of the issue.  
Don't sink to the level of your opponent.  
That may be difficult.  
You can do it.  
Merge your ethics and actions together.  
Don't speak whatever comes to your mind.  
Stop look and listen.  
There is an art to holding back your anger.  
Unfortunately, we are throwing stones at each other.  
In order to change America, we must be united.  
We must become one regardless of our points of view.

## Pokemon

My daughter loves to play Pokemon.

Good versus evil.

Do we all play Pokemon in our daily lives?

We size up our characters as good versus evil.

We all have mo

## Practice What You Preach

Practice what you preach.  
How many times have we heard this expression?  
Yet does man truly follow it?  
The world would be different.  
Harmony would reside.  
We would accept all people, races, and colors.  
Man would rejoice that we're all different yet the same.  
It all begins with practice 'what you preach'.

## President

I admit I'm a little confused.  
In olden time a president would be thrown out of office saying such things.  
I can grab women by the pussy and get away with it.  
I can shoot someone in the street and nobody would care, they would still vote for  
me.  
Let's build a giant wall and Mexico will help build it.  
No more Muslims will be allowed into our country.  
Let's put Hillary into prison.  
The list goes on and on.  
Yet America voted for him.  
Have we lost our morals?  
We know the system is broken.  
Both parties have lost touch with the common American.  
A president used to be dignified.  
Your fired is coming your way.

## President Obama

I love President Obama.  
In my eyes, he did an incredible job.  
Many of my friends despised him.  
To be truthful I think they are racist.  
I feel that Obama put his body, mind, heart and soul into his job.  
He had to make many difficult decisions.  
He got a lot done despite congress saying they would go against him all along the  
way.  
They complained when he used executive orders.  
How else do you think he could get his job done?  
The Republicans criticize him every step of the way.  
He and his wife kept their composure.  
There were no scandals on board his watch.  
I feel he was a man of dignity.  
Time will tell what Americans think.

## Rainy Day

It's a rainy day and I'm on the bus.  
How beautiful is the rain?  
I love the sound of the pithier patter of the rain.  
Raindrops explode on the windshield.  
The driver gets hypnotized by the windshield wipers.  
How soothing is the rain?  
Nature drinks it all in, while humans complain.  
The trees appear to be a brighter green.  
The air truly is fresh.  
My mind is totally relaxed



## Respect

Respect all religions.  
They are all talking about the same thing.  
They may have different points of view.  
That's life.  
Each one has a different spark behind it.  
Yet all the sparks are of universal love.  
Don't mock another religion.  
It may be different for you.  
If you lived in that area you would probably be that religion.  
You would mock the religion you were.  
Don't let areas where you are born to make you prejudice towards another belief.  
All the great masters have said be tolerant.  
Be kind.  
Love your fellow man.  
Respect all life.  
Ponder this riddle.

## Rest In Peace

We all say rest in peace when someone has died.

Yes, in fact, they do return home.

They become the universe.

Yet how about RIP when we are alive?

Is that a novel concept?

Is that even possible?

The answer is yes.

Peace lies inside of you.

It is your true nature.

Discover peace within.

## Richie RIP

My dear friend Richie died a few days ago.  
I haven't seen him in over 30 years.  
He was a great singer.  
He loves to meditate.  
Combine these two and he sang like an Angel.  
He could lite up an auditorium when he sang.  
Richie was humble.  
There was no aura of look how great I am.  
He just loved to sing.  
Richie and I worked together for a few years.  
We would laugh and tell stories while we worked.  
Even after all this time, I feel our friendship will never go away.  
Rest in peace Richie.  
May you sing forever !!!

