

The Caterpillar 2017+



I hope that you stop and reflect on these poems. They are meant to ponder over and to ask yourself some basic questions about life. I sincerely hope that they will trigger a longing inside to search for the diamond that exists inside of you.

I wish to offer my humble gratitude to my brother John. John did all the music for this CD I believe that poetry and music together can enhance the poetic experience. It adds an extra layer of emotion. Unfortunately, in America, poetry has taken a back seat in our culture. Let's bring back the power of the spoken word.

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Flow With The River Of Life

Flow with the river of life.

Don't try to swim upstream.

You will waste a lot of energy that way.

You will get frustrated and tired.

Build yourself a raft.

Make sure that you also build a rudder.

This will allow you to control where you want your raft to go.

If you simply build a raft without a rudder you will have no control.

The raft will go where the currents go.

Flow with this life.

Yet with your inner rudder guide your raft to capture your dreams.

To accomplish your dreams, it takes your raft and you using the rudder to get there.

Get Off The Fence

It's time to get off the fence.

You can't be wishy-washy anymore.

You have to take one side or the other.

Side one is the old energy of this world.

Anger, war, frustration, conquer, greed and power

Man has lived in these energies for thousands of years.

Side two is the new energies.

Kindness, compassion, love, tolerance, and patience.

Which do you choose?

It should be a no-brainer.

Do you want peace on earth or the Armageddon?

By the way, God won't save us from destruction.

Man has to save himself.

Healthy Reminders

These poems are healthy reminders.
You may say I write them for myself.
I'm more than willing to share them.
It's like every poem has a meaning and purpose.
They ask many different questions.
They will stretch the mind.
It's so beautiful to sit still and listen.
From the well within words arise.
You will never know what is going to come up.
The well only contains hope for mankind.
The words make you think.
The words make you ponder.
The words contain salt which helps you become thirsty.
These are healthy reminders.
These words don't judge or condemn you.
Words are to help you discover your true nature.

How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

Never Put Off Tomorrow What You Can Do Today

Never put off tomorrow what you can do today.

Tomorrow may never come.

Someday it won't, the day we die.

We tend to put things off.

We cram the night before for a huge exam.

We put off paying our bills.

Tomorrow I can play with my kids.

The kids are getting older and still you are saying the same thing.

Take a look at the things you are postponing.

Is it worth it?

You didn't come to this planet to only work.

Play daily with your children while you have a chance.

Perfect Timing

When you take off on a huge wave it takes perfect timing.

If you are off a little on your timing consequence will take place.

Everything we do takes timing.

I have created software that has been ahead of its time.

I even had awards because of that.

Yet the timing was off.

Nobody was interested.

Today searching for a house is so common on the internet.

A person who is truly engaged in discovering his true nature learns the following.

Learn to be in the now.

Beyond time and space.

As much as you can try to be in quantum space.

All the past, present, and future are fused in the newness of life.

This state will bring you perfect timing.

You will be at the perfect place at the perfect time.

This is our true nature.

Stuck In Life

If you ever felt stuck in life.

The wheels are churning.

I can't seem to get out of this rut.

Have you ever gotten up from sleeping and the whole day is downward from then
on?

Have you ever felt I'm alone?

You are never alone.

You are always supported.

The great masters have talked about the ways to ponder the meaning of life.

The kingdom of heaven lies inside.

You can solve this riddle.

The Caterpillar

The caterpillar comes into this world and eats the leaves of life.
It learns to eat so it won't be hungry.
This is his mission.
To carry on his species.
He has no idea that in reality, he is a butterfly.
There is a point in time when the caterpillar starts building a cocoon.
He doesn't know why.
He follows his own instinct.
There is a point where he is dormant for a while.
Time passes by.
One day an incredible butterfly emerges.
The caterpillar finds his true nature.
Ponder these words.
You are a butterfly.

Tune Your Mind

The mind is like a tuning fork.

Whatever you focus on it vibrates at that frequency.

If you are angry your mind will be angry.

If you are sad your mind will be sad.

If you are happy your mind will be happy.

Notice all these states usually come from external sources.

Our state of mind comes from the external.

None of these states are permanent.

Our emotions blow in the wind.

Yet all the great masters have said.

The kingdom of heaven lies within.

Focus your mind on the divine.

There lies the power of love.

The more you focus on it the more you become.

Your happiness over time goes within.

You have discovered the source of all.

It has always been there.

We Are The Transformers

We are the transformers.

We are discovering the light inside and dispelling the darkness inside.

We are dropping old negative energies.

Who needs them anyway?

This planet has been through much hardship.

Be kind.

This is a major transformation.

Be respectful of all genders.

Don't be macho.

Your ego is getting inflated.

Discover your true nature.

Become a balanced human being.

You have nothing to prove.

The sun just shines in the sky.

It doesn't say hey look at me.

We are the transformers.

Would you like to join us?

You can solve this puzzle.

Why Weren't We Taught Where To Look For God?

Why weren't we taught where to look for God?

Good question.

Why were we taught that to see God you must die?

You can't see God while you are alive.

Only the saints can communicate with God.

Why were we taught that you need an intermediary between you and God?

You aren't good enough only the priest can pass on the message.

Why were we taught that we are born sinners?

If we came directly from God how could we be born a sinner?

Why were we taught there is a hell?

The only hell exists in man's mind.

Why were we taught that God judges us?

God does not judge.

We judge one another.

All the great masters have said the same thing.

The kingdom of heaven lies within.

It seems like the same message has been changed along the way.