

Poems By Richard 9

2013-2015

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

Where Are You Going My Friend? .....	4
The Spark Of The Divine.....	5
Friends.....	6
Hello Hello .....	7
Mankind .....	8
The Afterlife.....	9
Books.....	10
Waves Breaking Upon The Shore.....	11
The Sweet Spot .....	12
Mother’s Little Helpers .....	13
Questions.....	14
Ponder It Over.....	15
Eons.....	16
The Journey .....	17
To Solve A Problem.....	18
Gossip.....	19
Goodie Two Shoes .....	20
Converting.....	21
Respect .....	22
Does The Shoe Fit? .....	23
Help Is Already There.....	24
Take Off Your Mask .....	25
I Like The Wine That I Have Been Become .....	26
Passages Of Time.....	27
Prison.....	28
Guru.....	29
The Wheel Of Life .....	30
Brainwash.....	31
Light Your Candle .....	32
The Peace Bomb .....	33
The Calculator.....	34
Cross The Bridge .....	35
The Bottle Of Water.....	36
A Man Who Knows His True Home .....	37
Heaven Moves With Me .....	38
I Love The Magic.....	39
Your Best Friends .....	40
A Smile Can Change Your World .....	41
We Are Family.....	42

Which Calendar Should I Use?.....	43
Happy New Year.....	44
Time .....	45
Be Mature.....	46
Hey You Are A Radical.....	47
Healthy Reminders.....	48
Balance Is The Key To Life.....	49
If I Showed You A Map.....	50
The Field Ripples Everywhere.....	51
The Caterpillar .....	52
Be Centered.....	53
Is There A Mission In Life?.....	54
Play Your Part.....	55
Harmony.....	56
Get Off The Fence.....	57
The World Is A Little More Kinder.....	58
Guides .....	59
I Just Can't Believe It.....	60
Trust .....	61
Let Go.....	62
You Are Magnificent .....	63
Same Face .....	64
Normally .....	65
Tune Your Mind.....	66
Why Weren't We Taught Where To Look For God?.....	67
Impersonal God.....	68
I Am Guided.....	69
The Universe Is Your Family .....	70
Stuck In Life.....	71
Shower Of Love.....	72

## Where Are You Going, My Friend?

Where are you going, my friend?

This life is so precious.

There can be many rocky roads in life.

We are always watching over you.

You are never alone.

It just seems that way.

We are not here to judge you or condone you.

We are here to love you.

We are here to support you on this journey of life.

We are here to tell you that you are eternal.

You are magnificent.

You are the universe.

Discover your true essence inside.

## The Spark Of The Divine

Everyone contains the spark of the divine.

Have you ever been to a concert?

There is a certain moment where you can see the spark of the divine in the entire audience.

Everyone is filled with love.

Eyes are sparkling like diamonds.

This is our true nature.

The spark of the divine lies inside of us.

How would you like that spark to turn into a bonfire of love?

The more you focus on the spark inside the greater the spark becomes.

Kindle the spark with twigs of love and eventually, a fire appears.

You were custom made to realize the fire within.

You have always had this hidden in your heart.

This love will help you to drop all negatively.

It takes work.

I knew you knew that.

You can solve this riddle.

## Friends

On this journey of life, we develop many friendships.

We develop such a great connection that the bond can't be broken.

Some of my friends have died.

Yet the memories of them never go away.

Some of my friends I haven't seen in over 30 years.

I can call them over the telephone and the conversation will pick up as it was  
yesterday.

As friends, we support one another.

We love one another.

We all have our ups and downs on this journey.

We may have different points of views.

It doesn't matter.

A friendship can't dissolve because of what you think.

Friendships respect each other.

The older we get I value friendships more deeply in my life.

Hello Hello

Hello Hello

My wife loves when I came home and say those words.

There is something hidden behind the words.

Life is good.

This is an incredible journey.

There are no problems just peace of mind.

Everything is all right.

I love to meditate.

Wow, I'm alive.

I see the light in you.

How lucky am I to be with you?

I love you.

All of these are contained within the words Hello Hello.

Isn't life grand?

## Mankind

I love mankind.

I know it appears there are a few rotten apples.

But they also have the divine inside.

I have been all over the world.

People truly care for one another.

While in India many times the poor people would invite you for a meal.

They didn't have much but the food was fit for a king.

So much love was put into it.

On my travels, I saw we have the same dreams.

We want our children to be happy.

We want food and shelter.

We want decent health care and a decent job.

We want to pay our bills and not to worry.

Mankind just wants to live a simple life and care about each other.

We understand we are all created equal in the eyes of God.

It doesn't matter our religion.

Deep down we know the oneness.

## The Afterlife

There was a recent study that said 97% of the people on earth believe in an afterlife.

When I was a kid I pondered this.

Many people said when you die your body returns to the earth and your consciousness dies.

That's the end of you.

Since then I have a different point of view.

You are eternal.

You are the universe.

Before you were born you were one with God.

We came into this world and over time we forget our true nature.

When our journey on this planet ends we return back to the source.

We become the universe.

All the great masters have said you have the opportunity to discover your true home while you are alive.

Isn't that incredible?

I hope we are putting salt into your food.

We would like for you to get thirsty.

The answers lie within.

## Books

I love to read.

I have many books.

They inspire me to become a better person.

Yet a book may talk about the truth.

But it is not the truth.

A book may inspire us to find the truth.

The truth lies inside of us.

It takes effort to unravel the string we have spun in our life.

We have become tangled.

Books will talk about the way to God.

Our effort to dive inside will reveal our true nature.

All the tools for self-discovery lie inside.

A book may give you inspiration along the way.

But a book is talking about a mango.

Once you eat a mango you understand what a mango is.

You can solve this riddle.

## Waves Breaking Upon The Shore

I love watching waves breaking upon the shore.

There is something so captivating about it.

The mind becomes mesmerized.

It's like a hypnotic state.

The mind relaxes.

A great feeling of peace.

The ocean becomes a part of you.

The ocean is alive.

It knows your name.

We have forgotten our relationship with GAIA.

Next time you are near the ocean look at the beauty.

Turn off your cell phone.

Relax sitting on your beach chair.

Be aware of the waves breaking upon the shore.

Nature is talking to you.

## The Sweet Spot

We are all looking for the sweet spot.

This is a place where we are co-creators with God.

We become his partner.

Now difficulties may come our way.

We use these difficulties as a game in life.

The sweet spot allows us to enjoy this game of life.

It's like a video game.

We love going to a higher level.

We want more challenges.

The sweet spot allows us to go to higher levels and be challenged.

It seems we are in harmony with life.

Christ taught about the sweet spot.

All the great masters taught about the sweet spot.

The kingdom of heaven lies within.

The sweet spot is an awareness where you experience the love of God.

You are connected to your higher self.

You become a partner of God.

## Mother's Little Helpers

We are oblivious to Mother's little helpers in our life.

We are so distracted.

Man is lost in his cell phone.

We take everything for granted.

Did you know that without the magnetics on earth we would die?

This is Mother's little helpers.

Your DNA is magnetic.

Do we even care?

We are lost in our daily affairs.

Your DNA contains 97% quantum energy.

Another Mother's little helper.

Your entire history of your journeys on earth is in your DNA.

How would you like to discover this?

Another Mother's little helper.

Helpers are everywhere in our life.

Open up your heart.

You can solve this riddle.

## Questions

Here are some basic questions to ask yourself.

Who am I?

Where did I come from?

Where will I go when I die?

Is there a purpose to life?

What is keeping me alive?

Where is God?

Ponder this for a while.

These answers lie within.

## Ponder It Over

To ponder it over means to think it over.

When I was young I didn't truly understand the concept of pondering it over.

I would say let's get to the facts.

We can brush it over.

Yet pondering makes the mind go within.

It helps connect us to our higher selves.

It enables us to connect where we can be open.

To ponder something over is to stir the pot.

When the soup settles the answer comes to the surface.

Pondering is a way to connect to something far greater than yourself.

Have we forgotten why we should ponder in our life?

If so why?

Are we so distracted in our daily affairs?

We miss out.

We have forgotten our true nature.

## Eons

Did you know you have been around for eons?

You were never created and you will never die.

You are the universe.

You are the sun, moon, and stars.

You are kind.

You are compassion.

You are patient.

You are love.

You are a creative force.

You are on an incredible journey.

You have an incredible mission to perform.

You are never alone.

You are family.

You can solve this puzzle.

## The Journey

We are all on an incredible journey.

Just think we are never judged by the creator.

The goal of this journey is to find our true nature.

It is to transform ourselves from darkness to light.

We come and go and each time we learn more about ourselves.

We learn slowly to conquer our fears.

We learn slowly to overcome our anger.

We learn slowly to let go of our negative emotions.

It doesn't matter who you are we are all on this journey.

When we die we go back to the source.

A grand party is held in our honor.

You go back home to your family.

You are born again and you continue your life's lessons.

This cycle will continue forever.

You may even continue your journey somewhere else.

You weren't only alive on this planet.

Remember you have been alive forever.

Ponder this riddle.

It's truly something to think about.

You can solve this riddle.

## To Solve A Problem

To solve a problem with another being takes patience.

You can't solve something that has been simmering for years.

You must be tolerant with one another.

You must place yourself in the others person shoes and see his point of view.

That's not easy.

You can't convince someone on your point of view.

You can't convert someone either.

Both sides have to compromise.

It must be a win-win for both sides.

This way no one will be bitter.

Bitterness is a seed which will foster conflict in the future.

The goal is to solve the problem and then forgive the other side.

You don't forget you forgive.

Big difference.

The more emotional mature we become it will be easier to solve problems.

We are still at a kindergarten state.

The great masters were at a college level.

They taught that we can be too.

Go inside and solve this riddle.

Ponder the meaning of this.

## Gossip

We love to hear gossip.

We are addictive to it.

We watch it daily on our TV.

The public loves to hear about scandals.

Wow did you hear about that?

What is it in our being that we love to hear negatively about a person's life?

Why do we like tearing someone apart?

God does not gossip or judge us.

God doesn't say hey Richard you blew it and then tell the universe.

Gossip is another form of the dark side energy.

We need to let it go.

It does not serve us.

It may entertain us but it reinforces the darkness inside of us.

You must be tolerant for our fellow man.

We must have compassion.

If someone falls down in life we should pick them up.

We should support them.

The world would be in a better place.

## Goodie Two Shoes

The definition of a goody two shoes is a person who always does everything right and always follows the rules, so much so that it becomes annoying.

Christ was not a goodie two shoes.

He would be considered a radical today.

He taught about love which many people didn't accept his message.

Even today.

He taught the kingdom of heaven lies within.

He did not start a religion.

Man did.

He taught humanity to look inside to discover their true nature.

These poems may seem to reflect a goodie two shoes nature.

But they are radical in nature.

The most radical thing is to discover who you are.

The world, in general, doesn't have this point of view.

Ponder this puzzle.

All the great masters were radicals.

Many people think they were goodie two shoes.

Boy, they have no idea what they were talking about?

## Converting

In many religions today you have to convert.

You have to give up your old ways.

Many times you aren't ready.

Many times because you aren't ready you don't convert.

Did you know the true doesn't need converting?

You are the truth.

Yet you don't know it.

You are the universe.

You just don't know it.

How can you convert to something what you already are?

Ponder this message.

Discover your true nature.

You can solve this riddle.

## 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.

## Does The Shoe Fit?

Does the shoe fit?

Do these poems make you say I like that?

Do they make you say that's a good question?

I'll ponder and think that one over.

Do these poems give you hope?

You are never alone.

Do these poems help you to ask the right questions?

Do these poems help you to find your way?

Do these poems help you to discover the God within?

Do these poems help you to find which direction is your true essence?

Does the shoe fit?

You decide.

## Help Is Already There

Did you know that even before you need help, help is already there?

At times it can't change the situation.

But it will provide you with someone who truly cares for you.

There is a part of you that is family on the other side.

They are always watching over you.

This is the truth.

You have a family that is eternal.

You have simply forgotten.

Your family protects you.

How would you like to be in contact with your spiritual family?

You can.

Discover your true family by looking within.

You can solve this riddle.

## Take Off Your Mask

We come into this world knowing we are the universe.

Over time we have forgotten our true nature.

We create masks to reflect who we think we are.

Over time we play stupid games with one another.

My mask is better than yours.

I'm declaring war on you.

I don't like your mask.

I going to gossip about you.

I like your mask.

I'm still going to gossip about you.

The great masters have said take off your mask.

Discover your true nature.

Remember who you were before you were born.

## I Like The Wine That I Have become

I like the wine that I have become.

I started out as grapes a long time ago.

I started looking inside many years ago.

My ego was crushed time and time again.

Life crushed the grapes.

It was a great learning experience.

I'm always learning.

As we age we can become like fine wine.

We have weathered many storms.

Our skin may be weathered yet our soul is still young.

We are eternal.

I'm at peace with myself.

That is a great feeling.

## Passages Of Time

Passage of time.

Time seems to just be passing by.

I remember in third grade the summer vacation seemed like an eternity.

Today the years is just passing by.

2017 is only a few days away.

Yet it seems like 2016 has just started.

Is it true the older you get the faster time flies?

It sure seems that way.

It seems just like yesterday I caught a wave for the first time.

I caught my first kiss.

Everything is captured in time.

It's like and every moment we freeze the moment we are in.

We can recall these fragments well into the future.

Look at the adventure you are on.

Realize your life is precious.

## Prison

A man may be in prison and yet be totally be free.

A man may be free yet may live in the prison of his mind.

What makes us truly be free?

The master has said discover your true nature.

The truth shall set you free.

When I first learned how to meditate it was difficult.

I learned real quickly that I lived in a prison.

I was confined.

I didn't know how to control my mind.

In order to go out of your prison, it takes effort.

The hardest thing in the universe is to conquer the mind.

Yes, the journey is hard but the results are awesome.

Ponder this riddle.

Find out who you truly are.

## Guru

A Guru is one who takes you from darkness into the light.

There are many Guru's alive today.

Did you know that you are a guru?

Your goal is to take transform yourself from darkness into light.

The kingdom of heaven lies within.

This means you walk step by step on this journey.

You learn how to be a true master.

All the tools are there.

Only you can discover the diamond within.

The tools may be there yet if you don't use them they are useless.

This journey takes effort.

You are your best friend.

You are the guru.

Ponder this over.

Discover your true nature.

## The Wheel Of Life

Are we like the wheel of life?

We come and go into this world like the spokes on the wheel.

We forget that all the spokes are connected to the center.

We think we are a particular spoke.

We have forgotten our true nature.

Our wheel goes around and round on our journey of life.

We are always supported.

There is a center of the wheel.

The center is home.

You are the universe.

Remember who you truly are.

Ponder the meaning of this message.

## Brainwash

Many people think that reading these poems that I'm brainwashing them.

Well, that is certainly the case.

We are washing the mind.

We are asking questions you have probably never asked yourself.

The mind needs to be crystal clear.

Our minds are muddy.

When we were born they were crystal clear.

Over time we forgot our true nature.

Meditation and prayer is a mean to clean the mind.

It's like taking a shower every day.

We get dirty and a shower fills so good.

The shower of love is medicine to the soul.

This is why the great master said discover your true nature.

Ponder this over.

You can solve this mystery.

## Light Your Candle

Light your candle.

All it takes it a small percentage of humanity to light their candles.

Just one single candle will light up a room.

This room may have been completely dark for thousands of years.

Yet one lite candle will shine in the room.

The darkness is dispelled.

Imagine if the entire world lite their inner candles.

We would have peace on earth.

Yet it only takes a small percentage to change the world.

The light is so much more powerful than the darkness.

Ask the sun in the sky.

It doesn't know darkness.

It simply shines.

Be like the sun and just shine.

You have nothing to prove.

This is your true nature.

You can solve this riddle.

## The Peace Bomb

There is a peace bomb inside of us.

Go ahead and lite up the fuse.

With your intent lite the spark on the fuse.

The fuse will start burning.

It will eventually blow up.

Your negative emotion will blow up

You are igniting a peace bomb.

You are filled up with peace and love.

This is your true nature.

Day by day repeat this process.

It takes effort to mine the diamond within.

One blast won't work.

It's the day by day effort that succeeds in finding the diamond.

This is your true nature.

## The Calculator

We use calculators in our life.

$$2 + 2 = 4$$

Simple.

Yet do we ever calculate the meaning of life?

No matter how grand your life is, is there something you know is missing?

I can't seem to calculate that.

I'm missing some formula.

I have everything and still, something is missing.

There is a simple formula.

You don't have to be a math genius.

All the masters have said to go within.

You are the universe.

You are the great calculator.

The mysteries are hidden within.

Ponder this over.

You can solve this puzzle.

## Cross The Bridge

When we are born we cross the bridge to come into this world.

We remember who we are.

Over time we forget our true nature.

We even forget there is a bridge.

We fell all alone.

We get lost along the way.

When we die we cross the bridge and go back home.

We return to family.

We are the universe.

Well, then why do we forget about this bridge when we are alive?

All the great masters have said discover the bridge within.

You are never alone.

A part of you exists on the other side.

It is watching over you.

You can cross this bridge while alive.

Your life will be incredible.

Ponder this over.

Discover the truth that lies inside.

## The Bottle Of Water

How simply is a bottle of water?

You have a glass bottle and you fill it with water.

When you get thirsty you twist the top off and drink the water.

This will quench your thirst.

You have an inner quench that needs to be satisfied.

You aren't quite yet knowing how to quench it.

You try all sorts of thing external and nothing seems to work.

I know I'm thirsty yet nothing works.

The great masters have said look within the well in your heart.

Open up the lid with your intent.

Drink the water of life.

You will discover your true nature.

Ponder this over.

You know you are thirsty.

How do I quench it?

You can solve this riddle.

## 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.

## Heaven Moves With Me

When I was young my happiness was defined where I was.

I was always happy around the ocean.

At times our family would take a vacation to the mountains.

I was unhappy.

I wanted to be in the ocean.

I couldn't be happy in nature.

When I learned how to meditate many moons ago I learned the following.

Heaven moves with me.

It doesn't matter where you are.

You can be in New York City.

You can be in India.

You can be at work.

You can be paying your bills.

Heaven moves with me.

I always thought who would ever want to live in Kansas?

Well, I live there now.

Heaven moves with me.

Ponder this over.

As Christ said the kingdom of heaven lies within.

## I Love The Magic

I love the magic of writing poems.

You sit still and listen.

After a few moments thoughts arise.

When do they come from?

It's like a constant flow of information.

The information is alive.

It comes deep within your being.

It's like surfing.

You become alive.

The universe is happy.

You are happy.

I'm connecting to my true nature.

Hopefully, the words will inspire you.

We are family.

We are all in this boat together.

As a family we help each other out.

We love to do that on this journey of life.

We are one.

## Your Best Friends

Your best friends lie inside of you.

They are always supporting you.

They act like coaches.

They can never play the game for you.

At times when you feel alone, they have their arms around you.

Yet we don't have eyes to see.

We have forgotten our true nature.

Your best friends are a part of yourself.

You have forgotten who you are.

You are the universe.

We are family.

You are never alone.

Ponder this over.

You can solve this riddle.

## A Smile Can Change Your World

I saw on the news yesterday the following.

An elder man lost his wife and was in mourning.

His wife died 6 months ago.

He couldn't get out of his slump.

A young girl sees him in a grocery store and smiles at him.

She asks him for a hug.

In two seconds flat his miseries go away.

Just one smile and a hug work wonders.

They become friends.

Isn't that amazing?

One smile can change your world.

## We Are Family

We are family.

We are called mankind.

Just think mankind.

Kind man.

That is our true nature.

Maybe all it takes is to reverse the words?

Kind man.

I like that.

Evil converts to live.

Live your life.

Know what is keeping you alive.

We are family.

Make the small changes in your life to discover this.

Ponder this over.

We are family.

## Which Calendar Should I Use?

Which calendar should we use?

You are the universe.

You are eternal.

You were never born and you will never die.

You are beyond time and space.

Which calendar should we use?

There is no time where you are.

All that you know is linear.

We go from point A to B.

Yet your true self is beyond the linear.

Which calendar should I use?

Ponder this over.

It might boggle your mind.

Everything you think about reality may change.

Happy New Year

Happy New Year.

It's 2017.

Add the number up and we get a 10 which equals a 1.

A 1 is a brand new beginning.

Last year was a year of completion.

Your journey of life gives you the opportunity to renew yourself.

If you fell down in life you can pick yourself up, dust off yourself and carry on.

This year is a brand new year for you.

You have the opportunity to embrace the new energies of God.

Kindness, compassion, tolerance and love.

Drop the old.

We don't need anger, frustration, jealousy and greed.

It's time you get off the fence.

This is a new beginning for you.

You choose what you want.

The old or the new.

Ponder this over.

You must make a decision.

## Time

Time is so relative.

It seems like we go in circles.

We are on this train track and it goes around and around.

Man has been fighting for eons.

Have we learned our lessons?

It's like our record is playing the same music over and over.

No wonder some many people had doomsday on their minds.

Well, it will never happen.

There is a brand new album being played.

Kindness is in the air.

Humanity is tired of fighting.

They must be a better way.

We are looking for peaceful solutions.

The times are a changing.

Incredible things lie ahead.

This is probably the greatest time to be alive.

Ponder these words.

You can help change the world.

## Be Mature

Did you know that God wants a mature relationship with you?

You are on equal footings.

You are partners.

God doesn't want to carry all the load.

He doesn't want you to wallow in how bad you are.

He doesn't want you to be sheep which follows on command.

He wants you to take responsibility for your actions.

You can create a healthy relationship.

It takes a new perspective on life.

It takes a new meaning.

It takes you to have a new way of seeing your relationship.

It is time to take it to a new level.

You can do it.

All the tools lie within.

Your whole outlook will change.

You will be much stronger.

Ponder these words.

It's a new perspective that you probably never heard.

## Hey You Are A Radical

Is it radical to say that God wants to be your equal partner?

We were never taught that.

In Sunday school we were taught you were born a sinner.

Only Christ can save you.

Well, imagine every one of us came from God.

We are born.

How can we be sinners when we just came from God?

Also, does God wants us to be sheep?

Are we the crown of creation?

Why are we designed to find God?

We are hardwired for it.

We don't need blind faith.

We are wired to discover our true nature.

God is rooting us on.

This is the greatest game in the universe.

Will man discover his true nature?

Ponder these words.

They go against the grain.

They are radical.

So was the Christ when he was alive.

## 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 the 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.  
You have free choice.  
These words are to help you discover your true nature.

## Balance Is The Key To Life

Did you know that balance is the key to life?  
A person who is fanatical can't see the forest for the trees.  
Even if you are a fanatic for God you can't think properly.

Look at all the religious wars.

My religion is better than yours.

God is on my side only.

God does not take sides.

Man create wars.

God doesn't.

He has never started a war.

By being balance in all areas of your life you develop a healthy relationship with  
God.

You become mature at all levels of your life.

You find your true nature.

Your true nature is balanced.

Look at the great masters.

They were totally balanced.

They said we could also be balanced.

They showed the way.

Ponder these words.

They have an inner meaning.

## If I Showed You A Map

If I showed you a map before Christopher Columbus it didn't have the Americas  
on it.

A map is only good for its present time.

The more we know about the world around us the map changes.

For thousands of years, we carry an old map.

Imagine the Americans aren't on it.

How can we sail home when our map doesn't have our destination on it?

Man is mapping out the universe.

He has named billions of stars.

Yet we haven't developed a new map of self-discovery.

There is a map within.

It is a map to God.

Day by day you can sail your boat back home.

The winds of love are supporting your sails.

This is an incredible journey.

You are sailing home.

## The Field Ripples Everywhere

Did you know there is a field of life that ripples everywhere?

It ripples faster than you can read these words.

It is felt instantaneous all across the universe.

How about that?

We haven't even developed anything near the speed of light.

Yet the field transfers information instantly.

Do you see how your actions affect the universe?

Did you ever ponder that over?

Your anger ripples across the universe.

Is it worth it?

Now is the time to change.

Be kind.

Your kindness will ripple everywhere.

Your light will shine everywhere.

You can be a true beacon.

You have no idea how grand you are.

The universe is rooting you on.

You have a grand part in this play.

You are the main actor.

Ponder these words.

## The Caterpillar

The caterpillar comes into this world and eats the leaves of life.  
It learns to eat so he 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 where 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.

## Be Centered

Be centered.

Especially when the hurricane is all around.

The mind has powerful winds.

If you are centered you will fill the calm.

In all areas of life, people say be centered.

It doesn't matter what sport you play.

The main advice is to center yourself.

Before you take off on a huge wave you better be centered.

Consequences may come your way.

The great masters were experts at being centered.

They showed us the way.

By being centered in your life you will be balanced.

Some call it the zone.

It's a permanent place by the way.

We are struggling to be there.

Ponder these words.

They have meanings.

## Is There A Mission In Life?

Is there a mission in life?

Are we out of the blue just placed here?

Is there a meaning to this life?

We are like a boat that has no rudder.

We wonder around where the tides of change take us.

We are lost and we think we are found.

What a dilemma we are in.

We think we are so smart.

Yet we are running in circles.

The great masters have pointed the way.

They ever told you how to install a rudder.

Open up your toolkit within.

Install the rudder.

You can sail to your destination now.

You have a means to steer your boat.

You are in control.

## Play Your Part

If you want peace on earth, play your part.

If you want people to be kind to you play your part.

If you want your family to love you play your part.

If you want people to like you play your part.

If you want to help somebody play your part.

If you want someone to get elected, play your part.

If you want to change this world play your part.

If you want heaven on earth, play your part.

If you want people to understand you play your part.

You have a part to play in this world.

We need you to play your part.

## Harmony

When we see harmony it makes our heart sing.

Listening to the great bands from the past.

What do we remember?

Great harmonies.

It soothes the soul.

Music from heaven.

We love harmony.

We strive to be in harmony.

Somewhere along the way, we lost it.

We now only get glimpses of it.

What happened?

Why are we so distracted?

Why are we off balance?

The whole universe is in harmony but man isn't.

Maybe we should ponder it over.

Where does harmony reside?

Inside of you.

## 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.

## The World Is A Little More Kinder

Day by day the world is a little kinder.  
There are millions just like you and me.  
They take the Dali Lama to heart.

Kindness is my religion.

Many of them aren't Buddhist.

It doesn't matter.

Kindness is our true nature.

How the world will change when we totally embrace kindness.

Kindness is a wild card.

In the face of confrontation, kindness will diffuse the bomb.

The other person will be blown away by the kindness.

This person has gotten rid of the charge in such a beautiful way.

Kindness is the future for humanity.

Many people think that kindness is a weakness.

It's just the opposite.

It's easy to flare up.

But try to be kind in all situations.

Now that is a strength.

Ponder my words.

You have a part to fulfill.

Practice kindness.

## Guides

When I was young my Grandmother used to say the following.

You have guides that help you in your life.

I liked that.

I imagined they were indivisible yet present in my life.

Do you know it is true?

We are not alone.

We have had guides which I call family our entire life.

We feel alone but they are there.

How would you like to know them?

There are always there.

They are part of you.

You have free choice.

Do you want to know them?

The choice is up to you.

They will never go away.

It's up to you to open the door.

You know where the door is.

Ponder over these words.

## I Just Can't Believe It

I just can't believe it.

What you are saying come out of a story book.

Indeed that is true.

For thousands of years, man has written stories about this incredible journey.

These stories are about their journeys to find God within.

It's not hocus pocus.

You are the universe.

You just don't know it.

The truth lies inside of you.

These poems are meant to wake you up from your slumber.

We are not trying to convince you.

We are telling our story.

It may seem far-fetched.

But science and religion are talking about the same thing.

Ponder these words.

Just think the universe exists inside of you.

## Trust

Trust is like fine tuning a radio station.

The station is KGOD.

The more you fine-tune yourself to this frequency your level of trust goes up.

You first start out as a skeptic.

Yet over time the more you focus within the trust level goes up.

Instead of you meditating on God, God begins to meditate on you.

God wants to be your partner.

You want to be a partner of God.

The more you focus on the channel your trust level goes up.

God always is supporting you.

Once you see that your life will take a different dimension.

You will no longer worry about the future.

You will know you are supported in each and every moment.

I think that is incredible.

The journey starts within.

It's fun.

It's a lot of work.

You are discovering your true nature.

## Let Go

If I would offer any advice I would say the following.

Let go.

Why are you holding on the past?

Let go of your grudges.

You are holding on to something that is drowning you.

Is it worth it?

Let go of your anger.

Your body, mind, and soul don't like it.

You are getting old way before its time.

Let go of your worries.

They don't help in any situation.

Let go of your intolerance.

You can't see clearly in that state.

Let go of your prejudice.

There is room for all in this world.

Let go of all the junk you are carrying.

That old jalopy is not worth a dime.

We have forgotten our true nature.

We love our junk because we don't know who we are.

Ponder the meaning behind these words.

## You Are Magnificent

You are magnificent.

You are glorious.

You are the universe.

You are God.

You are love.

You are kind.

You are patient.

You are compassion.

You are tolerant.

You are the light of this world.

Discover your true nature.

Ponder over these words.

The truth exists inside of you.

## Same Face

Did you know that we all have the same face inside of us?

The entire world does.

Yet we don't see the unity at all.

Because we think we are different we act differently towards each other.

One tribe is fearful of another tribe.

Over time this leads to war.

Yet what would happen if we all saw the same face within?

You would never harm the other person.

You would be tolerant of others.

The great masters have taught about oneness.

They have shown us the way.

The kingdom of heaven lies within

There you will discover the face of God.

## 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.

## 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 overtime goes within.

You have discovered the source of all.

It has always been there.

## 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 in order to see God you must die?

You can't see God while you are alive.

Only the saints can communicate to 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 master have said the same thing.

The kingdom of heaven lies within.

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

## Impersonal God

When I was young I read many old eastern scriptures.  
Many of these scriptures talked about an impersonal God.

God created the universe.

But man only connected to him in an impersonal way.  
You could have the experience of God yet it was impersonal.

You didn't have a friendship with God.

You didn't feel that God was family.

Did you know that you can have an impersonal, personal or no relationship to  
God?

It's your choice.

I prefer the personal.

The personal provides the following.

You are never alone.

You feel you are family in the universe.

You are supported and coached along the way.

You get the best advice in all the universe.

The universe is rooting for you and you know it.

You can see the unity of man.

Ponder these words.

What kind of relationship do you have?

## I Am Guided

I am guided.

Help is always there.

We are supported by the universe.

The more you sense this and trust in this the more you open up.

The world does not teach that you have internal coaches.

They will not play the game for us.

Yet they are experts in coaching.

We truly have guides.

Imagine a part of you is multi-dimensional.

A part of you exists back home.

Your guides are a part of you.

They are there and you are there.

Only your free choice is stopping you from discovering this truth.

By using free choice and saying I want to be in contact with my guides.

With your intent, you open up the doors.

This is probably a brand new way of thinking.

You are never alone.

It just seems that way.

Ponder these words.

## The Universe Is Your Family

The universe is your family.

You are eternal.

You were never created and you will never die.

Friends and family are everywhere.

You are part of the grand awareness of life.

We think only sentient beings have family.

How about the sun in the sky?

Does it have family and friends?

My attitude has changed lately.

I think we are all family and friends.

The universe is connected to one another.

Unfortunately, we don't see or experience that connection.

We are wired up to discover our true nature.

Ponder the meaning of these words.

You are never alone.

## 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 totally 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.

## Shower Of Love

Did you know that meditation is like a shower of love?

You close your eyes and go inside.

There is a shower of love that is keeping you alive.

The water is neither hot nor cold.

Just perfect.

The spray of love is custom-made for you.

There you will find your true nature.

All of your worldly concerns go away.

You are not escaping the life you are embracing life.

This is who you truly are.

All the great masters have said go within.

The kingdom of heaven lies within.

Ponder the meaning of these words.

You can solve this riddle.