

TESTIMONIALS

Comments of Readers about the Poetry of Frederick Douglas Harper

This [*Beyond Fear*] is my favorite of your poem books thus far. The profundity of the philosophy had me awestruck at times. Your poems are so delicately written in a way where many can be put to music. They read like Shakespeare, Walt Whitman, Langston Hughes, and the book of Proverbs.

Vanessa Mizell, Journalist and Author, Washington, DC, 2008

I was introduced to the work of Fred Harper by a listener who gave me a copy of his book, *Poems on Love and Life*. I read some of the poems with “Blues” in the background on my radio show. The audience loved it.

*The Late Napoleon “Nap” Turner,
Formerly of WPFW Radio, 89.3 FM, Washington, DC, 2003
(Mr. Turner read Dr. Harper’s poetry on radio regularly for more than 15 years.)*

Dr. Harper’s *Spiritual Teacher Speaks* is simply magnificent! It is another great work of his . . . one for this century. Harper has been blessed with the capacity, energy, vision, vocabulary, and sensitivity to think, feel, articulate, and then put “pen to paper”—to capture all of this for us to savor and benefit. He has a way of getting to the feelings and heart of issues; to cover all bases and write things just as I would imagine they should be written. I am again mesmerized by Frederick Douglas Harper’s unending talent and creativity.

*F. Yvonne Hicks, Retired, U.S. Department of Education,
Washington, DC, 2005*

Of all the books I have read, next to the [*Holy*] *Bible*, I have never felt so much emotion as I felt as I read poem after poem in your book, *Poems on Love and Life*. Tears mixed with emotions were uncontrollable as I related to the words

Bertha Harrod, Alexandria, Virginia, 1987

Dr. Frederick Harper is admired on an international level as a great teacher, scholar, writer, and poet. He is to poetry as Leontyne Price is to opera and Michael Jordan is to basketball.

Richard T. Hadley, Professor Emeritus of Music, North Carolina, 2003

**POETRY BOOKS BY
FREDERICK DOUGLAS HARPER**

Beyond Fear
2008

The Light Within Us
2007

Transitions in Life and to Death
2007

Poetica Erotica
2006

Spiritual Teacher Speaks
2005

Poems for Young People
2004

God's Gifts: Spiritual Writings
2003

Love Poems of Frederick Douglas Harper
2003

Romantica: On Peace and Romance
1988

Poems on Love and Life
1985, 2004

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BEYOND FEAR

Frederick Douglas Harper



authorHOUSE®

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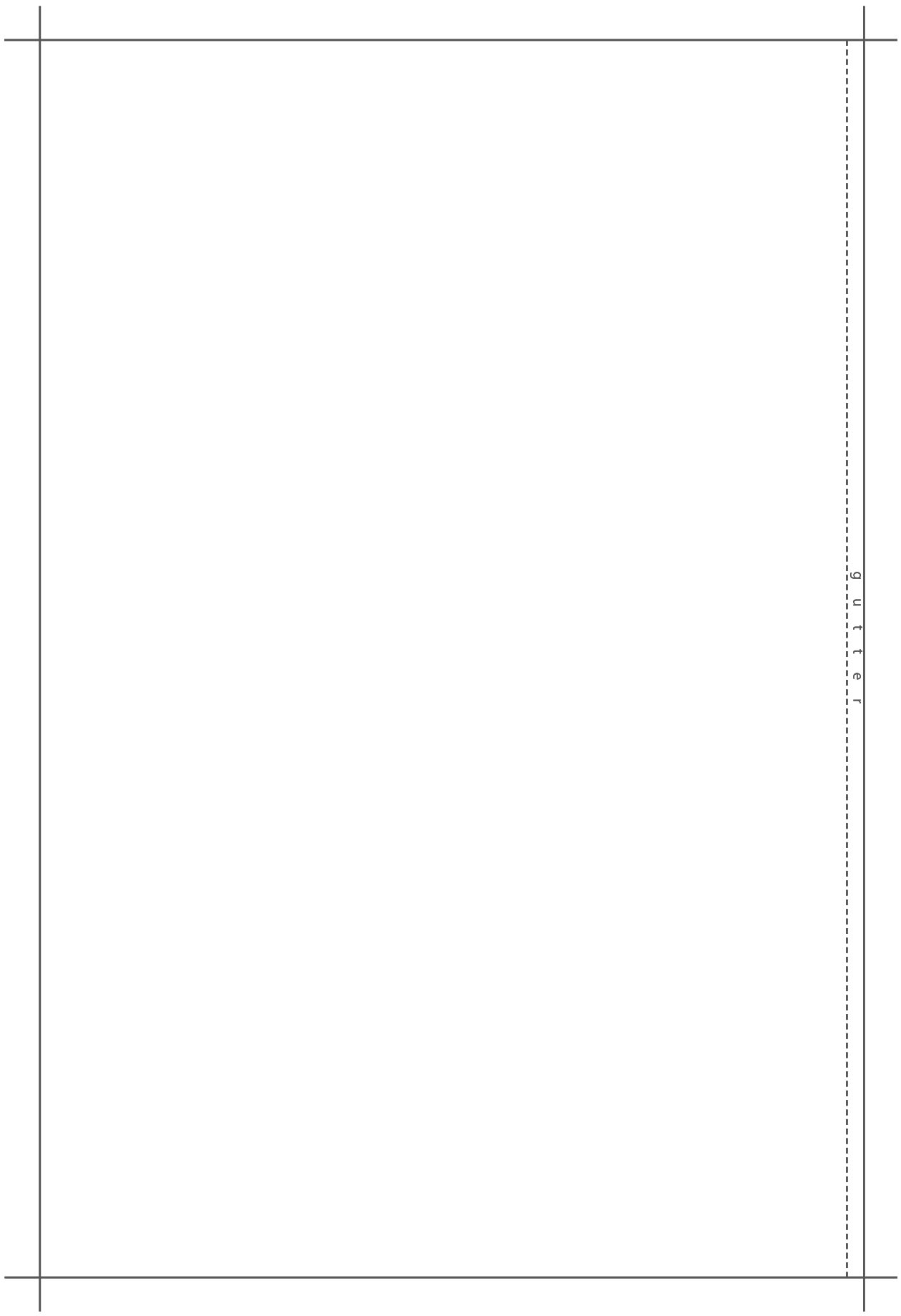
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“ . . . the only thing we have to fear is fear itself.”

Former U.S. President, Franklin Delano Roosevelt



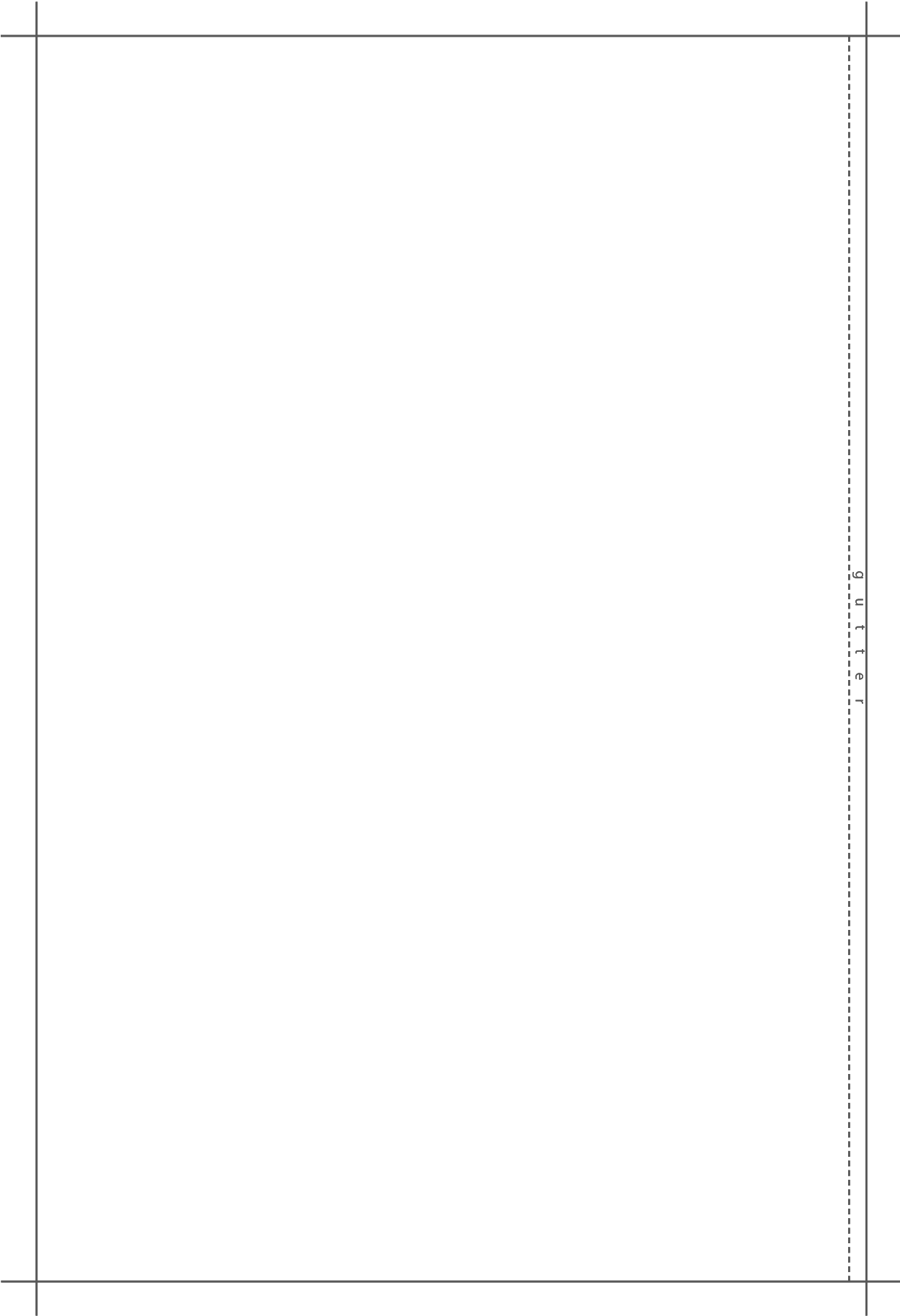
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BEYOND FEAR

Hide we shan't beneath our mask,
But display our talent of gifted task;
For fear paralyzes the spirit and saps
Our joy;

Certainly, we can choose our future
From courage,
Or we can allow the future to choose us
From fear;
Destiny is what we will to ourselves
To own;
Destiny is what we allow ourselves
To accept;

Make your destiny by your choices:
Choose rightful courage over fear;
Choose appropriate action over fearful inaction;
Choose inaction when it's wise not to act;
Choose wise decision over illogical choice;
Choose your choice over others' choice for you.

OUR GREATEST FEARS

Our greatest fears as human beings are:

Not the fear of being unable to find love,
But, rather, the fear of not being able to
Recognize and accept found love;

Not the fear of failing or not succeeding,
But rather the fear of not being willing to try
Or to accept opportunity for success;

Not the fear of death, but rather the fear
Of life with its daily challenges and
Rejections;

Not the fear of achieving to society's
Standards or expectations,
But rather a fear of living up to our own
Personal talents and expectations;

Not the fear of being that self as defined by
Others, but rather the fear of being that self
That we are destined to be or wish to be.

FROM: Harper, F. D. (2007). *The light within us*. Bloomington, IN: Authorhouse.

COURAGE HAS NO FEAR

Fear has no place in the face of
Courageous hearts that beat with
The consciousness of present time
And space.

Fear takes no haven in the courage
To be alone, or the will to confront
Unknowns.

Fear has no refuge in the courage to
Face danger's threat or a tolerance for
Pain's suffering and regrets.

Stand tall, stay alert, and be brave but
Wise in life's journey;
Be alone, confront unknowns, avoid or
Face danger's strife, and be strong in
Pains of life.

FROM: Harper, F. D. (1988). *Romantica: On peace and romance*.
Alexandria, VA: Douglass. (This book is out of print.)

A PRAYER FOR COURAGE

To God and ancestors, I humbly beseech You,

Please give me the courage to grow and learn
In the face of fear;

Give me the courage to do the right thing—
Regardless of my impulse or feeling or what
Others may want me to do;

Give me the courage to be unselfish and to
Think to give instead of the vigilance to accept
Or even take from others;

Give me the wisdom and insight to be positive
In the context of negative attitudes and circumstances;

In general, give me the ability from day to day
To act for right when I should, and
Not to act for wrong when I could.

AMEN

I SMILED IN SPRING

Yes, I did; yes, I did;
I smiled when I saw the leaves
Sprout forth in spring;
I smiled when I saw the blooms
Of flowers once more;
I smiled when I heard the chirps
Of bird calls and bird songs at early morn;
I smiled when I realized signs of Earth
Alive and reborn anew in spring's
Warmth and wetness beneath the sheen
Of the sun's light;
I smiled because I knew that Earth,
Still alive, so lived with us and
Within our hearts and our world.

ODE TO HONOR WOMAN

Woman is creation,
God's temple of life reborn;
Woman is God's gift to
Man and the source from whence
He comes;
Woman is the foundation of
Procreation—the cradle of nurturance;
Woman is God's light as
Emanated from and within
God's creation.

OF PERSONAL NON-INTENT AND CONTENT

*And an altruistic person spoke of non-intent,
sacrifice, and peace with content:*

If I help you, it's not about money,
Because I have and earn enough of such—
Or when I have none or little, it matters not;

If I help you, it's not about carnal pleasure,
Because I've proven I can do without,
Except for that spiritually meant for me as a
Destined mate or partner;

If I help you, it's not about what you can do
For me, for surely I have been able to do
For myself and achieve without the gifts of
Unwarranted privilege sought, yet opportunity
Accepted from God's helping angels along
My path or mentors who have lessened
My load and shown the light to my way;

If I help you, it's about God's gift to you
Through me, which is in itself my reward.

IN HONOR OF A BEGGAR WOMAN

A beggar woman came to me
As I ate in a café alone;
She asked me to give her money
Because her husband had just died,
Because she had a newly born baby and
Two children at home who were hungry;

I looked into her eyes and asked of her,
“Are you telling me the truth?”
She said “Yes,” and then she asked me,
“Do you believe in Jesus?”

I said to her, “You have come to me, and
I will ask questions of you if it is meant that
I should help you with the gift of money”;
I asked again, “Are you telling me the truth?”
And again, she said “Yes,” and asked once more,
“Do you believe in Jesus?”

She continued, “I need help, I have three
Children, one is a baby from Caesarean section”;
I requested of her, “Tell me again;
Are you telling the truth?”
She said, “Yes”;
In reply, I said, “Show me your scar”;
She reluctantly pull up her shirt and
There was a scar across her belly;

Again, she asked,
“Do you believe in Jesus?” I replied,
“I will ask of you if it is meant that
I should give you money for food”;
I gave her money and she went away;

After eating, I again saw the beggar
Woman in a nearby bookstore as I held
A spiritual book in my hand that I
Was about to buy—a book on the
Great spiritual prophets of history;
She again asked,
“Do you believe in Jesus?”
I looked into her eyes and said, “Yes,
I believe in Jesus and the other great
Prophets”;

I had given her 10 dollars, and
She had given me the idea for this poem—
So inspired by God’s presence
Through her appearance to me.

BAGPIPE IN THE PARK

I heard a bagpipe playing—
I heard a bagpipe on a sunny bright
Spring day as I walked in the park;
I heard the bagpipe's beautiful sound
As I walked in the park and harked;
I felt the glory of the Scottish pipes
And felt the warmth of the sun upon
My face as the spirit of the sound
Cleansed my soul and lifted my spirit;

Surely, I was driven and pulled by the
Melodious round of the bagpipe sound;
It renewed me much and made me glad
That I had escaped the darkness of my
Home and my spirit down low;

I heard a bagpipe playing, and I was happy—
I was renewed;
I was no longer afraid;
I heard the bagpipe sound, and
I no longer felt alone—
Rather, I felt the love of God's spirit
Around me and within me.

WORDS, SO ESSENTIAL TO OUR LIVES

Words—so essential to our lives and culture,
So necessary for our communication and being,
So necessary for our life's course and discourse,
So necessary for our identities and our façade;
Words, so important, timely, meaningful in our
Interactions, human living, and survival;

Words, as instruments of violent conflict
Between people, groups, and countries;
Words, as conveyers of emotions of love, hate,
Fear, sadness, shame, and more;

Words, as symbols strung together to communicate
News on TV, on the Internet, in newspapers, from radio;
Words as speech to denote names, descriptions,
Status, actions, relationships;
Words, grammatically categorized as nouns, verbs,
Prepositions, adjectives, adverbs, and more;

Words to describe our cultural way and artifacts;
Words to describe our psychological moods,
Our state of health or disease, our financial state,
Our appearance to others, our identities;
Words to define results—pass or fail, win or lose;
Words to define qualities of our world—
Hot or cold, dry or wet, soft or hard;

Words to define qualities of sensation—how
Something tastes, smells, looks, sounds, feels;

Words across our lifespan to bring happiness

To our life:

“I love you,”

“Will you marry me?”

“We offer you a job,”

“You’re accepted for

Admission to our college,”

“Honey, we won the lottery.”

Words across our lifespan to bring sadness

To our life:

“Sorry, but you have cancer,”

“Your father passed away,”

“Your mother passed away,”

“Your child was in a car accident,”

“Your child has been sexually assaulted,”

“I want a divorce,”

“You’re fired.”

Words, so unnecessary for condemnation,

Expressed anger, and degradation;

Words, so necessary for congratulations,

Love, joy, and uplift;

Words, too many, when sometimes touch, silence, or

A facial expression of communication would suffice.

STRIVE FOR EXCELLENCE

Excellence is born of an interest
Developed high;
It is high performance built upon much effort,
Preparation, and a natural gift from God;

So, find out what you do well,
Build upon it,
Work hard at it,
Share its fruits with others,
And continue to do it well;
Continue to do it with fervor and
At a high level of excellence.

A PRAYER TO ANCESTORS

I can feel Your dreams for You through me;
I can know Your goals unachieved and incomplete;
I can realize Your accomplishments through me;
I can feel Your presence and fulfill Your hopes
In this my life on Earth;

So now I pray from my body to Your spirit to
Protect me and give me strength to achieve
All I can in this body and lifetime on Earth;
Please, I implore of You my ancestors,
Help me not to fail Your dreams and hopes
Once held by You and now hoped through me;

I will deny my impulses, defer my needs, and
Ignore my frustrations to do Your will through
Me and with Your and God's help;

In doing so, I cannot be afraid;
In doing so, I will not be afraid—
I cannot be afraid with Your
Blessings, protection, and help.
AMEN

LETTER TO GOD AND ANCESTORS

May I have permission to approach heaven's gates and read my letter to You? Thank You for allowing me to say a few words.

Remember my birth to the Earthly world as a big baby of 10 pounds, 4 ounces. Thank You for sparing my mother her life during childbirth and for saving me from permanent damage, especially damage to the brain. Remember all my accidents and near accidents as a child and adult, and how You came to my rescue with a spiritual aura of protection? I particularly thank You for breathing life back into my limp body when I was pulled from a swimming pool in an unconscious state at age 23, while trying to swim the length of the pool under water. Because of You, my God and faithful ancestors, I now live and do Your will and write for Your good purpose. I assure You that I will continue to do so in this my life on Earth.

Thank You for giving me two fine sons who are good-hearted, hardworking, happy, and helping in spirit. As You, I remember the day of the birth of my first son. It was then, for the first time, that I realized that my wife and I were endowed to create life as Your trustees. Thank You for giving us and other human beings the ability to recreate Your life.

Remember some 25 years ago when I was getting a haircut, when one of Your messengers came to me to inform me that if I walked Your path, You would keep me healthy and whole. Certainly, You have kept Your promise as I have mine. As You know, this is my 10th spiritual book of poetry with prose, since that prophecy. With these books of messages as with other good works of mine, I do believe that I have discharged Your wish as a messenger and servant of good deeds, rightful living, love, forgiveness, giving, and justice for all life and for

Earth. With Your continued protection, guidance, and blessings, I will do more as Your messenger and faithful servant.

Thank You for allowing me to approach the gates of heaven, the spiritual gates to another world that bounds all spirits as one, all time as one, and all existence as connected. I do thank You for Your invitation to crossover, but I would rather return to Earth now. There is yet much work for me to do in this Your Garden of Eden as Earth.

I continue to pray for your guidance and protection.

DON'T BE AFRAID TO HELP

You can make a difference;
So don't be afraid to help;
Don't be afraid to help those
Who are most in need—
The hungry, the jobless, the homeless,
The mothers of children without;
Don't be afraid to take leadership
To feed the poor, house the homeless,
Provide medical aid to the sick, and
Educate the young;
Don't be afraid, nor selfish, to give
Money, other resources, or services
To help those who are most in need;
Don't be afraid to help another
Human being to smile and to have
Hope for another day.

WHEN TIME STOOD STILL

A time of then was when
We were young and fresh—
Then time stood still as
We stood beneath the tree of spring
As fruit to the other's passion;

A time when then we feared
Nothing, because attraction to the
Other shielded out thoughts
Of fear or else within our midst;

When time stood still,
So did we as if our youth
Would protect us from
The harsh seasons of years to come
That wear upon the flesh and bone
As cruel frost upon a rose petal;

And yet in our thoughts
We now therein remain young
In memory and mind's spirit.

SOMETHING FOR NOTHING

There are those who eat the grapes and drink
The wine, but they avoid work in the vineyard;
There are those who sit at the table, break
And eat the bread, but they will not help to
Harvest the wheat or thresh grain from its chaff;
There are those who ride in daily commute to work,
But they do not offer money for gas;
There are those who lie in pleasure with another,
But care not for his or her home or child;
There are those who will eat heartily at a
Wedding reception,
But bring nothing for the happy couple—
Other than their appetite for consumption
And curiosity;
There are some people who simply want
Something for nothing.

TRIALS AND TRIUMPHS

Think a vision and make it real—
If you come to a hurdle,
Jump over it;
If you confront a hole,
Go around it;
If your path leads to a mountain,
Climb over it and continue on the
Other side;
If you come to the bank of a river;
Swim to the other side;
If you are challenged by anger, jealousy,
And contempt of others, ignore these
Bluffs, distractions, and imposters;
If you are challenged by fear,
Ignore it, face it, or overcome it.

CHOOSE DEATH OR LIFE

It's more important to think about how we
Will live and not how we will die,
Because with a perfect probability of one,
All people will die—not just some;
The question is when, where, and how;

So choose, within your limits, where you will
Likely die, when, and how—by how you live;
Put on your living shoes of health, hard work,
And spiritual meaning and happiness;
Take off your dying shoes of self-destruction;

Death welcomes the weak, sad, angry, indolent,
Careless, fearful, and pleasure-addicted;
Again, death welcomes the self-destructive—
So choose your path and destiny by
Choosing life over death.

SUFFERING CAN BE A BLESSING

Suffering can hone our strength and bring insight to
A new way of seeing ourselves and the world,
A new way of learning spiritual sacrifice and giving,
A new way of finding our purpose or mission in life;

Yes, you have a right to suffer, so don't be afraid of
Self-imposed pain and denial for your growth and purity;
Pain often resides in the mind as we perceive it;
As human beings, you will suffer, as we all do—
From life's imposed and exposed pains of time;

Pain is necessary for growth, and it is par for life's course;
From painful misfortune can certainly come fortune;
From suffering can come beauty and creation;
From the pain of childbirth, can come the beauty of
God's life;
From exercise and hard work, can come health and
Self-pride;
From grief and its loss can come rebirth and love anew;

No human is free from life's pain and suffering,
So cork your fear and complaint of such—
Stop thinking selfishly about what you don't have,
And start thinking appreciatively about what you do have;
Stop thinking selfishly about what you cannot do,
And think daily about what you have been blessed to do;
Get on with the beautiful day that you can create;
Get on with the beautiful life that you can create.

DESTINY

We can choose our future
From courage,
Or we can choose our future
From fear;
Destiny is often what we allow
Ourselves to accept, or
It is what we make, choose, and
Will as our own.

SACRIFICE

Ultimate achievement and service—
So lonely a challenge;
Little to no time to share a festive table;
Little to no time to share a bed;
Little to no time to share a cordial conversation;

Sacrifice by choice for good;
Sacrifice by choice for gifts to others
And as an expression of love for God;
Helping as sacrifice is to give much of oneself
To those in need of spiritual or physical uplift;
Sacrifice of personal pleasure and gratification
Is a sacrifice for God's good mission as a
Life of purposeful accomplishment, service,
And sharing of a gift developed.

LIFE BEYOND

Time brings slow decline toward demise,
But spirit can breathe of life anew;
Throw off the yoke of Earth's vessel's
Shell to ascend beyond to yonder's
Heaven;
Throw off possessions that bound the
Spirit and shroud the light of fulfillment
And spiritual destiny;
Leave behind thoughts of loss and regret,
For death's door foretells of
A time of peace and eternity;
Prepare we to die from this life one day,
So pay our debts before we lay—
Learn we must of how to live by
Loving, giving, forgiving, and enjoying.

DON'T OVERDO IT

Be kind and considerate,
But don't over compliment;

Be helpful to another or others,
But don't enable irresponsibility;

Keep things simple,
But do not oversimplify;

Be serious when necessary,
Without exaggerating the seriousness
Of a situation or behavior;

Have fun and laugh,
As long as you don't hurt another
Or others as a target of your humor;

Eat and enjoy the good company
Of your host, but don't eat too much
Or overstay your welcome.

LIVING WITHIN AN OYSTER SHELL

Some people are born into privilege,
Privacy, and protection—
So isolated from the reality of deprivation
And the challenge of a world unknown;
Born to privilege of inherited wealth or
As captives of fame with wealth;
Alone in a luxury capsule of comfort
And pleasure;
Alone in a cocoon of
Sadness, sameness, and distrust;
Shielded from the problems of others,
But not from their own emotions;
Born in an oyster or developed into
An oyster;
Shielded and isolated by a hardened shell;
But oysters do shed their shells
To be devoured as food for others;
Oysters do shed their shells
To reveal a pearl to inspire others.

BEYOND DAILY FEARS

Beyond illogical thoughts from fear;
Beyond irrational actions from fear;
Beyond the reality of fear as a survival mechanism;
Beyond the fear to act or excel because of fear;
Beyond the fear of being seen as embarrassing;
Beyond the fear of losing not just love but
The company of one who may not even love you;
Beyond the fear of one's own emotions or losing
Control of emotions;
Beyond the fear of others abusing your kindness and
Abusing your emotional attraction to them;
Beyond the fear of becoming poor and hungry again
Or just being without in poverty from birth;
Beyond the fear of investment or financial losses;
Beyond these fears and more to an existential
Courage to act, though with wisdom;
The courage to accept genuine love,
The courage to grow and learn,
The courage to experience anew and escape
The darkness of false security or the comfort of
Familiarity;
Beyond the fear and toward the courage to escape
Daily abuse and exploitation—
To gain strength to walk away or ignore such;
Beyond daily fears to the courage to
Transcend fear if you want to live right—
If you want to live life with joy and peace.

FREE YOUR MIND

There's nothing like a freed mind;
There's nothing like a mind that is free;
There's nothing like a freed mind—
A mind that has been freed from the
Shackles of public opinion and expectation,
Freed from beliefs learned in childhood,
Freed from the clutter of the day and time—
Of common-day minutia as meaningless
Pastimes;
Freed from pain of times past;
Freed from inhibitions that imprison
And bind the body and thoughts;

Free your mind—
Liberate it of vices and addictive ways;
Liberate yourself from self-imposed
Tension of stress and worry—
From family-learned beliefs and parental
Expectations and demands;
Free your mind—
From the disrespect and abandoned love
Of those who don't care about you
Or for you—free your mind *now*.

THERE'S A TRAIN COMING

There's a train coming—
Yonder curve;
There's a train coming
Down the hill—
A massive moving force, it is;
A wave of steel and more;
Mass and speed, building
Velocity galore.

There's a train coming—
Can you hear it?
Can you see it now or
Hear the whistle's sound?

Get ahead of the train,
Get on the train,
Or, even better, drive the
Train to your destination.

There's a train coming—
There's a message on it side;
Board the train, sound the
whistle, shape the force
As future—
As your future and our future
As a human race.

DEHUMANIZING OF HUMANS

Demise of homo sapiens of today,
As dinosaurs of yesterday;
Oblivious to a world of our own making;
Makeup on tired faces and stress on weary
Bodies so numbed by technological conveniences,
Entertainment, and comforts;
Minds so suffocated and confused by a deluge
Of media mania and psychological insulation
From others;
Feigning for the job's prize and groping
For sensual pleasures in shells so void and numb
Of meaningful sensations and spiritual meaning;
Wake up or die as a species.

THE WAY OF YOUR DESTINY

Much you have been blessed to do,
Possibly just as a chosen few, and
Much you have accepted to do of good
In this lifetime on Earth—yes so true.

You believe deeply now that you have
Been here before in another vessel of your
Ancestors, and thus you carry in lineage
Some of their hereditary essence as
Well as some of their attributes of spirit.

Although words and actions of pain
In life sometime bemoan, you still try
And try to do your best and do your good,
Because surely that is the way of your
Destiny, and that is the destiny of your
Blessed way.

TOTAL UNSELFISHNESS

And one of good spirit spoke:

I don't believe in begging
Nor persuading another;
Neither do I believe in
Expecting something from
Another for what I give
To others and of myself;

I surely wouldn't think of
Connivery or manipulation
To unfairly take from another,
Especially from those with
Little or nothing to spare;

I don't believe in hurting
Another or damning the
Spirit of others for my
Selfish self.

ADVICE TO VANESSA ON “BECOMING AND BEING”

Be who you are destined to be;
Become all you can in this world,
But remember:

1. You are not going to BECOME or BE overnight;
2. Realize that you may not know for what or why you're being prepared;
3. Avoid negative distractions; lest you and your dreams will destruct, and you will start acting from within as a lost and self-destructive human being;
4. You can do things without knowing it's a part of your mission, it doesn't matter; just work hard, learn, and give;
5. Don't worry too much about the future. You cannot know all the answers right now; simply live in the present or in the moment;
6. Listen to thoughts of the mind and feelings of the heart for directions from God and your ancestors;
7. Spend little time in trying to figure out who you are or how all our existence came to be. As human beings, we do not have the full capacity to realize or know such things with scientific accuracy;
8. You cannot see or know a village that is 1,000 miles away, so deal with the village in which you live and work, until you move down the path to a new venue or village;

9. When you do good things, others will benefit as well as you.

Author's Comment: Vanessa Mizell is a talented, insightful, spiritual, and giving person who recently worked on my staff when I was Editor-in-Chief of a scholarly journal. My recommendations to her came from one of our office discussions about purpose and meaning in life. Ms. Mizell made a list of my suggestions for her future reference, and shared it with me. I edited and revised the list as presented above.

MEMORIAL TRIBUTE TO SEAN TAYLOR*

Part I

Sean was a man, but even more, he was a person
Who transcended manhood to humanhood;
In becoming a great human being, he honed his
God-given talent to allow his gift to shine—
To shine on the field of play, the football field.

In becoming a great human being, Sean loved quietly
By his example with his teammates, with his family,
And with his child;
With the birth of his baby, he was overcoming fear
With trust, overcoming a sense of abandonment
With love.

Part II

Sean, you worked hard in football practice
In preparation for the excellence you were;
You allowed your light of talent and love to shine;
In doing so, that light now burns from the spirit that
You left behind with others and in others;
Sean, you gave love, you were love, and now you
Bring out the love in us;
God took you and made us better through your
Spirit of example and love that you left behind;
May blessings be with your spirit and upon your soul.

**Sean Taylor was a very talented professional football player for the
Washington Redskins, who was killed in 2007 at a young age.*

DON'T LANGUISH WITH ANGUISH

To languish with anguish, surely it's for naught;
Because it serves no good purpose, but rather distraught;
Brings self-imposed pain to the toilet's door, and
Flush the anger and fear so you will suffer no more;

Don't you languish one day more in self-imposed
Anger that you have accepted at your door;
Just pick up your spirit and accept happiness galore;
Just pick up your spirit and let happiness come through
Your door.

UNGRATEFUL RECEIVERS

*And some happy givers in God's good spirit were
disappointed at times by ungrateful receivers; for example,*

A beggar was invited to dinner at a happy giver's home,
And upon seeing a platter of baked fish, the beggar
Rudely inquired, "Is this fish fresh?"

A person was offered the gift of a beautiful Greek vase,
And the would-be recipient commented, "How many
People have you tried to give this to?"

A distinguished scholar's son was invited to write an article
About the great accomplishments of his deceased father, and
The son replied, "I didn't know what he was doing,
I was a child then; furthermore, I don't have the time";

A man was counseled by a woman to see the light of
Wisdom from within, and he not only claimed the advice
As his own, but failed to realize or thank the source;

My God, what insensitive and ungrateful people.

PERIGEE VS. APOGEE

(Lowest and Highest)

If at your lowest point, look up;
Look toward the moon, the stars,
The light of the sun;

If feeling low,
Raise the spirit of thought within you;
Within your crestfallen mind
And drained, squeezed heart;

If you feel low and depressed,
Lift yourself from the quagmire of despair—
Find your way out from within yourself;
Turn on the light within your soul;
Step outside to feel the warmth of the
Sun or the breeze of air against your face;
Inhale life's air and exhale death's doom.

A PRAYER AGAINST BLAMING AND COMPLAINING

Great Spirit of all as Whole, hear my plea
And humble prayer;
Ancestors of nigh and of yore, hear my plea
And call;
Hear me and help me to hear myself;
Help me to follow rightful thought and not the
Reactive impulse to blame others and things
Or to complain about others and things;
Teach me to practice more the art of thinking
Before talking and not defending myself while
Talking or reacting to others and things;
Teach me to be eternally aware and to practice
The art of accepting my mistakes while ignoring,
When appropriate, the mistakes and shortcomings
Of others.
AMEN

DO NOT FEAR A MESSENGER

Do not be afraid if someone approaches you,
Of course, at a safe time and in a safe place;
Listen to all wisdom and opportunity, no matter
The image, status, or education of the person;
Yet be wary of imposters and those who intend
To do you harm;
Messages of God and ancestors can often come
Through your thoughts as well as by messengers
Of various backgrounds and images;
Listen to all wisdom and opportunity,
Listen to messages of forebears and the Divine;
Listen with your ears;
Listen with your eyes;
Listen with your mind;
Listen with your heart.

REBELS AGAINST OURSELVES

And he shook his head and said, "I just don't know; I just don't understand . . ."

Why is it that we often resist instructions,
Guidance, advice, or help?

Why is it that we often resist the gift of
Rightful knowledge from which we can benefit?

Why is it that we sometimes fear opportunity
For growth and advancement?

Why is it that we often resist what is good
For us?

Why is it that we often rebel against doing the
Right thing?

Why is it we often fear a future that will make
Us better—that will reveal our true light for good?

WHICH WAY IS IT TO SLEEPY TOWN?

To find your way to sleepy town, surely
You must awake to this day's life and slow down;
It may help even more if you darken your room,
And snuff out all sound that may wake you too soon;
To find your way to good sleep of the night,
Avoid anger and foolish nighttime fights;
To get to your dormant destination in time,
Try closing the curtains and all window blinds;
Even more, close your eyes and shut down your mind;
To get to your sleeping state as a restful find,
Also, it helps not to drink or eat after nine or
Anywhere close to your designated bedtime;
Follow these tips without unwarranted delay, or
Certainly my friend you will remain awake;
Follow these tips without another day's delay, or
Surely you may prematurely awake.

TO RUN OR NOT

Some people run away
From love, responsibility, and
Opportunity;
Some allow others to chase or pull
Them away from such things;

Some people quit a job for a
Less worthy job;
Some allow others to push
Them out of a job
Without their security of another job;

Some are pushed,
Some are pulled,
Some are chased, but
Most act out of fear, anger,
And frustration with little
Foresight and much hindsight.

SELF-CENTERED ONES

Some are so self-centered, that they fear to heed advice;

Some are so egotistic, that they fail to use the

Simple courtesies of thanks, please, or “I’m sorry”;

Some are so narcissistic, that they do not see any

Shortcomings within themselves;

Some are so greedy and selfish that they are oblivious

To the dire needs of others in the workplace and public
space;

Some are so centered on their selfish needs and wants,

That they fail to address the needs of friends, family, and

Partners who beg for their attention and love.

TIME TESTS US

Time tests our will;
Time tests our perseverance;
Time tests our tolerance and patience;
Time tests our health;
Time tests our ability to
Ignore distractions;
Time tests our financial security
And independence;
Time tests our commitment;
Time tests our ability to focus
And work hard;
Time tests our trustworthiness
And dependability;
Time tests our personal ethics and
Rightful morality;
Time tests the spirit within
You and me;
Time is our test of living right
And living well.

TIME AND CHANGE

Time certainly brings change;
Sometimes with joy,
Sometimes with pain;
And yet we often choose to live
Through the pain and opt not to die
So hopelessly in vain;
Time certainly brings change;
Just flow and not regret in vain,
As wasteful complaint of life's
Natural things.

LIVING IN THE EXISTENTIAL MOMENT

There is no past,
Except in our memories and perceptions
Of it;
There is no future,
Except in our expectation of wishes, hopes,
Unrealized plans, and visions;
There is no future,
Except in our anticipation of desires,
Anxieties, and fears about the future;

What we own is the moment;
What we have is the “now”;
Our present moment “to live” is
Our future’s past;
Our present moment “to live” is
Our future built upon the choices made now;
Live in the existential moment of
Choosing your past by choosing your present,
Live in the existential moment of
Choosing an appreciation and joy of
The moment and intentional choices
Of the moment.

INTELLECTUAL WARRIOR

Though the sword of truth is heavy
And does test our metal,
Though the road to success is steep
With challenges and distractions;
We trod and must the road—
En route to an end without end;
We trod and must the path—
Though the thirst for knowledge
Drives late hours of study and discourse;
We trod and must the route—
Though the drive for excellence and
Ideal performance demands long hours
Of concentration and focus;
We trod and must a way chosen—
As it is searching for answers to that unknown,
As it is God's map of path to reveal
Our light as mission.

DEATH'S SUMMON

Age chases death
As an arrow its target;
Nothing remains still
Or the same,
And time as a constant changes
Space and images of things
Held dear;
Age weathers the rose as time
Removes loved ones from the
Flowery bush;
Year after year brings change
And sometimes earned pride,
Yet time beats down energy
And youth, though wisdom
Gained often remains as life's
Treasure of time's gift.

THINGS DO PASS

And things do pass,
As light replaces darkness
And minds lose memories
Of past things gone;

Dark clouds, in time,
Subside, as night surrenders
Its cloak to the promise of sun's
Light, and as a new day rekindles
Hope's promise;

Things do pass with time—
As constant pain from grief's
Sadness, fear, and anger.

SELF-DISCLOSURE

*And one spoke of truth, transparency, and
identity:*

Shedding the shell,
Peeling the onion,
Removing the mask,
Stepping out from the shadow;
This is I—
Revealed in my transparent essence
And past;
Hiding no more,
Hiding never more;
Without fear, I am;
With freedom from fear,
I am who I am.

TESTS OF LIFE

The test of life at times is harsh;
The grade of angle itself steep;
Yet try we must or fail we will.

A choice to make of ours at hand;
And each life stage brings its test
With time, oh so true but yet sublime.

FEARFUL NATIONS

Nations, fearful of each other—
Driven by distrust and greed;
Public talk intensified to threats;
Diplomatic talk as negotiation for
Restraint and peace, if not a
Subterfuge for time and leverage;

Fearful nations, as a
Harbinger to bloody war, so unnecessary;
As a harbinger to violent destruction
Of the culture, flesh, and spirit;

Fear, like a flexed bow ready to fling
Its arrow;
Fear, like a pulled slingshot or
The cocked hammer of a gun;

Fearful leaders of nations;
Ready to attack first, as a means to
Prevent another leader's nation from
Attacking later or with advantage;

Fear of nations, escalating to inevitable
Devastation of life and hope;
Stop the madness, and let there be
Peace on Earth.

APOLOGY FROM HONORABLE MEN TO WOMAN AND GIRL

On behalf of all honorable men, we men here today
Apologize to you for harm by the hands of man;
We apologize for rape, sexual abuse, and for all other
Misuse or abuse to you at the hands of man, whether
By a father, a step-father, a husband, another male family
Member, a male lover, a so-called friend, or a stranger;

Please accept our humble and sincere apology on bended
Knees and palms of hands;
If a man or men have taken privilege with you in violence and
Selfish pleasure so forced upon you, then we beg of you to accept
Our apology and our declaration that, "We are very sorry";
If a man has abused you in violent assaults of marriage or
So-called love, we offer our genuine apology for such
Cowardly and heinous acts;

We apologize to you and ask your forgiveness of man;
We apologize to you and express our sorrow for your
Pain in life and for undeserved shame that you may harbor;
Remember, you are woman, so dear to man and child;
Remember, you are woman as temple of God's sacred
Life and as nurturer of life;
Remember, you are woman, so beautiful in God's image
and spirit;
Remember, you are woman, so loved and respected by many
Men of good and God.

THE WISDOM OF AN ARROW

If hit by an arrow in the leg or arm or else, is it
Better to play dead to live and fight another day,
Or to struggle of wound afoot to possibly
Face a fatal arrow?
Ergo, is courage or wisdom the master of fate?

Is it not better to forget an arrow shot that
Missed its target and simply restrain yourself
And shoot another, than to pout in failure
And miss an opportunity soon removed or
Even become an opportunity for another's arrow?

Is it better not to shoot for prey if you and
Yours don't hunger for food or have food galore?
Is it better to chisel or bend a crooked arrow to
Perfection, or simply choose another arrow
That is straight, if time is of the essence to you
As a warrior or hunter?

LIVING OUTSIDE OUR BODY

Sometimes, we have to detach ourselves from the internal impulses and emotions that irrationally drive our behaviors. In other words, we have to perceive ourselves from outside our bodies and outside our interactions with others. Therefore, we need to sit back and look at ourselves and choose:

Love over hatred and anger,
Forgiveness over revenge,
Giving over selfish taking,
Honesty over deceit,
Peace over war,
Restraint over personal violence,
Sharing over selfish ownership and greed,
Cooperation over self-centered competition,
Trust over distrust,
Freedom over excessive control,
Truth over lies,
Light of knowledge over darkness,
Purpose over excessive pleasure,
Care for others over abandonment,
A smile over a frown or scowl,
Spirituality over materialism and status,
Responsibility over irresponsibility,
Excellence over mediocrity,
Hope over despair,
Life over death,
Health over disease, and
Courage over fear.

NOW IS THE MOMENT

There is the past in the moment;
There is the future in the moment,
There are memories of the past and
Anticipations of the future in now's
Consciousness.

The moment at hand is opportunity;
It is our future's past;
It is our yesterday's future;
The moment, this moment, is
Your opportunity to choose your future,
Your opportunity to choose joy and fulfillment.

Live now—live in the now,
Seize the opportunity,
Make an opportunity, and
Appreciate the joy and meaning
Of the moment.

TIME AND CHANGE

There was a time when we were young
In the image of a plum—
Smooth, lush, and sweet;
But plums do shrink to prunes, and
Oh how soon.

There was a time when we were innocent
As a rose's first bloom,
But roses do shrivel, and
Oh how soon.

There was a time when we were so
Courageous,
But courage does in time yields to
Wisdom's way.

ODE TO THE SUN

The sun has been our friend—
The light of God and day;
Earth is family to the sun; so
Value its light,
Value its warmth,
Value it as a means to Vitamin D,
Value it as the source of our energy
And a source of our survival
Here on Earth;
Treat the sun less than none;
See the relationship to life and
God's connected one.

BORN TO BE

Each is born,
All yet to be;
A trail to see,
If soul is set free;

Each is born,
Yet all will die;
No exception to find
Neither you nor I.

“YOU” ASK MUCH OF ME

And a prophet on knees prayed:

Oh Divine one,
You ask much of me, and I
Pray to You I see;
You ask me to love
In the presence of hatred and fear;
You ask me to drink without water;
You ask me to feast at a table
That is bare of food;
You ask me to sleep in the presence
Of noise and constant distraction;
You ask me to give to those who
Reject and rebuff my offer of help;
You ask me to pray in the face
Of doubt and despair;
You ask me to ignore those who seek
To damage my good name and reputation;
You ask all these things of me
And more;
And I say to you:
“I will do these and more with
Your strength through me.”
AMEN

A HUMBLE SERVANT

I am but a humble servant,
An extension of God at work through me;
I need not define God to know God,
As God is felt and accepted;
God is the movement through me for good;
God is the presence within me for right;
To accept God is to love God's creations
As sacred existence;
To love God is to serve those
Most in need of help;
God is all Infinity and One as Whole—
Ever and forever changing in all things
As we change within God's presence.

POWER, BEAUTY, AND THOUGHT

Power often concedes not to surrender,
But to its own greed and self-defeat;
Beauty of the moment is temporal in essence
And mind's image, and, if recorded as
In image, is more brilliant as a gift of eyes
To keep and appreciate;
Beauty and power can create a force for
Change in mind and action for good;
Power sometimes concedes to revolution in
Mind and thoughts that are changed.

WHEN THE BRAIN HAS ITS OWN MIND

Trying to control against a brain out of control;
Trying to control fear of the loss of control—
A hopeless effort in one's skin and for loved ones—
Autism, Tourette's syndrome, epilepsy,
Schizophrenia, Parkinson's, Alzheimer,
Phobias, depression, drug addiction, and more;

Trying to control a programmed brain with
Effort of the conscious mind;
Trying to control an electrochemical brain with
Effort of the conscious thought and determination;
A challenge of not knowing when the brain
Will take control at will and not obey the human
Mind's wish;

Pray for understanding; pray for help;
Pray for discipline; pray for will power;
Pray for science and medicine to help the brain
To again follow human thought and will—
Pray for a brain that does not have its own mind;

For those who love their loved ones,
Accept the sorrow of a challenge that is not
Fully understood, and empathize with those
Who are loved dearly.

HOLD ON

Don't turn loose for you will
Die a cowardly death many times over;

Hold on, be patient, be strong,
For you know not what the future can bring;

Hold on while you stride step by step,
Decision by decision—resolving one problem
At a time with time;

Hold on; in crisis, loss, poverty, despair, and
Depression;

Hold on, move along, and roll in your natural
Positive energy.

FROM: Harper, F. D. (2004). *Poems for young
people*. Bloomington, IN: Authorhouse.

WISDOM BEFORE BLIND COURAGE

Anger in early years is often the father of
Blind courage and common sense ignored;
False or blind courage is unlike the ancient
Greeks' value for wisdom ahead of courage—
A will to right as wisdom, a will to courage
Retrained, a will to one's retreat to peace and
Clear thought;
One person's restraint in peace and wise
Thought is an alternative to foolish and unnecessary
Courage that is false in its own motive and action;
One nation retrained in tempered disposition
Toward a peaceful respite in global balance;
Wisdom over blind courage is Divine truth.

FROM: Harper, F. D. (2005). *Spiritual teacher speaks*. Bloomington, IN: Authorhouse.

TIME AS TEACHER

Information, saturation, confusion,
Illusion—
Minds changed over time and contexts
By experience with its fears, pains, and joys;
Time's tenor as time's testimony of a future
Of transience and timely change;
Change as constant reconstruction by
Constant replacement of attitudes and perceptions
About self and reality;

Time is but the teacher of the future,
And past as its wisdom instructs the naive to
Know;
Insight brings light from a barren pit
Of abysmal darkness;
Time is but a teacher of the future
In all its gloom and bloom;

Hear time's desperate plea;
Hear time's instructive wisdom—
Born of experience with awareness
And life's knowledge.

DON'T DIE ANGRY

Don't die angry, if you can help it:

Say to yourself,
"I will not die angry with another or
Others or myself;
I will not refuse to forgive others or
Myself";

Say to yourself,
"I will free others from the bondage of
Hurtful words of the past;
I will free others from my expectations
And unreasonable isolation and abandonment";

Free your soul,
Free your spirit,
Free your heart, and
Free you mind—if you can;
Die in peace; die with peace toward
Others.

A CHAMPION

To be here in the arena of competition
Is divine;
To win all is not necessary to be a champion,
Only to be the champion;
To be here is to be among champions,
To be among the best of the best—
Local champions, regional, national, international,
And Olympic champions;

So hold your head and chin high in pride
For being in the world arena of champions;
For being within the circle of the best—
The crème de crème;
Hold your head and chin high for doing your
Best, for being the best that you can be—
You are a champion.

GATES OF HEAVEN

I have been to the gates of heaven,
And there I was imbued with the Spirit
Of the Universe that is Whole and Divine;
I have been to the gates of heaven on a
Beam of light unknown but felt—
And there I learned the love of God and the
Knowledge of time without end—
Then I felt peace; then I knew peace;
Then I realized my existence and mission
Without knowledge of such knowing.

EMOTIONAL FREEDOM

Can you free the emotions within?
If not, learn to free your mind and thus
Free the feelings bottled within;
Learn to free your mind, and thus
Free your body and actions;
If you really love someone, just say it
To them;
If you really are afraid and don't want to
Do something because you know it's not
Right for you or fair to others, say no;
If you are sad with grief or loss, allow
The pain to escape you with time, and
Avoid the twisted actions of misdirected
Fear, anger, and sadness that accompany
Grief from loss.

FAST FOOD

Unreal food, refined food;
Not natural, no natural taste;
Veggies, picked before their time;
Tomatoes, harvested green off the vine;
Chemical chickens raised in a hurry
To dinner's plate;
Hormonal cows raised stationery
For death's guillotine's blade;
Seafood, frozen in its place,
Then served after deep fry or microwave;
Chemicals galore to enhance food's taste,
With fat and sugar to addict your face;
Wake up and fear not;
Be mindful of fast foods that are chemically
Enhanced and preserved;
Be aware of fast foods that are unnaturally
Grown and produced.

TWISTED NEEDS; DISTORTED WANTS

Images inflated like a helium-filled balloon,
As sublimation for real needs that go unfulfilled;
Money wasted at shopping malls or on macho
Toys as an excuse to avoid quality time with a
Loved one;
Food stuffed down as a substitute for love or
Meaningful work;
Millionaire fun-seekers who have yet to discover
Volunteer work or any type of meaningful giving
As true fulfillment through helping others.

THE PARADOXES OF BEHAVIOR

How do you explain one who fears and refuses
A long plane flight, but has tried bungee jumping?

How do you explain one who is self-conscious in
Talking about self, but is outrageous as a comedian
On stage or as an actor in a theatre or movie?

How do you explain someone who lusts and
Craves for pleasure for years, then stops cold and
Accepts none of their past pleasures of life?

How do you explain someone who kills a loved one
Or loved ones such as a spouse or children?

How to you explain, or do you try to explain such
Paradoxes?

HOPE FOR HOPE

Hope that you will always have hope for your
Expectations and dreams;
To hope for naught is to be hopeless of trust
In yourself and your humankind;
To hope for naught is to be hopeless of trust
In a superior order of faith.

If defeated by yourself, try again when in a
Better mood;
If you fail in one arena, try in another;
If you fail at one task, try again or plant your
Foot to another.

Keep your confidence, self-reliance, and optimism;
Hold on to the strong rope you are, when your
Hands are burning and your arms numb from fatigue;
Rest along the mountainside, and climb once more
When fresh.

Hope for hope,
For without it, your spirit will die;
Hope for hope,
For without it, your dream will die.

FROM: Harper, F. D. (1985, 2004). *Poems on love and life* (2nd ed.).
Bloomington, IN: Authorhouse. (Original work published 1985)

WAITING FOR NOTHING

Please, please, please—
My friend,
Don't stand there at the starting blocks
With an empty heart and worry on your mind,
Because no one yet has been carried to the finish line;
Accomplishment is yours, only if you put
Your head to it and your heart in it—
The body will follow;
Place your scope on the goal,
Set your hands to the dust,
And kick with all your might;
For victories will never come
By standing around waiting to be carried—
Standing around, "waiting for nothing."

FROM: Harper, F. D. (1985, 2004). *Poems on love and life* (2nd ed.).
Bloomington, IN: Authorhouse. (Original work published 1985)

DO YOU HAVE THE STRENGTH TO BE?

Do you have the strength
To be that self you really are—
Not to be influenced unduly
By the worlds of others?
Are you confident to follow your own mind's
Energy—to be, to act in accord
With your own interests and needs?
Don't fool yourself by your thoughts and words;
Look into my pen's eye and be truthful
To the self you really are.
Do you have the wisdom and courage
To do what you want to do,
To do what you must do—
Unfettered by false advice and biased notions?
Simply tell me, do you have the strength
To be?

FROM: Harper, F. D. (1985, 2004). *Poems on love and life* (2nd ed., p. 77).
Bloomington, IN: Authorhouse. (Original work published 1985)

YOU CAN

If you want to do your best,
Avoid following all the rest;
Live many little lives through experience
As one,
And you can rise far to what you
Can become;
Absorb yourself in a talent found,
And work on that talent until it is sound;
Share that gift both far and near,
While appreciating such a blessing
So dear;
Pride and protect your priceless health,
And give little attention to any
Obsession with wealth;
“You can” *be* what you want and *do*
What you should,
If you only follow what’s right and good;
And, that is, by not being a fool as well as
Following the golden rule;
Work hard and work long, plus stay out of
Trouble, and you can’t go wrong.

FROM: Harper, F. D. (2004). *Poems for young people*. Bloomington, IN: Authorhouse.

GET UP MIGHTY PERSON

You are no more
Than what you become;
You are no less
Than that you fail to be;
You are guaranteed
Only what you get.
So get up; raise your body to its full length—
Stretch and realize,
Get up mighty person,
Get up one of various hue or circumstance,
Get up you woman, get up you man,
Get up mighty person—you can.

FROM: Harper, F. D. (1985, 2004). *Poems on love and life* (2nd ed.).
Bloomington, IN: Authorhouse. (Original work published 1985)

BEYOND TEARS

Crying is an acceptable thing except when
It's *helpless* and *hopeless* tears of fear,
Sadness, and anger;
Crying on appropriate occasions provides
Release and leads to freedom of the spirit;
Crying repeatedly in sorrow is expression
Of a hopelessness grounded in helplessness
And despair;
Yes, cry for loss; cry for happiness of
Yourself and others,
But not repeated tears of self-pity and
Helplessness to help yourself;
If you have lost a loved one, remember the
Memories and love of those who remain behind;
If you feel captured in a destructive job,
Adjust your workplace habits or leave the job
For another;
If you feel captured by an abusive relationship,
Seek help or escape its destruction;
Go beyond the tears of fear;
Go beyond the paralysis of
Helplessness and hopelessness.

BIOLOGY 101, SECTION, HS

Human nature,
Plagued by diseases over eons;
Searching for medical treatment of pathogens
In vivo;
Victims of violence against self and others;
Victims of pain heaped upon innocence and
Earned reputations;
Human beings on a fast track to extinction by
Bent of their greed, violence, and Earthly
Alteration of a green environment so vulnerable
And sensitive to balances of temperature,
Sunlight, and resources for survival;
A human race, so talented for creation, yet so
Inclined to unnatural or unnecessary destruction;
Welcome students of the future;
Welcome to a world of fear and hope;
Welcome to Biology 101,
Section Homo Sapiens.

LET MY SPIRIT GO

When I die of this life no more,
Open the door and let my spirit go;
Let my spirit blow and glow with
Destiny's flow—encased in my
Cocoon of body no more.

TO KILL IS TO DIE

Kill not, for to kill is to die;
To kill those we love
Is to kill part of ourselves;
To kill that we love
Is to kill life as sacred Creation.

Anger has no virtue in the
Destruction of sacred things;
So cork the barrel of a gun,
Defuse the power of bombs' bruises
And fire's smoke and burn;
Wipe thoughts of death's stain
From the blade of a knife.

To kill is unnatural;
To kill is to die;
Therefore, lay down your weapon,
Lay down your sword,
Lay down your anger,
Lay down your hurt.

To kill is unnatural,
To kill is blasphemous,
To kill is to die.

FROM: Harper, F. D. (2004). *Poems for young people*. Bloomington, IN: Authorhouse.

WHEN HEROES DIE

When heroes die,
People cry and look
Toward the sky for hope.

When heroes die,
Their people cry and
Ask why and sigh.

When heroes die,
The people's grief
Confirms their sense of
A lost image of hope
And inspiration.

When heroes die,
Their people always cry
A lot—but not for long,
For heroes are reborn.

FROM: Harper, F. D. (1988). *Romantica: On peace
and romance*. Alexandria, VA: Douglass.

PEACE WITH EARTH

Loss of a life is unlike
Loss of the life of a species;
Loss of a human being is unlike
Loss of the human race—
A loss, an extinction from our own
War with mother Earth;
Make peace we must or die we will
With Earth's air, waters, plants, and
Animals;
Make peace we must with Earth's
Sacred whole or go we will
The way of the dinosaur,
The way of those which are
No more;
Let us have peace with Earth,
Let us have peace on Earth,
Let competition give way to
Cooperation,
And let existence give way to
Coexistence.

FROM: Harper, F. D. (2003). *God's gifts: Spiritual writings*. Bloomington, IN: Authorhouse.

BOY AND FATHER

And boy looked into the river,
Clear to the bottom;
And father looked into the river,
Clear to the bottom;
And said, "Son, images of yesteryear's
Big-city people, extinct like the dinosaur;
Succumb they did to elements and
Energy of their creation;
Lost they did their comforts, conveniences,
And pleasures;
Lost they did themselves, their lives—
To greed's inhumanity";
And boy looked to father and answered,
"Create a new image we must—so when
We look together in a clear river, its image
Pure and deep with a flow for all humanity
And life; so sacred it will be, so worthy
Of mother Earth."

FROM: Harper, F. D. (1988). *Romantica: On peace
and romance*. Alexandria, VA: Douglass.

INTENTIONAL HAPPINESS

Sometimes, you can have happiness with
Another, but not guaranteed or sustained
Happiness;
You can have happiness with yourself
As well as with another whose company
You enjoy;
Yet, should you expect another to make
And keep you happy with any realistic
Possibility of attaining such expectation;
Happiness comes with our choice to be or
Make ourselves happy;
Happiness comes with our expectation for
And perception of happiness;
Happiness is intentional and intermittent—
One cannot be happy all the time;
But, certainly, happiness is achievable most
Of the time, if we think happy thoughts
And make conscious choices toward a happy
Life.

LET THE CHILDREN BRING PEACE

The purpose of life is to create life,
The purpose of life is to nourish life,
The purpose of life is to respect the
Sacredness of life,
The purpose of life is the perpetuity
Of us—of the human species;
So let us shun violence, shame war, and
Disdain human destruction;
Let our young foretell a future of love
And peace through their innocence
And precious hopes as our future;
Let countries and cultures exchange their
Children's smiles, talents, and love
Through their tiny voices and bright
Faces, and through their joys of
Word and song;
Let the children bring peace to our minds,
Our hearts, and our world;
Let the children bring peace to their
Future by our efforts with them.

FROM: Harper, F. D. (2004). *Poems for young people*. Bloomington, IN: Authorhouse.

PURIFYING WHAT THE HEART FEARS

Tania Stennett

The painful past must be laid to rest;
The secret to our inner peace lies within us—
It is held captive.

Stifled by the impurities in our hearts and
Bonded by fears, we repress our tears of
Things we can't or won't let go of.

We are hindered
In a state of unconsciousness—
A charade of clouded judgments,
The rationalism of an unresolved existence,
Mangled in a prison of confusion and delusions;
Chained to our inability to let go—to FORGIVE.

Purify your thoughts; purify your heart;
For the heart must heal to be open
To the joys and love that life has to offer.

God's gift is to our humanity—
NOT to our INSANITY.

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WHAT NEED OF FEAR HAVE I

H. Grace Muftizade

What need of fear have I?

When forgiveness
Floods my heart
For my inextricable part,
In interactions designed with
Fingers gnarled with blame.

Then eyes soften
Seeing without seeing
Yet feeling the golden light
Of life's innocent birth
. . . *I am so sorry.*

What need of fear have I?

As forgiveness
Smiles and joy arises
Gently healing wounds imagined,
Soothing bitter thoughts
Enraged with pride and
Arrogance's unconcerned response
To life's injustices.

Quietly love returns
Embalming the mind
With thoughts of care and calm
And the heartfelt words
... *Forgive me.*

What need of fear have I?
When repentance and forgiveness entwines
The heart and spreads
A misty veil of tenderness
Over haunting reactions long passed,
Erasing failures minutely examined
And vicariously lived.

Truth erupts,
Happiness ensues,
And the lullaby refrain becomes
... *I love you.*

SEASON OF SURRENDER

Aasve Nesland

Spring is gone; summer has passed its height;
Evening time. The blackbird sings the last verses
Of this year's song;
I am begging him to sing it—again and again;
Please, my dear friend blackbird, do not stop!

Summer night—late July—the magic light, though still here,
Starting to surrender to the depths of darkness that draws
Closer, always closer to this northern hemisphere

But the light is still here; that is all I want to know—now.
Summer, please hide me in your cradle of comfort,
And linger—a little longer!

I listen to the blackbird singing to me,
Just outside my open door;
Then I hear the silence; I go outside. The song is no more;
Now, at 10:30 p.m., the silence speaks of summer's
Movement towards autumn's pull. And I cry.

Earth's loneliness, Earth's broken wings, Earth's naked pain;
Tonight, I sit alone, trying to hold on to the summer light,
Watching it slip away, having to let it go.
Tonight, I sit alone, drinking French red wine, reading the
book *Transitions in Life*

Transitions in seasons; transitions in life;
I—we—somewhere beyond fear—
Always preparing for transitions
To other places—to other dimensions.
Life is transitions . . .

Here I sit, trying to remember who I am, after a life career
In science and medicine;
I e-mailed my friend nearly 4000 miles away. He tells me,
“You’re a poet; you’re an artist by birth.”
Listening to his words, I suddenly hear my soul sing;
And I surrender

A PLACE FOR ME

I don't know what will happen
To my soul;
I don't know what will happen
To my spirit;
I do know that there's a
Place for me in the minds
Of posterity—
There's a place for me after
My body and image is no more
Of this Earth;
I do know that I will leave much
Good behind;
I do know that I will leave my
Thoughts and spirit within the minds
Of many, and, certainly, this has
Been God's mission for me.

FEAR AND THE FEARFUL

Fear has no companion,
Except in visits from sadness,
Anger, shame, and regret;
And yet it resides often in
The minds of the self-imposed
Helpless and hopeless who
Trust not to act or stop actions.

Fear has no real abode
Except in a cowardly place of
Shame and hopeless respite—
A place far away from courage's
Opportunity to choose or act.

Let us help the fearful;
Let us empathize with their
Intermittent terrors;
Let us help the fearful—
By helping them to help themselves.

SIGHTS

OVERSIGHT, please pay attention;

FORESIGHT, please look ahead;

HINDSIGHT, please don't regret but rather

Use better judgment;

INSIGHT, please, just be wise and alert.

THOUGHTS

Genius is driven and divergently creative. It does not necessarily comply with conformity or contemporary thinking. Genius has courage to think beyond popular thought or accepted knowledge.

§

As human beings, what we know is phenomenal; what we do not know is infinitesimal.

§

Some things are difficult if not impossible to teach; such things have to be experienced.

§

As adults, humans most often need a partner in life, because of a fear to face life alone.

§

Some try desperately to eat less and eat right; some try desperately to decide what to eat; still, there are other people who try desperately to find anything to eat.

§

A person with a doctorate is one who unfortunately, at times, does not resist the opportunity to theorize or hypothesize, even if he or she is not knowledgeable of the topic or subject.

§

How many memorials can a nation afford to build for the dead, and at what cost, that is, as the living increasingly goes without food and health care?

§

One good way to get what you want is to deservedly work for it; another way to get what you want is to undeservedly lie for it or take it.

§

Spiritual persons are often seared in a fire of mortal suffering in order to hone a soul of benevolent actions for good.

§

Most people spend much time looking for something or running from something.

§

The wild lion will lie with the lamb in peace, only if the lion is full and without hunger.

§

A difference between man and woman in considering romance is that women very often want to know what will happen in the distant future, while men are more likely to want to know what will happen in the near future if not on the current day or evening.

§

Sometimes God gives notice that She has reserved your soul for taking, and at other times you may be called without notice. Therefore, it's always good to be prepared in spirit and in provision of your legal will.

§

No matter how confident we may sound, as human beings, we will never be perfect.

§

To live forever in perpetuity, we must leave our special work and spirit behind after we die.

§

We must create opportunity, we must seize opportunity, and we must accept opportunity in order to learn and excel as human beings.

§

God is in us and around us. God is the Universal Spirit that is All, One, and Whole.

§

When a woman is ready, a man has to get ready, because she just may not be ready often or again.

§

You have to do special things to be special, and you have to be special in order to do special things.

§

Some things that happen are due to effort, gift from another, accident, intent, natural event, opportunity, or the fault of another person. Some things that happen, among these, are simply destined by Divine will.

§

To be great, one really has to produce a singular gift or numerous gifts of universal and benevolent value. Such contribution or contributions are usually born of creative thought, high discipline, devotion to a task or mission, and a Divine gift of talent from beyond.

§

As human beings, we share a common time and place in Earth's history; we also share experiences in common and emotions from those experiences.

§

Funerals bring out the truth about human behavior, and, sometimes, funerals bring out the worst.

§

In order to win at competition, you have to believe without doubt, prepare at the highest level, and perform with unmitigated focus, skill, and effort.

§

A sponge can absorb but so much water at one time; the human brain can absorb but so much information within a brief period of time.

§

If an arrow in flight misses its target, we must shoot another. We cannot afford to be distracted by a mistake or a missed opportunity.

§

A purpose of our lives is to make beautiful things happen. In doing so, such things become a source of our pride that also results in happiness for the receiver.

§

Information out of context or with missing pieces is not necessarily truth.

§

It's not just who you are; it is to a great deal about what you do that defines who you are.

§

It won't be different until you make a difference. You can let things happen or you can make things happen.

§

Life is good if we only see the goodness within it.

§

It matters some but little what people think about you; what's important is what you think about yourself and what future generations will think about your work and the value that they may find in it.

§

When one dies, that person should feel that he/she has lived and made the world a better place by touching it for good.

§

Spirituality is sacrificing, giving, forgiving, and loving; it is God's spirit in action through the benevolent actions of humankind.

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g

§

Unfortunately, some people surely have ingratitude with a negative attitude.

§

Power and knowledge do not fall from a tree; they are seized through hard work and pure determination.

§

Some meetings are *not* about pleasure of the body, but about a need for people of like spirit to come together for good.

§

In times of war or perceived threat and fear, leaders often exert force and polarize the masses for their own power and greed.

§

One needs not to try to be a man if he comes to realize that spirit transcends gender or any attempt toward social identity or role identity.

§

Do not ask a child what he/she wants to be when that child grows up, but rather ask that child what he or she wants to do or accomplish as a human being.

§

Status does not necessarily bring respect—respect is earned and deserved.

§

Those who genuflect, in absence of self-pride, to continuously kiss up to the wishes of others, will soon find that they have no feeling in their lips or taste in their tongue.

§

A poem really cannot be judged by established technical standards or criteria. A poem is of greatest worth when many people like it and find it meaningful to their lives and the human spirit within them.

§

There are those who want you to come to their party, but they do not want to come to yours. There are those who want you to be in their parade, but they do not want to be in yours. There are those who want you to give to them, but they do not want to give to you.

§

If you continue to grow and learn, it's likely you won't be poor or without.

§

There is a public persona that some often struggle to show continually, and such persons can stay in character until their true faces are revealed.

§

Exaggerated pride can eventually hurt you.

§

Time and experiences change cognitions, or, in essence, the way we think about ourselves and our world.

§

To know truth and good does not necessarily lead to practice from such.

§

Those who live to take control and maintain control will eventually lose control.

§

If a situation or choice is confusing or fraught with conflict, then step back from it, that is, if you can, should, and have time to evaluate.

§

One should feel grateful for a talent that is given, developed, and shared; one should not self-assume greatness for such things, because greatness is usually assigned after time, after life, and by others.

§

A train that runs on schedule is never late.

§

When one is so afraid of love and life, there is little another can do to *immediately* change such ingrained disposition.

§

Death is easily accomplished with those who lose hope and give up on life.

§

Homo sapiens will stand a better chance of surviving as a species when we learn or realize that we belong to the Earth, and the Earth does not belong to us. We are more likely to die as a species before Earth dies as a planet.

§

Some things are meant to be, and some things are made to be.

§

You'll never get anywhere, if you don't get going.

§

Some persons can kick your gluteus maximus with a smile; others can kick your gluteus maximus with a frown and anger. Although the communicated expression may be different, the pain and damage are relatively constant outcomes.

§

Nowadays, many people are searching for a shepherd of worth to lead them. However, within their desperation for such, some are vulnerable to follow the wrong-minded or malevolent herder.

§

Continue to grow and give, and you will find the path to your purpose.

§

Sometimes, it's not the value of the gift that's important, but rather the thought behind the gift and the sacrifice of the giver.

§

Greatness is often awarded to those who make history and document their historical contributions.

§

Some laws are made with the purpose of providing services and resources for the citizenry; some laws are made for the purpose of saving people from themselves and from others; and others are made for the purpose of delivering limited resources of the masses to the rich and powerful few.

§

And a prophet said, "Because you ask, you seek an answer other than the one you have; because you ask me, I have your answer or I may even be your answer."

§

Purity is a *state of mind* and not flesh or body. A body of the past can be cleansed by the spirit of God as allowed to come into the mind, heart, and soul.

§

A significant predictor of human behavior is what a person has consistently done in the past; however, human behavior and habit can change with awareness, will power, discipline, and effort.

§

To live large, you have to transcend living small by realizing the light within you and allowing that light to shine.

§

Freedom of the mind and freedom from inordinate prejudice are often achieved through the transcendence of our learned beliefs and attitudes.

§

It is difficult to fill a cup with a hole in its bottom; it is also difficult to mend a broken heart that refuses to trust, forgive, and love again.

§

Develop the spiritual mind, and we will often not have to heal the physical body; ergo, spiritual learning transfers to spiritual self-healing and, thus, the prevention or minimization of human problems.

§

There is purity of the mind and not of the flesh, because as we thinketh, so we live. As we wash our bodies, we can cleanse negative thoughts of intention, negative thoughts about others and things, and negative thoughts about our past experiences and ourselves.

§

Our Earthly work of God and our ancestors is never finished until we are finished with this stage of Earthly life.

§

Time brings change; time brings challenge.

§

Why is it, or so it seems, that many people get upset about what others do and how others look, while ignoring these things about themselves.

§

Some people who have little to nothing for which to be proud can often find themselves carrying themselves with a proud disposition.

§

There is time for play; there is time for work. Neither should impede the other, as they are both necessary for the balance of the spirit and sustenance of the soul.

§

Those who often pause frequently to celebrate themselves do less and thus are less.

§

People who have power and are privileged by power are not likely or prone to give up their privileges.

§

If you're not on board, you simply won't make the trip.

§

People often seek other people to complement their lifestyle, satisfy some of their needs, or lessen the discomforts within.

§

On our own as a human race, we need to go quickly and broadly back to the natural powers of water, wind, and sun, lest we will be forced to go back.

§

Unfortunately, that which says nothing can often be twisted and made to mean something in the minds of the vulnerable and naive.

§

We are who we are. That's what we are, but it's not all we can become.

§

Among other things, emotions are often attached to ideas, beliefs, objects, images, people, experiences, places, music, smells, tastes, and more.

§

As human beings, we are not perfect and cannot become perfect in the flesh. It is the cumulative good that we do that will endear us to God and make us pure and worthy of living.

§

Jesus in flesh was of God; Jesus after mortal life was with God. Jesus is not God as he was sent by God and returned to God.

§

There are those who are blessed to help many, and, surely, at times, they may be perceived, rightfully or not, of helping too much.

§

It's very difficult to help people who don't know *and* who don't know that they don't know.

§

Reputation is that which is assigned by others and believed to be true by the public; integrity is that earned by you and known within your heart and by trusted others to be true. Integrity is akin to earned respect, while reputation is akin to assigned status that may or may not be an accurate portrayal.

§

In order to get a job, you sometimes have to know something or know how to do something that's needed. In order to get a job, you sometimes need to know someone who can give you the job or help you get the job.

§

The more I learn, the less smart I realize that I am. The more I learn, the more I realize that I am blessed to know and obligated to help in this lifetime.

§

A group must know its history, write its history, protect its history, and use its history for its advancement.

§

A gifted mind generates creative thoughts, divergent thinking, and brilliant solutions. Also, at times, a gifted mind suffers social rejection by contemporaries who have yet to understand or appreciate such talent.

§

You cannot easily impart knowledge to one's brain, if that person does not have a readiness or thirst to receive it.

§

A quality life worthy of living should be a blessed series of visions come real.

§

Narcissism does not yield to power or glamour of another, but to its own conceit and self-destruction.

§

Homo sapiens are at war with Earth, and we must save ourselves by saving the Earth as we have known it. If not, surely the Earth will save itself at our expense.

§

Make an enemy out of a lover, and you may have to sleep with a porcupine if not a polar bear.

§

Good people working together can do good things, and bad people working together can do bad things, i.e., if not stopped by good people.

§

There is little to nothing that is scientific about the stock market. There is something that is scientific about most people who trade in the stock market; their behavioral decisions are very often driven by fear and greed.

§

Those who search desperately to fill a void in life are likely to accept a mirage or illusion. Those who search desperately to fill a need in life are likely to accept less than what they deserve.

§

There seems to be an increasing number of human beings, nowadays, who are willing to accept less than excellence and less than accuracy.

§

There are some who take credit for more than they deserve, and there are some who claim less credit than they deserve.

§

If driven by positive values, hard work, high ideas, rightful goals, excellence, and worthy visions, we often find fulfillment and happiness in life.

§

Some “love” for fun, some “love” for benefit, some “love” for future, some *love* as God’s intended way.

§

The concept of sin is an assignment of inherent guilt and blame for what is really human vulnerability and frailty.

§

A great sin is to teach human beings that they are born in sin and not born in God’s light and love—it is teaching that life originated from a negative and not a positive.

§

We cannot lose, unless we choose to claim or choose to own.

§

Persons who eat to excessive obesity are often not afraid of death, but rather they are afraid of life.

§

You will not live well if you don't live right.

§

It takes much to get to the top and to get to the end.

§

To find your enemy, firstly, look in the mirror; secondly, look around you at those who are close in proximity to you and trusted by you.

§

Human beings are so finite in capability and so ephemeral in their existence—but yet so arrogant in thought among the species of God's Earthly garden.

§

There cannot be a right religious way when there is only one way—that of giving, forgiving, and love.

§

A tiger without teeth, cannot easily back up a growl, and warriors without worthy weapons cannot easily back up a bluff.

§

If we can do something well, we must do it as well as we can, because that is simply what we have been blessed to do well.

§

Poetry often gets people to think, and poetry often gets some people to change the way they think.

§

You can be a fool, if you allow yourself to be fooled, usually by your naiveté, your high expectation, or your greed for more while giving less.

§

Energy can be released from a single atom; energy can be released from a single thought.

§

Dirt will not be seen as dirt unless we define it as dirty. The same is true of human behavior that is defined as bad when it is simply culturally different.

§

Those who spend much time to celebrate their talent, often leave little time to develop and perform more good things.

§

There are those who choose a horse on which they trust to ride to their destiny; and, if the horse dies, they quickly search for another horse on which they can ride, that is, without realizing that they can walk rather than wait for a ride.

§

Because we exist, then God as Whole and All exists; because all that we know through our senses exist, then God is.

§

There are some who want something badly, and when they see the opportunity to have it, they often do not want it anymore. There are some who want something very much, and once they receive it, they no longer value it.

§

Success connotes a goal achieved; achievement connotes a process of successes unending.

§

In some cases of benevolent impulse, I have found myself naïve in thinking that I could help those who were either not ready to be helped or unwilling to be helped.

§

Some questions are not questions of “whether” but ‘when.’

§

Moving to a place beyond fear does not require that we know where we are going or what's on the other side; it is for God, ancestors, and destiny to direct us after we choose to change or act.

§

History of the world has been one of cultures and countries fighting each other over land, other resources of value, mutual disrespect, public dispute, distrust, fear of the other, hatred of the other, cultural differences, religious differences, or a combination of these and more.

§

I've been so surprised by some things that people do, both good and bad, that I'm no longer surprised by human nature.

§

To succeed at worthwhile things, create visions and realize them. Also, surround yourself with competent and good people who can help you achieve your vision and who can share in its accomplishment.

§

So few care about the poor and powerless, that the poor and powerless often learn to care little about themselves.

§

When should we shake the tree to cause apples to fall, and when should we wait for apples to fall in their own time?

§

Why pause to celebrate much, when we can elevate to more; why pause to rest, when we can climb to higher heights as divinely destined?

§

One does not have to be perfect to communicate a perfect message; one does not have to be pure to speak of purity; and one does not have to be formally learned to speak with wisdom.

§

It is much better to be driven by what you can achieve than to be satisfied with what you have achieved.

§

Countries that make or maintain enemies via public media do not contribute to peace but to war.

§

Those who will be saved spiritually will not be judged necessarily by their belief but by a state of mind that's pure and good and a state of action that is pure and good.

§

When you have done practically all the good that you can do in one Earthly lifetime, then death should not scare you.

§

As human beings, our ultimate purpose is to become better and make others better, and by doing so, God and ancestors will make us special after life on Earth and will preserve Earth's environment as conducive for our extended existence.

§

Each day is a gift from God, and each additional day of life gives privilege for us to give in God's sacred name.

§

Sometimes, I expect much more from those I have perceived to be capable of much and such. Always, I expect much from myself as an attempt to approximate the perfection of God's gift and the expectations of my ancestors.

§

As we get older, in order to be meaningfully productive, we must work smart as well as work hard and long.

§

As human beings, from time to time, we all deal with changes, challenges, and necessities in our attempt to avoid pain and acquire happiness.

§

For much of institutional living and with time, the torch passes to a new generation, and the legacy of effort continues.

§

Religions tend to obsess themselves with concepts of place, time, and hierarchy; wherein, these human dimensions may not exist in the real spiritual world or universe, at least, as we see and know them.

§

A poet seeks not to consume beauty but to acknowledge it, to describe it, to appreciate it, to enhance it, and to convey its essence to others.

§

Women often want one thing from men, that is, for them to be a good listener.

§

Although we will suffer pains along life's way, we must choose our journey and allow destiny and joy to find us at the crossroads.

§

Some deserve more than the life that they choose.

§

For eons, there has been a fear to speak publicly the truth, especially when it threatened the vested interests of institutions and individuals of power and privilege. To a degree, this fear of free speech is still evident today.

§

As human beings, our ultimate goals should be to make ourselves better and to make others better. By doing so, God and ancestors will bless our descendants and make us special after Earth.

§

Only when we remove the ego from the message will the message be pure.

§

At times, the playing cards that we need at a certain period in life are not the playing cards that we are dealt. Nevertheless, we must play our hand and continue the game as best we can with the cards that we have.

§

All people are weak for something or somebody at some times in life.

§

Often, lovers are lovable until they live with their partners; job interviewees are impressive until they acquire the job and work with fellow employees for awhile, and gold is enchanting until it's owned.

§

One who cares most and gives to a loved one most is sometimes valued the least by that loved one.

§

Two species-specific biological drives are to survive or avoid death and to reproduce life. The goals of both are the same—the perpetuity of that species.

§

In a way, the world is a parade of characters. Ask yourself whether it is better for you to be in the parade or on the sideline, to be up front or in the rear, to ride on the float or walk afoot.

§

Some people are the last to be informed and the first to be billed or charged.

§

Talking loudly and fast doesn't make one right or wise.

§

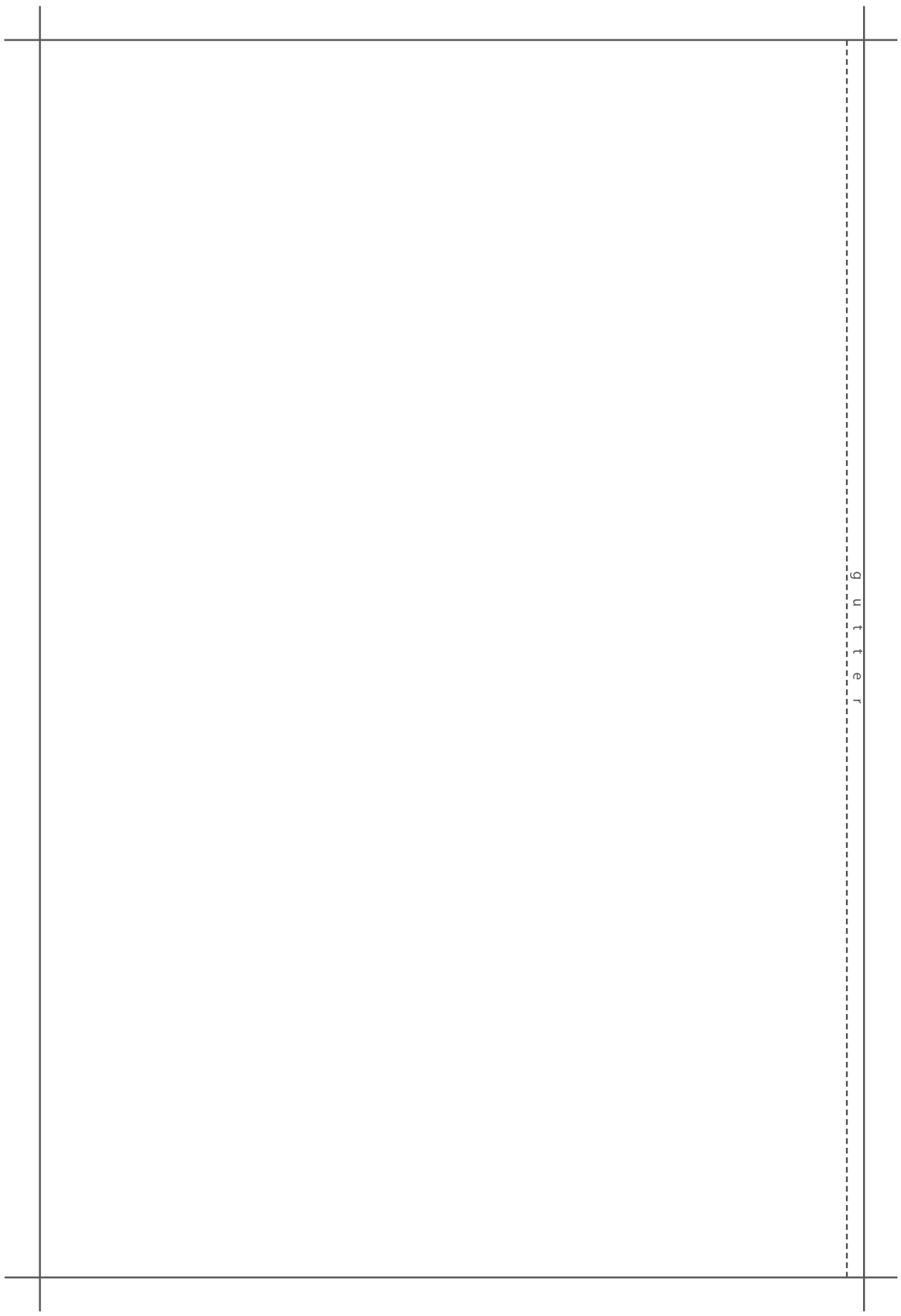
Very often, cultural tradition and learned beliefs can make one cautious of change, fearful of risks, intolerant of others, and lacking in creative thought and action.

§

Neither image nor loyalty necessarily yields competence.

§

People who do not listen well, often miss the knowledge and the options that are presented to them.



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