

*About the Poetry of Frederick Douglas Harper*

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.)*

This book [*Love Poems of Frederick Douglas Harper*] of poems is absolutely beautiful. The author is clearly someone who feels love deeply. He is able to translate his deeply felt emotions into simple words on a page that everyone can relate to. Reading his work is like dancing to a beautiful waltz or feeling a gentle breeze touch every part of your skin.

*(This is a customer’s comment posted on Amazon.com—printed with permission.)  
Paula M. Fairley, Moorestown, NJ, 2007*

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*

Dr. Frederick Harper is a visionary with infectious giving, love, and nurturing—which is birthed in his poem books, novel, and scholarly writings. His poetry exemplifies the creative side of his writings and sanctions the renowned scholar and thinker that he is. To know him is to be inspired; to be him takes exceptional discipline and talent. Every opportunity you get to peruse through pages of his work is a gift from God.

*Betty Entzminger, Actress, International Model, and Vocalist  
Washington, DC, 2007*

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FREDERICK DOUGLAS HARPER**

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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*  
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*Romantica: On Peace and Romance*  
1988

*Poems on Love and Life*  
1985, 2004

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# THE LIGHT WITHIN US

*This book is about gifts or talents hidden  
as well as those developed and shared;  
it is about the love within us that begs to express itself.*

**Frederick Douglas Harper**



*AuthorHouse™  
1663 Liberty Drive, Suite 200  
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Phone: 1-800-839-8640*

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*First published by AuthorHouse 10/19/2007*

*ISBN: 978-1-4343-4023-8 (sc)  
ISBN: 978-1-4343-4022-1 (hc)*

*Library of Congress Control Number: 2007907502*

*Printed in the United States of America  
Bloomington, Indiana*

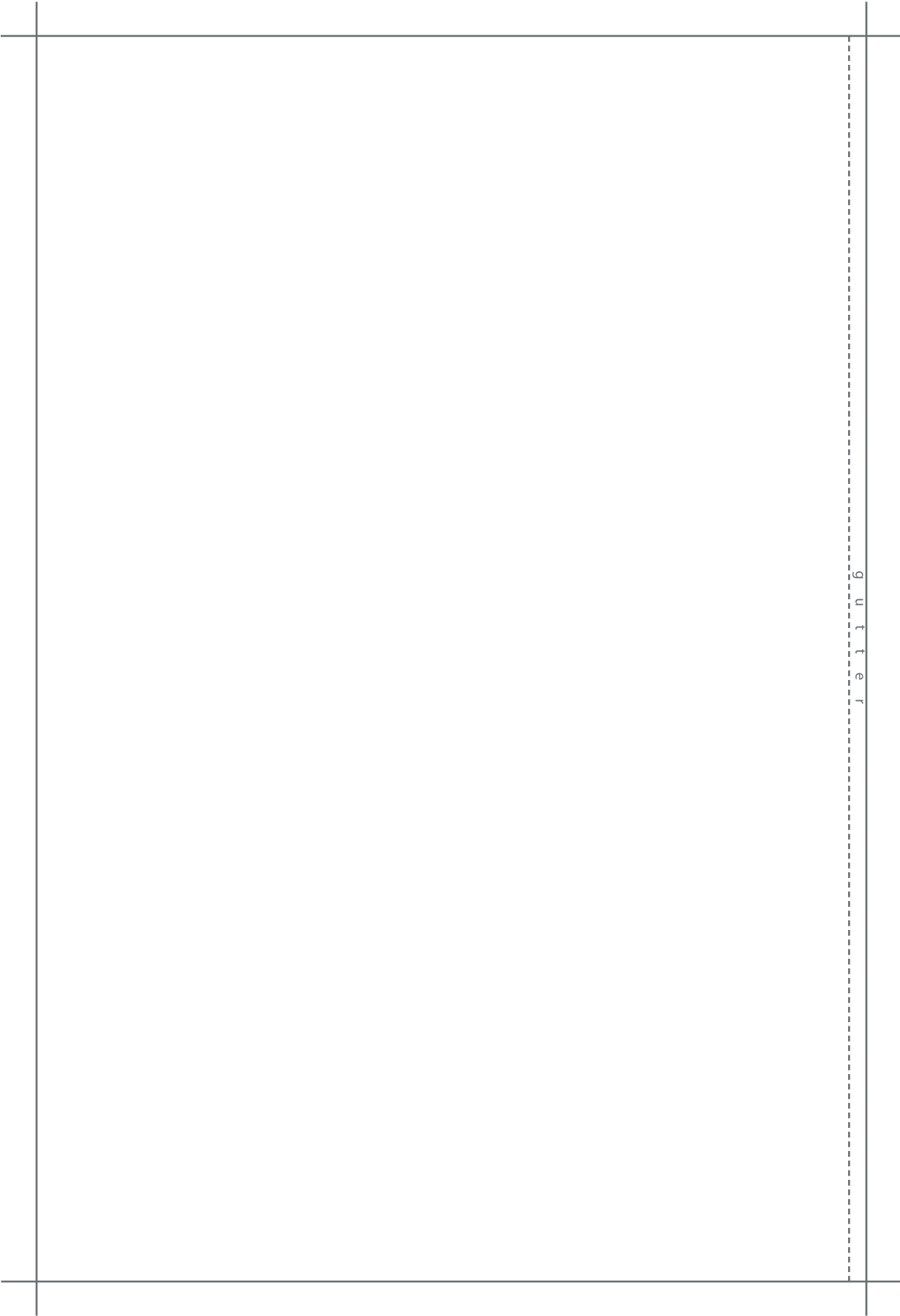
*This book is printed on acid-free paper.*

*The author expresses his gratitude to Jacqueline Aleta Harper for her review of and comments on the manuscript for this book.*

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

Marianne Williamson

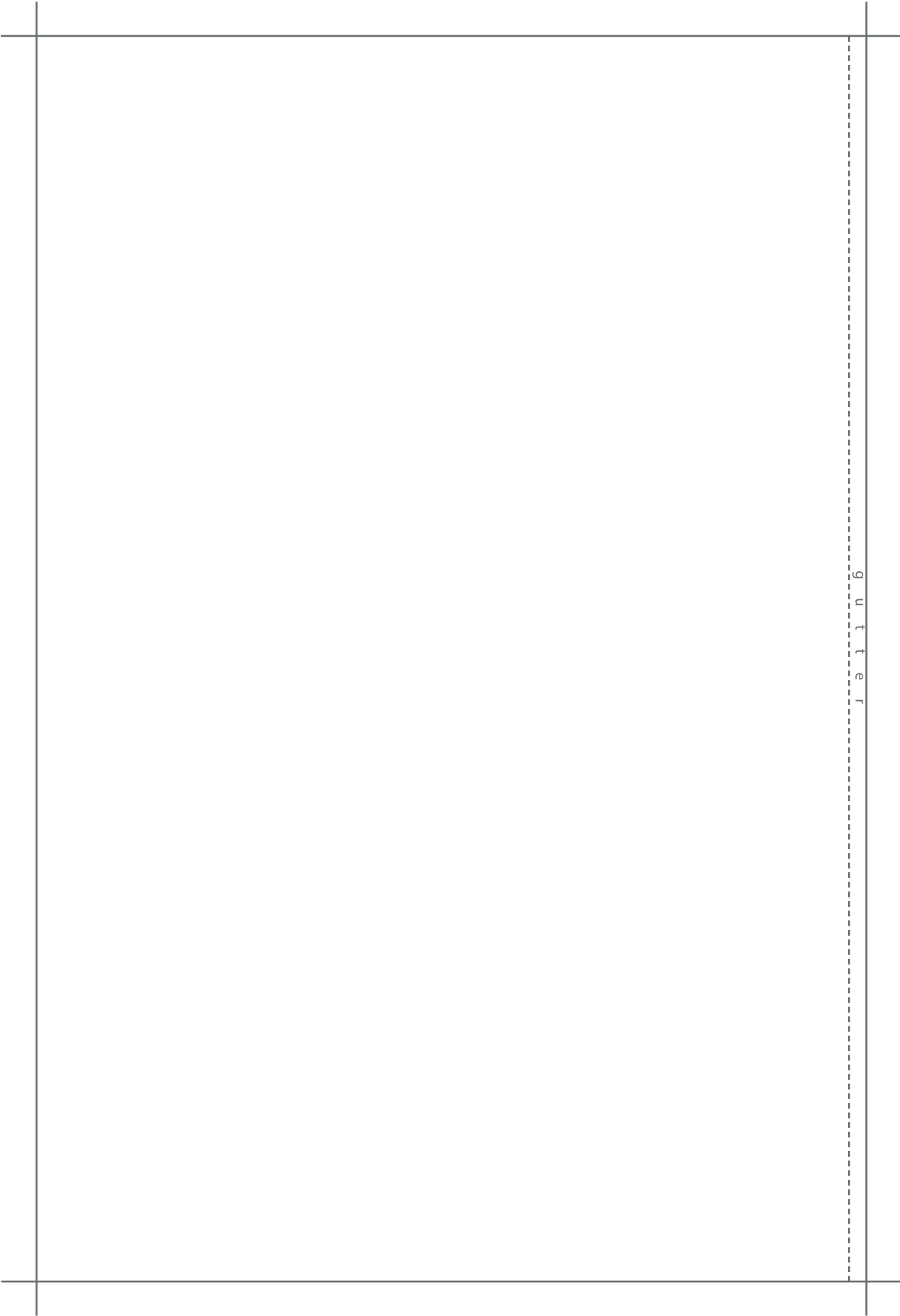
Williamson, M. (1992). *Return to love: Reflections on the principles of a course in miracles*. New York: HarperCollins, pp. 190-191.



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*Judge me by my written words, deeds done, and relationship to you, and surely you will find the truth of my goodness above all inadvertent acts of oversight, error, or omission.*

*Frederick Douglas Harper*



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## THE LIGHT WITHIN US

There is a light within our mind,  
That shapes our identity therein defined;  
There is a light deep down within our soul,  
That releases our talent and makes us whole;  
There is light through our gifts to share  
With another; as healing for us which helps  
    Us to give further;  
There is a light of God's Spirit within us pure,  
That connects our love and makes us secure;  
Choose a mission of good for yourself and others;  
Find a gift of talent within that you like and do best;  
Release that energy as a way and path of your  
    Gift of life to the world;  
If lost, find your rightful path in life—it's not too late;  
Choose to participate in an arena of giving, rather than  
    Observe as a spectator of constant complaint;  
Choose courage over fear,  
Choose happiness over sadness,  
Choose love over hatred and anger;  
Listen to your heart and mind—  
Listen to God's calling from the core of your  
Soul as a voice of your mind's thought within;  
Follow your dream and not that of another;  
Answer your calling now or never.

## QUIET IS THE BREEZE

When silence can be heard  
And the air gently stirred,  
We sit in peace and think  
About life or simply nothing;

When the beach's salt air  
Softly brushes our face and hair,  
We lie or sit atop the sand and  
Breathe Earth's gifts of life;

Can you feel the Spirit's stir  
Of life within the moment—  
Of life within and to the movement  
Of a breeze that fills the lungs  
And cleanses the soul?

Allow the Spirit of the breeze to  
Come to you;  
Allow the Spirit to come into you  
To stay.

## **LIGHT A CANDLE; BECOME A LIGHTHOUSE**

Light a candle within your soul;  
Nurture that glow and allow it to grow;  
Nurture the fire within you as spirit,  
Your spirit of life to develop as your gift and  
Purpose in giving and serving;  
Start a lighthouse from a candle's light,  
So effervescent to show the direction for those  
Who will come to aid you or be aided by you;  
Develop your beacon and show that light for  
Ships both full and empty to come to your port—  
People who will come to give to and receive  
From you;

I ask of you to light a candle within you,  
Deep down within your soul; light that candle  
And open the door of your talent to light the  
Spirit of others;  
I beg of you to prepare yourself for a miracle  
By allowing the miracle that is you to shine—  
To shine oh so brightly, so brilliantly;  
I dare you to relight a candle within and allow  
The glow to light a room and light the world;  
I pray of you to light a candle and become a  
Lighthouse of shared talent, benevolent service,  
Inspiration, love, and unselfish giving.

## I DARE YOU

I dare you to quit the darkness within you—  
To allow your natural light to shine;  
I dare you to quit the fear within yourself, and  
To bring forth the courage to be you,  
To be all that you can be and become;  
I dare you to quit the negative thoughts and  
Restructure your mind toward positive thoughts of  
Change in you and your actions;  
I dare you to be the real self that you are,  
The identity that you were born and destined to be;  
I dare you to summon the courage to love and not hate,  
To forgive and not abandon, to give and not  
Selfishly take;  
I dare you to quit the indolence of doing little to  
Nothing and to reach deep down within the  
Reserves of your energy in order to work hard  
And become the self that you can be;  
I dare you to quit self-imposed and self-accepted pain  
And allow the gift of joy and the spirit of  
Life to come into your heart and to your daily living;  
I dare you to believe in yourself and escape self-doubt  
That drives misery and the doldrums of despair;  
I dare you to raise your ambition and goals—  
To become somebody of worth, esteem, respect, and  
Accomplishment;  
I dare you to raise yourself to become a star, a bright  
Star in a galaxy of stars that twinkle and glitter;  
I dare you to get up now and start anew in order to  
Help yourself and thus help others.



## JESUS, DIVINE LIGHT OF GOD

Jesus was light,  
Jesus is light—  
Oh so bright;  
Light-years ahead of his time;  
A healer and teacher divine;

Jesus was the ultimate light of  
**LOVE,**  
**GIVING,**  
**FORGIVING;**

As divine light of God,  
He showed the way,  
His teachings light the way today.

## SLAVE SOCIETY

Slaves without their knowledge of such—  
A strange and sad phenomenon of this time,  
    Our time today;  
People going about their daily business  
And personal pleasures, simply as slaves:  
Slaves to corpocracy, slaves to technocracy,  
Slaves to mediaocracy, and mediocrity  
Slaves to role playing inappropriate  
Behaviors and negative role models;

Slaves, slaves, slaves, slaves!  
People unconsciously going about  
Their daily business and pleasures as  
Slaves to their dependency upon  
    Pleasure and material things;  
Slaves to designer clothes, baseball caps,  
And jogging shoes—jogging shoes  
Worn to church, concerts, and on playing field dirt—  
    Or simply on any occasion and anywhere;  
Slaves to fur coats, gold jewelry, and diamonds;

Slaves, slaves, slaves, slaves!  
Slaves to identity theft and personal bereft;  
Slaves to financial theft by financial  
Institutions that secretly and unfairly charge  
And debit money held in electronic accounts;  
Slaves to money, romantic honey, and tropical  
    Sunny beaches;

Slaves, slaves, slaves, slaves!  
Slavery while people blindly go about  
Their daily business and personal pleasures;  
Slaves to extreme diets of fat, sugar, and salt;  
Slaves to addictive substances of alcohol,  
    Illicit drugs, and prescriptive drugs;  
Slaves to excessive sexual pleasure and  
    Relationships' hindsight regret;  
Slaves to self-destructive feelings of  
Anger, jealousy, hatred, fear, sadness, and more;  
Slaves to emotional numbness from abuse,  
    Grief's pain from loss, and emotional  
    Confusion about identity and purpose;  
Slaves to inappropriate humor by laughing  
    At the miseries and pain of others;  
Slaves to self-injurious behaviors of excessive  
    Body piercing, cosmetic surgical  
    Mutilation, and conformity tattooing;

Slaves, slaves, slaves, slaves!  
Slaves to global warming and globalization,  
Slaves to electronic conveniences and  
    Entertainment; yes, TVs, cell phones,  
    CD players, video games, and MP3 players—  
Slaves to technological comforts and toys;  
    Oh yes, slaves to acronyms and abbreviations,  
    As if we are too hurried and busy to say the  
    Entire phrase or word: DVD, SUV, HDTV—  
    Now you see;  
Slaves to ingrained childhood beliefs and rigid

Cultural values;  
Slaves to holiday spending and socialite blending;  
Slaves to iconoclastic, blind conformity to  
Do it because it's wrong and outlandish,  
Or because it's what others are popularly  
Doing;  
Slaves to rushing, multi-tasking, and the  
Consequences of preventable accidents or  
Inevitable heart attack or brain hemorrhage;

Slaves, slaves, slaves, slaves!  
Slaves to communication media with their  
Soundbites and audio-visual subliminal  
Messages;  
Slaves to security for the sake of protecting the  
Public if not monitoring you and accessing  
Information on you for the purpose of future use  
Against you and exploitation of you;

Slaves, slaves, slaves, slaves!  
People unconsciously going about their  
Daily business and personal pleasures;  
Slaves to fear of real public violence while naively  
Laughing at the vicarious violence in commercials,  
Movies, Internet Web sites, video games,  
TV sitcoms, and other public media;  
Slaves to fast talk, fake images, false information,  
And sensational programming on video media;  
Slaves to negative reactions and self-distractions  
Related to gossip and false accusations about you;

Slaves to inadvertent and unconscious self-slavery;  
If you think that you are a slave,  
You are, and so am I—the question is  
    To what degree;  
If you do not think you are a slave,  
You are, and so am I—the question is  
    To what degree.

*Definitions of creative terms within this poem: corpocracy (ruling power of corporations), technocracy (ruling power of technology), mediaocracy (ruling power of communication media).*

## 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.

## **DAVID AND SOLOMON: FATHER AND SON AS ONE**

David was a fighter, conqueror, and destroyer;  
Solomon was a peacemaker and builder;  
The father and the son, one and the same—  
The spirit continued; Divine work in perpetuity  
As intended;  
A light continued to shine in a straight and  
Uninterrupted line;  
King 1 and King 2, life continued and  
Life's mission changed anew but continued true;  
King David was a conqueror, and  
King Solomon was a builder;  
Destruction and construction—necessary for order,  
So necessary for reorder and rebirth.

## HUTU AND TUTSI

Innocent people killed in droves while  
Powerful countries stood still and stood by;  
Innocent people hacked, pierced, cut, and shot,  
With no regard for gender or age, as the world  
Stood by and back and watched on TV and from afar;  
Few to no attempts to save or rescue the masses;  
Few to no real efforts to rescue the poor, the  
Powerless, the defenseless from imminent death  
And injury, as blood flowed on the streets, in homes,  
And in fields of green in the midst of screams and  
Cries on deaf ears;  
No involvement, little to no intervention to help—  
Déjà vu; remember, slaughters of the Jewish holocaust;  
Déjà vu; remember, the Cambodian killing fields;  
Déjà vu; remember, so-called ethnic cleansing in  
Countries of Eastern Europe;  
Déjà vu; the pleas nowadays of inhumane acts in Dafur;  
When, if ever, will Homo sapiens learn  
To protect the innocent and the helpless from the  
Mass violence of others and the pain to themselves?  
Needless to say, the world will not forget—  
The world cannot forget, because horror will be  
Repeated at another time and place;  
The world must not forget, because horror will be  
Repeated, possibly in your lifetime and space.



## TO HONOR YOUR TIME

*And a spiritual master and teacher of  
Divine light spoke:*

What can I do to honor your time?  
What can I do to honor you as God's  
Gift to you through my presence?

What can I do to make you better  
Than before and help you to become  
The destined you that you can become?

What can I do to honor you as a unique  
Creation of a Divine act of spirits moved?  
What can I do to facilitate the release of  
A light within you as a gift of talent to  
Share?

**YOU WERE SENT  
FOR A PURPOSE AND WITH PURPOSE**

*And one spoke of love forever:*

You came to me for a purpose;  
You fulfilled that purpose and  
Went away, or did I send you away?

Though you're not with me now,  
You will always be in my heart—  
Because without you, I would  
Not be what I am or have done what  
I have been blessed to do;

Though I do and will forever,  
I need not tell you again that I love you,  
Because it is written in your heart as  
It is in mine.

## ODE TO EMMETT TILL

The light within you  
Was not allowed to shine;  
It was snuffed out before its time;  
Brutally by the viciously unkind;  
Now, the entire world has been shown  
What some had seen—  
That is, what happened to a mere child  
Of age 14;

Emmett, Emmett, Emmett Till;  
We call your name still and at will;  
Emmett, Emmett, Emmett Louis Till;  
We summon your name from the grave,  
With a sad image's reminder of the  
Ungodly who smashed in your head,  
Then shot you dead;

We will not forget you Emmett;  
We will not forget that day;  
We will not forget those days and  
Years in infamy's history—  
An ugly time of unconscionable  
Acts of prejudice and hatred.

## ISN'T IT A BEAUTIFUL DAY

Good morning, good day;  
Isn't it a beautiful day—  
Indeed, I surely must say?  
Isn't it a lovely day—  
To be alive and breathe life still?  
Isn't it a wonderful day—  
To be blessed to live another day,  
I admittedly must say?  
Isn't it a beautiful day;  
So why do you lie in sorrow,  
Regret, grief, disappointment, and  
Self-imposed helplessness?  
Get up and get out—  
Feel the sun against your face, and  
Breathe the air into your lungs, or  
Feel the rain against your pores;  
Isn't it a beautiful day to be  
Alive and feel alive, only if you  
Choose within your mind to make  
It your beautiful day?

## **DIVINE LIGHT WITHIN US**

Is it possible that I, as we,  
Possess within the knowledge  
And light of all human existence  
Of times past and now;  
And with Divine help, we are able to  
Release the brightest of light from  
Our souls and hearts?

Is it possible that I, as we,  
May have within and around the  
Ancestral spirits that protect  
Our vessel of life's Earthly journey—  
As I and we pick the fruits along our path  
To nourish the soul within as souls of others?

## FEELING DIVINE LOVE

When I walk into the morning sun,  
I can feel the light of Her Divine presence—  
I can feel the warmth of Her universal love;  
When I hear the chirps, calls, and songs of birds at  
Morn, I can feel life's myriad of miracle forms  
So much adorned;

When I look upon a squirrel in a treetop high or  
Observe a duck fly against the peaceful blue sky,  
I can realize the presence of Her majestic  
Creations in freedom of spirit;

When I look at a full moon against night's sky,  
I gasp in awe, then exhale and sigh;  
When I watch the rolling waves come ashore,  
I think of the ocean's mosaic of fishes galore;

Creation so beautiful of universe and mind,  
Created by God over extended time;  
Why fight we here another day, than rebuild  
Our Earth so that we can stay?

## THE SUPREME MEDAL OF HUMANITY

*All of you have lived a life of growth, sacrifice, courage, love, forgiveness, and unselfish giving. Therefore, I salute you and present to you posthumously, but in presence of spirit, the highest medal that I, as a humble poet, can bestow upon you—"The Supreme Medal of Humanity."*

**HELEN KELLER**, will you please come forward in spirit.

You were born with sight and hearing; yet, before age two, because of illness, you lost these—becoming both blind and deaf. With loving parents and the commitment of an angelic life-long teacher, you refused to accept darkness and defeat, lifting yourself higher in education and aspiration, in communication with the world, and in your benevolent service to humanity. Through communicative touch, you were able to know the light of the world and to give back to the world through your brilliant light of love. Through your courageous and determined spirit and the help of numerous good people, you became the first deaf and blind person to graduate from college, receiving your degree with high academic honor. As an international writer and public speaker, you repeatedly advocated for the rights and needs of women and the disabled, especially the blind and the deaf. Your book, *Light in My Darkness*, inspired and gave hope and help to many disabled and oppressed people around the world. You were and are a beacon of triumph, achievement, and unselfish giving.

*Helen Keller*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, "The Supreme Medal of Humanity."

We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.

**MOTHER TERESA**, will you please come forward in spirit.

You dedicated your life to helping the poorest of poor throughout the world—feeding the poor, providing for their health needs, and teaching a spiritual way of forgiveness, love, and peace to many. In your own words, you stated God’s mission for you, “I had the call to take care of the sick and the dying, the hungry, the naked, the homeless—to be God’s Love in action to the poorest of the poor.” You saw the light and followed your heart in God’s call, and others joined you and assisted you in your mission of good. With gifts and volunteer aid from others, you set up many homes and missionaries to carry out your sacred work of helping the poorest. You made the world better through your establishment of hundreds of missionary homes to help orphans, the homeless, lepers, the sick and dying, and others who were forgotten and in extreme poverty and disease. You spoke and wrote publicly of forgiveness, peace, love, and giving, while teaching that “works of love are works of peace.” For your exceptional and benevolent efforts, you were awarded the Nobel Peace Prize in life and beatified by the Pope of the Catholic Church after life on Earth. As indicative of your name, Mother Teresa, you were certainly a mother to thousands in need.

*Mother Teresa*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, “The Supreme Medal of Humanity.” We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.



**HARRIET TUBMAN**, will you please come forward in spirit.

Born into slavery, you were destined to fight its injustices, and you so valiantly did. Divinely gifted of body and mind, you were blessed with extraordinary mental and physical strength as a human being. For your so-called stubbornness as a child, you were once bashed across the head with a cooking utensil, but still you stood and rebelled against wrong and insult, eventually escaping to freedom. As a free woman and natural leader, you used your strength, determination, charisma, and intelligence in order to free hundreds from the bondage of slavery. In the Underground Railroad to free slaves, you helped group after group to escape North to freedom, while risking your own life in the process. Your courage was undaunted, your shrewdness unmatched, and your will undampened. The Universal Spirit and your ancestral spirits carried and protected you in your destined mission to free so many. You inspired others to join the struggle against slavery with your powerful public speeches. You were admired and respected worldwide by queens and leaders for justice. Some antislavery advocates addressed you as General Tubman, which was symbolic of their highest respect for and honor of your courageous and tactical leadership in bringing human beings from the darkness of slavery to the light of freedom.

*Harriet Tubman*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, "The Supreme Medal of Humanity." We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.

**FREDERICK DOUGLASS**, will you please come forward in spirit.

Born a slave, you chose not to die a death of infamy as a slave. You learned to read as a child, later escaped to freedom, and became a

person of great value to yourself and many others. A public speaker, book author, newspaper publisher, and U.S. statesman, you fought persistently for the abolition of slavery and the rights of women and other disenfranchised groups. In 1848, you were among the few men who attended and stood up for the rights of women at the Seneca Falls Convention. Your charismatic orations and inspirational writings internationally influenced the cause for the uplift of the downtrodden and oppressed. During your period of refuge and travel in England, Ireland, and Scotland, your powerful public speeches helped to raise awareness and money for efforts to abolish slavery in America. Yours was a life of struggle against injustice, oppression, and persecution. Your impact was felt then as it is now.

*Frederick Douglass*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, "The Supreme Medal of Humanity." We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.

**MOHANDAS (MAHATMA) GANDHI**, will you please come forward in spirit.

You stood up for your country against the British Empire, and the masses followed your nonviolent resistance against a world power. For much of your life, you searched for truth, concluding that "God is Truth." You chose self-imposed poverty to enhance your spirituality and to maintain your focus on your mission. As a lawyer, government leader, and protestor, you constantly fought for the alleviation of poverty, the rights of women, and the peaceful coexistence among

religions of India. On several occasions, you suffered prison for your persistent nonviolent efforts to get the British to quit its occupation of India. You were nominated several times for the Nobel Peace Prize, but the Nobel committee did not award the Prize to you—an award that numerous world leaders thought that you so much deserved. Nevertheless, you positively influenced the times of your life as you influenced the course of world history. Courage, wisdom, sacrifice, and perseverance characterize and honor your legacy and accompany the mention of your name.

*Mohandas Gandhi*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, “The Supreme Medal of Humanity.” We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.

**MARTIN LUTHER KING, JR.**, will you please come forward in spirit. You dedicated your life in the defense of the poor and in your struggle against injustice. With an earned doctorate, you could have taken a professional path of safety and comfort or a life of power and status in governmental or corporate leadership, but you chose the humble and destined path set forth in God’s stars for you, eventually being killed because you stood up and led as a drum major and soldier for the poor. By choosing God’s destined path for you, you changed history while inspiring and benefiting the masses. You wrote and eloquently spoke out against acts of inhumanity and injustice, just as you fervently advocated for human rights and civil rights. Your love and actions for humanity earned you the Nobel Peace Prize. By your leadership of the

masses and eloquence of speech, you broke the will of the powerful and changed the hearts of the malevolent and misguided. Your charismatic image still remains in the memories and recordings of this day, and your legacy is reflected by the light of your contributions to humanity.

*Martin Luther King, Jr.*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, “The Supreme Medal of Humanity.” We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.

**ALBERT SCHWEITZER**, will you please come forward in spirit.

Philosopher, musician, theologian, scholar, missionary medical doctor in Africa, and Nobel Peace Prize recipient, you gained much in knowledge, skills, and money, and you gave away your blessings and earnings to help others in dire need. You excelled as a scholar, receiving a doctor of philosophy, doctor of theology, and doctor of medicine, but, even more important than your academic achievements, you gave your gifts of wealth, knowledge, and service for the betterment of humanity. You built hospitals for the neglected in Africa and provided medical staff and services for those without. You taught others about health, life, music, peace, reverence, and unselfish giving. Through your speeches and writings, you taught the world a way of spirituality and peace. As an example of your beliefs, you gave away your Nobel Prize money for the erection of hospital buildings in Africa. You gave away money from sales of recorded music and published books—all for the health, education, and welfare of the dispossessed and ignored.

*Albert Schweitzer*, I am honored on this day to say to you that you are not forgotten; that you are held high as one of the greatest human beings ever to live and give light to the world of others. Therefore, I take pride to salute you for your accomplishments and high service to humankind. I present you with the highest possible honor that can be bestowed upon a human being, "The Supreme Medal of Humanity." We love you, and generations appreciate you. May your spirit and positive light live on to inspire and help others.

***Closing Commentary***

Last year, at our inaugural Supreme Medal of Humanity Awards Ceremony, we honored the great spiritual prophets of all time. Next year, we will honor others as we so did today. All recipients of this distinguished Award have given their lives to a very high mission of helping those who are most in need, and their positive impact has been felt worldwide and over historical times and generations. They have not only been a light for others, but, even more, they have brought out the lights of others to shine upon those in need.

## **THE SPIRIT OF US AS FREE**

The spirit of God as light within us  
Must be freed or freed more to do more  
In this Earthly time and space;  
We pray to do such with all the Divine  
Inspiration and talent of light released  
From the marrow of our bones,  
Thoughts of our minds, and  
Work of our hands and abled-bodies.

## THE WHITE LIGHT

LOVE, PEACE, AND JOY;  
Let us strive for these—  
Let us strive for these in our  
Hearts, our thoughts, and our  
Actions.

Let us strive for the  
“White Light” here on Earth  
Through peace in the world,  
Joy in our hearts,  
And love toward one another.

## **GOD'S SUN, GOD'S LIGHT OF LIFE**

Light of the Earth,  
Light as our light,  
Light as our life;

Shine, oh shine on us;  
So we may see that light  
Of our life, God's light;

Shine, oh shine on us;  
So we may see  
The light of God around us, and feel  
The warmth of God within us.



## LIFE AS EARTH'S TERRAIN

Life is not always a flat peaceful highway  
Or calm waters or a smooth shore on a  
    Caribbean beach;  
Certainly, there are peaks and valleys  
    Galore;  
There are peaks of joy and excitement  
    As there are valleys of despair,  
    Sadness, and disappointment;  
The road through life has bumps along  
Its way and thorny brush along the path—  
Nevertheless, we can choose our path,  
And, as necessary, can go around or  
Transcend the rough and bumpy road.

## CYCLOPS

One-eyed Cyclops everywhere,  
A recent and often unseen scare—  
At airports, in shopping malls,  
On highways, in universities, and  
In Hospitals;

One-eyed Cyclops in office buildings,  
Government buildings, and public  
Arenas—  
Working overtime without extra pay,  
Not even a dime;

Security cameras, protecting those  
Who pay for them; security cameras,  
Protecting us, while recording our  
Every move and presence.

## DEFEATING YOURSELF

In order to win,  
You have to be driven;  
In order to achieve high,  
You have to drive yourself;  
In order to be the best,  
You have to defeat yourself—  
Your impulses, reactions, distractions,  
Destructive habits, lack of discipline,  
And indolence.

## THE HUMAN CHALLENGE OF LIFE'S RACE

Youth, so foolishly erred as  
Aging is unforgiving with time;  
Yet, humanly imperfect beneath  
Sun's light, we trod, n'ertheless—  
And ne'er we go so effortlessly well,  
But rather so indolently we often  
    Drudge and plod;  
Up you mighty person, throughout  
The race, and be the best you can be;  
Light clears the path as shown to thee  
And happiness so surely a friend will be.

## WASTED TALENT

Genius is nothing  
Without discipline and hard work;  
Genius is nothing  
Without total absorption of developing  
A gift and sharing it with others—  
As one's purpose and mission;  
Genius is nothing  
Without releasing the light of talent  
Within oneself as meant to shine.

## **DO YOU HAVE ANYBODY?**

Do you have anybody  
With whom you can  
Talk in confidence?

Do you have anybody  
Who can help you to  
Absorb your pain?

Do you have anybody  
Who can share challenging times  
Of transition in your life—  
Whether death of a loved one,  
Marital separation/divorce, or  
Loss of a job?

Do you have anybody  
With whom you can talk  
In times of pain and confusion—  
In times when you feel so alone  
And helpless?

**I WANT NOTHING FROM YOU  
OF MATERIAL WORTH  
OR EARTHLY PLEASURE**

*And one spoke of unselfish intent:*

Shall I assure you that I want  
Nothing from you of material worth  
Or Earthly pleasure?

May I assure you that I want  
Nothing from you but your presence  
And your sweet disposition?

Let me assure you that I want  
Nothing from you but your warm  
Energy so effervescent and inspiring;

I must assure you that I want  
Nothing from you but your spiritual  
Light from within so meant to shine  
For you, me, and the world.

## WRITTEN IN A FACE

There is a future written across the face of the  
Young that's built upon hopes and dreams;  
There is a future in good hearts that have been  
Challenged by pains of the past;  
There is a future written in the face of the young  
Who have been strengthened by the wisdom of  
Their elders and the pains of their past.



## **PRISONERS OF OUR PAST**

As those who have been hurt by another or others,  
You can be bitter, revengeful, saddened, and  
Distrustful;

As those with wealth or fame, you can be exploited  
And abused, and thus become suspicious and  
Resentful of possible transgressors as those  
Of your past;

As public figures, politicians, or entertainers,  
You can feel haunted, hassled, exploited,  
Unnerved, and rumpled;

Restructure your mind, cleanse your heart, and  
Ignore distractions of thought and reality.

## RISINGS

And things do certainly rise  
As the sun appears to come up from Earth's  
Horizon,  
And nature's rebirth with spring's flowers;  
As a bull market's recovery from bears asleep,  
And financial blessings from poverty's pains;  
As plants' risings from seeds once set,  
And hope realized from loss and despair;  
As a Divine spirit rose and rises within us.

## CONTIGUITY

Have you ever thought or wondered why  
Some things occur together in close proximity  
To each other?

For example,

Why do people often say “God bless you” after  
Someone sneezes?

Why did Pavlov’s dogs salivate after the sound of a  
Bell?

Why do some people get angry when they don’t get  
Their way?

Why is it a person can hurt or kill another upon  
Learning the other has withdrawn love, abandoned  
Their relationship, or found love elsewhere?

Why is it that things seldom occur in a vacuum,  
But usually before, after, or with another event?

## SUCCESS

Don't just chase the specter of Earthly success,  
But allow purposeful success to come to you  
And from you;

Don't chase the specter of Earthly success,  
But do things you like, and you will  
Do them well—you will be successful;

Don't just accept success awarded to you by  
Circumstance, gift, or chicanery, but rather  
Work hard for rightfully earned success;

Don't try to be great,  
Try to be excellent and helpful in this life;  
Don't try to be great,  
Because greatness very often comes after  
Life on Earth, if at all.

## AND GOD STEPPED OUT FROM HERSELF

*And God stepped out from Herself as whole and said:*

People are going damnation crazy—  
Warring against themselves, killing their  
Young, killing the Earth as my garden of  
Gift to them;  
How in the devil's hell can they be so  
Stupid?  
But still I made them with all their  
Imperfections;  
Was I in error to give them choice—to give  
Them the capacity to make choice to create as I?  
Oh my God; now look at Me;  
I'm so stressed, I'm talking to myself.

## LOVE AS LIGHT

There are those who  
Light up a room;  
There are those who  
Light up a life;  
There are those who  
Warm the heart of  
One as many;  
There are those who  
Light the way—  
Light the truth;  
There are those who are love  
In spirit and way.

## FEELINGS WITHIN US

When was the last time you got

Angry and about what?

When was the last time you

Were afraid and about what?

When was the last time you became

Sad and about what?

When was the last time you were

Happy and about what?

When was the last time you got

Excited and about what?

When was the last time you cried, and

About what—happy or sad thoughts?

Think about these things;

Reflect on the things that evoke

Feelings from within you—

For better or worse.

## YOU AND YOUR CHILDREN

Don't expect your children  
To call when you want them to;  
Don't expect your children  
Always to be available to talk  
To you when you call;  
Don't expect your children  
To listen when you want them to;  
Don't expect your children to always  
Come to you when they need advice;

Do expect your children  
To come to you when they want  
Something from you, including  
Money and advice;  
Do expect your children  
To come to you when they need love.



## **SHOULD YOU EXPLAIN YOURSELF?**

There are people who may not understand you,  
And you will find that you have little time to explain  
Yourself because of much work to be done  
In one brief lifetime;

There are people who may not understand your work,  
And you will have little time to explain its meaning;

There are people who will not understand your  
Interests and preferences, and you could find that with  
Explanation, they still will not understand or accept you;

There are people who will not understand your identity,  
So just politely tell them, I am who I am—  
Or simply ignore them, if you can.

## IS IGNORANCE DARKNESS?

Can you teach much or anything to persons who  
Think they already know?  
Can you lead a person along a path of good and truth  
Who think that they are already walking the right way?  
Can you make a person drink spring water  
Who insist only on imbibing contaminated water  
Or mainly wine and whisky?  
Simply, can you help persons who refuse help or  
Resist willingness to change or act upon the need  
To accept help or help themselves?

But still, in our patience and perseverance, we often  
Walk a path of helping others or attempting such  
In hope of saving people from self-destruction  
By fiat of their own impulses or misinformation;  
But still, in our patience and perseverance, we often  
Walk a path of helping others or attempting such  
In hope of saving them and thus saving others from  
Unnatural and malicious destruction;  
But still we often struggle in patience to bring one  
From a lifestyle of darkness into the light of  
Constructive good to self and others.

## SELF-AFFIRMATION

*And one spoke of affirmation of the self:*

God has blessed me with talent and a life spared  
To use much; and having only one life on Earth,  
I will live up to the gifts bestowed upon me by doing  
More than I could do on God's sacred watch.

I admit that at times the road has been lonely and  
The grade steep, but still I have carried the load with  
Divine good blessings, because I have been spared  
To do such and much with the blessings of God's  
Benevolent gift and grace.

**CHEMICAL ADDICTION:  
PEOPLE TO THEMSELVES,  
PEOPLE BY THEMSELVES**

So it seems, some people don't want to  
Do anything *with* anybody;  
So it seems, some people don't want to  
Do anything *for* anybody;  
So it seems, some people don't want to  
Do anything of worth *for* themselves or others—  
Isolated in their cocoon and enslaved by the  
Numbness or pleasure of their addiction.

## WANTS AND WISHES

That which we want today,  
We may not want tomorrow;  
That which we get tomorrow,  
We may not want to keep;  
That which we don't want today,  
We may very well want tomorrow;  
That which we don't have today  
Or don't see getting tomorrow,  
We may want now and so buy or get—  
Therefore, don't think *forever*, because  
Wants and wishes do change—  
With time.

## WALK MY PATH

*And God said:*

If you walk My path  
Of good, I will hold your hand and  
Protect your spirit and its Earthly  
Vessel—and surely others from  
Villages along your way will join  
You and help you in your mission  
As My sacred mission for you.

## THERE'S A CRUEL WIND COMING

There's a cruel wind blowing beyond the horizon;  
Can you see it; can you feel it?  
There's a violent force of nature harkening from  
Afar—beckoning our civil call;  
There's a cruel and violent wind blowing our way  
To change our way;  
There's a wind of the future of our own making—  
A violent wind coming that we have spun our way;  
There's a cruel wind coming from afar,  
A violent wind coming to shake us from us—  
To shake us from our own greed and selfish  
Absorptions and obsessions;  
I warn you; love the planet, stop the fighting,  
And love the children and all life.

## **THE POWER WITHIN YOU**

True power of the self comes from within—  
It is developed over time and not given;  
It is not allowing others to evoke your anger;  
It is walking away from a destructive relationship;  
It is empathizing with the weak—even those who lash  
Out at you in their insecurity;  
It is not fighting when you have a choice to  
Do nothing or to walk away and retreat;  
Psychological empowerment is the option to choose and  
The willingness to choose action or inaction as appropriate.



## **MEDITATIVE THOUGHT FOR STUDENTS**

Each day, I pray:

Make me conscious to share with others—

To do my best at what I am gifted to do;

To do my best in my required studies and

Responsibilities;

To be fair with others as I expect such of them—

Not to hurt others if I feel pain and hurt;

Not to exploit others for my own needs and

Advancement;

Not to take actions that can result in harm or death

To myself and others.

## **I HAVE BEEN BLESSED**

I've been blessed to learn much;  
I've been blessed to do much;  
I've been blessed to give much;  
And, therefore, I owe much and  
Am much.

## PURE OF HEART

Those who are pure of heart are not  
Afraid of pain and suffering or being  
Without;  
Surely, we were born with nothing  
Except that given to us at birth—  
Be not afraid of poverty or death or attack  
Against reputation or even the physical self;  
For truly Jesus suffered attacks from those  
Who feared his influence in life;  
Yet his message rose with time's truth  
Undenied—  
As he was pure of heart, thought, and actions;  
He was pure in love, giving, and forgiving.

## IN SEARCH OF PURITY

Just as a divine prophet, one who is pure in heart  
Cannot be soiled by association;  
As great prophets of good walked with the  
Common and immoral, their purity of mind  
And living shaped the thoughts and cleansed  
The spirits of those who followed and heard  
Truth spoken;

Therefore, search for the purity within your mind  
As the path to purity within your actions and living;  
Search for the purity deep down within your  
Heart and soul;  
Minimize or abstain from pleasures that enslave—  
Abstain from ill thoughts that condemn and destroy;  
Purify your mind, and you will purify your body  
And your way.

## LONELINESS AS COMPANION

By choice or circumstance, at times you  
May be alone or feel alone;  
When company has not come or been  
Sent your way, or when you have not chosen  
To accept the company that chooses to stay,  
Then embrace the quiet of the day;

In your intimate and silent space, find solitude  
And a cleansing that are Divine in their essence;  
Wait and listen for a message of spirit  
To come into your heart and prepare you  
For a mission of life or a message of the day;  
Wait and listen for a message of goodness  
And right for you;

Let silence and solitude in God's presence  
Be your friend, companion, and guide.

## OF HUMAN FULFILLMENT

*And the Universal Spirit spoke to the heart through  
thoughts of mind's open door:*

I will give you wisdom, but, at times, by way  
Of challenges and hardship;

I will give you perseverance, but by way  
Of a thorny forest of disappointments and pain;

I will give you strength, but with intermittent  
Rest upon a hard rock of discomfort and fatigue;

I will give you joy at the peak of a mountain  
Climbed or between intervals of hard work  
And unrelenting toil;

I will give you happiness and fulfillment,  
But by fiat of your own acceptance of  
Choices and your own willful making.

## **A SHORT PRAYER OF PETITION**

Dear God and ancestral spirits,  
Please keep me of sound body and mind  
To do your work through me—  
To share my light from within me free;  
Thank you,  
AMEN.

## HYPOCRISY

Why is it that those who want money  
Often do not want to admit it or try to  
Deny such?

Why is it that people who will die,  
As we all will, do not want to talk about  
Death?

Why is it that those who wish to fulfill a  
Need for touch and sensual pleasure,  
Deny a desire for or interest in such?

Why is it that people who wish to release  
Themselves, often hold their impulse while  
Sitting in a meeting or visiting as a house guest?

Why is it that some claim religious tenets  
Or marital vows and violate such regularly?

Why is it that people, too many, don't say what  
They mean, mean what they said, do what they  
Wish, or follow-up on what they promise?



## CONFUSED PEOPLE; CONFUSED TIMES

*Some people confused:*

Youth shooting up schools and colleges—  
Students killing their peers and professors;  
Wives shooting their clergy husbands;  
Fathers killing their children to hurt their wives, and  
Wives killing their children to hurt their husbands;  
Fathers killing their families from pain of their  
Joblessness, failures, and helplessness in life;  
Mothers and fathers killing children out of their  
Own frustration, stress, confusion, and illness;  
Trusted leaders taking liberty of pleasure with  
Staff, loyal constituents, and helpless children;  
Children abusing children and youth abusing youth;  
Young people abusing the aged; young people  
Abusing selves;  
Corporations stealing from their customers as  
Corporate heads and managers steal from their  
Corporations—  
Misplaced pain, values, and morals;  
My God, what's wrong with some too many  
Nowadays, whose dark side has shrouded  
Their light of love trapped within?

## ROMANCE: SWEET AND SOUR

Romance, how sweet the light to shine—  
Euphoria, peace, excitement, pleasure,  
Laughter, novelty, respite in calm, and much  
More as paradise on Earth;  
Romance soothes the spirit—a light that  
Comes to life's darkness and despair;  
A light that comes to the loneliness of an  
Empty room or an empty heart forlorn to  
Be filled with joy and glee;  
But beware—for once the light burns cold  
And the light of love turns dim or dark,  
Romance abandons and so agitates the heart.

## USERS WITHOUT CONSCIENCE

There are those who will smile in your face,  
As long as you can and will help them—  
As long as you're in a position to help them;

There are those if you offered a chocolate  
From a box will take three or four or the whole box;  
However, if ever a time comes when you will  
No longer, can no longer, and have no more,  
Then these users will be among the first to  
Cease the smiles, abandon your presence, and  
Seek another person to use or exploit—  
Oh how regrettably sad though sometimes true.

## ARE YOU LISTENING?

Are you listening to the needs,  
Pains, or joyful sharing of others?  
Are you listening to others, or are you  
Obsessed with your own needs, pain,  
And shared experiences?

Shut out the distractions of music or TV  
And listen to another or others who are in  
Need or pain or simply wish to share joy  
Or excitement with another;

Shut your mouth, cap your own impulses,  
And listen to another who is in need—  
As long as that other does not want you to  
Listen all the time without listening to you.

## **CALIGULA, DARK CHAPTER OF ANCIENT ROME**

Caligula, abused and pampered child of Roman  
Power;  
Caligula, from abused child to sick adult to  
Sadistic Roman emperor who abused others for  
Pleasure as he was so abused as a child;  
From child to Roman emperor who exploited and  
Killed for the joy of his twisted and sick mind;  
Darkness within, shrouding an ugliness in his  
Unnatural sadness of self and pain upon others;  
Yet the people watched in the arena as their  
Entertainment but eventually as dismay and then  
Intolerance;  
Daggers drawn to thrust the end to Caligula and  
His bloody reign of terror against his people;  
Daggers drawn to thrust the end to a dark chapter  
In the history of the magnificent Roman Empire.

## LIGHTS OF LIFE SPILLED AT A UNIVERSITY

Thirty-two lights snuffed out on one  
Dreadful morning on a university campus  
On April 16, 2007;  
Beautiful faces, destined good hearts,  
Talented souls, and lives of loved ones—  
Banished from Earth's stage by hands of  
Anger, pain, and pent-up hatred of one  
So enslaved by fear and confusion;

Forgiveness comes—slow and hard at  
The door of survivors, but yet it will  
And must come for cleansing and love—  
Love still, nostalgic sweet memories savored  
In the minds of those now transformed forever;

Thirty-two lights snuffed out on one  
Dreadful and mournful morning by one  
Dark and misguided soul—Victim 33;  
Thirty-two lights snuffed out on one  
Unforgettable, tragic day by a lost soul that  
Refused to acknowledge his fellow humans;  
Refused to speak and refused to love—  
Refused to love because he simply  
Did not know how.

## ALCOHOLISM: A LIVING DEATH

Pain doused and pleasure disguised in numbness  
By alcohol as joy's imposter;  
Light within reflected into a black hole of  
Darkness and a living death of slow demise;  
Cells daily cry and die a slow necrosis from a  
Lifestyle of choice as an alternative to wellness  
And health;

A glimmer of light left still as possibility for love  
Stored deep within a dark soul of addiction—  
An addiction twisted up in a painful cauldron of  
Self-doubt, self-hatred, anger, sadness, fear, and  
Unforgivable hurt;

Wake up; wake up now and breathe life's  
Air and feel the warmth of the sun and the love  
Of others—release the pain, release the hurt;  
Give as your gift to you; heal others as healing of  
Yourself;

Choose true happiness within your mind;  
Choose happy thoughts and release light from  
Darkness within your soul and spirit.

## DEAR MOM AND DAD

Thank you for helping me through elementary school. You helped me do homework when it was hard, and soon I was able to do it on my own.

If you weren't there to help me get to school, I'd have to walk or take the bus. You also helped me get ready for school; now, I can get ready on my own.

You taught me things before I learned them in school. Now, I'm ahead and know more. You also helped me to study for tests, so when I took one, I was ready.

So thank you for helping me. I know that you will continue to help me.

Love, your son,

Renfred

*Written by the author's son: Renfred Douglas Harper, July 2004, age 10 (he is now age 13).*



**PREPARING YOUR HEART  
FOR THE LIGHT OF GOD'S  
GOODNESS**

Open your heart by opening your mind  
To a way of giving, a way of forgiving,  
A way of unconditional love;  
Feel the light of others from your goodness;  
Feel the light of the world upon you;  
Feel the light of Her Divine Spirit around you.

## **SILENCIA (SILENCE)**

Can you hear the silence  
Within your space?  
Can you hear the silence  
Within your head—your mind?  
Can you feel the peace of  
Solitude with the freedom of  
Thought—your thoughts?  
Can you free your mind in  
The silence of your private moment  
And in your quiet time alone?  
Will you choose to free yourself  
From the distracting yoke of  
Worry, anger, fear, sadness, and  
Hopeless despair?  
Will you choose to empty your  
Cluttered mind of negative thoughts  
And emotions and fill your heart  
With goodness, love, hope, and joy?  
In your private time and space,  
Meditate on goodness and positive  
Thoughts.

## TOO BUSY TO BE HUMAN

Times changed toward a hurried pace  
And self-centered motives;  
No time to say “Hello” or “Goodbye”;  
No time to smile or inquire about another’s welfare;  
No time to say, “Please” or “Thanks”;  
No time to send “thank you” notes or greeting cards;  
No time for flowers, a quiet dinner, or romance;  
No time to kiss before consummation;  
No time or thought to say “Excuse me” or “I’m sorry”;  
No time to visit the sick at a hospital or  
Honor the dead and support their survivors at a funeral;  
No time to sit in peace alone and just  
Think about life, oneself, and loved ones;  
No time to love a child or help the poor and the old;  
No time to pat a pet;  
No time to cook a real meal from scratch or  
Talk to a friend in person or on the phone;  
Times changed with people and in people—  
More competition to be the best and get the most,  
Or just to survive;  
More focus on the selfish self and much less  
Interest in cooperation and sharing—  
Yet times seem to be changing in the hearts of  
Many who seek to help, act to give, and  
Choose to love.

## ANIMAL PSYCHOLOGY

Animals are not stupid, and  
Often they think much, especially  
Vertebrate ones;  
So, heed the behavior of animals,  
For example:  
If an animal attacks, it may be  
Defending itself or its young;  
If an animal attacks, it may be seeking  
Prey as food for itself and its young;  
If an animal runs, flies, or swims away,  
It is probably afraid and protecting  
Itself from perceived threat or harm;  
If an animal receives food and touch  
From a human, it is not prone to  
Attack that person, and, even more,  
It is likely to show reciprocal care  
And love for that person;  
If an animal is rewarded for an  
Act, it will usually repeat the act  
For another reward—  
It will also avoid an act that is  
Shown to yield pain or punishment;  
If an animal is taught to repeat an  
Act or routine over and over, it  
Will learn and become proficient.

**SELF-DEFINITION AS POET**  
*(TOWARD A POET IDENTITY)*

*Who am I?*

A poetry therapist,  
A missionary poet,  
A philosopher poet,  
A preventionist poet,  
A psychoeducational poet,  
A prophetic poet,  
A psychospiritual poet,  
A spiritual teacher through poetry and prose,  
A spiritual master of rightful living,  
A poetic healer,  
A poetic teacher of good,  
Rightful living, and self-empowerment;  
A poetic messenger of love, justice, giving,  
Forgiveness, human fulfillment,  
High responsibility, and  
Natural aesthetic appreciation.

## BEAUTY AS DIVINE LIGHT

Beauty is what we see as beautiful;  
It is balanced symmetry, pristine originality,  
Fine texture, richness, and brightness of glow;  
It is positiveness, love, essence in form,  
Allured magnetism;  
Beauty stands out and demands attraction,  
Attention, and appreciation;  
It demands a positive response from the human  
Mind that is so informed by the senses;  
Beauty is art from natural creation or  
Divinely inspired creation from one's  
Mind and actions; as God's creation,  
Beauty is constant, real, and universal—  
Not artificially enhanced;  
Beauty is what we choose to see;  
Beauty is what most people see as beautiful;  
Beauty is Divinely inspired, expressed, and shared;  
Beauty is Divine light from beyond that is  
Simply given to be shared;  
Beauty is a light of love from within that is  
Spiritually created, expressed, and shared.

## **GOD IS LIGHT**

God is light, my light,  
The light of my way;  
I will not question His  
Divine destiny shown,  
Or the messages of  
His angelic spirits whom  
I have felt and known.  
God is light,  
My guide,  
My way.

## ROMANCING THE UNIVERSAL SPIRIT

If you are alone and choose not  
To pursue romantic love or a newfound  
Partnership, or if you are alone and  
Cannot find an acceptable or accessible love;  
Then don't fret in frustration or feelings  
Of aloneness, emptiness, and sadness;  
Rather, seek the light of the Universal Spirit  
To come into your heart and warm your spirit;  
Seek the light of the Universal Spirit  
To come to you and into you—  
So as to create good for others and  
Fulfillment and peace of mind for you;  
Love yourself so you can love needy others,  
And the love of the Universal Spirit will shroud  
You in warmth, security, and a sense of well being;  
Relish the love of the Universal Spirit  
And Her Divine light around you,  
So as to generate positive light and joy from you.



## **LIGHT OF LOVE**

There are some people with  
So much pain that they don't  
Know how to release the light of love  
From within or allow light from  
Others to come into their hearts;

There are some people with  
So much fear that they are afraid  
To trust the gift of love from another  
Or risk loving another;

There are some people with  
So much hatred and anger, that  
They find a way to use these as barriers  
Against opportunities to love and be loved;

There are some too many with  
So much sadness that they do not have  
The strength to love themselves or  
Love another.

## GIVING, HOARDING, AND TAKING

Give and expect nothing in return,  
And, certainly, do not expect one to owe you;  
It is the gift of giving that is the reward for the giver;  
It is better to give than to lend, because a loan  
That's not repaid or returned tends to create  
Disappointment for and anger in the lender—  
And sometimes indignation and ingratitude in the  
Receiver;

Unselfish giving brings a happiness that is the true  
Fulfillment of rightful living—a fulfillment born from  
Self-development, self-accomplishment, and the  
Sharing of one's gifts of talent and resources with  
Another or others in need;  
Such purposeful giving is the true path to sustained  
And enriched happiness;

Pleasure and excitement have their places in  
Life, but surely these imposters cannot be stored;  
Greed, selfishness, and excessive consumption  
Parade as paths to happiness, yet these imposters  
Can never fill a cup with a hole in its bottom;  
Truly, abundance is of no value if it is dormant  
Or hoarded and not shared with others in need;  
Even more, wrongful taking is of no value to the heart;  
It is misled by selfishness, self-centeredness, and an  
Emptiness that is void of good spirit;

Giving naturally follows a found path and  
Purpose in life; it is doing what one is destined  
To do and not necessarily doing what one is  
Expected to do, although destiny and expectation  
Are not always mutually exclusive.

## THANKS TO PARENTS AND ANCESTORS

Posthumously, I thank my parents for their good  
Contributions to me of genes and spirit;  
For I am much of them plus that of their and my  
Ancestors before—  
My ancestral lights are lights of past lives now passed  
Through me as the torch that burns brightly within me—  
And now shines brightly for others to see;  
Again, I thank my parents and other ancestors before  
As God's gifts to me and as my source of gifts to others.

## **PREPARE YOUR HEART FOR THE LIGHT OF THE UNIVERSAL SPIRIT**

Open your mind and open your heart  
To a way of giving, a way of forgiving,  
A way of unconditional love;  
Feel the warmth of the Universal Spirit around  
You and within you; feel the light so released in  
Those who receive your gifts with appreciation,  
And accept the joy from your act of giving;  
Forgive and feel the freedom from your anger  
Love and feel the glow of your spirit shared;  
Open your heart and allow the Spirit of Divine  
Love to come to you and into you, to warm your  
Heart, cleanse your soul, and light your  
Way to goodness.

## PREJUDICE AND CONCLUSIONS

Be careful before concluding  
Cause or liability of anything  
Or anybody, when you only just  
Believe, but really don't know;  
When you've only received gossip,  
But really don't know;

Remember, there are two sides  
To every story or event if not  
More sides than you may  
See or ever know or realize;  
There are many views of a picture;  
Its foreground and background—  
Its figures or objects within;

Remember, prejudice is not the way  
To make conclusions, that is, without facts  
Or with part of a picture or no picture;  
So lock your prejudicial thoughts and  
Beliefs within your mind and mouth  
Until or if you get the facts of a story  
Or situation;

Even more important, judge a person by  
Your relationship with that person or  
Creditable facts about that person;

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Judge a group or event by  
Your personal experience and knowledge  
And not by gossipy word of mouth  
Or print, or simply what other people  
Think and say;  
Nevertheless, be careful, because sometimes  
There is fire beneath gossipy smoke.

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## CONCEPTS AND NAMES

Concepts and names,  
Often symbolizing the same;  
Representing images and things;

Concepts and names,  
Often equal and the same—  
In quality, quantity, and command;  
Concepts and names,  
Often expressing the same—  
Whether images, events, objects,  
Principles, actions, types, things,  
Or else;

Concepts, names, and things;  
In our minds as created by us  
In this world to make sense  
Of what we see and do—  
To express our experiences and  
Our joy, peace, pain, love, and  
Much more.



## **LIGHT A CANDLE; LIGHT A CHILD'S SPIRIT**

Don't ignore the needs  
Of a child or potential therein;  
Don't snuff out the light and  
Hopes within a child by your  
Darkness and selfish acts  
As pain to a child's unfettered  
Soul;

Don't hurt a child by your  
Indifference, abandonment,  
Sickness, or inflicted pain upon  
The sheer innocence of a child's  
Body, mind, and spirit;

I beg of you to light a candle  
Within a child;  
I implore you to help a child to  
Develop its light to shine as  
Spirit from within and joy  
Of self and for others.

## CONFRONTING THE GRIEF WITHIN

Grief, a composite dark cloud that  
Comes and goes but lingers long at times;  
Grief, a composite shroud of dark emotions  
In shades of fear, sadness, and anger—  
All balled up into one state of emptiness  
And despair;

Face your sadness with patience and  
Acceptance of love from others;  
Face your fear with courage to do right;  
Face your anger with forgiveness of  
Those who have harmed or disappointed—  
Forgiveness of wrongful others or  
Forgiveness of yourself;

Flow with your grief, because time heals;  
Help your fellow person, because helping is,  
In itself, a healing of self through the healing  
Of others.

## AN INTELLECTUAL'S PRAYER

Streams of constant thoughts as brain's  
Cluttered consciousness of the cerebrum  
And repressed natural feelings trapped in  
A limbic system of emotions asleep;  
Cluttered minds in high gear but so  
Oblivious to and unaware of the outer world  
Of real consciousness;

In the midst of intellectual thoughts, teach me  
Oh Divine Spirit to remember to say the  
Simple but important things of life:

Hello or Hi,  
How are you,  
Good Morning,  
Goodbye,  
Good night,  
Please,  
Excuse me,  
Thank you,  
I love you,  
Forgive me,  
I'm sorry,  
And more—

Amen.

## BE A STAR

Follow the stars by being a star;  
Set your aim high, by achieving goals  
Step by step as you go through life;  
Be a star as the highest and brightest  
From afar;  
Develop your talent, step by step,  
As you ascend higher and higher  
Among the brightest of stars;  
Don't look back in regret, or be influenced  
By the naysayer; yet embrace helping angels  
Along your path as you continue your mission  
Of growing and giving;  
Gradually raise your bar as you raise yourself  
As a star;  
Touch the celestial sky through your drive;  
In your mind, heart, will, and accomplishments,  
Become special and thus shine like a star to make  
Others proud of you as you are of yourself;  
Touch the sky and shine through hard work and  
A belief in yourself;  
Let the star within you shine;  
Make your star shine.

## LISTEN

Close your mouth, open your eyes,  
Shut out the noises, and listen;  
Listen to others with your eyes and ears;  
Listen for sound as well as the  
Nonverbal messages of another;  
Listen to your inner responses to  
Another or others;  
Listen to the shared pains and joys  
In others as in yourself.

## INTENTIONAL HAPPINESS

Happiness is more intentional than  
Circumstantial; it is choice, your choice;  
Therefore, remember:

There is no regret, if you do what you  
Should or do what you want to do—  
Short of harm to self or another;

There is no disappointment if you don't  
Set yourself up for disappointment by  
Your unrealistic hopes and expectations  
Or allowing another to influence you  
To do something that you may regret;

There is no cause for revenge by you  
If you turn and walk away or if you desist  
From fueling a fire or reacting to hurt;

There is no need for jealousy of another  
If you don't compete with others or see  
Another as a threat, but rather rise up yourself  
To realize your capacity for growth, giving,  
And achieving high;

There is no need for hatred of others, unless  
You react to hate or choose to hate another

Or things instead of ignore hatred and  
Generate love, compassion, and empathy in  
The face of hatred;

There are few to no dark clouds when you  
Open your heart to the sun, love, joy, trust,  
And light of the Universal Spirit of good;

There is no happiness without thoughts of  
Happiness and conscious choices to be  
Happy and fulfilled.

## **MAGNIFY YOUR LIGHT; MAGNIFY YOUR AURA**

Develop yourself— give, love, and  
Magnify the light within you and the  
Aura around you, so as to show your way  
Of mission, your gifts to others, and  
Your spirit to heavenly spaces beyond;

Develop yourself— give, love, and  
Magnify the light within you and the  
Spiritual aura around you, so that when  
You die of this Earthly life, your aura will  
Shine brightly, your gifts left behind  
Will continue to benefit, and your spirit  
Beyond will continue its eternal mission  
Of celestial good.



## TIME AS TEST

Time, a crucible of inner strength as it  
Is the test of core values of being;  
Time, a test of perseverance and  
Commitment to self, others, and good cause;

Time reveals the true constancy of natural  
Beauty and dampens the temporal beauty  
Of a flower as timed life;

What then is time; is it duration of things  
Or revelation of future's coming by events  
Gone by and gone sometimes forever?  
Is it the sweetest marriage still held dear,  
Or is it a relationship changed from a sweet  
Apple's eye to vinegar's apple cider?

What then is time's test?  
Maybe, it's simply a commitment to mission,  
Values, self, and others with the acceptance of  
Losses and challenges in life.

## INFORMATION DELUGE

New times, people's minds  
Cluttered with information,  
Cluttered with noises of the day  
And the night;  
Cluttered with stimuli that  
Mask their inner worlds;

People—not in touch, can't stay in touch  
With inner emotions and thoughts;  
People—not in touch, can't stay in touch  
With inner impulses and conscience;  
People—not in touch, can't stay in touch  
With other people of importance  
In their lives;

Information bombardment in a new  
Day; too much to handle,  
Too much to digest and understand;  
Too much conflicting information—  
Thus confusion from such;  
Too much information with confusion  
To make sense out of our world,  
To make sense out of the world.

## **DARKNESS TO LIGHT**

When it is dark in your life,  
Simply light a match,  
Light a candle,  
Turn on a light,  
Go outside to see and feel the sun.

When it is dark and cold in your life,  
Seek a warm smile from another,  
Seek a smile from within yourself,  
Seek a light within your heart,  
And engender a positive thought  
From within your mind.

## BEWARE OF PROMISES AND LIES

Beware of those who promise you the world,  
But give you nothing;  
Beware of those who profess to own the world,  
But they own nothing;

Beware of those who once they find out what  
You so badly want, will promise that and more  
In order to get what they want from you;

Beware of those who have no compunction  
About lying and abusing because that's their  
Modus operandi for exploitation and abuse of  
Others;

Beware of those who cannot love you,  
Because they do not love themselves or  
Never learned how to love self and others.

## POETRY IS WHAT I DO

I have been prepared for  
A mission of good and put on  
The road of such;  
En route, I have not veered or  
Allowed myself to be pushed  
From the rightful path of my mission—  
The rightful purpose of a gift of talent  
Within myself to develop and share;

And truly I have written my thoughts  
Along my way on the leaves of time—  
To blow among the trees and flowers  
Of my day and to be planted with seeds  
In the soil of generations to blossom;

Writing poetry is simply what I do;  
Writing poetry is, without question,  
What I have been blessed to do;  
Writing poetry is what I have been  
Led in spirit as Divine calling to do;  
It is what I have accepted to do—  
Not for my sake of selfish benefit,  
But for a fulfillment to give to those  
Who choose to read and listen to words  
Blessed of my mind and pen and so  
Guided by the spiritual hands of my  
Ancestral forebears and God's Divine  
Blessings upon me from beyond.

## ODE TO ANGELINA

Your name is akin to that of an angel;  
Your gift is not just beauty of face, but  
What you do with the light of image and  
Divine grace from within;

You shine upon the poor to show their plight;  
You shine upon children to show their dire  
Need for care and love, as you so love them;

Angelina, you are special, and this poem  
Is a special tribute to you and your mission  
Of good—your courage to do as you were  
Destined and should;

You have chosen meaning and purpose over  
Pleasure, popularity, and self-centeredness;  
You have shown determination in travel at risk;  
You are no less than a missionary of good,  
A disciple in the work of God,  
A benevolent angel of Divine grace;  
Continue to shine so the world can see  
The light of purpose within you so shown;  
Continue God's mission for and within you.

## **CAN YOU FEEL THE LIGHT WITHIN YOU?**

Can you feel the warmth of light beneath the  
Cold darkness that shrouds your soul;  
Please try?

Can you feel the positive thoughts learned  
Beneath the negative urge to hurt and destroy;  
Please try?

Can you sense a will toward right instead of an  
Urge to do wrong;  
Please try?

Can you feel and get in touch with the light of  
Life and love within your heart and your soul—  
If not, then try; please try for you and others.

## ODE TO THE TIGER

A tiger, as sacred a mammal as any—  
So glistening in the sun, so elegant on the run;  
A tiger, striped and radiant at rest, surely ready  
And strongly able to confidently contest;

A tiger in search of prey to survive the day, but,  
Even more, to feed its cubs in the bush at play;  
In the forest, the tiger so reigns; equally too, it runs  
The plains;

The biggest of cats, a tiger is;  
So graceful on land and in water 'tis;  
Oh tiger, how beautiful an animal in the wild,  
Let us protect its survival against poachers so vile.



## **FORGOTTEN REMINDERS**

Look beyond the horizon of human existence;  
Can you see death's reaper of Homo sapiens?  
Can you see the slow coming of demise in Earth's  
Extremes of weather, disease, and violent wars?  
Ignore we cannot the signs of these times—  
New challenges of viruses; floods, winds, drought,  
    And extreme temperatures;  
Ignore we cannot the signs of senseless violence  
Among groups and between loved ones and cohorts;  
All around us, constant reminders as often ignored  
    Or denied;  
Look outside ourselves and remove the blinders  
That shield the future's coming;  
We cannot afford to ignore daily reminders so  
Oblivious to our eyes and ears, lest we perish in the  
Billions and mutate from what we are as a species.

## LIGHT AND DARKNESS

There is the whole Universe  
With light and darkness—  
Construction and destruction,  
Construction from destruction—  
Change simply with time and energy;  
There are dark corners and  
Darkness within us as there are lighted  
Corners and lighted spaces within us—  
Develop your talents and reveal your light;  
Share your talents with the world as  
You open your heart from within;  
Let the light of your love reveal itself to others;  
Let your benevolent gift of light within  
Reveal itself to the world and to the Universe—  
Let it shine now, soon, or never.

## THOUGHTS

Once we develop a belief from childhood, it's hard to adopt a new belief that is diametrically opposed to what we have been taught or learned.

§

Soul, deep down inside us, is something that is often magnified by pain and challenge; it is a tapping of God's humanity within us. It is a feeling of spirit that rises to the surface to cleanse pain and convert its suffering to benevolent acts of goodwill.

§

You don't have to exert power over others if you have confidence and power within yourself.

§

I have not sought awards and accolades for myself, but certainly I should reconsider such attention to me if it will bring attention to and support for my work and cause.

§

Irresponsibility of a family member puts other family members at risk and inconvenience and thus should not be enabled.

§

What should matter more is your performance and not your personality.

§

Control comes not with how we control others, but how we control our responses to others.

§

Power is not domination of others and circumstance, it is rather a willing control of our options to choose or not to choose.

§

In order to be in the spirit, one must be of the spirit; in order to be in the light, one must generate light and accept the light of God and others.

§

There are those who don't know what they feel or want; there are those who are in conflict or confusion about what they want, because their needs and desires change from day to day or moment to moment.

§

We should strive to do our best as well as be the best.

§

Earth's angels help potential angels to help others in the future.

§

Thanksgiving holiday is a time when we tend to kill turkeys and then sit at the family dinner table to kill ourselves via insatiable gluttony.

§

There are things that we are asked and taught to do, and then there are things that we are blessed and destined to do.

§

If one is gifted, realizes such, and acts upon the gift for the good of others, then one is likely to be spiritual.

§

In and throughout life, one should and must ask, "Who am I, what am I, what can I do of worth in my lifetime, and what should I do in this life on Earth?"

§

Status does not give one privilege to do wrong, and power does not justify wrongs against or abuse of another.

§

If you don't know your rights, you really don't have much of any right.

§

If you have dirtied your soul or had your soul dirtied, you can purify it, usually by abstinence and forthrightness in choices.

§

Someone reading this book is special, but has yet to realize his or her "specialness" or yet to accept "specialness." For you, I dare you to be who you are; I dare you to become all you can become.

§

There is much we do not know as humans, much our senses and energy cannot detect, and places we cannot go within the universe. There is much we do not know as humans, much our senses and energy cannot detect. However, much knowledge of existence is within us if we can release such from within.

§

Pain purifies if not petrifies.

§

You can rob one of wealth or even take that person's life, but you cannot take away a life's contribution of significant giving and creation that survives in perpetuity for generations to come.

§

If possible, don't allow people to define you or magnify your image; rather, choose to define yourself and remain grounded and humble while doing so.

§

Abandoned love is not always lost love, for one who chooses to find a way; for one who chooses to find love anew or reclaimed.

§

A shut mouth is not necessarily an open mind, and an open mouth that speaketh much is not necessarily a wise mind.

§

A worthy writer creates knowledge as light, and others must play their parts in making that light shine in corners and spaces of darkness.

§

Familiarity can sometimes breed antipathy toward the familiar if not abandonment of the familiar. Also, familiarity can sometimes breed greater love and appreciation.

§

If you look like a millionaire and feel like a millionaire, you are likely to be worth much more than a million dollars.

§

Some people remain with a spouse or partner, no matter how bad the relationship, because they are afraid to be alone or die alone, among other reasons.

§

There is no error in the purpose of a “destined” child of God; certainly there are different paths and choices, but such destined people tend to end up at the right intersections and on the right paths of life.

§

A healthy friendship often involves not gaining control of another but helping another person to gain control of self.

§

We must learn in life to trust and choose opportunity and to follow a path shown as our way.

§

True love is love that is true, and truth is shown or revealed with time.

§

To be awake is not necessarily to be aware.

§

One should not ask for much, when he or she has been given much in blessings.

§

In romance and friendship, learn to share instead of give, and, when giving, give without expectation; then your sense of loss in the end will be lessened or nil.

§

Just because one talks well and dresses well, it doesn't mean that the person will do well or do right.

§

In some cases, there is no such thing as right or wrong; rather right is viewed as what's done and believed by certain people in a given cultural place during a certain period of time.

§

Greatness usually cannot be judged by the generation from which it comes.

§

That which is greater than I is One that is inclusive of me and all else.

§

There is nothing higher than a thought, and nothing more valued than a dream realized.

§

Children are buds that can and often do develop into diverse flowers, and some unfortunately are damaged or interrupted before bloom by their various exposures in life.

§

There are those who vehemently criticize smokers while smoking a cigarette themselves.

§

Sometimes, it takes a new experience to restructure our memories and viewpoints of a past experience.

§

Some of those who search too vigorously for truth do not see it when it presents itself.

§

To a degree, some things are neither right nor wrong, but rather a way a people have done things in a certain place and over time.

§

A light trapped within creates darkness, and darkness creates a loss of one's way and purpose, and, sometimes, it creates a destructive way.

§

The light that we have within as received from God and our ancestors can radiate to others and can continue to shine through our offspring and descendants.

§

Truth is what our senses can perceive, what we have been taught, what we believe to be the way, and what has spiritually come to our mind without analysis or forethought.

§



We do not always have to get credit for our gifts and services; we can work behind the scene and receive the enjoyment of another's joy and achievement from our contribution.

§

When one has been beaten up and beaten down, it is often very difficult for that person to get up; nevertheless, one must try and try again.

§

There are those who try to act as if they are right when they are wrong, happy when they are sad, and at peace when they are disturbed and confused.

§

There is a time in life when some people can get so tired of being tired that they resign from effort or trudge onward in despair and emptiness, void of energy and hope.

§

Some people you cannot ask a question, because they interrupt you on each try in order to answer what they think you are asking.

§

Purity or being pure does not stem from past experiences or present associations; it is rather a state of mind—a state brought on by human restraint and discipline with purposeful giving.

§

We must be reminded that life is so ephemeral and vulnerable in our human strivings from day to day, from moment to moment.

§

What we know about spiritual destiny is that we do not know what we think that we know.

§

We are all family of the same human race, because we descended from the same common ancestors.

§

Strength and spirituality often come with frequent tolerance of pain and restraint from pleasure.

§

There is light within all of us; we must find a way to release it so it can positively affect others, rather than continuously suck in the light of others into an endless black hole of selfishness.

§

Give an animal food, and it will not likely hunt for food. Give a man a job, and he is not likely to commit a crime to take things from others.

§

Unfortunately, common sense, if not common cents, seems to prevail in times of budgetary constraints or 20/20 hindsight.

§

If you were born with a talent or natural gift that transcends the average, then you should not and cannot accept being average in your performance. Therefore, you must develop your gift and practice your talent at the highest level.

§

Do not diminish the integrity of your light by redefining it to accommodate a situation, but, rather, find situations that will bring out and enhance your light, or use your light to redefine the situation.

§

The message of good or the good life is one that has been told over and over eons by spiritual teachers and sages of their times. It is simply a message of receiving, giving, forgiving, and love—it is a message of enhancing and healing the mind, body, and spirit.

§

Listen to everyone who comes to you with a message of possible value, because a message could be one meant to enlighten you and to release the light of good and gift from the marrow of your bones as intended by the Universal Spirit. Do not judge the importance of the message by the image of the messenger.

§

The light hidden within us is the capacity within us to do good for ourselves and others.

§

The birth of a baby's body is a rebirth of two spirits as one and all ancestors as whole to be continued on Earth as life perpetuated. The death of the body is the transference of spirit to another plane of existence.

§

The most powerful influences on human behavior are learned beliefs. The most powerful influence on behavioral liberation is a relearning from self-selected readings and exposures to other cultures and peoples.

§

History or the future will often judge sociopolitical decisions.

§

We live in a world that often discourages education about life, for example, death, finances, health, human sexuality, and love—ergo, an explanation of many human problems and much human pain.

§

Medicine is often exacted through drugs and surgery, but health is very often based on (1) sunshine, (2) exercise for the body's cellular integrity and organic functioning, (3) proper breathing of oxygen for the brain and bodily cells, (4) sufficient water/fluids and proper nutrition, and (5) a peaceful and meaningful lifestyle.

§

As human beings, we often ignore or forget what's happening to us and around us until we feel the pain?

§

Think—is it better to be politically correct or spiritually correct?

§

As human beings, we are bound by the inability or the limitation of our senses to detect and the limited ability of our brain to interpret the sensory messages that we receive.

§

Women birthed forth the human species, and they are the ones who can save it.

§

There are some people who sound like they are competent and informed, but they are not.

§

There are few things more important than evidence-based science for universal good or a single thought that can influence global good.

§

Those who want everything will surely end up finding nothing of worth.

§

Taking creates greed, and greed creates total loss of the person's susceptibility to risk for even more taking.

§

Unless we transcend social thought, we will all remain slaves to our childhood beliefs and culturally learned thoughts and ways.

§

Those who exaggerate their achievements often have limited motivation to achieve.

§

Once you allow yourself to be satisfied, you lose the drive to be the best that you can become.

§

Some people stand around and philosophize about how to put sand in a hole, but if they are asked to help fill the hole and shovel sand, they may say, "I'm sorry, I really would, but I have back problems."

§

If you have a high level of spirituality, there is little to no need for others or things to confirm you or comfort you; to keep you company or stimulate your pleasure.

§

Novelty can often attract interest, and sameness can often distract interest; ergo, an explanation for the cycle of romance.

§

Where there is a great gift of talent given, there is a great responsibility and expectation to develop and share it.

§

Those who are spared life in the face of death must try to repay a debt that cannot be repaid.

§

There are linear ancestors as well as geometric ancestors, or rather roots and branches.

§

Many persons block spiritual energy from coming into their hearts and minds, that is, because of an obsession with pleasure, comfort, power, material possessions, status, and an unachievable goal of trying to live up to the expectations of others.

§

Children can suffer from the mistakes of their parents, and citizens can suffer from the mistakes of their political leaders.

§

When you die, it should be said that you have lived full—not in consumption or receiving but in giving.

§

At times, we should allow the Great Spirit to use us while making good use of us.

§

One who so abandons the station should be banished from its watch.

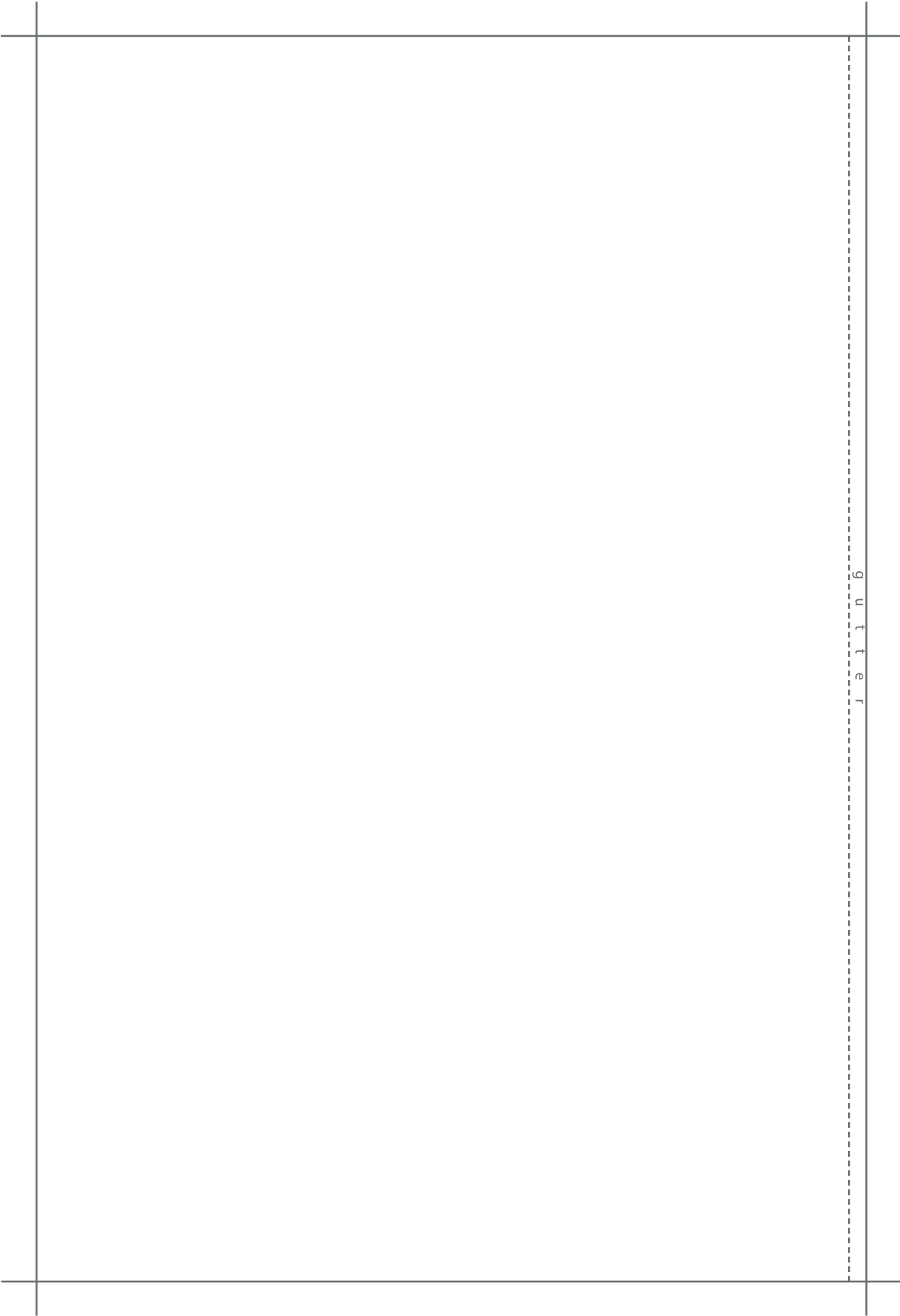
§

To many women, a man is not worthy until claimed by a worthy woman.

§

Some people are so close to us in our lives, that we are myopically blinded in appreciation of their contributions to our growth, happiness, and welfare.

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