

TESTIMONIALS

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.)

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

I am so happy that I have the time (holidays) to spend with your latest volume of poems: *Beyond Fear*. One reading will never do! I stopped in my track when I reached “Apology from Honorable Men to Woman and Girl.” It is a must reading; too long in its coming. It is both rapturous and painful!

Lady Janét Griffin

Poet and Book Author, Instructor, Howard University, 2008

Dr. Harper has yet produced another elegant collection of poetry [*Transitions in Life and to Death*] that combines art and beauty on the theme of “transitions in life.” Harper’s work teaches us to meditate, heal, and feel the melody of love more deeply than before. His poetry generates spiritual vibrations and self-therapy in the fashion of the lyrical beauty of the Eastern poets, Rumi and Gibran.

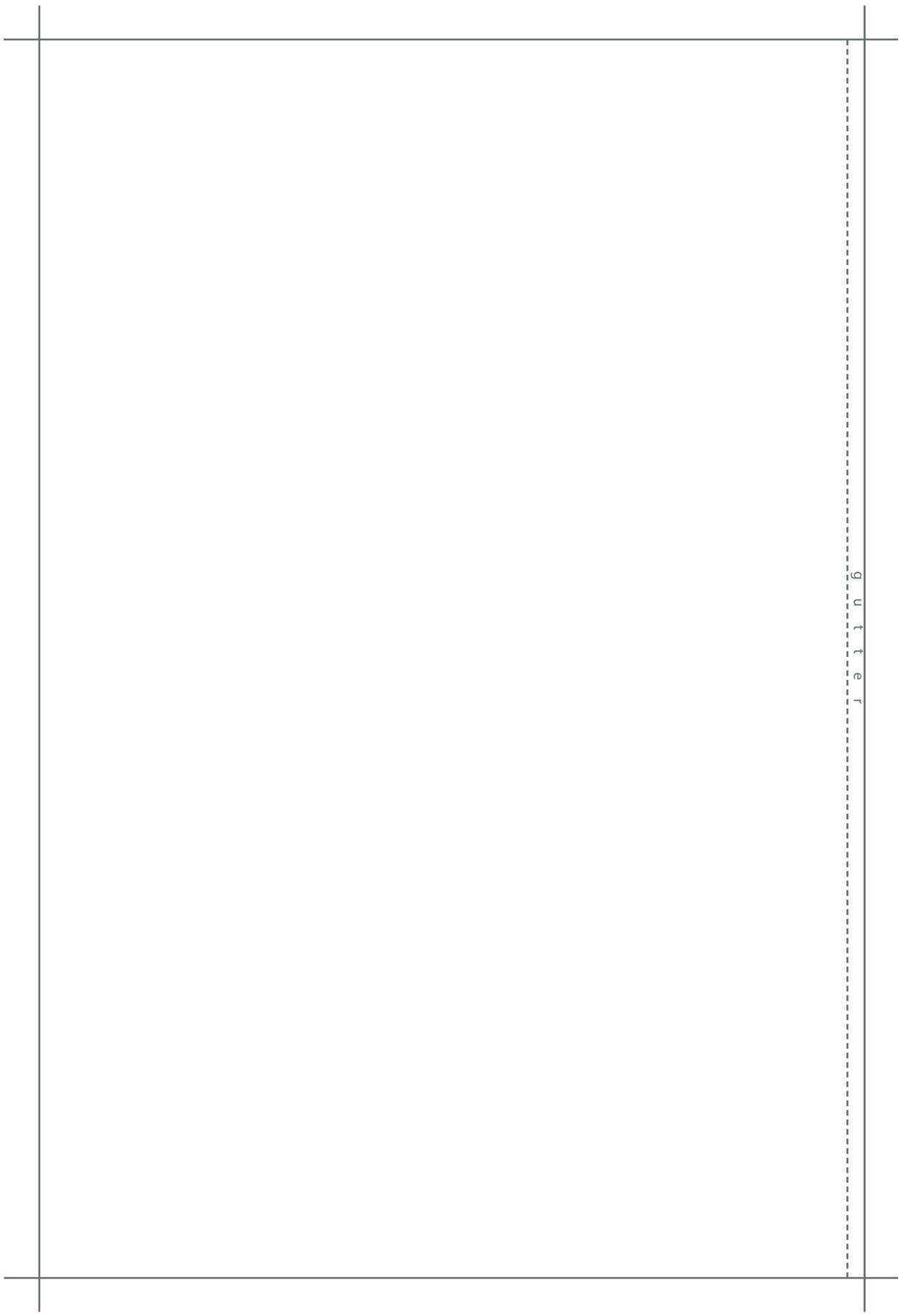
Salman Elbedour, Professor, Jerusalem and Washington, DC, 2007

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

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



g u t t e r

TIME AND TIMING

A book about the concept of time and the importance of timing

Frederick Douglas Harper



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PREFACE

This book of poetry and prose addresses the concepts of *time* and *timing* from a spiritual and human perspective rather than from Albert Einstein's and Stephen Hawking's astrophysics or physics perspective. Both scientists believe that to understand the phenomenon of *time* is to understand everything in the Universe. In other words, to understand *time* is to arrive at what Hawking calls a "Theory of Everything." This understanding of *time* has yet to be accomplished, I believe, because human beings are limited by their technology, senses, state of consciousness, and level of spirituality; thus, we cannot access other dimensions of energy that can reveal an understanding of *time* on another dimension or in another sphere. Arguably, Edgar Cayce and Michel de Nostradamus were among the very few human beings who could alter their consciousness and access *time* as one record across the past, present, and future.

I have come to believe that *time* to us exists only as we are able to perceive it as human beings on Earth; however, *time* on another plane or in a spirit world may not exist as we know it or may not exist at all. Along this line, I recall presenting a talk at a counseling conference several years ago on the topic of "spirituality and its implications for counseling." During the question-and-answer period, a woman shared two near-death experiences during her lifetime. She mentioned slipping while climbing a mountain and nearly falling to her death, when an unexplained force lifted her body to the safety of a ledge. In the other experience, she tripped and fell into a glass-panel door, shattering the glass pane and cutting herself severely. While unconscious and in a near-death state, she recalled spiritual images coming to her to ask if she was ready to cross over. When she communicated no, one of the spiritual guides reportedly informed her that it didn't matter whether she lived or died, because "time as you know it is not the same as time here."

As my 11th poem book deals with *time*, it is appropriate that I honor generations of my ancestors, those of the past century or more who have influenced my being through the inheritance of their DNA and

spirit and through the influence of intergenerational family practices and traditions that have been passed down. Therefore, it is fitting that I thank my ancestors and dedicate this book to them:

- To my mother, Reatha Mae Harper, who was salutatorian in her graduating high school class, but was not privileged to go to college and who spent much of her adult life mothering my sister (Patricia), brother (Michael), and me and being there for us.
- To my maternal grandmother, Hattie Mae (Wilson) Harper, who raised eight children to adulthood and managed the household while her husband (my grandfather Charlie) worked several jobs.
- To my maternal grandfather, Charlie Calvin Harper, who worked three jobs as railroad cook, weekend taxi driver, and farmer and who taught me by example the values of hard work, reverence for God, and purposeful living before he died at the young age of 48.
- To my maternal great grandparents, Lula (Laura) Wilson (half Seminole Indian) and her husband Sprig Wilson, who raised eight children to adulthood, as did Hattie and Charlie, and moved from a small city outside Lake City, Florida to Jacksonville, Florida in search of a better life.
- To my maternal great grandparents, Elizabeth Williams Harper and Reverend Calvin Harper of Boulogne, Florida and later Folkston, Georgia who raised 16 children. Elizabeth had 12 children with her first husband, who passed away prematurely, and four children from her marriage to Calvin Harper.
- To my father, Frederick Douglass Hughes, whom I do not recall. Like his mother (my paternal grandmother Atwaul), he became a school teacher and played piano.
- To my paternal grandmother, Atwaul Katura (Story) Hughes, who was a school teacher for many years and a Black Seminole Indian. I did not meet her until 1988 when she was almost 90 years of age and nearing death. Although she apparently did not understand who I was, she spoke these words: “Who is this nice man; he looks just like Freddie.” “Freddie” was in reference to her son or my father who had passed away several

years earlier in 1982.

- To my paternal grandfather, Daniel Emmett Hughes, who was a U.S. Postal worker, because there were few career opportunities during the early 1900s for African Americans with a college degree. It is Daniel who was a writer and is the writer within me. According to my father's sister (Aunt Marcia Jones), Daniel wrote a book manuscript, *Utopia*, but he could not find a publisher for it, partly because of racial discrimination.
- To my paternal great grandfather, Franklin Edward Hughes (a Caucasian), who, according to family oral history, came to America from Ireland with his African, biracial wife (name not known). They both had two offspring, Daniel and Mary.

As I look over my lifetime and at my personality, I can see much of my ancestors within me; for example, my grandfather Daniel Hughes was a writer as I; my father Frederick Hughes and his mother Atwaul Hughes were teachers as I; my mother, Reatha Harper, excelled academically in school and had a gift to receive spiritual messages and to know the future as I; and my ancestral families tended to migrate in search of opportunity as I migrated from Florida to Washington, DC to take a university job.

I am who I am because of my ancestors, God's Spirit around and within me, and the path that I have chosen to walk in life. I believe that over time it is not our experiences that critically shape our lives, but it is our perceptions of and use of those experiences that can lift us higher to fulfillment, meaning, and happiness or sink us lower to the abyss of failure, emptiness, and meaninglessness.

A life worth living is a life that positively affects many other lives. A life worth living is a lifetime of learning and giving. Without challenges, there is no fulfillment. Without tests in life and the richness of diverse experiences, there is no wisdom. I have experienced and seen much; therefore, I understand much and have much to give, especially through the teachings, therapy, spirituality, inspiration, and wisdom of my writings.

Some of the challenges and events in my lifetime that shaped my development follow: my father left Florida and moved to Chicago when I was too young to remember him, and subsequently I never met him or received financial help from him. My maternal grandfather

(my role model and surrogate father) and my maternal grandmother both died during the same year before I reached the second grade in school. I started first grade with no preschool or kindergarten, but I was blessed to rise to the top of my class by third grade, because my third grade teacher (Mrs. Johnson) realized that I was a gifted learner. My mother had to go on state-supported aid when I was in elementary school because of disability from extreme hypertension. Because of the challenge of poverty, I started my own business in lawn care at age 12 to help myself and my family. I have worked hard since that age, learning much from my many work experiences and from years of academic study. From my pain has come beauty, and from my misfortunes have come fortunes.

Because of my experiences and a willingness to listen to my spiritual thoughts, my thinking has changed over my lifetime:

1. I believe that there is a spiritual force beyond and within us, whether we want to call that force or source Allah, God, the Great Spirit, The Universe, or by another name. The name does not matter, because the Universal Spirit is the same for all of us, regardless of our religion.
2. I believe that there are ancestral spirits that can communicate messages to us or influence our lives here on Earth. A number of persons, many whom I did not know, have shared stories about ancestral spirits that have come to them in dreams or during their waken state. I have experienced the same although not often and not at will. For example, the spirit of a great aunt brought me the message in a dream that my mother would die. I didn't know the meaning; however, the great aunt in the dream reached out to hug me, and I was happy to see her. When she touched me, her hands were cold as ice, and she simultaneously emitted a silly vindictive laugh that created a sense of fear in me. The dream was worrisome to me all during my awakened morning, so I decided to call my mother to share the dream. My mother told me not to tell the dream to anyone, because the "first person who you tell will die." My mother passed away within two months of the dream. She was the first and only person I had told the dream. Neither she nor I realized that she was the first person I told, because I interpreted her warning as

- meaning the first person after talking to her.
3. I believe that sacred scriptures should be an open book that includes ongoing stories and teachings of benevolence and spiritually rightful living. Certainly, in my opinion, the story of President John F. Kennedy and the sufferings of the Kennedy family and the story of boxer-turned-humanitarian Muhammad Ali qualify as stories with spiritual symbolism and teachings. These are stories of immense human suffering by human beings who maintained the will, faith, and effort to give to many others.
 4. I believe that the Garden of Eden is not a place on Earth, but, rather, it is Earth itself as God's jewel among heavenly bodies. Earth may not be God's only jewel over time.
 5. I believe that as human beings *we can know without knowing that we know*, and such subconscious knowledge can influence our thoughts and actions.
 6. I believe that the purposes of human life are simply (a) to create and nurture life and (b) to grow and give back.
 7. I believe that universal spirituality mainly involves giving, forgiving, love, peace, truth, purposeful living, sacrifice, and faith.
 8. I believe that if God blesses you with a special gift of talent, you must develop it to a high level and share its fruits, or you will lose it and possibly lose yourself. The gift to give is the "light within us" that we must develop and share with others. The act of giving is a gift, itself, to the giver.
 9. I believe that you cannot call on God at will to bless or rescue you, but, rather, you must prepare your heart and mind for God and ancestral spirits to come to you.
 10. I believe that *time* on a spiritual plane is different from the Earthly *time* that we know, that is, because all things in the spirit world are connected, unchanged, and of one consciousness. Therefore, spiritual energy is whole, constant, and one.
 11. I believe that the challenge of purposeful and quality living is how we use the *time* allotted to us in our Earthly lifetime. It is also the challenge of *timing* or making wise and critical choices at the right moment during our lifetime.

I close this Preface with the following two quotes that salute all people of good deeds and good intentions of the past and the present. These quotes are taken from my “Thoughts” in the prose section at the end of this book:

*A beacon in the night over miles of distance and eons of time is reflected
in the souls and memories of those who died for justice and right.*

§

A life worth living is a life that makes other lives worth living.

Frederick Douglas Harper
2009

THIS IS THE MOMENT

This is the moment;
This is our moment—
A moment of transition,
A moment in transition,
A moment with inspiration and
Expectation,
A powerful moment in our history and time;
A moment of hope, a moment of pride,
A moment of joy, a moment of love.

At this moment and in these times,
Let us commit ourselves to right,
Justice, and good;
At this moment and time,
Let us act on our best virtues
In every venue and with every opportunity;
In this moment and time,
Let a new spirit of right and good imbue
Hearts in leadership of the masses.

Let us love our country as we should love
Ourselves and each other;
Let us love the Earth as we should love ourselves
And each other;
Let us fill our cup with sweet love and dispense
Vinegar's bitter hatred from our core;
Let us plant the seeds of hope and distribute
The harvest of fruit to many.

Poet's note. This poem was written on January 20, 2009 as a tribute to
President Barack Obama, 44th President of the United States.

TIME AND SPACE

In this life on Earth, there is time and space—
From one moment in time to another,
From yesterday to today to tomorrow,
From the past to the present to the future,
From one place on Earth to another;

In another world, these dimensions of
Time and space do not exist,
Because all existence is connected and
All existence is constant and unchanged;
Therefore, nothing moves and nothing changes;
Everything is One as Spirit and Whole.

THE GOOD SAMARITAN

*And a good Samaritan looked upon the
people and spoke:*

I come as a prophet who watches over
God's people—
Just as a shepherd watches over sheep;
Believe me and believe in me, because
 I am who I say I am;
 I am what I say I am;
You need not look beneath the soil for my seed;
You need not look within my eyes for my heart;
You need not peruse the branches of trees
For my fruit, because the harvest of my deeds
Are pure, just, and true;
I am The Word; I am of The Word—
So destined as with truth and time;
I am your shepherd for good as God is mine.

TIMING: THE RIGHT TIME

There is a time to be with another,
There is a time to be alone in pain or peace,
There is a time to love another,
There is a time to love self,
There is a time for you to change—
To change yourself or your venue,
There is a time for you to stay your place.

Ask yourself, “Is this a time to speak out
For self and others?”
Ask yourself, “Is this a time to hold your tongue
In patience and anticipation?”
Ask yourself, “Is this a time to make things happen,
Or is this a time to allow things to happen?”
Ask yourself, “Is this a time to think
Rather than act out of emotion or impulse?”

Realize that:
There is a time to hope and wish—
To play and pray;
There is a time to give and a time to forgive,
A time to weep and a time to enjoy and rejoice;
There is a time for noise and chatter, and
Certainly there is a time for quiet and solitude;
There is a time to live with vive and joy, and
There is a time to die with courage and a sense
Of fulfillment for a life well lived.

“THANK YOU” ON BEHALF OF OTHERS

For those with gratitude in their heart but don't know
How, cannot, or will not say the words “thank you,”
I say “thank you” for them;

On behalf of those at the precipice of death without the
Strength to say “thanks,” I say “thank you” for them;

For those who have died without knowing whom
To thank, not having the courage to say “thanks,” or
Not having the strength of forgiveness to say “thanks,”
I say “thank you” for them;

On behalf of those who are so hurt with pain of mind and
Cannot say “thank you” to those who have helped or
Attempted to help them, I say “thank you” for them;

For those who have been helped, but who are too vain
Or too insensitive to know that they have been helped
By another or others, I say “thank you” for them;

On behalf of those who have learned or been taught
To take or exploit and not to give or recognize gifts
From others, I say “thank you” for them;

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For those who should but cannot or will not bring
Themselves to say “thank you” to their children, other
Loved ones, friends, co-workers, teachers, or mentors,
I say “thank you” for them;
On behalf of those who are too jealous of the gifts of
Others to say “thanks” for gifts shared with them,
I say “thank you” for them;

For those who have been afforded health, healed
Of disease, or spared life, and who are not of mind
To pause and say “thanks” to The Great Spirit and
Their ancestral spirits who protect and nurture
Them, I say “thank you” for them;

For those who have been blessed with a gift of talent
Used, abused, or unused without realization of the
Value of such gift, I say “thank you” for them;

On behalf of those human beings who did not know,
Did not care, or would not or could not do so,
I SAY “THANK YOU” FOR THEM.

A TRIBUTE TO MICHAEL JACKSON

In Earthly form, Michael was love;
In spirit, Michael remains with us as love;
His message of love and giving is God's
Gift to us;
His talent of music and dance is God's
Gift to our world.

Now, he is gone in body from our presence,
But we will forever remember him—
We will forever remember his music and
Visual images;
We will forever remember the joy that he
Brought and still brings to our lives.

Michael, we love you as you loved so many;
Michael, your spirit will always be with us;
Michael, hear us and hear our wish that your
Soul will rest in peace in the world beyond.

STEP AWAY FROM YOUR BODY

Step away from your emotions,
If you should and when you can;
Say to yourself, “This is a human experience,
And not a personal experience”;
Step outside your body, whether in time
Of death of a loved one, abandonment by a
Loved one, loss of a job that you held dear,
Or some other painful loss or crisis;
Ask your mind to say to your body, “Just step
Away and talk to you—talk to the vessel
Of body and image of you as a person”;
Ask your spirit to speak to your body,
“This is a human experience of life;
It is not a personal experience—
God has spoken and has not chosen me
For pain, but such is the way of all flesh,
The way of all human life”;
Therefore, pray to God for the strength
To eventually say, “Tis done, and if it’s
Not right or real to reverse, then ‘let it be’”;
Therefore, pray more to God and ancestors
To move you on and make you whole again in time,
To help you to appreciate the memories of the past
Held dear, and to face the possibilities of the future
Without fear;
Yes, step away from your body and vessel—
Pray to God and ancestors:
“Make me whole to move forward so as to share,
Give, and trust once more.”

TIME AND MIND II

In thought and mind, time sweeps away
Yesteryears' joys and sorrows,
And regret's pain sucks blood from
The marrow of tomorrow aging bones;

And yet time can be an ally of life's joy—
Only if one lives fully; only if one lives in
The moment and not in the unchangeable
Past or the anticipatory future.

A MORNING PRAYER

I awake as a gift of Thee this day
And bow my head to humbly pray;
I thank You firstly for the sunrise bright
As well as the gift to share my light;
I beg of You this day to touch my soul,
To keep me healthy, safe, and whole;
Bless me yet to learn much more—
To give to others so abundantly poor.

BEAUTIFUL THINGS

There is little to nothing more beautiful than
The time of an idea that brings about good things
And good feelings;

There is little to nothing more beautiful than
The timeliness of words that make the pain go away,
Or make us feel good on the inside or full with
Joy and laughter;

There is little to nothing more beautiful than a
Flower at the timely peak of its bloom;
There is little to nothing more beautiful than the
Diversity among flowers and other beautiful things;

There is little to nothing more beautiful than
Birds or ducks in flight against the backdrop of
A calm colorful sky;

There is little to nothing more beautiful than
God's creation of **Earth** as our **Garden of Eden**.

THREE BOYS AND A QUESTION

Three boys were asked, "What do you want to do when you get old like your grandpa?"

The first boy to answer stated, "I want to spend all the money I have and enjoy good food, expensive cars, luxurious hotels, pretty girls, and fine jewelry."

The second boy answered, "Once I get old and retire, I want to travel all over the world and see different cultures and live in the finest hotels. Oh, I would also give money to my children and grandchildren when they may need it."

The third boy thought much and answered, "I wish to walk outside occasionally and feel the sun at day and see the stars, moon, and planets at night; I want to walk along the beach and smell the scent of its presence and hear the roar of the ocean. I want to inhale the fragrances of flowers and appreciate the beauty of Earth's mountains and trees. And early in the morning upon awakening, I wish to hear the thoughts of God through me as messages for my day."

PERFECT PARENTS

Children often see a parent as perfect,
If that parent gives them what they want
When they want it;

Children often see a parent as perfect,
If that parent allows them to do what
They want to do;

Children often see a parent as perfect,
If that parent takes them where they
Want to go;

Children often see a parent as perfect,
Until or when that parent ceases to allow
Them to have their way;

Then they may very well blame the
Parent and refocus their vision on
Parental imperfections.

WAITING

Waiting for change; waiting for a happening;
Patiently waiting and at times anticipating;
Waiting in line at a food store to pay;
Waiting in a vehicle at a red traffic light;
Waiting at a theater for the show to begin;
Waiting anxiously at a hospital for surgery,
Or waiting for a baby to be born;
Waiting, waiting, waiting with time's passing.

Waiting for change; waiting for a happening;
Waiting for a bus, waiting for a train,
Waiting for an airplane;
Waiting in a waiting room for health care;
Waiting in a restaurant to eat;
Waiting impatiently to fall asleep;
Waiting for something we want;
Waiting for something we need;
Waiting with anticipation for a lover
To come through the door, or
Waiting for romance's love to rescue you
Once more;
Waiting, waiting, waiting with time's passing.

Waiting at a toilet door for your turn of relief;
Holding the tension for a quick return to peace;
Waiting for a friend to share nostalgic times
Possibly with laughter over coffee, tea, or wine;
Waiting for an abandoned intimate love to leave,
Or wondering if you should suggest such by
Saying kindly, "Please";
Waiting for an old and helplessly ill loved one to die,
But feeling so ashamed to hasten that one's good-bye;
Waiting and waiting with time's passing—
Waiting for the opportunity to wait.

THE PROPHECY

As Homo sapiens, the prized
Animals of Earth, in the Garden of
Eden as Earth, we can choose our destiny
Or we can allow the dark side
Of destiny to choose our future;
The prophet of this day
Is here as we pray;
But recognized by few,
Who await what he will do;
The Messiah is here
As others before; however,
With blinders on, few have
Observed to know that
Earth in time will certainly die,
But humans before may sadly be
Forced to say goodbye;
Days' end will bring a time that we
Or our children may see, when
Food will be worth more than gold,
And water will be worth more than wine;
Famine will lead to disease, and
Disease will lead to more famine;
As God's prized jewel of animalia,
We can choose the time and quality of
Our remaining life on Earth—
Simply by anticipating and planning
And by cooperating as one human race.

SPIRIT WITHIN OUR SOULS

The unrealized work of God is within our souls;
A choice of ours although for some untold;
Let music, words, ideas, and efforts within come forth,
With the spirit of God and ancestors in flow;

A light untold so burns deeply within our souls,
It ignites our spirit with efforts so bold;
So realize the light within you, and release
God's and ancestors' spirit within you untold.

WAITING IN ANTICIPATION

Waiting for a hug,
Waiting for a kiss,
Waiting for a love
So much anticipated;

Waiting for a job;
Waiting for a paycheck;
Waiting in a showroom
To pick up your new car;
Waiting to buy a house;
Waiting for a job promotion;

Waiting for a child to be born;
Waiting for a child to crawl, walk,
And talk;
Waiting for school to begin,
Waiting after school,
Waiting for college to free your watch;
Waiting for retirement;

Waiting in sweet expectation
For fulfillment of anticipation;
Waiting to wait.

WHEN SPIRIT TOUCHES THE SOUL OF A CHILD

When Spirit touches the latent gift of a child,
Do not balk, as it is destiny's smile;
If Spirit guides as Hand of God to light a talent,
Do not derail such Divine truth, as this is a
Natural calling from deep down within the
Soul of a child;

If Spirit touches the light within to shine,
Then let that child sing, dance, paint—
Play music, perform sport, preach spirit,
Teach, lead, write, and more;

If Spirit imbues a child with a gift to shine,
Then let it shine, and fret you not for else;
If Spirit touches the soul of a child, then
Allow Spirit's art of work to shine from
That child to us and to others.

A LOSS SHEPHERD OF GREATNESS

An aged shepherd with a cane limped before
A crowd that was full of admiration and respect
For him.

After much silence, he spoke, "I can't remember
Much of who, when, or why—why are you here
And why do you call upon me?"

A young shepherd, wise in the moment, looked
Around in disappointment of time's thievery,
But soon lifted his head and spoke of new wisdom
Of the moment born: "Sir, you need but know one
Thing—that God has blessed you over years to
Know, and thus you have shared God's knowledge
With many."

Then, the old-man shepherd looked briefly upon the
Young shepherd and then forthrightly to the standing
Multitude and spoke one last time with wisdom:
"Then let me die with dignity if my work here
On Earth is done."

SIR, YOUR TICKET IS READY

Sir, excuse me, but your ticket is ready.

What ticket, I haven't made any reservations
or ordered any tickets or a ticket?

No problem, reservations were made for you
for the journey.

I guess I won that free vacation trip from that TV
raffle; let me get my luggage.

Sir, you won't need luggage; everything that you
need is there;

WOW, one of those vacations where you have a
free robe, wardrobe, toiletries, room-service meals—
oh, what time is my flight?

No airplane or train—just step outside your body.

What are you talking about; are you crazy or something?
Who made the reservations, that is, if this whole thing is
legitimate?

It is legitimate; God made the reservations. Remember
you met Him once, but it was long ago? Come with me;
it's time for us to leave. By the way, your destination
has not been determined.

A PLACE WITH NO TIME

There is a place beyond our Earthly world
Where time does not exist;
Where all things are connected as one;
There's no space between events and things;
There is a place beyond our world where
All existence is unchanged or constant;

There is a place beyond our Earthly world
Where all existence is one—
Where there is no space between and
No beginning or end;

There is a place beyond our Earthly world
Where all existence is constant and One and
Whole;

There is an existence where all things are
Heavenly and Heaven is Spirit as One.

TO THE GRADUATE

Today, you feel special;
Today, you are special;
Today, you celebrate with those
Who helped you to accomplish this
Honor of being a graduate;
Let your family rejoice and be
Proud and happy with you;
Let your school or college rejoice
For shaping and training you
To go forth and be worthy to
Yourself and others;
Rejoice within yourself; be happy
And proud, because you did it with
Responsibility, good effort, and
Determination;
Rejoice now and fret not in the face
Of future challenges;
Rather go forth and remember two
Lessons of life; the lessons of
Continued growth and giving.

I KNEEL AND PRAY TODAY

I kneel and pray this time
Each day;
I pray of Thee—
Am I worthy of Your gift to me
To give to others?
Am I worthy of Your trust in me
To live up to my mission of the gift to give?
Have I borne Your cross of burden well
With little complaint, fatigue, or self-doubt?
I kneel and pray to Thee and ancestors
Before me;
Help me to do all that I can
In this lifetime and in the remainder
Of my life on Earth.

TIME'S SIGNALS

The sun yields to night as the moon to day,
Blackbirds migrate before winter's Norway;

Babies born in autumn and in first months just lay;
Blackbirds return in summer as healthy babies
Walk and play;

Seed the soil to flower the fruit, and raise the
Child but spare rebuke;
For time signals change in every little space—
Time signals change for the whole human race.

TO MY DEAR STUDENTS

If I have unfairly asked too much of you,
If I have unfairly asked you to ask too much
Of yourself, then I am sorry; but
If I have fairly asked you to ask much of yourself;
If I have fairly asked much of you so as to bring
The best of light and gift from you to bear—
Then I have no apology, and I ask nothing of
You except to make the effort and to know that
You have done the best that you can do at this time
In your life.

OUR RELIGIO-SPIRITUAL RIGHTS

No one has a right to tell us how to
Think or believe;
No one has a right to tell us how to speak
About our religio-spiritual beliefs;
No one has a right to persecute us for
Our religio-spiritual beliefs and actions;
No one has the right to make us different
From the self that God ordained us to be;
No one has the right to persecute us for
Being different from them.

WHAT WE DON'T KNOW

So far,

We don't know the exact time that
A baby will come naturally by the
Hands of God and not human;
We don't know the exact time that one
Will die by the hands of God and
Not human or other circumstance;
We don't know the exact time the stock
Market will give us a big profit or loss;
We don't know exactly when a volcano
Will blow its cap or an Earthquake will
Shake Earth's surface;
We don't know exactly when an assassin
Will attack a beloved public figure;
We don't know exactly when a person
Will stop addictive drugs;
We don't know how to cure specific diseases
Or maladies of humankind;
We don't know what additional forces or
Dimensions of reality exist beyond our senses
To know;
We haven't learned how to get all human beings
To love, give, forgive, and live in harmony
With Earth;
We don't know exactly when the
Human race will cease to exist on Earth;
We don't know that we are not as intelligent
As we think we are.

A HUMBLE AFFIRMATION

And one spoke oh so humbly:

I am with spirit and love of God—
I cannot horde, because
God has given me enough and more;
I can and will sacrifice for the good of others,
Because I have been so much blessed and
Now can live with little or less;
And at times, I certainly have done without,
As once I had nothing but hope and faith—
As once I had a dream and now a vision
As God's work for me is yet unfinished.

IN SEARCH OF LOVE

There are those who want to love and be loved,
But don't know how *to love*;

There are those who want to love and be loved,
But don't know how *to be loved*;

There are those who want to love and be loved,
But are *afraid to love or be loved*.

MANY TYPES, YET FEW

There are many types of people;
Among these are several types:
Those who have power and privilege,
And those who do not;
Those who benefit from power and privilege,
And those who do not and cannot;
Those who have the power of God's
Love and gift of God's light, but do not
See or act to benefit from such, and
Those who have such love and light and
Who realize such in their Earthly lifetime.

UNGRATEFUL TIMES

Have you ever seen a time
When if you offer something
To another, that person can
Take much more than expected
Or take all?

Have you ever seen a time
When if you offer knowledge,
You would receive disdain
And rebuke from one who claims
To know already or who may fear
Being found not to know?

Have you ever seen egos so large
That people could not work together
For good cause or simply help
Each other?

If you have not seen any of such,
Then open your eyes and look around you—
Or, even better,
Open your eyes and look into the mirror.

FROM: Harper, F. D. (2007). *Transitions in life and to death*. Bloomington, IN: Authorhouse.

DISTINGUISHED ELDER: WISE ONE

Viara Quiñones-Jackson

Reminiscing of a life of service, obstacles, and triumphs; what will stand out?
Will we understand the things that are important?
We listened as you shared your knowledge and wisdom throughout your
career.

You told us to look as our decisions and actions impact others in society.
You told us to take action in providing a voice to those who do not have a
voice.

You told us to take action into creating a foundation for positive change in
society.

You told us to look for passion which lives within us to fight arrogance and
injustice.

A true model of living a life of service and honor, you taught us
never to count life by years but by the milestones we have reached.
You taught us to turn hardships into opportunities—
opportunities to rise within the community, to uplift our community!

Wisdom resides in the resilience of a **wise** dedicated man.
You jogged 38,000 miles to pass down the torch to future generations.
Your words will live on even as infinity is destroyed by eternity.
The spirit of a humbling man will live on.

Poet's note. This poem was written by Viara Quiñones-Jackson, a doctoral student in Counseling Psychology at Howard University, and presented to the author in honor of his years of dedicated teaching and helping students. The poem was read at a conference in 2007 where the Distinguished Elder Award was presented to the author and later named for him.

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 yield to
Wisdom's way.

FROM: Harper, F. D. (2008). *Beyond Fear*. Bloomington, IN: Authorhouse.

AN UGLY TIME, A BEAUTIFUL TIME

Competing to be the best,
Even if it misfortunes another or others;
Trying to hurt others for no
Reason except self-satisfaction and greed;

Twisted values, confused choices—
Tangling in the spaces of emptiness;
Hoping that pleasure and power yields
Happiness, status, and success;
Spiritually void in heart and mind,
While plants and animals cry as
They shrivel to extinction;

An ugly time in ways;
Yet hope rebounds in the hearts of some remain—
In houses of worship and on streets of
Love and benevolence.

FROM: Harper, F. D. (2007). *Transitions in life and to death*. Bloomington, IN:
Authorhouse.

AND GOD SPOKE OF EXPECTATION

And one with a great gift of spirit asked of God:

My God, you've asked me to be everything to
Everybody; this I cannot do;

You've asked me to walk a tightrope of life
Without the safety of a net or the aid of a pole;

You've asked me to sacrifice pleasures of life
To help others too many;

You've asked me to be patient and persevering
In the face of rejection, anger, jealousy, and abuse;

My God, it's impossible—I can't do it all;
I'm tired, and I just can't do it;

And God, after patience, spoke through thought:

You are blessed of spirit and gift to give;
Just do it; I'm watching your back.

GOD: MY GUIDE AND WAY

God has the pen;
I'm just the paper
God has the strings;
I'm just the blessed puppet;
God has the script;
I'm just honored to act as
A sacred channel or conduit;
God has the plan;
I have followed it
With faith in God.

LIFE IS LIKE A DISTANCE RUN

Life is like a long-distance run;
You can be behind at times, but
You can catch up;
You can be ahead at times, but
You can fall behind;
You can even fall down on the run, but
You can get up and continue your run;
You can be fatigued on your way, but
So are others;
Therefore, don't you dare give up
Or become deterred in your effort
Or lack thereof;
You may at times run with the wind
In your face,
But don't slow down, as God is
At your back;
And within the depth of your soul,
You can win your race if you prepare
Ahead and if you persevere on the run
With faith in your heart and mind.

A PRAYER AGAINST SELF-DESTRUCTION

*And one prayed, "Oh God bless me with the wisdom of heart
and mind to avoid the destruction of myself and others."*

*And a Spirit of Light from within and beyond spoke as
conveyed in mind's thought:*

Be not driven by *anger and rage*;
React not with *revenge*;
Avoid *rushing* in life;
If possible, avoid critical tasks when *fatigued*, or, if it's
Necessary to go on, work through such challenge
With caution and with your best effort;
Be not paralyzed or put off by *fear*, except when
It's wise to avoid or not pursue dangerous choices;
Avoid *jealousy*, but rather be happy for another's
Good fortune;
Avoid horde's *greed*, because it is a barrier to
True happiness and self-fulfillment;
Be cautious about *taking risks* that can lead to doom
For you and your special others;
Abscond *deceit, hypocrisy, and lies*, as they will
Lead to distrust and destruction;
Flow in time with *grief* while avoiding illogical choices
During this period of sadness, fear, and anger; and
Avoid *arrogance* during your privileged successes and
Good fortunes.

LIGHT OF GOD'S TALENT

Human talent unrealized and undeveloped;
Bottled up and stuffed down in the abysmal
Pit of potential that is asleep;
A talent not shown and possibly unknown;
Individual human talent bottled up and stuffed
Down in dormant cells of body and mind;

Light of God's brilliant glow of talent to
Show to others and the world—
Stuffed down and snuffed out by a lack of
Awareness or opportunity for development;
Sometimes, stuffed down and snuffed out
By self-destruction via anger, fear, and indolence;
Stuffed down and snuffed out by an aversion
To pure effort and hard work;
Opportunities unseen; opportunities past and
Now gone, by failure to choose and act.

TIME LOST

The stopwatch ticks time away while you stand
In the starting blocks;
Listen, can you hear the starting gun
That tells you to start or to act?

Is it time to kick from the starting blocks or
Hold your place and not jump the gun before another?
Tell your mind's eye,
Is it time to change your stage or venue?
Is it time to choose or change a partner for your
Journey in life?
Is it time to choose an opportunity for further education
Or possibly a career change or career advancement?
Is it time now to change unhealthy and risky ways
Of living?
If the answer is yes, jump out of your starting blocks
And kick in your new lane of life;
If the answer is no, stay in your place until the
Time is right or opportunity comes.

AN ANGEL SPEAKS OF TRUTH

*And an angel of God in the spirit of human form
stepped forth and spoke of truth:*

I'm not selfishly trying to take from you,
But rather I'm trying to help you;

I'm not trying to make you think as I, but
Rather I'm trying to make you think for
Yourself and as God willed;

I don't want to partake of pleasure with you,
But rather I want to bring out from you the
Fulfillment from a purpose realized;

I'm not trying to tell you how to live, but
Rather I'm trying to help you see the light
Of God's mission for your life to live.

THE LANGUAGE OF CHILDREN

There are many ways to communicate love
To a cherished child—
These include spending quality time with a child,
Protecting a child from harm,
Providing for the daily needs of a child;

There are many ways to communicate love
To a cherished child,
But there is one universal language for
Communication with a beloved child:
Speaking the language of a child's
Favorite food and fun.

SELF-CONVEYED “POWER”

Some think that they have power
Through their image;

Some think that they have power
Through their personality;

Some think that they have power
Through their gift of talent displayed;

Some think that they have power
Through their wealth or money;

Some think that they have power
Through their actions;

Some think that they have power
Through their fame;

Some think that they have power
Through the authority of a job title;

Such persons do have power,
Only if the designated recipients of
Their message allow them to exert
Such upon them.

EXPECTATION

If I expect very much from you,
And you can do it; then do it;

If I expect too much from you
At this stage of your life,
And you just can't do it,
Then I am or I may be sorry;

If I expect too much from you,
And you think that you may
Be able to do it,
Then try, try, and try again.

WHY DO YOU THINK YOU'RE SPECIAL?

There are many intelligent people;
There are many talented people;
There are many beautiful people;
So why do you think that you are special?
What have you done with gifts from
God and ancestors to deserve such?

There are many intelligent people;
There are many talented people;
There are many beautiful people;
So why do you think you're entitled
Or even privileged?
What have you done with your gifts from
God and ancestors to deserve such?

FRIENDSHIPS

Friendship, the glue that binds two

In company:

Social friendship,

Intellectual friendship,

Spiritual friendship,

Business friendship,

Professional-collegial friendship,

Intimate-sexual friendship,

Marital friendship,

Familial friendship,

Selfish friendship;

What kinds of friendships have you?

I WISH TO BE A DEER

*And one spoke of a love for deer and
a wish to be*

I wish that I could be a deer,
Sharp of ear to sense and hear.
I wish that I could be a deer, with gift
Of smell to scent danger near;
I wish that I could be a deer,
Of elegant stance and awareness in fear;
I wish that I could be a deer,
But just for one moment or one day—
In hope that I will not be a hunter's
Or big cat's prey.

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?

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

TIME'S CLOCK IS DYING STILL

Words of spirit flow like
Angels from heaven's gate,
And still messages of good fall
On destroyers' blind eyes and
Deaf ears.

God is certainly not asleep in
Her omnipresence, and Earth's
Rage is not helpless yet—
In defense of itself.

Good people do still cry, while
Others laugh and lie from ilk
Of their own confusion and
Selfish deeds and needs.

Rise Homo sapiens;
Clean the clutter from your
Twisted minds and the vileness
From your dormant souls asleep.

FROM: Harper, F. D. (2007). *Transitions in life and to death*. Bloomington, IN:
Authorhouse.

KEYS TO LOVE AND APPRECIATION

Keys to winning or earning one's love is
Showing an interest in that person and in
Things that are dear to that person.

Keys to advancing on a job is
Showing an interest in the job and in those
With whom you work.

Keys to earning a pet's love and attention
Is feeding it and spending time with it.

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.

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

NO TIME FOR ANGER

There is no time for anger,
When there is work to be done;

There is no time for anger,
When it's time to eat or time
To sleep;

There is no time for anger,
When a child needs your love
Or needs your help;

There is no time for anger,
When anger has no just cause—
Or even when anger has a cause;

There is no time for anger,
When it's time to choose, act, and
Move on with your life;

There is no time for stored up anger,
When it's time to cross the bar,
When it's time to die of this life.

FROM: Harper, F. D. (2007). *Transitions in life and to death*. Bloomington, IN:
Authorhouse.

TODAY AND TOMORROW

Happy today,
Sad tomorrow;
Loved today,
Rejected tomorrow;
Hello today,
Good-bye tomorrow;
Here today,
Gone tomorrow;
Thus is life.

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

TO SAY “HELLO” IS TO SAY “GOOD-BYE”

To say “hello” is to say “good-bye,”
For that’s the orderly way in which things are;
Faces appear in winter to be lost in spring,
Doors open to be closed,
The sun rises and sets,
Babies come and old folks die,
And all people must laugh and cry;

Night naturally follows day,
As moon the sun;
Boredom steals from life’s excitement,
As hatred from love’s promise;

Say “hello” with enjoyment, excitement,
And appreciation;
Say “good-bye” without anger, grief, or sorrow;

To say “hello” is to say “good-bye,”
Remember, that’s just the way things are.

FROM: Harper, F. D. (1985, 2004). *Poems on love and life*. Bloomington, IN:
Authorhouse.

TIME TICKS

And time ticks away
In the challenges of each day;
Time's spaces and images pass from sight
In the shroud of the blackened night;

Yet we mope at times in our own
Depressed way,
As we trod our paths from day to day;
And during our "mopes" of unpleasant times,
We often gain strength to wash gloom
From our memories' mind.

GOD IS, GOD DOES NOT

God is not separate from anything;
God is All, Whole, and One;

God is not male or female;
God is without gender;

God does not walk and move as we,
Because God is connected to all that
Is All;

God does not think as we,
Because God is the connected Whole
Of all that has been, is now,
And will be;

God does not favor one group over another,
Because all groups are within God and
Equal in spirit and exist as one human race;

God does not favor one country or one place
On Earth to another, because Earth itself is
God's "Garden of Eden."

LOVE'S FEAR

And a suitor once asked:

What fear have you, I ask?
Is it that you want to be loved
But fear you won't be able to love?
Is it that you fear to risk the
Emotional power of love's open door?
Or, are you numb of pleasure
From pain's past, or just waiting for
The courage to romance at last?
Why are you hiding your heart in
An empty shell, rather than inhale
Of chest and feel love's swell;
Come sweet flower—open your petals
To love, or you may never love again.

CHOSEN ONES

If one is chosen,
Can we speak publicly of such?
If one is the second or another coming,
Can we say so, for fear
Of that one's demise from Earth?
If one is chosen by God and us
To garner global love and good spirit
For great deeds to be done,
Can that one become one with God's
Mission in spirit and deeds?

I AM BECAUSE OF YOU

Acknowledgment of one's support in life:

Without you, I would not be;
With you, I am;
Imbued within my bones and
Inspired by your spirit, I rose in height
To now stand in pride, and surely
You stand with me here as one.

What I have become is because of you;
What I am is because of you;
Over time, we shared a path;
With time's challenges, we shared
The pains and joys.

Now, I stand in pride—feeling the shadow
Of your love's presence as always;
Now, I stand in pride with “you as I”
And with “I as you”;
Now, we stand together in pride as one—
Together as one on this special day of ours.

WHEN THINGS GO BADLY

When there is pain;
When there is scarcity;
When there are attacks
Upon your reputation or
Physical body;
When there is sadness,
Doubt, anger, and fear;
Then stop and think
Before acting;
Stop and pray for hope
Of help from others;
Stop and pray for the
Right choice and the
Choice to do right.

DIVINE IN TIME

There's a Force that protects
You that you cannot define;
But it's one you feel and
Know as Divine;
There's a light that leads
You along God's path;
One that will guide you
With love in each stride and task;
There are ancestral spirits around
You that keep you fine, and
If you continue to do right, those
Spirits and God's blessings
Will protect you over time.

LEADER FOR OUR TIME

God as Force beyond and within us
Has chosen another leader for us;
God as Spiritual Source beyond and
Within us has chosen another leader for
Our time and our world—
A wise leader in the spirit of Solomon;

God or Force beyond and within us
Has chosen a shepherd for sheep astray;
And as the shepherd must protect the sheep,
So must the sheep gather around
To protect the shepherd of God;
For by doing so, they protect
Themselves . . . they protect their future.

LOVERS OVER TIME

Lovers watching each other change
With time;
Lovers watching each other change
Over years gone by—
Whether with age, disease, or behavior;
Certainly not the same person in
Image or ability, but hopefully the
Same person in spirit and love.

UNDESTINED LOVE

*And one spoke of a love not
destined to be:*

You have tested me,
And I have failed the test
In your eyes;
You have lost interest in me,
And I need not contest or appeal,
Because I lost interest in you during your
Testing of me, and, therefore, for us,
Things were never meant to be.

RUSHING THROUGH LIFE

Rushing through life,
Chasing a star to be a star;

Frequently changing paths,
Frequently changing choices,
Frequently changing priorities,
Frequently changing friends;

Trying to get everything now;
Trying to get everywhere fast—
Getting nowhere that's somewhere;

Rushing through life,
Not thinking about risk and danger,
Not thinking about others;
Rushing through life,
Not thinking about your needs or body's
Callings—not thinking about self or
Loved ones or the world around.

TALENT IN THE WILDERNESS

There are cobblers at their workbenches;
There are grape pickers in the vineyards;
There are shepherds at work in green pastures;
There are worshippers in the temples;
There are teachers in the classrooms;
There are missionaries of benevolence in
Venues of poverty and disease;
There are thinkers and writers at their desks
And computers;
There are voices against injustice in arenas
Of the oppressed;
There are voices of talent in the wilderness,
Whose light has yet to shine for self and others.

OF HUMAN WAY

Human beings, trying to be;
Trying to act in public places and
Populated spaces, while showing
Disguised faces;

Human beings, trying to be better
Than another or others;
Trying to act civilized, domesticated,
Sophisticated, and educated;

Human beings, not willing to learn
From another for fear of admitting that
Which is unknown or not yet learned;
Human beings, trying not to be
Hypocrites but failing in such effort.

LOCK YOUR DOOR

If you are in a hotel room and do not want
To be disturbed, lock your door from the inside
And post the sign, “Do Not Disturb”;
If you are at home alone and asleep,
Lock your entrance doors and bedroom door too,
Because an invader could break in and surprise you;
If you are in a bathroom and wish to have privacy
From the intrusion of others,
Then close your door and lock it too;
If you’re working at your office during unusual
Hours or when no other employees are around,
Then close your door and lock it too;
If you are parked on a public street or lot and waiting
In a car for a passenger or driver, lock your door;
If you’re in a public bathroom off a highway,
Especially late at night or early in dawn’s morning,
Lock the door or lock your stall;
Follow one simple rule, when you are in a position
That makes you vulnerable to criminal attack,
Embarrassment, or outright exposure,
Please, just lock your door—
LOCK YOUR DOOR!

LESSONS OF WISDOM

Wisdom is knowing the future from
Lessons of the past;
It is learning insight from hindsight, and
It is conveying such insight into judicious
Foresight.

Wisdom is learning good choices from the
Poor choices of self and others;
It is learning that love is quality
Time spent with another or others.

Wisdom is the knowledge that teaches us not
To eat too much and too often; the knowledge
That teaches us to avoid a bad relationship
Before it turns bad or simply to avoid starting it.

Wisdom is the patience of not acting on
Impulses that often bring frustration,
Loss of time and energy, or self-destruction;
It is the discipline and restraint to say no to
Pleasure and greed that can bring eventual pain.

Wisdom is acting logically or wisely when
Presented with choices, problems, or challenges—
It is simply acting wisely much more than
Acting irresponsibly or foolishly.

DIVINE MISSION UNACCEPTED

And a wise spiritual adviser spoke:

I do believe that you have not listened
Or adhered to spiritual messages to you
As well as what spiritual messengers tell you
About your gifts and purpose in life.

You have chosen a lesser role in life
When you have the capacity for positive
Impact on so many;
You have been prepared for a role and mission,
But you have yet to accept it.

You were given knowledge directly from God,
But you have accepted knowledge of humankind;
You were given natural talent by God,
But you have chosen not to use it;
You will not be fulfilled until you do
What you are blessed and destined to do;
This is evident because you continue to search
For that already known but not accepted by you.

PUBLIC BULLIES

Public figures of radio, TV, and other media;
Public figures who are public bullies—
Often extreme in their views, frequently insulting too;
Sometimes right, often wrong, often irresponsible,
Sometimes outrageous with the intent to shock;
Public bullies, abusing others, seeking to maintain
A vulnerable audience and to inflame their thoughts;
Public bullies, breaking historical or mainstream
Icons with immunity and insulting the innocent and
Sometimes insulting the guilty, but still insulting
Nevertheless;
Public bullies, hurting feelings unnecessarily so—
For the sake of being entertaining if not punitive,
For the sake of enhancing their narcissistic selves;
Public bullies, provoking sensationalism, anger, and fear
Among the uninformed while bashing the feelings and
Reputations of others;
Public bullies, abusing others under the American flag;
Abusing others under the rights and protection of
Democratic law.

ANGELS WITH NO WINGS

Angels need no wings, and
Although angels are few, they
Often have arms and legs as you;
Angels need no wings to fly,
Because God's spirit lifts their
Deeds oh so very high.

Angels need neither wings
Nor arms or legs,
Because their spirit can lift their
Benevolent actions of heart and
Head.

Some angels have no wings, but
Oh how high they fly;
Oh how much they give;
Oh how much they love as a
Reflection of God's spirit.

SPRING AS SEASON

Spring, a time of a new beginning and
Awakening;
A season for things to reappear and happen:
Flowers bloom in spring,
Birds and ducks migrate, and
Animals mate;

Trees asleep sprout green their leaves in spring;
It's a time when people give up and die
And babies are born and cry for joy of others;
It's a time for some to begin a happy life of love
As well as a time for some to pursue freedom from
The bondage of an abusive one once loved;
It's a time for planting seeds for future's harvest;

When spring is in the air, certainly,
Plants and animals just know, because
That's the Divine plan and secret of life.

YOU COME IN PAIN, NOT IN LOVE

*And he spoke of her invitation to return
and love again:*

You once had a chance to come back to me,
But you chose not to—
Now you come not from love of me
But from pain and need within you;
You had the freedom to be with me as
Before, but you abandoned that freedom
For the freedom to choose else or another;
Now, I stand with the awesome decision to
Risk trusting you again after time passed;
Now, I stand with one choice but to say,
“No, I have now chosen another.”

A TIME FOR LOVE AND ROMANCE

There comes a time when you look into the eyes
Of another,
And you know that love is there behind the curtain;
That the two of you are right for each other;
That the voice of The Great Spirit has spoken and
The choir of your ancestors has sung the Divine wish;
Join your spirits for good of yourselves and the world;
Join your spirits for God's mission as that
Great Spirit through you;
Join your bodies in love for the creation of life
As a Divine gift to you and the world.

A TIME FOR RESTRAINT

There comes a time in life to hold back—
A time to restrain from actions that may harm
Self and others;
There comes a time when we have to think,
And restrain from actions driven by anger,
Selfishness, or revenge;
There is a time when we have a choice but may
Find it wise to hold back rather than choose
Risky pleasure of drugs or the flesh;
There comes a time when we all at some time
In our life have to choose to sacrifice or be
Forced to sacrifice for survival or for the good
Of loved ones or significant persons in our lives.

PLAYERS

Players on Earth's stage—
Choosing their roles in advance,
Or accepting their roles as spiritually
Assigned to enhance;
Choosing their roles in life each day,
Sometimes for meaning only, sometimes
For pay;
Players, choosing their roles by
Confidence thereof or by gifts from
The Divine Source from around and above;
Painter, clergy, and restaurant cook;
Police, teacher, and author of books;
Choose your role on Earth's stage by
Seeking the natural and destined talent within
The light of your soul.

TELESCOPE HUBBLE

Hubble, show the way, I pray—
To save us humans for a future day;
Hubble, light our origin, oh so bright,
And show God's destiny through
Interstellar night;
Turn your lens light years away to reveal
Time's truth on this precious day;
Photograph beauties of God's creations
Painted billions of years across the past,
Give us Divine knowledge through science
As a human species that must last.

TRIBUTE TO TIM RUSSERT

Tim Russert was a man for his time,
Whose journalistic work was so very fine;
He made magnificent all that he touched,
And he cared deeply and loved so much:
 He cared for his work,
 He cared for his family,
 He cared for his friends and colleagues,
 He cared for the young,
 He just cared for people and all life;
Now he rests with his spirit under care,
As we all will remember that for
Others he was there.

AHEAD OF THEIR TIME

Ahead of their time—outcasts by their
Contemporaries so quick to malign;
Ahead in theory, science, and creative acts,
Later proved and accepted by empirical facts;
Courage to espouse and stand their ground,
While colleagues viewed their
Thoughts as irrational and unsound;
Freud, Hero, Copernicus, Galileo,
Einstein, Newton, Beethoven, Socrates,
Darwin, Nikola Tesla, Thomas Edison,
George Washington Carver, Edgar Cayce,
Alexander the Great, Rumi, Gibran,
Leonardo da Vinci, and Aesop—
To name just a few;
So listen to wise voices of this very day
About what we should believe and do or
How we might pay.

PAIN'S PAST

Are you retaining in your heart and
Conscious mind the pain thrust upon you
In past years?
Are you allowing memories and
Learned pain to hurt you more in the
Present—to agonize you and leave you
Helpless in a quagmire of sadness, anger,
And fear—fear to trust yourself and others?
Are you allowing your pain to capture
You and enslave your soul and spirit?
Have you not thought of forgiveness within
Your mind—forgiveness of yourself,
Another, or others?
Burn bushes of the past and plant seeds
To bloom in the future;
Allow opportunity to embrace you and
Wash you pure and anew;
Cease to think as a victim and
Allow happiness to cleanse your soul
And renew your spirit.

MEMORIES OF ELEPHANTS

It's certainly hard to go back home,
Where so many elephants still roam;
It's hard to go back to a familiar place,
Where anger, resentment, or jealousy
Still resides in mind and face;
It's a challenge to return to a village
To right your wrong—
Where elephants still roam with
Memories intact and unfortunately long;

Although nostalgic memories can
Bring forth joy of a common time and stage,
Memory so too can spring forth ill feelings
In the mind of an elephant uncaged;
Although a return to a place can usher delight,
Stored up hatred in self or another
Can unleash anger's flight.

PURITY OF MIND AND SPIRIT

Above all, purity is a state of thought,
Spirit, heart, and soul;
The body, if smeared, can be cleansed
Just as a violated temple;
If beaten and bruised, the body can heal
As with the spirit;
If sensually violated, one can be cleansed
Of body and mind;
If falsely attacked of reputation, then ignore
Liars and their believers and allow good and
God to be your witness;
Allow your spirit to cleanse your mind of pain,
Allow your spirit to cleanse your heart of shame
And wash your soul to rebirth;
As purity is not a state of body, but it is
A state of mind, spirit, heart, and soul.

A PRAYER FOR STRENGTH

Great Spirit as One, Whole, and All,
Bless me and give me strength
Not to distress myself or distract
Myself from a focus toward good deeds
And accomplishments from Your gift
Of talent to me;
In doing so, help me to ignore attacks
Against my reputation, to ignore
Lack of appreciation from those
Whom I help, to ignore gossip about others
And against me;
I pray of You to help me to hold my tongue
When words will be useless and divisive;
Keep me in a mode of discipline and
Hard work so as to do Your will while
Here on Earth;
I pray that You please accept this as my
Humble prayer—
AMEN.

TIME STOLEN BY TECHNOLOGY

Information, communication, and
Entertainment technologies;
Some as time's savers,
Some as time's thieves;
Technologies that more often than not
Addict the mind, shroud the soul,
And facilitate abandonment of loved ones;
Yes, desktops, laptops, netbooks, cell phones,
Ipods, iphones, electronic game and toys,
Satellite radio, cable television, Internet,
And more—devices that we often allow
To steal human time from another or others,
While making us oblivious to the real world's
Beauties and opportunities that surround us—
While making us oblivious to our feelings,
Thoughts, and human needs;
Listen humanalia; choose your lifestyle or
Allow electronic devices to choose you
As their slave.

I AM WHO I AM

*And one spoke of authenticity of self and
Consideration for self-change:*

Accept me or not, because
 I am who I am,
 I am what I am;
I'm not trying to be perfect;
I'm just trying to be better than before
And the best that I can be;
I'm not trying to be the self that
You expect or want me to be;
I'm just being the self that I am;
Some things I can and should
Change in life;
Other things I will probably never
Change or even shouldn't change;
Help me to be better, but, at the same time,
Accept me with my imperfections and
Individuality.

MUCH AND MANY

I remain puzzled by how
Much many talk and do much less
To walk their talk;

I am much taken aback
By those who think they know
Much more than they actually do;

I have yet to understand or accept
How many choose to blame others
Much more than themselves;

I am quite amazed by how much
Time it takes some people to do a job
That can be done in half or less
The time with proper focus and
Uninterrupted effort;

I am saddened by those who scheme
And make the time to hurt others because
Of selfishness, greed, jealousy, dislike,
Need for power, retaliation, or else.

THEATRICAL VIEW

Where you are seated will likely determine
Your view;

Where you've been in life will likely determine
Your viewpoint;

What you choose to see on life's stage and how you
Perceive it will likely determine your choices;

Where you've been and how you choose will often
Determine your future role, script, and stage.

TIME FOR RESTRAINT AND RETHINK

There comes a time for restraint and rethink
In your life;
There comes a time to restrain, to hold back,
To stop destructive ways;
There comes a time to stop risky behaviors for
Pleasure's sake; a time to refrain from
Addictive drugs for empty pleasure;
A time to refrain from violence and pain against
Those you're supposed to love;
There comes a time to quit the abandonment of
Those who need and want you, especially your
Child or children and other loved ones.

Yes, there comes a time to rethink:
To put giving over taking,
To place sacrifice above selfishness,
To choose responsibility over irresponsibility,
To choose health over addictively unhealthy ways,
To choose a higher spiritual Source over Earthly
Material possessions and pleasures;
Wake-up! Now is the time for restraint and rethink.

HYPOCRITES

Human beings, pretending to be what
They are not;
Trying so hard to cover up or make others
Believe that which is projected;
Trying “to be” instead of becoming to be;
Trying to act sophisticated rather than genuine;
Trying to act knowledgeable rather than
Inquiring about that unknown;
Trying to act interested when not interested;
Claiming to be in love, when it’s all a game;
Claiming to be religious when not;

Deceivers, charlatans, tricksters, two-timers,
Impostors, masqueraders, two-faced prevaricators—
Wolves in sheep’s clothing—waiting to
Pounce on those gullible to believe;
Hypocrites, playing to their audience and
Wearing the persona of their fake character;
Hypocrites, usually aware of their fraud;
Hypocrites, sometimes not fully aware of
Their game playing—
Yet hypocrites just the same;

Be transparent as the self you really are,
And worthy others will accept you as you are;
Earn your way for whom and what you are,
And risk not being caught in living a lie.

ACCIDENTS AND INCIDENTS

(This poem may save your life.)

Be careful; think before you act:

Driving a vehicle unsafely in fair or severe
Weather can result in an accident and end your life;
Operating a motor vehicle while under the influence
Of alcohol or certain other drugs can end your life;
Walking, jogging, or biking without paying close
Attention to moving vehicles can end your life;
Driving a vehicle while deprived of sleep can
Cost you your life;
Falling asleep in a bathtub, while sober or
Intoxicated, can drown you and end your life;
Swimming in an ocean when a violent riptide
Occurs, even if you can swim, can end your life
Or render you with a disability;
Venturing out into dark, dangerous, or isolated places,
As opportunities for crime, may cost you your life;
Chewing chunky food fast while laughing or talking
May cause choking which can cost you your life;
Shoveling snow, especially if you are not healthy or
Physically fit, can result in a heart attack and end your life;
If someone threatens to kill you, take it seriously and
Take precautions, or it could cost you your life;
Climbing a ladder to repair your roof can save you
Money, but it may cost you your life if you fall;
Drinking alcohol while gambling can result in
Violence that can cost you your life;

Intimate involvement with the spouse or lover
Of a jealous other can cost you your life;
Taking risks or not being careful around
Electricity or lightening can end your life;
Overdose of drugs can cost you your life;
Overexertion in sexual activity can cost you
Your life;
Venturing into wetlands, grasslands, or forestlands
Without preparation or knowledge of wildlife
Therein can cost you your life;
Also, some of the above incidents may not only
Cost you your life but may end the life of
Another or others in your company;
So, be careful; think before you act;
Be aware of your bodily state, behaviors, and
Your environmental circumstances.

GLOBAL WARMING: GLOBAL WARNING

Perilous times of cyclical changes,
A globe in reckless human hands;
Violent volcanoes spurn their angst,
Earthquakes and fire bring human pain;
Glaciers with Earth's warming now melt
At the poles,
Waters rise in cities' lowlands and along
Coastal seashores;

Tears of loss and hopelessness with time's
Passing will surely bring more human tests;
Act now we must to save our hide,
Or suffer we will a painful ride.
As warning, let's build cities on watery seas,
And construct floating homes I beg and plea;
Let us store more food in an Earthly safe place,
And do the same with fresh water to avoid loss
Of the human race.

TIME AND PIECES

Time, a canvas for life's painting;
Time, blank pages for life's script;
Change as a constant over life's time;
Life events as changes, as pieces of a
Puzzle put together over time and
Unraveled at times with time.

Time reveals its pieces through events—
Some chosen, some caused, some destined;
Some happy, some sad;
Some challenging, some easy.

Each life, partly chosen;
Each life, partly determined;
Socialized beliefs, chosen beliefs;
People choosing; people chosen;
Places assigned; places chosen.

Yes, each life, partly chosen;
Each life, partly determined:
School, college, military, marriage,
Religion, family, friends, lovers,
Jobs, possessions, and more.

People, things, and events—
Precious to our being and existence;
People, things, and events—
Gained and sometimes lost;
Some given and some kept.

A castle of life's fortunes and misfortunes;
Built of sand upon a beach, vulnerable
To waves of times and the time;
Life's chariot, pulled by twin horses
Of dichotomous emotions:
Joy and sadness, love and hatred,
Peace and anger, courage and fear;
C'est la vie.

GOD CALLS HOME HIS GIFTED CHILDREN

- God:** Beethoven, it's time to come home.
- Beethoven** Sorry Lord, but I need more time. In fact, I'm busy now dictating a composition to my assistant.
- God** I said it's time; I must now pull the cord and close the curtain on your life.
- God:** Martin Luther King, Jr., come home; your time is up tonight. You have followed human advice to put yourself in danger. It was not my destiny or plan for you.
- Martin Luther King, Jr.** I've known that my life has been in danger for years, and I have accepted the possibility of such fate. I will be careful and pray to you for protection while here.
- God** I have called for your spirit to come home, and this cannot be reversed. Your work on Earth is done.
- God:** Leonardo da Vinci, come home—your excellent work on Earth is done.
- Leonardo da Vinci** Please, not now Great Spirit; I have so many ideas and projects to finish.

God: A talented person from the future will have to finish your work; you should have borne children to continue your work as I gave you the ability to do as my trustee to recreate life in your image and talent.

Leonardo da Vinci Please, a few more years—I have so much to do in science, art, medicine; you know.

God: Yes, I do know. My preset alarm for you has gone off, and you are dying now. At best, I can reset your death clock for one additional hour. Give your ideas to assistants and say goodbye to your few loved ones.

God: Harriet Tubman, you've lived long, and you have done my work with courage, determination, and perseverance. It's time to come home.

Harriet Tubman My God, at 90-plus years, I'm tired and ready. I feel that my work is done, and I cannot do more at my age. Thank you for a life well lived and worth living.

Poet's note. This poem came to me and was written in draft at a shopping mall on the same date and around the same time of day that the entertainer Michael Jackson died, although I had no knowledge at the time of his death.

A GOOD IDEA

There's nothing more beautiful than a good idea;
There's nothing more stimulating than a good idea;
There's nothing more powerful than a good idea—
A good idea whose time has come,
A good idea whose time is now,
A good idea for the betterment of Earth and its life.

AN AUTHOR'S PRAYER

I pray that God will grant me a long life,
So I can laugh at the humor of life;
So I can cry with joy at the beauty of
Nature and the benevolence of worthy deeds;
So I can continue to learn and give back;
I pray that God will grant me a long life,
So I can write about such and more.

THOUGHTS

There are those who do a dance and sing a song to acquire your help, and, afterwards, you don't hear from them until their next performance.

§

Those who constantly complain to you about others may eventually complain about you with others.

§

You usually cannot "control" a person as long as you wish, except in the spaces of your mind.

§

In a highly media-driven and money-driven society, one cannot trust that the most competent and benevolent candidates will be elected to public office.

§

A leader is one who uses leadership to move things or make changes, hopefully for good.

§

Talking loudly and fast does not necessarily make one right, wise, or convincing.

§

Tradition and experience can make one wise—they can also make one cautious, fearful of risk, illogical, and inflexible to change and creativity.

§

Neither image nor loyalty necessarily yields competence.

§

If a story or way of thinking is told over and over again, the masses will begin to believe it—no matter how illogical or void of evidence, logic, or common sense.

§

Celibacy is sometimes necessary for creative accomplishment at the highest level.

§

There are some politicians in government who try to make a crow look like a swan or try to make a swan look like a crow.

§

In order to *truly* love one in the flesh, one should love that person in spirit.

§

We are all human; thus, at times, we are distracted by our needs and those who need us—ergo our spiritual light of creativity can be minimized or snuffed out by such distractions.

§

People can try to control you, but they cannot unless you choose to allow them to do so.

§

Intermittent tasks of living are ignoring the bad past, remembering and appreciating the good past, enjoying and being aware of the present, and anticipating and planning for the future.

§

There are those who want to be famous during their lifetime, and there are those who are chosen by posterity to be famous after their death.

§

To have fear is understandable; to allow fear to negatively impact our choices is unacceptable and, at times, regretful.

§

There are those who think often about ideas; there are those who think often about others; then, there are those who think often about themselves and their selfish needs and wants.

§

Desperate people tend to make poor choices out of desperation.

§

Those who are “chosen” are very often those who are tested and challenged.

§

One can give to others with a sense of spirituality, but one must also give up or sacrifice to truly prepare the heart for spirituality to come in.

§

All things that happened in all Earthly history may still exist in some recorded form. Furthermore, all things that exist can be known.

§

Parents can be tolerated and sometimes disliked by their offspring, but very often they are appreciated and even sometimes loved.

§

It's often lonely at the end, and it's often lonely at the top.

§

Sometimes, painful memories drive emotion-laden thoughts that remain in the privacy of the mind, and, at other times, pain can drive oral expression and behavioral actions—whether constructive or destructive.

§

Both fear and pleasure can sometimes make us vulnerable to the selfish manipulation of others.

§

Children very often speak a common language, a language of fun and food.

§

Some people do things mainly for the purpose of helping others; some people do things mainly for the purpose of feeling important, and some people do things mainly for the purpose of helping themselves.

§

Anybody can be a fool, if that person wants something so badly that he or she turns a blind eye to the risks or consequences that accompany a choice.

§

People very often seek truth over a lifetime, but they must also be open to allow truth to come to them at opportune times in their life.

§

In our latter years of learned wisdom, we may find ourselves trying to teach those who are not ready for such knowledge of wisdom.

§

In choosing friends and professional colleagues, it's sometimes wise to choose those who have similar interests, are at the same level, or on the same path of life.

§

Those women who criticize their mothers, often criticize themselves; as they are a reflection in the mirror. Likewise, those men who criticize

their fathers, often criticize themselves; as they too may be a reflection in the mirror.

§

To know your cultural history and genealogy is to know yourself; to know yourself is to act in the interest of yourself, significant others, your ancestors, and the world.

§

Those who look good may not necessarily be good, and those who talk well, may not necessarily live the talk.

§

A daily sugar-laced breakfast will guarantee a desperately and hungrily anticipated lunch.

§

One should do her/his best and forget about all the distracting and unworthy rest.

§

There are those who talk about changing their lives; however, they fail to hear themselves.

§

If there is always something to do, and always someone to help, then persons should have little time to focus on their pain and needs.

§

Those who are busy doing, often don't have time or take time to brag about what they have done.

§

Pay attention to those who pretend interest in you when they are not, because one who is not interested in you should not be of interest to you and for you.

§

God is not outside us only but inside us as well. God, in part, is the good within us and the light of talent within us.

§

A poem has value by its structure and the meaning it communicates. Like a sculpture or painting, it is constructed from a beautiful idea or thought just as it is communicated beautifully.

§

Morality is not necessarily normality.

§

In marriage, unfortunately, you may never know completely what's going on and what has gone on with your spouse.

§

Leaders of people change over space and time, hopefully for the better.

§

A Power that is greater than "we," at times, acts to put forth a leader who can change the world for the better.

§

Truly spiritual persons have a purpose in life other than themselves.

§

Be careful about making conclusions about a person or a situation, especially when you don't have the entire picture or all the facts.

§

Change comes with knowing that we must change, deciding that we will change, and acting to change behavior, lifestyle, or environment.

§

People often choose intimate partners who can complement their lifestyle and help to meet their needs and wants.

§

Excellence is doing things at a high level over and over without slack of preparation and effort and without boredom of deed.

§

Some people think in linear dichotomies: "I'm good; you're bad" or "I'm bad, but you're worse." Nevertheless, a circle may be a better geometric figure for looking at life.

§

A vulnerability of leadership is to be subject to those who seek to depose and expose a leader as a road to their own ambitions and advancement.

§

With every dream, there should certainly be a voyage by the dreamer.

§

The greatest good is to sacrifice for good.

§

When goodness appears, the evil and the selfish are likely to be threatened; when excellence and high achievement appear, the mediocre and jealous are likely to be threatened.

§

In order for a leader to be great, he or she usually has to think outside of the box and ahead of the train. It also helps if the leadership is for good and comes at a time of great need or dire social crisis.

§

A leader for justice and right allows people to think and even often forces them to think outside the worldview of their cultural backgrounds.

§

We do not have the capacity to know God, but we do have the capacity to feel God's presence and to perceive the Spirit of God.

§

Being a good person is doing good things for others in need.

§

There are some people who eat too fast, and there are some who eat too much. Often they are one and the same.

§

The way we see the world and our life events is not necessarily the way it is. It is simply the way we see it.

§

It is possible that death is not the end of existence, but it is simply a transformation to another dimension of existence.

§

Sometimes, angels assume Earthly form to do their duty; sometimes angels are Earthly humans who do good things with or for destined others.

§

Those who embrace anger, anxiety, and sadness will very likely forfeit opportunity and repress awareness of happiness and fulfillment in their lives.

§

It's much better to be hungry for growth and success than to be hungry for food.

§

Some human beings who have something that's nice may simply want something that's different. If they lose the nice thing they had, they may realize that the difference did not make a difference.

§

Because one believes differently, it does not make that person right or wrong. It only means that he or she sees things differently from another or from mainstream culture.

§

Regarding some who claim that God talked to them, let us be warned that God is not a ventriloquist for self-appointed dummies or imposters who pretend spiritual faith and religious leadership.

§

It should be more important who a person is on the inside and what a person does to benefit others and the world, rather than how a person looks or what that person represents or owns.

§

A beacon in the night over miles of distance and eons of time is reflected in the souls and memories of those who died for justice and right.

§

The life of a child is yet another chapter in the life of your ancestral line.

§

At the moment or at a time in your life, a person may not be what you want but may be what you need. At another moment or time in your life, the situation may be the opposite.

§

Because we exist as human beings, there is a Divine or Supernatural explanation to our existence and our gifts of accomplishments as a human race.

§

Time tests our flesh, and time truly tests our mind and spirit.

§

All airplane flights are nonstop, because they takeoff and don't stop until they come down.

§

You limit your growth and learning if you do not allow yourself to accept opportunity and challenge.

§

Time as experience changes our cognitions, or, in essence, changes the way we think about ourselves and our world.

§

Sacrifice is divine, except when its motive is malign.

§

People are too often motivated by what they want and not enough by what they want to give.

§

For two people in romantic love, time matters not.

§

There's never enough time to do everything; however, for some people there's always enough time to do nothing.

§

Those who think that they know it all are often the same people who want to control it all.

§

Only when you realize that you've been given much, will you realize that you need less or little.

§

God and spirits will put you on a rightful path; it's up to you to walk in the light and stay the path of growth and giving.

§

When God's Spirit touches the latent gift of a child, do not balk, as it is destiny's smile. If God guides the hand and mind of a talent within, do not derail, as this is a natural calling.

§

In years gone by, we very often cannot do the things that we used to do, but, if fortune of memory remains, we can relive valued past experiences within our minds.

§

Because we are here, there is a Divine dimension or supernatural explanation for our existence.

§

A courageous, disciplined, deliberate, wise, and altruistic mind is preferred, and not a mind that is driven by fear, impulse, selfishness, greed, jealousy, anger, and revenge.

§

Those who find themselves hanging by their tongues are often those who are quick of tongue to speak before thinking about the consequences of their words.

§

When God has the attention of a child, you certainly don't want to interrupt the work of God.

§

You may never know that you don't know or don't realize the known.

§

I'm not the person I was, and, if it weren't for then and you, I would not be the person that I am.

§

Don't take a person seriously, except when he or she is serious.

§

As earned, a son needs acknowledgment from his father that he is doing well and earning his father's pride, respect, and love.

§

If I help you, you owe me nothing; if I help you, I expect nothing from you.

§

Either we can choose to drive our brain or we can allow it to drive us.

§

Those who resist universal truths may sometimes fall on the sword of cultural bias and cultural provincialism.

§

What is taught at times cannot be immediately appreciated by the student, except in the years to come.

§

A major cause for relationship deterioration is angry mutual blaming, if not simply a loss of interest.

§

Beyond human reality, there are different dimensions of reality and energy; some that cannot be sensed by living human beings.

§

There is a beauty in a person's spirit that is beyond the human senses.

§

As hard as you run to achieve and consume what you want in life, you cannot outrun time.

§

Giving should be measured and meaningful.

§

In order to love freely, one must trust fully.

§

All human beings throughout history have two things in common; they are born and they die.

§

It is difficult to ban a word if it exists in culture and in the minds of its people.

§

Giving and receiving love are the essence of God's spirit.

§

Oftentimes, it is a *fait accompli* to try and correct or educate persons who think that they know it all.

§

Human beings can do practically anything, except get along as a human race.

§

Some want to use others, and some want to see how they can be of use to others.

§

Those who spend too much time sampling grapes in the vineyard will find little time remaining to enjoy the wisdom of aged wine.

§

People should be very serious about the work that they do, but should not take seriously the accomplishments of such work.

§

Over time, some people have allowed themselves to be fooled that they look better than they do, that they deserve more than they are worth, or that they are more talented than they are.

§

The more taxes governments collect, the more things they seem to find on which to spend the public money. The more laws that governments make, the more laws are perceived to be needed to enforce, clarify, or perpetuate the laws that already exist.

§

If you choose not to hate or destroy, you can salvage something—you can salvage something from what was or is special.

§

Everything that flows from God to you is a gift. Therefore, you cannot steal from God, unless you choose not to accept and use the gift as given you.

§

There are ignorant and insensitive fools; then there are logical fools. Logical fools, although few, intentionally choose to act foolish as a means of helping another or others.

§

Being poor and thinking poor are two different things.

§

You choose your character and you choose your station in life, or a Force or Source beyond you sometimes chooses these for you.

§

Don't take the risk if you know it's wrong; don't do wrong if you know it's not right.

§

Within anger and rage, there is often a scintilla of truth as cause for such behaviors.

§

Those who are obsessed with control over others frequently have difficulty in controlling their own vices, impulses, and addictions.

§

Incidents and accidents are sometimes different and sometimes the same.

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Just because a person acts disturbed or upset, it doesn't mean that the person is disturbed or upset.

§

Be careful in taking advice from people who have nothing, have accomplished little to nothing, and have few experiences that result in wise thought.

§

On some jobs, there are people who get by with inferior work or even no work, that is, as long as they make the right people like them and don't make the wrong people hate them.

§

As with faith, science is a bridge to spirituality; it is a reaching out to touch the essence and spirit of God.

§

Many brilliant and courageous people have been killed because of their actions, mouth, or pen. In essence, some persons with power and wealth do not tolerate serious threat.

§

Contemporaries of great human beings are often blinded to and unappreciative of their great talent and thought.

§

By making choices, we sometimes eliminate choices and worthwhile opportunities.

§

Love is by nature a spiritual concept; however, once it is misframed within the context of physical pleasure or personal benefits, then there is a predisposition for painful withdrawal, revenge, and grief from loss.

§

There are some people who if you correct them, they will attack you for exposing their ignorance.

§

Those who choose to resist scientific, universal truths will often victimize self and loved ones because of intergenerational cultural lies and myths.

§

What is taught or learned today sometimes cannot be appreciated except in years to come.

§

Some people you don't "make" angry, because they already have anger within them. You only become the convenient target or sponge for the venting of such anger.

§

There are system failures, and there are human failures. Sometimes, human failures can cause system failures and vice versa.

§

If you can, try *not* to make critical decisions when you are angry, tired, confused, sad, intoxicated, or in another state of mind that can impair logical thinking.

§

If you don't trust a person, don't allow that person to enter your private dwelling. If you don't trust a person, don't allow that person to have access to things that are precious to you.

§

We are who we are, mainly as shaped by the road that we travel and the choices that we make over time. We are, to a degree, "who we are," because destiny chooses us or may have chosen us before our Earthly birth.

§

A time will come even more than now when the rights of the human species will supersede rights of the individual.

§

Differences among those who are exploited are (1) some are exploited and don't know it, (2) some are exploited and know it but can't or won't do anything about it, and (3) some are exploited but don't care as long as they are getting what they want from the relationship or situation.

§

It's very unfortunate that some people will do about anything with and for anybody for the right reward or pay.

§

Sometimes, it's those without ties to us who bring us through the tides.

§

One of the greatest goods is to do for others who cannot do for themselves—it is giving aid and help to the hungry, the diseased, the weak, the disabled, the lost, and the lonely.

§

At times, man should allow woman to speak through him, because he is from woman, and, to a degree, he breathes of woman's spirit.

§

Two good people working together can certainly do more than one good person working alone.

§

Contentment in life is not necessarily happiness or fulfillment.

§

Be forever conscious when a person asks or tells you something, because it may be a message from God or ancestors.

§

One should love the spirit before the body.

§

As one gets older, it's a challenge to attract mates based on appearance and promise of a future partnership. As one ages, the attraction often has to do with beauty of commonality, mind, spirit, or "pocketbook."

§

We cannot fully explain our world, because we do not fully know all the forces and dimensions of our world through out limited human senses.

§

When I was younger, I cherished the opportunity to demonstrate what I knew. Now, that I'm older and with wisdom, I am frightened to realize how much I don't know and will not be able to learn in my brief mortal life on Earth.

§

Some people don't have time to love, and some don't take time to love.

§

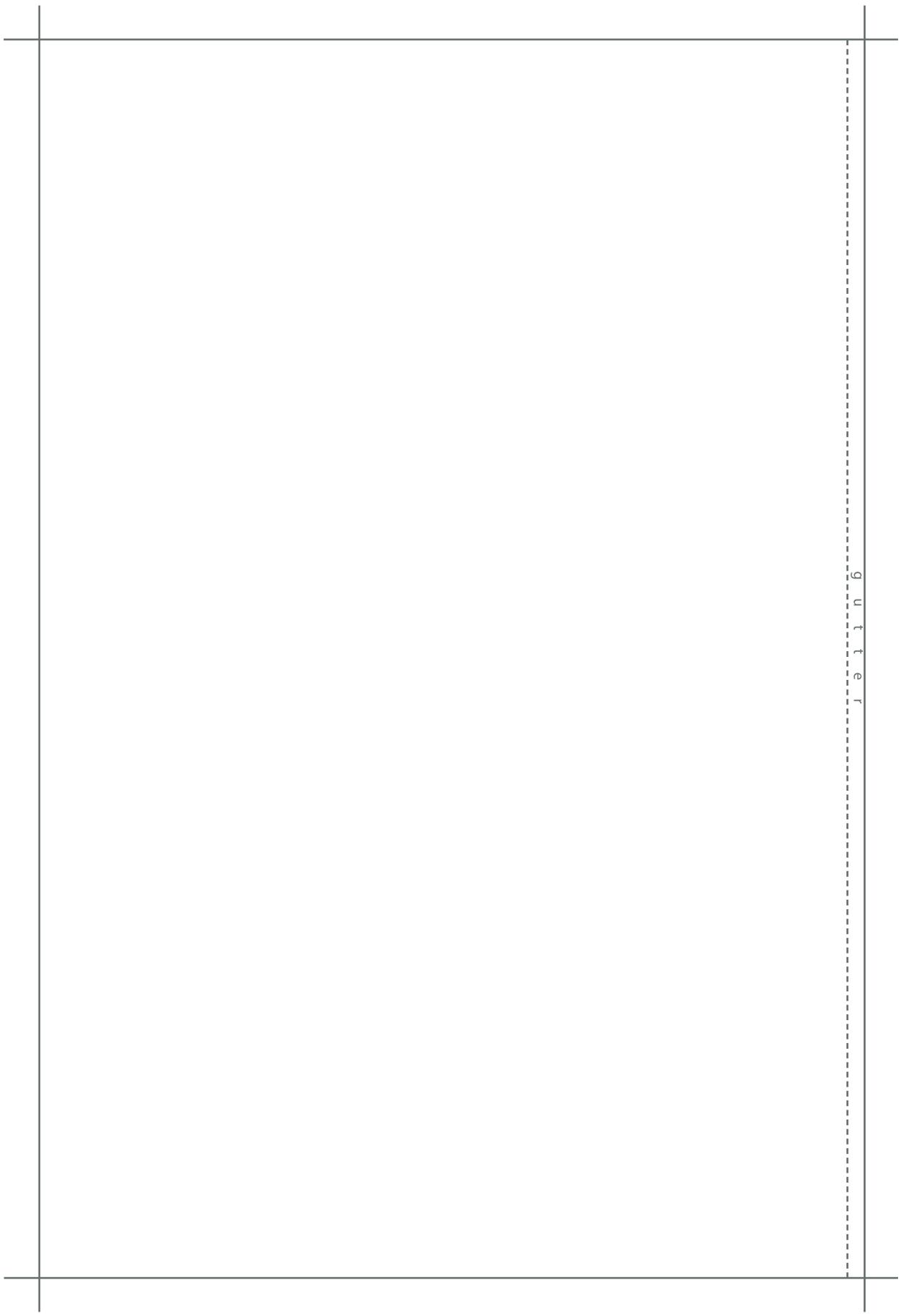
A life worth living is a life that makes other lives worth living.

§

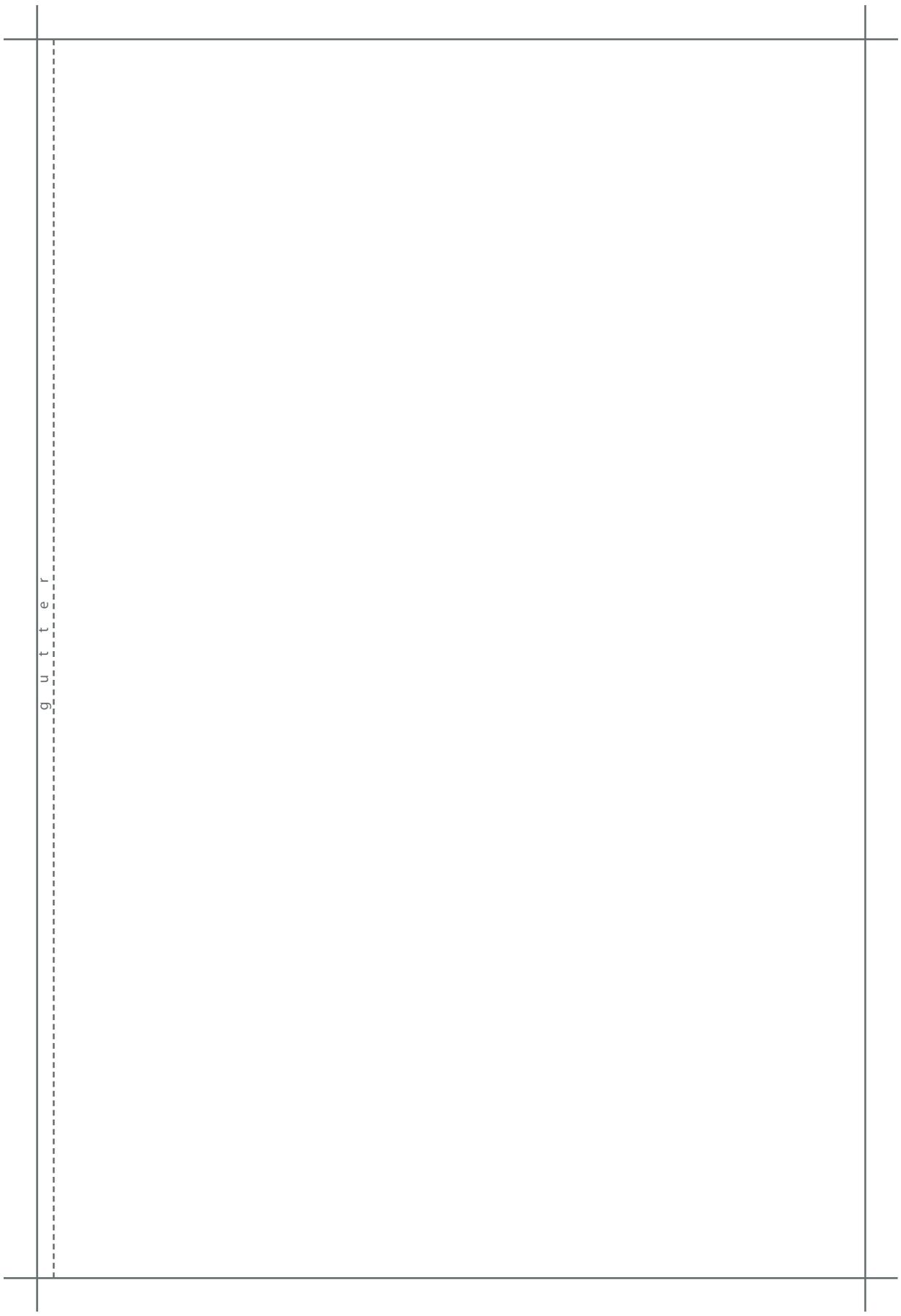
Much too often and unfortunately so, there are situations when money and pleasure trump morality, justice, and fairness.

§

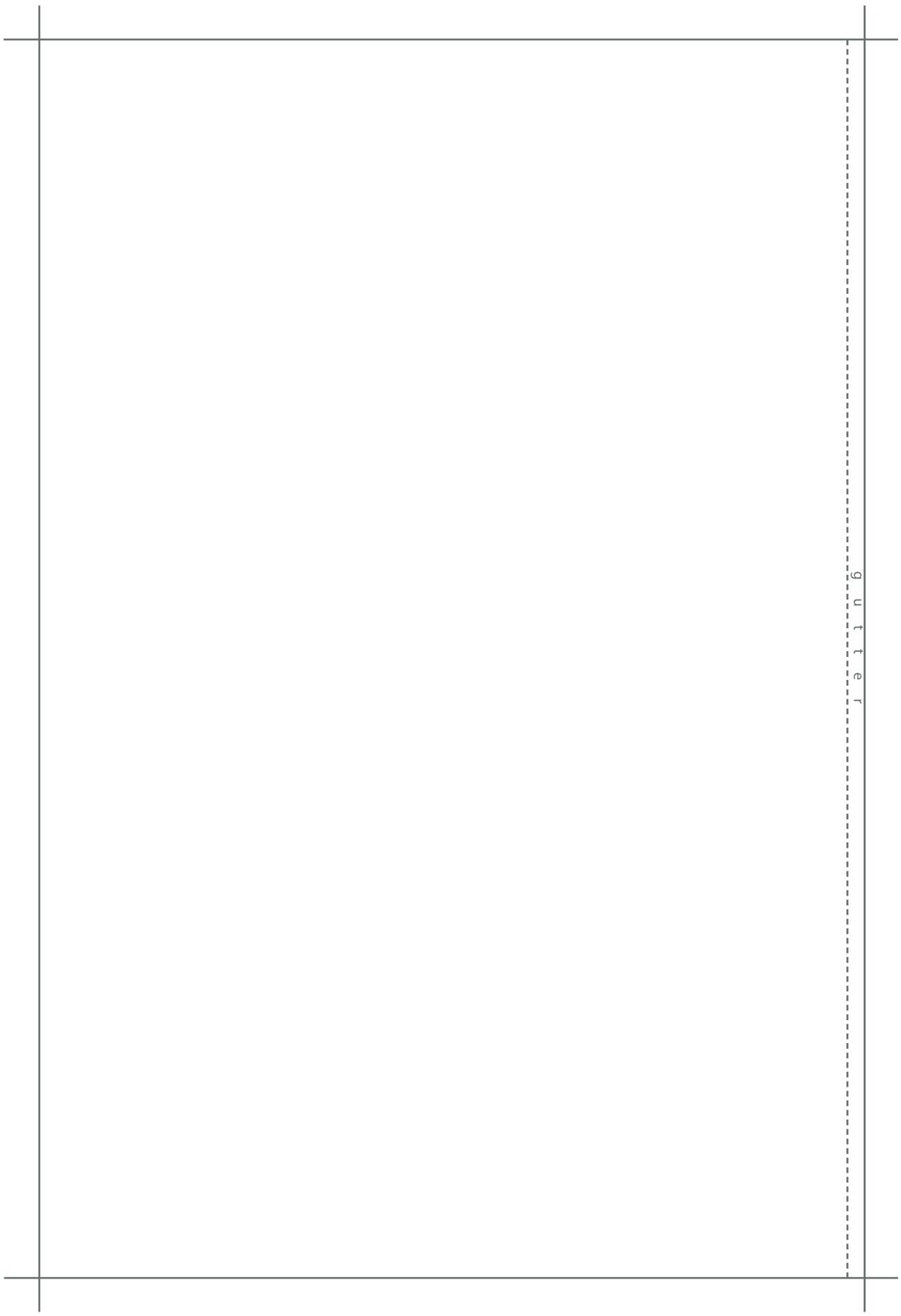
Although one may be the messenger of origin, it is not necessary for that person alone to deliver the message to those in need of it.



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