

POEM BOOKS BY
FREDERICK DOUGLAS HARPER

Poetica Erotica
2006

Spiritual Teacher Speaks
2005

Poems for Young People
2004

God's Gifts: Spiritual Writings
2003

Love Poems of Frederick Douglas Harper
2003

Romantica: On Peace and Romance
1988

Poems on Love and Life
1985, 2004

www.authorhouse.com

TESTIMONIALS

About the Poetry of Frederick Douglas Harper

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, U.S. Department of Education, Washington, DC, 2005

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

Bertha Harrod, Alexandria, Virginia, 1987

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

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

Dr. Frederick D. Harper teaches, preaches, and lives love. For the past 30 years, he has been a mentor and friend to me and thousands of others. His words of wisdom have been the catalyst that dared us to dream and to move from pain and rage to hope and excellence.

Peola Butler Dews, Poet and Author, Florida, 2003

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.)

**TRANSITIONS IN LIFE
AND TO DEATH**

FREDERICK DOUGLAS HARPER

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Bloomington, IN



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First published by AuthorHouse 4/26/2007

*ISBN: 978-1-4343-0338-7 (sc)
ISBN: 978-1-4343-0337-0 (hc)*

Library of Congress Control Number: 2007902295

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

This book is printed on acid-free paper.

The Oak Hill Preservation Association 2007

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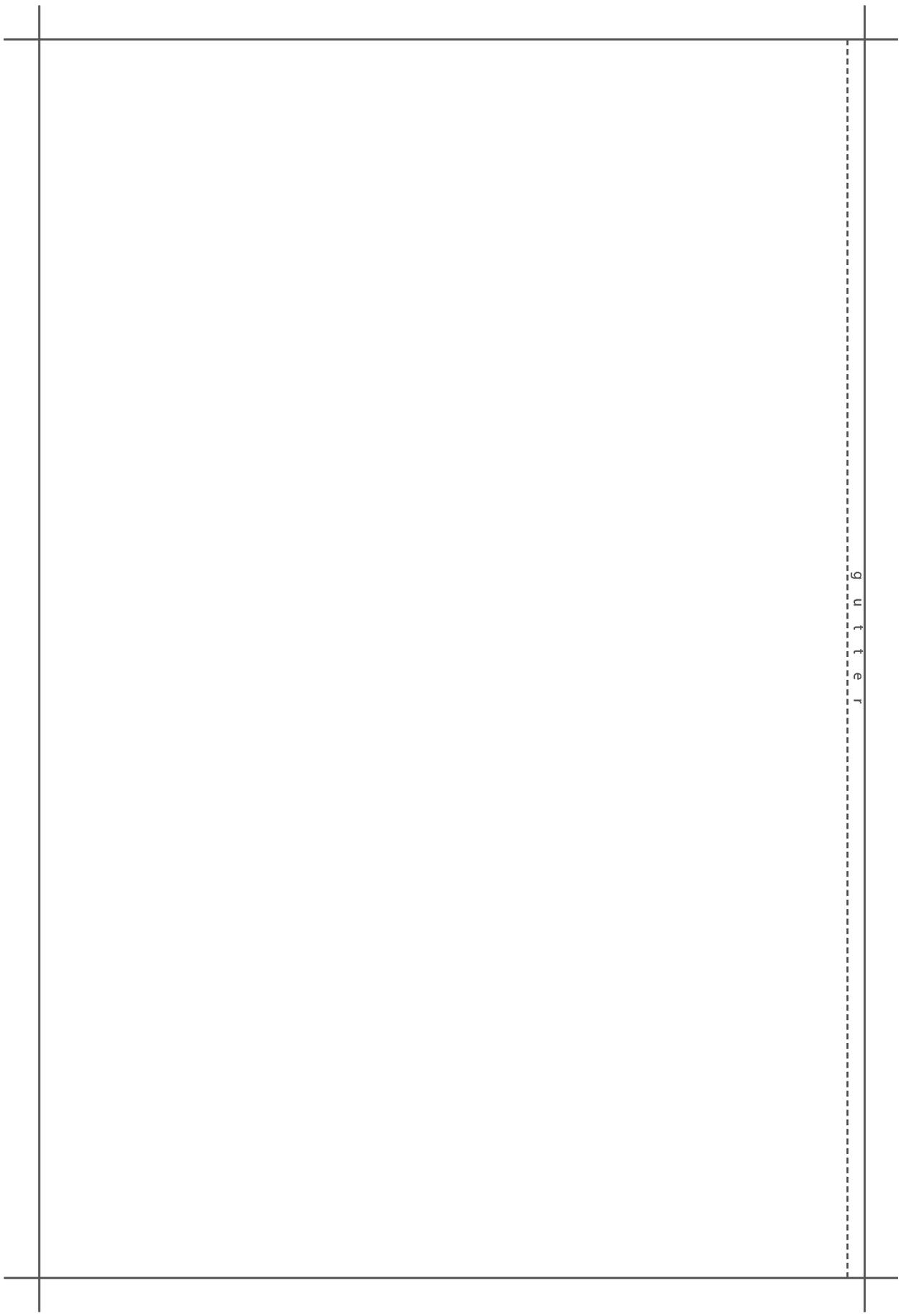
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TRANSITIONS

Constant in life—
As change with challenge;
Constant in life—
Challenges in life as
Transitions in life and to death;

Transitions:
From time to time,
From moment to moment,
From mood to mood,
From emotion to emotion,
From happiness to sadness to happiness,
From sleep to wakefulness to sleep,
From problem to problem,
From one culture to another,
From job to job,
From job to retirement,
From person to person to aloneness,
From marriage to divorce to marriage;

From developmental stage to next,
From biological life to death of the flesh,
From living flesh to birth of
The spirit as whole and celestial;

Changes, transitions—
In life and to life's death
And the spiritual beyond.

Transitions... by Frederick Douglas Harper

GREETINGS AT MY FUNERAL

Greetings and appreciation to all of you who
Have come, I trust, to give your most humble respect
To my good memory and comfort to my family and
Loved ones who there remain;
I regret dearly that I cannot welcome each and
Every one of you in the flesh, but as apparent to you,
My body lies in permanent repose, void of spirit
Now removed;
And, yet, I trust that I will live on in the hearts and minds
Of those who will remember my Earthly presence and
My most altruistic efforts in the living flesh, but,
Even more, those who will read my writings in years and
Generations to come—as many of your offspring and
Descendents may so do.

Also, I offer my sincere apology for not being able
To gather with you at the repast, but do enjoy yourselves
And eat well in my physical absence, while remembering
That my spirit and good energy will remain with you;
Also, remember that I live on in the biological lives of
My children and progeny as in the spirit of my written
Works that I have left behind with the help of Divine
And ancestral guidance as my light and source of my gifts.

Please do not grieve, but know that I'm at peace in the
Spirit world as others I have encountered from lives of
Their Earthly past;
Although I remain aware of you and all Earthly ways,
You, of course, cannot know me again until we meet—
Hopefully, in this celestial world.

Transitions... by Frederick Douglas Harper

So, farewell or goodbye until I see you again
In another world;
I bid you a good Earthly journey in preparation for this
Journey,
That is, if you are so blessed to rise in spirit to the
Abode of heavenly peace and bliss.

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Transitions... by Frederick Douglas Harper

AND GOD SPOKE WITHOUT A CELL PHONE

You have been calling Me
Quite a bit on that new invention that
I gave your species the capacity to
Make, yes, that so-called cell phone.

You don't even bother to pray to
Me directly by voice as before;
Please, when you come to your senses,
Check the message I left in your heart.

Yes, call your ancestors and phone living
Contemporaries for help in the future;
Or, even better, look within yourself.

If you call Me again, please note that
I will be on vacation, making a better
Species, in case I need to replace
Humanalia.

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Transitions... by Frederick Douglas Harper

DEATH'S WINGS

Death sings such sweet passing as
Calm sets voyage beyond the sea,
And spirits rise with wings beyond the
Clouds, free from life's shell once we;
But ready I'm not for such day to come
For Her Divine work for me has yet to be
Done.

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Transitions... by Frederick Douglas Harper

MOVE ON

(Transition: past to the future)

If abused and unappreciated,
You may feel suffering with
Pain, anger, sadness, and fear;
If you can't work it out, then move on;
You have a choice—the freedom
To act is yours;
Resolve the unhappiness within your mind,
With your other, or within your world;
Or simply find the will and strength to
Move on.

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Transitions... by Frederick Douglas Harper

A MOTHER'S HANDS

Let's *not* forget so easily
The hands that cared for us in youth—
That rocked us to sleep,
Prepared our lunch for school,
Pressed a shirt, skirt, jeans,
Or a dress for wear;
The hands that cared for us in sickness,
Soothed the tears from our eyes,
Turned the pages of a book as we
Learned to read;

Let's *not* forget the hands that hugged us
As pain was kissed away—the same
Kind hands that placed food in our mouths;

So kneel and yield to your mother's presence
Or spirit's remain,
And say, "Thank you mother on
This day of celebration or on any and
Every day of my appreciation."

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Transitions...by Frederick Douglas Harper

JACQUELINE: MOTHER OF OUR CHILD

I saw you and was captured by
Your spirit and the beauty of your form;
I met you and felt you so
Destined for our future union;

In our first seated talk, I saw the image
Of my mother's presence as a veil
Around your head, and the intrusive
Thought that you would be my wife;
Dismissed this thought, I did, because
There was nothing then between us
Except the space parting our presence;

When I thought you were gone
And no more for me to see,
You then again appeared in my view—
Though thoughts of your year's absence
Were with me;
You intermittently came into sight—
As if God were placing your image with me
To see as Her message of things to be;

When I thought you were gone forever
And no more for me to see,
You then again appeared in my presence
To embrace of each other's energy;
We soon sat and ate and talked and laughed
A little;
I felt above all else that we were destined
To be together in body and spirit;

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Transitions... by Frederick Douglas Harper

We soon lay in love,
Stood in marital vows,
And sat in pride with child
As God's gift so intended to be;

Now, memories of love and
Purpose do remain in our hearts
And in the life of a joy with our
Precious son as God's gift to us
And to the world.

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Transitions... by Frederick Douglas Harper

LOINS, LIONS, AND LACKEYS—LESS LOYALTY

Yes, yes, yes;
It's hard to find anyone
Who is loyal to another
Or to ideas versus things and self;
Certainly, it seems there are
Too many who are loyal to
The pleasures of their loins, and
There are those who take
The lion's share of "valuable things"—
Things of material worth or pleasure
To them;
There are those who are loyal to the
Gustatory fixation of an insatiable drive;
Among the worst, there are the lackeys,
Who would do anything for
Anyone, just for the benefit
Of themselves.

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Transitions... by Frederick Douglas Harper

TECHNO-INSULATED HUMAN

Now tell me this,
Have you ever had
The TV going and going,
On and on—
So you didn't hear
Yourself think or chew?

Have you ever been
Obsessed with morning
Thoughts of your day's challenges
That you missed
The ticking sound of a clock,
The dripping from a faucet,
The chirping of birds outdoors,
The rainfall on the roof or street top,
Or view of the rising sun?

Have you ever been
So encapsulated in a
Plane or train or car or spa
That you failed to even think about
Trees, the bloom of a flower,
Or the presence of squirrels in a park,
Or birds in a treetop, or
A seal on the shore beneath
A beach house up high?

If you have lived but not
Known life, looked but not seen,
Heard but not listened,

Transitions... by Frederick Douglas Harper

Rushed and not noticed,
Then I pity your existence and beg
Of you to take time to live.

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RESTORATION OF MY REPUTATION AND REPUDIATION OF FALSE ACCUSATION

Please excuse me, indulge my extemporization, and accept my apology for having to defend my reputation for the sake of posterity and my progeny. I have indeed busied myself during my adult years for worthy causes; however, at the expense of abuse and unwarranted attacks, at times, from the misinformed, insecure, and/or mean-spirited. Nevertheless, I have trudged, on occasions, through such and along my destined path in order to do right, grow, and give back. Certainly, I have done a poor job of promulgating and defending my reputation, yet this is not a major regret on my part in the light of my choice to concentrate my efforts on growing and giving. And so my contemporaries, colleagues, dear loved ones, and those who may care not or wish me ill, I take this unpleasant opportunity to clean dirtied linen that has been wrongfully hung with my good name.

From the start, let me profess that in the four-plus decades of my professional life within various jobs or settings, I have never been found to have done wrong to anyone or any group; although, as others, there are things, that with my knowledge and maturity of age, I would have done differently in hindsight. However, I believe, that due to my gift received of blessings to give and Her Divine calling of me to lead and help, I have indeed come into view of a few who have chosen to retaliate against me for no reason except for my not accommodating their wish, jealousy of my blessings, displeasure with themselves, the presentation of my mere existence as a distraction or roadblock in their path to undeserved privilege or merit, or simply due to the title or authority that I held.

I take a modicum of comfort in knowing that I am not alone

Transitions... by Frederick Douglas Harper

in that others of success have suffered to varying degrees for their blessings and good fortune, and even some have been subsumed by reactions to their internal demons of self-destruction so induced by the vileness of others. Also, I realize within my heart and mind that I have rightfully chosen to labor along a path of goodness to the beat of God's timely and rhythmic calling, and not to look back or stumble off such destined course of rightness for me and others whom I have dearly benefited along my way. Nonetheless, I must confess that the pain and fatigue along my journey have been much to bear as intermittent companions of challenge over my lifespan. However, I am fulfilled in knowing that the joys of my giving and the blessings given me have washed my soul and cleansed pain's sting to a place of forgiveness and forgetfulness.

Regarding those who have been privy to negative, false, or exaggerated gossipy hearsay attributable to my good name or those who have promulgated such, please indulge my words and allow me to state claim to restore my good reputation:

1. I have not misrepresented myself or my qualifications before anyone or any group;
2. I have not attempted to coerce any person to indulge me with pleasure or gifts, because surely I have given much of myself to others without expectation and as a duty for God's blessings to me, and such giving, in itself, has been a gift to me;
3. I have not sought or accepted financial gain from any source or budget within my trust, and often I have expended my personal funds for the sake of achieving goals of goodness or fulfilling a dream of good that was worthy of my personal satisfaction in helping others;

4. I have not focused precious time on seeking credit or awards, but surely such accolades have come to me from others and by my gifts and good works to others as blessings to me from God, and surely I have valued and continue to value such thoughts and actions of benevolence and appreciation of me and my contributions.

Although not a saint as most, I have, at myriad times and in uncounted contexts, attempted to approximate the goodness or God's saintliness within me through my deeds and thoughts; and, thus, I trust this will be known by the words of my pen, efforts of my services and leadership, gifts of benevolence to others, and founding of worthy programs for the advancement of others. However, still I continue to pray from day to day that God and my ancestral spirits will keep me whole and of good mind, body, and spirit for yet more benevolent efforts and writings to come.

Please note that I have chosen not to climb a pyramid of institutional or societal success to find, upon reaching the top, a vacuum of unfulfillment within that pyramid. Rather, I have chosen to build my own pyramids for posterity and the benefit of those who may read my writings that I will leave behind and the fruits of my efforts of good programs and services.

I have tried, although not always successfully, to ignore insignificant distractions and malevolent behaviors so directed toward me along my way. Now, in aging wisdom, I realize, more than in the past, that things attributable to the perpetrator have at times been showered upon me as intended victim. Nonetheless, I have neither chosen to genuflect to the daggers of disdain that have been thrown my way nor have I opted to fall hopelessly or helplessly on a sword of submission, self-pity, and self-destruction. From years

Transitions... by Frederick Douglas Harper

of living, I now realize that an institutional job, at times, can drive you to emotional distress and then some within can accuse you of being disturbed by fiat of your own frustration and burnout. For these reasons and more and for the sake of posterity and my good reputation, I choose not to continue to shrink from undeserved dishonor or ignore slanderous and libelous wrongs toward me. So please continue to indulge me and allow my extended defense of my good name and reputation, while accepting my admission and confession of human frailty:

1. In my lifetime, I have witnessed those who have taken credit for my good deeds and achievements as with those who have accused me of taking their thoughts, regardless of their knowing or non-knowing that God has blessed me with more thoughts and ideas than I can write and use in a lifetime; and, surely, I have given some such thoughts of my own to others to claim for their purpose or use in their name.
2. I have not conspired to take pleasure with another man's wife, although pleasure's callings, especially in my early manhood, have more than once appeared at my door without an invitation or else.
3. And yes, surely, I have been so busy in my lifetime that I have denied myself some opportunities of enjoyable pastime or some rituals of celebration and condolence—especially in my advancing years. However, for pleasure of body deferred or denied, I must say that I have enjoyed that meant for me by Divine decree or personal choice—and, at other times, I have denied myself pleasure in celibacy as choice and not circumstance for the sake of Divine calling of growth and work that did consume my every waking effort and being.

*Transitions...*by Frederick Douglas Harper

I wait patiently to die of this life, while not calling upon or welcoming such event, and during this interstice of my Earthly stay remain, I continue to help others through my efforts, gifts of resource, and writings in hope that such deeds will help not only this generation, but, even more, generations to come. Surely, I do not know how Divine grace will come for my soul, but what I do know is that I have walked and will continue to walk a path of learning and giving without fear of the call to end my Earthly journey.

Although I take this rare opportunity to write in my defense, I must qualify and testify that I have met and known many people of good intention and deeds toward me and others, for surely most humankind is of greater inherent right and good than not.

Thank you.

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Transitions... by Frederick Douglas Harper

TRANSITION TO A NEW DAY

I am blessed to awake
And transition *each day*
To a *new day*—
With God in my heart;
With God's thoughts
In my mind; and
With God's good work
In my waking intention.

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Transitions... by Frederick Douglas Harper

A NIGHTLY PRAYER

To the Divine Source, the Universal Spirit
Of all that is one, whole, and connected;
To my ancestral spirits of nigh and yore,
I pray this nightly prayer and plea:
Please bless me even more;
Keep me whole and healthy to do more
Good in my work and deeds as I should;
Bless me, even more, to live up to all
I can do in this Earthly lifetime with what
I have been given and blessed to be able to do;
Bless my children and their children
To do the same;
Deliver me from threats of destruction and
Distraction from day to day,
As I continue your destined path for me
Of growth and giving—
THANK YOU, now and forever.

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Transitions... by Frederick Douglas Harper

THE “WILL” DESTINED AND AFFORDED ME*

I have crossed the Rhine in spirit as
In near death—and, in doing so,
I have kissed the face of God and danced
With the presence of angels and ancestral spirits;
And yet I was spared more time on Earth
To do that “will” of God so destined and
Afforded me.

**This poem has reference to the poet's near-death
experience, while swimming, in late summer of 1966
at the age of 23.*

Transitions...by Frederick Douglas Harper

ODE TO GIRAFFE*

You stand in elegance, gentleness,
And quiet aloofness;
Your view—so wide and distant afar.
You can see first the sunrise and look
Beyond the horizon to Earth's future—
Just as you see danger from threats beyond;
On Noah's boat, you saw Earth's land—
First among all;
Ole you Giraffe, your peace has made you spiritual,
And your gentle spirit puts you at constant peace;
Violence is not your way and rushing is not
Your style or forte from day to day;
You are elegant in you movement, worldly in your
View, and gentle in your play;
You are tallest and heaviest of all on land, and
Your kick can defend you from the mightiest lion;
But yet you seek to harm none, but rather to eat
Gracefully from the tree;
Ole you lovely Giraffe, you are beauty in place
And in motion;
As Earth warms, please stay and teach
Us humans your kind and gentle way.

**This poem is dedicated to Mrs. Edna M. Downey of Arlington, Virginia, who collects giraffe art and mementos. Thank you Mrs. Downey for teaching me an appreciation for the giraffe.*

(Note. "Giraffe" is capitalized in the poem in honor of this special animal.)

Transitions... by Frederick Douglas Harper

THE ART OF SUFFERING

(Transition: Pain to Joy)

You are not alone;
Suffering is the way of life;
It's what makes us human, feeling, and
Reactive to our world and the lives
Around us;
Pain is circumstance—
Although at times, unfortunate;
So rise from the ashes of sadness and
Loss;
Be not a self-perceived victim
But a glorious victor of triumphs
Over your misfortunes and challenges,
Over attacks and blame,
Over abandonment and rejection,
Over loss and hurt;
Over others' anger, hatred, and abuse;
Be a victor, be victorious, and
Lay not down on your own sword
Of self-pity and sadness; flow with
Your pain, sadness, fear, and anger—
Rather than react to these imposters.

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IF YOU CAN STAND

If you can stand at the precipice
Of success and not falter from
Setbacks, distractions, or your own
Arrogance,

If you can walk within the narrow
Interstice of a straight path of success
That is shown to and destined for you,

If you can develop spiritual gifts of
Talent within the marrow of your bones
And die without regret about lack of
Deeds done or talents developed,

If you can avoid being sucked
Up by the self-induced emotional drain and
Torture of your tormenting impulses
Or a once-welcomed pleasure now gone,

If you can stand alone naked in the group
While rocks of undeserved criticism plummet
You with lies and falsities that tarnish
A reputation built from years of toil, hardship,
And giving,

If you set sail to a path of growth and learning
And use such to help and give to others,
Then you can stand with souls of the Spirit
And spirits of the Soul that walk with and
Among us.

Transitions... by Frederick Douglas Harper

IS IT THEM, ME, OR US?

People changed, so it seems;
Safe in their cocoons;
Protecting themselves from the shocks
Of today's catastrophes and trauma;
Walking by each other without
Talk of today's worldly concerns;
Talking to each other without
Expression of concern for each other
And the day—
In my concern for no concern—
Observed or expressed;
Real or perceived; I ask:
"Is it them, is it me, or is it us?"

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Transitions... by Frederick Douglas Harper

DEATH'S LURE

Age with time is unrepentant,
As death lures without forgiveness
Or respite from time's passing;
And yet we try to hide the
Foibles of deterioration with
Each passing day and year;
Aging cells—defected as they
Are reflected in each morning's
Mirror;
Dawn turned to dusk turned
To death's dust—
Bones exposed by rotted flesh
While memories remain in the
Mind's eye of survivors who knew
Of when.

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Transitions... by Frederick Douglas Harper

AND THE BIG CATS RUN

(Start to Finish)

Tightly wound muscles;
Taut for spring and quick
Recovery of hinds they reign;
The big cats run again,
With the wind and to win;
They run together from the mark;
They run apart after the start;
Again and again they run and run—
For that's their destiny as kings and queens
Of the cats; kings and queens of the track;
Kings and queens of Olympic row.

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Transitions...by Frederick Douglas Harper

AN OPEN WAY

(Transition to Joy)

An open door,
An open heart,
An open mind,
An open path
To destiny by growth
And giving.

An open lane,
A sacred path the same;
A choice of head,
An opportunity made.

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Transitions... by Frederick Douglas Harper

BORN AGAIN: IN BODY AND SPIRIT

(Live Again)

When your spirit
Rises from the ashes of death
Within you, and life starts anew—
Feel you then, that which
Was lost from life's meaning and joys;
Of sensuality and spirituality with love;
Live now again—
This time for you
This time for real.

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Transitions... by Frederick Douglas Harper

EARTH'S TRANSITION

Time brings change,
Faster than ever before,
As Earth beneath the sun warms
To life's confusion and threat;

Ducks forget their routes,
Birds and butterflies their migrated
Homes of winter, and trees their seasons;

Humans laugh in meaningless emptiness
For the sake of unconscious defense against
Denied things to come: forewarned extinction
Or maybe nearly so;

Death galore comes nigh to garner grief
And to purify the souls of generations
Yet born.

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Transitions... by Frederick Douglas Harper

A PRAYER TO ANCESTRAL SPIRITS

Hear me, and help me;
Help me ole spirits before—
To live up to your life
Continued in me;
To do all I can when I can.

Hear me dear spirits of yore;
Beg me now you bless me more;
And if I die before my deeds be done;
Bless my children or descendants
To complete work undone.

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Transitions... by Frederick Douglas Harper

GUILT BY BEING

Sometimes, you don't have
To do anything to be
Accused of wrong or
Even to be persecuted
By those known or unknown;

Sometimes by wearing a
Red shirt or red skirt, you can be
Misidentified as one who
Has done dirt.

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Transitions... by Frederick Douglas Harper

FOR PURPOSE, PLEASURE, OR CHILD

At the portal of your destiny's fulfillment,
You can finish the job or let your efforts die;
For God has bestowed within you the gift
To give and to change the world for better—
Or would you have a child, grandchild, or descendant
Do such later, if at all?

You can lay in pleasure with another,
And then repeat the act with others and still
Another in trying to fill your loin's cup
As diversion from a purpose within;
You can drink of wine or spirit galore,
And then repeat the act many times more
In trying to fill pleasure's cup or numb pain's sting,
Or you can choose to fulfill your destiny's purpose;

Choose a purpose as your *true* fulfillment;
Let ideas flow as future's inspiration for change;
Let ideas live more after your bones are
Interred in the sands of time's past;
Let your ideas and creativity, as Her Divine gift,
Live long after you;

If pleasure can be stalled and destiny embraced,
Let ideas and creations rise from you as a Phoenix from
Cold ashes asleep, so as to live on in the minds, benefits,
And appreciation of generations to come.

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Transitions... by Frederick Douglas Harper

WHEN JOHN F. KENNEDY DIED

When President Kennedy died,
The Earth cried—
And cows lay on their side;
When Kennedy was killed aghastly so,
The Earth grieved as a greatly good
Spirit was blown away to stay,
And here for us no more.

And now Earthlings continue in grief
For the loss of the presence of a dear leader—
A presence known and now gone;
A presence known but still felt in the spirit
Of his time, in the time of Camelot's spirit;
Yet memories of hope and images of a
Charismatic past do linger in record
And sweet recall.

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Transitions... by Frederick Douglas Harper

DEATH, MAKE US PROUD

Images once known
Images once roamed;
Now, bodies beneath our feet
Buried and permanently gone;
Cruel in their absence is death,
But footprints remain in sands of time
And memories in remaining minds.

While you still live on Earth,
Leave your footprints in your deeds;
Leave your footprints in your thoughts,
Music, art, and works remain—
Live now, so you can live beyond the flesh in
Spirit and in the minds and hearts of the future;
Live now, so you can live beyond the flesh
Through your gifts to the world.

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Transitions... by Frederick Douglas Harper

JUST BEFORE MY EYES

And one of age and wisdom spoke;

I'm surely getting older—
Just before my eyes' view
Of a reflected image in morning's mirror;
Or rather I'm looking older
Although feeling not on this day
As many other good days—
Yet old enough, as many, to be
Likely to die from time past or simply
Wear and tear and breakdown,
Than to die from accident's chance—
Simply to die from a breakdown of body
But not a break in spirit.

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Transitions... by Frederick Douglas Harper

PEOPLE ARE DYING WITH TIME PAST

People are dying all around
As light fades with sun's image—
An era of one's knowing buried
With the passing of the makers
Of the time.

People are dying all around us,
Those who were with us then and when—
Smiles, sadness, and emotions galore
Attached to events' past.

People are dying
All around as the
Sun sets to West's view,
And cool breezes
Blow autumn leaves to rest,
And Babes breathe of
Future hopes and their years remain.

The Great Spirit and ancestral spirits
Of yore hover above and around
To write destiny's story or
Future's script;
Yet so obliviously we
Plough and plod from
Day to day in self-imposed
Agony, when joy and goodness
Can be our friends.

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E = MC² AND MORE?

Does light have a beginning,
If so, then when and where?
Does space have a beginning,
If so, then where?
Are light and space curved and
Continuous or spiraling endlessly,
Or too infinite for our sensory or cerebral
Understanding or ability to comprehend?

Is change constant or is it a figment
Of our thoughts—
Or is it static in its cyclical pattern
To return to its previous state?
Does light move, or is it stagnant
And everything else is in motion?
Are fission and fusion the same
Or close cousins of the same phenomenon,
As with centrifugal and centripetal
Forces of energy?

Ergo, is destruction part of the same process
As construction—part of and necessary for cycle;
Is one the corollary of another,
Or a linear continuum of sequenced and
Inevitable events of time and circumstance?

There is much we do know or think we know—
But, even more, there is much more we don't know
Or realize that we don't know.

Transitions... by Frederick Douglas Harper

TALENTS GONE AWRY

What do you do
With a talent gone awry?
What do you do
When a talent goes awry?
What do you do
When you send a talent awry?

What do you do
With a God-given gift
Not used or simply abused?
How do you stop, and can
You or should you—
Stop or keep one from
Not developing and sharing a
Gift from above or around—
Whether a talent in art, music,
Sport, or intellectual endeavor?

What do you do when
A bud cannot or refuses to bloom,
Or when a flower withers too soon?

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Transitions... by Frederick Douglas Harper

GOD IS SMILING ON ME

I feel the warmth of Her love;
I know the safety of Her protective shield;
I see the results of Her works through me;
For I know in my heart that God is good
And good is God—
I know because God shines on me
And through me with Her love.

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Transitions... by Frederick Douglas Harper

HOLIDAYS GONE ASTRAY

For some people, but too many,
Christmas means giving expensive
Gifts to people who don't or barely
Need them, and
Showering toys on children who
Expect to play and not pray a la Jesus;

Easter for some too many rings
Of chicken eggs and chocolate candy and
Baskets full of goodies—
Whatever happened to church
In the commemoration of the crucifixion,
Resurrection, and the whole meaning of
Sacrifice and holy redemption?

Thanksgiving can glut the gut—
Speeding to eat as much as possible
Before food gets cold;

That's enough for this poem;
I've made my point, I hope,
To you and maybe to myself.

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Transitions... by Frederick Douglas Harper

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.

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Transitions... by Frederick Douglas Harper

WHY AND WHY?

(Pourquoi et Pourquoi?)

Many times, if not most,
It serves no good purpose
To ask why things happen or
Why things are the way they are;
Because things often happen
Because they are meant to
Happen, or rather it's the way
People and things are.

Many times things just happen
Because of oversight or accident—
Not born, necessarily, of ill will
Or goodwill;
Many time things happen because
It was time for them to happen as time
Comes for petals to fall from a rose
Or leaves from a tree.

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WALKING THE LINE

For decades of my life,
I have chosen and been chosen
To do good;
And I feel that I have been
Included among the good—
Those to receive the blessings of
God's grace in this life and the life beyond;

I have walked the plank and not
Blanked of fear or drowned from the fall;
I have not doubted Divine love of me;
I have not wearied long from fatigue or
Stumbled down to stay from challenges
Along the path;
Nor have I veered for long from the
Narrow straight of rightness and good;

Although my heart has been heavy at times from
Pains of life's challenges and experiences,
I have not turned to numb myself in
Pleasure's false, addictive embrace or anger's
Cathartic destruction of others, self, and things.

Transitions... by Frederick Douglas Harper

THERE IS SOMETHING SPECIAL ABOUT A FACE

There is something special about the beauty of a face
That embraces and transcends antiquity;
A face sculpted from sands of the Nile by night
And smoothen with proportional settings
Of God's chiseled hand and grace by day.

There is something special about the energy in a face
That lights up a room and brightens one's world;
There is something special about specialness;
There is something special about the warmth of
Divine light from a face.

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Transitions... by Frederick Douglas Harper

GETTING GOD'S GIFT OUT OF YOU

Music was in Maria Callas, Leontyne Price,
And Marian Anderson;
Basketball was in Michael Jordan and Bill Russell;
Painting or creative expression was in Leonardo da Vinci and
Michelangelo;
Leadership of the masses was in Mohandas Gandhi
And Martin Luther King, Jr.;
Angelic service to the downtrodden was in
Mother Teresa and Helen Keller.

What's in you?
How and when, if so, will you answer your ancestral calling?
How and when, if so, will you answer God's calling?
How and when will you let your light shine for the world?

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Transitions... by Frederick Douglas Harper

GIFT OF TALENT AND VIRTUES

Although I am gifted from God with talent
And virtues, so I believe,
I will never achieve the ideal self I would
Like to be; simply because I am human—
With all the foibles of emotions and impulses
Herein invested within my bones and being;
In trying to get the best out of me,
I find it necessary, at times, to deny myself
Pleasures of life and avoid distractions of life
That often derail a destined and creative mission
Of growth and goodness.

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Transitions... by Frederick Douglas Harper

COAL MINERS' CHALLENGE

How brave they are;
Men as a brotherhood of workers;
Doing what they have learned to do
As workers;
Doing what they have learned to do
As their life's work;
Doing what they know as men;

How brave they are;
Coal miners' women and wives;
How brave they are;
To wait and worry—
To wait and pray and hope;
To wait with child or more
And pray and hope
As their "men be men" for family,
God, and self.

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Transitions...by Frederick Douglas Harper

EARTH'S CHANGE: DEATH OF SPECIES IN END OF DAYS?

The Earth is dying as we sleep;
The Earth is changing as we robotically
Go about our waken routine and senseless
Rituals of pleasure, status, power, and tradition.

Polar bears know not death's extinction with
Earth's warming, and
Species of frog and birds jump and fly
To death's end, while humans see not the signs
Along life's dusty road—so shrouded
In death's silent call;
So reflected in our destiny's making.

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Transitions... by Frederick Douglas Harper

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.

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Transitions... by Frederick Douglas Harper

THE BRINK OF HUMAN EXTINCTION

I'm wordless to say
Anything or more of the
Time of us, we live today;

Have not we learned
Of dread to come if things
Not now or soon undone and done?

Have not we learned
A thing or more about
Living and loving ourselves
And Earth?

And now we die as species
Can do—with thoughts or
Less of need to know or will
To act to save ourselves
From ourselves.

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Transitions... by Frederick Douglas Harper

SO EASY TO QUIT THE PAIN

So easy it is to give
Up or quit the pain and
Rest of effort and quit the stress
And daily worries of life;
So easy it is to give up
And walk by the river bank
Or hum in peace along a dusty trail
Or retire to a scenic beach;
So easy it is to retreat to a homeless
Alley or underground hull;
So easy it is to snuff one's life to
Quit the pain;
So cowardly easy it is to give up and
Be responsible for little or nothing.

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Transitions... by Frederick Douglas Harper

LOVE OF WOMAN

If one loves woman,
It should not be about her
Sensuality alone;
It should also be about her spirit,
About her essence, and
About her manner—
Because woman is
The holy grail of Divine offering
As spirit and body to recreate
Divine life.

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Transitions... by Frederick Douglas Harper

SOME THINGS ARE NOT MEANT TO BE

One would not expect to see balloons at a
Porcupine's birthday party,
Or witness a skunk seated at the table of a
Festive banquet;

One would not expect to see an elephant
On a hotel elevator, or see a wildebeest
Toasting champagne with a lion and saying
Bon appétit;

Some people are not meant to be with each other,
And some people are not meant to be in a
Given setting or group.

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Transitions...by Frederick Douglas Harper

FRANCES*

She was beauty—a delight in
Florida's sun,
And she walked of grace born;
She 16 and I 15, as innocent as
Youth could offer;

A good girl cloistered to the protection
Of a sheltered home,
Yet privacy's shelter was stolen
For a kiss but no more;

Then, without warning, a cold chill of summer
Claimed her youth and claimed her future,
But yet a virgin angel was born to heaven's
Gate.

**Frances Robinson died of leukemia at age 16.*

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Transitions... by Frederick Douglas Harper

POETRY BORN OF GOOD SPIRIT

You cannot teach good poetry,
It is born within man or woman by God's
Gift and ancestral spirit; ergo,
Do not ask me what Shakespeare meant,
For he is dead and only he knew,
But maybe he did not know.

Poetry is not science to be analyzed,
It simply is. . . .
One poem is not necessarily better than another,
But different in what it evokes in others
And from others—
And how many people respond to a message
And meaning perceived in its words.

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Transitions...by Frederick Douglas Harper

ODE TO A WOUNDED VETERAN*

(Transition: Body, Mind, and Spirit)

Yes, you did not know life
Until you came close to death,
But still you have not chosen to turn
Injury or near-death into hopelessness
And failure's resign;
But, rather, to turn pain into beauty;

You once stood at the precipice
Of helplessness, but you lifted
Your body by your will and strong spirit,
And you soared to the highest plane
Of humanness as an eagle;
You soared to the highest plane
Of a battlefield as a warrior still;

You have done what abled mortals
Have not chosen to try or willed
Themselves to achieve; and, in doing so,
You are whole in mind and spirit.

**"Wounded" is used in the title instead of disabled, because disability is often a state of mind, attitude, and spirit and not a state of body.*

Transitions... by Frederick Douglas Harper

WHAT DO YOU DO WITH A BROKEN HEART?

What do you do with a heart
That's squeezed, broken, and then abandoned?
Do you cry, retaliate, or just go away with your pain?
Do you ask or beg for another chance—
A chance to continue the comfort, care,
And pleasure of another or a chance
For further abuse and misuse?
What do you do with a broken heart—
When the pain is so great and will not go away;
When the expectations were so high for two as one?
Do you think foolish thoughts of ending it all,
Or do you rightfully pick up your spirit and
Move on with the Divine love that is always
Within your heart and soul?
Move on and rely on the love of family and friends
Who loved you then and love you now;
Move on and turn to the Divine love within your
Heart and soul.

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Transitions... by Frederick Douglas Harper

LIGHT'S EYES

A light to shine and
Shone to see;
Revealeth truth beneath the sea.

A light will shine and
Shone to hark;
Revealeth truth within the dark.

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Transitions... by Frederick Douglas Harper

ARTISTS AND SCIENTISTS DON'T GET HAIRCUTS: WELL, AT LEAST, OFTEN NOT

Scientists often don't get haircuts;
Frequently not they shear their wool or silk;
Too busy they often are for
Grooming's sake to shed the growth
Atop their many curious thoughts of else within.

Artists often don't get haircuts;
Often not they shear their wool or silk;
Too busy they often are for
Grooming's sake to shed the growth
Atop their many creative thoughts of else within.

Scientists and artist often do not get their hair
Groomed; simply because they are too driven by
A search for knowledge and novelty of creation.

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Transitions... by Frederick Douglas Harper

A PLACE

A place to live,
A place to die,
A place to become
All you can—
All you are destined
To be;

A place to live,
A place to die,
A place and time to be
Remembered for good done,
For making Earth a better
Place for you and life around you.

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Transitions... by Frederick Douglas Harper

THE END OF OUR ROPE

At the end of our rope,
The pull is lessened and
The ends are frazzled and worn;
The load's "tow" is heavy not as
 Before,
But hold on we must and can, or
Lessen the grip we could—
As time in the mirror of the past now
Gazes through the telescope of a
Life's remain.

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Transitions... by Frederick Douglas Harper

PEOPLE PAIN

Have you ever seen
A person who attacks, rejects, or
Ignores everything you say?

Have you ever seen
A person who with every good thing
You do, it's unappreciated—
And, if you're silent, you are
Attacked for not engaging in
Angry battle of worthless debate?

If so, it is very likely that you have
Seen a person who is unhappy with self.

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Transitions... by Frederick Douglas Harper

THE DIFFICULTY OF GIVING

It is difficult, if not impossible,
To love those who do not want
To be loved or know not how to
Love or accept love from another;

It is difficult, if not impossible,
To give to those who are unappreciative
Of a gift needed;

It is difficult, if not impossible,
To teach those who do not feel
The need to learn or accept the gift of
One's teaching;

Nevertheless, as a giver, don't give up,
If it's worth the effort.

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Transitions... by Frederick Douglas Harper

JASON

Dear Jason, phenomenal senior of
Greece Athena High,
You brought near tears
To my eye;
When given a chance to play,
You scored 20 points on that
Basketball day;
You gave autistic youth hope
By living a dream, your dream;
And all America shared your joy
As their joy and your miraculous
Feat as their feat—for you are their hero;
Your coach had the courage
To suit you up and put you in,
And you did not fail him,
You did not fail yourself,
You did not fail others with
Their hope for you and them;
You gave hope and pride to your
Parents, your coach, your fellow
Students, and your high school—
On that joyous day;
You gave hope to all America;
You gave hope to the world.

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Transitions... by Frederick Douglas Harper

911 (FIREFIGHTERS AND HELPERS)

They dreamed of hope,
Driven by their own humanity
On days in infamy's history;

They worked and worked
And hoped for life or signs of it;
They worked and worked
Courageously and tirelessly
In dust and the sweat of themselves—
With no thought of risk to their health;

Remember, we must, that infamous
Day in our history, but remember we
More the love, spirit, and effort
Of those men and women who sacrificed
So much and helped so many by their
Courage, strength, efforts, service, and
Perseverance.

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Transitions... by Frederick Douglas Harper

PEOPLE WHO COME TO YOU

Once successful, you may find
There are people who would like
To use you or abuse you;
There are those who would like to
Use the resources, status, and authority
That you may represent;
Once successful, there are also those
Who would like to help you and
Magnify your gifts from God.

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Transitions...by Frederick Douglas Harper

TIGHT ONES

There are those so tense and tight,
They lock up points within of light;
And find light they may as way to whole,
For relief deep down within their soul;
There are those who wish to share their heart,
But opt rather to try and be smart.

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Transitions... by Frederick Douglas Harper

DIVINE LIGHT WITHIN US

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

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

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Transitions... by Frederick Douglas Harper

WHAT DO YOU DO WITH A BROKEN HEART, II?

What do you do when romance
Goes awry?
Do you stand and pout
Or retaliate with anger and rage?
Do you pick up your sad tail
And go about your unmerry way?

What do you do when love has
Gone astray and left
You with a broken heart?
Do you flow with the pain or simply
Carry your heart around in your hand?
Do you flow with the pain and rightfully
Move on without resorting to names
Or stooping to shame?

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Transitions... by Frederick Douglas Harper

CROSSING THE BAR

When I cross the bar,
I want there to be
No question that I have
Met God's mission for me;

When I stand or lie at the
Precipice of transition to a
Life beyond this Earth,
Let it be known that I have
Walked God's path for me
Shown and known—
That I have grown in knowledge
And wisdom and given for the
Good of others;

So let there be celebration of
A life lived and worthwhile,
And let there be remembrance for a
Life that made a difference in the
Lives of others—and will continue
To do so for generations to come.

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Transitions... by Frederick Douglas Harper

BEYOND COMMON SENSE IS SPIRITUAL SENSE

If you wake from dormancy or
Even unconsciousness
And find yourself talking to your
Mother who is no longer alive
Of this Earthly world;
If you find you can move without
Boundary's limit or time's constraint
In spirit and form;
If you can touch the stars and
Fly with the birds;
If you can do these things and more,
You likely are no longer of Earth's
World and form;
If you can do these things, you
Are certainly dead of Earthly form
And born of a greater form
Without end, space, or time.

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Transitions... by Frederick Douglas Harper

WHEN I LEAVE OF EARTH

When I leave of Earth
And buried in the dirt,
I will leave my soul in stores
Of words and more;
When I'm at the Divine brink of my call,
I will ready my soul after my long haul—
And I will leave behind my work well done,
As I soar toward the heaven in the
Light of the sun.

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Transitions... by Frederick Douglas Harper

DISTRUST FOR TRUST

The world must abandon distrust for trust;
Countries and world regions cannot collect
And pile more and more rocks,
Bigger and bigger rocks,
More and more bombs and missiles
To hurl at each other;

If the global community is to survive with
Life as we know it, then fighting, fear, threat,
And greed must cease now or very soon;
So let us abandon distrust for trust—
Let us trust each other as a world community.

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Transitions... by Frederick Douglas Harper

RIVERS AND RIVERS

I have crossed the Rubicon in thought
As I have the Seine, Thames, and Liffy
In body and conscious experience;
I have seen the future in my dream across
Bridges to a world unborn—
And yet I do not know in conscious awareness
That which I saw, as images so fast they moved;
But what I do know is that I know truth
Without knowledge of my knowing as
Reflected in the Divine mirror of my daily
Thoughts and actions.

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Transitions... by Frederick Douglas Harper

A DEBT TO GOD AND ANCESTORS

God spared my mortal life at the gates of heaven,
Returned me to Earth and imbued me with thoughts
Of love—
Returned me to mortal life reborn
So as to preach Her Divine message as a missionary poet;
Therefore, I write the poetry that I do, and
Help the people I can in trying to repay a debt to God
And my ancestors—
A debt that can never be repaid fully in this Earthly lifetime.

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Transitions... by Frederick Douglas Harper

TIME AND MIND

In thought and mind, time sweeps of joy's yesteryear,
And regret's pain sucks blood from the marrow
 Of tomorrow;
And yet time can be an ally of life's joy in flow, if one
Lives full, if one lives in the moment and not the past or
The future.

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LAWYERS AND LACKEYS

Some, bullying to try and make you
Say what they want you to say;
Trying to confuse you, so you can
Trip over your own mind's confusion—
Trying to make you answer a question
You really don't understand;
Diverting your attention so you will
Answer without cognizance of that answered—
Answering their own question to you and
Asking you, "Isn't that correct?"
Bluffing you by reminding you that you
Are under oath and must answer, or maybe
Answer as they wish;
Wearing you now to fatigue and hunger with the
Same questions asked over and over and
In different ways;
Don't be confused, simply:

- Answer the question briefly
and don't volunteer information
- Answer, "Yes" or "No"
- Say, "I don't know"
- Say, "I don't recall"

And if a lawyer is persistent in badgering you
With the same question after you have answered,
Just say:
Sir, Madam, that's my testimony that
My answer—
Asked and answered.

Transitions... by Frederick Douglas Harper

PREPOSITIONS AND RELATIONS

Some worry *before* an event,
Some worry *after* an event,
Some come *on* time;
Some come *after* the designated time;
Some come *before* time;
Some act *in* time and *on* their own;
Some act *after* the time; sorry, too late—
Opportunity lost;
Some are happy *across* times, and
Some are sad *within* their mind.

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YOU OWE ME NOTHING

I have helped many people,
And to those whom I have helped,
They owe me nothing—
And I expected nothing;

I only give because God has
Blessed and “gifted” me with the
Capacity to give and love;

I give because others gave to
Me, especially during my earlier
Years of growth and development;

I give and expect nothing;
I give to you and you owe me nothing—
Maybe the thoughtfulness of saying thanks,
Maybe the thoughtfulness of helping another.

Transitions...by Frederick Douglas Harper

DAYS' END

(Transition to Death)

If your days seem shortened
And illness visits your body and
Stays and dampens your soul,
 Live to live;
Don't die in spirit, but
 Live to live;
If clear that your Earthly life
 Comes nigh,
Then comfort yourself and your
Soul—comfort your spirit within;
Then comfort those around you;
 Those who care;
Then say to your loved ones,
 “God has spoken”;
Then say to yourself,
 “God has spoken.”

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WASTED TIME

I don't have time, but still at times
I inadvertently choose to take time
To explain my life and myself;
Although sometimes inefficiently so
And even with a lack of understanding of
My destined way by birth of life so
Programmed within me.

Certainly, I don't have time to defend
My reputation so deservedly built o'er years;
Although I do, at time, make a feeble attempt
To do so, and find, as unconsciously known,
That some people will believe what they
Choose to believe—what they want to believe,
Regardless of what you tell them.

I really don't have time to listen to complaints
And negative views,
Although, at times, I find myself indulging
In such pastimes, by mouth of others and even
Words of my own, though limitedly I might
Say or so think.

I don't have time, or, at least, do not choose much
Time in the investment of bone and flesh for pleasure
Of the self,
Because much work of this lifetime remains undone;
I don't have time for self-pity or acts of
Self-destruction as escape from pain, a numbing
Of pain with pleasure, or a dousing of pain

Transitions... by Frederick Douglas Harper

With more helpless pain from senseless reaction
To and revenge for pain.

I don't have time for illogical jealousy or
Competition with another or others,
But rather I have chosen to raise myself to the
Potential for achievements within myself.

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IT'S OKAY TO BE WHO YOU ARE

(Identity and Self-Acceptance)

Yes, it's okay to be who you are;
It's okay to be what you are;
It's okay to be that natural self you were meant
To be by Divine birth or destined Grace.

It's okay to love one the same, if that's
Who you naturally are;
It's okay to be poor as it is to be wealthy;
It's okay to be a coal miner or farmer,
A teacher or a preacher,
A politician or happy magician.

So listen, don't let anyone put you down or
Bring you down to self-disrespect;
You are who you are, and you should be judged
By how you treat others and how you treat
Yourself—what you positively give to others
And represent within your rightful living;
You are who you are; you are what you are,
And that's okay—as long as your being and
Actions are justly fair and nondestructive
To self and others.

Transitions... by Frederick Douglas Harper

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 vile
From your dormant souls asleep.

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Transitions... by Frederick Douglas Harper

IN SEARCH OF ONESELF

Some people are happy;
Some people are sad;
Some people are here,
Others people are there;
Some people are confused—
Sometimes and everywhere.

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Transitions... by Frederick Douglas Harper

TRANSITION FROM ROMANCE

If someone leaves you before
You want love to end,
Try not to be so hurt that you
Want to hurt the person who
Wants to leave your love.

Don't allow loss to keep you from
Transitioning to the gain of another
Or spending time and solitude with
Yourself as pain passes over, as dark
Clouds often do.

Be grateful for excitement had,
And be hopeful of a future once more
With joy again in your heart and shared
Moments with another, anew.

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Transitions... by Frederick Douglas Harper

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.

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Transitions...by Frederick Douglas Harper

THE UNINFORMED

(Emotional Confusion to Spiritual Awareness)

There are some too many
Who are “in love” but do not
Know how to love;

There are some too many
Who are detached from feeling
But aware of pleasure of
The moment as pain’s analgesic;

There are some too many
Who need help but refuse
To accept help because of
False pride, indifference, or
Lack of knowledge of need;

There are those who see fault
In others but are blind or deaf
To their own human frailty,
Errors, and lack of good judgment.

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Transitions... by Frederick Douglas Harper

A VOICE FROM BEYOND

A voice in thought
Called my name, and I
Answered in kind, and
Surely the charge was
Given to me without
My knowledge of a mission
Of benevolence, and
I heeded the call from beyond
Without awareness of my
Own actions so directed.

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Transitions... by Frederick Douglas Harper

WANTING WITHOUT GIVING

There are those who surely
Want appreciation with public display;

There are those who want the pleasure
Of another without attachment and obligation;

There are those who want pay without the
Effort of work;

There are those who want love of
Another without first loving themselves;

There are those who want to gossip maliciously
About others but who detest news of
Malicious gossip about them.

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A WEDDING PLEDGE

(Transition from Unmarried to Married)

In this, my left hand, I take you as my wife/husband
And hold sacred your life and welfare as long as we
Choose and hold each other;

With my right hand, I promise to work for you,
With you, and for life we may create as one;
In both hands, I cup and nourish the trust we place
In each other as persons and in ourselves as a
Partnership in life.

With this heart, I set forth my allegiance to a sensitivity
For your feelings, and pledge to put no other person's
Needs or wants before your own;

With will and determination, I shall do my best to remain
Patient with your weaknesses as well as your personal
Changes over the years, and I will hold in confidence that
You will do likewise with me;

With this, my head, I will think of you wherever I am
And whenever I can as thoughts of concern for you and
Shared experiences with you.

I pledge at this moment to do all I can:
To help minimize your pains and maximize your happiness,
To forgive you for inadvertent errors of human frailty,
To respect you as a person and as my wife/husband,
To be open with you about my thoughts and feelings,

Transitions... by Frederick Douglas Harper

To touch you each morning and kiss you each night,
To trust in your words and actions,
To be kind, courteous, and considerate to you,
To respect your right to freedom, solitude, and
Individuality,
To commit myself totally to you and our relationship.

Furthermore,
I will try my best not to hurt you in any way or discredit
You before peers or yourself;
I will encourage your personal growth and internal peace,
I will allow no person to conspire to alienate my love for you;
Neither will I allow myself to be blinded by false
Feelings for another or life's many luring excitements;
I will talk with you, walk with you, and persevere with you
Through tests of time and condition;
I will pray with you, hope with you, struggle with you,
And suffer with you in your hardships;

Most of all, I will love you, without condition, for as long
As I can and as long as you want me to—
Hoping and trusting it will be forever.

Reprinted from Harper's Love Poems of Frederick Douglas Harper, 2003.

DIVORCE

(Transition from Married to Unmarried)

Pain from love's death, unlike that from the
Death of a loved one; pain from love's death,
A prolonged pain that goes not away with buried
Tears of time; images recalled from the candles'
Glow of a wedding cake's reflection and the warmth
Of a child's eye from a shared creation; love astray
In smithereens of shattered glass; a crushed crystal
Of life's love's image blown off course by time's
Changes.

Loss of affection, physical separation, and divorce;
A cruel turn of events of lost love and loyalty;
A rare admixture of compassion, care, indifference
And hatred; a cauldron of a million reflective
Thoughts, driven by repeated pain that sucks the
Blood of past investments in contributions of time
And energy; sacrifices of sleep and eat and conscious
Hopes for sweet revenge in defense of hurt feelings
For the sake of nothing but self-content.

Loss of affection, physical separation, and divorce;
Smiles turned to frowns, promises to naught, and
Pleasures to pain; yesterday's toast of wine glasses
Broken and cut and wet all over, and love's honey
Turned vinegar sour to wine's wasted mess among
Hopes scribbled on a white table cloth.

Transitions... by Frederick Douglas Harper

Loss of affection, physical separation, and divorce;
Doubts about identity, trust, and self-pride;

Love still, love nil—confused thoughts and hopes of
Minds now vetoed by twisted hearts.

Reprinted from Love Poems of Frederick Douglas Harper, 2003. (Originally published in Harper's Romantica: On Peace and Romance, 1988, which is now out of print.)

END OF A JOURNEY CONTINUED

(Transition from Physical Life to Spirit World)

When I come to the end of my journey,
I will not falter in the face of my curtain's
Fall, or exit from the stage of my destined
Call.

When I come to the end of my road
Shown clear, I will face death's claim
Without due fear, and look back, yes,
On a life well done, I will beacon
My spirit toward the light of the sun.

When I come to the end of this life's work,
I will smile in peace as I journey from
Earth; and all who would mourn me, I will
Bid them farewell, and trust in my heart,
They knew that I cared.

And when that day comes afar and not
Nearly, I hope to be in the company of
Those I love dearly; and with hands on
My loved ones and eyes toward my God,
I'll ascend from my body and head toward
The stars.

With faith in the future and good
Thoughts about the past, I will trust
That God's work will continue to last;
And as light will lead my soul to a

Transitions... by Frederick Douglas Harper

Place unknown, it is believed that God's
Work for me will continue to be done.

Reprinted from Harper's God's Gifts: Spiritual Writings, 2003.

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MAN'S LAW

(Transition: Boyhood to Manhood)

We will work hard and not value or practice
Meaningless indolence;
We will love our children even more than
We love ourselves, and we will do the acceptably
Necessary things to protect them, provide for them, and
Enhance their potential and God-given talents;
Furthermore, we will protect all children from the ills
And abusive ways of ourselves or others who can
Bring harm to them.

We will treat women with respect while ignoring or
Avoiding any disrespect from woman or man, and
We will not direct violence upon a woman, except as a
Means of protecting ourselves or worthy others;
Neither will we use individual violence against anyone
In order to achieve selfish goals or defend emotional
Insecurities.

We will respect life and others as we should respect
Ourselves;
We will love ourselves as we should love our family
And others whom we care and will care for;
We will share in giving and not horde in greed,
And we will offer timely and appropriate forgiveness,
In sincerity, as we will accept such offers from others.

Transitions... by Frederick Douglas Harper

We will not destroy our spirit and body with addictive
Drugs of pleasure, nor will we allow negative others to
Lead us down a path of self-destruction and unjust or
Inappropriate destruction of others and things.

Lastly, we will accept Divine love and allow such love
To come to us, into us, and stay in our hearts, forever.

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Transitions...by Frederick Douglas Harper

THERE'S A HOLE IN "MY" HEART

*And one among them stood in the
temple to confess pain, saying:*

There's a hole in my heart—
An empty space, I say;
There's a hole in my heart right now as
 From day to day;
I've lost a loved one to death's claim,
And I have no one who's come to stay;
And as time sweeps my children to adult's space,
I stand and sit alone and rush not to
 Love's haste;
There is a hole deep in my heart this day,
But there is just enough space for God's spirit,
Love, and grace to come in and stay—
There is just enough space for God's light
To come in to show my destined way.

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Transitions... by Frederick Douglas Harper

GROWING OLDER

Age with time's past,
So merciless to time.
Close yea the death door
In years of four score;
Rest thee at the gate—
A precipice of decades eight;
As time is but the thief
Of youth now held precious
With years gone.

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Transitions... by Frederick Douglas Harper

LOVE IS A RED APPLE, BUT APPLES CAN CHANGE

Romance is like an apple in Eden;
You want it so badly when you see it,
But some apples you know not to touch;
Some apples you know not to bite;
But still you do, knowing that there is
Often no good end to a story started;

All apples change; they redden more to
Juicy ripeness and then they often rot
To regret's disdain and venom's anger;
Yet there are exceptions to romance's apples;
Those that keep their luster and retain their
 Constancy;
These apples are golden apples that
Are *not* tarnished by time's challenges
And selfish doubts, thoughts, and actions.

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Transitions... by Frederick Douglas Harper

VALEDICTION

Farewell or good-bye,
Forever or for a day;
Look we must in eyes we may
Never see again;
Embrace we should of shared pains
And joys, and of an image removed.

Farewell or good-bye,
Forever or for a day;
In the midst of thoughts and words
Of apology, regret, good wishes, and
Opportunities missed.

Farewell or good-bye,
Forever or for a day;
With thoughts gone unshared,
With feelings gone unbarred.

Reprinted from Harper's Poems on Love and Life, 1985, 2004.

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THOUGHTS

Keep up the spirit of rightful living while enjoying the gift of life.

§

Do not allow someone else to lock your prison door, because life itself can be a prison with no door.

§

Continue to live with life's challenges while enjoying what you can in life.

§

Right or wrong, there are those who'd rather die with dignity than live with humiliation.

§

Fellow humans often pass judgment and caste dispersions on others, but it is the judged who must judge themselves to light an humble way and mission.

§

Unfortunately, we have come to a sorrowful era where too many people don't want to be helped or don't realize that they need help.

§

We are from the Light, we are the Light, and we are with and in the Light—the Divine Light.

§

When educationally advanced teachers differ much from the thinking of the time and their students, their thoughts becomes unconventional instead of conventional, divergent instead of convergent, and a threat to those who have yet to arrive on the same plane of intellectual reality and practicality.

Transitions... by Frederick Douglas Harper

§

For everyone, our daily prayer of brevity should be: “Great Spirit, spare me to do your work, and bless me to do it well.”

§

You can't be everything to everybody; however, you can be one thing to God.

§

Some want to be right, but they don't want to do right, and, sometimes, they may not have learned how to do right.

§

The purpose of talking about “everything” is to talk about nothing.

§

Common sense can yield common cents, as many of us have heard, but lack of common sense can sometimes yield common scents.

§

The way to become a millionaire is to become absorbed in something you love that makes a profit in good for humanity, while staying away from addictions and distractions that drain your assets and efforts.

§

You don't have to go to church to be in church, because church is in one's mind and heart; it is a state of one's being and acting for love of God and Earthly life.

§

Competence can sometimes be assessed wrongfully by favoritism, loyalty, fame, and popularity.

§

A shepherd who teaches hatred to his flock, will soon change sheep into wolves.

Transitions...by Frederick Douglas Harper

§

Beauty is simply what you see as beautiful, whether in a poem, in a photo, in art, in natural occurrence, or in an image of life.

§

Some people seek a reason to hate; and, if they fail, they may even make up a reason to hate.

§

The highest value of all human virtues is probably self-discipline for good and right.

§

Sometimes, when you put one piece of a puzzle together, other pieces come apart.

§

There are two sides to every coin, and we often see the tail side; in this case, the tale that people tell in their favor or to the disfavor of another or others.

§

It doesn't matter so much who we are; it matters more what we do in life.

§

Those who become comfortable with darkness have nothing for comparison, until they walk in the light of peace, truth, knowledge, and fulfillment.

§

In a way, true spirituality is a life mission of helping oneself to help others; and, in doing so, helping oneself by helping others.

§

Always reach high, because persons can easily reach low or allow themselves to be pushed or pulled to a low level.

Transitions... by Frederick Douglas Harper

§

Human beings must learn how not to fight themselves and how not to fight unnecessarily with another who threatens them, displeases them, or treats them unfairly.

§

Give much and your gifts will be multiplied and magnified.

§

In keeping our eyes on the path of spiritual destiny, fulfillment, and enlightenment, we cannot be needlessly distracted by persons along our way or drawn back to the unfinished business of villages of the past.

§

You won't amount to anything if you give up very little to nothing of value. You won't amount to anything if you don't sacrifice some things of value.

§

What is more important, one's image in life or one's legacy of gift after life on Earth?

§

There are some women who are blind to the sight of a good man, that is, until another woman claims him.

§

Among all animals of God's Earthly garden, we are not the grandest, although we can be.

§

Things of which we are blind are very often things that we see every day.

§

A gossip is like a voice recorder; the only difference is that playback never ceases, and that which was recorded can change over time.

*Transitions...*by Frederick Douglas Harper

§

For the true musician, music should be a passion and effort of love.

§

It is difficult to be different when one is woven in the same fabric and pattern as others.

§

Sometimes, we are sent to the valley of suffering and challenge in order for the Great Spirit to lift us to the mountaintop of spiritual realization and fulfillment.

§

Mediocrity often lies or rests on its own non-laurels until disturbed by the conscience of excellence and quality.

§

Among the greatest gifts that one can give another are words that are inspired by a Spirit that is greater than all—in trust that these words will make a positive difference.

§

Some achieved and talented persons do not make the effort and time to help shape a diamond from a stone, because, as a diamond themselves, they need someone to occasionally polish and nurture their Divine gift for expression.

§

From light springs all life, and back to light will the spirit of Earthly life return. Water and fire both nurture and destroy—thus is the duality of construction and destruction by the same forces of energy, because energy is nature and one with nature.

§

If God is light and light as God is creation, then light is creation.

Transitions... by Frederick Douglas Harper

§

People who are guilty and profess innocence often believe they have done nothing wrong, because they have fooled themselves with arrogance that they are privileged by power and circumstance to abuse others.

§

Human beings are not as grand as they would like for other animals to believe or as they would like to believe themselves.

§

Teach a child to fly right, and let that child soar high and in the direction of its choice and Divine destiny.

§

Give people a doctoral degree, and you will give them the inclination to complain and criticize almost everything that comes to their minds, including things about which they know little to nothing.

§

Unfortunately, there are some who think about nothing except how they can get something.

§

Shouldn't we be careful not to spend so much money on memorial monuments for the dead—to the point that we have insufficient funds to feed or care for the living?

§

Enjoy a romance, because unfortunately it usually does not last.

§

We are not perfect and, as human beings, we cannot be perfect; however, we can listen to a Spirit much greater than we for our direction and allow that Spirit to guide us toward a rightful path of destined living and giving.

Transitions... by Frederick Douglas Harper

§

Some people are chosen for good and some people choose themselves for their own selfish good.

§

The greatest gift is to give of yourself, and the greatest healing for the giver is to help others in need.

§

Humans are oftentimes motivated by “self truism” and not altruism.

§

Some talk from the heart, some talk from the head, and still other talk from a script given them.

§

With some people, we go out the way to help; and, with others, we should stay out the way.

§

If you are *dumb* enough to steal or cheat, you should at least be smart enough not to get caught. Yet, still, it is better not to risk either by such wrongful doing.

§

If one cannot be on time, that person should at least try to be near time—if time matters.

§

Those who have been blessed with a talented mind should use it before they lose it.

§

There are certainly those who like to be appreciated, but don't necessarily like to be witness to public acts of appreciation of them by others.

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Transitions... by Frederick Douglas Harper

§

A relationship is like the stock market, you sometimes have to bail out of a stock before it seriously declines, unless you are sure that you have a blue chip or growth stock. Even better, it is sometimes wise not to get into a relationship if you are aware of the risks.

§

Cows in a distant pasture can look better than those nearby; a bull in an adjoining pasture can look better than the bull in a cow's pasture—an object tends to look better from a distance and less appealing with familiarity.

§

There are people who want the world for themselves, but they offer little to the world in return.

§

Jesus gave up so much in order to give so much; ergo, sacrifice and giving are avenues to spirituality and spiritual fulfillment.

§

What is more important: one's reputation in life or one's reputation after death?

§

Anyone who literally and habitually misrepresents "the word of God," is simply a ventriloquist who represents not God but the selfish dummy within oneself.

§

When you are young, practically every mistake you make is excused because of your age; when you are old, practically every mistake you make is blamed on your age.

§

There is so much to learn, which means there is so much that we do

Transitions... by Frederick Douglas Harper

not know as individuals and as a human race. Therefore, we should do all that we can to avoid presenting the impression that we are intelligent and knowledgeable.

§

You cannot study to be a *truly* distinguished athlete, musician, teacher, poet, or spiritual leader; you are chosen by a Divine Spirit and gifted to do so. The only credit you deserve is that you accepted the calling and built on the gift by developing and sharing the gift.

§

Some people avoid opportunity, some accept opportunity afforded them, some seize opportunity, and some create opportunity.

§

Poets and comedians may be alike in at least one way; they frequently say things that others want to hear or need to hear.

§

Some relationships are not meant to last but to bring about and achieve a purpose.

§

If an ethnicity of people has neither established nor known power and riches over generations of history, then it has not learned to protect such in mind, spirit, and actions.

§

Unchecked power tends to breed arrogance, and such arrogance can lead to the self-destruction of the arrogant; therefore, we have the examples of Hitler, Napoleon, and Julius Caesar.

§

There are many and more who have been accused of that rightfully attributable to the accuser.

§

Transitions... by Frederick Douglas Harper

Romantic love is sometimes like a mirage; it is a figment of what one sees and wants to believe.

§

There are some people who do not know what they want, so they tend to want practically everything that comes into their mind or view.

§

Unfortunately, some people think they are the sun, and everybody else, as planets, should revolve around them.

§

We choose our roles in life and how well we will play them—sometimes with the grace of God and our ancestral spirits and within the limits of our ability and talent.

§

That which is done is done, so let it be done within your mind.

§

The miracle of Christmas is the ability to turn a negative into a positive act of good and joy.

§

Persons can be in love with themselves and not love themselves or know how to love another.

§

Some relationships can enhance a person's mission in life, and some can diminish that mission. In order to enhance one's mission, a relationship does not always have to be positive or fulfilling.

§

Why can't some people see their dreams clearly without their eyeglasses being the eyeglasses of others' vision for them?

§

Transitions... by Frederick Douglas Harper

Some people who have so little in about every conceivable way can manage to demand so much from and in others.

§

Those whose mind and mission are owned by a higher power often find that they have very little time for Earthly pleasures and pastimes.

§

Sleep, though so necessary for life, is an intruder to what good we can do for life in our waken state.

§

Those who reminisce nostalgically or even regretfully about the past and complain about the present often do not benefit from living in the present and planning positively for the future.

§

After many years of service on a job, there is no way to retire without regret or emotion on the part of parties. If you retire early with grace, there is often anger from your colleagues for abandoning them, and, if you retire too late in old age, there is often sadness for your declining health and declining competence coupled with eagerness to push you out and off the ship.

§

A goal in life is to die of body while still living in spirit and in the good that one leaves behind.

§

Why is it that some people avoid becoming old by insuring that they die young?

§

Construction and destruction are not dichotomous or mutually exclusive events, but rather these are continuous or cyclical processes of transition in Earthly phenomena.

Transitions... by Frederick Douglas Harper

§

The greatest threat to the survival of Homo sapiens is the rigid minds of the species.

§

A major problem of the world is often predicated on greedy and insecure minds of those who control or wish to control it.

§

Some people will never have anything of meaning because they don't know how to accept such gifts.

§

Existence and being, to a great degree, can be explained by creation, duplication (or re-creation), transformation, cycles, and balances.

§

A rich person's garbage can sometimes be a poor person gift.

§

Those who use force to control or destroy a people can sometimes be guilty of putting dirt on their own coffins.

§

One of the highest qualities of human strength and principle is, at times, to deny that which brings pleasure to the mind and the body.

§

Courage is often tempered by wisdom and restraint with age, because one realizes that life is not worth risking waste of the limited future that remains.

§

The company of solitude and silence can bring peace to the soul if not agony to the forlorn heart.

§

Transitions... by Frederick Douglas Harper

Some people muddle through life with disrespect and abuse of their body and soul, and, at the end, they tend to regret lost opportunities and wrong choices.

§

An open doorway is not open long; that's why a doorway most times have a door that can be closed. Opportunity is timely and must be seized.

§

People usually know their shortcomings, but they may have a tendency not to invest the courage, time, or effort to change ways of habit.

§

Anyone can smear a good reputation earned and deserved or even take one's physical life, but it is the appropriately documented and known legacy of one's life and accomplishments that is not easily damaged or extinguished as a flame.

§

Spiritual people frequently spend much time giving and sacrificing; religious people often spend much time rejoicing in worship and impugning those they believe to be unreligious.

§

Beware—just because a person wears a swimsuit, it does not make the person a lifeguard.

§

People should take their life's work seriously while not taking themselves seriously.

§

You cannot give wisdom to a person who is not ready to accept it. You cannot teach one who does not want to learn.

Transitions... by Frederick Douglas Harper

§

Similar to trees, people come in a variety of sizes and shapes, and, as trees, they do likely change with the seasons.

§

One should not fear death if worthy footprints have been made on the sands of time.

§

Remember that happiness is transient, situational, and self-chosen.

§

A country that overtaxes its people and overextends its military, by doing so, declares war against itself.

§

Some try to do their best or be the best, and some try to pleasure themselves as best they can.

§

There are those who complain about practically “everything” and ask for “everything” while willing to sacrifice very little or give nothing.

§

Human thoughts are very often formed by what other people think or what other people are taught to think.

§

As we walk the path of life, we will meet challenges. It is how we deal with these challenges that will determine our place here on Earth and beyond.

§

It seems that the Spirit of God’s Divine presence watches over us and guides us, as well as the spirits of our ancestors.

§

Transitions...by Frederick Douglas Harper

Death surely can be an opportunity for forgiveness and goodness of those who survive.

§

In order to be special, you have to act special and accomplish special things.

§

There are some people who believe that nothing that they do is wrong except for getting caught for doing wrong.

§

There are many, too many, who don't know how or don't think to say thanks or please, but certainly they know how to say "gimmie" or give me.

§

May the spirit of God guide your artistic talent and may your work bring smiles to the faces and warmth to the hearts of many.

§

You cannot coach genius; it is born by God and ancestral spirits. It is the light in a person that must come out, that must come forth to be shared.

§

It's not the value of the gift, but it is the sacrifice of the giver and/or the value of the gift to the receiver.

§

If people don't know who they are, how can they know what they want?

§

There are those who are bent on helping others, and there are those who are bent on helping themselves by the use of others.

§

Transitions... by Frederick Douglas Harper

Many people seem to be motivated primarily by protecting themselves and advancing themselves.

§

Spirituality as Divine love comes with self-imposed denial of unnatural and excessive pleasure and courageous acceptance or tolerance of life's pain.

§

Quality living and happiness come with our ability to grow, give, enjoy, and love—regardless of pain and setbacks in life.

§

Our main challenge and gift to our children is to develop in them their talents so that they will build a legacy of which they and their children will be proud.

§

One who is a missionary of giving and good spirit will often rise high and far in this life and the life beyond.

§

It is better for a bud to bloom in spring and wither in a frost of morning's cold than for a bud to freeze before its birth as a flower.

§

Those who take life too seriously while not being serious about life frequently end up hurting themselves.

§

Human energy is a pathway of transitioning within life and from life.

§

Spiritual destiny is not bound by emotion; it is Divinely willed and humanly accepted and acted upon.

§

Transitions... by Frederick Douglas Harper

We all walk a path whereupon we allow ourselves to be touched by others and to touch others; such touching can be constructive or destructive.

§

In many cases, women are not ready until they are ready; and, when they are done, they are done. Therefore, the challenge of all rightful manhood is patience and acceptance.

§

Oftentimes, the conflict in romantic love is that women often need emotional expression while men often need emotional privacy or emotional space.

§

Grief drives fear, anger, and sadness to the surface, while demanding time to heal the soul as a wound of the flesh heals itself.

§

You don't have to be *given* a solution to a problem. The best solvers are those who want to help or do something so much that they find a solution to a problem.

§

We die every night only to awake to a new life the next morning.

§

If one is tired of doing the right thing because of lack of appreciation or recognition, that person should continue to do right, regardless, or that person should do nothing before resorting to doing the wrong thing.

§

Each human face tells an intergenerational story by its image and expression.

§

You cannot teach a rock; you cannot teach a frozen mind.

Transitions... by Frederick Douglas Harper

§

Deodorant is of no use to a skunk.

§

In order to learn, one must be ready or made ready.

§

Claimed love can turn to hatred for those who *love* too much as emotional dependency upon another.

§

The most effective method of science over human history seems to have been trial-and-error.

§

No country can maintain international or regional dominance over others, forever.

§

Although beauty is relative, its special quality seems to be recognized by the greatest number of the group.

§

True love can be likened to a fine wine, it gets better over time.

§

Cutting food for cooking is an art, cutting your finger can be a mistake, and cutting a person can be a crime.

§

Destiny can pull you and guide your spirit; only if you allow it to do so for the gifts and good that's within you.

§

There are many gifted persons who have yet to live up to the talent imbued within their bones.

§

Familiarity and intimacy are foundations to pain from loss.

Transitions... by Frederick Douglas Harper

§

There are some people who are supportive and exploitive of the same person or cause. Only the scales of good and justice can determine their worthiness.

§

Good artistic expression is very often appreciated by people who have the capacity and interest to do so.

§

Some jobs will “drive you crazy” and then accuse you of being “crazy.”

§

Some people find it so easy to love and so difficult to hate or be angry. The reverse can also be true.

§

Those who don't firmly believe in something can often find themselves believing anything they see or hear.

§

The Jesus test is living in a way so as to love, give, and forgive.

§

Human beings should try *not* to be so full of themselves that they will not have anything to give to another.

§

The world is beautiful; that is, if we only look at its gifts from the proper angle and through a focused lens.

§

If hate is met with love and empathy, then it will cease to thrive in a vacuum.

§

In some job settings, workers are expected to go along and get along, or they can end up being alone, if not being fired.

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Transitions... by Frederick Douglas Harper

§

For things you cannot understand or explain, you simply accept as is.

§

If someone takes an interest in you, it doesn't mean that they are trying selfishly to take or get something from you; it often means they are sent to give something to you and be blessed by such act.

§

Cooking is a science, except when creativity makes it an art.

§

There are many who are gifted, but there are few among these who choose to be special.

§

Writers who are far ahead of their time in thought, tend to inadvertently write for future generations.

§

In maturity, one learns to love without physical desire and give without expectation.

§

You really don't have to defend yourself from a *bluffing* dog, because it won't bite; it just barks.

§

You certainly don't have to be born a princess to become a queen; neither do you have to marry a king. Many great women have earned such a title by their deeds and carriage in life.

§

Some of the most difficult people with whom to work are those with whom you are most familiar.

§

Transitions... by Frederick Douglas Harper

There are those whose intention is to help and do well; there are the needy who unintentionally hurt others in their obsession to satisfy themselves, and then there are the destructive whose sole purpose is to hurt and destroy others as they have been hurt.

§

As the road is shown clear, one must pursue the path.

§

May God continue to bless you in what you do and may you continue to do what God has blessed you to do.

§

Some couples are not meant to get married; some couples are not meant to stay married.

§

Some silent persons choose to judge others, while avoiding being judged themselves by remaining silent.

§

A good idea recorded is better than an orgasm; it lasts longer and brings repeated joy and inspiration to many.

§

Some things are made to be; some thing are meant to be.

§

An achiever must, at times, transcend human vulnerability and deny pleasure in order to create and perform at the highest level.

§

One of the most beautiful things is to see two people in love; one of the most ugly things is to see two people out of love and destructive against each other.

§

Some people should keep their mouths shut, except when they are

Transitions... by Frederick Douglas Harper

eating or at the dentist.

§

There are those who soar with eagles; then there are those who soar above eagles.

§

There are those who choose to laugh at the pain of another, but, yet, they are angered when such is reversed in their disfavor.

§

Spirituality is a realization of knowledge without knowing; it is truth that is acknowledged. It is accepted knowledge that transcends science, but at times drives scientists as well as artists.

§

Some human beings are good at thinking during the fact, some are good at thinking after the fact, some are good at thinking before the fact; and then, there are those who are the fact or reveal the fact.

§

Talking loudly doesn't make one right; not talking at all doesn't make one wrong.

§

It is wise to love one's spirit as well as that person's form.

§

All human beings should have a right to develop and express a talent, regardless of gender or social identity and without interference from external restriction and distraction.

§

Maybe, one should not mind Earthly death if that person, in advanced years, has done all that can be done in his or her lifetime, and illness will not allow quality living for self and others, and, by living on, that life will present an imposition and create great loss to loved ones.

§

Thoughts of divergent thinkers are sometimes perceived to be dangerous, especially if such thoughts threaten cultural beliefs, the status quo, or those in power.

§

There are those who forget the many good things a person has done for them, and, upon parting, remembers, with a frown, the one last thing a person didn't or couldn't do for or with them. However, some years later the departed can appear once more with a smile and a request for yet one more favor or opportunity.

§

If one cannot get along with you all day, how can that person get along with you everyday?

§

For some, comfort and familiarity are often perceived as an acceptable alternative to discomfort, challenge, and fear of the unknown; therefore, growth is often compromised by fear of change.

§

There is a time to acquire wisdom; there is a time to share wisdom.

§

You should wash your body out through exercise's perspiration, just as you should wash it off.

§

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

§

Individual empowerment is not necessarily domination of others and circumstance, it is rather opting to choose or not to choose—opting to act or react or not to act or react.

Transitions... by Frederick Douglas Harper

§

If God has blessed us to be fortunate among few to walk a path of giving, we must not veer from that path or be pushed from it.

§

There are many a people who accept responsibility but prove not to be responsible.

§

Any talent done with ease and done well is a Divine gift.

§

We are who we are at the time when we are.

§

There are surely those with the gift of seeing the future and understanding the present.

§

Some people spend too much time celebrating, dissipating, commiserating, hesitating, placating, flagellating, instigating, ingratiating, investigating, and thus have too little time left to love, enjoy, give, and appreciate life in the moment.

§

If you don't go to church or a place of worship, then it is wise practice to carry your church in your heart and way. If you do go to church or a place of worship, it is wise practice to carry your church in your heart and your way of living.

§

If you don't have a pick, you really cannot afford to be picky.

§

The beauty of a woman sent in spirit and body can cause a wise man to act unwisely.

Transitions... by Frederick Douglas Harper

§

Although one should welcome and appreciate awards, that person should be careful not to seek constant showering of accolades while still here in the Earthly flesh, because such seeking activity of bestowal can distract from the unlimited possibilities of one's gift to others.

§

One of our greatest fears is reaching our goal in life and finding an empty feeling. We must learn that the greatest challenge in life is to find our journey and pursue it to the end of life's stay while giving and receiving the gift of fulfillment by such.

§

If you are void of a good reputation, then you have no reputation to defend—unless, you seek to defend a notorious reputation of infamy.

§

Time often judges genius and talent and not necessarily one's contemporaries, because contemporaries are the first to resist novelty, divergence, and new thought, because these tend to threaten the comfort of ingrained social and intellectual beliefs.

§

No one can prevail upon an enemy that is unknown or unseen, but, yet, there are those who are arrogant enough to believe that victory can be achieved.

§

Our children are our hopes of life continued, because, when we die, our lives continue in our dreams for them and flesh of them.

§

All will be well if we make it well.

§

People don't necessarily scare us; we very often scare ourselves by

Transitions... by Frederick Douglas Harper

our reactions to others.

§

Power requires permission. One cannot generate a reaction of fear, anger, or sadness within another person, unless that person allows such to happen.

§

So as one thinks, so one is; so as one thinks, so one does.

§

The past, present, and future are often one and connected. The past, present, and future are often one and cyclical.

§

One who is driven by God's purpose often finds little time to honor the dead or appease the living.

§

A woman of caution or extreme anxiety often interrogates a man closely before dropping her guard. A man, at first glance of a woman of his liking, very often drops his guard immediately.

§

There is probably nothing worst than thinking the worst about something that is not even bad.

§

There are some who instead of absorbing pain try and transfer pain to another or others.

§

In America, we are beginning too much to vilify human nature and the human experience by perceiving more and more things as being improper, illegal, or morally wrong.

§

Some see the world in black and white, and some see the world in

shades of gray.

§

There are those who have favorites (such as a favorite color), then there are those who have preferences.

§

If you think you have enemies and you treat such persons as enemies, they are likely to become your enemy.

§

One who knows excitement does not necessarily know happiness; one who knows pleasure does not necessarily know happiness.

§

It certainly seems that God is a universal spirit versus a higher power.

§

Just because you have been victimized, it doesn't mean that you have to see yourself as a victim.

§

If one is blessed with a gift of talent, then that person is obligated to develop the gift and share it.

§

There are those who spend much precious time feeding their own ego and some who spend much time feeding their gut; sometimes, these persons may be one and the same.

§

Pain and hurt are natural occurrences in life. The challenge is not to allow these emotions to turn you against others or yourself.

§

There is variety in everything, except for a thing that is unique.

§

Those who do not acknowledge and accept the presence of God's love,

Transitions... by Frederick Douglas Harper

often find themselves needing the presence of human company.

§

A mighty pen is but a sword of the mind, because it often cuts at irrational and outdated traditions and learned beliefs.

§

Beauty lives in perpetuity; thus, the art of Michelangelo and Leonardo da Vinci; the music of Handel and Beethoven; and the thoughts of Aesop, Gibran, Omar-Khayyam, and Rumi.

§

Making pleasure is often confused with making love. Making pleasure lasts for a moment and making love lasts for a longtime if not a lifetime.

§

Intelligence is developed and expressed within the limits of the human senses; however, there is a spiritual intelligence that transcends the human senses—it is simply knowing.

§

Find out how hard a person will work to achieve, and you will find out if you have an achiever.

§

Frequently, people with a special mission meet to help or enhance each other's gift or role in life, or a person can be a spiritual link to another person or a destined path in life. Therefore, we must always listen to people who come into our lives as possible bearers of a Divine message or gift.

§

We have much control of our happiness, because happiness very much exists in our thoughts and choices.

Transitions... by Frederick Douglas Harper

§

When you earn respect, permission is not required.

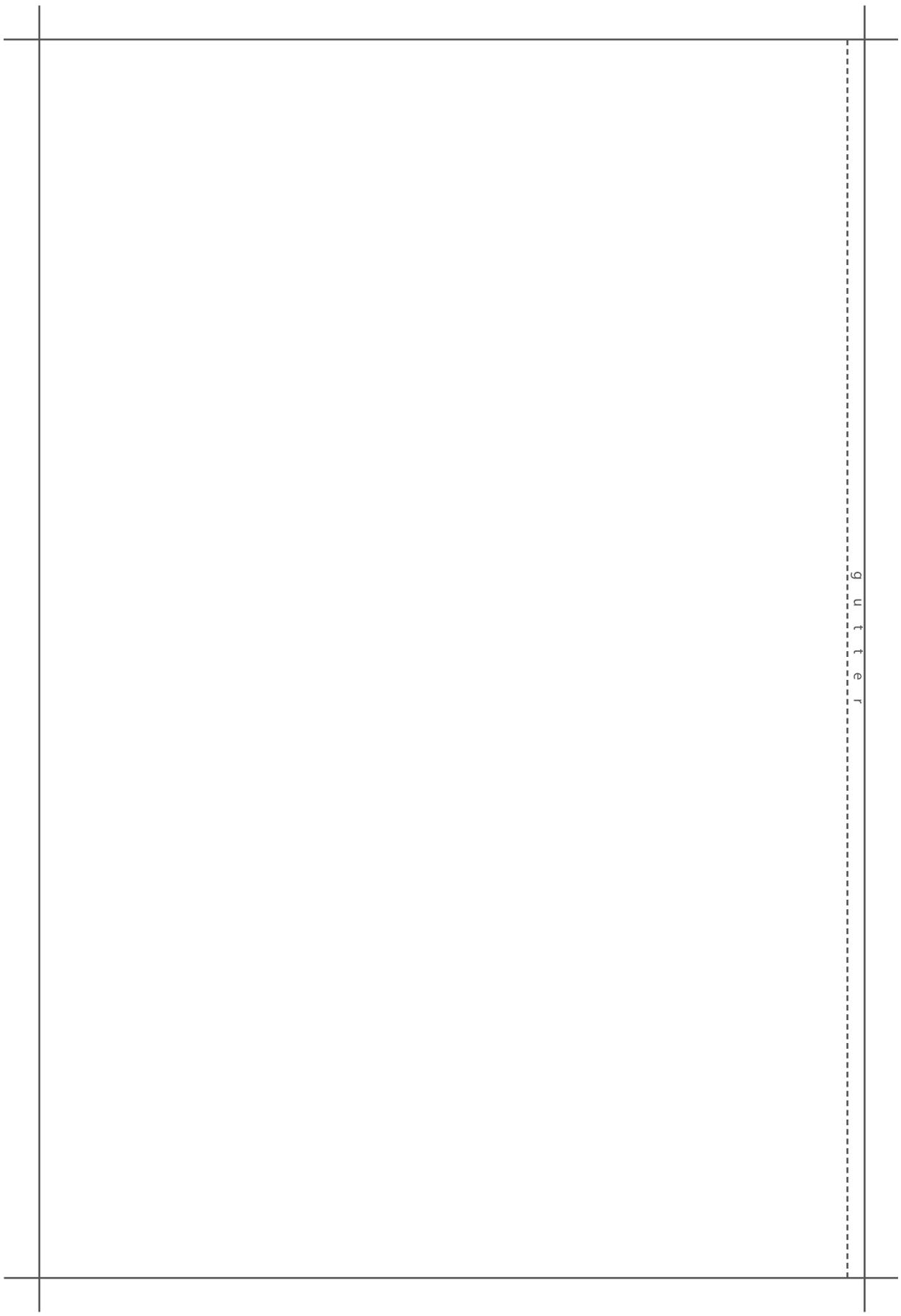
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Life is good, especially when we live in the present—and not the past or future.

§

A brain is a wonderful thing to have, when we choose to use it.

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