

SPIRITUAL  
TEACHER SPEAKS

*Frederick Douglas Harper*



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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.

Dr. F. Yvonne Hicks  
U.S. Department of Education  
Washington, DC

# SPIRITUAL TEACHER SPEAKS OF LOVE

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on love?" And the spiritual sage spoke from mind, heart, and spirit on love:*

**A**bove all else, love is a spiritual concept; it is the ultimate care of all caring. Love is unconditional and unselfish in its relationship; it binds with or without the flesh—as it is spirit. Love exists in various forms and relationships. There is Divine love that, if embraced, will never leave you, but will rather guide you and be with you in spirit and in times of challenge, aloneness, and despair, as well as in times of joy, fulfillment, and triumph. There is love for your child or children as you were loved or should have been loved as a child—for a child is a gift from the Divine love and grace of God. There is love between man and woman—the driving union as God’s trustees to create human life. There is love of a partner or friend in life, who walks a path with you and shares with you the joys and pains of life’s journey—who assists your steps in life as you with that loved one. There is love and respect of yourself as a unique and Divine creation of life, because one surely cannot love another without learning first to love oneself. There is love of the needy, the hopeless, and the abandoned; those who are lost and last without the help of humankind. And, of course, there is a natural love for all life and sacred things of Divine creation and natural beauty.

Love exists in faith, perpetuity, and unquestioned trust; it is a feeling with or without touch—in proximity or afar. Love is not ephemeral, but it is as lasting as a diamond and as genuine as pure gold. Love is built upon a foundation of devotion that is unyielding and respect that is deserved. Love is the antithesis of hatred, it is an impermeable shield against the bane of jealousy, and it is a soother in times of challenge and pain in life’s journey.

# SPIRITUAL TEACHER SPEAKS OF PEACE

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on peace?" And the spiritual sage spoke from mind, heart, and spirit on peace:*

**C**an you close your eyes and search for the inner peace within your mind or focus on one single thought and accept the calmness that comes to you? Peace is within you and not necessarily around you; it is a state of mind, a state of body, and a state of spirit. Peace is a quiet presence of Divine oneness with all that is all—a sense of ease and completeness within oneself. It is a freedom from rushing through your day, unnecessarily worrying about or reacting to things that you cannot control, or overreacting to life's many distractions or negative forces. Seek peace by seeking the answer of fulfillment and quiet within yourself and not, necessarily, from someone else or something else. Peace is reconciliation with tension and anger within yourself or toward another; it is a serenity of mind, body, and spirit in symphony with a sense of balance and wholeness.

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## SPIRITUAL TEACHER SPEAKS OF GIVING

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on giving?" And the spiritual sage spoke from mind, heart, and spirit on giving:*

**A** true gift is giving to another in need without expecting something in return, because worthy giving is in itself a gift to the giver or a sense of personal satisfaction for the giver. A true gift is giving of oneself—sometimes as a sacrifice for the giver; it is giving from one's heart with a feeling of sharing with another and a spiritual fulfillment of a deed done for the sake of goodness. Giving is the offer of a well-thought gift that can be appreciated, used, and cherished in time of need and as needed over time. Giving is a sharing of meaningful things or simply a sharing of quality time with another or others, especially those in need. Giving to another and giving of oneself have meaning, purpose, and value. Surely, giving is an extension of God's spirit of benevolence and goodwill toward humankind. Giving is the essence of Divine grace that is magnified and multiplied for both the giver and the receiver. Give, and the gifts that will come back to you will be many and unexpected.

# SPIRITUAL TEACHER SPEAKS OF FORGIVENESS

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on forgiveness?" And the spiritual sage spoke from mind, heart, and spirit on forgiveness:*

**F**orgive if you can and as you should. To forgive another as well as yourself is Divine; because forgiveness cleanses the soul, relieves burden from the heart, and renews the spirit. It is a building or rebuilding of love between two estranged souls in life, and it is a personal acceptance of wrongful action done or omission of what should have been done. Forgive your parents, forgive your children, forgive your spouse, forgive your partner, forgive your friend, and forgive your fellow worker for errors, omissions, and wrongful acts of human frailty. Forgive, and rain will cleanse your soul, sunshine will warm your heart, and snow will cool the anger within you. However, be cautious about repeatedly forgiving the same person for the same misdeed or omission, because such is abuse and exploitation of the forgiver.

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## SPIRITUAL TEACHER SPEAKS OF PURPOSE AND MISSION

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on purpose and mission?" And the spiritual sage spoke from mind, heart, and spirit on purpose and mission:*

**A** found purpose or mission in life is the bedrock of your very existence on Earth; it is the core of your being and becoming who God has destined you to be. Certainly, a musician must make and play music, a philosopher must think and share such, a scientist must seek knowledge and know-how, and an athlete must perform physical feat in grace, with skill, and at will. Likewise, a bird must fly as fish must swim.

Purpose, mission, meaning, and duty in life are the *raison d'être* for your living. They define you to yourself and others, and they give you a feeling of fulfillment in life through your giving of service or a talent developed. Find what you have been blessed to do in life, and you will find ease and joy in what you naturally do well.

# SPIRITUAL TEACHER SPEAKS OF FREEDOM

*And one among them asked, "Dear Spiritual Teacher, would you please speak to us on freedom?" And the spiritual sage spoke from mind, heart, and spirit on freedom:*

If you feel free within the countenance of your soul, then you are free; just as the free-thinking slave on the ante-bellum plantation or the freedom-destined Jew in the Nazi concentration camp. If you feel free, you will certainly be free in mind and spirit and eventually in body. Imagine your spirit as an arrow in flight, a ship afloat, a bird up high in flight, a butterfly darting to and fro at will. If you wish, you can find the answer to what is freedom by becoming free from someone else's control, from your own addictions, or from anxiety that stymies your choice and will to act. Free the spirit and the Divine gift of talent within you and flow like the wind to your destiny, while feeling the rustling of leaves in your windy flight to inevitable joys and fulfillment.

Freedom is being free from a lack of freedom; it means having a freedom of mind to act constructively and not to act unnecessarily destructively against others and things. Therefore, go forth now; feel free, be free, and act freely.

## SPIRITUAL TEACHER SPEAKS OF TRUTH

*And one among them asked, "Dear Spiritual Teacher, would you please speak to us on truth?" And the spiritual sage spoke from mind, heart, and spirit on truth:*

**T**ruth is not always universal or provincial as that known and accepted by many, but it is very often what you find in your heart and mind as received from God's spirit or as revealed from the path that you have walked in life. Truth comes from life experiences and how those experiences lead you to see the world and yourself. Frequently, such experiences are of challenge and pain; and, therefore, such truth can come from pain and challenge. Truth is sometimes knowing without knowing that one knows; even more, it is an inherent sense and inclination of universal right and goodwill. Truth may or may not be found in books, just as in the case of lies or mistruths. Truth does not necessarily reside in whispery gossip or in the appearance of an image or event; truth very often arises from your personal experience and what you perceive and feel to be right and known.

# SPIRITUAL TEACHER SPEAKS OF COURAGE

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on courage?" And the spiritual sage spoke from mind, heart, and spirit on courage:*

Courage rests on a foundation of moral principles and love; however, it must be tempered by constraint and wisdom. Courage is not necessarily foolish; however, it is action that is driven by care for another's welfare and safety or by one's ethical and righteous beliefs that propel fearless action without concern for one's own welfare or safety. It is not driven by a misguided motive to impress others. But rather, courage is action frequently motivated by risk for good and sacrifice based on an inner voice of moral conscience. Conversely, it should not be a consequence of pain that drives revengeful action. Courage simply "is"; it has no shame, regret, or arrogance in the face of its good deed.

## SPIRITUAL TEACHER SPEAKS OF PAIN AND PLEASURE

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on pain and pleasure?" And the spiritual sage spoke from mind, heart, and spirit on pain and pleasure:*

**P**ain is natural and unavoidable in human living; accept it and flow with it; and, in time, you will be cleansed, renewed, and reborn of spirit and faith. Allow pain to drive spiritual growth, creative beauty, and good deeds. However, I admonish you to avoid using pleasure to cloak pain and emptiness, because it will never be enough to satisfy an unending hunger or need to shield a feeling of numbness. Very often, pleasure is an imposter of true happiness, peace, joy, and fulfillment; and, therefore, it is a detractor of true spirituality which is born of the inner spirit. Repeated pleasure of bodily sensation creates a dependency that is hard to break, and it sucks one into the arena of those worshippers of false hopes through pleasurable addiction. Nevertheless, natural pleasure is genuine, meant, and born of spontaneity and Divine occurrence; it is often of spiritual and sensual ecstasy as one with purpose. It is as ripe and as firm as fruit from a lively tree or as blooming as a flower in spring.

# SPIRITUAL TEACHER SPEAKS OF SPIRITUALITY

*And one among them asked, "Our Dear Spiritual Teacher, would you please speak to us on spirituality?" And the spiritual sage spoke from mind, heart, and spirit on spirituality:*

I have already spoken of such, but should I speak of more? If so, then the search for spirituality is within you; for it is the answer to all that you have asked of me, heretofore. Spirituality is love, peace, giving, forgiveness, purpose and mission in life, freedom, truth, courage, and accepting pain and deferring many of life's temptations of bodily pleasure. These, among others, are pillars of spirituality. Spirituality transcends man-made, institutional religion while retaining much of what has been taught by the great prophets of all times. It is whole, all, and universal; it is good and Divine. It is a love for all that is right and natural and a dispensation with all that is unnaturally destructive. Spirituality absolves life's natural pains and turns such pain into beauty and good for oneself and for worldly virtue. Being spiritual is to be in a state of holistic energy within you; energy that is a balance of mind, body, and spirit—a sense of oneness within oneself, with one's world, and with Divine reality.

So I say again, the answer of spirituality is not within me or another, but within you. Therefore, I ask of you: Have you sought spirituality within yourself? Have you opened your heart to a love for and forgiveness of others, and are you willing to accept a higher love that is unseen and unknown but felt? Have you learned to accept pain and suffering of life with little or no complaint toward others and things? Tell me, do you have the strength and courage to defer many of life's pleasures and distractions as false idols of happiness and fulfillment? Do you have purpose and mission in life that is other than power, status, possessions, pleasure, and riches? Are you just and fair in your dealings with others, or are you selfish and full of greed? Think of and act on these thoughts, and peace and blessings will likely follow you.

# PHILOSOPHICAL ASSUMPTIONS ON SPIRITUALITY

1. Spiritual messages can come to us by way of a person, an event, or symbolism. In receiving a message, we can sometimes know without knowledge that we know. Such messages can come through dreams, visions, a messenger, or repeated thoughts that come into one's mind—sometimes without an apparent reason. To know is not necessarily to understand immediately a spiritual meaning or message.
2. A purpose of spiritual living is to free God's spirit of good within us in order to move the good spirit within others.
3. All religions of good intention are worthy. All true spiritual messengers or prophets of God are worthy. Therefore, there is no need for competition, jealousy, and hatred among religions.
4. If we find out who we are and accept who we are, then we can become all that we are destined to be.
5. Every person whom we encounter can possibly be an opportunity; that is, an opportunity to be helped and an opportunity to help us.
6. Beyond sensual love is spiritual love; a love of knowing without talking, touching without hands, and being without trying. The greatest love of all is Divine love. It transcends human love, and it surrounds and empowers.
7. Divine knowledge comes without effort; it is simply given and accepted.
8. Positive action and positive living result from positive thinking. Self-destruction can result from negative thinking, which can lead to negative actions.
9. We cannot change the past, but we can change our perceptions of past events. We can also change perceptions of ourselves as related to past events.
10. Everyone has a God-given gift or talent. Each person must realize what it is, develop it, and then share the fruits of it with others.

11. A purpose of the school and the family should be to teach young people how to live right, how to accept and respect cultural and individual differences in others, and how to live up to their God-given talent.
12. The farther away we get from our natural way and natural state as human beings, the closer we will get to death as a human species.
13. Some things are meant to be, but not necessarily or spiritually meant to last (e.g., a relationship, a job, a single possession, or wealth in general). Learning to accept loss and change is a necessary way of spiritual living.
14. Sometimes, a higher plane of spiritual functioning involves making choices to transcend our cultural ways, to alter our childhood beliefs, or to go against public opinion and conformity. The choices we make in life can surely affect our destiny and our spiritual path in life.
15. Death is not final as we know it; it is energy transformed into a new form of spirit. Moreover, the life of our ancestors continues in us—both in body and spirit, because their spiritual and genetic essence is imbued in the temples of our holistic and physical bodies. Therefore, life on Earth is continual and fluid from one generation to the next.
16. God's Divine spirit as well as the spiritual energy of our ancestors can influence our Earthly lives and decisions, especially if we are spiritually attuned to messages and meanings.
17. From pain, suffering, and misfortune can arise beauty, meaning, and mission in life.

Adapted and revised from: Harper, F. D. (2001, March). *Psychospiritual Counseling: Assumptions Toward a Theory*. Paper presented at the Annual Convention of the American Counseling Association, San Antonio, TX.

# INTELLECTUAL RENEGADE

(Justice)

Yes, I am an intellectual renegade, and  
I'm proud of it—so don't tell me what  
To think or what to say; don't tell me  
How to think and how to say your thoughts;  
Yes, I am an intellectual renegade,  
A rebel with a cause and for good cause—  
Writing outside the purview of niceties and  
Popular, traditional thoughts of the times;  
Yes, writing outside the euphemistic minutia of  
Bourgeois acceptability;

Yes, I am an intellectual renegade—  
At times, stretching the mind to think divergently,  
That is, to think outside the treacherous box or  
Rigid confines of traditional ideology and  
Acceptable knowledge and theory of  
These times and past;

Yes, I am an intellectual renegade in the spirit  
Of the rebel; those ignored or hated in the flesh and  
Idealized after death: Martin Luther,  
Copernicus, Socrates, Harriet Tubman,  
Sigmund Freud, Frantz Fanon, and Sitting Bull;  
Pardon, but these names are not in any order of greatness,  
But as they have come into my rebellious mind and to my  
Reverent and humbled recollection.  
Pardon me again, while I kneel and pray for the souls  
Of the assassinated shepherds of right and justice:  
Mohandas Gandhi, Abraham Lincoln, Malcolm X,  
Martin Luther King, Jr., John F. Kennedy, and Robert Kennedy;  
Remember, anger and intolerance against injustice

Is love for justice; so excuse me, while I fight on  
For right in the abhorrence of injustice and mission for right;

Yes, I am an intellectual renegade—in the spirit of  
All those unsung creative thinkers whose great thoughts were  
Not recorded in perpetuity for posterity, but lost to time;  
All those great thoughts of time and mind lost in the  
Forgettable dust and graves of times—  
Interred with the brains of creative and deep thinkers,  
    With the burial of their sacred bones;  
All those great thoughts lost in the forgettable passing of times,  
Because of the foibles and black astronomical holes of  
Oral history, racism, ethnocentrism, profitism, genderism,  
Propagandism, and Aristocratism—remember, I can create  
My own words, because I am an intellectual renegade and a poet;

Now excuse me once more while I defile the false doctrines  
Of history and shred the twisted lies in print of centuries past;  
Excuse me while I flush the unfair laws of history into  
    The stench-filled sewage of oblivion;  
Excuse me while I put out the oppressive fires against  
The fledgling poor, the downtrodden woman of the  
Village and town, and the persecuted vocal freedom fighter—  
The ethnically different who suffers and suffered  
The hammer of the powerful puppeteer for the sake of so-called  
Ethnic and religious cleansing, as to cleanse someone who  
Is already clean of spirit and soul;

Yes, I'm an intellectual renegade, but I do have  
    Compassionate feelings—  
So excuse me while I mourn and pray for those emaciated souls  
Who stood at the precipice of Nazi furnaces, the innocent  
Children and mothers of Africa's bloody massacres as  
With the massacred of Cambodia of night and the  
    Atlantic Slave trade of yore;

Excuse me while I mourn and pray for the spirit and families of  
Deceased warriors who die today and died heretofore on the  
Lonely battlefields of *unnecessary* wars because of  
    Misguided and egotistical leaders;  
Excuse me while I mourn and pray for the abused child who  
Is and was too weak of body and mind to defend self  
    Against the sorrowful sick or selfish;

Excuse me for not allowing you to make excuses  
For immoral inaction for the sake of good and justice;  
Excuse me or rather indulge me while I soliloquize  
On the questions of right and righteousness:  
Was Christopher Columbus bringing joy or pain and to whom?  
Excuse me while I throw off the yolk of etiquette  
And snatch the scepter from the power of the despot,  
And slay the wrongful hand of the malign dictator;  
Excuse me while I question the childhood beliefs thrust  
Upon your tender heads in youth—sometimes rightfully and  
Sometimes wrongfully taught; and sometimes so illogical  
In reality, yet you never once stopped to think of such as  
Untruth or even paused to question that learned in your youth.

I close and beg of the rich to share with the poor;  
I beg of the powerful to free the wrongfully persecuted;  
I beg of the abandoned and wronged to forgive the wrongdoers,  
And for the wrongdoers to beg of mercy to person and God  
    For their wrongs;  
I beg of governments to protect the abused child and its mother;  
To put down the evils of greed, hatred, and excessive pleasure;  
And to put up the pillars of spirituality, peace, and meaning;

Excuse me sir, excuse me madam; excuse me young person, but  
Time is up for my soliloquy, my poetic diatribe, my altruistic oration;  
And, thus, I say to the “will nots” and possibly the “willings”;  
Those who can maybe turn history around for right and good,

Who can self-efface from self-greed toward positive altruism,  
Who can turn the tide of mass pain and death,  
Who can right the ship of wrongful destiny;

I am an intellectual renegade in spirit and action;  
I am an intellectual renegade for right and good,  
Who beg of all who can—to make a small or big difference  
In the world or in your space, and to do it now.

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# THE TRUE TEST OF OURSELVES

(Peace and Self-Love)

The test of ourselves is

How we live with ourselves,  
How we treat ourselves,  
How we respect or not respect ourselves,  
How we love or not love ourselves;

The test of ourselves is

How we deal with adversity and loss,  
How we deal with lies against us  
And illusions before us;

The test of ourselves is

How we avoid being a problem to ourselves, or  
How we avoid being distracted by our challenges  
And disappointments in life;

The penultimate test of ourselves is

How we avoid turning our pain inward—  
Toward ourselves;

The ultimately true test of ourselves is

How we live with ourselves.

BEWARE OF THE  
PERPETUAL PROMISER

Yes, beware of those  
Who offer words with no deeds,  
Who offer abundant advice but no work,  
Who utter loyalty but cannot be found in times  
Of need and emergency;

Yes, beware of those  
Who promise but fail to follow through,  
Who are professed believers but follow not  
The professions of their faith and beliefs—  
Who make promises to a child  
But cannot be found when it's time to deliver;

Yes, beware of those  
Who borrow money but never give it back,  
While sometimes begging for more;  
In summary, beware of the perpetual promiser  
Whose habit is not to follow through on promises;  
Also, *be aware* of the good in heart and deed,  
Who often make no promises but simply give when needed,  
Come when asked, and are simply there in time of need.

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## GENIUS IS...

(Giving)

**G**enius is not always serious,  
But sometimes foolish and sometimes  
Even childish,  
And sometimes tethering on the brink  
Of madness or insanity;

Genius is not always sensitive to the  
Feelings of others,  
But sometimes moody and engulfed by  
Its own thoughts and creative absorption—  
Driven by its own impatient, self-imposed  
Expectations, and intolerance for human  
Normalcy;

Genius is not always matured or sensitive  
To the needs of self or others;  
But in its selfishness and self-centeredness,  
Genius gives to the world.

IF I DID OR DID NOT,  
THEN I'M SORRY

(Forgiveness)

If I hurt anyone's feelings over my life,  
As I have surely done,  
    Then, I am sorry;  
If I did not rise to someone's expectations  
When I should have,  
    Then, I'm sorry;  
If I did not follow through on a promise,  
When I could have or should have,  
    Then, I am sorry;  
If I've spoken ill of another in joke or jest,  
When I should have kept my mouth shut  
And spoke nothing, or when I should have  
Spoken well of the deserved or empathically  
Of the suffering, defeated, or downtrodden,  
    Then I am truly sorry;  
If I've been insensitive to or disparaging  
Of the weak or weakened or those with  
Less to little to nothing,  
    Then, I certainly am sorry, and I beg to be  
    Humbled in spirit by the Greatest Spirit of  
    Forgiveness of wrong;  
If I have failed to share my bread with the  
Hungry or my drink with the thirsty,  
    Then, I beg for forgiveness for my  
    Greed, oversight, or insensitivity;  
If I have simply failed to practice, in full, the  
Learned way of love, giving, and forgiving,  
Then I beg of Thee to remember for me lest force  
Me upon my knees to genuflect in prayer for

Mercy from Thee for myself in all my human frailty and  
Unintentional but wrongful actions and inactions—  
That I may pray within my heart to keep my eyes  
On the White Light of *Love, Peace, Giving,*  
And *Forgiving.*

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IF WE CAN DO WHAT WE SAY

(Giving)

If we can do what we say;  
If we can do what we wish;  
If we can do much of our doing in  
    Making the world a better place;  
If we cannot do what others  
    Always wish for us,  
Then we will and can be worthy  
    Of the creation of us.

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## MOROSE HOLIDAY

(Divine Love)

**Y**ear's end often brings spiritual  
Holidays of love and giving  
Or sad thoughts for those who  
Dwell on love's absence and loss—  
Or a family never had.

Year's end in family gatherings  
And loved ones' absence can bring  
Emptiness to those without—  
Those who feel absence by lack of presence  
Versus sweet peace and solitude in  
The love and embrace of God's grace.

I implore you to fall on your knees and  
Not on the cold blade of your  
    Self-pitying sword;  
Lift yourself higher in Divine love  
And allow the love and spirit of  
God to come to you, to come into  
Your heart as your meaning of  
Spiritual holiday.

# TOTALITY OF SPIRIT DIVINE

(Divine Love and Meaning)

**T**he whole Spirit, the totality of Spirit  
Divine, is infinitesimal in time and  
Space for the mind to even contemplate;  
Definition or descript of Divine eclipse is  
An energy without limit and space without end.

The only thing that we can say in this  
Miniscule and ephemeral life is to say  
That we feel a special sense of knowing beyond—  
Knowing without awareness that we  
Exist for some reason that is itself sacred—  
And for a mission in a work for us that is  
In itself a Divine reality.

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# ENERGY

(Pain)

A ball thrown or dropped  
    Cannot be retrieved—  
    As with a bullet in flight;  
A planet in circular motion  
Does not likely reverse its direction;  
Similarly, rage from anger  
    Unharnessed cannot be undone;  
So snuff out pain from hurt feeling,  
And stop destructive energy;  
    If it is right to do—  
Let pain and hurt run their course,  
And seek beauty and love  
From pain's cleansing of the soul.

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CLOUD OF SADNESS,  
SUN RAYS OF JOY

(Divine Love)

Yes, without warning, a dark cloud  
Set upon a child of God and draped its soul.

And, yes, the child mourned of an emptiness  
And a sadness whose source could not be  
Discerned.

Yet, dark clouds cannot forever shroud  
The warm and bright light of Divine sunshine.

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## RUSH MODE

(Peace and Purpose)

C lattered minds and “clippity clappety”  
Pirouetting around in disaster’s rush and  
On evil’s edge—trying so desperately to seek  
Pleasure, power, riches, and status while  
    Unconsciously courting death’s welcome;  
Blocking meaningful activities of the day  
By self-imposed, empty errands, paperwork,  
    And gossipy exchanges galore;  
Memory packed in Wernicke’s brain as Broca’s  
Area awaits a program of wasteful talk;  
Oral bursts of acquittal and empty “gettal” yield  
A rush mode that mines errors like burnt coal;  
Rushing through meaningless living and to  
    Quickened death,  
Instead of seeking and searching purposefully  
    For the real stuff of life.

# LIVING IN THE LIGHT OF GOD

(Giving)

**W**e can never repay those who helped  
Us along our path;  
We can never repay the angels  
That watch over us from day to day;  
We can never repay the God  
Who spared us our life for growth  
And giving;  
We can only do our best to give to others  
Who are so desperately in need  
Of our word and inspiration;  
Who so desperately need to be that self  
They are destined to be or can be—  
Only if they will themselves to be  
The self they can; the self they are  
So destined to be.

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## LESSONS FROM SAGES OF THE AGES

From spiritual poetry of The Rumi,  
I have learned that

There is no greater love  
Than Divine love,

From Omar Khayyàm's *Rubiyat*,  
I have learned that

"The moving finger writes,"  
Thus one cannot change nor afford to  
Dwell on the past;

From Khalil Gibran's *The Prophet*,  
I have learned

The value of unselfish love;

From Joel Goldsmith's *Beyond Words*  
*And Thoughts*, I have learned that

One cannot summon God at will,  
But one must prepare the  
Heart for God to come in.

From the teachings of Buddha, I have learned the value of  
Ignoring or accepting the pains, sufferings,  
And distractions of life;

From the teachings of Confucius, I have learned to do my duty  
And to carry out accepted responsibilities;

From the teachings of Jesus, I have learned the value  
Of love, giving, and unconditional forgiveness.

From the teachings of Muhammad, I have learned that there is  
Value in all the sacred scriptures and from all  
The great prophets of God.

From the Great Spirit of God that protects and inspires  
My purpose and being, I have learned to listen  
To my heart and mind above all else, and to allow  
That same Divine Spirit to come into me and through me  
For good of myself and others.

## L A W S O F L I F E

1. If something appears once, it is likely to appear again over time and in space.
2. Similar things appear in different forms, sizes, and places.
3. Everything is related and interconnected in some way, because everything originated from the same source and, thus, is the same source.
4. A collective state of thoughts of a people is constant within a time and over time, but can also change within a time and over time.
5. Human beings are not perfect and vary in their goodness of constitution, but all people are vulnerable to their own emotions, impulses, and organismic flaws.
6. On a higher plane of life after death, there may be no such thing as time and space, as all is one and connected in one spiritual mind, body, or state of energy.
7. There may be existence and energy in Earthly space that cannot be detected by the range of the human senses.
8. Human life on Earth continues after death in the spirit of life's work and in the physical bodies of the offspring.
9. The only known constancy in the entire universe is probably change. Practically or absolutely everything changes over time.
10. Change is predictable if a phenomenon occurs at the same time, in the same fashion, and in the same place or context. The order or occurrence of cyclical change can be affected by a change in the context in which the change occurs.

# YOU DON'T HAVE TO

(Purpose and Mission)

**Y**ou don't have to do,  
Just because others do;  
You don't have to say,  
Just because others say;  
You don't have to follow,  
Just because others follow—  
The tails and trails of another,  
The tails and trails of others;  
Blaze your own trail,  
Cut a new trail by your mission  
And your divine destiny in life.

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## PAST AND FUTURE

**A**s much as we can  
Bring back images within  
The memories of our mind,  
We can not go back in real time;  
We can not go back in our body  
To a place of a past time and space—  
To relive excitements, pleasures,  
And meaning;  
To reverse mistakes, choices, pains,  
And sorrows;  
Surely, destiny has claimed our  
Very state of identity, our very  
Presence of being;  
The past is the past; the past is  
What we perceive it to be;  
Therefore, change your views of the  
Past, and make your future what  
It can be.

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# I'M SORRY, YET HAPPY

(Forgiveness)

**A**t times, I've been flippant,  
While inadvertently ignoring or being  
Insensitive to the pain of another or others;  
For this, I'm deeply sorry.  
At times, I've been too busy or even  
Forgetful of important dates and events  
Of loved ones and friends;  
And while acknowledging such,  
I have put work ahead of such importance;  
For this with those, I'm deeply sorry.

But, by the same token,  
At times, I've been sensitive to and  
Concerned about the suffering of others;  
At times, I've spoken and acted out  
Against injustice to one or many;  
At times, I have given much—even  
At times when nothing was expected;  
For this and more, I'm proud, I am  
Humbly grateful, and I'm happy.

## CELESTIAL AND EARTHLY BEAUTY

(Love of Natural Beauty)

I never saw a moon  
That I didn't like;  
I never saw anything more  
Beautiful than stars that twinkled at night  
Brightly up high across the blackened,  
Celestial sky;  
I never saw anything as lovely as a  
Beach with its sand in my hand  
And the roar of the thrashing water  
Like flowing rain, or a blue beach line  
With its peaceful calm so much sublime;  
I never saw anything so pristine in beauty  
As a colorful flower outreached in spring  
Or a beautiful mountain up high,  
That bids you on flight a pleasant goodbye.

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## ABANDONMENT

If you are abandoned  
By someone who should have loved you,  
Then you don't have to abandon yourself;  
If you have been ignored  
By someone who should  
Have given you the attention, love, and  
Warmth that you expected and deserved,  
Then you don't have to hate yourself;  
Then you should not have to  
Destroy yourself—  
You should not have to hurt others.

FATHER IN THE SHADOW  
OF THE SON

(Paternal Love)

The boy, now a man, standing in the shadow of victory;  
Standing at the precipice of yesterday's vision of the father—  
    His vision for his son;  
Walking now in the unblazed path of the father's past ambition  
    Unfulfilled—  
The father's unreachable dream, lost by life's challenge and  
    Unfortunate turns of fate;  
The father, no longer the teacher of the child;  
Now standing in the shadow of the son's pride as their own—  
Walking in the footsteps of the son's dream realized and a  
    Fatherly dream once held—  
A fatherly dream once held for himself—now held for his son,  
    Dream of an unblazed future now told;  
Now looking through the telescope of the future of his life—  
Extended through his son's being, through his son's becoming,  
Through his son's pride that is now the pride of his father.

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I NEVER MET A DOG  
THAT DIDN'T LIKE ME

(Love)

**Y**es, yes, it is true;  
I've never met a dog that didn't like me;  
I believe, yes, I do, that dogs sniff and sense  
My love of life and them,  
My nonintention to threaten their being  
And existence.

Surely, I believe I've never met a dog that didn't like me;  
I've had a poodle to sit at my feet, follow me around the house,  
Eat from my hand, and sit in my lap upon first meeting;  
I've had a large shepherd dog, on first meeting,  
To stand on two hinds with front paws against my chest  
And waggle its tail in peace and happiness;  
Yes, I've had many a dog to bark and nip at my ankle while  
Jogging or walking, and, upon my standstill and calm,  
They back away in peace;  
They yield to their own understanding that  
I am peace; that I come in love of them.  
Now you see, I've never met a dog that didn't like me,  
Because, simply, I never met a dog that I didn't like.

## THE "L" WORD

(Love)

I like the way you laugh,  
I like the way you lean;

I like the way you look at me;  
I like the way you talk to me;

I like the way you love me—  
Through the look in your eyes.

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# LET GOD COME INTO YOUR HEART

(Peace and Divine Love)

God created life and then imbued life with the  
Ability to create itself many times over.  
The spirit of God will not necessarily come to you  
When you are in need, but surely if you prepare  
Your soul for pain and your heart with goodness, God's  
Spirit will come into you and lift you in grace,  
And fortunes will multiply in your presence,  
And peace and blessings will be upon you and  
Remain with you.

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# LIFE IS A ROSE

(Meaning in Life)

As a rose, life sprouts from fertile soil,  
And as a bud, it opens to the challenges  
Of its world,  
Bathing in the rain and soaking  
Its pores in the sun—  
Like roses, some lives bloom,  
Each unique in its form and path;  
And as a rose, life's petals fall with time's ending;  
Death's call from beauty's youth leaves  
Images in one's mind to be savored.

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## THE SPIRIT OF SPORT

Sport is awareness of body movement in space,  
Intense concentration on a physical task with grace;  
It is speed, power, agility, dexterity, and steadiness;  
Balance, judgment, and prepared readiness;  
It is a love for winning and a respect for losing;  
It is being the best that one can be with what one has  
Been blessed to receive as a gift from God.

Sport is self-discipline in action,  
And freedom within structure;  
It is fellowship and fraternity—  
A lifestyle of fitness with health.

Sport is ventilation through participation,  
It is the quintessence of human movement;  
The ultimate grace of God's human body,  
And it is appreciation for victory  
In a job well done,  
With simultaneous empathy for the defeated.

ACCEPTING THANKS AND  
HONOR IN YOUR NAME

Great Spirit of God,  
Help me to absorb bestowed  
Gratitude and honor  
By keeping my mouth shut,  
Except to say thanks—  
By not trying to apologize  
For Your gift of talent to me;

Great Spirit of God,  
Help me to absorb bestowed  
Gratitude and honor  
By crediting You for the  
Gift You have given me—  
To share as Your messenger of word,  
As Your message of love;

Teach me, forever, to  
Accept gratitude and honor  
In Your sacred name and the names  
Of my beloved ancestors of spirit.

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SELFISHNESS IN THOSE  
WHO CLAIM NOT

(Forgiveness)

Are you tired of people who need you when they want you,  
But you don't hear from them when they have someone  
Else to keep their company?

Are you tired of people who call you when they need money,  
But you don't hear from them when they have money  
Or when it's a nice day and its sunny?

Are you tired of people whose total interest centers on  
Themselves, while being oblivious to those they claim  
To care about?

Are you sometimes tired, and you just find  
The energy to step away or step aside—

Or, are you sometimes tired, but you just find the energy  
Again to forgive human frailty or plain human  
Selfishness?

# YOU ARE TOO MUCH FOR SUCH

(Love and Forgiveness)

**Y**ou are too real  
To be true;  
You are too pretty  
Not to be appreciated;  
You are too alive  
Not to be loved;  
You are too genuine  
Of intention not to be  
Forgiven.

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# I LIVE TO SEE

(Peace and Meaning)

I live to see a smiling face,  
To share a worthy thought,  
To feel the essence of peace,  
To witness a life of meaning,  
And to see a world of miracles  
In my life and in the life of another.

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## THE POET'S MISSION

(Purpose and Meaning)

**A**s poets of good spirit,  
We may not be honored  
In our lifetime, but let us  
Honor ourselves as poets  
By writing of virtues from  
Thoughts that come from  
The heart;  
For one who writes, must  
Write with the hand of God—  
So, allow challenge and pain to drive  
Truth to the surface of joy, and let the  
Winds of joy's appreciation  
Blow far and spread afar and  
Forever.

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IF THEY COME FOR ME:  
A REVOLUTIONARY THOUGHT

If "they" come for me,  
I will not shrink in cowardice  
Or lie, beg, or accuse others;  
If "they" come for me  
To snuff my word and thought,  
I will not cry for life or recant in  
Shame for me, or Thee, or them.  
If they come for me,  
I will refuse to die a life of shame for Thee;  
I will refuse to die a life of blame of Thee.

## THE GOSSIPER'S NEWS

Some people seem to think that  
If there is bad news, you've got  
    To exaggerate it, and,  
If there is good news,  
You must hate it or darkly shade  
    Its truths, and  
If there is no news,  
You must make up some of interest  
    And titillation, and  
If there is boring news,  
It must be made exciting.

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## ANGER AND SHAME

(Pain from Love)

**And he said,**  
"If I had a gun,  
I would shoot you;  
If I had a knife,  
I would cut you;  
If I had a rock,  
I would throw it at you;  
You have angered my  
Soul to the core;  
Your happiness  
Has been my pain  
And my pain has been shame  
And hurt, the nadir of dirt;  
*If I could bring forth the tears,  
I would cry."*

**And she said,**  
"If I had a gun,  
I would shoot you;  
If I had a knife,  
I would cut you,  
If I had a rock,  
I would throw it at you;  
You have angered my  
Soul to the core;  
Your happiness  
Has been my pain too,  
And my pain has been shame  
And hurt, the nadir of dirt;  
*If I had another tear to give,  
I would cry once more."*

I WANT TO: FOR YOU  
AND WITH YOU

(Marital Love)

I want to do things for you and with you,  
And allow you to do for and with me;  
I want to be with you as much  
As we can be with each other;  
I want you and want you to want me  
As you simply do;  
I want you to be with me  
In God's love and as my wife.

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## REBUFFED

Sometimes, when you are mean and indifferent,  
    You are rebuffed;  
Sometimes, when you are nice or too nice,  
    You are rebuffed;  
Sometimes, when you are not nice enough,  
    You are rebuffed;  
Sometimes, when you do nothing,  
    You are rebuffed;  
Sometimes, you are simply rebuffed  
    For your presence or  
    For your existence.

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## YOUR PERFECT CHOICE

You have a choice,  
To do what you want to do;  
And I have a right to  
Respect your right.

You have a right  
To do what you want to do;  
As long as you don't do it  
To me or with me; or  
Without my consent.

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# OH GOD, I'M TIRED

(Meaning and Mission in Life)

Oh God, I'm tired of carrying  
Others on my shoulders;  
I'm tired of pulling the group on my sleigh;  
I want to rest under a tree, and wish  
For an acorn to fall in my lap;  
I want to sit by the riverfront and pray and wait  
For a fish to pull my line and jump to shore;  
Oh God I'm a tired of helping others, but  
I'm not ready to come home;  
I just want to rest awhile—  
So I can carry Your burden once more.

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STANDING AT THE PRECIPICE  
OF CREATIONS

(Divine Love)

I have stood at the foot of the Acropolis on the  
Rock where Paul preached;  
I have sailed the Thames of London  
And crossed the River Liffey in Dublin;  
I have walked the grounds where Handel first performed  
His Messiah in concert;  
I have prayed and meditated in some of the great churches  
And temples of the world;  
I have jogged along the skyline view of Diamondhead  
In Hawaii as I have done along the Seine in Paris;  
I have swum in the blue waters off the Virgin Islands;  
I have twice witnessed the birth of life as a  
Fatherly trustee of God's sacred creation;  
Certainly, I have been blessed to stand at the precipice  
Of God's creations by His hand and through  
The works of human.

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## PRECIPICE I

All humanalia, standing at the precipice  
Of final days as a species—standing with  
No will to turn around, no will to reject  
Destiny's extinction.

Priding in the intellectual ecstasy of  
Technological minutia;  
Riding on a wave of electronic entertainment—  
So oblivious to the natural sources of respite  
And recreational beauty: of sun, moon,  
Flowers, lakes and seas, and mountains.

God's human creation gone awry and numb—  
Standing at the precipice of a blind destiny  
To deaf ears that refuse to give attention to signs;  
God's human creation gone awry and numb—  
Standing around and moving ahead in nothingness  
Droves as blind wildebeests gone astray.

Please pray for our destiny and a will to save  
Ourselves as a human race—to create a human  
Culture of cooperation and Earthly synergy that  
Can very much be.

# HUMAN FORGIVENESS AND HUMAN DESTINY

(Forgiveness and Will)

AND EARTH SPOKE:

"I'm alive with you  
And you with me as one;  
To desecrate me  
Is to desecrate yourself,  
A demise of your making—  
My dear humanalia,  
My dear pearl of God's  
    Earthly creation;  
You break my plates  
To nowadays frequent Earthquakes;  
You soil my air  
To disgusting level of despair;  
You rot fisheries of the oceans,  
    Waterways, and seas—  
With chemical and spoiled garbage;  
And now I'm in Earthly rage  
    To save myself, my Earthly self,  
So that your death as a species  
Will breed Earth anew to the  
Birth of a new planetary life,  
With a grander species than you—  
Only if that is your wish and destiny."

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## DIVINE LOVE

**R**each out in love,  
And love will come back to you;  
Reach out in love and giving,  
And spiritual love will  
Surround, embrace, and  
Lift you higher;  
Give and you will surely receive—  
As soil receives from rain and  
Plants from the sun;  
Open your heart to goodness and warmth,  
And the Spirit of God will come to you  
And imbue your soul and being with  
Peace and fulfillment unfound by  
Any pleasure of your searchings.

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# TSUNAMI 2004

(Pain With Love's Rescue)

**W**hat do you do when  
The water washes life away;  
What do you do when  
You lose everything but  
Your life—when you lose your way?  
What do you do when  
You lose your family and children,  
When you lose your job,  
Your livelihood, your way of life?  
What do you do when you  
Lose hope and gain pain—  
When sadness grips your soul,  
Your spirit, your will to live?  
I tell you what you can do:  
Allow the love of helping  
Hands to come to you  
As you allow your own help of others  
To heal the pain within you;  
Allow the Great Spirit of  
Divine love to come into your heart and  
Let the pain of human suffering cleanse  
Your soul so love can come to you as life,  
And breath can stay with you in this world;  
In love, remember what was, and,  
With love, build what can become.

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## WISDOM BEFORE BLIND COURAGE

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

IF YOU CAN: MISSION AS  
LIFE'S CHALLENGE

If you can choose and pursue a path of life  
Beyond the interstice of self-doubt and  
    An accepted challenge postponed;  
If you can stand at the precipice of failure  
And not look back or fall down;  
If you can face your purpose, God's sacred  
Purpose for you, without fear or hesitation  
    Or uncertainty;  
If you can weather life's walk along thorny  
Webs of endless attacks, lies, and unappreciation,  
Or stand alone in darkness before morning's dawn,  
Or bear the pain of the last lap of a tiring race  
Before knowing the light of triumph and  
The joy of a race won and a race well done;  
If you can do these things and more,  
You will have accepted a found mission in life  
That will make life worthy of living.

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## WHAT DO YOU DO WITH ANGER?

**W**hat do you do with anger within your  
Heart, mind, and soul?  
Do you stuff it deep down inside yourself, or  
Do you stuff it deep down to forgetfulness?  
Do you direct it toward another—  
Deserved or undeserved, or do you  
Direct it toward your victimized self?  
What do you do with angry images within your  
Mind, that play over and over like a bad  
Movie or recorded song?  
What do you do with pain from a bad thought or  
Experience—uncontrolled and not easily forgotten?  
What do you do? Do you destroy, or  
Do you build anew?

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## FORGIVENESS

**F**orgive if you can,  
Another or yourself;  
For forgiveness cleanses  
The heart and the soul.

Forgive if you can,  
Another or yourself;  
For forgiveness lessens  
The anger and hatred that  
Eats at your core and being.

Forgive if you can,  
Another or yourself;  
For forgiveness absolves  
You of negative thoughts  
And feelings,  
And frees your spirit  
To give and love.

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## IDENTITY

**W**e cannot reject  
People for what they are;  
We should not reject  
People for what they perceive  
Themselves to be.

We cannot reject  
People for whom they are;  
We should not reject  
People for whom they perceive  
Themselves to be.

We cannot reject God's creation  
Destined to be, because we are all  
Worthy human beings in the  
Eyes of Divine love;  
Are we not all members of the same  
Race—the human race?

# OPPRESSION

(Justice)

Human oppression by any name is wrong;  
For any group to hold another unjustly or to  
Hold down another unfairly is certainly  
    Not right;  
Whether it's a government against  
    Its own citizenry,  
    One religious group against another,  
    The rich oppressing the poor,  
    Or one ethnic group oppressing another;  
Whether it's adults oppressing the spirit  
    Of children, or man over woman or reversed;  
    Oppression is wrong, because it  
    Squeezes the heart and spirit from  
    Another human being;  
So, let these words bring right by the  
Persecutor and peace for the persecuted, or  
Surely, the captors may become captive  
Of those whom they wrongfully persecute  
Or captive of those who will rightfully  
    Protect the wronged.

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## MEANING IN OUR MEETINGS

Some people are meant to pass you in life  
And give you a message or receive a message  
From you;

Some are supposed to come through your life  
And stay just temporarily for a purpose;

Others are to come through and stay a while  
And then come back to reaffirm their purpose  
Or even complete a purpose with you;

And still, there are others who come to you  
And stay for the remainder of your life to assist  
Or join you with a mission in life;

Even more, beware of those who may come  
To you to exploit your gifts or even distract you  
From good to be done or a mission known,  
Found, and destined.

## NOSTALGIA V\*

I'm happy to be back  
To a place along my path,  
Where I was made different  
And where I made a difference.

I'm grateful to return  
To a place in time,  
To sit with those of then and toast  
Of good wine.

I'm thankful to go back to  
A time and place with  
The blessings of God's sweet grace.

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*\*This is the fifth nostalgia poem by the author.*

## LIFE'S TESTS

**B**e strong young person,  
For life will test you  
At every turn, every climb,  
And every descent;  
Life will test you at every  
Turn or choice you make,  
Or choice you fail to make;

Be strong young person,  
For life will test you at every  
Climb to victory or success, and  
It will test you at every descent  
Or fall from grace and  
Good fortune;

Be strong young person,  
For life will test you  
In every arena, on every plane,  
On every mountaintop of success,  
And in every valley of despair;  
Be strong young person,  
For life will test you by testing  
Your very self.

CREDO FOR A PARENT  
OR CAREGIVER

(Love of Child)

*And each parent or caregiver should say to self:*

"I will never hurt my child,  
I will never hurt a child;

I will never neglect my child,  
I will never neglect someone else's child;

I will never abandon my child,  
I will never abandon someone else's child;

I will never exploit my child or any child or  
Children for my own pleasure or my own benefit;

I will never put my own personal needs  
Before the needs of my child or any child;

Certainly, I will do my best to help my  
Child or any child in my care to become the best  
Human being that he or she can possibly be and become."

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## ON RETIREMENT

Time comes fast to view  
When one notices  
The open door to retirement—  
Retirement from institutional work.

When such comes to light's view,  
One should walk fast to the exit,  
And not pause to dwell on regrets,  
Apologies, and undeserved "thank you's"—  
Hoping that such will be few.

When time comes to leave the comfort  
If not discomfort of daily company,  
One should not stumble over the  
Potholes of sadness, but move one  
Must to a higher plane of  
Peace, meaning, joy, and long-awaited  
Quality time with loved ones and  
One's chosen activities in life.

# WHEN LOVE TURNS TO HATRED

(Forgiveness)

When one or both persons become tired of  
Or indifferent to the other, and  
When abandoned love becomes blown  
Ashes in a cold fireplace, and hatred  
Fuels the instinct to run from each  
Other or ignore the other;  
When hatred for each other fuels  
Fights of words; or  
When hatred's anger turns to rage, and rage brings  
Pain and disrespect or even bodily harm;  
When all these happen and possibly more, it is  
Simply time to stop the cycle of hate and  
Think for a while about what is right and good  
For all involved; it is time to think about a time  
For mercy, a time for forgiveness of each other,  
A time for mutual sacrifice,  
Or perhaps a time to think about parting ways.

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# PEOPLE ARE WHO THEY ARE

(Unconditional Love)

People are who they are;  
People are what they are;  
They do not have to change,  
And they need not change—  
As long as they are not hurting others;  
As long as they are not hurting  
Themselves;

People are who they are;  
People are what they are;  
People are often what they are made  
To be by Divine destiny or simply  
Their constitutional make-up;

Let us all be careful about passing  
Judgment;  
Often people don't choose who  
They are and what they become,  
But who they are and what they become  
Can sometimes choose them.

# GOD IS SMILING ON YOU

(Divine Love)

**W**hy be weary and wary,  
But rather open your eyes—  
Because God is smiling on you;  
Look around at your gifts and  
Your blessings—  
Indeed, God is smiling on you.

God's love is gift of a child,  
A job, a talent, a daily blessing to you;  
So be appreciative for what you are  
And what you have been blessed to receive,  
Because God smiles and shines  
On you from day to day, sometimes  
Everyday, and often in many ways.

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# ODE TO A LOST CHILD

(Pain and Grief)

**I**n pain, we celebrate the life of  
A child now gone, a flower  
Chilled in the morning of its bloom,  
A gift from angels once enjoyed;  
Memories now rebound in  
Moments of sadness and grief;  
Through pain but innocent reflections  
    Of sweet nostalgia,  
We now say goodbye too soon;  
We now have to say goodbye  
To a precious life that is with us  
    No more—  
But sweet memories do remain.

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# EYE ON THE PATH OF PURPOSE

(Purpose and Mission)

Other people may not understand you,  
And little of what they say about you  
May, unfortunately, be untrue;  
But you should, if not must, address little  
To nothing of such, lest you will lose  
Your way in what you have been chosen  
And blessed to do in life.

Pain may find you, as it does in all life  
Of humankind;  
But you must not allow it to discourage  
You, despair you, or make you bitter;  
Again, you should, if not must, address little  
To nothing of life's pains, lest you will lose  
Your way in what you have been chosen  
And blessed to do in your lifetime on Earth.

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## DIVINE GIFTS THAT ARE FREE

(Divine Love)

God's gifts are often free:  
Air,  
Water,  
A natural talent bestowed,  
Our capacity to love and be loved,  
Our capacity for health,  
The life of a child,  
Our own life given and extended,  
Beauty of nature and Earthly forms,  
Ability to give and forgive, and  
An inner will to change ourselves—  
Among other gifts and blessings  
That we often take for granted.

## THE DEATH OF A POPE

**W**hen Pope John Paul II died,  
A great and destined spirit passed  
In body and image from Earth's stage—  
And was born to the celestial universe  
In all its heavenly space and time.

With our Earthly loss of him, a part of the  
Human race was lost in spirit—  
His spirit of forgiveness  
As with one who tried to cut short his life;  
His love of the masses regardless of  
Religion, race, status, or age;  
His courage and mission of worldly travel  
To bring hope and blessings to God's people.

If the Pope's life, as lived and remembered,  
Can give us life renewed and greater spiritual  
Meaning of a rightful way, we pray for such;  
A man only, but one who gave his  
Life in service by giving spiritual guidance,  
Hope, and moral conscience to humankind.

Let us remember him in our appreciation  
And in his image and good spirit;  
Let us remember him and model  
His unselfishness and Earthly gifts of  
Love, giving, and forgiveness.

## THOUGHTS

The Great Spirit and the spirits of your ancestors will shine on you for being the natural you that you are destined to be.

§

We should at least try to do all the good that we can in this life, regardless of challenges and distractions.

§

Men are many times so busy on the battlefield, that they don't take time to feel—they don't take time to cry.

§

It takes patience to pick a suit or a dress; it takes patience to pick a love or allow a love to pick you.

§

Personally, there is little or maybe nothing that is more precious than our health and reputation.

§

Death is so final to the mortal and so unredeemable to the surviving loved ones.

§

Your attitude can carry you or bury you.

§

Time is unequivocally the thief of a youthful body but not necessarily of one's mind.

§

If there is no fuel, then don't attempt to light a fire.

§

If there is no game played, then there is no competition or loser.

§

It is often useful to listen to advice of others, but, in many good cases, we must follow our own minds and hearts.

§

It seems some people are often so confused about the confusion in their workplace that they would probably need to resign from their jobs in order to make sense out of the senseless.

Unfortunately, there are those who very often think “stupidly,” and, even more unfortunately, tend much of the times to act “stupidly.” Yet, there are some among these unscrupulous ones who are not so “stupid” as to confirm such by admission.

§

There is no end at the end of a chapter, which is really the beginning, because endings almost always lead to some type of beginning or rebirth.

§

Women often lie or exaggerate to protect an image, and men often lie or exaggerate to establish an image.

§

Democracy cannot thrive in a nation where people are tired of abuse and no longer fear power.

§

Is peace more important than excitement, and can there be excitement with peace?

§

We should help each other, and by helping each other, we help ourselves.

§

If you’re going to be uncomfortable, then don’t do it; and, if you’re going to do it, then don’t be uncomfortable.

§

Good things come to those who work, and some good things unfortunately come to those who steal.

§

You cannot train a gift of talent from God; you can only enhance and express it.

§

Those without the gift of appreciation and discrimination will surely choose that which is not art in every form.

§

Those who have a reason for which to live often are cautious to avoid death; those who have nothing for which to live often embrace and flirt with death—exceptions are those who are driven by either excitement or a sense of mission in the face of enormous risk to their lives.

Don't think about it, experience it.

§

If somebody is going to hell, you don't have to go with them—although you may have gone part of the trip.

§

You may not be able to push a rock that is too heavy to move. However, you can push such a rock when you break it up into movable pieces.

§

There are many smart people we may know across the lands and seas who have the answers, they think, and can talk much; but few, it seems, who can raise or even know the right questions.

§

Warriors for good may rarely sleep, because much work is needed.

§

It seems, nowadays, that some people make a living off trashing and bashing others.

§

During this critical time in world history, we cannot afford to criticize good leaders unfairly, and we cannot afford to choose poor leaders or allow them to choose us.

§

May God continue to shine upon you, and may you continue to walk in His light.

§

It is time for people to stop talking about differences and to start helping people regardless of their differences.

§

A key to life is to keep your feet on the ground, to stay focused on your goals and mission, and to withstand distractions and misfortunes.

§

We should ride on the shoulders of others, and once we are strong, we can then carry them and others in need.

§

Good things usually come to the destined ones who are on a path for His goodness.

Two of our urgent goals as human beings should be to save the human species from extinction and to enhance the human condition.

§

History is not always just and fair, and it does not always portray truth.

§

There are some who do nothing but try and discredit others who do something, while attempting to gain more credit for themselves than they are worthy of receiving.

§

Of course, human beings are not supposed to be perfect, but we can be better. We can either use pain that we experience to become better, or we can allow that pain to make us worse and less than we were.

§

There are logical paradoxes: e.g., out of beauty can come pain and from pain can come beauty. From misfortune can come fortune and from fortune can come misfortune and sadness.

§

Good and bad or construction and destruction can exist in the same body or the same space.

§

All things have a life, and all things change; there is much we don't know, and there is much we don't care to know.

§

God created each of us as a unique gift to the world, and what we each do while we are here on Earth is, itself, a gift from God.

§

As time passes with this new millennium, we will learn more about our origin and our destiny as a human race.

§

A not-so-good feeling is to know that God's gift of a talent is trapped in you, and that you cannot develop that talent or get people around you to appreciate it.

§

We should strive to be worthy human beings who are comfortable with our past and not handicapped by it.

You have a great legacy and past of which to be proud, and you have a great mission and responsibility to continue the legacy. It is important to remember those who made it possible for you to continue this legacy.

§

Television and the Internet have made some of the smallest villages a part of a global community.

§

Hope and pray for the best and do your best, and the rest will take care of itself.

§

Where there is success, there is likely to be sorrow. Where there are blessings, one is likely to have to carry the burden of such good fortunes.

§

You are as others perceive you; you are as you perceive yourself; and you are as you carry yourself and as you perform.

§

There are writers who tend to quote others, and, then, there are writer who tend to quote the original thoughts from their own minds.

§

There are too many who either think they are right or think they are victims, and very often they are neither. Truly, those who think they are right can often be wrong, and those who think they are victims can often be perpetrators.

§

All spiritual writings cannot be found in one book, and all spiritual teachings cannot necessarily come from one person.

§

Some people need servants, simply because they spend too much time feeding themselves, their comrades, and their own egos.

§

Keep working through sunshine and storms, and continue to smile—knowing that your purpose is simply to grow and give back.

§

Some people you can help 9 times, and when you can't or don't help a 10th time, they will forget all else and venomize you for not continuing to help rather than thank you for the 90% given.

In its spontaneity, obsession, and compulsion, romance has no schedule, except when it ceases to be romance.

§

Beauty has texture, symmetry, form, constancy, carriage, and naturalness among other qualities.

§

Can a country with power share or relinquish some of that power without losing too much of it and becoming powerless?

§

There are the careless ones and there are those who do not care. Even more, there are the careless who do not care. For these, lack of care is surely mathematically squared.

§

People are like tape recorders; they store information that they hear, and sometimes they replay that same information over and over to others.

§

Romance can often burn out or blow up, and, sometimes, it is transformed into lifelong love and friendship.

§

The key to predicting future behavior is simply to know a person's past behavior.

§

There are people who are given special status; then there are those who rise to "specialness."

§

Continue to grow and work hard, and you will get where God intended for you to be.

§

One should learn to take the highs and lows of life in stride and move through storms and sunshine with the same disposition, while trying always to do the right thing.

§

The human body can be disabled but not necessarily the human spirit.

§

Living on a farm does not make you a farmer, and going to church regularly does not make you a saint.

Power should not be for the subjugation of others but rather for the enhancement of others.

§

To *some* women, a desirable man is one who is spoken for—one who is taken already.

§

There are those who are sensitive to others' needs, and there are those who try to manipulate the needs of others for the satisfaction of their own needs.

§

Nothing stays the same except our mental images and photographs of past events, and eventually these can change or deteriorate from what they were in our minds.

§

We test airplane worthiness before takeoff, while not necessarily testing pilots for worthy state of mind and body.

§

In order to give and forgive, one must first open up the mind and the heart.

§

If experiences do not mature you, then aging will, or, at least, it should slow you down.

§

One should live with the love of family. There is no condition for love of family, because the condition of familial love is unconditional within itself.

§

To know what is right *is not* necessarily to do what is right, but it helps to know.

§

Don't douse pain with pleasure, but, rather, allow pain to come to you on its own terms and time, and, thus, it will cleanse your soul, purify your heart, and eventually lift your spirit.

§

God is Divine in using people or a person, at times, to get others to do what needs to be done.

§

A gift of a talent developed is a gift to be given and shared.

God cannot necessarily come into your heart, but certainly the spirit of God can come into a heart that is ready to receive.

§

Certainly, we can never repay the immense debt to all those who nurtured our growth, but we can help somebody as we were helped in our lives.

§

We can learn all the knowledge and skills humanly possible and earn all the wealth afforded us, but until we meet the challenge of positively changing our lifestyle in order to help others, we have done nothing worthy of life and breath.

§

The survivors often bear the brunt of grief, while the dead sometimes find relief.

§

The soul and spirit are certainly worth more than the image.

§

Let us trust that positive acts will sustain and lift our spirit and give us solace for challenging days and years to come.

§

Strive for God's spirit of love and goodness to stay in your heart and for His blessings to continue to flow to you and your family.

§

It's difficult for human beings to hear through emotions of anxiety, fear, grief, pain, and anger.

§

We could be much more than we are or much less than we have become if we were not the person we are.

§

Go always in peace and let the least of you be helped by the most fortunate of you.

§

As effective organizational leaders, such persons should make every effort to facilitate staff personal improvement and work efficiency. If leaders fail at such, then the alternative purpose should be to extricate the mentally retired or behaviorally destructive from the midst of constructive others—including leaders, themselves.

If one has been born with the special gift to allow the spirit of goodness to come into his or her heart, then that person should use such spirit to inspire others to do good.

§

Always go in peace—go in peace and be at peace, and let the spirit of God remain in your heart and His cleansing love rain onto your soul and spirit.

§

Your vision of right can surely become clouded by your own emotion and your poor choice of action that can follow.

§

Don't laugh at or disparage one who is poor, obese, or who has little education and limited skills. However, know that God's work is majestic and each human form can be a message or a divine messenger of truth and goodwill to one who should listen and heed truth.

§

When you talk to a single member of the choir, just assume that you're talking to the entire choir, because, surely, gossip will travel as will a song.

§

There are some people who want everyone to like them and no one to love them.

§

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

§

There are those who blame others while taking credit for the work that others do.

§

A liar is a person who calls in to cancel a doctor's appointment for a physical examination and gives the reason for canceling as being ill.

§

Certainly, there are those who need desperately to be needed.

§

It is not always the value of the gift that matters, but, more so, it is the sacrifice of the giver to give the gift.

Opportunity has no patience with ambivalence.

§

Sometimes, you have to let things happen instead of worrying about what's going to happen. At other times, you have to make things happen before others do so or before the opportunity no longer is available to you.

§

There are those who try to be, then there are those who pay to be, and, finally, there are those who let things be.

§

There are some who don't want to till the soil or plant the seed, but who are more than delighted to pick the flowers or eat the fruit.

§

It's much better to let people like you rather than to try and make people like you.

§

If in emotional pain, it is often best to avoid bad thoughts and avoid doing bad things.

§

To learn more is to realize how much you don't know and will not live long enough to learn.

§

Don't yield to hearsay because the sayer is often biased against the object of the said.

§

Sometimes, our own pain is so great, it seems, that we do not hear or feel the pain of another.

§

Behavior often travels in a straight line until there is a dip or spike or until there is a voluntary decision to intervene and change one's way of life. Behavior sometimes occurs in cycles until there is a crisis that forces a decision or shocks one to change.

§

Nothing good comes of war—only more power to the conqueror and defeat to the conquered, if not loss of power for the would-be conqueror and transference of that power to the attacked—many times at great cost to the aggressor.

A person can have much wisdom in the head; however, that same person can lack wisdom when talking off the top of the head.

§

In old age, people are often psychologically bruised and beaten—but with a shield and sword they often limp with the character of a warrior undenied.

§

Psychological disorder can many times be diagnosed in those who *constantly* praise themselves, make excuses, blame others, or talk about their own pain.

§

Some cultural groups are more likely to enjoy the moment, while others tend to want to seize the moment.

§

There are those who do nothing when they should have done something; even more, they often exaggerate the worth of their nothingness.

§

People lie for various reasons; among these are fear, shame, greed, and outright viciousness to exploit another or others.

§

There are people who constantly try to act pretty when they should simply just be pretty.

§

Some people live in a small world of selfishness, where they preoccupy themselves by thinking about nothing but their own pain and pleasure.

§

Many deaths in the USA probably result from three causes: eating too much, eating too often, and eating or drinking too much of the wrong things.

§

In attempt of your physician to save you, his or her prescribed medicines may eventually kill you due to their side effects.

§

We choose our roles and heights in life, very often within the limitations imposed by God gifts of talent and purpose.

§

Feeling good with and feeling good about a person are reasons to love, but these are surely not the only reasons to love or be in love.

There is nothing more obstinate and unyielding than a woman who has made up her mind.

§

Whether ethnic, racial, cultural, religious, social class, or otherwise; groups very often struggle to maintain power and resources—knowing that these bring privilege.

§

We have to be what we are and become what we're destined to be, that is, if we desire to be fulfilled in this life.

§

It seems that no nation can overwhelm the world for any long period of time without losing in the end.

§

God often sends a person into your life for at least one or more of three reasons; to bear a child, to be helped in your mission, and for you to help that person with his or her mission.

§

Pain can become a source to empower the vulnerable or misfortunate, or it can become a source to further destroy the spirit, being, or even existence of a person.

§

Don't rush through life and don't let life rush you.

§

Some people are so unfunny that they are funny.

§

Because the Great Spirit and Its angels spared me, I have been able to drop seeds along my path so others could grow.

§

Life's worth tends to rest primarily with one's achievements in life and one's contributions to the life of others.

§

Often, wisdom lies with hindsight; arrogance with overconfidence of the present, and false anticipation with unrealistic expectations of outcomes in the future.

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

§

Pain sometimes needs to run its course; trying to numb it with drugs or cover it with pleasure is not an answer, because pain many times has a spiritual purpose of fostering renewable faith and wisdom.

§

Often, the primary interest of those with power is simply to get more power, that is, until their greed for power results in absolute loss of all power.

§

Sometimes we can work so hard that we don't realize that we need help.

§

Some human beings spend a lifetime fooling and deceiving others, but, in the end, they find they have really fooled themselves.

§

Some pretty people can be likened to a ripened apple; that is, they can be easily spoiled.

§

Some who marry and find a good life can eventually come to think that they would have had a better life with someone else. Sometimes they can be right, and other times they can be regretfully wrong.

§

The aging process has no mercy or forgiveness except in the likes of refined things, such as good red wine.

§

Great powers in history that have valued greed and paranoiac fear have many times become captives of other countries in the end.

§

Retirement from a job is often met by intermittent moments of peace and excitement as well as intermittent times of depression with emptiness.

§

All bleached laundry does not come out white.

Try to stay at the top in whatever you endeavor to do in life, because the bottom hurts—there are simply too many people at the bottom.

§

A parting from legal marriage is *not always* “bad,” just as staying in a marriage is *not always* “good” for the body and the spirit.

§

The cause of lost love and romance is sometimes simply due to a loss of interest generated by too much exposure to each other.

§

People who are easily hurt often spend much time trying to protect themselves—trying to protect their feelings.

§

There are those who don’t want to work, but, by some ilk of selfishness, blame others who do the work for them.

§

Seek spiritual wisdom and allow spiritual words to sustain you, lift you, and give you solace in days and years to come.

§

Permit the spirit of God to come into your heart and the spirit of love and goodness will stay in your heart, and blessings will continue to flow to you and your family.

§

There is much obligation and responsibility to those who are allowed to survive by the will and grace of God.

§

Some personal mistakes can unnecessarily become personal problems when people take time to react to them.

§

Some people worry themselves much, and, by doing so, they tend to worry those who are around them.

§

There are certainly those in life who can turn sunshine into dark clouds; in other words, those who can rain on your happiness and peace.

The spirit of goodness and purpose can come through many different media; therefore, it's important to pay attention to the message and not the credibility or status of the messenger.

§

Often I think that I should count my blessings and good fortunes, but then I realize that I cannot, simply because they are too numerous.

§

Unfortunately, employee privilege sometimes has little to do with seniority, responsibility, and deserved achievement, but, more often, it has to do with favoritism toward the person who is rewarded.

§

No nation or group should be blinded by greed or self-perceived, irrational fear to the point of imposing its will to subvert another group of people.

§

Psychological pain is an orphan that cannot be adopted or embraced by any parent. It must be cast aside by time's passing, and it must give way to a birth of love and empathy that is accepted and binding.

§

As God is good, then good is God. As God is everywhere, then one has to accept God by accepting the goodness within themselves and others.

§

Once human beings become numb and confused by their own technological inventions, they will be ready, unfortunately, for large-scale self-destruction, that will indeed yield a rebirth of Earth's life from soil fertilized by flesh and blood.

§

There are those who do nothing except to do nothing; in other words, there are those who find one meaningful thing in life, and that is to do nothing worthwhile for much of their lifetime.

§

A beggar is like the moon, that is, showing his or her face from time to time.

§

Compete with nobody but yourself, and give credit to nobody but God.

It is possible to be among others without being one of them, but, surely, association yields appearance in the minds of some onlookers.

§

The world is not perfect and nobody can or has made it perfect; ergo, there is a dire need for increased tolerance and understanding within the world.

§

Power will sometimes do whatever it takes to maintain itself, and wealth will sometimes do likewise.

§

Certainly, there are those who don't know or care about the right way, that is, unless it is their way.

§

In their absorption with thoughts and passion for learning and work, gifted children are not normal as we see and expect normality in a child.

§

Human beings rarely approach the limits of their special gifts of talent; often because they are distracted by their own emotions and impulses.

§

Being wise often means freely giving useful advice and insight to others. Being smart often, but not always, means using one's intelligence to advance oneself. Both are not necessarily mutually exclusive or non-synergistic.

§

A key goal of some college-educated persons is to go through life without feeling stupid or being made to look stupid—or rather trying hard not to be embarrassed or not to embarrass themselves.

§

Some people choose an unsavory lifestyle as life; therefore, prematurely losing their life.

§

Periodically, we must rest or retreat to restore the body and the soul, that is, in order to engage the challenges of life once more.

§

If Christmas is a religious holiday about the birth and spiritual teachings of Jesus, why is Santa Claus getting so much popularity and reverence, especially from and for the young?

There are those who are gifted and potentially destined for greatness but can self-destruct before achieving a level of recognition and broad appreciation; then there are those who achieve extraordinarily and uniquely without due recognition and appreciation.

§

Communicating messages of benevolence is the calling of a true prophet of good, that is, through writing and speaking to people

§

Sometimes, experience changes a person for the better; or perception of experience, in the moment or in retrospect, can positively change a person's heart, mind, and actions. Just the opposite, experience or perception of it can also change one for the worse.

§

One who is imbued with spiritual love and an abundance of giving and forgiving can sometimes be misunderstood as one who is motivated by quid pro quo, one who want something for something.

§

If Jesus taught the beauty of spiritual love, giving, and forgiveness, then why are so many Christians spending so much time on how he died rather than how he lived.

§

The purpose of some lawyers is to make you misrepresent the truth or even lie on yourself while under oath.

§

Many people are considered to be strong in will; however, most all of them can be weak for one person, for one thing, or for one vulnerable moment.

§

Because a person may be guilty, to a degree, of the things that he or she criticizes, it doesn't mean that the worthiness of the criticism, itself, should be discounted or ignored.

§

In choosing a marital or life partner, we can choose with whom, before whom, after whom, or even by whom we may die.

§

Some men should treat their wives, at least, as well as they treat their cars—with much attention and meticulous care.

One thing that human beings find hard to learn, once and for all, is that things in the physical world will not likely stay the same. For example, health will change, physical appearance will change, wealth can change or evaporate, and relationships will change. Things that often endure include intangible things of worth such as commitment, character, values, beliefs, and sense of duty, among other virtues in life.

§

There are those who are sensitive to others' needs, and there are those who try to manipulate the needs of others for the satisfaction of their own needs.

§

Don't necessarily douse your pain with pleasure, but, rather, allow pain to come to you on its own terms and time, and, thus, it can cleanse your soul and purify your heart. Pain sometimes need time to work its miracles of transformation and, in time, rebirth of joy.

§

Whether poet, musician, painter, or novelist, an artist of great talent is rarely appreciated in full by his or her contemporaries.

§

People of exceptional goodwill and great achievement are sometimes vilified in life and personified after death.

§

Genius is moody and cranky, for it's never comfortable or satisfied with itself nor tolerant of the deficiencies and perceived trivia of non-genius.

§

Nowadays, we are living in a world where every ecological decision is or should be critical and where caution should be a premium.

§

Man cannot fully understand a woman, and woman cannot fully understand a man; therefore, they both should stop trying and just appreciate each other.

§

The future is yours, so seize it; don't let it come to you on its own terms.

§

Try to avoid saying what should have been and say more about what could be.

Some people expect too much to be willing to give so little.

§

There are those who espouse high values, morals, and ethics for everybody except themselves.

§

There will always be more talkers than workers, more spectators than performers, and more promisers than “promisekeepers.”

§

Those who must achieve all that they must become cannot be defined by their past, but rather must opt to define their future for themselves and for posterity by their accomplishments and good deeds.

§

The key to going to sleep is to think about sleep only and not about “everything” else.

§

Arrogance tends to be an exaggeration or flaunting of one’s appearance, possessions, status, achievements, or talents with an insensitive disregard for the feelings, shortcomings, or differences of others.

§

Try to view life tests as challenges and not barriers to accomplishments. Therefore, when necessary, take challenge by the horns and wrestle it to your destiny.

§

In trying to make themselves feel adequate, some people tend to exaggerate their worth.

§

From lessons of history, the powerful should know by now that it cannot always crush the spirit of a people or the united movement of a people.

§

Some think that they are not capable of being loved; and, in developing such thought, they have not learned how to love.

§

Learn to defer your own pleasure for that of a child’s joy and smile, and, in doing so, this will be your true fulfillment and joy.

§

When so much has been given, one *should not* feel the need or urge to steal.

Persons who frequently view themselves as having a problem will continue to be a problem to themselves.

§

True friends are there when you really need them, and false friends simply are not.

§

It is very unfortunate that we will never know how much others appreciate us, because widespread appreciation often comes after one dies.

§

Speaking one's mind is a good thing, except when one is speaking wrongly and unfairly.

§

We can either stand at the precipice of self-destruction and eventually fall, or we can walk the constructive path of positive growth and giving.

§

Nowadays, it's hard to get people to appreciate good thoughts or good ideas, because they are often too busy trying to appreciate themselves.

§

You don't need to hurt the feelings of people who are already hurt.

§

When people are engulfed by their own pleasure or pain, it becomes difficult to get them to appreciate or care for things outside themselves.

§

A credit card balance is likened to a person's body weight, you want to keep it from getting out of control or ballooning upward.

§

There are those who give benevolently; there are those who receive from the benevolent; and, then, there are those who take from others with malevolence.

§

My only regret is that I have one Earthly lifetime to give for God's showered love upon me.

§

Unfortunately, in some cultures, people are often judged if not misjudged by their status, income, possessions, spouse, job, affiliations, and physical appearance, among other extrinsic symbols.

People who rise to the top of success are often those who are not willing to remain on the bottom of failure and mediocrity.

§

Without health, wealth has little meaning.

§

Human beings tend to be inferior to the self that they can become.

§

Those who get ahead in life tend to ask for much and to demand much more.

§

Wisdom often comes with age, risk-taking often comes with youth, and stupidity can rear its ugly head at any age.

§

We sometimes live to see our children develop in the way we could not or did not.

§

A good leader fine-tunes the vehicle, make sure the right people are aboard, and then drives the vehicle safely in the right direction and to its rightful destination, often taking the most expedient but appropriate route of travel.

§

There are some who reject their own culture in order to be accepted by those of another culture.

§

Life is what you see it to be; therefore, walking in the rain can either be viewed as a pain or a joy.

§

Make a date with yourself to let yourself show you what you can be and see within you.

§

One thing that's worse than marital divorce is a sustained marriage where there is consistent disrespect, hatred toward the other, and emotional abandonment.

§

Be good to yourself, and yourself will be good to you.

§

Hope is at times all, but without action, hope eventually becomes hopeless.

Right versus wrong, is not always universal; it is sometimes a matter of cultural difference.

§

It is very unfortunate that the hopeless often finds time to continually criticize the hopeful and growthful.

§

There are few things as great as a good thought, and among these is another good thought.

§

Friends are those who tend to come to you when you are in need, and users are those who tend to come to you when they are in need.

§

You don't always have to know where you are going, as long as you are growing.

§

When it is said and done, let it be known that I chose what God chose for me to do, and, as partners, we have made a positive difference in my life and, to some small degree, in this world.

§

Is or is it not better to leave your job and regret leaving it than to stay on your job and regret such.

§

An unconventional thinker in the presence of a conventional thinker seems, in the eyes of the conventional thinker, to be one who is mentally unstable or maliciously devious as was thought of Copernicus, Sigmund Freud, and Socrates during their lives.

§

Persons should never allow the fear of challenge to be the only reason to keep them from a challenge.

§

A living thing or organism that changes or moves on its own has spirit and is spirit.

§

The Great Spirit blesses those who bless others by their good deeds.

§

Two forces that can defeat a great empire include its own greed and paranoia.

g u t t e r

g u t t e r

## ABOUT THE AUTHOR

Frederick Douglas Harper has authored more than 500 published poems. His poems have appeared in numerous magazines, scholarly journals, academic books, poetry anthologies, calendars, and his authored poem books.

Harper has authored six books of published poetry, that have been sold throughout the USA and in numerous other countries. His other poem books include the classic *Poems on Love and Life* (published in 1985 and reprinted in 2003), *Romantica: On Peace and Romance* (1988), *God's Gifts: Spiritual Writings* (2003), *Love Poems of Frederick Douglas Harper* (2003), and *Poems for Young People* (2004). Harper has received hundreds of letters of appreciation and commendation on his poetry from readers of his work, including letters from public figures such as Lionel Richie, Ossie Davis and Ruby Dee Davis, and Renee Poussaint.

As an international scholar, professor of counseling, and editor-in-chief of a scholarly journal, Dr. Harper has authored more than 100 academic publications, including college textbooks, journal articles, and book chapters. In addition, he has served as a school teacher, professional counselor, university administrator, president of professional associations, and editor of three scholarly journals. Harper has conducted numerous workshops on "love," "spirituality," and "quality living," and he has presented hundreds of motivational speeches and scholarly presentations throughout the world, including speeches and lectures in Argentina, France, Greece, India, Ireland, Sweden, and the Netherlands.

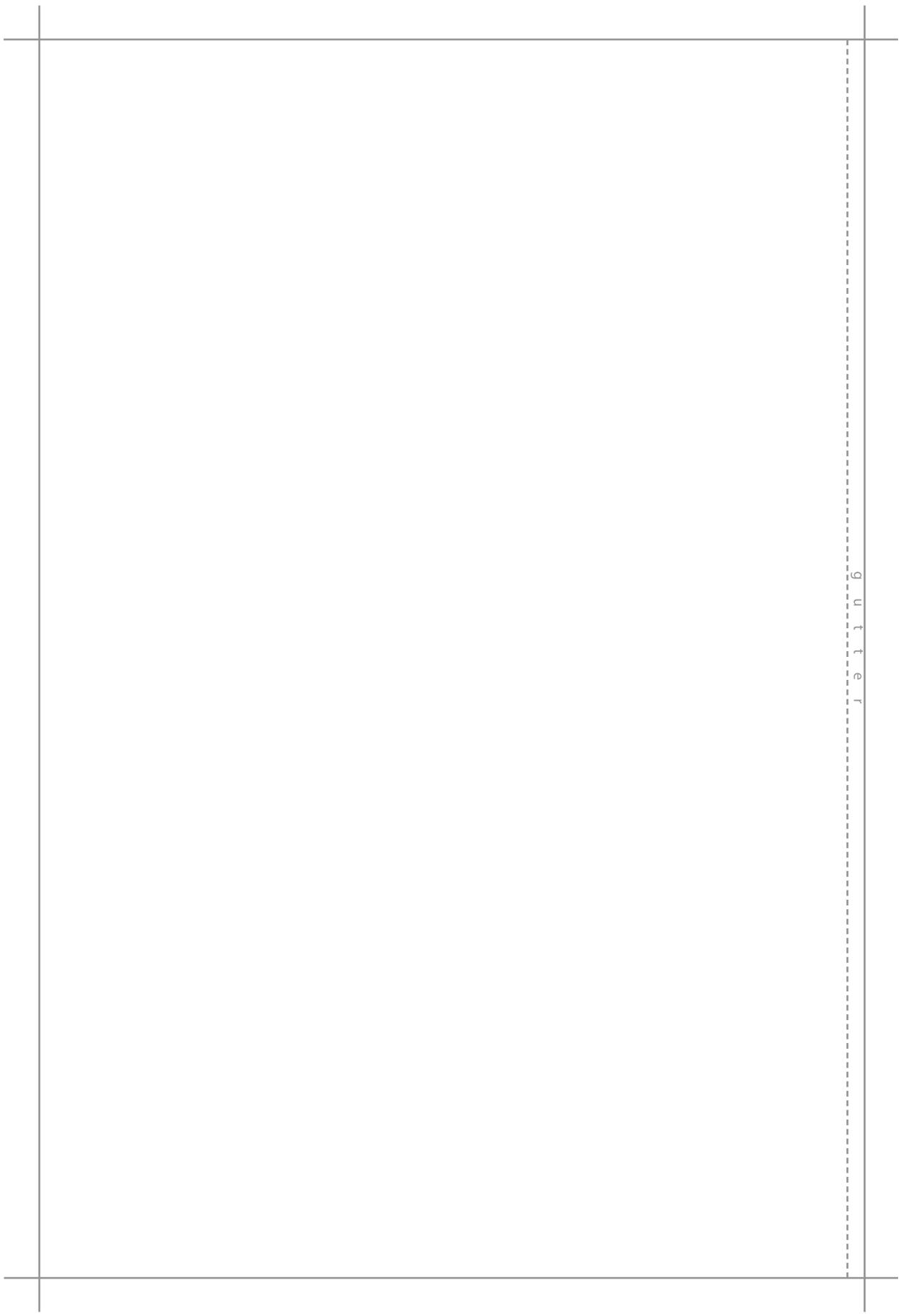


Harper's most popular poem, "A Wedding Pledge," has been recorded on CD, recited in more than 5,000 weddings and translated into other languages. His poems were read by the late Napoleon "Nap" Turner on WPFW Radio, 89.3 FM, in Washington, DC, for more than 15 years, alongside the poetry of the famous Langston Hughes.

An extraordinary and highly spiritual human being, Frederick D. Harper has jogged more than 36,000 miles in 120 different cities throughout the world, and he has inspired many people through his writings, teachings, and public speaking. Harper is father of two sons, and he is a member of the Omega Psi Phi Fraternity and numerous professional associations and honorary societies.

# NOTES

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