A Tapestry of Life

Inspirational Poetry and Prose

Robyn Dear
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It takes courage to follow the heart and fortitude of mind to trust a dream -
then call it forth into reality.

Robyn Dear gives encouragement to all of us to follow our dreams.

Gita Bellin
To our Creators

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Introduction

A *Tapestry of Life* is a collection of my poems and articles, some of which have been published individually. They are an ever-changing canvas of my innermost thoughts and reflections on life that I have been encouraged to publish in book form. Many of the poems are inspirational and can be used as daily affirmations.

My poetry first developed as self-therapy - a way in which to release emotions inside that I found hard to express verbally. Although I failed English at school, I have found myself to be a writer and welcome the opportunity to share my thoughts with you.

This book has been created to be an easy read, so that you can open it up at any page and find something complete within one or two pages.

As you undertake this journey, remember it is not a peak-hour express but rather, a sedate meander along the scenic route. Take your time to enjoy and to drink in the nectar of life.

Robyn Dear
Our lives are like a tapestry. An interweaving of experiences which creates a picture unique for each of us. The face we show the world is like the front of the tapestry, but the underside of the tapestry is quite different. Sometimes this is a mass of knots and tattered ends that have not been dealt with. The imperfections on the underside show through the facade that we present to the world. We must tidy the underside for the full beauty of the picture to radiate.

The mass of thoughts that passes through our minds on a daily basis will determine how our lives work. If they are predominantly positive, then our lives will reflect our positive thought processes. On the other hand, negative thoughts produce negative results. If something in our life is not working, then it is a fair bet that our thought processes are not working in our favour. If we are honest and look at the depth of our being, we will know what thoughts we have that produce the problems in our lives. This is awareness. We can get lost in denial for years but, ultimately, there comes a time when we have to face up to ourselves.

The only way we can progress is to look squarely at the problem and to face the consequences of how it affects our lives. Hiding will not produce results. It is like being bogged in quicksand. The more we try and escape, the deeper we become buried. It takes gentle thought and careful planning to rescue a car from a muddy hole. The same is true for us. To escape the clutches of a relentless negative loop, we must stop and observe for a while. Become aware of the bigger picture. We must be honest with ourselves if we are to shift old negative thought patterns that keep us stuck in the mud.

Just like the tapestry, if we only spend time making the facade look good and the underside is all knotted, it becomes more and more difficult to continue. It also makes any changes a daunting task. When we keep the underside of our tapestry tidy and sew all the loose ends in, then it is much easier to make changes. Regular reviews of our tapestry of life will ensure that we don’t leave any knots to hinder our progress. The knots are often formed by the expectations of others not being in harmony with our own wants and needs. If we let go of the need to please others and focus on being true to ourself, then we are less likely to get tied in knots.

If we follow our own path without the guilt of disappointing someone else, then we can truly discover the richness of our being. No longer bogged down by the need to please others we can finally explore what it is that WE want.

With practise, we will become very skilled at tending our tapestry on a regular basis. Only we can do it for ourselves— it is up to us to undo the knots that hinder our progress and set ourselves free. Go on, I dare you to create the most magnificent tapestry that the world has ever seen.
The Tapestry Of Life

We are all born with the same blank mind
Yet our tapestry is always one of a kind
We have infinite choice when we set out
But the field will narrow when we learn self-doubt

Limitations set by our parents and teachers
Will be restricted again by religious preachers
Government authorities, customs and law
Will reduce our choices even more

Soon we are left with just a few threads
And we helplessly watch as the erosion spreads
We get in a tangle, all our threads in a knot
With growing frustration we ponder our lot

When we were born there was no limitation
But our experience of life has stifled creation
Now it is time to review our selection
And begin to create a brand new projection

Time to let go of those limiting beliefs
And the childhood traumas that perpetuate grief
Time to undo those untidy knots
And find a new way to fill in the dots

This tapestry of life is yours to live
The end result is your gift to give
Is your gift a brilliant display
Or have you let others take your colours away
Life is full of surprises, but sometimes we miss the most precious of moments in our haste. This chapter is rather plump with poems that reflect the need to slow down in our modern world and stop long enough to appreciate just what we do have at our fingertips.

In appreciating the abundance that already exists in our lives, we invite more in. If we feel that abundance does not exist in our lives, then we are missing something. Abundance exists for all of us. If you are able to breathe, then you have access to abundance. We can only reach out to help others when we are in a place of comfort ourselves. The most fundamental thing we can do to help the needy is to NOT be one of them.

Sometimes, all it takes is a shift in attitude. Where does your focus lie? In the abundance that already surrounds you? Or in what you don’t have?

Contentment is not the fulfilment of what you want or desire, - it is the realisation and appreciation of how much you already have.

Enthusiasm can make the bleakest of situations seem like paradise. When we give thanks for all that we have, we allow the flow of abundance to continue.
The Magic Of Life

The magic of life is in the little things
Like the beauty of roses and butterflies’ wings

A glass of water, a nice warm bath
A walk along the garden path

Curling up in bed at night
Being witness to dawn’s first light

Celebrating the gift of each new day
Making new friends along the way

Discovering how precious silence can be
Watching the wind caressing a tree

Life is full of magical delights
Fun filled days and passionate nights

When you look at life, what do you see?
The most precious gifts are abundant and free
Collage of Contrast

As I look out over the twinkling city lights from my hillside retreat I feel at peace. Here I sit alone yet in truth I am surrounded by people going about their daily lives.

The canvas of colour I see before me has many hidden facets. At this very moment there are children peacefully sleeping, while others cry. Couples are making love, blissfully unaware of others arguing and in conflict.

A child is being born and as the family celebrates this new life another family is in grief as they watch a loved one take their last breath. A seed falls to the ground and takes its first step towards new life, a rose drops its last petal.

Lovers walk hand in hand along a deserted beach where only a few hours before children laughed as they built sandcastles and bathed in the water.

Amongst these millions are lonely people, tears flowing from their pain. Some are suicidal, not able to face another day. I wish they could be sitting here with me now to witness the beauty of life.

We so rarely take the time to appreciate the miracle of just being. Problems melt away when we take a look outside our insular world; a collage of contrast with all its beauty and heart ache.

Right now every emotion we know is being expressed by someone amongst the millions of inhabitants below. Anger, greed, hate, jealousy, love, laughter and more, the human race with all its complexities is fascinating.

Some dress in outrageous clothing so they stand out amongst the crowds, others want to blend in as much as possible so as not to be noticed. Groups gather to share their interests. Couples unite for love and security, friendships form, people drift apart.

Our ever changing world has many gems to be found, we only need look among the gloom to find a rainbow. Each new day brings abundant opportunities for us to choose from. Stay or go, live or die. Be happy or be sad. These are our choices; embrace them with love, for love has so much power.

As I watch and wonder, I ponder the meaning of this vast array of contrasting experiences co-existing. Does the balance of nature require suffering in order to create joy? Is death necessary to provide opportunity for birth?

The longer I live the more questions I find left unanswered. Ignorance is bliss, and perhaps we require a certain amount of it in order to remain on board the roller-coaster of life.

A rose still smells as sweet, whether we know all the answers or not.
In Appreciation

Thank you for the simple things
For the wind that blows and the bird that sings

Thank you for the sky so blue
For the sun that shines and the morning dew

Thank you for the glorious beaches
For the amazing array of different creatures

Thank you for the magic of shells
For tantalising tastes and fragrant smells

Thank you for the grass that grows
For the rain that falls and the river that flows

Thank you for the gift of being
For the comfort of touch and wonder of seeing

Thank you for the abundance of pleasure
Always available at my leisure

Thank you for the capacity to choose
And the infinite options ready to use

Thank you for hearing my prayer
And for allowing me access to such a generous share
Lifetime Guarantee

When my first balloon burst
I was too young to see
The wisdom that it held
In its arms for me

With the experience of time
My knowledge of life grew
So many strange events
Have formed my point of view

Life is a gift
A grandiose parade
There is no dress rehearsal
No time to masquerade

Live life to its fullest
Take risks and venture out
Dare to be yourself
That’s what life is all about

At first all I wanted
Was a lifetime guarantee
But now I’d much prefer
A little uncertainty
Live Today

Don't live in sorrow for what might have been
Don't live in fear of what is yet unseen

Don't live for yesterday for it has passed
Don't live for tomorrow as it comes so fast

Live today, and every day
Live the now, in every way

Live and breathe and taste life's pleasure
And you will find a lot to treasure
Pleasure Is Our Purpose

Pleasure is our purpose
It is in our genetic code
Relax and drink it in
Let the ecstasy explode

Pleasure is our purpose
No need to go in search
Savour every morsel
Before you fall off your perch

Pleasure is our purpose
Not violence, crime or war
Where did we go wrong
What is the fighting for?

Pleasure is our purpose
Not money, greed and hate
Can we restore the balance
Before it’s just too late?

Pleasure is our purpose
With respect of course
Sharing is always
With consent, not by force

Pleasure is our purpose
To prove that, there is pain
The pain is a deterrent
Not to go there again

Pleasure is our purpose
It’s an endless celebration
Perhaps it’s even the key
To discovering our salvation
We change everyday whether we like it or not
How else do you think we got out of the cot?

We cannot cling on to things of the past
Blindly thinking they will somehow last

Time moves on and with it we do
Pretending we won’t is being untrue

Change is the essence of life and more
So many choices for us to explore

Infinite lists of adventures to live
Why choose to be in the negative?

Change is our friend, it helps us to grow
Otherwise we would stay an embryo

We can change for the better or for the worse
It’s up to us to choose our own universe

Change will surround us whatever we do
Why not make it work for you?
To the Dolphins of Monkey Mia

Nicky, Kiya, Hollikin
Piccolo, Puck, Shock and Surprise
Why do you come to visit
To teach or tantalize?

Your presence is world famous
People come from far and wide
To witness for themselves
The gift that you provide

We stand and watch in wonderment
As you swim right to the beach
We all line up to get a glimpse
As you come within our reach

You give us lessons in respect
You set your limits well
And if we fail to comply
You bid us all farewell

What is it that attracts you
Is it just a fish or two?
Or are you really curious
About what humans do?

Perhaps it’s your life’s purpose
To study human behaviour
Or maybe you have a message
And want to be our saviour

Whatever the reason is
I am sure it does us good
And one day we may realise
Just how much you understood
Sensual Feast

I see the beauty that surrounds me
I smell the fragrant rose
I caress the earth beneath me
And give thanks that the garden grows

I can feel the sunshine
As I bask in its light
A rainbow forms above me
What a magical sight

Listen, the birds are chirping
Can you hear their happy song
Such a cheerful tune
Makes you want to sing along

See that luscious mango
How it smells delicious
Taste its tender flesh
So pleasurable and nutritious

All these gifts and more
Are ours whenever we wish
This planet is our smorgasbord
We choose what enters our dish

If you can't see the flowers
Or stop and smell the rose
If you can't taste life's pleasure
Then you are in a doze

Wake up while you're still living
Wake up before you die
Come and experience life's pleasure
Soon you'll understand why

You don't need drugs to do it
Or cigarettes or booze
All you really need
Is the desire by which to choose

Open up your senses
Drink the beauty in
Indulge in pleasant surroundings
You can only win

Life is a banquet
A never ending feast
Learn to choose abundance
And your pleasures will increase
There are many things we do in life that are not altogether pleasurable. So what is it that motivates us to do them? Often it is the anticipation of a pleasure projected into the future, or simply an avoidance of displeasure. Doing the dishes enables us to have a clean plate to eat from when we next make a meal. It also gives us a good feeling when we see a clear kitchen rather than a pile of dirty dishes.

But, if every time we look at a pile of dirty dishes we see it as a chore, then it is liable to rob us of our harmony. Our perception is a powerful force and our imagination is unlimited. For every task that seems like a chore, we can find a way to overcome the negative attitude we have towards it. Imagine the difference it can bring to our life!

Changing our perception is one aspect of turning a potentially negative situation into an extremely positive one. Sometimes it does not seem possible or even worth the energy. If we have such a task in our life, then it is time that we looked at it very closely. Can we delete this task from our life? Can we forever avoid having to face it? If the honest answer to these questions is no, then it is worth every bit of the energy we put into it. In the long run we will gain far more than we expend.

Doing the dishes is a simple example. Life throws us much more complex issues than that. If we practice with something as simple and unemotional as the dishes, then we can progress to more involved scenarios. The basic technique is the same.

It is easy to be in harmony when we are in a peaceful environment. The challenge is in going out and facing adverse circumstances and still maintaining our harmony. As with all things, it takes practice. If we are never challenged we will never learn how to handle a situation with ease.

The supermarket is a great place to learn skills in maintaining harmony. So many people find standing in a long queue at the checkout stressful. It is easy to turn that around when we see it as an opportunity to utilise the time to do something productive. Deep breathing, pelvic floor exercises, a brief meditation or being aware of your posture, are all great ways of using the time well. The practice without pressure lays foundations that are easy to access when we need them in times of stress.

Giving the checkout attendant an enthusiastic and genuine compliment about their appearance or behaviour, improves our ability to recognise and give positive feedback to others. It also makes both parties feel good so we have a win-win situation.

Using simple tasks in life to teach us to build new and innovative pathways can be of great benefit to us. Merely looking for the positive in a chore and changing our attitude toward it will have a huge impact on our lives.
Our journey through life is fraught with opportunities to learn and grow. Awareness can be a painful process.

We all have different ways of coping with hurt. Some like to bury it deep, while others vent it through anger and aggression. It is only when we have the courage to look it in the eye that we will be able to deal with what we are feeling and move on.

We are trained by our society to be self-critical. We are not given the right to imperfection, or permission to make mistakes. We need to change this, so all people feel comfortable being themselves and are not always having to measure up to the expectations of others.

How can we learn if not by making mistakes? Being afraid to move in case we make a mistake is exhausting. Openly talking about imperfection is liberating. We can then live life more honestly. What a relief!

The choices we make in life are essential to its outcome. Finding the balance is a prerequisite if we want to live in harmony.
Spend time with people with whom you can relax and be yourself.

Have the courage to look in the mirror and see who you are.

Let go of past hurts.

Accept yourself just as you are right now, knowing your imperfections.

Enjoy the learning process and focus on a positive outcome.

Forgive yourself and others for making mistakes.

Acknowledge the areas that you are good at and recognise your achievements.

Create a supportive environment to live in.

Remember to nurture yourself.

Acknowledge the areas that you would like to change and form a plan to do so.
Meditation

Nature abounds, trees grow tall
Peace all around, rain drops fall

Sunshine smiles upon the land
A rainbow of colours, was it planned?

Artistry enriches our miracle find
Music enhances each second of time

I create my world full of abundance and peace
Anger, greed and hate I release

Now is the time to set myself free
Meditate with nature or down by the sea

I unlock my mind, I feel the peace
I let my thoughts linger on nothing, just cease

I drift away to a land, tranquil and calm
Where I know I will come to no harm

Safe and warm, surrounded by love
I float like a cloud in the sky up above

I awake a new person relaxed and carefree
Oh it feels great, just to be me
Oh The Rain

Oh the rain so pure and fresh
How I love to feel you on my flesh

You give us life you make gardens grow
You feed our earth you make rivers flow

The joy you give is unsurpassed
Without you how would we last?

People complain "Not rain again"
Do they think or are they insane?

Without you around what would we see?
No trees or flowers or bumble bees

You give us water and let us drink
"Rain sweet rain" sounds better, don't you think?
Creating magnificent fruit
On which we
Feast our senses
And nourish our soul

Trees are kind of wonderful
Majestic and resplendent
A curious mixture
Of strength and grace

Their fragile fingers
Reaching for the sky
Their trunks
Solid staid and true

Amber Beeches
A burst of colour
Gayly dancing in the wind
An autumn fall

The Wisdom
of Trees

Blossom buds blooming
With heady scents
And delicate complexions
Bringing spring to thaw winter snow

Or the mighty silver gums
Standing naked and alluring
Inviting us to capture their beauty
Basking in the summer sun

The Karri forest and Tingle
Towering over us
Yet with gentle wisdom
Allowing us to suffocate in our own stupidity
Sunrise

How can one not be moved by this exquisite display of the sun’s first rays. Burnt orange horizon fading into delicate blue moving its way across the darkness. At this moment peace is all that is, nothing to shatter its calm. Soon the bright sunshine will be blazing its mark, the gentleness of daybreak a distant memory. The dawn chorus over the bees now busy making honey, the workday has begun. The sun warms the earth and brings hope to those who need comfort. The constant cycle is itself a reminder that life goes on. A new day will always break the darkness bringing the chance for a new beginning.

Sunset

As the sun disappears once again I am reminded of what gifts the day has brought me. The orange glow lights up the sky as the sun announces its temporary departure. The beauty of this moment always overwhelms me, another day gone. As the darkness creeps in the atmosphere changes, night is upon us. This too has its beauty, the lights of a city spectacular by night. The stars in the sky bringing their own gifts and the moon a special friend. Our days and nights an endless tapestry of contrasting beauty. How lucky I am to be part of these gifts, my life a reflection of their glory.
The Magic of Music

The magic of music is as powerful as love
It soothes and calms and brings peace from above
It knows no barriers such as language or age
It’s as timeless as never when made by a sage

It brings beauty to life and adds to our pleasure
It’s what most of us turn to when enjoying our leisure
It transports us through time with no effort at all
It takes us to places with such easy recall

It adds so much to a film or a play
And brings new excitement to a dreary dull day
The magic of music creates atmosphere and mood
We often play it when eating good food

In meditation it helps us to relax and let go
It takes us on journeys as the thoughts ebb and flow
It can make all the difference to a special celebration
Just the right piece can cause quite a sensation

It so easily expresses every emotion
From sadness and joy, to love and devotion
How much we would miss without our musicians
And the creative expression of their great compositions
The Glory of Australia

This great land Australia
Holds every known treasure
Rainforest, Roos and Redwoods
Are ready for your pleasure

Wherever you travel in this vast expanse
You are sure to find a friend
And you'll certainly hear many a yarn
On that you can depend

The Aboriginal people
Love this country with all their heart
They celebrate its distinction
With haunting music and colourful art

From the Rainforest in Queensland
To the Rock at Uluru
The Aussie bush has plenty of space
For your holiday barbecue

Where else in the world will you find
Mundrabilla or Kakadu
Wyalkatchem or Koolyanobbing
Maroochydore or Wyloo

This land is one of contrast
Of mining, wheat and stock
Of kangaroos and cockatoos
Of sand and ragged rock

No matter the name of places
From Mullumbimby to Mukinbudin
Your Aussie Bush adventure
Is sure to be a good'un

You can drive the dusty trail
Or go off the beaten track
You can travel for days and not
See a soul, in the great outback

When you hear “G'day mate”
There’s no guessing where you are
You’re in the land down under
Of the Hill’s Hoist and Holden car

You can ski in the Snowy Mountains
Or surf along the beach
You can dive and swim with dolphins
Nothing is out of reach

Where you’ll eat vegemite for breakfast
And a pie ‘n sauce for lunch
Or if you’re into Bush tucker
Have a witchetty grub to munch

Wander among the Karri trees
Feel their majestic powers
Listen to the forest song
And dance with wildflowers

Put all these things together
And you have a dinky di collection
That you can’t help but remember
With gratitude and affection

The real wealth of this great land
Is not iron ore or gold
But the diversity of people
Black and white, young and old

These days we live in times of change
Technology moves so fast
Let’s preserve our Aussie Bush
Before it’s a thing of the past

We have plenty of Aussie Icons
Each one has their place
But there are many unsung heroes
Without a famous face

This is the year we celebrate
The Centenary of Federation
There’s no better time in history
For our reconciliation

The truckies that drive our endless roads
The farmers that till our soil
The Royal Flying Doctor
How tirelessly they toil
Encore

It is in our human frailties that our strengths lie
It is when we stop living that we begin to die

Life is a journey full of enormous contrast
We can choose to end it early or decide to make it last

To live is to take a chance
To hear the music and learn to dance

Mistakes are just a stepping stone
They help us to discover the as yet unknown

To fully embrace life all we need is desire
The time is now before we expire

Will you wait till death comes knocking on your door
Or do you want the option of a generous encore
Welcome to Paradise!

Welcome to my funeral
I’m glad you could come
I hope you are happy
    Rather than glum

Do not mourn my loss
Or be sad on my behalf
“I’d rather see you happy”
    Will be my epitaph

My death is incidental
It really doesn’t mean much
It’s more important to embrace life
While it is still within your touch

Let my death be a reminder
    That you are still alive
    If you have forgotten
Then take time to realise

    Life is designed to be
    Full of joy and laughter
Don’t get stuck in suffering
Or it will haunt you ever after

    Let life be a journey
    Full of magic and intrigue
Forget about your troubles
And your stress will be relieved

When you live the magic
And let the sunshine in
Each day is spent in paradise
    So let the show begin
Chapter 2

Self Love

Self-love is the key to getting the most out of life. It seems simple enough, so why does it become complicated? Life’s experiences teach us many things, among which is how we are allowed to feel about ourselves. Many of us enter adulthood with a rather mixed bag of muddled messages in this department.

When I was young, “self-love” was confused with “conceit”, which is not the same thing at all. We were taught that to love yourself was very wrong. The truth is that a conceited person has very little self-love. When you truly love and accept yourself, then there is no need to advertise it. Quiet knowing is all that is required. When you are able to reach this state, then you are in a very powerful position: that of feeling in control of your emotions.

There is undeniable proof that you are worthy. All you need to do is look in the mirror. If you are alive, then you are living proof that you have as much right to be here as anyone else. Self-love and acceptance is instinctive at birth and it still lives at the core of our being. A little spring-cleaning of the soul will uncover its vast depth. A reward worthy of the effort.
I Accept Myself

Self-acceptance is the key
It's all I need to be set free

Where do I begin to look
Will I find it in a book?

Searching seeking everywhere
But I found it isn't there

Self-acceptance begins with me
It's quite a foolproof recipe

Love in abundance, affirmations
Habit-breaking incantations

Knowing there is no perfection
Admiring my own reflection

Finding forgiveness in my heart
Making each day a brand new start

The present moment flits by so fast
No time to be living in the past

Do not ponder on the why
Mistakes are there to learn by

Self-acceptance is now mine
See me smile and watch me shine
The Miracle of Me

My brain works hard
Inside my head
But the quality depends
On what it is fed

My immune system fights off
Unwanted disease
My senses bring messages
Designed to please

Many miracles exist
In the palm of my hand
My hair has a universe
In every strand

My heart beats
My eyes can see
My food digests
With no effort from me

Automatically my lungs
Will breathe the air
My skin protects me
It’s wash ‘n wear

My skeletal structure
Keeps me erect
Muscles bring any movement
I choose to select

All the cells that are me
Go on working for free
So I can simply be
An Intricate Masterpiece

Stand tall and reach for the sky
You can touch the stars if you’re willing to try

Every person has the chance to shine
It’s embedded in our genetic design

Look in the mirror, what do you see?
A magnificent being, a grand recipe?

You are unique, one of a kind
An intricate masterpiece of body and mind

If you can’t see it, do not despair
Search a bit deeper, you’ll discover it’s there

We each have our path from which we may drift
We each have our lessons, we each have our gift

Focus your effort, clear your head
Your dreams are your guideline of where to be lead

Live your fantasy, fulfill your dream
Make it your mission to explore the extreme
The Flickering Flame

Life is like a candle
Burning brightly
Constantly changing
If only slightly

The molten wax
Needs to flow
Or it may drown
The alluring glow

The flickering flame
Both fragile and strong
When you find the balance
You really can’t go wrong

Is your candle a beacon
Warning people to keep their distance
Or do you inspire others
Bringing hope to their existence

Watch the shadows dance
Enjoy their rhythmic display
See all life has to offer
Before it’s swept away

A simple gift to enhance your life
It’s easy when you know how
Just remember one small point
All you ever have is now
What do you see?

As I stand before you what do you see?
When you look in my direction do you see me?
Do you see a body with breasts and rump and thighs
Or do you see my face and stare into my eyes?
Do you see a child with eyes innocent and blue
Or is there a tomboy staring back at you?
Do you see a woman perhaps you see a freak
Or maybe you perceive me as fragile and weak

Can you see a sexual being burning with desire
Perhaps you see a sensual goddess you’ve been longing to admire

Do you see my stress, my anger greed and hate?
Maybe you can see me in my alter ego state

Do you see the struggle? Do you see the pain?
Perhaps you perceive me as irresponsible and vain

Some may think I’m stupid while others see me as wise
Some will see truth and love when they look into my eyes

Do you think I’m logical, creative or unbalanced?
Inside this mind of mine there are many hidden talents

Some people never look they only take a glance
They never really know that they have missed a chance

A chance to see my diamond a chance to feel my love
A chance to touch my hand instead of just my glove

I am all these things, all these things and more
I am an infinite mixture of gifts that you can explore

One day you may see me, one day if you look
One day you may realise I’m an ever changing book
One More Step

Another encounter with my traumatic past
Another step forward on my spiritual path

Letting go of old connections
Creating new and different perceptions

Leaving past hurt behind
It only exists inside my mind

Today is new, a chance to heal
Let go and find new things to feel

Meditate on love and peace
Any turmoil will be released

The path is endless, an infinite trail
If I move forwards I cannot fail

I live and learn and grow each day
Thank you my friend for showing the way
Leaps and Bounds

The tadpole swims around in his pond
Oblivious to the world beyond

Safely concealed in his secluded retreat
Comfortable lodgings, quietly discreet

One day the tadpole feels rather strange
Instinctively he knows it’s time for a change

A monumental shift is about to transpire
The taddy emerges in froggy attire

The metamorphic frog calmly reviews his objective
He now sees life from a different perspective

Unable to return to his obscure past
This transformation is designed to last

Once transformed there is no turning back
All results will confirm he is on the right track

Moving forward with clear intentions
No need to conform to traditional conventions

Frogs progress in leaps and bounds
Creating new insights, intuitive and profound
Society’s Spell

The damage done by good intention
Is not just a parental invention

Our whole society is part of the plot
To subvert your mind while you’re still a young tot

We are born into a massive deception
Designed to lead us in the wrong direction

A few of us escape the trap
And overcome the handicap

Sometimes old scars remain behind
But we know they will heal given time

The damage done can be replaced
By positive thoughts being interlaced

Trust in yourself, know you are great
Don’t be afraid to participate

We have infinite choice, there are no limitations
Believe in the power of affirmations

Rejoice in what life has to give
And you will find a better way to live

If you are a victim of society’s spell
Discover yourself and you will get well
Want or Need?

From the moment we are born, the process begins. We scream to be changed. We scream to be fed. We scream to be loved. At this point in our lives, our self-esteem is healthy. We are not afraid to demand that our needs be met. We feel we are important enough to be heard.

By the age of two we have become a master at manipulation. Given the chance, we will rule the world we live in. In our mind, we ARE the centre of the universe. No self-esteem problems yet. Then we gradually learn that the party is over. We discover that we are not the only thing that exists on planet earth. We are forced to realise that we have to share. This fuels our need for recognition. If we don't get it, we do things that demand those around us notice we are alive. It is a natural instinct to seek recognition. If we are constantly ignored and put down at this time in our life, we become damaged.

A child who is praised and given value by those around them, has no need to behave badly to gain recognition. The trouble is, adults EXPECT good behaviour and are not in the habit of giving it recognition. What we notice is what we don't want. This comes from an in-built desire for harmony. When we are in harmony, we are not motivated to make changes. It is only when our environment is disharmonious that we are compelled to take action. If we are smart, we will use our conscious mind to encourage a child to repeat the behaviour that we want, rather than try to discourage the behaviour that we do not want. It also takes far less energy to encourage and praise children than it does to berate them. Children quickly learn that positive recognition is worth striving for if it is available. Children whose behaviour is out of control, are usually kids who do not receive the positive recognition that they deserve, so they play up instead. The message is clear. “I am here, please notice me, please love me”. What makes it worse is that we find it difficult to love children when they are behaving badly.

Meet Joshua, a four-year-old whose world had been shattered by his mother having twins. One day he was the centre of her world, the next he was lost in the crowd. He became hyperactive and extremely naughty. Six months later, he was transformed into an adorable child who went out of his way to help. This was achieved through positive recognition. All that was needed was someone to spend time talking to him, playing with him and telling him how wonderful he was. His mother noticed the change in him and learnt that if she invested a small amount of energy in giving him regular praise, then she would save herself a lot of grief and do her son a lot of good.

The impact that our childhood has on our adult life is extremely significant. Our response as an adult is often the result of something we experienced as a child. Sometimes it is so subtle that we don't make the link. It is when we become aware of our behaviour patterns that we can look at the reasons behind it. Once we recognise that a certain response comes from our childhood
experiences, then we can take steps to prevent that response from re-occurring. Just because we learned a particular response as a child does not mean that we are stuck with it for life. Our conscious mind allows us to make changes to our behaviour. We have the ability to reprogramme ourselves.

The most important source of recognition is from inside yourself. Having a desire for recognition is part of being human. How it manifests itself is what makes the difference. People with a low self-esteem NEED recognition from others. Those with a strong sense of self may WANT it, but they don't NEED it. They are satisfied with knowing that they are OKAY. Sure, they WANT others to acknowledge their successes, but they no longer NEED it. Wanting and needing are two different things entirely. If someone tells you that they don't WANT acknowledgement, they are lying. They may not NEED it but to WANT it is as normal as breathing. It is in our genetic code. It is there for good reason. If we did not get pleasure from being recognised by others then our society would not work. It is the pleasure factor that brings us together to socialise and to work as a team.

If you ask an actor if he gets pleasure performing to an empty theatre what would be his response? Without an audience to entertain, there is no reason for him to perform. The same is true for all of us in varying degrees. What we do in life is in direct proportion to what we get from it. To some people, their wealth is the measure of their worth. To others, it is the degree of pleasure they get from what they do. Whatever it is that drives you, recognition is a part of the motivation. People will do things for recognition that they will not do even for money.

Money is just another form of acknowledgement. NEEDING to be rich to feed a poor self-esteem is different to WANTING to be rich enough to enjoy a quality lifestyle. The person who NEEDS lots of money will not find happiness. A poor self-esteem does not know how to be happy. Happiness comes from an inner contentment, from knowing that no matter who else recognises the person you are, at least you do. No one can touch you as long as you believe in yourself.

The most important source of recognition is from inside yourself. If you can see you have the qualities that you desire, then you are the winner. Believe in yourself and in time others will see it too.

Be honest with yourself. Acknowledge your achievements, forgive yourself for the mistakes you make and don't be afraid to make some more. If you are not making mistakes, you are not taking full advantage of the life you have been given. It is when we stretch ourselves that we make mistakes and we learn a better way. Babies learn through trial and error. That is why positive parenting is so important. Through it they learn good habits at an early age.

You are an outstanding individual, you have been given an opportunity to make your mark on the world. What will you be remembered for?
Forgiveness

I have stolen many moments
   To prove I am right
I have robbed myself of sleep
   To cry throughout the night
I have yelled and screamed and boiled
   So my pain may be heard
   Then at other times
   I have not said a word

I have played the pain game
   Till I can ache no more
   I don’t want to know
I’ve heard it all before
   I justified every move
   Believing I was right
Tell me I am wrong
   And I would put up a fight

No need to fight any more
The pain has simply gone
I have found a new philosophy
   To base my life upon
Forgiveness is the key
   To unlock my pain
I have let go of my past
   As there is so much to gain

First I forgive myself
   And understand how
Then I forgive others
   So I can enjoy the “now”
   Living life in pleasure
   Sure heals the pain
With no past to haunt me
   Harmony can reign
The Essence of Life

Love is unselfish by nature
And generous in spirit
It provides a place for us
To share our vulnerabilities

Love enables us to look
Beyond the physical realm
Into a more compassionate
Way of being

Love is wise
And without prejudice
Offering everyone of us
The opportunity to drink its nectar

Love heals wounds
Builds bridges
Restores faith
And nourishes the soul

Love is the essence of life
At the end of the day
We cherish our loved ones
Not our bank balance

Love cannot be brought or sold
Or traded on the stock exchange
It is pure and must be given freely
To hold any value at all

Love is a magic circle
The more we give
The more we receive
The more we have to give
Seduced by dark red velvet petals with their alluring fragrant accents. Blindly tempted by such blatant beauty. Soon a victim of the savage pricks delivered by vicious thorns hidden by the innocent facade. Is all the goodness in this garden of life tainted by such cunning evil?

I fear the answer is yes, whilst hoping with all my heart that the answer is no. Fear tethers my soul to a life of suspicion and trepidation, while hope is the wind beneath my wings that want to flutter freely on the breeze. Where in this garden of good and evil does hope triumph over fear?

A butterfly emerging from its secure cocoon may well hold the answer. The struggle to discharge itself from the entwined mass surrounding it releases hormones that enable the wings to move. These hormones are essential for the maiden flight it soon embarks upon. Life may well challenge us but, in its infinite wisdom, it also equips us with the tools we need to undertake the journey we choose.

Sometimes life may appear to be a struggle. Perhaps, like the butterfly, this is part of the process we undergo in order to yield the skills we need for our next phase. With the benefit of hindsight we can gain insight into this fascinating sphere of learning. The garden of good and evil is fertile ground for such education and provides us with an abundance of materials to utilize.

We even have the luxury of choosing the pathways on which to travel, though we may not see it that way. Some are circular, a constant cycle of similar experiences parading past us in the hope that we may one day catch on and choose a different road. Others are like a maze, full of dead ends, with only one escape route. There is also the steep climb that seems like hard going, but is in fact the shortest way to the best view. We finally reach the summit only to realise that this is the first of many mountains to climb. Fortunately the skills we have fostered along the way place us in good shape for our future advances.

For some light relief, there are also scenic meanderings which may not be as exhilarating as the steep ascents, but have a deeply satisfying and comforting factor. The potent cocktail of hope and fear are always present. Learning to know which quantities of each are required for every journey is the key to success. The truth is that a life void of fear, is as dangerous as a life void of hope. We need to find the correct balance in order to reach our goals.

Whilst on the face of it a rose may lure us into a false sense of passionate admiration, its thorny message is a poignant reminder that the garden of life will always contain good and evil. The secret is not to strip the rose of its thorns and pretend that evil does not exist, but rather to admire the rose for its honesty and learn to appreciate the good and deal with the evil.
Passionate Gift

Passion, pleasure and purpose
Pave the pathway to success
With such a winning formula
You are certain to impress

Passion is your driving force
Purpose is your goal
Pleasure is what stimulates
The essence of your soul

When you tackle life with passion
You arouse a potent pleasure
Your life has clear purpose
With focus for good measure

This exciting package
Can be yours today
Just draw on your desire
And bring it into play

Life has little meaning
Unless you give it worth
So what passionate gift
Will you bestow on earth?
Inherently Different

We are all different
Because we need to be
Just like the Monkey
And the Chimpanzee

If we all looked the same
There’d be no contrast at all
No black and white
No big and small

Flowers are all different
So are vegetables and fruit
Their colours, tastes and smells
Range from delicate to acute

All the animals differ
No two are the same
So why do we pretend
To play society’s game?

Religion, Race and Rituals
Are barriers in our way
Can we bridge the gap
Between tradition and today?

In the high-tech world we live in
It is time we understood
We are different for a reason
And every race is good

Humanity is a body
You are just one cell
When we learn to live in harmony
We’ll have peace on earth as well
The Twelfth of Never

I'd like to hold you in my arms and soothe away your fear
I'd like to wave a magic wand and make your troubles disappear

I'd like to do so many things but it's not up to me
Only you can make the choice on how your life will be

Is it better to have loved and lost or never to have loved at all
Is it better to have paid the cost than to have risked a fall

The answer to this game of life is not found in a book
Deep inside your heart is the best place to look

Life is full of choices - all contain a compromise
Mistakes merely remind us that there is still time to revise

Whatever move you make - know it is the right one
You can always choose again - it's all part of the fun

Life is constantly changing - nothing lasts forever
No decision is binding until the twelfth of never...
Tears without Crying*

Tears without crying feel the pain
Tears without crying it's not the same

I am a man I'm not allowed to feel
I am a man but the pain is real

All my life I have been told don't cry
All my life I have wondered why

I am a person with mixed emotion
I am a person I feel love and devotion

I feel inside happy and sad
I feel inside why is it bad?

Tears without crying hurts more and more
Tears without crying cuts right to the core

How can I live locked in this jail?
How can I live life as a male?*

I'd like to be free to really let go
I'd like to be free and let tears flow

To release all emotion to start fresh and new
To release all emotion that's what I will do

Society can say this man is weak
Society can say that he is a freak

I know I am strong I feel pleasure and pain
I know I am strong and look what I'll gain

It feels good to let tears flow
It feels good to really let go

I am a man why should I lie
I am a man and I am proud to cry

*This poem was written for a man who didn't have the skills to express what he wanted to say so he asked me to say it for him.
My Way

As we travel life’s highway
The road sometimes gets rough
I want to do it my way
I know it will be tough

I always follow my will
And I’m often lead astray
But I’ll follow it until
I reach my dying day

Then it can be said
That my life was my own
And let this poem be read
Because I want it to be known

My mistakes will be mine
Experience to be learned from
And I know in time
My wisdom will be earned from

My successes will also be mine
They’ll be memories that I’ll cherish
But the best part is the climb
For without challenge I would perish

I want to live my life
And make it the best I can
Because my quality of life
Is in my command

As I travel the road
The ups and downs of fate
I can bear the load
’Cause life, in short, is great
One in a Million

You are a champion
A special breed
A unique individual
Designed to succeed

Your gift to the world
May not be renowned
Yet your genetic code is
The only place it can be found

Your smile is special
Your laughter is too
No one else can emulate
The magic that is you

Take this chance at life
And shape it with your hand
You choose the layout
Of your very own wonderland

You have the wisdom
Embedded deep within
Just believe in yourself
And you most certainly will win

You are one in a million
When all is said and done
You’re undeniably a winner
Because you’re the sperm that won
When Love Dies - So Do We!

Love is essential to human existence. We don’t realise just how much. A baby will die without love. So will a relationship, a friendship and even the human race.

There was an experiment done in the sixties with two groups of newborn babies. One group was treated as most babies on earth are treated: they were fed and changed and cuddled. The other group was given everything needed to physically sustain life: (food, shelter, clean clothes and warmth), but were not given any human contact, ie. touch, eye contact, hugs and communication. By the time it was realised what a damaging effect this had on the second group of babies, it was too late. Many of the second group of babies actually died - from a lack of love and those that survived had severe brain damage.

Even something as simple as a relationship needs love to survive. If we find it difficult to maintain a harmonious relationship, then what chance do we have of achieving world peace? War between countries is not dissimilar to a couple at war with each other. Everything is relative. If you abhor war on a world scale then it is wise to make peace with those around you. What we do as individuals reflects on the state of our planet.

Religion was given to us to promote goodwill amongst us, but we have used it as a basis for war. The diversity in race, culture, gender, sexuality and creativity was given to us a gift, but we have used it to ostracise, ridicule, persecute and enslave. Even the most heinous crimes against humanity are done with “good intent.” Hitler did not kill millions of people on his own. He had a team of people convinced that they were doing the world a favour by killing those not worthy. Many soldiers go to war thinking “GOD” is on their side.

An individual without enough love will self-destruct through drugs, alcohol, suicide, violence or disease. A Humanity without enough love will destroy itself through starvation, war, disease and degradation of its environment. We are currently in a state of crisis. Both as individuals and as a mass, the human race is dying from a lack of love.
1. Create a loving relationship with ourselves. Give ourselves permission to enjoy life. Seek activities that make us happy.

2. Create loving relationships with those around us. We are social beings. Interaction with others is an essential ingredient to a balanced, harmonious and fulfilled life.

3. Reach out and serve others less fortunate than you. This will bring you a great sense of satisfaction and at the same time spread more love on our planet.

4. Smile as often as possible. It reminds our brain that the pleasure centre is the place to be. As a bonus, we remind those around us of more pleasant things.

5. Open up to the infinity of possibilities that exist. An open mind and an open posture are far more inviting than a closed shop.

Don’t get bogged in the gloom and doom. There is light at the end of the tunnel and, if we look very carefully, we will discover that it is radiating from us.
Flouting the Boundaries

Discerning what is right or wrong
Is a matter of perspective
Appropriate behaviour
Is extremely subjective

Must we always listen
To what our parents say
Or do we have the right
To explore another way

Can we draw the line
Between proper and impure
Is it okay to be outrageous
Or better to be demure

Every facet of life
Has many different hues
The subtle variations
A diversity to choose

When we toe the line
Inside our comfort zone
We never take the risk
Of exploring the unknown

History books inform us
We thought the world was flat
But Christopher Columbus
Soon put paid to that

Flouting the boundaries
Allows us to progress
A vivid imagination
Is vital for success

Let's celebrate our freedom
To exercise our voice
And acknowledge our ability
To make a conscious choice
I Choose

I choose to accept myself just as I am

I choose to live in harmony with my fellow man

I choose to be the person I wish to become

I choose to be happy rather than glum

I choose to give up my need to be right

I choose to fill my life with great delight

I choose to forgive others and set myself free

I choose to be at peace with just being me
Choose Life!

If I had killed myself I would not be here today
I could not smell the roses or hear the music play

If I had killed myself I could not have written this
Or discovered who I am or found my way to bliss

If I had killed myself I would never have met myself
Or explored a new way by which to measure wealth

If I had killed myself I would never have met you
I find so much joy in everything I do

If I had killed myself I would have lost the chance
To learn by my mistakes and make another advance

If I had killed myself I would have thrown away a gift
Life is very precious do not let it drift

If I had killed myself I could not save the lives of others
And never would I meet my spiritual sisters and brothers

If I had killed myself I’d be a statistic on a shelf
But now I understand the value of myself

If I had killed myself I’d be dead before my time
I could never have created my love-filled paradigm

If I had killed myself I would be dead and gone
Death is so final, life does not go on
Chapter 3

Peace on Earth

Just where do we begin, to achieve peace on earth? Turn back to chapter two and you may find your answer. We begin with ourselves and work out from there. It is pointless trying to fight for world peace; that is a contradiction in terms.

We need to find peace within, through discovering our sense of self. From that position we are able to have a calming effect on the world. This will generate peace and goodwill through osmosis. It is funny how we think that it is all so much more complicated than that. Yet, if we look at it logically, how can the world be at peace if no being is at peace within their own environment.

Do what you can to find peace within, then you can inspire those around you to do the same. You are a powerful tool in the global community. If you do your bit, then like the ripples in a pond, together it will spread to the whole world.
Peace on Earth

It’s a dream of mine to see world peace
To let the constant fighting cease

Love thy neighbour like a friend
And help create a worldwide trend

Without an enemy there is no war
Nor anything to be fighting for

Let’s work together for the common good
And allow our differences to be understood

Unite in love and have some fun
And share this planet with everyone

Prepare yourself for salvation
And begin the climb to exaltation

If we all had healthy self-esteem
It would be easy to achieve my dream

I realise this is a simplistic view
However, it really could be true
Peace Be With You

To the people of Oklahoma City we share your grief
As we watch your heartache in disbelief
This tragic event is an abomination
But it could lead humanity to its salvation

If we wake up to the call of this bomb explosion
Rather than it leading to further erosion
This tragic event can be an epoch in time
Marking the start of a love paradigm

If you are fed up with violence in the street
And a world full of anger, greed and deceit
Don't withdraw from life and live in fear
There is another solution we can engineer

If we unite all people regardless of race
If we push aside barriers and gladly embrace
If we accept all people just as they are
And respect everyone on a par

We can turn this world around and live in peace
All conflict and violence will suddenly cease
No one to fight with, no more war
No more injustice to abhor

We can do it with forgiveness in our heart
Forget about past and make a new start
Worldwide amnesia would cure it all
Unconditional love our only recall

Idealistic these words may be
But a global reality you will see
If you stop to think and start to act
Together we can make it fact
The Big Question?

The miracle of nature
We take for granted

Like the way a seed grows
When it is planted

Or when an infant grows
From child to adulthood

Or the wonder of fire
When you put a lighted match to wood

All the different animals
Their numbers astronomic

Why do people want to spoil it all
With this bomb called atomic?
Nuclear War

I don't even want to think about it
But think about it we must
For even if we choose to ignore it, it won't just go away
We have the power in the palm of our hands
To stop the arms race right where it stands
We want to fight for our right to live
Not to be weak and take what they give
Our aim is not to shoot wound or marr
No, we have a power that is stronger by far
The power of love is how we must fight
Just spread the word and let others see the light
The love of all creatures great ones and small
The love of trees and flowers and all
The love of mankind and its mighty strength
Just sit and think about it at length
With all that power in the palm of our hands
Why sit around and wait for their plans
Think about your friends and your next of kin
I think you will find that we just have to win
We owe it to ourselves to fight for what's right
Or we just won't be able to sleep at night
To let them destroy all that we've got
Wouldn't be right so let's give it a shot
BUT....

If the day comes when the bombs finally drop
I hope it will make mankind a much better lot
'Cause if that's what it takes for us to see what we had
Maybe, just maybe ....
It isn't so bad
Inextricably Connected

Will we ever learn
How to live in peace
Violence begets violence
When will the fighting cease

Ongoing retaliation
Will bring us to our knees
Stop the violence here
Have mercy on us please

Ego, greed and anger
Will pave the way to war
How can we live in harmony
When we’re always keeping score

Every religion of the world
Swears God is on their side
What comfort does this bring
To the people who have died

We must take responsibility
For all our warlike actions
Not leave it in the hands of God
And his many different factions

It is our urgent obligation
To pool our global resources
Then everyone can live in peace
With no need for armed forces

We can use this gruesome message
To arouse a change of plan
Let’s make the world a better place
And give all the love we can

This need not be so difficult
It is with in our reach
If we look at fundamentals
It’s what all religions teach

We are inextricably connected
A simple fact to face
Because we all are members
Of the same human race
Where Will it End?

A lovers quarrel
A sibling spat
A family feud
A spoilt brat

Does he support
The one that wins
Or perhaps the one
With lesser sins

Domestic violence
Child abuse
The list goes on
But what’s the use

Wake up world
And look about
It’s up to us
To work it out

The heat is rising
The stakes get higher
Racial hatred
Will transpire

History books
Are full of war
Has it ever
Settled the score

Their grass is greener
We’ll mow them down
We’ll be heroes
All over town

Can we learn
From our mistakes
And free ourselves
From these outbreaks

We are the strongest
We have more guns
Be prepared
To lose your sons

What message does
This tragedy hold
There’s still a chapter
To unfold

Let’s not forget
A holy war
Is hypocrisy
To the very core

Just as infants
Learn to walk
Humanity will
Learn to talk

If God were real
What would he say
“Gee what a mess”
Or “Let us pray”

When we realise
How much we share
We can formulate
A plan that’s fair
If we look at what unites us
Rather than what divides us
We will come to the conclusion
That hatred is an illusion
What reason is there to hate
When we are in a harmonious state
Do you want change on this planet of ours
Or do you want to perpetuate the evil powers

If we look at what unites us
Rather than what divides us
We will come to the conclusion
That hatred is an illusion

Breaking down the barriers between racial factions
Will precipitate recovery from our primitive actions
If we learn more about all religious beliefs
It will help put a stop to bigoted grief

What reason is there to hate
When we are in a harmonious state
Do you want change on this planet of ours
Or do you want to perpetuate the evil powers

Do you want to be dancing in the street
And be friends with whomever you meet
We have the power to create this reality
And help transform our humanity

Can you find forgiveness inside your heart
And progress forward to a brand new start
When peace and harmony lives inside you
Then you can help others discover it too
Universal Harmony

Peace and fulfilment
In the air
Love and laughter
Everywhere
Peace and harmony
Across the land
Black and white
Walk hand in hand

Peace and love
Is what we give
In harmony
Is how we live
Peace in abundance
Love evermore
Happiness surrounds us
It's universal law
Chapter 4
Happiness and Connection

It seems that all humans have one thing in common; a desire to be happy. It is part of our instinct. We are programmed to seek pleasure. The trouble is that the world does not always seem to support us in this endeavour, especially if we are born into difficult circumstances.

Achieving happiness appears to be as much a challenge for the rich as it is for the poor. Money does not play as big a role as we may think, though with the right perspective, it can make it easier to achieve. Attitude has everything to do with our ability to achieve happiness.

The first poem in this chapter, entitled “Happiness”, is a great example of how the way we see things makes a big difference to the outcome. It depicts a huge struggle. One day I read it and saw how absurd it sounded. “Wow, was I in a black hole when I wrote that.” Fortunately I have moved on since then and thankfully, my poems have improved as a result. We all start our journey somewhere and that was where I began. Still, it does help me in many ways even today. I believe that no experience in life is ever lost. If we can learn from it, we have always won, no matter how dimly we view the outcome at the time.

Look for the gift in every event of life and you will find that happiness is a constant companion. After all, it is not what happens but how we perceive it that determines how we feel.
Happiness
(Or rather "The struggle of life")

Happiness is so complex
The many strands of life
Coming together all at once
In a glorious climax
The times are few but rewarding
Often one stand will give us the courage
To bear the burden of others
Sometimes all seems lost
And depression sets in
Fortunately one little win at this time
Will give us strength to carry on
And turn sadness into joy
Just remember when you’re down
All is not lost because
There’s only one way to go
And that’s up
Happy Attack

Happiness is yours if you wish it to be
There is no secret formula and no special key
It doesn’t rely on a relationship just right
Or winning lotto on Saturday night
It doesn’t depend on achieving at school
Or anything else so don’t be a fool

Happiness is yours if you wish it to be
How do I know ’cause it’s happened to me
My life is not perfect like some fairytale
But in the face of adversity I know a smile won’t fail

If you choose to be happy whatever the weather
Even when you’re at the end of your tether
Then life becomes rich and full of excitement
Any challenge put forward is full of enticement

It’s easy, just try and smile some more
Simple but effective it’s nature’s law
So smile and laugh, have a happy attack
What you give out you will surely get back
Learning to Laugh at Mistakes

The ability to laugh at yourself is a great gift. To be able to see the funny side of life is a blessing. It certainly helps us to overcome adversity much faster. When we can light up and not take things so seriously, then we are able to diffuse potentially explosive situations with ease. Learning to laugh at our mistakes brings us closer to self-acceptance and happiness.

There are some things in life that need to be taken seriously and we need to recognise those times. There are other times when we need to lighten up and move away from the seriousness, in order to put things into perspective. Laughing at ourselves is a good way of neutralising a negative emotion we are feeling, though sometimes, we do need to cry before we can laugh. Crying is an important part of living too. It releases chemicals from our bodies and we feel much better afterwards. If you laugh when you really need to cry, then you will put your body in a state of imbalance. A forced laugh is not the healthy, healing kind of laughter I am talking about. Just as tears of joy have a different chemical make up from tears of sadness - an honest laugh comes from a different place in the body than a false one does. Consequently, the chemicals it releases are not the same.

The ability to laugh at yourself is a sign of a healthy self-esteem. If you don’t love and accept yourself just as you are, then you will be too sensitive to genuinely laugh at yourself. It is only when you feel good about yourself that you realise how easy it is to laugh at yourself. When you look back at your past mistakes, do you cringe and wish you had never made them? Or do you accept that it was the very best you were capable of at that point in time, and have a little laugh at your own stupidity?

We all do silly things at times. It is part of the learning process. However, if we don’t learn from our mistakes, then we are bound to repeat them until we do learn. Nothing is ever lost. No experience in this life is wasted.

Laughter is a tool we can use to relieve the tension and feel good about the learning process. Ask yourself the question, “In ten years time will I be able to laugh at this?” If the answer is yes, then why wait ten years? Remove the hurt from it and replace it with laughter now. See it from someone else’s perspective. Human behaviour is hilarious - just ask Billy Connolly. He is an outstanding example of how tragedy can be used to make people laugh. What great therapy.

A sense of humour is a great asset. It gives us the ability to laugh at life and enjoy the fruits given to us by our creators. It gives us the opportunity to see things from a different perspective. Levity is an essential ingredient if we want to extract the very best from life. Laughter can be very healing. In the famous words of Oscar Wilde, “Life is too important to be taken seriously.”
I’m Rich

Today I feel rich, the richest of my life
  Because I know I have love to give
While others they have none to give
  Not even to their wife

Of money I have none,
  Of bills I have many
But me I have my love to give
  To others who haven’t any

Many people in this world
  Have money wealth untold
But of love and care they know not
  They’re left out in the cold

If we could give just a tiny piece
  Of love and care to them
Then maybe they would see the light
  And not so easily condemn

Unfortunately in the world they live
  There’s no room for concern
For if they choose to care a bit
  Their conscience might take a turn

They think they stand to lose all they’ve got
  Although I can’t see their reasons
For love is made to grow and prosper
  Through all the four seasons
Our attitude is everything
It drives our inner river
Whatever we believe in life
Our attitude will deliver
If all we see is darkness
When troubles come our way
Our attitude will guarantee
We’ll have troubles every day
We find what we’re looking for
Just try seeking pleasure
Discover that every darkened cloud
Contains gifts for us to treasure

The human spirit knows no bounds
It can endure immense distress
But even the faintest thread of hope
Can stimulate success

It all hinges on our attitude
Our beliefs and our perception
Any obstacle can be met
With a positive reception

Once we’re in the habit
Of always seeking good
Any challenge that we face
Is easily understood

Winners are not devoid of fault
Nor immune to loss or strain
They simply have the attitude
To always try again
With Understanding...

Understanding ...
  is the doorway to forgiveness

Forgiveness ...
  is the doorway to freedom

Freedom ...
  is the doorway to happiness

Happiness ...
  is the doorway to fulfilment

Fulfilment ...
  is the doorway to peace of mind

With peace of mind ...
  we can live in harmony forever
Wisdom Dawns

As the earth rolls toward another day
The sun reveals some missed miracles
Hiding in the shadows

Quietly emerging from sleepy hollows
Wisdom dawns with compassion in its grasp
A revolution begins

Today I met myself in the mirror
The raw uncut version
A potent essence
Far from being confronting
It was empowering
Even exhilarating
Humanity is impoverished
By its lack of
Connection with self

When we know who we are
We understand the depth of others
And their fragile hearts

A gun is no protection for our spirit
Only love can offer solace
To our gaping wounds

Wake up world
We are all on the same team
There is no enemy

We tell ourselves lies
To perpetuate war
When peace is inevitable

Just listen to your soul
Hear it echo forgiveness
And prepare yourself for paradise
Chain Reaction

A smile given  
Received with joy  
Passed on to another  
In the human convoy

This gift travels  
Over many a mile  
Bringing cheer to those  
Who welcome a smile

A chain reaction  
A ripple effect  
A simple tool  
To reach out and connect

A smile is easy  
A smile is good  
A smile is rarely  
Misunderstood

Smiling produces chemicals  
Inside your brain  
Designed to feel great  
So you’ll do it again

If you smile often  
There is no doubt  
That you will have plenty  
To smile about
The smile on your face, (or lack of it), says more about you than the words that come from your mouth. The sparkle in your eyes and the way you look at people can be far more powerful than a thousand words. Looks and actions portray who you are, not words.

Love needs no words. It radiates from you and touches people in a quiet, gentle, yet powerful way. A look full of love can touch someone’s heart far quicker and more effectively than anything else you can do. Love is soft and gentle, and often works in silence.

Look at your face, your eyes, your mouth. What do they say about you? The way you hold yourself when you walk down the street, speaks to people and even to your own body. If you look at the ground when you walk, with your shoulders stooped, then your energy becomes negative. Try it and see. You’ll be amazed at how quickly your body will respond to different postures. Others respond to it too. If you walk tall with an air of confidence about you, then you are like a magnet. You will attract others to you. People will want to know who you are.

Whilst I was visiting Paris, the people in the house at which I was staying made a friend of theirs a star for a day. She was getting married, and all her friends took on different roles. Her entourage included a make-up artist, a wardrobe coordinator, a photographer and a press agent. While they were out on the streets of Paris making a mock photo-shoot, a crowd gathered to witness this star at work and people wanted her autograph. It was all an illusion, but it just shows how people respond to what you appear to be.

Let who you are do the talking for you. Let your smile caress the people around you. Let the look of love in your eyes sparkle so brightly that it dazzles all the people walking down the street. Celebrate the incredible miracle you are by beaming this message of love and hope to all those around you. Not by your words but by your actions.
Words and Deeds

Words alone will not capture our attention
Without deeds as an intended extension

Words allow us to communicate
What deeds can only demonstrate

Words can stimulate our imagination
Deeds can build a strong foundation

Words can inspire a revolution
Deeds can make it constitution

Words are recipes in a book
Deeds can show you how to cook

Words can woo and captivate
The “deed” guarantees we procreate

Words can help your child to know
What deeds cannot always show

Words allow our intellect to thrive
Deeds remind us we are still alive

Words can comfort you over the phone
Deeds can show others they are not alone

Words can paint a picture in your mind
Deeds can help to unite mankind
Those who have expectations of others, are forever disappointed. Expectations can lead to unnecessary conflict. If we do not have any expectations, then we will not be disappointed.

Many relationships develop conflict as a result of expectations. These take different forms. Some people have expectations of what a relationship is. This may come from the storybook ending “....... and they lived happily ever after.” Other sources include movies, romance novels and an unrealistic depiction of marriage. Where it comes from is not important. The effect it has on our relationships is.

There can also be expectations on gender roles within the relationship. The woman cooks and cleans while the man is the breadwinner and takes out the garbage. These sorts of expectations can be dangerous and are the cause of many an argument behind closed doors.

We need to have the lines of communication open in order to allow open discussion of expectations. Unfortunately, it is rare that our expectations are verbalised. They are usually a potent cocktail of non-verbal cues and behaviour patterns elaborately designed to disguise the real issue. Sometimes we are not even aware that our behaviour is the result of an unfulfilled expectation. The next time you are feeling frustrated ask yourself:

1. Am I expecting too much from someone?
   or
2. Is someone expecting too much from me?

If the answer to either of these questions is yes, then it is time to take action. We can only work on something once we are aware of it. So if the answer to the first question is yes then it is entirely up to us to change our perception of the situation. We need to alleviate the pressure we have placed on that person. Talk to them about it and come up with a compromise that is acceptable to both parties. Often, expectations of others is a pattern we have learned from someone in our life. If we want to break the pattern then we need to ask ourselves question one often, so we can remain aware of it.

If the answer to the second question is yes, then it is time that we communicated what we are feeling about that expectation to that person. Many times this is a parent or a partner who has been in that pattern for many years and you have never picked them up on it.

Today is a great day to begin the process of letting them know that we are aware of their behaviour and we are no longer buying in to it. Surprisingly, if we do this a few times, the behaviour will cease. It can only work if we allow it to happen. It is important that we are polite about it and calmly communicate our feelings. You will be amazed at the response you will get and how your life will change for the better.
A Frolic In Time

Immersed in pleasure
A state of content
Totally engaged
In a blissful event

Time means nothing
Abundant delight
No intrusions
Day or night

This is life
In its purest form
Love and laughter
Safe and warm

But reality
Assaults our mind
Violence and war
Is what we find

Suicide seems like
A welcome retreat
The final escape
Nice and neat

Unfortunately
It’s not the solution
Because the world needs
Our contribution

Don’t be a victim
Of human greed
Exercise your right
To proceed

Look for the good
Help others to grow
Discover the pathway
To a higher plateau

Create your own
Reality
And you will discover
Great clarity

Life is a gift
A frolic in time
You can design
Your own paradigm
The Masquerade

Emerging from the masks that guard us
Pensive tones revealed
Mixed emotions bursting forth
Once cleverly concealed

Fear forces us to censor
With no freedom to express
The truth remains a mystery
For others to second guess

Secrets hidden deep within
Never safe to tell
Like the timid snail retreating
Back into its shell

The masks we use for our protection
Produce severe isolation
When someone wants to join us
We consider it violation

We need to end this masquerade
The pretence of disguise
To continue this performance
Really is unwise

Open honest answers
And emotional liberation
Can lead to understanding
And better communication

With nothing left to hide
What stands in your way
Dispose of all your masks
And be yourself today
Listen to Yourself

The tone of your voice is very important. Do you realise its significance? If you have ever had a dog, you would know what a difference the tone of your voice makes to it. If you say “I love you” in a sharp angry tone, the dog will cower. The words are not as important as your inflection. The same principle applies when you are communicating with human beings.

Some people have the ability to say so much just by the way they choose to use their voice. You can feel the love and respect oozing out of them. Just by listening to their voice, you can tell they are full of fun and love. These people have the ability to deliver very powerful messages without force. They use love and laughter to drive their message home. What a precious gift, one that we can all learn.

If you truly want to communicate with others, then it is worth spending some time in this area. When we become aware of how important our voice is, we can be vigilant in using it to bridge the gaps between communication and indifference. All it takes is a little consciousness. What takes place when we speak is more than the passing of words. It is a total experience. People will remember the feeling that emanates from you more than the words. If you say anything with great love in your voice, then the person receiving the message will be more inclined to give your words value. If the same thing is said with anger, then it will lose its impact and acceptance by the recipient. Something delivered with anger is usually rejected by the other party, even though the message may be valid.

Are you aware of what the tone of your voice says about you? Do you know how often you assault someone with your voice? Does your voice have a soothing effect on people? Can people feel your love when you speak? Does the sound of your voice invite people to be relaxed or put them on the defensive? The power we have is incredible. Just by learning to use our voice properly we can magnify the positive effect we have on the world.

If you are unsure about how your voice affects those around you, ask them for feedback. You may be surprised what you will learn about yourself. Awareness is the first step. Maintaining consciousness of the affect your voice is having on people is a necessary process if you want to maximise your communication with others.
Communicate

Communication is the key
If you want prosperity

Simple talking will not do
For your message to get through

You need to find an open zone
If you want your seed to be sown

If you first prepare fertile ground
Then success is sure to be found

Stop and think before you speak
And you will discover what you seek

A simple rule to help you succeed
Always respect your fellow breed

Have a listen to what people say
And give value without delay

Even if you don’t agree
Respect the choice of others to be

If we all make an effort to communicate
We will have harmony to celebrate
Good communication skills are among the most useful and valuable skills to have in our modern world. Without them you will always be at a disadvantage.

So, what is the foundation of good communication? The most important aspect is not one we usually think about. It has to do with our emotions. Think of our brain as a place with different compartments. There is a pleasure centre, where love lives, and a pain centre where anger lives. These two centres have a great bearing on our ability to communicate with someone.

When we are in the pleasure centre, we feel connected to our environment. When we are in our pain centre, we are disconnected. This is for very good reason. If our life is in danger, we need the ability to do whatever is necessary in order to survive. We cannot be violent towards our environment if we are in our pleasure centre. So, in times of danger, we have to be able to switch off from our connection in order to survive.

This survival instinct helps us in times of danger, but can hinder us in everyday life if we allow it to get in the way. Understanding the way the brain functions can help us to improve our communication skills.

In order to communicate with someone we need to connect with them. Two people operating in their pleasure centre don’t usually find it difficult to communicate with each other. They enjoy the free flow of conversation or even comfortable silence. This is the ideal way to communicate with someone; when you are both feeling good.

When anger, fear or any negative emotion steps into the picture, then the situation changes completely. When one or more parties are in their pain centre, then good communication is not possible. The pain centre switches off connection and no matter what is said it won’t be received.

If you want to communicate effectively with someone, the most powerful way is when you are both in your pleasure centre. That is why humour is such a great tool. When we make people laugh, we can deliver a very potent message that will be remembered.

All people have a desire to feel valued. If you give value to the people you meet and treat them with respect, you will find that you will open the channels of communication very easily. This principle is just as important when you are talking to your loved ones. We sometimes forget that those close to us need to be respected as much as strangers. Our approach to communication on every level, requires our careful consideration.

If you want to get a message across, wrap it in love and positive messages. Even the most difficult subject can be tackled this way and be well received.
The Mingling of Minds

When you need
An intellectual injection
It’s hard to beat
A mental connection

Thoughts flowing
Inspiration detected
Exchanging ideas
Opinions respected

Listening intently
Deeply engrossed
An orgasmic equation
Well... almost

Life dishes up
A myriad of finds
But few pleasures surpass
The mingling of minds
Why is it that the good guy in the movies is always drop-dead gorgeous and the bad guys usually have a long narrow face and small beady eyes? It is because the people who cast movies have studied faces and choose the actor according to their genetic appearance.

Numerous studies have been done to determine what is commonly considered beautiful or handsome. These show that the perfect face is well balanced. It has even proportions both vertically and horizontally. A well-balanced face is one third forehead, one third between eyebrows and mouth and one third chin/jaw. The eyes are one eye-width apart and the nose is straight. The lips are even and well formed. The face is vertically symmetrical, which is pleasing to the eye.

Casting a dashingly handsome face in the role of a villain would be movie suicide. People simply wouldn’t believe it to be true. Casting is an extremely important element in the success of a movie and that is why a good casting agent has spent a great deal of time studying faces.

Face structure plays an important role in our behaviour patterns. Large lips, for example, signify a natural ability to communicate verbally. Large, well-shaped ears indicate a good listener. A straight well-formed nose is the sign of honesty and trust. Prominent cheekbones show an adventurous spirit. Our genetic structure does not stop us from learning new skills; it merely gives us a guide as to where our strengths lie.

Physical beauty comes from more than our genetic construction. Our mental state has a large bearing on how we appear to the world. Our stance, the way we dress and our grooming, all say something about us. If we are depressed and have a poor self-image, then we will not project a positive image in terms of physical appearance. Our posture will be slumped, our hair a mess and our clothing crumpled and dirty.

Adjusting the way we stand will alter the way we think. When we stand boldly upright, it gives our mental attitude a lift. When we think positive thoughts, our posture becomes straighter. Similarly, when we think happy thoughts, we usually smile. The reverse is also true in that when we smile, we tend to think happier thoughts. This gives us the ability to consciously adjust our thoughts either physically or mentally.

When we have just crawled out of bed, we are not able to function at our optimum. When we look our best we can take on the world. Beauty comes not only from our physical appearance but also from our attitude. Beautiful thoughts create positive energies that radiate from our bodies. People feel that and respond to it. Physical beauty can be destroyed by an ugly attitude. When you want to perform well for whatever reason, be mindful of your smile, your stance and the way you dress. Back that up with beautiful, positive, uplifting thoughts, and you can’t go wrong.
When Will You Be Happy?

When will you be happy?
When you grow up tall
When school is over
Then you’ll have a ball

When will you be happy?
When you meet the perfect partner
Is that all you need
To live happily ever after

When will you be happy?
When the kids are off to school
Then you’ll have the time
To laze around the pool

When will you be happy?
When dependent on the future
When that ideal job is yours
Then you’ll have the money
To pay someone else to do the chores

When will you be happy?
When you’re rich enough to retire
Then life will supply
All that you require

Happiness is yours
Just wave your magic wand
Show the world your smile
It will certainly respond

Happiness is yours
At any given moment
It need not depend
On perfection or atonement

Happiness is yours
If you count your blessings today
Unless it’s unconditional
And more will come your way

Happiness is a journey
Not a destination
Every second counts
To enhance your jubilation

Unconditional Happiness
IS the perfect partner
It is all you really need
To live happily ever after
Chapter 5
Friends and Family

Our society is built on a foundation of interpersonal relationships. We all work together to achieve a common goal. It may not seem that way, but this is a fundamental law that gives us the ability to be successful as a nation and ultimately, as a planet.

Friends and family are an important element of this foundation and it is through them that most of us learn how to interact with the outer perimeters of our existence. If we are lucky, our family circle is a warm and nurturing environment—a safe haven from the harsh realities of the world. Unfortunately, this is not always the case. Dysfunctional relationships are commonplace on every level and can become very toxic. Ultimately though, as adults, we have the choice of how and with whom we spend our time. This places friends in a very important category. The choices we make here can determine a great deal about where our future lies.

Life is a journey, and on it we always have choices to make. If we have a toxic family, then we may want to disconnect from them and re-invent ourselves somewhere else, where we can be respected and loved and cherished. Which, after all, is what we deserve, isn’t it?

The best way to find a good friend is to be one. To achieve this, we can write down the qualities that we believe to be important in a friendship, and then live by them. By connecting with others, we are engaging in the very fabric of what makes our society what it is; a huge collection of interpersonal relationships melding together in a glorious display of diversity and mutual benefit.
Friends

celebrate who you are
share everything
with you
and give you space
to learn and grow

precious gems
secrets safe
to lean on in need
share with in joy
laugh with always

treasured gifts
parcels of love
wrapped in forgiveness
tied with an endless ribbon of support

enrich life beyond boundaries of thanks
multiply happiness
halve pain and
add beauty to living
What does friendship mean to you? It means different things to different people. A balanced friendship is a two-way street. Unfortunately not many friendships have such balance. Everyone is at a different level of understanding and experience in life.

We all have different needs and wants and expectations, depending on our nature, our upbringing and what our filter has taken from the society we live in. This makes for very complicated dynamics inside a friendship. It is not often that we find someone who fits us perfectly. This means there is usually a form of compromise involved somewhere inside a friendship.

All our friendships are different. They each possess a unique thread which connects us together. We are usually attracted to people with whom we feel comfortable. This can change as we change. If we go through a process of self-development, we may outgrow our old friendships. What once felt comfortable is no longer acceptable to us.

When we have expectations of a friendship, just as when we have expectations of anything, we are bound to be disappointed. Friendship is of great value, but there are no rules. The type of friendship will vary from person to person. Some of our friends need more from us than they are aware of. They make demands on us and we begin to feel used. This happens when a friendship is out of balance. At this point it is important to communicate what we are feeling. So often our friend is unaware of how we feel. We feel that if they were a true friend then they would know automatically. This is rarely the case.

Friendship is a funny thing. It is how you deal with the dynamics of it that makes the difference. It is up to you to decide where to draw the line; what is acceptable and what isn’t. If you are feeling unhappy you can either communicate your feelings to the person involved or just let go of the friendship altogether. To remain in the friendship without communicating your feelings is okay if you are prepared to let go of your feelings completely and not let them destroy your harmony. It is pointless to be in a friendship that continues to give you negative feelings. You need to make the choice.

Human beings are social by nature. We instinctively seek the company of others to add to our pleasure in life. The keyword is pleasure. When we no longer find pleasure in a friendship, it is time to work it out or move on. Or perhaps we need to adjust our perception of that friendship. We need to decide which friendships are worth nurturing and which ones we have outgrown.
Circle of Friends

Special friends
Special gems

Time to celebrate
Time to laugh

Mistakes forgiven
Mistakes forgotten

Sharing problems
Sharing joy

Freedom to be true
Freedom to be you

No judgements
No malice

Being there
Being fair

Lots of love
Lots of caring

Special friends
Special gems
Compromise

No matter what you do in life
Or where your journey ends
There is the price of compromise
On which your life depends

You cannot live in New York city
And work in London town
You cannot flash a dazzling smile
When your face is in a frown

You can’t enjoy the winter rains
Whilst basking in the sun
Nor ascend a snow-topped mountain
Without climbing till it’s done

You cannot know your children
If you never leave work on time
Or conceive a new perspective
When stuck in a paradigm

Ask a grieving man
Where his priorities lie
“She told me she had cancer
And I carried on working... Why?”

Life is full of choices
We choose what suits us best
We may not see our errors
Till life puts us to the test

Compromise is constant
In all we say and do
What you choose to compromise
Is entirely up to you
The Happy Highway Men

The Highway Hotel is the place to be
It scores ten out of ten
The decor is plain but its character comes
From the happy highway men

Rosco sits in the corner
It’s his favourite place to be
Sitting drinking ponies
Until it’s time at home for tea

Tripod sits with Rosco
Friday night’s the go
Drinking beer as they watch
The barmaids go to and fro

Pom he likes an Export
No, better make that two
Perhaps a handle for a change
But any beer will do

Brian he’s a gentle bloke
He likes a middie of gold
He looks distinguished and mature
But don’t dare call him old

Tommy well, he’s not so tall
They call him Dickie Knee
He has his own extended stool
So when he sits at the bar he’ll see

He drinks handles all night long
And plays plenty of pool
He needs a ladder attachment
To get back on his stool

Peter “Glasses” drinks with Col
He’s gentlemanly and benign
He made the stool for Tommy
While Neil helped with the sign

Colin he drinks Toohey’s Blue
And has a fetish for five cent pieces
Everyone helps to further the cause
So his collection ever increases

Terry is the manager
He works hard day and night
He likes to drink with the boys
But watch out if there’s a fight

So come and meet the happy highway men
Full of jokes and good cheer
Well... there is one thing you can be sure of
They’ll all be full of beer!
Love Thy Children

Love thy children, love them dear
For when they leave you’ll shed a tear
They grow so fast and time is lost
Give love now or pay the cost

Take time to listen and talk to them
Be their friend before you condemn
Give them discipline tempered with love
When they need comfort give ‘em a hug

Teach them well and watch them grow
You may learn from what they know
Hug ‘em, kiss ‘em show them you care
Teach them that love is made to share
The Miracle of Motherhood

A tiny seed is planted
In a fertile nest
The miracle of nature
Takes care of the rest

A new baby is born
A mother now elated
The pain of labour gone
When she sees what they created

Baby suckling mother's breast
Soothing, nourishing her child
Father watching on
Said a prayer and proudly smiled

Washing, cooking, cleaning
Dirty nappies, sleepless nights
Welcome to motherhood
Depressive lows and dizzy heights

The child soon learns
To walk and talk and eat
Constantly chattering
An individual complete

School days come
And mother waves goodbye
Standing, bravely smiling
With a tear in her eye

Learning, growing, playing
So much in life to do
Parental guidance helps
With all they're going through

Teenage years arrive
Rebellion and defiance
Parents struggle on
To maintain an alliance

A minefield to navigate
Sex, suicide and drugs
Can it all be conquered
With understanding, love and hugs?

Twenty one today
An adult through and through
All the freedom in the world
To choose what they may do

A mother's job is over
Now to be a friend
A mother's love is endless
A lifetime dividend
The Bond of Friendship

Rekindle the flame that burns within
Oh please do just try
Show me what you’re made of
You’re a very special guy

Our times together
Were good and bad
We had lots of happy days
And some too were sad

The delicate balance
Which we possessed
Just came unstuck
And now you’re depressed

Time I know
Is on your side
Little by little
It will subside

We have something special now
Which sadly is rare
We have the bond of friendship
Which will always be there
A Matter of Trust

Trust in the process of life
And your fears will just drift away
Have faith in yourself and enjoy
The blessings of every new day

Trust in the process of life
Know you are worthy to receive
Your life will reflect your perception
And manifest what you believe

Trust in the process of life
Limitation is just an encumbrance
There is plenty enough for us all
So open yourself up to abundance

Trust in the process of life
Don’t be afraid to follow your dream
There’s no place that life cannot take you
When you nurture your self-esteem

Trust in the process of life
It really is simple indeed
When you believe that life supports you
It will deliver all that you need
Youth In Search is a program put together to help teenagers who are desperately lacking direction in their lives to find some hope for the future. The youths that attend these weekend camps are often petty criminals who have lost their way in life. One of the basic things that is worked on at these camps is teaching these youths how to trust.

Trust is a central issue if you are going to make your life work. These teenagers have no trust. They feel let down by their parents, teachers, society and even life itself. They turn to drugs and alcohol to escape the hopelessness they feel. Sometimes they even resort to suicide. How sad it is that people so young have become so desperate.

One of the exercises used to build trust is a team session where one person from the team falls backwards from a platform into the cradle of arms built by the others. Each team member must do the fall. This is a difficult exercise but very effective. It becomes a very emotional experience for all involved. This is a big step towards trusting in others. Trust is fundamental if these youths are going to embrace life and make significant changes to their attitudes.

Recently a youth from one of these camps was interviewed five years later. He had been transformed from an angry young man on drugs with a deathwish, into an award-winning twenty-one year old. He spoke of the person he once was as “a right pain in the arse.” His experience at Youth in Search had touched him so deeply that he was transformed. He found the experience so profound that he wanted to share it with others. He was clearly proud of what he had achieved. Not only did he become a well respected member of the community, but he also spent a great deal of his time telling his story as an inspiration to others.

When we trust in our own ability, we can allow ourselves to trust others. When we are honest with ourselves, we can trust that others will be honest with us. The same circle appears, it begins inside us. To fall backwards into the arms of others you must first have trust in yourself. A trust that what you are doing is safe. A trust that if you were part of the team below you would do your best to ensure the person falling will be safe. That is why this exercise is so powerful.

Placing trust in people is giving value to them. When people feel valued they respond in positive ways. The “Youth In Search” program gives the teenagers involved a sense of value. They are treated like they are worthwhile individuals and they respond accordingly. Many of these youths go on to help others in the same way they were helped.

We are all in this world together. It is very gratifying to know that this sort of valuable work is being done in our community. Unfortunately the need outweighs the supply by a long way. Youth suicide is at epidemic levels in Australia. Many young people have no trust in what the future holds for them. We need to offer them some hope. We can begin by being role models. Have trust in yourself. Have trust in others. Have trust in the process of life. Love and trust are partners. Giving trust is giving love. Reach out to others; they will appreciate your gift.
We have rights
We buy stuff too
Please understand
Our point of view

Even when
We’ve done nothing wrong
You make us feel
That we don’t belong

We are falsely accused
And unfairly crucified
Why are people shocked
By the stats on suicide

We are adults of the future
Who are finding our feet
We need a place
Where we can meet

We are still young
“Can you give us a break!”
We need a bit
Of give and take

We need your support
Not your disdain
With mutual respect
We can all try again
The Humble Hug

A hug says more than a thousand words can ever say
It will communicate the message that you want to convey

A hug can calm and soothe, relieving undue stress
It only takes a moment to deliver and express

A hug can heal a rift and restore harmonic connection
It fulfils the basic human need of recognition and affection

A hug can spread enthusiasm as fast as wild horses
Football teams use it to bolster up their forces

A hug is universal, ingenuous and sublime
Even our Olympic heroes find it worthy of their time

A hug is much more than a systematic greeting
As a versatile remedy it really takes some beating

A hug contains some magic, at least that’s what I’ve learned
Because when you give a hug away... it is instantly returned
Chapter 6

Romantic Love

Millions of dollars are spent on movies and books that take us on journeys of passion and romance. It is a part of our makeup to seek companionship and intimacy with someone we feel comfortable with.

However we choose to seek a mate, romance is in and will remain popular until the end of time. Unfortunately, the realities of a relationship are far from the fairytale depiction of “... and they lived happily ever after.” The heady, passionate days of courting fall away to expose the foundation of friendship and compatibility. At this point, you had better have either or both these things in order to find the deep, committed, enduring love that healthy, long-term relationships contain.

The poems in this chapter are mostly of a personal nature. Many of them are written for my partner Johann who has proved to me that romantic love is a journey with many facets. We are still exploring the depths of our love after more than eight years together.

Be warned - Love is not always sweetness and light. A few poems at the end of this chapter do touch on the realities of breaking up and some of the pitfalls experienced during the love experience.

Romantic love is much more than flowers, chocolates and candlelit dinners. It is a deep ocean of emotional experiences. What keeps the love craft afloat and on calm seas is appreciation and respect. With these in abundant supply you can sail into the sunset safely knowing you are on course.
Orgasmic Bliss

I opened a door and the sunshine steamed in
It warmed my body from my toes to my chin
Inside my brain explosions they roared
My heart pumped fiercely and out my love poured

A clever connection so warm and so sweet
Tempted my taste buds I wanted to eat
As time passed on my appetite grew
No need for guessing what I wanted was you

We talked and we laughed and we lived in the now
You never ceased to amaze me somehow
We touched on all levels a dream was complete
We felt the sensation from our head to our feet

We kissed and entwined our bodies were one
We basked in the warmth of this love from the sun
Our hearts touched together our love spread like fire
Your touch added fuel to my burning desire

When I leave here it's you I shall miss
And this feeling you give me called Orgasmic Bliss
You are my friend you are always there
You always listen when I need to share

You are my brother you keep me calm
You love and protect me and keep me from harm

You are my teacher so wise and so giving
I learn by example just watching you living

You are my playmate we have lots of fun
We play like young children our lives just begun

You are my lover you thrill and excite me
You bring me such pleasure as your body invites me

As kindred spirits we join as one
Creating a glow much more than the sun

My friend, my lover, my brother and more
I sure am glad I opened that door!
Living a Dream

As you sleep and gently breathe
Our bodies entwined as one
I reflect on moments together gone past
And relive the sharing and fun

It is today I'm living in
Not future years or past
Each moment of each day I live
And give thanks to be home at last

You bring me joy beyond compare
As you lovingly fill my cup
Now asleep so soundly there
Like a contented new born pup

You wake a moment declare your love
And drift gently back to sleep
Your beautiful body at home right there
The intimacy so complete

I give thanks now and evermore
For the love you bring to me
You give me the space and freedom
To be just as I like to be

It's wonderful feeling your body so close
The warmth and comfort there
I see the peace in your beautiful face
And give thanks for what we share

The love I feel is doubled and more
Knowing how much you love me too
So many feelings to explore
In a world I never knew

You and I we have so much
Together we are a great team
Joined as one united in love
We shall continue to live this dream
As the years pass our love grows deeper
And more beautiful

The more we learn of each other
The hungrier we are to learn more

Our weaker moments have brought us strength
Is there no end to this magic

Love dissolves conflict
And broadens our capacity to give

What we share is so incredible
And yet so simple

Intimacy, fun, honesty, sharing
And mutual respect

Our bubble of happiness is so nourishing
It has far exceeded all expectations

Today and everyday I rejoice in our love
And the infinite gifts it contains
Home at Last

Today I awoke with you in my arms
I rejoice in your presence as it soothes me and calms

Our love is more than just being alive
It gives us a place in which we can thrive

We are truly blessed to have found this place
It brings a new dimension which we can embrace

How lucky we are to live as we do
Aware of the magic experienced by few

Here I am home at last
It sure beats the prisons of years gone past

Our love is pure and infinite and free
It gives room to learn and grow and just be

I am at home wherever we are
Here on planet earth or a far distant star
Quality Supreme

My darling man
How you fill me with joy
Like a child at Christmas
With a brand new toy

Our life together
Is a work of art
Sharing pure love
Right from the start

From our humble beginnings
Till this day draws to an end
You have always been
My very best friend

We are lucky to live
What for most is a dream
Happiness, harmony and love
The quality supreme

You're a Part of Me

You're part of me even when we're apart
I can feel you with me inside my heart
My head is filled with thoughts of you
My body feels your presence too

The love we've found is so very rare
It's full of wonder and gifts to share
It grows a little every day
It enriches my life in every way

Thank you darling for sharing with me
And showing me how beautiful love can be

Freedom of Love

The love you send I feel
The love I give is real
The things that happen
Are not by chance
They're gifts for you
Your life to enhance
Feel them
Be them
Let them go
Freedom of love
Is all I know

Magic Recipe

How rich we are together
We share abundance full of wonder
Look and see we are a pair
It's not a spell we're under
Our connection grows feel the love
Intense and pure and free
It grows beyond the stars above
A magic recipe
Crazy Love

I didn’t want to know you
I didn’t really care
I never really knew
You’d be a gift so rare

From that moment of realisation
Until this very day
The journey of our love
Has been perfect in every way

We share a love of freedom
We share a love of hope
We share a love of craziness
Do you think we should elope

I love your sense of humour
I love your wicked grin
I love your crazy antics
Perhaps we could live in sin

I vote we live together
And never be apart
Who cares about marital status
When we’re happy in our heart

Bittersweet

Times apart are bittersweet
I feel somehow incomplete
I’m happy yes and having fun
I have the sand and surf and sun

I’m busy as my life turns round
New adventures in life abound
I meet new people every day
I live each moment in every way

I find the best in all that I do
But it would be better if I shared it with you
Precious Gem

How do I describe what you do to me
Words aren’t enough to convey my ecstasy

The magic of your touch penetrates each and every cell
And the neurons in my brain explode one by one as well

Your sweet caress stimulates my body’s desire
Our mental connection adds fuel to the fire

When I look at you, my heart bursts with joy
I’m as happy as a child with a brand new toy

I love who you are your tenderness and sensitivity
I love what we share our touch and compatibility

You are so beautiful, your body and your mind
It is easy to tell you are a rare find

I love who I am when I am with you
I love the space we share and the things that we do

Never forget that you’re special, a rare and precious gem
I love to see you sparkle ‘Mais oui beaucoup je t’aime!’
Magic Moments

The eyes carry a message of love
The hands touch and confirm its existence
Connections form, the answer is yes
Pure love knows no resistance

I melt in your arms
A magical moment
Time stands still
For this atonement

Our neurons make love
Our bodies entwine
We giggle like children
Is that your heartbeat or mine

The passion is rising
A unique desire
Your electric touch
Adding fuel to the fire

Words are not enough
To express my emotion
I want to dive in
As deep as the ocean

Connected together
And yet far apart
Intimacy is
An affair of the heart
Not Just Any Man

Hello my special friend
How I miss your smiling face
What I would do
To feel your warm embrace

I can just imagine
How blissful it would be
To be bathing in your love
So pure and warm and free

The feel of your touch
Sends shivers down my spine
The splendour of your hands
Brings me pleasure so divine

Just being close to you
Takes me into bliss
I can almost feel
The pleasure of your kiss

I love connecting with you
And exploring your mind
Discovering your essence
What a precious find

You are so beautiful
So calm and cool and clear
You have so much to give
So kind and sincere

I love who you are
I love what we share
I love the way you think
I love the way you care

You my friend are special
You are not just any man
Believe me when I tell you
That I’m your biggest fan
Pure Love

Pure love is abundant
And infinite and free
Let it ebb and flow
Like the tides of the sea

Bathe in its beauty
Soak up the pleasure
Bask in its warmth
It has no measure

Pure love is free
It can’t be caught
Try to capture it
You’ll end up with nought

Relax!
Don’t pursue it
The secret is
To open yourself to it

Drink in love’s nectar
Taste its delight
No need to chase it
Just simply invite
Human beings are social animals. We most especially strive to find a mate with whom we can share our experiences of life. And traditionally, we form an intimate relationship with this person. Sex is only part of that equation; an important part for those who want to have children or whose libido is on the high side.

A successful relationship requires balanced commitment and understanding on both sides of the partnership. Compatibility is everything here. To find harmony, there must be a basic agreement on the core issues of life. Personal hygiene, financial matters, rearing children, basic values, household chores etc. The ability to communicate about these issues is central to a balanced relationship. How we achieve this balance is unique for every couple. Each has their own needs. So long as each partner is meeting their side of the agreement willingly, then we maintain a working relationship unpolluted by resentment from unfulfilled expectations.

If we are unsure where our relationship lies, then put it down on paper. Draw up an agreement that is fair for both parties and talk about issues that come up. Make an appointment to chat on a regular basis to check how things are going. A breakdown in the ability to communicate means a breakdown in the relationship. This then leads to misery or separation or both. We need to be aware of the pitfalls every day and be pro-active to ensure that we are doing our bit to make the relationship work. If we don’t want to put any effort in to our relationship, then we should get out of it now and stop wasting our time.

One key ingredient is mutual respect. When we lose that, there isn’t much left. If we never had it to start with, then we probably need to work on ourselves before we can move on.

Dr Phil McGraw, a leading psychologist, says that at any moment in a relationship we are either contributing to it or contaminating it. Every action we take falls into either of these categories. There is no guessing about the future of a relationship that is being contaminated more than being contributed to. Do the maths on your relationship; where do you stand?

Where do we go from here? If we have a healthy percentage to build on, then we can enhance our relationship by ensuring these ingredients are part of our recipe.

Time to talk
Idle chat leads to deeper issues. Just like we can’t make love without foreplay, we can’t plunge into the heavy issues without first preparing the ground.

Time for self
No one likes to be suffocated. Take time for ourselves and allow our partners to do the same. We may have interests that we don’t share, so enjoy them and the passion it brings us.

Special Events
Nothing is special in life unless we make it that way. Create an evening or weekend getaway to rejuvenate the romantic connection.

Socialise
It is important, at least occasionally, to socialise with the outside world. The cocoon of a relationship can become a comfort zone, from which we do not venture out. Social interaction with others can add some interest.

Prioritise
If we nag our partner about every little flaw they have, then it leaves little room for us to tackle them on important issues that really matter. Use the phrase “What’s really important in life” to evaluate if it is worth being agitated by an issue. You will find most things just melt away into insignificance under this test.
Recipe For Lasting Love

Begin with friendship

Add compatibility and combine with
Abundant laughter and
Unconditional love

Stir in patience and understanding

Mix thoroughly
And sprinkle with fun

Pour in flexibility and caring

Add a dash of desire
A pinch of passion
And cover with respect

Bake until happiness rises

Serve generous helpings daily
Be With Me

Walk with me through time and life
I’ll make you happy while I’m your wife

Talk with me about all things
Remember why I wear your rings

Work with me so we may share
A happy home with love and care

Come with me to comfort zone
Happy in thought that you’re never alone

Laugh with me and spread our joy
Perhaps we’ll have a girl and boy

Cry with me when things are sad
And soon we’ll realised things aren’t so bad

Share with me those precious things
That only come from what love brings

Sleep with me and hold me tight
Until the early morning light

Stay with me, please don’t stray
I’ll love you till my dying day
Love's Poison

Love comes not from an empty cup but one overflowing with joy
An empty cup is needy and this will love destroy

Dependence and insecurity ring a loud alarm bell
Beware of the warning signs if you want to avoid a living hell

Love grows in fertile soil in foundations safe and secure
Love flows in abundance it doesn't need a lure

Does your love flow freely, given with no regret
Or is your love based on your needs being met?

True love knows no boundaries it has no ownership or rules
Those who think otherwise are muddle-headed fools

Love is born of freedom it simply can't be caught
Once you stop the flow you will just end up with naught

Love....just let it be enjoy its sweet caress
Be sure though to remember it cannot possess
It's The Magic That I Miss

The magic of that first hello
I wanted to hold you and never let go
The magic of the laughter we shared
We talked for hours, I know that you cared

The magic as you looked in my eyes
With a smile my heart you mesmerised
The magic of your warm embrace
My cheeks would flush, my heart did race

The magic of your sensual kiss
You took me to the edge of bliss
The magic of that first caress
Excitement built as we undressed

The magic spell when we made love
Our bodies joined, like hand in glove
The magic of your tender touch
I loved that feeling oh so much

It's all the magic that I miss
Whatever happened to wedded bliss?
Silence is Not the Answer

How time robs us of our tomorrow
So fast we become engrossed in making our living
A pattern emerges
Different somehow to our dreams

Mistakes bite deep into the fantasy
And paradise is lost among the ruins
We capture what hope we can from our routine gestures
A glimpse of heaven beyond the clouds

If only we could turn back
The hands of time
To a place before pain
Where love was born and feelings free

Those days have gone
An illusion at best
The tattered threads
Beg forgiveness

The magic still lives among the memories
The heartbeat still skips
To the thoughts that linger
Of possible moments to come
When time will heal
The wounds of the past
And allow a cure to emerge
From the depths
Silence is not the answer
It only hinders the process
A flimsy veil
Of deceit

Take a chance
Bare your soul
Set your feelings free
It is worth the risk
Time To Let Go

What a joy it is to live life in the now
Nothing else seems to matter somehow
The present moment is here with me
Happiness and peace is all I see

I do not grieve for love that's lost
Or linger on the painful cost
My body is not filled with fear
Simply because you are no longer here

Jealous thoughts do not enter my head
Because I choose to let go instead
There is no room for anger to fill
Your lover I have no wish to kill

For selfish thoughts I have no room
Because all it brings is gloom and doom
You see I'm at peace with just being me
Unconditional love is the key

I love you dearly and always will
A special place in my heart you fill
I'll remember the joy of the laughter we shared
I'll remember the way you showed that you cared
I will not forget your loving embrace
Your silky skin, your beautiful face
I’ll relive the thrill of your sensual kiss
Our passionate lovemaking sessions I’ll miss

The pleasure you gave me while we were together
Will stay with me forever and ever
It’s not that I don’t feel or think or see
It’s just that I choose to like being me

When I have me it’s all that I need
Wanting more than that is just plain greed
True it’s a bonus to share love with another
But there’s really no need to own each other

I love you enough to just set you free
I hope you will find all you want it to be
You must love yourself first before any other
It’s amazing the peace and joy you’ll discover

When peace and harmony live inside you
Then you will find a love that is true
Spirituality is an important element of the human experience. We live in a high-tech world, and ancient religions are not satisfying the need of modern day people. Scientific progress seems to conflict with the ancient texts, and we are not quite sure how to meld the two together. Many people are moving away from traditional religions only to discover an emptiness that cannot be filled by material possessions. Religion and science seem to be in conflict, and yet, if we look closer, they are in fact very compatible.

Whether you study the Koran, the Kaballa, the Book of Mormon, the Bible or any other ancient text, you will find a common thread. They all seem to come from a common source. The ancient texts hide so much in their pages that we just don’t see. This is mostly because they were written in language and terms that the people of the time could comprehend.

An important day in my life was when I came across a spiritual message designed for our time. It linked the ancient texts to our modern world in such a way that it all made perfect sense. It explained the link between science and religion. The information was coupled with a philosophy of life that was already a part of me; a philosophy that I had felt deep within me for a very long time.

I travelled overseas to a seminar about this message and discovered an understanding so profound and so beautiful in its simplicity. Being a poet, my experiences inspired me to write, and what follows here is the poetry that flowed from this, my spiritual journey. I make no excuse for the passion with which I embrace this philosophy.

I see religions as being many spokes in a wheel, each with a different perspective, but all leading to the same place. Whichever path you choose, my hope is that we will one day all meet in the middle and unite together with love. If you wish to access information about the path I chose, then visit www.rael.org.
Walking the Beach

I love to walk the beach at night
To see the ocean in the moonlight
To feel my hair dancing in the wind
And listen to the waves come rolling in

Whenever I’m feeling lonely and sad
The beach is where I go then I don’t feel so bad
It’s wonderful feeling the peace and quiet
And somehow I feel refreshed by it

To lie in the sand and stare at the stars
Thinking somewhere up there is Venus and Mars
The wonder of being a part of this place
Like a grain of sand drifting in space

I realise I’m small
Compared to it all
But I know why I’m here
‘Cause the reason is clear

Without all that sand
There wouldn’t be a beach
And without all us people - well....
What conclusion do you reach?
Our Giant Planet Zoo

Imagine discovering a planet
Finding no life or beauty there
Then creating a land
With plants growing everywhere

Imagine making the first flower
To sway amongst the trees
Its vibrant colour and exquisite perfume
Designed to attract the bees

The bees were not yet invented
But that’s a minor detail
It is another project
For the future to unveil

After all the insects
Came birds and fish and snakes
Then you looked around to see
What else you could create

Inspiration blossomed
You made elephants and giraffes
After that you made a skunk
Just to have a few laughs

Now that you’ve created
A giant planet zoo
You ponder on the question
Of what else you can do

What about a human
Who walks and talks like me
That would be the ultimate
Your own facsimile

Imagine the passion
Imagine the thrill
Imagine these people
With their own free will

Now the time has come
For them to meet their maker
You’ve sent them all a messenger
And they’re calling him a faker

Still you know in time
They will come around
If they choose to look
The truth there will be found

After thousands of years
What’s one more year or ten
For them to figure out
Who how why and when

Thank you all for coming
On our imaginary trip
Perhaps next time we’ll do it
In a real spaceship
Infinite Bath of Love

In the infinite bath of love where we swim
We feel the pure love from the Elohim
Soon this love will spread to all of our earth
And our planet will undergo a healing re-birth

Peace and harmony will flood the land
All races of people will walk hand in hand
War and hatred will be things of the past
And our world will be safe from nuclear blast

Every person on earth will be equal and more
They will live and abide by universal law
Respect for self and others will rise
All people will know what it is to be wise

The truth is here for all people to know
As we learn more our potential will grow
Rael’s message brings us a future of hope
Much more enlightening than that of the Pope

Set yourself free from guilt, shame and fear
No pain exists in this moment right here
We no longer need alcohol, caffeine and drugs
We’d much rather use love kisses and hugs

Sex is not a sin but rather a pleasure
What better activity can we do in our leisure
Meditation brings us relaxation and peace
All the turmoil of living and working will cease

Raelian seminar brings us a gift so rare
Living and loving and learning to share
Raël

I love you Raël for all that you are
Your love and serenity shine like a star
The message you brought us what beauty it holds
The truth is exciting as it slowly unfolds

There is no doubt in my mind that you are for real
Your honesty love and truth I can feel
The freedom you bring to my life is so healing
Letting go of society’s rule, a good feeling

I give thanks that your message reached us in Perth
I’d like to help spread it to all of our earth
I am here to learn so that I may teach
And help others grow, their goal to reach

I love all of life, the pleasure and pain
The beauty of nature the sunshine and rain
My life is enriched now the truth has found me
Being a Raelian is the best way to be

Oh Raël! You beautiful man
My wish is to help you as much as I can
The Elohim are with me each and every day
I know they will help me every step of the way

We are the champions, a special breed
We will show the world’s people how to be freed
With love in my heart and truth in my head
I will walk the path that others fear to tread

As pioneers of truth and freedom and love
We will tell the world’s people of the Elohim above
An embassy we will build, the Elohim will come
And then humanity will be joined as one
On Seminar

Today's the day, the big event
Excitement mounts as we pitch our tent

Our first lesson we learn that we must fast
From food and talking and look at our past

We break our fast with a feast for all
Later we dance and have a ball

Rael teaches us so many things
In meditation we learn to fly with wings

Daniel shows us how our mind works
A beautiful being inside us it lurks

Many challenges we face as we learn and grow
We weed our garden and flowers we sow

Now the week is over how fast it slipped by
We must live what we learned today, before we die

Over five hundred people share love together
Peace and harmony entwined forever
Digging For Gold

I stop and stare and touch your hand
This meeting today was indeed planned

You are my neighbour my sister or brother
Perhaps one day you will be my lover

Barriers just melt away
When universal love comes into play

A piece of the infinite conscious of space
Learning to understand the human race

It begins inside us the secret lies there
Soon to be radiated everywhere

First we must dig to discover our gold
Then step by step watch it unfold

The lessons of life help us to grow and learn
So we can help others when it is their turn

The message is strong the message is clear
Understand yourself there is nothing to fear

We are all linked through DNA
What more do I need to say?
Messenger of the Infinite

Rael we love you
You're an incredible man
A messenger of the infinite
Bearing a brilliant plan

Rael we thank you
For all that you are
For bringing us such wisdom
Through your voice and guitar

Rael we applaud you
For your sense of fun
Learning with laughter
Can help everyone

Rael we admire you
For your way of giving
You've taught so many people
A new way of living

Rael we respect you
Please accept our salutation
Our Beloved Prophet
Deserves our admiration

Rael we join you
On your mission of love
And we pledge our support
To the Elohim above
Renaissance

Like a new born babe just setting out
Beginning to blossom and grow beyond doubt

My child inside has been set free
Living each moment the best way to be

A brand new world for me to explore
So much beauty I've not seen before

A world full of love and harmony and peace
The wounds of the past and pain are released

I feel the magic the wonder and bliss
Just like the thrill of my very first kiss

Everything is incredibly exciting and new
I love being Raelian, what about you?
I Am What I Am

I am what I am a child born poor
My parents fighting a constant war
I am what I am raped at thirteen
I felt lost and alone abused and unclean

I am what I am an almighty mess
An inner turmoil of chemical stress
I am what I am a body near death
Ready to take my very last breath

I am what I am on the road to health
And soon to discover a magical wealth
I am what I am a Spiritual being
I’ve read all the books my eyes are now seeing

I am what I am in love with living
The Raelian philosophy a gift worth giving
I am what I am a seminar groupie
All my friends back home think that I am loopy

I am what I am freed from the pain
No more conforming to society’s game
I am what I am a princess set free
Now I know just how to be me
To conclude our journey on this Tapestry of Life, I reflect on the Twin Towers disaster of September 11th 2001. Many people have expressed that we now live in a different world than before this world event. I say that we simply have a different perspective of it.

The shame of it is that the world is full of tragedy. Every day there are wars and violent acts going on. The Twin Towers just put it in our back yard. We have its details flaunted in our face more often and we feel more threatened by it.

Fear is the weapon being used against us and we owe it to ourselves not to become paralysed by it. If we are interested in doing something positive in the world, then get involved in life. We need to do what we can to offer love and kindness to everyone we meet in our daily lives. Breeding hatred does nothing to improve the global soup. Focus on the positive things in life and help others to do the same. We cannot change the world, but we can have an influence on our part in it.

We can drown in the disasters of life; there is a multitude of them from which to choose. We can become frozen with fear and cut ourselves off from all that life has on offer. Alternatively we can seek the abundance of pleasure that offers itself to us at every moment. We will always find what we are looking for. The secret is to look for all the good stuff and rejoice in it. Blue sky, fresh air, green grass, movement, emotion, gratitude.

Even the darkest day has some gift to offer us if we choose to look. The mirror will reveal a multitude of miracles in itself. Just the fact that we can see an image is reason to celebrate. Ponder on that, and it will lead you on another wonderful journey of discovery.

Today may be the last day we have access to such opportunities. We never really know when death will meet us. How do you wish to spend your last hours? If every day is met with that in mind, then we will find that life becomes easier. Our choices will reflect our passions in life, and our loved ones will be in no doubt about how much we love them.

Embrace the tapestry of your life. Know and understand the part you play in its creation. Rejoice in the imperfections. It is not the challenges that face us, it is how we respond to them that makes all the difference.

Does your tapestry reflect the image you wish to portray?
Artists

Peter Weinert is a naturally gifted artist with no formal training, and I am in awe of his skill. His image of the lady smelling a rose has been much admired, with his atomic bomb in sharp contrast.

Kimberly Smith began her career as a junior artist employed at a London animation company. Her love of art has remained with her on her journey of motherhood and emigration to Australia. Her skill and passion of imagery has helped to bring the pages of this book alive.

Karen Reid has a creative streak not often given the chance to express itself. She gave us the image for the Humble Hug.

Alex Eaton at the age of twelve produced the artwork for Finding our Feet. His artwork has won awards from the early days of his schooling.

Johann Abeyesinghe has a special gift of artistry not often celebrated. He has the skills to format and manipulate text so that it is easy on the eye and makes good sense. His proof reading expertise gives me the opportunity to create what I want to say, knowing that he will convert it into technically acceptable, legible English. He approaches this task with a loving manner and respect for what I want to convey.

In Appreciation

To mother nature for providing a myriad of gifts as inspiration. To the process of life with its infinite wisdom, providing an endless stream of challenges from which to learn and gain skills that we can share with others.

To the many people who have crossed my path and helped me to learn and grow and become a better human being.

To those who have encouraged me to develop my work. Thank you for believing in me and helping me to embark on a journey which both terrifies and thrills me.

To the artists mentioned above who have contributed their skills to this work.

To Sue Hart, Chris Spanninga and Helen Dear for their much valued editorial input.

To Anthony Grey from Tagman Press for his invaluable guidance and creative suggestions for this project.

To Johann Abeyesinghe the man who has played a huge part in enabling this book to materialise. Thanks not only for his many skills on a technical level but also for his enthusiastic support of my work and for being the inspiration for many of my poems.

Most importantly, to the people that I haven’t yet met that have purchased some of my poetry to give as a gift or to enrich their own life. Thank you for your feedback. I have found your encouragement particularly heart-warming as I know it has no bias of friendship attached.
The following titles are available in full-colour A4 laminated poster format with graphics. These are priced at AUD 8.00* per copy, plus postage within Australia of AUD 2.00 for up to 5 posters. (*Price is subject to change)

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Chain Reaction
If you smile often, there is no doubt
That you will have plenty to smile about.

Inextricably Connected
We are inextricably connected, our fate is free
Because we are all members of the same human race.

I Choose
I choose to forgive others and set myself free
I choose to be at peace with just being me.

Happy Attack
So smile and laugh, have a happy attack!
What you give out, you will surely get back.

Live Today
Live and breathe and taste life's pleasure
And you will find a lot to treasure.

Magic of Life
When you look at life, what do you see?
The most precious gifts are abundant and free.

Your attitude defines your experience of life. In these times of uncertainty, you can drown in fear, attempt to wade through the quicksand of life before it swallows you whole, or you can focus on the great gifts you have within your reach. It sounds easy, and it is. You always have the choice of what you think and how you feel, no matter what the circumstances.

This book contains many catalysts to arouse reflection and appreciation of the simple things in life that surround you in abundance. Each page is complete in itself so you need not feel compelled to move on, but rather take a little time to ponder each poem and what it means to you. While you may not always agree with my point of view, I hope that my thoughts stimulate your mind into action. We are all so deliciously different while being remarkably similar at the same time, a fact I celebrate and ponder often.

Enjoy your meander through the crevasses of my mind. May your journey be scattered with magical moments of your own.

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