An Oasis of Hope

Poems From the Heart

By: Abdullah Andrea
My Wish

Deep peace I wish for you
Dive into the depths of your soul
There is always more
Keep traveling farther than you think possible
As you open more deeply
the wonders increase in complexity
Yet things are so much simpler
There is a clarity
which is not knowable
in any other place
Back Home

Take me back Home

Allow me to meld into Your Being

Allow my smallness to become absorbed by You

May I walk the path back Home

where there are no cares, no worries, only being

Peace, harmony and gratitude abound here

Love reigns supreme

There are no needs to be met

for in You there is completeness
Badges of Honor

Many dear ones carry with them
the heavy badges of so-called honor
Medallions won for enduring life
They proudly display their trophies
wanting all the world to see
As the years pass
the badges multiply—they do become heavy
So heavy indeed
that these dear brothers and sisters
cannot hold up under their weight
They refuse to lighten their load
as they believe they must not forget
They are correct
One should never forget
but they must remove these badges from their breasts
Remembering them only occasionally
but not dwelling on them
Letting them see life's path that they trod
for the only way to ascend back home
is to lighten one's load and release the pain
Busy

I am busy
I don't want to go
I have no time...much to weary
But I go because I know
If I but start the journey
Oh what sweet peace
Being with my Love again
I have been so far away
Never intending on leaving in the first place
Yet always finding myself farther away
The exotic places beckon to me
Why do I keep traveling when I know
there is nowhere as beautiful as Home
**Chasing the Dawn**

Look to the sky to see the infinite
always changing with every minute
the mysterious colors
give way to delicate subtleties
catch it quickly before it passes
for soon you'll be among the masses
Heart Song

My heart sings with joy
Joy that comes from helping others see
their true reality
there is no greater honor
than to lend a helping hand
for in that act alone
it sets in the world a new tone
when one becomes reality
they are an example for all to see
a guidepost on the journey
without which many would perish
true joy comes from an open heart
Isolation

I need the solitude
To be with my thoughts
and to contemplate the stillness
I feel comfort and nurturing when I am alone
However, not really alone...with the Presence
A Presence that only lets itself be known in these
still moments, filling and reviving me
All emotions pour in
All questions are answered before they are asked
I wish to convey the knowledge but no one understands
Not enough Time

People say there isn't enough time
there is this moment
That's all the time you need
It's all the time there is or ever will be
This moment is eternal
Too brief to change and never the same
All there is or ever will be is here in it
No time to worry, hope, or even die
yet all of eternity is in it
lose yourself in its depth
and you won't be aware
of its brevity
Patience

To be the perfect slave
one must be patient
If need be to wait until death overtakes him
To be with one's Beloved makes even death seem sweet
The waiting is eased by feeling the gratitude
Seeing the Beloved in everything
By hearing the Beloved's whispers in all sounds
Songs of the Heart

I long to sing the songs of my heart

Expressing the pent up emotion—the beauty

Once a song begins the dam breaks

The flow rushes forth

sometimes turbulent

always effervescent

It washes me clean
The Arrow

Freedom comes to me like a shot in the dark
An arrow fired at my heart
Opening it, allowing it to bleed away all my pain
Calling me to come
To know
Now I am filled anew
A different blood courses through my veins
A blood born of beauty, not of pain
A blood that burns not with carnal passion
But a passion of gnosis
A passion to love
A passion that is ever renewed
and carries the eternal Truth
The Garden

This is a place I know well

The winds carry the perfume of the Prophets

The flowers bloom continuously

Each displaying Your beauty

The gentle winds caress my face

Nature sings Your praises

The grass is a velvet carpet

where the weary traveler finds

rest, peace, and comfort

The songs of praise fill the air

as I am finally content to just be
The Guide

My heart has a burning desire
I feel incomplete
I have traveled countless paths of loneliness
I need to go home
I need You
Then he took my hand
In his eyes I saw Eternity
I caught glimpses of home, of light, of love
Through him I sensed completion and friendship
I follow the light in his eyes towards my true Destiny
I know by his love that He loves me
After all the years I have hope...I see the Eternal Light
I know
I know my purpose, my mission, my path
Life is Alive
The Race

I will not run the race
The race of ever achieving
It is a race that never ends
Extreme fatigue doesn't even stop it
nor even knowing where the finish line is
and you know you're going the other way!
Most run out of guilt
We endure it out of ignorance
No! I will not run the race
I turn to God and am content to sit and watch
The Rhythm

Open to the rhythm
feel the flow
then you'll know
The essence of purity
The meaning of security
The Voice

Listen to the voice
You can hear it in her face
You see it in her eyes
The still small voice
You see it in her hair

Listen to the voice
It speaks to you
It transcends time
defying description
The dulcet tones carry deep wisdom

Listen to the voice!
It is timeless and changes every second
It carries light
yet contains the soothing blackness of space
Listen to the voice and hear the meaning
A New Day

Stars give way
acquiescing to the day
black velvet turns blue
then comes a subtle orange hue
the sun bursts forth in all its glory
the day begins
and so a new story
Above the Clouds

Journey to the top of the mountain
For there you will see a very different view
Struggle disappears
There is no difference between pleasure and pain
The air is clear, the water pure
Listen to the music
It is the key
Use it to unlock the wisdom
Feel the beauty
The gratitude will make you cry
The tears you cry are the rain for the people below
Cast Your Songs to the Wind

Music moves her
structure releases
she casts it to the wind
becoming free
open heart
basking in the glow
true inspiration
Certainty

Life hinges on certainty

If we *truly* knew

Where would the struggle be?
Cleansing

The words flow like tears
Tears that wash me clean
Making me fresh and new
Now I am not focused on pain but on hope
Let your words come
They are the music of your soul
Sounds that come from your depths
Share them so others will know
The words are a healing balm for all
Expressing them cleans, heals and demonstrates courage
It's the last fear to be conquered
Show all, some will listen
Some will understand
Clouds

I wonder at their sheer beauty

Sometimes wispy and delicate

Sometimes massive and ominous

Always having unlimited power and presence

Varying in color and texture

They shade us on hot days

and give life sustaining moisture

I can spend hours just watching...

Always on the move, but with no cares

They enhance the blueness of the sky

They are a present from the Creator
Come to Meet Me

Will you come to meet Me?
Walk the road
Where only love flows
Between the earth and sky
Come to meet Me
Let go and you will know freedom
I know you long to be free
Come to this place of no time
Eternal bliss
Two will be as One
Take My hand, I know the way
Take My hand so you will know
the glory of the day
Coming and Going

Oh dear one why do you cry?
You are experiencing what you must
Soon you will turn to dust
Taking stock of what you've done
and where you've been
There is no honor or sin
There will be no emotion
Simply observation
Yes, observation and knowing
of the progress you've made on the path
Lives will come and they will go
Some remembered some forgotten
One day you will shine
Tempered by all you've been through
You will realize that it's best to be content right here
for if you're not content right here
right now
you never will be
The Cosmic Orchestra

I hear your faint voice
an electricity bristles within me
I hear You conducting Your cosmic orchestra
Your sound moves through me in waves
Waves more powerful than any ocean
Bathing me, soothing me, cleansing me down to my purest form
My ears hear the deafening pervasive hum
A sound that carries an inexplicable force
A force so wondrous that I become totally energized
A smile come over me-- unfathomable joy
I know
The Song of Stillness

Cascading waves of sound
Fill my presence
Intense rapturous feelings
Surround my being
I am being pulled
Into the Cosmic Abyss
Where all things of beauty lie
Dreaming For Real

What are your dreams?
They are only shadows
Shadows of what is real
Then what is real you ask?
Real is experiential
It exists only in the feeling realm
One can experience it
but when one tries to grab hold
it disappears like a phantom
Dream for real
Experience the Oneness
of all things
How do I do this?
Questions, questions, ha!
Go to the place in your being that resists
Enter the resistance and follow where it leads
Once there resistance disappears
Now you are at the place where dreams are real!
You are in the true present
where all things that come to pass are created
**First Step**

Many times we feel life is unfair
We ask how can this be?
We succumb to despair
We cry over our seeming losses
What lesson is there in this pain?
Why is life so disillusioning?
We wonder if we will ever be free
Free to simply be
To gaze upon nature
with its uninhibited wonders
To simply love our brothers and sisters
without judgment, without malice
Will this day ever come?
It will if we *make* it happen
If we but take that first step
toward the light
Honor the Father
Honor the Mother
Show unconditional love to all things
and to ourselves for simply being
Friends

Right now I am wishing you pleasant dreams
My love for you I am sending on brilliant pink beams
I hope the angels your soul they do keep
For you make my heart take a giant leap

Our paths have been varied and far
Maybe we've met before, on a distant star?
There's a similarity that's hard to shake
It rock my soul and makes me quake

This friendship is a powerful force
A ship that will stay its course
Wherever we go, whatever we do
know that my love
with always be with you
Friendship

What is friendship?
I wish I knew
It constantly changes
like the mighty river
or sometimes like a small stream
Occasionally its course is altered
by forces unseen
Friends can bring joy or sorrow
with each passing day
Bringing hope for tomorrow
or perhaps a shoulder to borrow
Many dear friends in this life have I had
Some still here
Some long gone
Many good times, victories shared
sad times crying till dawn
Very few remained by my side
frightened off by adversity
True friends I think
never leave
A wonderful tapestry in the game of life
they weave
Gazing

Your gaze is captivating
There is something behind your eyes
I wish I could own them
To get inside
in these eyes I see eternal depths
and pain, the pain of loss
You hold a smile that hides something unknown
Yes, unknown even to yourself
But your smile betrays to those who would see
Something that keeps you from being one with reality
What secrets do you hold?
What feeling are so bold?
We all have crosses to bear
But never are we given more than we can take
Sometimes pushed to the limit
for our own sake
Our talents are many
So use them wisely
and don't forget
To know your heart
Getting Past Appearances

If you truly take the time to know someone
How can you help but love them?
We all carry the Essence within us
But many have their defenses up
Look behind and see yourself
How can you not love God?
Glimpses

I catch glimpses of Her in you
This makes my curiosity stir
As I travel miles through your eyes
I see more of Her in you
I am touched by your soul
I see the radiant glow
and I know, know more of Her through you
I feel the light showering me
showering us both
A gift from Her, for you, for me
Yes, She wants us to see Her in each other
and each other in Her
The worlds merge
No more duality
I see the pureness of Love
God In a Blanket

Recognize God in everything and everyone
As you crochet the blanket
each individualized strand is an
aspect of God
take time to savor

As you weave the aspects
they are incorporated into you
the blanket and the user
This serves both the weaver
the user and the Creator

Both its beauty and functionality
reminds us of generosity and
the true Source of provision
Harp Dreaming

I hear the melodious tones
Soothing rhythms so very sweet
From high to low
You make me glow
With sounds so true
You cut through all the confusion
and make happy out of blue
Yes, you cut like a knife
and give me clarity
which in this life is a rarity
You let me dream
of peace and tranquility
and yes, your dreams
become my reality
Her Song

Her songs make me melt

Sublime rhythms carry me through the darkest nights

Soothing melodies lighten my burdens

Her voice is that of an angel

with tones so true

Like a bell that tolls so sweet

How I wish I could be part of her song

To be one with that ecstasy of expression

I wish I had this power
Home

The undulating fields of green
studded with mighty oak and shaggy hickory
The blue spruce and the white birch
backdropped by miles of white fence
make this land more colorful than an artists palette

Sitting here I am lost in reverie
An undisturbed space
Contemplating my place
in the universe
What is it that I feel?
Everything!
I am one with all
I hear the song of life
Hope

Hope is rooted in my heart
When I connect I feel the dream
This dream comes from my essence
letting it sore
Beyond the place we call love
to the place called freedom
I Am a Wanderer

I am a wanderer
I have traveled far
I have seen much
pain and sorrow
Wondrous heights
Loves won and lost
Deeds accomplished and some left undone
Pride and shame
Having fought many battles
I grow weary
What next?
What is left to accomplish?
What is left to fail?
For all my travels have I learned anything of value?
Or could it be for the experience?
I long for something which I know not
Oh, for the wandering to cease!
Where is peace? Where is home?
Where are my friends?
I have lost my way
If Only

I find myself in a desperate situation
My life hinges on the outcome!
If only I had the answers
If only I could better connect with God
Wait! These are my old ways, only pictures
Most of us get caught in them

I got caught again

The stories may be different
The mental and emotional gymnastics are the same
Leading us down the path to oblivion
I don't need to be aware of God
For Him to be aware of me
I don't need to think of Him
For Him to be thinking of me
He knows the answers and even the questions
before I do
He gives me what I need, not necessarily what I want
He moves the intricate gears
of my world so that they mesh perfectly
although it doesn't always seem so
I find I need to ask less
but expect more
My praying changes from requests
to songs of gratitude
Now I know what it means to lighten my load
and cast my burdens upon the Lord
**Insatiable Need**

I had to have it

The need drove me onward

The ferocity with which I fought

pushed it farther away

Always just out of reach

Taunting me

After many long years

So tired, I gave up the fight

I couldn't go on, then it came to me

Came to me more sweet than I could have imagined

I released my attachment to *have* to have it

By releasing, God granted me my wish

God knew I was ready to receive

Teaching me that He is the Source

He is the Sustainer

He is the Sweetness behind all my desires

He is truly what I hunger for
It's Time

It's time!
Yes, time for the walls to come down
You are filled with all there is
or ever will be
Explore your heart
Listen to your feelings
Express them well
For all to witness
Let them see
The infinite beauty
Let them hear the beauty of your song
It's unique, truly worthy of being heard
Let them gaze into your eyes
and see the road with no end
Then you'll know that you are loved
You'll know that there's a purpose to your being
A purpose that's always new, fresh and alive
Once found it propels you forward
moving closer to your destiny
Yes, it's time to be free
Life is Not Real

Life is not real
So why all the fuss
We spend so much time
on things that will eventually end
Why not spend our time on the Infinite?
Concentrate on the things that never change
that always remain constant
When all else changes
You will be the rock
that all revolves around
There is no room for emotion
No space for discord
Only peace, harmony, and love
To find your way
look to the part of you that never changes
The part that casts no judgment
It waits patiently for the day
you realize it as your true self
Lifeline

I had suffered immensely
forsaken by all
No hope, total despair
I was betrayed forgotten and all alone
There was nothing to live for
Then You came
and made me see
the beauty of love
the wonders of life
You made me realize the illusion of pain
Was this a test?
Yes, and I passed because of your grace
You pulled me from the depths
Now I do the same for others
a lifeline of love
I must make them see
the beauty of love
the illusion of pain
Little Ones

Little ones
How can you know the unknowable?
Why do you even ask?
Unending questions...unending confusion
Find Me and you won't need the answers
Find Me and the pain will end
Find Me and you will be complete
Lonely Burden

Why am I feeling so alone?

Gloom seems to overshadow me

blocking out the blue sky and billowing clouds

Why can't I see the red sunsets and the purple mountain tops?

I long to be free, but how to release this burden?

A burden that I don't even know how to explain

If I could but begin you too would feel the pain

That is something I would not wish

for this is my burden and I must bear it

What joy to have eyes clear of tears

so I could see the beauty

Others stop and enjoy

Loneliness intensifies

Even though I grow weary I must continue on

When I reach the summit

my dream will be realized

Will it have been worth it?

I can only hope

What of the ones who hindered me?

Yes, and what will become of the ones who helped?

Maybe I will go back and lead them out of oblivion

I know the way
Look to love

We have known the feelings of rejection
and become hardened by them
Callous from years of hatred
distorting and hiding our true selves
Can you see it?
Layer upon layer makes it impossible for people to truly know us
It makes it difficult for us to see our own true glory
Please unmask yourself and I will do the same
Chip away the confusion and desolation and I will do the same
So that others can see the light of our souls
Then we will be better able to see the love
that the world desperately needs
Look to this love and you will know
Microcosm

The day represents the lifespan
I wake-- I am born to a new beginning
I am a blank slate
No preconceptions---total freedom
True motivation
Endless possibilities
I see joy in simple things
Nothing is taken for granted
for I have little time

The dawn gives way to noon
I take pleasure in the simple things
for I have little time
The sun shines
No struggle for I know
Enjoy the moment
I was made to love

Midday turns to dusk
The colors remind me of the dawn
Little time left
Warmth turns cool
Reminiscing on the joy
Every moment changes more quickly

Darkness falls
happiness abounds
Oh, the experience of life
all in a simple day
No worries... peace
Nothing was taken for granted
I lived my life with no regrets
for I knew I had little time
Mighty Oak

Oh mighty one
I feel your oneness
The incredible strength and wisdom
which comes from decades of simply being
Simply observing
I feel the depths of Mother Earth
The glory of the deep blue sky
Gentle breezes wafting my leaves
The oneness of all life
I am not dismayed
at my happiness
More Clouds

How do I describe you?
Words fail me
Emotion intensifies
As I look to the sky
I see your familiar shape
Familiar but always different
Like a snowflake
no two are ever the same
When I see your form
against the azure blue
It always brings me joy
Sometimes you are powerful
Other times you are soft and wispy
Always magnificent
I love to watch you move
Gracefully gliding by
Moved by an unseen force
You simply are—Like the lilies of the field
Watching your changing shapes and colors
makes me slow down and savor the moment
Natural Oneness

The sun shines brightly
On my face it warms me lightly
The clouds roll across the calm blue sky
The gentle wind makes me sigh
The cool grass invigorates me
While this whole scene sets me free
Oneness pervades me and I seem to lose my place
for in all I see my own true face
I feel myself in the clouds
as they cast their shadows
across the landscape like shrouds
I feel myself in the sky's blueness
Making me feel life's newness
I feel myself in the sun's brightness
Making me soar with lightness
I feel myself in the grasses sweetness
Letting me feel the ultimate in neatness
Why oh why can't others see
Why oh why can't people simply be
Nighttime Contemplation

The night makes me think of all possibilities
Of endless hope
What is right and what is wrong,
with me and all the world
What of people?
What are they hoping for-- what are they longing for?
They are a mystery
Is the night their friend?
For me the night makes things clear
It allows wonder to unfold
It also makes the loneliness intensify
Just when I know
daybreak comes and I lose my way
The feeling is lost
Oh but the night will come again!
Ode

You are the keeper of mysteries
and you have kept them for many long years
Going back before Atlantis and ancient Egypt
You have dried many tears
Numerous times Your Presence
I was not even aware
You lighten my load
many a burden and a care
You are a powerful force to be reckoned with
but gentle as a lamb or kitten
With you I am most certainly smitten
Your beauty, glory and power
never leave me
You are with me by the hour
In me You instill guidance and wisdom
My desire to be creative and write
is most certainly a way to unblock Your flow
As I clear and create
I feel the light
Increasing daily I begin to glow
For You, I hope one day to repay
To You I hope and pray
Passion

Passion is a wonderful force
Ever driving us forward
Ever creating change
Why is it that some lose
this wonderful gift?
Perhaps because all finite things
have no real intrinsic value?
If you connect to the Infinite
passion flows like lava from a volcano
As you commune with Spirit
this passion ever renews
Leading you to new heights
Each surpassing the time before
Align with this wonderful force
Feel Alive
and for you passion will always be intense
Peace

All things revolve around a central pole. This pole is one's core. It is a core of truth. If we access this core we unleash a profound beauty— a beauty that surpasses imagination. This is how we know we have tapped into our flow, because we could have never thought or imagined such beauty. We can all access this place. It is our core that is detached from everything except this Divine Flow.

We can access this flow in different ways. When we see anything of beauty, and look with grateful eyes that are in deep appreciation, we see and sense deep within us a beauty and an ecstasy that give us hope and fills us with peace. We sense a connectedness to all there is. Here there is no separation. There is no lack. There is joy and a wanting to live in this place, which is very different than the world most people live in. In this place there is a deep desire to see everyone experience this peace and beauty. When we look to the sky it helps us connect with our depth. The sun, stars and varying colors carry this peace. Everything that was created in the world is for us to enjoy.

Let go and experience the Reality of existence! Here, peace, contentment, and beauty are truly real. One starts to hear the voice of God in all things. This is the truly meaningful and lasting peace.

Here there is no loneliness. The ease increases as we continue to let go. If we could only let go then the flow carries us to our life's purpose. Life becomes fulfilling and meaningful. We become God's hands doing His work and creating a garden on earth. Connect with the beauty, feel the awe, immerse in the stillness of the feeling heart.
Pervasive Song

The song is everywhere
I hear it in the trees
I see it in the flower
Instilling in me its power
Letting my heart become free
Do I let myself, do I dare
accompany this song with my heart's own?
I do and the seeds are sown
Moving everywhere, working in harmony
with the Creator
Giving a touch of Him
through me
Puzzlement

As I gaze up to the heavens
I am simply awestruck
The vast universe is too immense to fathom
I feel such a hunger
Such a longing to be merged with the infinite
There is a deep wonder yet an intense loneliness
Why do I feel such separation?
How do I connect?
What is my purpose in such a vast cosmic scheme?
I long to know yet
how can the finite mind grasp the infinite?
The pain is intense
The feelings overwhelming
Tears are shed
Are they shed out of gratitude to be a part of all of this?
Or are they shed out of the loneliness and pain?
A little of both I think
But this knowledge does not dampen the intense feelings
Why am I here?
I long to know
Teach me, hear me
Feel my pain!
Relentless

There is no time
or so I've been told
How is it when I look into the mirror
my face looks so old?

There is time in this dimension
It's part of the rules
One must realize this
and use it as a tool

Time is relentless
ever plodding onward
Forcing us to choose
or forever lose
the many chances to improve

We live on a continuum
stretching to Infinity
We don't understand
only catching glimpses
of this Divinity
I am what the years have left behind
and contain it all, all in my mind
Day turns to night
Then back to light
Young turns to old
Intense lust to utter dust
Warm to cold
Good to bad
Even happy turns sad

There are many examples
It's so plain to see
We must realize this
and simply be
Resting Place

Come to the oasis
Follow the hand of Allah
to the place of the soothing blue light
Where the clean water flows
Respite will be found
from the buzz of the Dunya
Hope and peace abound
Hear the deep yearning of your soul
Right Now

Many feel they need Me to ease the pain of living
If this is your motivation to become *spiritual*
you will never succeed in self realization
For if you're not happy right here
right now
you never will be
Find your self in the moment
Find yourself in the beauty of the here and now
Even in the midst of chaos
is the part of you that's never changed
Even in the deepest despair
is the fully evolved you!
Satisfaction

True satisfaction comes from within
In this very present living moment
One can always move deeper into the feelings
Whatever they may be
Wherever they are
Live in the moment
Experience the varied aspects
Look to the beauty
and look to the darkness
There is much wisdom to be learned
Feel the love—see the colors
See the light
See the dark
Feel the joy
Feel the pain
Hear the song
Feel its sweetness and be thankful
For you know, you truly know
You may not want to hear but listen
See the sun, moon and stars in every second
Go through the door
painted with many different colors
The door to happiness
The door to the place of peace
I promise you it's true

Experience the rebirth
This means a part dies
Let it go
The closer you get the more you'll see
The less you'll know
You've been moving in circles
not really seeing
Keep moving and see all aspects
There is beauty here right now for you!
**Seeds**

I cast my seeds to the wind
Are they truly mine?

They travel to and fro
Like the seeds of the dandelion
Where they land I usually don't know

No matter

The seeds are not always the same in appearance
Some take the form of verse
or maybe just a smile
But one thing that's common
Is a drive to touch you all
Why is this?

No matter

But I can not stop the call
Simple Experience

Many journeys I have taken
Each has been a stepping stone
Leading me to the place I call home

I have learned to play the game well
One must play the game well
It is our obligation
Most don't understand this
but if we are ever mindful
ever present
we will do our best
This is part of the plan
if simply for the experience

Dear ones, it is not proper to seek Me
as an escape
Seek me out of love
Enjoy the moment
Be present and you will know
the way home

Some take the scenic road
others the more direct route
but someday we will all meet
and reminisce of days gone by
We will cherish the experience
Yes even the sorrow!
We may even want to go back for more
Simply for the experience
Song of the River, Flow of the Mind

The mind is like a river
Its flow is strong
Sit on its bank
and watch it long
Feel the flow
Watch it go

The river plays an endless tune
Listen to what it has to say
Be aware of this particular day
Look to the moon
The river it does see
This understanding is the key
Be aware
All life is interconnected

Scrutinize the debris
Watch it as it travels
Then the thoughts they start to unravel
Being aware of the debris
doesn't diminish the river
No, in fact it sets you free
Free me oh river!

To your Essence I pray

Free me oh river

on this glorious day

Go back to your place

Feel the warmth on your face

The sun it warms the river

This time it is the giver

Where are you now?

You are in the feeling realm

You are the captain of your ship

Commanding the helm

Now go where you will

You have the power

You might even choose to be the flower

Be the sky

For now you can fly

You are the bird

Now you can hear the unspoken word
The journey can be long or short
Your mind is no longer a fort
Its walls you have crumbled
This time you have not fumbled

Oh river keep singing your songs
They are so sweet
Of you I used to be afraid
Now I bow down to your feet

Oh river keep singing your songs
For now I know where I belong
Spirit of the Mountain

My gaze catches hers
I see her silhouetted
against a backdrop of gold
Burnt orange clouds obscure
the sun and cast a warm glow
Her wings match the beauty
of the pink roses that surround
her abode
The golden portal stands ready
to convey her to those in need
Her beauty is spectacular indeed
The Spirit of the Mountain
Sweet Tea

He told me to drink from the cup
Trust ing him, I did, and I knew...
I knew from whence the plant grew
I knew how it became sweet
I truly knew what it meant to savor
I was the rocky soil that had nurtured it
and even the cup that held its flavor
I felt the warm winds caressing my leaves
I was the plant itself
That I could know these things is a testament
to the One Energy
I will never forget that lesson
It was a mile marker on the way home
The memory has helped me many times
especially when I feel all alone
We are all but leaves of the One Great Plant
One great blissful energy
Harness this gift of feeling
and you too will experience
the Oneness with all creation
Take A Chance

Many people have gone out on a limb
For me!
They took the first step
Because I certainly wasn't going to
I certainly wasn't able to
Muscles atrophied
Too weak from years of neglect
Their step created a bond
It opened a door
For which I am ever grateful
Their step led me to walk on my own
Now I am doing the walking
Walking with each and every one of you
Yes, especially those who can't walk on their own
Shunned because of their inability to move
I gladly serve as their crutch
I strengthen them
until they become strong enough to walk
on their own
Everyone can walk on their own
Even if they have no physical legs
God ensures this-God wants this

Be the crutch for everyone you encounter

Till they are able to walk

This is the way to move the world forward

and unlock hearts
Temple's Splendor

I knew the peace of the Temple
of the mountain's splendor
Many good friends do wait for me now
I long to join them
Yet I know that I must complete my job
A job that entails much
Many times I feel I can't go on
and I remember the peace of that sanctuary
This remembrance drives me on
A memory so strong that it makes me weep
A memory that sometimes I wish I did not keep
But I do have the memory
and it drives me on
The Beacon

You are a glorious light
A beacon in the night
for me to follow
Are you not aware of your brilliance?
Do you question where your light shines?
It pervades the vastness of space and time
Have you forgotten?
This I have known for eons
For we've traveled far together
now the journey's almost done
and this is the part that's really fun
meeting up again
Now we can travel the stars
in ships of gold
with many friends of old
When we reminisce will it not be wonderful?
No sorrow, no pain
only experience
Where shall we go next?
The Chosen One

When I call you will come
When you call I will be there
For we are each other's chosen ones
Chosen before the earth or sun
We are each other's chosen ones
Our arms are open to each other
Through the vastness of space and time
We know each other's deepest desires
The burning fires

Our hearts are intertwined
and our love will bind
Look to me and you will find
For we are each other's chosen ones
Come to me for I now call
Catch me before I fall
For you are my chosen one
The Clear Night

You are like the moon on a clear night
cutting through the darkness with your light
Always consistent in the gifts you give
You remind me to give thanks for the life I live
Never missing a beat
You create intense heat
Always radiating love wherever you go
You make it so those you touch are never low
Thank you for lighting my way
Thank you for turning night into day
Flower of the Mountain

There sits a blossom
high in the mountains
Who sees this flower
except for me?
What a wonder!
Only the Creator and I
know of its exquisite beauty
The flower cares not
who appreciates it
It is content to just be
Deeply it knows its contribution
It has lived many years
Surpassing the lifespan
of many a man
Yet it is not bored
In its own radiance it basks
It never grows weary
Nor ever carries burdens
One day, on this plane, it will flower no more
going back into the great Collective
merging with other beauty
To possibly bloom again

in some other glorious way

We are all flowers of extraordinary brilliance
of all types and colors

Be like the flower
even if no one knows your true brilliance

For like the flower of the mountain

you add immeasurably to the whole

Realize your contribution

and sing the song of thanks to the Creator

for you are privileged to serve
The Gift

I recently received a gift
I know not how it was wrapped
nor who sent it
It does not matter
For this gift contains many wonders:
Great inner beauty;
a beauty that comes from boundless experience
Uncanny wisdom;
a wisdom that comes from knowing Truth
Spectacular luminescence;
that originates from Source
Extraordinary compassion;
which comes from experiencing true suffering

This gift is like a mirror
for in it I see my own reflection
but not a mirror like I have ever seen
because it has wondrous depth
a depth in which I can see Eternity
I feel like I have known this gift since ancient times
like it has always been with me
sharing my sorrow and pain
and I the same with it
I do not really understand this gift
for in it I feel confusion yet have crystal clarity
a seeming paradox
for which I can offer no explanation
I have given up trying to understand
I just want to express my gratitude
for its existence
The Joy of Music

Ah what joy is music
It takes me to heights
seldom seen in this world
Like the rarefied mountain air
It empowers me by its sheer energy
Oh to be one with beautiful music
I long for it
To be able to touch another's soul
with such intense feeling
With such vibrant emotion
purveying such incredible healing
Yes, music is a wonderful gift from God
appreciated by all those able to understand its power
The Joy of Writing

Writing is wonderful
Expressing one's deepest feelings
for all the world to see
or perhaps just to clarify one's own thoughts
The form may vary
but the expression is always intense
My heart sings many songs
songs of joy and songs of sorrow
Looking back at what I have written
I am amazed how I change
It's incredible how things stay the same
I can see where I've been
and where I'm heading
Through writing I can dream
Yes, I can travel to the emerald valley
to the darkest forest, and to the pinnacle of the highest mountain
Through it I experience the Oneness of life
The Long Road

I was afraid of life
Many sorrows did I endure
I had my fill of pain
So I withdrew to suffer no more
I was afraid, lonely and miserable
Over the years I grew more distant
Then by the grace of God a light emerged
Finally hope
Twas a long road back to love
but not as long as the road of love
The Mountains on Horseback

With such incredible power
moving like the wind
through a brilliant meadow
The scent of pines in the air
Such glorious views of the countryside
perched from one of nature's best vantage points
becoming one with the rhythm of this power
the glorious panorama
of the most spectacular scenes Mother Earth has to offer
hearing the song of his cadence
splashing through crystal clear waters
what a more pleasing experience can nature offer?
The Purpose

I can come and go as quickly as the blink of an eye
I come to you
I was meant to share
some of life's most beauteous lessons
Yeah, all of life's lesson's have a wonder
which pervades space and time
Even if we do not yet realize it

My words mean many things to different people
All are correct
according to their level of understanding
My words were meant to be heard in the vast cosmic stillness
If you deeply listen in the stillness
all hear the same thing
All will be moved to come closer to Me
All original beauty and creativity come from this place
I keep calling yet few answer
Eventually however, all will hear and there will be Oneness
All will hear and there will be true brotherhood
All will know the very Essence of Truth and be home
The Silence is Me

The silence is me
I say back to You
Most don't understand
but I know You do
For in this quiet
is a symphony of sound
From angelic voices
to blissful surrounds
When we are still
vast horizons to explore
So come with me
and we'll open this door
The Sun

Cast your doubts to the wind
Let your heart burst forth like
the dawn breaking over the horizon
Let its beauty be felt by everyone
Disintegrating the ignorance
Illuminating the goodness
Radiating the warmth
Reaching everywhere
Everything becomes clear
The fog is gone
Your heart becomes a home
for all who encounter it
The Talk

The teacher gave a sublime talk
His words were like the hot sun melting ice on a winter's day
My blocks and fears flowed out
Transmuted by His energy
His countenance took on a new persona bathed in a soft golden light
His smile said he knew
There was no separation
with the Higher Power
that always waits patiently within us
As his talk ended
I was at his feet
Our eyes met and we both knew
words could not convey what just transpired
The Teaching

The Teacher led me on an exotic journey
leading me through many aspects of my life
To a place where there was no separation
Teacher asked questions of me and I answered
I answered with the knowledge of the ages

I knew

I knew what folly it is to be human
What frailties humans have!
But I knew that this is only our perception
We contain all the knowledge
but don't realize it
I smiled as I saw this from both perspectives
Words cannot convey what this felt like
To be One from One's perspective
and at the same time from the human perspective
The Temple

I traveled to a wonderful place
high in the mountains
where a spectacular temple stands
the view is unsurpassed
with the winding river
in the valley below
Those who built this mighty palace knew
up the snow white alabaster steps
past the massive pillars
through the golden doors I went
inside the beautiful cobalt blue dome
stood three masters
whom I had known since time began
they led me to remember
and I rejoiced
The Weakness of Strength

Once upon a time I was truly lonely
Not even realizing my plight
Always hankering for a fight
People withdrew. Something was wrong
I withdrew...from life
Oh, how loveless life can be
I did not believe in joy
only misery
Then I was touched by a loving heart
Truly touched
The flames of love melted my strength
Oh strength what an illusion you are
You veiled me from Oneness
You kept me from realizing my potential
You kept me from my true destiny
Love flows. How things have changed
How rich life can be!
The flow of love is endless
The Wholeness of Love

Love transcends time
Oh won't you be mine
Our bond is one of the soul
Together we become whole
The energy between us will never die
It makes me fly
Your beauty is brighter than the day
It lights the way
Darkness may come and go
Come with me and I will show
all things of value
Love, brilliant flowers, and the sky of blue
We will have all the time of Eternity
If I should ever leave
one thing you must believe
That there really is no separation
For we are part of each other
Traveling

Absorb the beauty of My song
It comes in many different ways
Usually cascading down in waves
Sometimes strong enough to vibrate the mountains
Many times gentle enough not to be noticed
Listen and hear the beauty
Notice the subtlety
Feel the chill
Cry the tears
Ever changing—ever responding
Never knowing where it will take you
Be patient
Go where it wishes to take you
Enjoy this ride
The current takes you through all it's ebbs and flows
Let go and feel the Source of it all
Allow the crescendo to burst your limitation
Fall into the deep peace of knowing
Voice of the Moment

Nothing is more perfect than this moment
By most standards not a particularly special one
Unless I stop to hear it speaking to me
Then I feel its sacredness
Every moment has a voice
I just need to be aware
As this moment passes another is born
Each a little different
However, each contains perfection
Forever young and fresh
then it fades to another
equally exquisite
Winter's Spirit

She sits upon the mountain Bathed in a blue iridescent glow Watching over summer as that season had to go
She is framed by the crystal river the setting sun and mounds of snow Her gaze looks over the beauty as the howling winds do blow For eons it has remained the same With each new birth that came The never changing mountain The ever changing flow
Full Circle

All the memories of this life
come tumbling down upon me
many good times
with friends and family
just reveling in nature's splendor
Oh the oneness of life!

Darkness and fear overwhelm me
What has happened?
Family and friends can longer help
I am all alone
I don't understand
What can I do?
Such emotion such pain

Hate now fills my cup
overflowing in cascading waves
through the many years intensifying
making me hard, making me cold

That spark of oneness still remains
all of my hate and wanting vengeance can't extinguish it
The Universe still gives
A beauty as I've never known
It makes me hunger for the oneness, forgiveness, and love
I have hope, I travel to it for my answers
and yes, I find them
My heart turns from coldness to forgiveness
My pain was a lesson
It gives me the capacity for unconditional love
My trials and tribulations give rise to empathy
I can understand why people carry so much hate
I am extremely lucky to have learned this lesson
I refuse to perpetuate this cycle
I have come full circle
Curious Curios

I am a beautiful Tibetan bowl
Made of intricately engraved brass
I sing my song
Unique to me
I sing and ring with fervor until I melt
Reforming into something completely different

I find I am a delicate crystal vase
My beauty is quite stunning
Flowers adorn me- enhancing my lines
Oops! I am knocked from my perch
Broken into a thousand pieces
Oh the sadness for I am no more
Yet each shard contains my essence
Each reflecting light like a prism
Radiating a myriad of colors

As I recognize the beauty of my broken state
I coalesce into another form
This time a sturdy china figurine
Portraying a natural scene
Again I am unique and carry a beautiful essence
Expressing in a totally different way

I am continually being broken and always reform

into a different aspect, always beautiful

Expressing in a way that suits the Creator

In a way I never would have guessed or chosen

A way that is perfect for the moment