

Visions and Beyond

By David Robert Ellinger, M.B.A.

A prophet

A messenger

A medium

An average Joe

A mountain path
waiting for you

A spiritual journey
unfolds before you.

A firm walking stick

A loaf of bread

A book of visions

Poetry to read along the way

One step, and then another

An average Joe,

An average Joe prophet

Contents:

1. A Voice
2. A Sudden Farewell
3. Worms, Blood, and Broken Bones
4. California Dreaming
5. Phoenix Rising
6. An Angel on Your Shoulder
7. September 9/11
8. Columbia
9. Blue Skies
10. The Red Tailed Hawk
11. Advent of an Epiphany
12. Power
13. Prayer
14. Darken Souls: Black Holes
15. Kindness to Others
16. Seasons
17. Fearlessness
18. Karma: Words Count
19. Where are You Going?
20. Hope Within Faith
21. A Whisper
22. Heaven or Hell
23. Endless Trials
24. London Burning
25. Diamonds and Dragons

Stories:

The Three Buddha's

The Journey Continues: Kundilini & Chakras

The Eternal Flame at Dragon's Inn

The Angel Lady and the Buddha Guy

Visions of the Future: 2010 through 2015

A Voice:

A prophet is “a messenger”. A medium who receives visions of the future.

You might say that I have always been an average joe. I went to high school, then went to college. From there a simple procurement job in the Government, then a subcontract administrator position with an Aerospace Company, and now a computer/pharmacy technician position for a large pharmaceutical claim processing company.

My hours are normal 6 am to 3 pm. I work in a small cubical area, 6ft by 6ft, with a telephone and a pen in hand. I live in an average house in the middle of town with a mortgage, have two cars, and one child. I sing in the church choir and go to church every Sunday. I like chocolate and apple pie with vanilla ice cream on top.

An average lifestyle, an average person, just an average joe.

What I am about to tell you is the truth as I have experienced it. I ask for nothing from you the reader, but an open mind, for I am just an average Joe like you that has been for years having extraordinary spiritual experiences in our shared journey together on Earth called life.

It was a foggy day in Grand Rapids Michigan. The fog was extremely thick in the low lying forest valley areas of town. The roads were slightly icy wet and the air was moist with the smell of the earth within a medium size midwestern town.

I was a thin, skinny, geeky kid with large thick glasses to correct my vision and astigmatism. Extremely shy because of a speech impairment, I kept mostly to myself and to reading books. I loved Lord of the Rings, the Foundation, and Steinbeck novels. I also enjoyed watching television. I do not think that I missed very many Star Trek episodes as a child.

It was my senior year at high school, Forrest Hills Central. Our colors were green and white, and our mascot was a Ranger. I was excited that morning, because I was given permission to take the family car to school. It was a blue pinto hatchback with a moon roof.

My new driver's license was in the back pocket of my faded blue jeans, and I was ready to go. Jumping into the Pinto hatchback, I started the engine and the car came to life. The radio was playing one of my favorite song's at the time, Hotel California, by the Eagles, as I carefully backed the car out of the garage. I then drove down our subdivision lined with Pine trees, hardwood trees of Maple and Apple trees. I picked up two of my friends, and one them asked if we could pick up a third. I did not want to let my friend down so I said sure, and soon we had a packed car heading to morning classes. We were like millions of other kids that day all over the country heading to their high school for morning classes.

At first, the road ahead of me was clear without any fog, and the first several miles were uneventful. My friends were talking to themselves, and I was keeping an eye on the road, as we past the white chapel that stood in the middle of Cascade, Michigan. The white chapel is like those you see on Christmas cards with old fashion horse and buggies. We were all enjoying the ride and were unsuspecting of what was going to happen just a few miles down the road.

It was clear one minute with the sun shining upon us, and then it was as if some one threw a switch and the car entered a thick pea soup fog. It's the type of fog that makes your stomach ache, and make you second guess if you would be wise to pull off to the side of the road, but I never had time to take that option.

Just minutes ago I was driving under sunny skies, and now I was in zero visibility with four taillights glaring out of the fog at me. A large pickup truck and a station wagon had just stopped in time in front of a pile up accident of several cars. I was not so fortunate, I reacted to the glaring taillights of the two cars by slamming on the brakes, and then everything seemed to start going in slow motion. The action of slamming on the brakes caused the Pinto to react by spinning and sliding out of control towards the pickup truck. Total fear engulfed me, as we were heading towards an immediate impact.

A clear voice then projected into my consciousness, "Let Go Of The Brakes Now, and Steer In Between"! Without hesitation, my body reacted by letting go of the brakes. Immediately the car straightened out, and with white knuckles stuck to the steering wheel, the car glided in between the large pickup truck and the station wagon. The small pinto did scrap the side of the pickup truck causing minor damage. The car then spun to a stop in front of the accident of piled-up of cars.

A police officer came running up to the car to see if we were OK. One of my friends jumped out of the back seat, and told the office that what I did was the best driving that he has ever witnessed. I was very much shaken behind the wheel. I thought of what would have happen if I did not listen to that voice that gave me directions. All four of us could have been killed, and boy my parents were going to be mad once they found out that I was in an accident and caused damaged to the family car.

I was now sitting in the back seat of the police car, as he checked my license and registration. I was told that no one was going to get a ticket that day due to the large number of cars in the accident and the weather that caused the accident that day. My stomach felt like butterflies were flying in it as I waited in total silence for my parents to arrive.

Everyone was happy there were no further injuries that day, but I felt that I could not take any of the credit. It was the voice that entered my consciousness that saved us. I was too shaken to talk to anyone about the voice, and I thought that people already thought that I was odd and geeky. There was no way that I was going to go around telling folks that I heard a voice from heaven that day.

After school, I went to my evening job as a grocery bagger. As I was putting a customer's groceries into paper bags, one of the supervisors stated that today was just not his day. He said that his pickup truck was hit by a geeky high school kid. I almost put one of the paper bags that I was using to fill groceries over my head, instead of putting groceries into them.

Lesson #1: Letting Go.

I learned several lessons that day. The first one was the simple act of letting go of control. If I did not listen to the voice, and kept my foot on the brakes, the car would have continued to spin out of control and would have been totaled with injuries to myself and to my friends. Therefore, I am truly thankful for the angel voice that gave me that important message. I believe that letting go is one of the very first spiritual lessons that we all must learn.

As the fog began to lift that day as the sun rose up into the morning sky, so did a little bit of the hidden veil that separated my world and my life that is here on earth, from the amazing spiritual world of heaven on the other side.

Soul of a Stone:

A stone that is polished
will be flat and smooth.

When tossed on to the surface of a pond,
it will glide on the surface
and not sink in the sand.

An unpolished stone
will fall and drop quickly
into the depths of mud and clay.

Your mindfulness is the polish

The water is your life.

Your soul is the stone.

A Sudden Farewell:

Soon the seasons came and went, and I was no longer in high school. I was a good student and enjoyed my studies. I thought about going into the ministry. I enjoyed helping people, and felt that my talents would be an excellent fit. I obtained enough courage to talk to a campus minister about a possible career. For me to even think about the field was not in the family fit or norm, One goes to college to become a doctor or lawyer to obtain financial security, not to help others.

I told the campus minister that I was interested in a possible career, but I had an internal conflict that I wanted to discuss with him. I told him that I personally did not feel that the Jew's were going to hell for not believing in Jesus the same way the Christians do. For you see my neighbor was, Jewish and he gave me one of my first jobs. The minister looked me straight in the eyes, and said not everyone is chosen to go in the ministry, sorry, but come to Sunday worship if you would like to.

At that point, I had a moral and religious melt down. How dare a man of faith, who should be living by the golden rule of love for your neighbor as yourself, say such a statement to any young student. I remember going back to the dorm room with tears running down my face. I did not talk to another minister for eight years.

More seasons came, and went. I changed colleges, and majors, received a business administration degree with honors from Aquinas College, and then went on to receive an MBA in management from Western Michigan University. Remember that my family taught me that college was not to learn about oneself or to help the world, but to be able to earn a good financial living. It was the eternal chase of the American dream.

It was then the mid-eighties, and the Michigan economy was in the dumps. The Japanese were number one in car sales, and a recession was hitting all of the states at the same time. Jobs were hard to find, so I packed up my bags, and off I went to a government procurement job in Philadelphia. The City of Brotherly Love.

It was fall in the city when I arrived, and it was my very first experience in a large east coast city. The subways, the city lights surrounding Independence Hall were amazing to me. It was also my independence from the norms and traditions of my rural upbringing back in Grand Rapids, Michigan. I loved the pretzels that you could buy on every street corner, and the Philly cheese steak that you could buy in the neighborhood deli's. I loved the art museum, and all of the history of city.

The job that I took was an entry-level procurement Job. Fall turned into winter and then winter turned into spring. The cherry blossoms began to bloom, and all the trees began to come back to life after a long winter sleep.

My boss was a very large woman with a heart as big as the city. When she smiled, the whole room would light up with her positive energy that just blanketed you in a soft warm glow. She took me under her wing, although she was just a few months from retirement.

I had an apartment at the time on the northwest side of the city. I was never much of a night owl, so I am sure I went to bed early on that work night, seeing that I had to get up to go to work the very next day.

That night, I had a very strange encounter. I was asleep, when suddenly my boss came to me in my dream. She was wearing a beautiful purple dress, and there was an intense purple glow all around her. She was smiling at me all of the time. She said David, everything is going to be just fine, and please do not be sad for me. I am very happy where I am now, and please do not worry. I am very happy. The vision was then gone, and the alarm clock went off for another busy day at work.

I was working in my procurement job, in a small cubical. My boss passed my desk and then stopped. She told me that she was not feeling well, and was having a severe headache. She told me that she is going to go down to see the Navy nurse on the post, and she would see me later. I thought that maybe I should go down with her, but the telephone then rang and I had to attend to my busy desk as a new day had just begun.

The next day, I noticed that my boss's desk was empty. This was not like her for she was always on time. I then knew that she was not feeling well the day before and that she might have just taken a simple sick day. Shortly that morning, management called us all together to tell us that my boss had died that night with a sudden aneurysm to the brain. They told us that she died in the middle of the night in her sleep, and it was very quick for her. The whole procurement team was in immediate shock.

How could this just happen to such a nice woman and she was just a few months from retirement. I was getting more upset by the moment, and then I remembered how she came to me in my dream and said her last goodbye. She told me not to be sad, and that she was happy in the spiritual world.

The vision in my dream showed friendship and an awakening that we are all interconnected, and that our spirits do grow and continue once we move on from our lives here on earth onto the streets of heaven.

Lesson #2: Live in the Moment

The experience showed me that we could communicate between the spiritual world and our lives, especially in our dream state while we are sleeping. I was very sad about her passing, but I was also happy that she came to me to say a very special goodbye, until we meet in again in heaven and say hello.

It also taught me how to live in the moment as much as possible in the here and now, because our lives are so precious and time is so short here on earth. We should always enjoy each other as the time allows us to, and that our friendships do continue and never die away.

Until we meet again:

Peace be with you my friend,
as your journey has just begun..

May your angel guides be with you,
and protect you from afar.

Forever drink from the chalice
of laughter and grace
of the heavenly stars above.

May you rejoice in meeting
old friends and family
along the sparkling path before you,
until we simply meet again.

Worms, Blood, and Broken Bones:

It is interesting to me how nature and biology are interconnected. I have noticed that trees are like inverted lungs that give air and life to the world. Our lungs are also like trees with branches giving precious life to our bodies. As my spirit evolved, I am noticing increasingly that I can see the beauty of God's energy within trees. I loved the three large walnut trees that stood around our farmhouse when I was growing up in Michigan. I use to give the trees a bear hug, and just thank them for being there.

I was now far away from those trees that I used to love in Michigan. I was now in Tucson Arizona working for a large aerospace manufacturer making tactical missiles. My grandfather use to love all of the old western movies, and so I was excited to be where cowboys and indians used to live.

Tucson is a great town with mountains surrounding the valley, and large open blue skies. That was the very first thing that I noticed and enjoyed, the openness of the landscape. It made you feel like anything is possible in this desert land. On the weekends, I used to explore the canyons and the trails on Mt. Lemon. I was surprise to see how much nature was in the desert: the wild pigs, the quails, and the coyotes. The monsoons were incredible in the summer with their large display of lightening, and dust storms.

Although I loved Tucson, and enjoyed my work and friends, I felt like something was still missing in my life. I decided to give organized religion another chance again. I joined a church next to the University of Arizona, and started singing in the choir.

It happen on a Sunday morning, I was sitting in the choir loft when suddenly I felt extremely sad. I am normally a very happy person. It was like all of the world sadness was flooding through me. Tears were flowing like a river, and I did not know why. After this initial spiritual experience of sadness, the visions started and they became increasingly intense.

I started to have visions of large worms starting to crawl out of the front of my body. These worms were large with hairs covering their sides. After a period of about a month, the worms started to have blood on them, and then dark thicker blood started to pour out of my body in these visions. The blood then became lighter and lighter in color. Then I had visions of my bones breaking and then turning to a fine dusty powder. Never in my life did I ever have visions like these before, and I was never told of these in Religion 101 in college. I prayed to God often during this difficult time, and was wondering what in Heaven's name was happening to me.

Then I was shown another vision and all of the pieces started to fall into place. I was shown that our souls are like blue spheres of pure energy that floats in the air. These spheres are all of God's children, and as we get closer to God, our spheres and souls become brighter and brighter.

But as negative things happen to us, or if we start to make wrong spiritual choices then our spheres start to dim and we start to drift away from God's pure energy and love.

Once this dimming starts to happen, this then allows worms to start entering us. These worms then feed off our energy, and make us feel tired, useless, and depressed. It is like having spiritual heartworm. Heartworm is a condition that dogs obtain. Once a dog gets this condition, worms actually form in their heart, and makes them tired, weak, and very sluggish. However, once a dog gets the proper medication, the worms die and the dogs become normal again with their normal energy level back.

This was a similar principle that was happening to me. My spiritual medication was that of Holy Communion, meditation, and prayer. God's energy of the Holy Spirit was starting to affect and purify my soul. This medication was making my soul brighter and brighter.

So to summarize, the visions started, and these giant worms started to come out of my spiritual body. One by one, they would come out. With each one, my blue sphere (soul) was becoming brighter and brighter. After a period of a few months, I then had images of just dirty blood flowing out of the hole where the worms were coming out of my body. It was dark dirty unclean blood. The next visions were that of my bones breaking and turning into dust. It was as if God wanted me to see that I was more than my own flesh, bones or blood. The image of the blue sphere that I was seeing was getting brighter and brighter.

I was then in a morning bible study. I was not doing anything, but listening to the other folks talk, when suddenly energy flowed into me, and my head was jerked to the side, and I felt God's spirit entering me. The best way to explain it is that it is like pure energy and love coming inside of you. It was as if a certain equilibrium had to be obtained until God's life force could enter me. From a science perspective this make sense, like a car battery, the battery first had to have a sudden surge of energy to recharge it, before it can come back to life and work properly.

Therefore, by reading this chapter, you might think that I had all the pieces together and I was at peace with it all. Not at all, I was frightened to death and disturbed by the visions. I did not have a mentor to talk to about the strange awakenings that were occurring with God's energy and life force.

I did what any good formal college graduate would do; I went to the library. At the time, there was very little information about spiritual transformations or visions. Were these visions that I was having unique or were they special, and there were no specific books that explain in detail on this type of event. I did find an old book by William James, “The Psychology of Religious Experiences”

The book helped but did not go into the specific outline of the experiences that I was having. I now know for sure that the visions were that of my actual cleansing process of my soul, and helped me form a direct relationship with the Holy Spirit, which is God’s life force and love.

During this time, I talked with the Senior Pastor of the Church. Well, here we go again, I said to myself. The senior Pastor said you have quite an imagination young man. This Church may not be the right church for you. He was not taking my visions seriously, and was looking at it from a pure psychological perspective and not a spiritual one.

I also felt intuitively that I was not given the truth about spirituality, but more of the same old religious dogma that was not helping my soul to understand or develop. Come to church if you like, sing some hymns, and shut up please. Lambs are to be passive, take your medication, and do not hang your dirty laundry up on the porch for all of us to see. As the reader, you predicted correctly, and I was soon out on my own again. I left the dogma of the church, but I did not leave the Grace of God.

After jogging through the University one evening, I was doing my walk warming down from my run. Sweat was running down my face, and I had a towel to wipe the sweat away. Internally, I was asking God why are you doing this to me and what purpose did it have, and I felt like screaming at him trying to understand why I was going through these experiences.

Suddenly, out in the wide openness of nature, the Holy Spirit flooded into my soul. I want to be honest with you, it felt like sex, but it was more intense than any sex that I had ever had before or after. It was a feeling of incredible love, not only in a human sense but also in a holy sacred manner. I believe God was trying to tell me that I was truly loved more than any tiny sparrow and even in the darkest time of my soul.

I wanted to learn more, so I thought that I should take college classes from Pima College, which was a local community night school in Tucson. I was surprised and had to smile to myself when I entered the class, and there was a Jewish Rabbi, who was going to teach us both the old and new testaments. I was still very frustrated at the time and still very emotional about my visions that I was having when I entered his class. I remember that I was on the edge of crying in class, and I just could not hold all of what was going on inside me any more.

I did not want to be embarrassed in front of a large group of my peers again. So as my tears were starting to fall again, I put my face into my hands, and asked God not to let me cry again. Please God not again. At that moment, the Holy Spirit entered me again, and replaced my tears with an amazing smile. Not a single tear fell that night.

After I passed with straight "A's" in both classes, I decided that I needed to get out more, and I saw that the Masterworks Choral was looking for male voices. I enjoyed singing, and thought it would be a good experience for me. I remember looking forward to the spring concert that we were going to put on Mother's Day. The concert was in a local Methodist church. Afterwards, I was introduced to a young woman who was a friend of one of the sopranos in the Masterworks Choral. We all went out to lunch together after the concert. This girlfriend of the friend became my wife after a year of dating. So I can truly and honestly say that my mother was right, that I did meet my wife in church.

Lesson #3: Physic of the Soul and of God's Life force:

I believe that the true lesson I learned here was that we all have souls, and that the soul does interact with God's energy and love that is all around us in nature. The soul does obtain its energy from the life force that is God. It is through prayers, meditation, and Holy Communion that we draw closer to God and his eternal love.

Blue Sphere:

A sphere of blue
floats within us all.

Our soul eternal
within the ocean
of our consciousness.

A glorious vessel of eternity,
a sacred piece of God
that is truly loved by all.

California Dreaming:

I then took a new job in Southern California. My wife and I had our honeymoon at the happiest place on earth, Disneyland. We lived in Encinitas in an apartment that was just one mile from the ocean. The cool and moist weather was in stark contrast to Arizona's dry heat. We loved the beach and use to take long walks down by Swami's beach as much as possible.

California will also be special to us, for another reason. It was where our son was born in Oceanside, California. I remember the moment that my son was conceived. My wife and I were both older at the time we got married, but we still wanted to have a family. I remember my wife and I were making love, when I had another vision. I agree that it is a very strange time to have one of my vision, but after I thought about it, it really was not and it all made perfect sense to me.

The vision was of a large group of people saying goodbye to my yet to be born son. It was definitely one of the more interesting encounters. It seems that we do say our good-byes to our friends and loved ones on the spiritual side before our reincarnation back here on earth. I just did not know that it was such a large crowd.

After having this vision, my wife stated that she just was not feeling well. She said that she thought that she was pregnant. I told her that she better get tested. She went to her doctor, and sure enough, she was, and we had better start getting prepared. Our son was born in Oceanside California in 1992, and we came very proud if not overly protective parents. Being older parents, we cherished our son and had great memories taking strolls down Carlsbad boardwalk, and playing in the sand at Moonlight beach in Encinitas, and on the golden sands of Delmar.

We lived in California for three years, and then I was laid-off from my job. This was a time when many folks were being laid off due to decrease government spending in the early 1990's. So we packed our bags, and went back to sunny Arizona. This time to Phoenix to stay with relatives, until I got my feet back on the ground. I had several interesting dreams before the layoff.

The first dream was that I was walking into a real estate office in Encinitas to look for a house. I remember it being a small office with pictures of homes displayed on the wall. A real estate person came out to greet my wife and me and we started to talk. While I was talking to her, I glanced at my feet. I could not believe this but there were woolly caterpillars by the hundreds covering my naked feet. As you know, caterpillars are premature butterflies, yet to be born. So the dream was obvious to me, that buying a house was very premature and was not an option at the time.

The second dream that I had was that I was standing at the shoreline below a sandy cliff. My car was next to me, but it was like it has been in an accident. All of the windows were broken, and the doors were falling from their hinges. The car was in no shape to drive and could no longer be used for transportation. It was definitely an omen of my pending layoff on the horizon.

There are a few other dreams that I would like to revisit with you. I personally believe that dreams are important, and have very useful information if we pay attention to them.

My very first girlfriend in college was a computer major. We met in the dormitory the fall of my first semester in graduate school. The campus was full of activity at the time with the entire student body getting ready for the New Year. Our first movie together was a "Werewolf in London". About six months later, I had a nightmare.

I had a dream where I was driving in a red convertible, and my girlfriend was smiling at me and talking about her day. The wind was on our faces and it was a beautiful day for a drive together. However, as she was talking to me, her face started to transform and change. She has transfigured into a terrifying werewolf. She reached over to me, and tore open my throat in one quick move. I woke up having night sweats.

That week, she told me that she wanted to break up with me, and not to have a personal relationship any longer. I learned a lesson that night that one must be very careful about where they go out on their first dates.

Snakes are also important to recognize in a dream. If a snake bites you in a dream, it could be an omen that you are about to be stricken by a sudden illness. It happened to me twice. Once I had a dream that a large green snake bit me. With in three days, I had a severe case of strep throat that took me weeks to recover. A similar dream happened again, a snake bit me and I had a severe viral infection that also took me several weeks to recover.

Tornadoes are also something that need to be taken seriously in your dreams. Several times, I have had dreams of tornadoes, and normally they mean that change is all around you and to be prepared to act. Another dream to take notice is if you see a family house burning down. I also had several of these dreams, and it foretold the passing of several relatives.

Dreams can also be comforting; I had a dream once that I asked Jesus if my wife should be the one that I should marry. I remember Jesus giving me a hug, and smiling at me that she was to be my wife.

Lesson # 4: Listen to your dreams

I believe that dreams are very important, and they can give us warnings of the future that we are about to enter. I also believe that we are all interconnected together. This is why I believe that cause and effect is so important. What we say, how we say it, and how we treat each other is so important on our spiritual journey together, and what makes us who we are today and into tomorrow.

You may want to take a moment and reflect on some of your important dreams, and how they have affected you in your life.

Dream Catcher:

A path before you
covered in rose petals.

A hidden door opens
beyond the shadows of the moon.

Morning dew falling
from a dream catcher
creating rainbow
reflections for you.

Phoenix Rising:

We had to move in with my wife's parents until I found another job. In a way, it was the best of time and it was the worst of time. My wife's parents could now enjoy their grandchild, and we could help them as they walked through their final golden days here on earth.

Spiritually, I was not ready to join any organized religion. I did participate in several choirs in several different churches in the Phoenix area. During this time, the new age consciousness was starting to get popular. What I saw was ancient spiritual truths just being reinvented and repackaged for a new generation. The art of compassion, the true mindfulness of our thoughts and action, and leaving in the here and now was discovered in Zen and Buddhism back in 500 BC. To be honest with you, when I read the book, "The Course on Miracles", it just put me to sleep.

I personally believe that there is no conflict in the spirituality of Judaism, Buddhism, or Christianity. In all three, there is the personal journey of turning always from the ego and the hindrances of personal pride, the true acceptance of the impermanence of all things in nature, and that there is always a beginning and an end, and lastly a true reunion with the our life force called God.

Judaism faith is to believe in God. Buddhism believe in God's life force that is all around us in nature. I truly believe that a real Buddhist's would not kill a fly. I believe that this life force from God could also be labeled the Holy Spirit. Christians believe in the Son of God, Jesus. I believe Jesus was a symbol of the pure love of God for all humankind. Truly, God incarnate in the flesh of man.

Don't you see the pattern? God, Yahweh, who is the father, then Nirvana as seen as the Holy Spirit, and then Jesus, who is the son, and who represented true love given to us on Earth. God, Holy Spirit, and Jesus, The three eternal symbols that are in the holy trinity.

I do see the holy trinity in this pattern. The holy trinity for all humanity, I believe that this is the key that once found can rid the world of discrimination, religious hate, and began to reunite the world with the power of God love and energy.

I believe all members of all religions must take responsibility for their thoughts and actions while on earth and in the spiritual plane. Compassion is a word that is not an absolute for any one religion, but should be incorporated in all of us. Truly, our false pride and ignorance separate us from the divine love of the creator. We must always remember that we are all scattered souls within this beautiful galaxy of ours, and are all heading on a spiritual journey back home which is to the cradle of God's love.

Do you not get tired and frustrated with the entire finger pointing, and everyone saying that their type of religion is better than yours, and is the only way? The Baptists are better than the Lutherans, the Lutherans are better than the Methodists, the Mormons better than the Catholics. Vanity, Vanity, It is all vanity under the setting sun.

I just can't imagine that God is going to put you at the back of the bus, or make you stand on the bus if you are one denomination and not another, but wars have been fought here on earth for much less.

It is interesting that Phoenix is now the same size as Philadelphia. I started out in one large eastern city, and now I am in the same size western city. It is interesting is that everything is new out here in the West.

Renovation of 40-year-old buildings is called progress here in Phoenix. I make this statement because it is always depends on your own personal history and on how you perceive the world around you, and how you form your opinions and values.

However, if we can step out of our personal history and perceptions for a moment, and say that we are all truly spiritual beings. We are all on the same journey together and life does not end in death but we are transformed into new beginnings, how much better off would our world be? Maybe, just maybe, one soul at a time we can change this violent world of ours into a world of compassion, kindness, and mutual understanding, trust, and love.

Lesson #5: Compassion

Living begins with the birth of compassion and love, without it, we are dead already.

Compassion is the positive energy that we give to one another as we take our journey together. We are all interconnected, and it is important that we treat each other with dignity and love. When we do get upset and angry, we need to take a step back and analyze what is going on and what corrective action can we take to solve the issue or problem. It is important to create good karma while we are here on earth, and as we love and share with one another, we are building bridges and pathways to new friendships, and new beginnings with each other.

A Morning Prayer:

Every morning,
I awaken,
and pray
for no more wars.

No more poverty,
or broken homes.

No more sorrow
and no more pain.

May all God's children
be fed, without hunger nevermore

I pray to God, the father
that grace and compassion
may comfort us one and all.

An Angel on my Shoulder

I remember walking down to the convenient store by our house. It is a nice walk and it gets me out of the house and some exercise. I have always wondered about angels. They must be glorious creatures of God, with hearts as big as their wings that guide them through the heavens. You can imagine the excitement that I got when the voice from the other side told me that I was going to see an angel. It definitely got my attention. How, when, where, all of these questions were going through my head. I went and got my soft drink from a self-service side counter, and went in line to pay for my soft drink. There was a young woman in front of me with a spaghetti string top on, and on her left shoulder was a beautiful tattoo of a beautiful Angel. I just had to smile to myself. I learned that day not to have any type of preset definition of what a vision or a dream may become or mean.

I do still believe in Angels, and some day I may have a vision of one to write about in another book. I do believe that we all have our own guardian angel that helps us and guides us through the darker moments of our lives. You may not see the angel itself, but you may get a feeling, a dream, or an urge to change direction. Your intuitions have helped you, guided you, and were the wiser because you followed that feeling that you had inside after all.

It is interesting that we are all taught at a very young age, especially males, in our society to not feel, or to hold our feelings in, and do not show any emotions. Because of this, I believe that we do turn off the intuitive side of our nature, and we close the door to our spiritual growth. I believe that a large part of our spiritual growth is to feel through our emotions and to be aware of the larger consciousness of God that is around us.

The next time that you have an intuition, ask your guardian angel, these simple questions:

- 1) What is the purpose of this intuition or feeling that I am having?
- 2) How should I react to it, and how does it relate to my circle of friends and family?
- 3) I also believe that it is important to thank our angel when a message is offered to us in gratitude and understanding.

I remember during one of my walks to the store, when I suddenly was flooded with not only childhood memories, but also with the smell of home cooked meals, and baskets of fall cinnamon apples. It reminded me of a childhood's family house that was close to ours where I was growing up. They had a large family, and they did a lot of homemade cooking, and had large baskets of apples out in their garage where they stored them.

I have not thought about the house or my high school friend's family in years, but there I was in Arizona being flooded with the smells, and memories of my childhood back in Michigan.

It was in the early evening when the telephone rang, and it was my best friend whose farm and memories flooded me just that afternoon. I asked if everything was all right. He told me that his mother past away, and wanted me to know. I told them that I was deeply sorry, and that I would pass the word on to my mother back in Michigan who could represent the family at the funeral.

Lesson # 6: Feelings

It is important that we are open to the feelings of our own intuition. It is the ability to have emotions that makes us human, and allows us to become more spiritually aware of our surroundings and of each other. Once we accept our feelings and others, I believe we then have the ability to make a connection and come to a mutual understanding, and then have the opportunity of spiritual growth.

Feelings usually represent the feminine side of our nature, while action and problem solving represents the male side. The male side always want to jump into action and become a true action hero. But it is also very important to develop the feminine side of our nature, and become retrospective and caring. Within our spiritual growth, we need both. Without action, we would just remain where were are. Without retrospection, we would go into an action mode without understanding the cause and effect that the action will have on ourselves and our love ones.

Messengers

An Angel
appears
holding
a small lamb.

Wings of cherry blossoms
and eyes of silver blue.

Upon the winds of miracles,
The messengers of God's truth.

September 9/11/2001

What I am going to tell you is the truth, It is the vision that I had of 9/11. You may say that I am gifted or blessed, but I do not feel too much comfort from those words. Especially, not after that terrible morning for our nation.

It was a regular work weekday. I came home from work tired from a long day. I was now working for a computer pharmaceutical benefits management company. The enjoyment of the work was not so much in the tasks themselves, as it was in the satisfaction of the problem solving of the job, and the ability to help others. I was always told that work was work, if it was fun, we would not then call it work. It is interesting how we put labels on things, and once we put a label on an event good or bad, it can bring up strong emotions. I think that we should always be careful with labels, good or bad.

I went to bed the night before 9/11 with the daily work rerunning through my head. Do you ever do that? Your mind is like a tape recorder, at the end of the day, you hit the rewind button, and it plays again. I believe that it is better to hit the reject button, and just toss the tape away, than hitting the replay button so the daily events play over and over again in your head.

Just before dawn, I had the vision while I was sleeping. There was darkness all around me. Out of the darkness came a small girl with a dirty white dress on. I remember she had blond hair. Have you ever seen a dead person in an open coffin before? Their skin is that of a greenish gray color. If you ever seen the color of death, you will never forget it. This little girl who came in front of me had that color. I was looking at death itself in this little girl that was so innocent. Her eyes stared through me, and she slowly lifted her arms up in front of her for me to look at. Her long white sleeves fell off her arms showing me her arms with her palms up to the morning sky. I looked at her arms, I was in shock for both arms had large open slashes. I looked closer and both wounds were showing the broken bones of her arms within this precious small child.

Innocence lost, innocence lost, echoed though my mind. I was looking into the eyes of death itself. The apparition then disappeared before my eyes into the darkness, into the darkness that was yet to come that morning on 9/11.

I felt a true heaviness and sickness in my soul as I took my morning shower. What was the apparition that I just saw? This type of vision had never happened to me before. I then went to work and turned on my computer in my small cubical. I was typing on my small keyboard, as a voice from another cubical nearby shouted that a small plane had just hit one of the twin towers. I first thought that it must have been a small plane that just had an accident. I clicked on to the CNN website, to see what information that they were showing. I discovered quickly that it was more than just a small plane crash.

After the second plane hit the second tower, the vision came back to me. Two Towers broken, two arms broken. Death of the innocence. Death of a child. For they were all of our children, brother and sister, one and all.

I mentioned to a co-worker that America will never be the same. I then said a silent prayer for the fallen, and for the small girl that came to me in that vision that morning. Innocence truly lost for a whole generation.

Lesson # 7: Courage and Faith

This vision and morning of September 11, 2001 has burned an image into my consciousness. Our world as we know it has been changed forever, but we should not give the power of our souls to fear and hate. Yes, justice, but not fear and hate. Hate will just bring on more hate, and fear does nothing for us but to take always our power for progress of our spiritual growth.

After 9-11, I have seen so much courage, compassion, and faith within all of my neighbors in their daily lives across our wonderful nation. It is important that we continue to have the personal courage to go about our daily task without fear but within the sense of true freedom and faith of all that America has to offer for us.

Upon the Flag called Glory:

Hands of the innocent
reaching towards the heavens above.

Two beautiful lotus flowers
unfolding with tender droplets
of early morning dew.

A stillness of Eternity.

The breath of eagle wings,
as a waterfall of souls
cascaded towards the broken earth.

Angel hearts and wings embracing.

The tears of the Heroes,
within the silent prayers
of God's amazing healing grace.

Daylight transformed by darkness,

Stars of heaven appearing,
Solidarity,
One by one,
upon the flag called Glory.

Columbia

It does amaze me how fast time goes by; work, sleep, work, sleep. Minutes turning into hours, hours into weeks, weeks into months, and then months into years.

It is also interesting to me on how we take technology for granted and assimilate it into our lives. I remember the slide rule in high school, and now my son is a computer whiz starting on the computer since the tender age of two. Remember the business calculator that was \$500 at the electronic store, and now it just a few dollars. Take the microwave for example, growing up we had an electric stove. Just a couple of hundred of years ago, they just use fireplaces. The car vs. the horse and buggy can be viewed in the same way.

Since Challenger, there were successful launches of the space shuttle one after another. Like everyone else, I knew that there was always a risk in any given launch, but with work and family, I really did not pay any attention to the schedules unless I caught a media flash on the local news channel.

I remember the night when I came home from work on that Friday. I drove my old 1995 Honda into the carport, and made sure that I left enough room for the recycling bin. Friday is recycling day, and the empty bin is always waiting for me when I get home. I got out of the car, and pushed the recycling bin in the back of the carport

I was walking on the sidewalk to the front door when I had another vision. I saw faces in clouds. I could see the outline of their faces. Their faces started to melt like wax crayons, showing their skulls, and then dissolving. The vision was so strong that I stop walking, and stood for several minutes.

Opening the front door, my son greeted me. He was excited for tomorrow we were going to go to the Parada del Sol the next day on Saturday. Prada del Sol is the Parade of the Sun; it is one of the largest horse driven parades in the country. The vision occurred, but I did not have any reference points to attach it.

I woke up the next day, and we were all getting ready for the parade. I turned on CNN, and a breaking news announcement was just coming in. The announcer stated that the Columbia has been lost during reentry. Pieces of the exploded shuttle were being found across Texas. I remembered the vision that I had the night before, and like all Americans said a silent prayer for the whole crew.

It was later found out that what caused the melt down was damage that occurred to the wing structure during reentry. It was similar to the o-ring of Challenger, where a few individuals knew of the potential danger, but due to high pressure of the larger group, the individuals were silenced due to performance schedules and specific deadlines to meet.

I tried to enjoy the parade that morning, with beautiful horse and buggies rolling by. As a tax paying American, I believe in space technology and the mission of NASA. However, I also believe that we must always learn something from the past, and try not to have the same situation occur in the future.

Lesson # 8: Learning from the Past

The Challenger, and Columbia, were both terrible losses for our country and to the families. However, with any new adventure, there are risks. There are risks just getting up in the morning, and going to work. It is important to have learned from our past, as we move into the new frontiers and the challenges of tomorrow.

Risks are important. If we didn't take risks, we would never grow spiritually. We would just sit alike a turtle on a floating log in a pond, not moving very far in either direction. We all need to take risks, like taking a new job, getting married, or starting a family. There are risks in everthing that we do, and if we didn't take them, then we wouldn't find that joy that the risk gives us within the given adventure of our lifes.

An Angel Fall

If I saw an Angel fall,
I would pick him up,
and hold his head.

I would moist his lips,
and break him bread.

I would mend his wings
with golden tread.

If I saw an Angel fall
from Heaven's grasp.

Blue Skies:

My mother had bright blue eyes. The type of blue that engulfs you like an endless summer day. She was always upbeat and positive, and loved all of her children and grandchildren. The telephone rang one Sunday afternoon, and I picked up the telephone. My mother always called me on Sunday to see how the week went although we were now miles apart. We always took the time to reconnect and see how everything was going. This week my mother was excited because she was going to Las Vegas for a convention.

My mother was an international balloon and floral designer. She had gone to Australia, Great Britain, and Argentina giving lectures and showing how to do floral/balloon designs. She was well known in the industry. She told me that she was off on another adventure. I told her that all was well here in Arizona, and hope that she might win at the Casino that she was staying at that week.

I put the telephone back on the receiver, and I remember that afternoon of a song that kept entering in my head. Do you ever had that situation, where you would be doing something, and then music would just enter and pop into your head, and it goes around and around, and around. That was exactly what was happening to me. Being a singer, this was not totally an uncommon event. However, it had been going on for over a month, it kept playing in my consciousness.

The song was “Blue Skies”. You know the melody, Blue skies looking at me, nothing but blue skies do I see, Blue birds singing their songs, nothing but blue birds all day long...

Again it was just a normal day; I was in my cubical working on my computer. The telephone rang, and I picked it up. It was my wife on the other line. She was upset and crying. She said repeatedly, she is dead, she is dead. I thought immediately that she was talking about her mother who we have been taking care of for a few years. She is very elderly, with a broken hip, and wheelchair bound with declining health. I started to comfort her over the phone stating that she had a long and happy life, and she should be proud of how she took care of her instead of putting her away into a nursing home situation.

My wife took a deep breath, she said David, it is not my mother, but yours. How could this be, my mother was a healthy sixty nine-year-old grandmother in perfect health, who was on her way on a business trip to Las Vegas, the entertainment capital of the world. I went into immediate shock. I went to my manager and told her of what just happened, and I went back and logged off my computer. I then walked out of the office and went home to call my two brothers.

I found out quickly more details of my mother passing. My mother was on her way to the Airport in Grand Rapids that morning. She was just a passenger in the back seat. As the car that she was a passenger in made a left turn, the other car that was an SUV hit directly on my mother's passenger side. My mother was killed instantly crushed by the impact.

Because my wife had to take care of her handicapped mother in Arizona, my son and I arranged to go back to Grand Rapids, Michigan for the funeral. Everyone was extremely sad at the funeral. I believe this type of passing is the hardest, because the victim relatives never had a chance to say goodbye. If you have terminal cancer, at least you have the opportunity to say your good-byes before making the transition into the afterlife. My family and I never had that chance with my mother's passing.

It was still strange, that the song kept going through my head, “Blue Skies”. Blue skies looking at me, nothing but blue skies do I see... After the funeral, we all went to my stepbrother’s house. We were all given balloons, and as a group we let the red balloons go with silent remembrance. The red balloons went slowly up through the Michigan Pines, and up into the blue sky above.

The day after the funeral, I went with my oldest brother to his house in Spring Lake, Michigan. It is a small village close to Lake Michigan. I got out of my brother’s car and walked up the sidewalk to the entrance to the house. A large butterfly came in front of me and started to play with my face. It was as if it was trying to get my attention. As I opened the front door and entered my brother house, I found out what the butterfly was trying to communicate to me, there was a large floral arrangement on the middle of the kitchen table with a tiny bluebird in the arrangement.

I had to smile because my Mother was a florist arranger, and her nickname when she was younger was called Birdie.

That was not the end of the story. I returned back to work, the following Monday. I did my best to concentrate on my job and make sure everything was done in a timely manner.

Our company used to have a small singing group. We used to practice every Wednesday during our lunch hour, and then go to nursing homes to perform as a positive outreach program. I didn’t feel like singing that week, but thought it would be good to get back into the old routine and back to what was normal to me.

I remember that I was in the back of the group, being a baritone that is where we usually hung out. One of the songs that we sung was ‘Blue Skies’. As we started to sing that song, I had the most incredible vision. My mother was now standing behind me and was giving a goodbye hug. The vision lasted as long as the song did, and then it faded away in the melody of another song. My mother was much younger in this vision, about in her mid-twenties, and was wearing a dress out of the early 50’s.

About a month later, after a long day at work, I was working out in the company’s weight room area on an exercise bicycle. All of a sudden, I had a vision of my childhood standard poodle come bouncing up like Tigger, the tiger, up to me, and was trying to lick my face. I was so happy to see my old family dog that I have not seen since the dog’s passing back in my childhood. But what was more incredible was there standing behind the family dog, Fifi, was my mother again. She was again at the age of mid-Twenty, and again she was wearing a party dress from the 50’s again. She was looking fantastic and she was smiling at me. The vision then faded.

It was nice to see both of them again. It was a comforting vision to know that my mother was OK, and was looking fantastic. She was even being looked after by the family dog that passed on years before. Those folks that ever had a family pet will understand what it means to you to know that everyone is safe and looking fantastic in the spiritual world.

Lesson #9: Love is eternal

The word love is a four-letter word that we truly do not say enough to each other. It is so much easier to say the other four-letter word. Cherish the time that you have together with your love ones. If you can say your final good-byes to the ones you love, then please add the words, until we meet again.

Follow-up:

After writing the outline of this chapter of my mother's passing, I was driving to Sunday church. A voice came to me, and said to me that my mother was here with me and wanted to say how much she appreciate the kind words that I wrote about her. I can only say in return how much she will always be appreciated by me for all that she was and did for me in my given lifetime. One more thing that I forgot to mention, my mother's maiden name was Kievit, which is Dutch for little Bird.

Until my Wings Unfold:

Who are you that whispers in the wind.

Who are you that touches my soul within.

Memories of past days we shared together

Soft Tears returning

Wingless butterflies
falling on broken dreams.

Catch me in your breeze my Lord,
and strengthen me by Heaven's door.

Hold me in your arms again,
until my wings unfold.

The Red Tail Hawk:

The red tail hawk is a majestic bird in Arizona. Their wings are spectacular to watch as they soar against the dark blue desert skies. I have been told that the Hawk and Eagle are considered messengers from the local Indian tribes. They are considered to be able to transverse between the earth plane, and soar into the depths of Heaven itself, and back again with messages from the Creator.

Every lunch hour at work, I try to get out of the office and take a half-hour walk. This is my time to stretch and get out of my cubical to get some fresh air. I enjoy my walks very much, and our facility is in an urban medical building area, which is next to a hospital and cancer research center. It is a time that I try to calm my thoughts, and to get a perspective of what has been happening that day. It could be over 100 degrees outside, and I would still have to take my walk to help me get through my day.

Well, there I was on my daily walk at noon, and I passed a building with a runoff drainage pool. I was in my own thoughts, when suddenly a large red tail hawk flew down into the pool, and made a large noise splashing the water, and called out to me. It flew down from a nearby mesquite tree next to the building. I thought that it was strange to see a red tail hawk so close by.

I then kept on seeing the red tailed hawk, almost every time I took a walk. I saw it circling above me with its majestic wings gliding on the mountain winds. I remember the time that I tried to save a red tail hawk life when I was in college. An injured hawk was outside of the dormitory that I was living in at the time. I took a cardboard box, and took the poor bird to the nearest nature center. Unfortunately, the bird died in the car, before I drove up to the center. I have always had a strong connection to the red tailed hawk.

It was now Christmas day 2003; I was walking down the city sidewalk with my son on the way to the store to get a large soft drink. I always enjoy the walk and especially with my son to talk to. Suddenly, we saw a red tailed hawk flying down from a tree near by, and flew just a few yards in front of us. It was the most glorious Christmas present that could have been give to me. My own Christmas Hawk on Christmas morning of 2003. After it flew in front of us, it raised its wings in glory up towards the heavens and disappeared.

Lesson# 10: The Spirituality of Nature.

I know that it is only through nature that we are helped to reconnect with our spirituality and understand who we really are. My mother's favorite place was a lake in Michigan called Stony Lake. It was there where she was able to reconnect, and go small sailboat sailing on the Lake. I love Lake Michigan and the oceans myself, but also I love the desert.

When people come to Arizona for the first time, they believe that the desert is just sand, one giant sandbox. However, as you explore the desert, you find out that it is truly a place teeming with life. The quails and their babies are fun to watch as they go running across your path.

I also enjoy the spring flower that bloom and explode into color over the landscape of the desert. For months there is nothing to look at, then in a short period of time the brightest purple, yellow, and orange flowers are scattered across the barren sands. The sunsets are also very wonderful against the mountain background that we have both in Tucson and in Phoenix.

I think that this is like spirituality for some people.

Some people believe that there is no spirit, there is no life after death, and it is just one big void: One big empty sandbox. However, to those individuals, just as they first view the desert, they start looking closer into the emptiness, that they have so called labeled, and slowly they started to see flowers starting to bloom where only darkness and emptiness was before.

Spring:

Desert Blossoms in bloom.

Purple, Yellows, Oranges, and Blues.

The Beauty of the Hawk
soars in the sky above.

Morning doves nesting
in a mesquite tree.

Dried mesquite beans
on the desert floor
waiting for the rebirth
of Spring.

Advent of an Epiphany

Advent and Epiphany are two similar Christian celebrations. Both are similar in a way that it symbolize an arrival, a coming to the birth of Jesus. I do not apologize; I just love Christmas in every way possible with all of its wrappings of ribbons and bows. I love setting up the family Christmas Tree. As a family, we set up the tree as we watch the Macys Parade on TV on Thanksgiving. This is early for some folks, but for me it is a great day to start the season. People just seem more positive and happy during these special days. Going to see a Christmas Concert or a play just adds to the fun. It is exciting to buy all of those presents and put them under the tree. The beautiful Christmas carols being played by the local radio station. It is truly a wonderful time of the year.

It was the fourth day of advent and I was sitting again in the choir loft. Again I was just minding my business, just looking at the music one more time before we had to perform in front of the congregation. Suddenly, I had another vision. This vision was of the Christ on the cross. I actually say a three-dimensional image, and saw his flesh as if I could reach out and touch him. Although it was an image of the crucifixion, I saw a light coming from him that showered over me that gave me a feeling of comfort and love. The image of the vision then disappeared, and it was time to sing the anthem for that Advent morning.

Christmas came, and we had a great family celebration. I bought my wife a pearl diamond necklace, because I wanted to make this a special Christmas for her. It was then New Year's day, and I was looking forward to 2004 and the start of a New Year. I am not a night owl, so I can never make it to 12:00 to see the ball being dropped in New York's Times Square. I have been to New York City a couple of times, and I always loved the great energy that the city has and all the places that you can go and see. The people are just wonderful there.

Soon it was Epiphany Sunday; it is also called King's Sunday. It is a day that celebrates the arrival of the Magi to view the baby Jesus in the small stable that was at the inn. How did the Magi find Jesus?

They went on their own spiritual journey from their own given lands. A single shining star in the East guided them. Once the magi found Jesus wrapped in a blanket in the arms of Mary. They fell on their knees and worshiped him. They then gave Jesus gifts of gold, frankincense, and Myrrh.

On this specific day, a young man in my congregation, came up to the podium, and said that he was going to leave the church. The church was an older congregation, and he tried to get a young people social group off the ground. He was given funds to have Saturday's band concerts, and pizza parties. I just sat in the choir loft in amazement listening to him. Church is not about free lunches or pepperoni pizza. Even though, I personally do love pepperoni pizza.

It was then communion. I took a small piece of bread that symbolize the body of Christ, and dipped it into the chalice of wine that symbolized the blood of Christ given to you to show his love and mercy for you. It is a special moment of remembrance of God's love for us per the Last Supper that should be open to all people of all faiths.

I then fell on my knees like the Magi of old, and I said these words. God, I accept my calling if it is your will, and then I went on saying, However, I do not think I have one.... Before the but and the do not started to come out of my lips. God's anointing fell upon me. It was truly amazing, and was a miracle.

It felt like pure energy and power coming into me, and it was as if my consciousness was being lifted up to a higher level. It was the Holy Spirit, but it was more intense than I ever felt before. It truly lasted at least 1 minute, and I just started to smile with the largest grin from ear to ear. It was the most powerful anointing that I have ever felt before, and it was simply amazing. I said to myself. I think I just got promoted.

It was an event that did not happen when I accepted Jesus for I have been a Christian since my baptismal at birth, and have joined several churches through the years. It happened when I accepted my calling. It also happen on King's Sunday. The day that the prophet's, magi, and astrologer's came and worshiped God's son.

I will be honest to you that this event has truly changed my life, and it has confirmed to me what I have thought since my youth, that I do have a unique and special calling.

What is a calling? What does it mean? Do I have to shave my head and join a monastery? Does it mean that I should become a preacher? Does it mean that I am a prophet? Does it mean that I am a medium and my calling is to write spiritual books, and to pass along messages about our spirituality and of God's love for all of us to read? I will also ask the reader a question, do we not all have a special calling, and maybe this is one of the most important events in our lives which is to be on bended knees and accept our calling from God so we can fulfill our true destiny that we all have on earth.

Lesson # 11: Accept your Calling

What is your calling from God?

Now that you have read this segment, turn within yourself, and ask your personal question. Next time you worship with God either in a church, temple, or in Nature. Just tell God that you accept your calling, and let God's purpose for your life be fulfilled by his grace and glory.

I believe that this will be a truly spiritual event for each of you, as it was for me. It is a turning away from your agenda, your pride, and taking hold of what you are destined to become. A peace will on come over you, and your life will start to change for the better. You will no longer be a fish swimming up stream, getting frustrated, tired, and all worn out. You will now be swimming down the river through green pastures towards the ocean of fantastic treasures and possible dreams.

Magi

A distant journey
through narrow clay streets.

Robes of silk and crowns of gold.

A magical light of an eastern star
shinning on the face of a new born child
within the gentle arms of Mary.

Beautiful gifts given
and a Messiah received
by messenger's of God's angels
on bended knees.

Sacred Power:

I believe that to understand spirituality, it is very important to understand power. I believe that only God has the true power over us that helps us, nurture us and guides us through our journey. Not our organized churches, not our government, not our professors, or our bosses, I do believe that institutions are important. However, institutions are there to serve the people, and not take away our freedoms or our power of God within our souls. Any institution that focuses on fear is wrong and you should always measure your leaders on how well are they serving you and not their own personal interests or hidden agenda.

It is important that we never give our personal power away, that we always accept the power within us with the understanding that God's love is the only true power here on earth. True power is not one of control or of obtaining positions of great power or wealth, but it is the power to change the world for the better as co-creators within the love of God.

I would like to share with you some of my personal history that helped me understand what true power is. I was born on a sunny Easter Sunday afternoon, March 29th, 1959; it was a beautiful spring day in Grand Rapids, Michigan. I was born prematurely, and when I came out of the womb, I had the umbilical cord wrapped around my throat. My mother said I was completely blue in color. The doctor saw that it was a distressed birth, and used forceps to pull me out, and quickly untied the cord, and gave me oxygen.

After my birth, I then developed high fevers with colic and was allergic to milk. My mother said that all I ate was warmed oatmeal for the first five years of my life. Now as an adult, I do not like hot oatmeal.

Most children start talking when they are about six months old, making sounds, and soon they say their very first word, mama or dada. In my case, I was born unable to speak, and I lay in the crib crying. After years without making my first syllable, I then said my first word at the age of five.

I then went from speech therapy to speech therapy up until Junior High School. My parents even took me to the University of Michigan, Speech Clinic of the Institute for Human Adjustment on Feb. 9, 1968.

Here is a summary of the findings:

“The pattern of specific circumscribed defects associated with intact cerebral functions at this time suggests developmental adaptations to early and probably bilateral circumscribed damage to specific brain structures. The time, locus, nature, and origin can only be speculated upon but it seems likely that such damage occurred in the early post natal periods.”

My mother refused to put me in any special school, and I went through regular public school education. To have a speech handicap at such an early age was very painful, children used to make fun of the way I spoke and it made me different from other kids. I also had two black front teeth, due to decay. The decay was due to sugar water that was given to me to drink to stop the crying due to my allergies. As you can see, I was not the Gerber poster child back then.

I was always told by my mother to never give up my personal power, and to always do my very best. I learned how to deal with frustration, anger, and adversity through my speech disability. It taught me compassion, even though, I occasionally saw the very worst in people.

I tell you this personal story, because it taught me that we can overcome adversity, as long as we hold our personal power within us, and not give it away to others. If I was sent to a special school, and treated differently within our family, my personal history could have been much different.

Do not ever allow your power to be taken away from you. It is so important that you keep your power, that energy from harm. There are so many things that can take your power away such as drugs, an abusive relationship, eating disorders, and gambling.

It is important that you appreciate the talents and the special gifts that you have and then turn around and share them with the world and people that are around you.

Lesson #12: Power within you

It is important that we take a moment and take a serious look at ourselves.

We are all one of a kind. You may want to lose a few pounds, or wish you had a different characteristic, like being tall instead of short. Each of us is special in our own way, and we all have so much to give to each other, and to the world around us.

It is so important that we never give our personal power away, not to an addiction, not to greed, not to lust, anger, or to any type of institution. Each of us has a special soul with a sacred heart with gifts and talents that we can share with each other and to our communities. It is important that we do not diminish others, or the power within ourselves. True power is love and faith, and how we treat the world around us.

I do not sit on a golden throne, or hold any type of high political, or religious office. I pay my mortgage every month, do my very best at work, and serve and support my family.

I believe that true power is manifested with the understanding that we all have a beautiful soul within us, and that we all are equal under the eyes of God's care and kingdom.

Sacred Heart:

Hold the power of creation
within your sacred heart forever
and never let your power go.

Raise your colored banner
to the winds of glory,
and simply walk upon the waves
of the storming seas below.

When the rains have lifted,
may the sun shine on you again,
and peace be with you evermore.

Prayer:

Prayer is very important; because it is a sacred time when you can reconnect with God. Our world is getting to be faster, and faster, and more stressful by the minute, but it is important that we slow ourselves down and take time out for meditation or prayer. I do not see any difference between prayer and meditation; it is a different label for the same activity and objective. Prayer should be a time of letting go of our worries, and self, and reconnecting our souls towards the love of God the creator.

It is important that we take time out of every day if we can. It is important to sit in a quiet room if possible, and light a small candle that symbolizes God's love for us.

I always start out with the Lord's prayer. You have to remember that it really is not the lord's prayer. It is God's prayer, because Jesus said this is how you should pray to my father in heaven.

So, after I light a small candle, I always say:

Ashes to Ashes, Dust to Dust, I give my eternal soul to Yahweh.

Our father, who art in heaven, Hallowed be thy name. thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also forgive our debtors. And lead us not into temptation, but deliver us from evil, and forgive us of our trespasses, as you have forgiven ours, in the name of the father, son, and Holy Ghost. Amen.

I then give thanks to Yahweh, Jesus, and the Holy Spirit. I then give thanks to all of the principalities of heaven, the Seraphs, Powers, cherubim, and archangels: Michele, Gabriel, and Raphael. I then give gratitude to all of the apostles and saints in Heaven. It is very important that we give gratitude to all of the positive elements on the other side that are trying to help us and guide us through our life lessons and journey.

I then renounce my pride, my ego, my stresses, my anger, my ignorance, and any hindrances of any kind that is separating me from the kingdom of heaven, and God's love. I give my free will to God asking for his eternal love, abundance, protection, and peace to fill and protect my soul during the day and week ahead of me. This is important because I believe that we should do a daily cleansing, so we can have a good night sleep, and be reenergized for another busy tomorrow.

I then ask for healing of anyone that I know that is going through a rough period due to illness, or loss of job, or any other personal problems. I also ask for protection of all of my loved ones and family members.

And then lastly, but also very importantly, I pray for all of the people who I know that have passed, and have gone on to heaven. I give thanks for the joy that they have given me, and that may they be taken care of until we meet again.

So, here is a summary of the steps that I personally go through during prayer:

- 1) Lords (God's) Prayer
- 2) Thanksgiving to God and all of God's Angels and Saints.
- 3) Cleansing of the soul
- 4) Healing and comforting for others
- 5) A silent remembrance of friends and family

Lesson #13: Prayer nourishes the soul.

It is becoming more and more acceptable that the power of prayer does help us, and it has been proven that those folks that do pray regularly do have longer lives. I believe that is very important that we give ourselves some time alone, and refocus on God's love and energy. It is important that we reconnect to our Heavenly home, for our home here on earth is just as small as a blink of the eye in relationship to our Heavenly home.

The important part of prayer is the letting go of human pride and ego, and giving your free will over to God's compassion and love. Once you let God enter your life, and soul, then true joy and understanding will begin within your own spiritual journey and path.

Four Leaf Clover:

I found a four leave clover,
by the edge of a garden path,
and said a silent prayer for thee.

May you find goodness
within your journey,
and true friends by your side.

May your Angels and Saints protect you
and bless you with prosperity and health besides.

May your days always be filled with wisdom,
joy, and enchantment of God's love towards thee.

May Peace, Love, Happiness,
and Joy be granted always to thee.

Darken Souls: black holes

They are out there. I have met them, and I have known them. These are truly the walking dead, individuals who have rejected God, rejected love and compassion, and rejected their true hopes and dreams.

Remember what I said about your soul, how it is a brilliant globe of blue light. The closer that you get to God and to your true mission in life the brighter the globe becomes and your life will change for the better. Well the opposite happens when you reject God, your soul starts to dim, and you no longer nourish from God's love, so the soul darkens without any new growth. These darken souls then starts feeding off the negativity of any other darken souls or any unknowing soul that walks by. If you run in to them, you feel totally tired, frustrated, drained, and will be in need of a glass of wine as soon as possible.

These darkened souls are like black holes, that will take your spiritual energy away from you by putting you down, being argumentative, hateful, unforgiving, controlling, and manipulative in their behavior. Worst cases become psychologically, or physically abusive. Their focus is not on love, but on their own pride, egos, achievements, and hidden agendas. It is all about them, and their ability to control others. Their souls are caught up in a vicious cycle of depression, negativity, pain, and despair. But they remember that they do have a choice, and it is all about freewill. They can turn away and start focusing on God and God's love, and not upon their own ego's.

Sometimes, you have to break away from these darken souls, just to have balance in your own life, and happiness with God. When you do break away, a light usually comes on, and you say to yourself. What took me so long? Now, I know what normal is and what true happiness is.

You may ask yourself, why would any one want to turn away from God. I believe that it is about fear of the unknown, fear of being judged, or fear of change. A large part is that of human pride. A person's pride and ego of wanting to be in absolute control and having the control over others gets in the way of their true relationship with God.

However, why not let go of the pain, the grief, the anger, and the hatefulness, and let God nourish you and bring you enlightenment. As you know I love Christmas, and I loved as a child when we went to see Santa Claus. I believe God is like Santa Claus, and when you go up to him, he is going to give you a big smile, a large bear hug, and then plenty of presents in Heaven and on Earth.

I believe most people and many the analytical types are stuck on the Why question, Why? Why God? Why does not God do this or that for me? Why do I have this painful situation that I am going through?

When we focus on the Why question, we just put our foot in the pride bucket again. We are focusing on ourselves. The better question should be: Why Not? Why not accept God's love and glory? Why not happiness, joy, peace and eternal love?

It is so much better than being bottom feeders like a big old Catfish stuck on the bottom of the lake full of anger, resentment, pain, hurtfulness, manipulation, and pride. Why not be like a dolphin skimming the beautiful ocean, and laughing on the top of the sea.

Being in tune with God, is like listening to your favorite radio channel, and it just gets stronger and stronger. It is like Christmas every day, no matter what is coming your way positive or negative. As Tiny Tim said in the Christmas Carol, "God bless us, one and all".

Lesson 14: The answer is not Why, but Why not?

Why not God? You are just like me, an average Joe. It does not take a lot of effort; it is just a refocusing from you to a focus on God, and the service of helping others. I do not think that it is practical for us to all pack up our bags and mini-vans, and go to Africa to help in the Aid's crisis. However, I do believe that we can take control and responsibility of our actions in our homes, and in our own neighborhoods. It might be as simple as helping an elderly friend with painting their house, or picking up their yard. It might be just a smile, and opening a door for a stranger. The door is yours to open.

Tulips:

A season to grow tulips.

Pick a variety of colored bulbs
store them in your dark basement.

Fall comes, and it begins to snow.

Christmas stockings turn into Easter baskets.

The earth awakens from a deep sleep.

Time to plant the bulbs of a beautiful bloom.

Kindness to Others:

Does it take more energy to be angry and upset, than to be kind to each other? Do we just be kind to people that we like, or agree with per our religious beliefs or politics? Do we consider their level of wealth and fame in our society? Do we consider their family connection? Even go into her side vs. his side of the family. Blood is thicker than water they always say, but do we not use water to clean items such as clothes, dishes, and ourselves in the shower. Do we not even use water in religious ceremonies, and what about that John the Baptist any way? He seemed like a wild character, and he ended up with his head on a plate just because he was talking about God's love, and washing people's bodies and souls in the Jordan river instead of conducting religious sacrifices of lambs in the temple. A lamb in the wilderness sacrificed on a political platter.

Kindness is like a ripple in a pond, it has a starting point and then it moves out from its center point. If you do something nice for this person, then this person will do something nice for that person, and it is like a giant snowball going down hill. It just get bigger and bigger and bigger. I remember building snowmen back in Michigan. When the snow was icy and cold, it was very difficult to make a snowman. However, if the snow was wet by the winter sun and the snow molecules became receptive to one another, it was very easy to make a snowman, and we always put pine sticks for arms, and a carrot for a nose, and an old scarf around its neck. Making a snowman was one of my favorite things to do as a child, and it always put a smile on people faces when they walked by.

I remember once I was working in my 6ft. by 6ft cubical, and it was another long week. As most companies in the new century, you have to do more with less. However, what happens if someone gets sick or goes out on maternity leave. The situation is that you then have to do even more, and eight-hour days become 9 hours, 9 hours days become 10 hours, and so forth, and so on. It seems that I was giving more and more of my daylight hours just to keep up with everything on my desk.

This time I found out that an error was made in setting up a specialty drug pricing for a client. I pulled a report and there were about 300 pharmacy claims that needed adjusting. I contacted the Specialty Drug department, who should be getting involved with the issue, and doing the specific adjustments. I found out that the person was out on medical leave for four weeks. The client was upset, and I was already multi-tasking to the maximum level that a human being can for a company.

I thought to myself, my God, my God, not another report, not another large group of adjustments, and you know what it is not even my responsibility. It is the other departments responsibility, and can't they ever do anything right? I was so tired, then the telephone rang, and a co-worker came and asked another question. I calmed down, and said that I am just going to bear down for the next three hours and get these adjustments done, because it was the right thing to do under the circumstance.

As I started the adjustments, all of a sudden I felt the Holy Spirit again entering my body. It had a very calming affect on me, and it gave me the energy that I needed to get the job finished in record time. Why did God come to me at this moment? I believe that it was because I was not focusing on myself, but was focusing on the needs of another individual who was out on medical leave. It was an act of kindness that I was taking on the extra responsibility and work, and God was saying this was a noble task in helping someone else with kindness, and not to focus on my own self, and that he would be there to help me and reinforce my energy and strength to get the job done.

Here is another example of kindness that did pay off in a big way for me that I would like to share with you the reader. I was working for an Aerospace company in Tucson at the time, and a co-worker went on maternity leave. I was given her accounts on top of mine while she was away having her child . The contract she was working on was up for negotiations.

I had to coordinate with the pricing department and then set up a flight to New York City to negotiate the contract with her vendor. I really did not want to go, it was more work, and believe me I already had enough on my plate. Our team landed in New York, and we had some time to visit New York before the negotiation. I remember we were in downtown Manhattan, and went into St. Patrick's cathedral. I thought it was a beautiful cathedral with the stained glass and gothic arches. There was a tin donation box on the way out, and I put a couple of dollars into the tin box as I walked out of the door.

The negotiations went well, and we decided to go to Atlantic City and have dinner down at the Atlantic City BoardWalk. We walked the boardwalk and I loved the smell of the ocean, and seeing the sea gulls in the air. I remember that kids were break dancing in the public square area even though it was a school night for them.

For some reason, I stopped in front of one of the Tropicana casino, and I told my co-worker that I was going to put in three-quarters into a nearby slot machine. I pulled the lever, the panels turned. I was not paying any attention, but was talking to my co-worker. A seven came up on the first panel. The second panel then came up, it was another seven. The third panel then came up, it was the third 7 in a row: 777.

Lights went off on the slot machine, and my co-worker started jumping up and down saying you won, you won! I was not sure what just happen. I just started laughing, and trying to figure out exactly how much money that I did win. As you may know, some of those jackpots are very difficult to figure out. I said to my co-worker that it looks like I won \$500. She being an accountant then corrected me and said, no you did not win \$500, you won \$1,500. I thought to myself, if I was not helping someone else, my co-worker on maternity leave, this would never have happened, and what an experience to have.

Lesson# 15: Kindness to others

It is important that we are kind to one another. I would say that everyone should make it a priority to take the time to think of others instead of ourselves. It is interesting to me to see how self-absorbed people are with their own agendas and lives, and not take the time to acknowledge another person. I believe that a large part of this is our culture, and that keeping up and surpassing the Jones is more important than being concerned or taking care of the Jones's. Whoever has the most toys, the bigger house, the biggest church, and the largest bank account wins.

And as a conclusion, it doesn't always cost a dime to be kind, just give a little bit of your time and love. The return on your investment will be enormous for you and your family.

The Waltz:

I saw the lights
of Paris through
another pair of eyes.

The journey
of kindness
of a beloved soul.

Pictures of a dancer
hanging on a white wall.

Hold my hand,
and dance with me
the life of our waltz together.

Seasons:

I believe that we do go through spiritual cycles in our lives.

The first cycle is an awakening. It is that first singular event that affects you, and pulls you away from your ego and pride. It can be a birth of a child. It can be the first time you had a spiritual encounter with God and the Holy Spirit. It could be also a sudden illness of a close relative or friend, and you have to take on responsibilities and care for that person. Why do bad things happen to good people? I believe a large part of it is that it gives us an opportunity to grow spiritually. That is why I believe I had to go through my personal speech handicap, because it enables me to grow spiritually and give me the opportunity to love.

This first cycle is like the first day of spring after a long winter. There is a sudden change in the air. It is like the first moment that you saw your husband or wife. It is a moment that wakes you up, and tells you to take notice of a brand new beginning that is about to unfold before your eyes.

The second cycle happens after the awakening, there is a period of rapid growth. It is like spring fever, you have a lot of energy and it seems like excitement is everywhere. It is not unlike childhood, when every day is a new adventure. There is optimism in the air, and a true feeling that everything is going your way. It is like buying a new pair of shoes or a new dress, and you cannot wait to get to the party and have fun. It is like the first six months of dating, and the beginning of true love. On the spiritual areas, you may start getting more dreams, or more moments of intuition. Like springtime, everything around you seems to be more alive and beautiful.

Within the third cycle, there is then a leveling off period, a time of maturity. It is when you are in a period of high productivity, but not as a rapid growth as before, and there is a good flow of life around you. In this period, you are more stable and things around you are less in a change of flux. Because there is less change, there may be less excitement, so this is a good time to just take a deep breath, and say yes, I can do it, I can be successful. This is a good time to take that new art class, or go on that trip to Europe that you always wanted to do. It is like the afterglow period of a romance. The initial excitement is gone, but the mature growth and friendship is now developing.

This third period is truly a period that reflects summer and long summer days that helps your spiritual garden grow. This is when the rose garden looks beautiful with butterflies and bumblebees flying in the air.

The fourth cycle is a rebirth cycle. It is the finishing line. You had reached and learned all that you needed in that specific job, that specific friendship, and that specific life. The feeling is like that of finishing a 10K race. The initial excitement of the race was miles ago. You had a large surge of initial energy and speed. You then settled into a nice pace, and you kept that nice pace going and the miles just flew by. The race is now over, and you are drained, tired, and boy could you use a foot massage. The fourth period is the rest period. It is a renewal period spiritually when you need time to recharge your batteries, and to be retrospective.

However, right when you think that it has ended, God is not done with you. However, right then and now, you will have another awakening, like a new grandchild entering your life. You say to yourself, I cannot image a perfect adorable child then this and you are off on another race again. Remember always that the fourth cycle is always a hard cycle because it is a period of change, but always keep a good perspective that there will be a new fantastic awakening just around the corner for you to experience and enjoy.

Lesson #16: Spiritual Cycles

First Day of Spring:

◆ An awakening 1st Cycle

A spiritual encounter that brings you sudden awareness. It could be the birth of a child or grandchild, the offer of a new job, or the moment you felt the Holy Spirit.

Spring:

◆ Rapid Growth 2nd Cycle

This is the period of rapid growth. Everything is exciting and new. Like a child you excited about everything, your first step, your first word, and going to the County Fair for the very first time. I remember the excitement I had every spring, when I saw the daffodils coming out of the frozen ground of winter.

Summer:

◆ Productivity 3rd Cycle

This is the period of maturity. The roses in the garden look fantastic, after all of the hard work in the garden and the spring rains that nourished the garden.

Fall and Winter:

◆ Renewal 4th Cycle

It is the period of resting and renewal. It is a time of being reflective, and remembrance. I also believe that it should be a time of thanksgiving of the spiritual growth that you just went through. It is important that we recharge our batteries, because as I said before God is not done with us yet. One race is over, but another one is just ready to beginning. So it is important that you keep your running shoes next to your bedside and that you are ready to go.

A Blue Robin's Egg:

A blue robin's egg,
in a nest of pine needles
and soft grass.

As the winter snows
began to melt,
the earth awakens
from its long slumber

Baby ducks all in a line
following their mother
into the nearby creek.

A small barn owl opens its eyes,
and spreads its wings
against the lifting morning mist.

Fearlessness:

It is very important that we do not fear God, and it is important not to fear men of flesh and bones. There are too many organizations that try to control and manipulate using fear. If you are focusing on fear, intimidation, on monetary wealth, you are not focusing on the kingdom of Gods love or power.

It is strange that some people want to be told that they or their neighbor down the street is not good enough or unclean for the kingdom of God. I believe it has to do with insecurity, guilt, and the need to control and it truly does not allow God's miracle or love to be expressed. No person or institution has a right to take the grace away from an individual. God is the God of love and purity, not of fear or judgement.

Always remember that you are a co-creator with God. Your soul came from God, and your spiritual journey is the reunion back to God's home and love. God can not reject itself, but all of the angels in heaven rejoice when a soul arrives back home again.

God is also not up for sale. God is not an item on the store shelf that you walk in and buy. God created you in his image, and like a good parent has the lights on for you to return to from your spiritual journey through the night.

God is eternal, and because you came from God. You too are eternal, with true life after death. There are only new beginnings, new possibilities, and new journeys just ahead. Do not fear for tomorrow, live in God's joy and grace today. It is important that we build people up, and not tear them down or control via fear or guilt, or personal sorrow.

I believe that God wants us to break out of the human duality of fear and punishment, and put our trust back on the free grace of God's love.

I also believe that God created the heavens and the earth. The perfection is in the world of nature all around us. It is not about what is bigger, better or who is in, or who is out. It is about being a good gardener of our planet, of our lives, and how we treat each other.

Remember the tower of Babel reaching for the heavens in the Old Testament. It is your heart that is important, Jesus did not build cathedrals or million dollar building projects, but his purpose was to open our hearts to his father, who is also our own father in heaven.

Lesson # 17: Fearlessness

It is important that you never try to focus on fear, but on the heart of God's love for you. Let go of your fears, and embrace the arms of God, who is waiting for you now and also when your spiritual journey is finished here on earth.

Eternity:

No Death
but only
new beginnings.

Milestones behind us.
Milestones ahead of us.

Face your hidden fears,
and embrace your love
for each other.

The transformation
of our souls
into our eternal destiny
within God's glory and peace.

Karma: Words Count

Karma is the spiritual energy that we build between each other as we go through our spiritual journey. The majority of us relate to each other through the spoken word. Not being able to talk and growing up with a speech disability taught me not only compassion for others, but also how important the spoken word is. What you say, and how you say it has an extremely important affect on the people around you and in your environment.

The spoken word can be as painful as a knife or any type of extreme physical abuse. I have been called every name in the book, stupid, retarded, and just not the sharpest knife in the kitchen. People where judging me from the outside, and not the inside of my heart, mind, or soul. Anyone who has a speech disability would understand me when I say how frustrating it is when you are thinking the words, but you do not have the ability to speak them clearly or effectively to another person.

It is important that you don't take your words for granted, stop and listen to what you are saying. Are the words matching what you are trying to say or mean? Do the words enrich your environment, build people up, and not down, and are they kind to each other?

If the words are degrading, harmful, or alienating the people around you or the people that you love, I would strongly suggest that you stop and listen to what you are saying. I believe that a lot of what we react to or say is due to conditioning due to our family environments. It is therefore very important that we stop any disruptive patterns, and see how the words we say are affecting the people that are around us, and whom we love.

Think before you speak, and not only will you start to change, but the world around you will change along with you for the better. It is important that we also teach and educate our children to talk with compassion and empathy. I believe good karma starts with positive words to each other in our relationship and in our lives together.

Lesson # 18: Karma: Words count

They say that numbers are the words of computers. zeros and ones, all set up in programming code. Through programming logic, computers can communicate and solve difficult mathematical problems. However, computers are not human, they do not have a soul. Humans do have souls. Souls that speak with words that are attached to feelings. Words are very powerful, and they can build up relationships, or tear them down.

It is important that we listen to our spoken words, and continue to form them into words of encouragement and compassion for each other as we make our spiritual journey together.

Listen:

Listen to your words.

The tone, the sound, the beat
of the music from your heart.

Do they encourage others?
Do they grant them peace?

Listen to your words.

Listen to the wondrous
sound of your heartbeat.

Just Listen.

Where are you going?

Where are you going my friend? It is a very important question. It seems that the future is here and then into the distant past sooner than a blink of the eye. Time is a human concept that we invented. It has no actual meaning, except when it is time to bring out the garbage, or to wash the car, or time to go to the dentist.

Is it time to recharge your batteries and take a vacation, or to take a moment and work in your spiritual garden? Are you taking the spiritual highway, or are you taking the spiritual scenic road with many bends and turns? Both roads will take you to the same destination; it comes down to a matter of choice.

Does your job allow you enough time with your family and friends, or do you feel like the eternal hamster in the metal wheel working and spinning like hell but not getting too far. It is important that you take spiritual time for yourself and review what you would like to have as your goals. Is it a bigger house, bigger boat, bigger car like the Jones, or is it peace, love, and true happiness?

I believe that we all have a spiritual path and goals that we want to accomplish while we are here on earth but we keep running into our own roadblocks of fear, greed, or low self esteem. What if we reflect on our situation, and we decide to take more time to be with our families, or our wives, and our friends? What if we do not keep up with the Jones, but live within our means, and be happy with what we currently have within each other instead of seeking the golden calf of material wealth.

We all need to make time to meditate on our spiritual direction, and where we have been, where are we now, and where are we going. I believe that each of us has a spiritual direction that we are meant to follow, and that there is a constant pulling from God to direct us to that path. It is like the gravity of God, and it is constantly pulling at us to make us in perfect alignment with the planets, the stars, and with each other.

So again, where have you been, where are you now, and where are you going?

It is all about choices that we make in our spiritual lives, and it is important that we take a good look at ourselves especially when major milestones are coming up in our lives.

Lesson # 19: Where are you going?

First, I would like to thank you for reading this book on my spiritual journey. You see, you made a choice, when you picked this book up, bought it from the bookstore and took it home with you, and are now reading it. Life is all about choices, and how each choice does have an outcome, a true cause and effect.

It is important that as you go through your life you look at major decisions before you act on them. Does this decision make sense to you in the short run and the long run? What are the reasons behind the decision, and what outcomes are you looking for? What effect will it have on your spiritual growth, and what effect will it have on the people that you love and respect?

Cross Roads:

A path leading
towards the distant mountains
of the South.

A path leading
towards the blue Oceans
of the North.

I stood in the middle,
of yesterday, and tomorrow.

Choices before me.

I then took my first step
of faith toward God.

Hope within Faith:

Faith is what we truly believe in, focus on, and hold on to as we go into the future of our lives. I believe faith is what keeps us centered, grounded, and give our lives purpose. With a strong faith in God, there comes a special gift of hope, a hope for a better tomorrow. The two are forever interconnected, faith and hope.

My strong faith in God has given me hope within our troubled world. The world around me will change, visions will come and go, my job will change, my house will change, and my health will change, but my faith will be the constant. The faith of God's eternal love, and that gives me the hope that enables me to carry on into the future.

Why are so many people feeling hopeless, and depressed? I believe that it is rooted in the lack of faith in a loving and caring God. God is the constant, and once we empty ourselves of our pride, guilt, greed, or other agendas, then we can start letting God's will and power to start flow within our lives. God's will for us is always positive, and will be more amazing then anything that we can ever imagine or conceive of within our own minds.

I know that our faith can be increased when we understand three simple things:

1. There is no death, only new beginnings
2. God is pure energy, and pure love.
3. Our souls came from God, and we are all are on a spiritual journey back home again to God's love and eternal peace.

God is love.

Our journey is back to God. This journey allows our souls to grow with grace, understanding and true wisdom. The journey has mountains to climb and low valleys to go through, but with God's love we are lifted out of the darkness and into the new beginnings of a renewed faith, and a new hope for a better tomorrow for all of mankind.

As a child, I use to like to make homemade kites out of newspapers and sticks of trees. The best time to make a kite was in March or April when the seasons are changing from winter to spring.

It is interesting to me that when you hold tightly to the string of a kite and bring it in, the kite will react by going higher into the endless sky.

You also have to face the wind (God), let go of your Kite (Faith), and then the kite soars upward into the sky (Hope).

It is the interaction of faith and hope. The stronger your faith then the higher your hope rises up to make the world better for all.

Lesson #20: Proper Alignment with God

I believe what faith and hope has taught me is that of proper alignment with God. I like million of other folks have lower back pain. Occasionally, my back goes out of adjustment and when this happens my ability to stand straight, sit or walk become impaired with a lot of pain and suffering.

I then limp into the chiropractor office. Heat is applied to the sore muscles, and then an adjustment is made putting my lower spine back into alignment.

I then feel great relief, once everything is put back into alignment, but then my muscles start pulling due to lack of exercise, weight gain, or sitting in a wrong position for eight hours a day. I then have to go back for another adjustment.

I believe that this happens in the spiritual realm. If we are out of adjustment with God, we have increased pain and suffering within our lives. If we become properly aligned with God, then God's energy flows into our lives for our benefit and the benefit of others.

How do we get realigned? It is through the turning away from our pride and personal agenda, and accept the will of God's love for our own unique and personal destiny.

It is like driving a car, you turn on the radio to your favorite radio station, and there is a lot of static coming through. So you then start moving the turner knob towards the proper alignment of the radio frequency, and slowly the static goes away, and the music get more and more clearer and wonderful.

Kites:

Wonderful colored Kites
flying in the breeze over
a blue sparkling lake.

Umbrellas all in a row
on a sandy golden beach.

The Sun's warm summer glow
upon the depths of the water.

Tranquility and Peace.

Whispers

It was Christmas Eve day, 2005. I was getting the house and yard ready for Christmas. I had the Friday off from work and I was getting the back yard and front yard cleaned up for the Holidays. I swept the back porch and looked up at the beautiful Phoenix blue sky. I thought to myself that I haven't had a vision for awhile. I asked God what will be the next event before me. I was told that the next major disaster would be an earthquake in the Far East.

At the time, I had other things on my mind, and I said to myself, well there is earthquakes in the Pacific and Far East all of the time. It was Christmas time, and I had other things on my mind, and if this was true then what can an average joe do. Call the World disaster hot line and make a statement to Headquarters, who should I call when the whispering begins.

It was the day after Christmas, and the 9 point Earth quake hit. Thousands of people lost there lives because of this natural disaster. I wonder to myself about the whisper, and what are the meaning of my visions if I can't reach out and help people. And maybe at the end of the day, there isn't any reason, except to show that we are all interconnected, and our destiny is within a global consciousness that is constantly evolving.

The question then comes up why do bad things happen to good people, and why did all these people had to die. But if there is no death, then their energy simply went back home to God, and their lesson was to teach compassion to the rest of the world. We are just visitors here on Earth, our home is with God where are spirits came from. Being just visitors, we should take care of this planet to the best of our ability and to help the environment and each other along the way. Together, we can take the steps necessary to turn our consciousness towards compassion and peace for one another.

Lesson #21: Just Visiting

I was always told to use your best manners while visiting. It may be just a Midwestern moral upbringing. But I believe that it is important, that we always treat the world around us as visitors, and we always want to treat nature with respect and with care for the enjoyment of future generations.

There has been disasters in the past, present, and there will be more in the future. But choices that we make today can make a difference for a better tomorrow for us and for our children. We are becoming a global village, but we have always been a spiritual village on this planet coming from one source and making our journey home again.

A Distant Shore:

A starfish washes upon a distant shore.

I shore I have never walked before.

Trembling hearts,

Tears of the many thousands.

Exotic butterflies of the orient
released into the heavenly glow.

Compassion and beautiful prayer flags
being strung together across the entire globe.

Heaven or Hell

For the fundamentalist and the legalist, any person that has visions or get spiritual experience are immediately called Devil worshipers, sinful, and at least on the rocky path towards the deep depths of hell.

I have been told this through numerous sermons from religious pulpits who proclaim the love of God in one breath and damnation in another. Of course if you are gay, female, and have unique visions, then truly you are labeled a witch even in the 21st Century, and tied and burn to any nearby stake. All must repent, and only the church can save your soul.

Did Jesus say repent or burn in hell?

Did Jesus say be a conservative Christian, or burn in hell's eternal flame?

Did Jesus say give me all of your money, or burn in hell?

Is a gay person going to go to hell, eventhough God made the person Gay? Is a medium or psychic going to hell, eventhough God made the person to be a psychic or medium. God made all of us in his image, and we should all have the same dignity and legalistic right under the sun.

It is truly is the wiseman that accept's the God nature in all of us, and not judge others purely out of religious dogma and pride. The truth will set you free. The truth that we all came from God's nature, and our spiritual nature should and can never be marginized or take always from us, but is freely given by the grace of God.

Through out the centuries, precious souls have been burned, murdered, and killed due to religious fever and ignorance. Religious crusades have killed thousands. God's love can never be given from a human institution, but only from God through the Holy spirit.

Lesson #22: Judgment

God made us all in his image, and our souls is sacred to God.
No human being should have the right or power to take our sacredness away from us and who we are in God. God loves us all equally without sin and in his precious being.

Judgment Day:

When will this day be?

Will it be Today, or will it be Tomorrow?

Will it be of true compassion and love?

The unity among all sisters and all brothers?

Pure Kindness?

Freedom of ignorance and judgment of others?

What will this day be, or will
it truly matter with God's peace in our heart?

Trials of Trust:

Forty days in the wilderness, a testing from God. All through out the Bible and through time, there is documentation that God gives tests to his people. The testing is always one of trust. Who do you trust? Do you trust within your love of God, or is your trust in money, power, or religious institutions?

For me, my trust is in God and in God alone. I have no trust in religious institutions because they fail to meet up to my image over and over again.

Last year, the church fired or I should say realigned my female pastor due to her being liberal in nature and for her gender. In her replace, they put two extreme conservative ministers. The liberal educational instructor was then the next to go. The political message is reassignment, and to get a better fit for the congregation. It is a shame that two very bright and gifted holy ladies were never given a chance, but I guess it was better then burning on the stake like in medieval times.

But why do we go through trials, why do good people get cancer, get fired, or die. I believe that trials give us an opportunity to look within ourselves, and to see what are characters are made out of, and to build our faith and trust in God.

Over the years, I had to learn to trust in my psychic abilities and to use those abilities to help others. I will not let others lower myself esteem or tell me that I am a fool or a heathen due to the gifts that have been give to me by God.

Lesson #23: Trust: It's all about letting go.

Well, the cycle is now completed, and the last lesson becomes the first. The art of letting go. I believe that spirituality is all about letting go. The letting go of fear. The letting go of anger. The letting go of pain. The letting go of yesterday, and today, for a better tomorrow. The letting go of resentment? The letting go of disappointments? The letting go of our egos.

We must celebrate the joy of God within us every day and begin our journey fresh every morning by the art of letting go, and blessing of others along the way.

The Endless Road:

I have walked a given path
that lead me back
to where my journey first began.

Seasons came and went,
as my hair turned gray,
like the early morning snow.

Picking up my book of poems,
I lifted up the walking stick, and
smiled to myself.

I took a step, and simple took another.

London on Fire:

It was my second day with the stomach flu on July 7th. I decided to call in to work and give my body another day of rest. I got up out of bed and called my co-worker and manager that I would not be in that day, and then I went back to bed and was unable to get back to sleep.

The visions came over me, and what was strange is that the visions were from a computer game that I have been playing with my son. The first vision was that of a monster, and it was the image of Medusa with Snakes in her hair. The word Hydra was then given to me, and then I saw the image of evil itself and immediately I saw a medieval city that was on fire and burning. The feeling of great suffering and pain entered through my body. I at first thought that this had to be my stomach flu and playing too much time on the computer per this computer game.

My wife then got up to start the day, and went into the kitchen to start the morning breakfast for her and her mother. She then turned on the small kitchen TV, and then the news alert came on that there was a terrorist attack in London. Bombs exploded in the City of London in the subway and on the bus.

It is interesting that I first received the image of Medusa and Hydra. Both are ancient monsters. Medusa has serpents for her hair, and Hydra is a Dog with serpents for its heads, and if you cut one of Hydra's heads off they would reappear.

The message may be that we like must have the courage of Heracles and Perseus to face our terror and our monsters. That terror like evil will always reappear, but we must face the terror with the strength of Heracles and the power of Perseus.

Lesson #24: Courage of the Journey

I believe that we all must have courage to continue our individual journeys even though the Serpents of Medusa and Hydra are attacking us. We can not hide from our fears, but must face them head on within our individual quest. The hero's heart is in all of us, and we must all work together to fulfill our mission and our calling in our lives.

Cosmic Journey

A cosmic egg
opens .

A galaxy of stars

Cycle of birth, death, and resurrection

A seed dissolves into a rose.

Sweet pollen on the wings of a bee.

Honey of a promise land.

Diamonds and Dragons

Well it is now 2006, a new year before me. I decided to take a class at the local metaphysical book store. The class was an intro in mediumship. It take one to know one as they say, but I still was nervous and wonder if should be taking this class at all,

The first thing strange that happen was when I left my house to go to class my watch stopped working. My first thought was maybe where I was going time was irrelevant. It was a small group of folks and I was the only male. Everyone was pleasant and had interesting stories to tell. One of my first project in the class was how to read billets. Billets have been used in spirituality for many of years.

Everyone was given a blank piece of paper to write just one question. The questions were then put into a bowl and they were all mixed up together. You then each pick a paper making sure that it was not your question. If you are right handed, you put it in your left hand and then see what psychic information that you start receiving. You can also put it on your forehead if you want too. I did both, images in my mind started.

The first image was that of a diamond ring. I asked for clarification and they said engagement and wedding, and that finances may delay the actual wedding plans. I saw white apple blossoms and a large brick Gothic church. I was told that the relationship will be very positive for the person. The title of my reading came to me, the words diamonds are forever. Then I heard music and the song holding her softly in his arms, holding her softly in his arms.

It was my turn to share with the group, I went down the psychic images that I received. I was told to open up my small piece of paper I was still holding.

The question written was, “Will I marry in 2007???”

The images I was receiving was a big yes, but only time will tell, and my watch was still not working.

It was then Sunday, the second and last day of class. I took my same seat and right away another image to me. It was the image of a red dragon. I thought it was strange, but stranger things were right around the corner.

In the afternoon, it was time for the conducting of a message circle. We pulled our chairs and sat in a circle. We ground ourselves and protected us with golden light and said a short prayer. We asked for only spirits of the light to come and to share messages with us.

I started to cough, once, the twice, and then another. I was thinking that it was just nerves or was it? The instructor said that sometimes individuals will hiccup, but there I was coughing. One cough, two cough, three cough, four. During the event, the instructor said that the spirits wanted me to speak and that I have done this before.

Here I was being put on the spot. I said that I would try to do my best and took a deep breath and slowly let it out. I said that I was seeing a cherry tree and images of Japan. There was one person from Japan, so it was obvious to everyone who the message was for her. I saw a small wooden tea table. The individual on the other side state that he liked saki when he was alive and liked it very much. He then told me that he was a soldier in the Army, but was more then a soldier but some type of diplomat. He said that world war II was very difficult for him. He kept on showing me a picture of a military honor sword.

I told the person that I saw an image of a dragon when I first came into class, and she then said that she is the year of the dragon.

I said he loves you very, very, much. He is also around you and protecting you. He also wanted you to not worry so much. I was showed a Buddhist temple by a stream and prayer flags flying in the breeze. I was told that many blessings were offered

I was then showed the military honor sword again. The final image was that of the flag with the image of the rising sun of Japan.

I then continued to cough, one cough, two cough, three and four. I open up my eyes and looked at the person who I just gave messages to and she was beaming.

That was good enough for me. The circle continued for a while and then a thank you prayer was given and the circle was broken.

Lesson 25: Being true to ourselves

I left the class and wonder if this was my destiny, and am I suppose to use my gifts to help others. It was the first time that I open up my gifts in a public setting and there was a bit of fear. Was it time to start opening up more to other possibilities and to step out into the public with my gifts. After class I took my watch out of my pocket and it had starting again. Time was working again.

A Blue Seashell

Star of diamonds
above blossoms
of cherry Trees.

A lotus flower
of lavender
floating in a temple pond.

The softness of the wind
against bare feet.

A blue seashell
being filled
with water

Final Thoughts

I would like to thank you for keeping an open mind for reading this book for it has been a personal journey of my soul, and also for choosing this book to read for you do have choices.

My goal of writing this book was to go into the world of spirituality, and to make sense of it through my unique visions and my own calling. I hope that it will help people who have gone through similar experiences, and who didn't have any quick reference manuals to refer to and have felt frustrated by the lack of resources that are out there. I believe that we are all here on earth to learn from each other's experiences as we all are interconnected by God.

I will always be an average Joe walking my own unique spiritual path. I am just like you, who are also having your own spiritual journey. I am not perfect, nor will I ever be perfect. I have personal issues like everyone else, but I do know my heart. Maybe someday we will run into each other and smile, and say what an incredible experience that we are having on earth and lets talk about our spirituality over a hamburger and chocolate shake at the local diner down on main street.

Take care and God bless.

A Blessing:

May golden coins
be tossed before you.

May your favorite
flowers be
always in bloom.

May your load be light and merry
and a soft tune be in your heart.

May faith lead you
and hope guide you
toward your destiny
within God's perfect grace
under the eternal blanket
of heavenly stars.

The Three Buddha's

In our history of spirituality, there has been three major prophets. These three human beings all having a common thread that ties them together. All three were messengers of God's love and compassion. All three were able to simply touch the face of God.

These three Buddha's were Moses, Buddha, and Christ.

All three were born to be Kings.

All three renounce their human kingdoms for the true kingdom within the spirit and compassion of God's love.

All three had unique encounters and visions of God.

All three became unique messengers of God's will, of God's justice, and of God's peace.

Moses:

The first Buddha is the man named Mose's. He was born around 1200 BC. The Pharaoh at the time told his soldiers to kill any Hebrew males that were being born. The Pharaoh was concerned about the power of the Hebrew population.

Mose's was born, but instead of being slaughtered, his mother wrapped him in a warm cloth and sent him down the Nile in a small wooden cradle. He was found by the Pharaoh's daughter, and was adopted as a future prince of Egypt.

He wore the robes of the most powerful and the mighty. He ate the finest foods, and drank the most incredible wines. He was climbing the pyramid of success.

But everything changed one day, when he saw a Egyptian soldier abusing a Hebrew slave. In a sudden rage, he murdered the soldier, and then fled into the rural mountains of Egypt. He became a shepherd on a mountain guarding a flock of sheep. One day, God came to Moses in a flaming bush. He told Moses that he must lead his people out of slavery and out of Egypt. Moses accepted this mission and helped his people out of slavery and out of Egypt.

He then went up into the Mountains for forty days and forty nights and was given the ten commandments from God. This became the new covenant between God and the Hebrews. The ten commandments includes: You shall not steal. You shall not bear false witness, you shall have no other God, and you shall not kill.

Moses was on the path to be a future Prince of Egypt. He abandoned the wealth, pride, and power of the Egyptian Kingdom. Becoming a humble shepherd, he then had a vision from God., went on a holy quest, and taught spiritual lessons about the compassion of God's love and his sacred laws.

Buddha:

The second Buddha was the Buddha of India born around 500 BC. This Buddha was a prince born into a kingdom in northern India. He was also give the finest robes and drank the finest wines. When he was a young man, he decided to leave the walls of his palace and see what was on the other side.

His first trip to the outside, he saw a very old person struggling with old age. His second trip out side of the palace gates, he saw a very sick person struggling with his disease. The third trip he saw a dead corpse by the side of the road. But his fourth trip was different, he saw a holy man without any possessions, but was wearing the most incredibly radiant smile.

Buddha gave up his worldly kingdom and took on the life as a monk. He meditated on the world of suffering, death, and God. After renouncing everything except for bread and water, he sat one day under a Bod hi tree. He was tired and weak, and the noon time sun was hot upon his shoulders.

A vision came to him, and he was enlightened by the grace of God, focusing away from the cyclical nature of human nature and suffering, and focused on God's love and compassion. They said that on that day the cherry blossoms bloomed before his very eyes. He then laid out a path of spirituality, eight given points. Some of these points are Right Thought, Right Speech, Right Action, and Right Efforts.

He taught that it was necessary to have compassion in your thoughts at all times, and to meditate away anger, ignorance, and pain. He spoke about using compassion when speaking to your neighbor, and to take the right action to a given problem with a goal of enhancing compassion to your fellow man.

Buddha was a future Prince of India. He could have been a famous warrior. Instead, he abandoned the wealth and power of his kingdom in India. Like Moses, he also had a vision from God, went on a holy quest, and taught spiritual lessons about the compassion of God's love and the sacred laws.

Christ:

The Third Buddha. Christ, Jesus of Nazareth.

Born 0 BC., A bright star shown over Bethlehem. Magi in royal robes came on bended knees giving presents of gold, frankincense, and myrrh to the new born King. A directive was then given to kill all newborn Hebrew males, so Mary, Joseph, and Jesus fled to Egypt.

When Jesus was an adult, he went to the Jordan river, and was baptized by John the Baptist. He then went into the wilderness for forty days and forty nights. Satan came to him and tempted him three times. Jesus renounced all three attempts, that of materialism, “not by bread alone”, the testing of God “Thou shall not tempt your God”, and the renouncement of all of the wealth in the kingdoms before him.

After this turning away from the kingdom of man, he started his mission within the kingdom of God’s compassion and love. Jesus healed the sick and helped the poor. He raised Lazius from the dead, and gave sight to the blind.

Jesus said these messages: “My kingdom is not of this world, but of my father’s world” and the golden rule: “Do unto others as I have done unto you”. Instead of raising a military army against the Roman Army of oppression, he taught the message of peace and of God’s eternal love.

Jesus could have been a King of Judea, but he abandoned human wealth, pride, and power.

Like Mosses and Buddha, he then had a vision from God, went on a holy mission, and taught spiritual lessons about the compassion of God’s love and his sacred laws.

Three Buddhas.
Three Messengers
Three Princes of Peace and Compassion

Moses: God the father
Buddha: God the spirit
Jesus: God the son

The Journey continues: Kundilini & Chakras

As my spiritual journey continued so I am moved to update my story. I had a kundilini experience, and an opening of my throat chakra and my third eye.

Both were experiences that I had never felt before until they occur, and I would like to share them with you.

I went to a spiritual conference two years ago in May 2007. I was sitting in the audience when a group called Bliss was going to perform. The lead singer started a meditation for the gathering.

I never went into trance before and suddenly my head felt very heavy and my head dropped forward. I said to myself that this was a new experience. I saw an image of two hands that were holding my Celtic Cross pendent that I was wearing at the time. The vision then faded. For the next several months, I started sensing energy moving up and down, and throughout my body. I could feel it circulating and pulsating. I felt it very strongly around my face and head areas. I started to have issues on concentration, short term memory, and had to start focusing more on common tasks. I went to the individual who put on the conference and she opened up my crown chakra that helped reduce some but not all of the energy.

A few months later, I was sitting in my cubical, and I was talking to my Sales manager on the phone. I started to have a very strange sensation, and all of a sudden my throat chakra opened up. I felt all of this energy pouring out of my throat. I could actually feel the energy that was expanding out.

My next experience was when I was in my mystic class that I was taking in a local college within their spiritual study classes. I had a pastor that did an Angelic meditation. During the meditation, my head was physically forced back by an invisible source. I then could see an actual tunnel of clouds opening up and pressing against my forehead. A voice opened up and told me to be still and to accept the angelic energy. The energy poured into my head and then the tunnel disappeared. I have studied and know that the forehead is the third eye chakra and what just occurred was the opening of my third eye and the acceptance of angelic energy.

I am now taking a class on how to give a spiritual speech. I got up in front of the class. The first vision was a gathering of native American Indians that were dancing around a fire at night. There were spirit Animals all around them, and the medicine man was throwing herbs and sage into the fire as sparks flew up to the eternal stars above. There was an apache warrior that was now sitting in front of the medicine man.

The medicine man had a clay jar of coyote blood and was putting stripes on the warrior's forehead. The warrior was sad because he did not have the true heart of a warrior, but he knew he had to go into battle the next day to protect the tribe. The spiritual message then came to me that some times we make decisions and some time Spirit makes decisions for us. This time, this moment, in the warrior life, Spirit was making a decision for the warrior.

The Eternal Flame at Dragon's Inn

Once upon a time, a Witch and a Mystic were having an argument at the Pub at Dragon's Inn.

“Let me explain it to you again my dear”, said the Witch

“It is very simple and elemental to our every breath of the air we take into for our sacred survival” God is the rain, the wind, the earth, and the fire. It is all that is and that was, and all that will ever shall be.

The mystic looked into her emerald eyes, “So what you are trying to say”. “All of my mystical experiences, the Holy Spirit anointing, the Epiphany at King's Sunday, the mystery of the Kundilini, Chakra's exploding, and all the inner visions have no meaning, no substance, and no reality. Religious experience has no true meaning to you.

“Yes” simply said the Witch.

“So what you are telling me, all of the mystical teachings of the past: the Buddha, Moses, and Jesus are only historical commas”

The Witch smiled and took a sip of sweet strawberry wine from her jeweled chalice on the wooden table.

She then replied:

“Only transmutation of our elemental growth my dear misguided friend, I truly feel a sudden vibration of anger from you. Can I talk freely with you? How was your relationship with your Father and Mother? Do you think your mystical experiences are a psychosis from your childhood? Does schizophrenia run in you family history? You know I have a good friend who is a Goblin who lives just under the bridge of our village who just received his advance degree in hypnotherapy from an excellent university. I believe he can help you for a minimal fee of course.

The Mystic was outraged:

So you are telling me that I am the problem! the problem is me! This is what I expect from your kind. I knew your father; he was a wise kind grand Wizard and a pillar of the Magic community.

You are nothing like your father, and you can go and tell your Goblin Friend to

Suddenly, the flame of the eternal hearth of the fireplace next to their table spoke up.

Let it be known to all: I am the flame of the fire, but not of the fire. I am the alpha and the omega.

As it is written, truly it is all vanity, vanity, vanity under the golden sun that rises in the East and sets in the West. A sacred glow filled the tavern.

The Witch and The Mystic smiled to each other, and took a drink of their strawberry wine, then stated at the very same time. I told you so.

The Angel Lady and the Buddha Guy

**It was an early spring evening in May,
as they sat together on a old wooden park bench
under a beautiful cherry tree
in full bloom of pink and white blossoms
that were sparkling under the soft glow of moonlight.**

A small gathering of tiny birds were eating wild grains in front of them.

**There is inner wisdom within the pure silence
of the graceful stillness of nature
spoke softly by the Buddha Guy.**

**I had a wonderful vision
of the Archangel Michael today
replied the Angel lady.**

The Buddha guy smiled at her without any attachments.

**He then mindfully folded his hands
and silently took a breath in
and then a breath out of pure prana.**

The Angel lady looked at the roses in the garden next to them.

**Last night, I astral-traveled over the Egyptian pyramids,
and up into and through all the sparkling stars of the Milky way.**

I felt the holy blessings of the Angels of the heavenly realm.

There was a true oneness and a connection that I never felt before.

Om mani padme hum , Om mani padme hum, Om mani padme hum

The Buddha guy was now in a very deep trance.

**Out of nowhere, a gust of wind from the snow covered mountains
appeared and blew through the limbs and branches of the cherry tree
above them.**

Cherry blossoms of love and compassion began to fall.

**Petals of inner transformation and glory
tenderly falling and touching their eternal souls.**

Visions of the Future:

2010

Field of dreams:

The party is over
Globalization continues
within hard economic times

Nuclear Iran
Issues for the West
Power and Prestige
A step child to none.

A golden Chain on a watch
A hidden agenda unfolds
Polarization of the haves
And the have nots.

Environmental Concerns
A large solar spot and sun flares
Magnetic blackout by large Solar Winds.

2011

World out of Balance:

Floods, Hurricanes, and Lightning storms.

Countries coming together to
Try to solve global environmental concerns.

Solutions are needed now.

People have totally disconnected from the earth.

They need to help each other, forget differences
and to find common ground.

Clothing is going to be developed to protect us
from the harsh environment, but this is just
going to separate us further.

Solution is to stop polluting the air and ground water.

New concerns over radiation leaks, disposal of nuclear waste
from aging nuclear reactors.

2012

Human Energy Evolution:

The year 2012 will not lead to a total destruction, but there will be an energy shift in our inner vibration and inner perspective.

The holy feminine is going to blossom forth, and with it will bring a more concern for Mother earth, Mankind, and the Spirit within us.

More and more individuals will be less concern about the material and more concern with the spiritual.

For the very first time, Some individuals will have Spiritual connections that they haven't experience before.

There is going to be big advancement in the area of Micro-biology this year that will help mankind into the next generation.

2013

Energy Concerns

Volcanoes erupting around Hawaii.

There is going to be a very large toxic spills due to an underwater event.

Energy sources will have large advancement in regards with wind and solar due to more powerful cells being created.

An Energy Loss Equation is going to be discovered that will move this technology faster then ever before.

Energy is loss by every molecular vibration of the core how to harness this and store it affectively.

A special prize being won in this area of discovery.

2014/2015

Limited World Resources

More communication
and cooperation needed
between world nations.

More wars will equal more destruction

Need to raise the whole world living standard
above poverty levels to reach true and lasting peace.

Famine relief extremely important,
now then every before.

Critical stock piles will
need to be used during this time.

World agencies and famine relief will be at a
critical phase.

We must make the right choices, share resources
and find a common ground in our unique cultures.

A true dialogue of equality
and caring peace will create
a lasting world for all mankind.

I would like to leave you with one last poem. I wrote it as a simple song.
May it bless you on your own spiritual journey.

Candlelight

I saw an Angel
in a garden
wearing a flowing gown.

I had a vision,
of an Angel
wearing a beautiful crown.

She was holding a candle
by the river
of ten thousand stars.

Her hair was silver
Her wings were golden
Her voice was wonderful

Singing: Blessing and Glory
Glory and Blessings,
Peace and Mercy to all.

Blessing and Glory,
Glory and Blessing,
Peace from Heaven above.

The light of Glory
The light of Mercy
The light of Abraham

The light of Mercy
The light of Glory
The light of Abraham.

I had a vision
I heard an Angel
singing by candlelight.

Spiritual Lessons:

- Lesson #1: Letting Go.**
- Lesson #2: Live in the Moment**
- Lesson #3: Physic's of the Soul and of God's Life force**
- Lesson # 4: Listen to your dreams**
- Lesson #5: Compassion**
- Lesson #6: Feelings**
- Lesson # 7: Courage and Faith**
- Lesson # 8: Learning from the Past**
- Lesson #9: Love is eternal**
- Lesson #10: The Spirituality of Nature**
- Lesson # 11: Accept your Calling**
- Lesson #12: Sacred Power**
- Lesson #13: Prayer nourishes the soul.**
- Lesson #14: The answer is not Why, but Why not?**
- Lesson # 15: Kindness to others.**
- Lesson #16: Spiritual Cycles.**
- Lesson #17: Fearlessness**
- Lesson #18: Karma: Words Count**
- Lesson #19: Where are you going?**
- Lesson #20: Proper alignment with God**
- Lesson #21: Just Visiting**
- Lesson #22: Judgment**
- Lesson #23: Trust: Its all about letting go.**
- Lesson #24: Courage of the Journey**
- Lesson #25: Being True to Ourselves**

Poetry:

1. **Soul of a Stone:**
2. **Until we meet again:**
3. **Blue Sphere:**
4. **Dream Catcher:**
5. **A Morning Prayer:**
6. **Messengers**
7. **Upon the Flag called Glory:**
8. **An Angel Fall**
9. **Until my Wings Unfold:**
10. **Spring:**
11. **Magi**
12. **Sacred Heart**
13. **Four Leaf Clover:**
14. **Tulips:**
15. **Waltz**
16. **A Blue Robin's Egg**
17. **Eternity**
18. **Listen**
19. **Crossroads**
20. **Kites**
21. **Judgment Day**
22. **The Endless Road**
23. **Cosmic Journey**
24. **A Blue Seashell**
25. **A Blessing**
26. **Candlelight**

Stories:

The Three Buddha's

The Journey Continues: Kundilini & Chakras

The Eternal Flame at Dragon's Inn

The Angel Lady and the Buddha Guy

Visions of the Future: 2010 through 2015

