

The Collected
Poems

of

Dr. Walter Urban

GREAT SPIRIT

Don't know anymore
Where to find the door
Looking here and there
Looking everywhere

I wake up and find
My good peace of mind
And then I will know
There's nowhere to go

I am really here
I'm ever so near
Know the Great Spirit
Easy to hear it

Then open your heart
That's the way to start!

Nature

Feel the sun's rays
It brightens the days
Comes after the storm
And makes you feel warm

Wind touches your skin
It's a sure win
Makes you feel alive
On love you will thrive

Nature has its role
And plays on your soul
So breathe very deep
And good you will sleep

Then awake to see
The love found in thee!

Think About It

If you think about it
You`ll begin to tout it
Society gets worse
It`s mankind`s new curse
Destroying ourselves
No more little elves
As pollution increases
Natural living ceases
The air goes bad
Oh it`s so sad
The soil is depleted
We are all very cheated
Pesticides and sprays
Will shorten our days
Creating more drugs
But new ones grow
They win the show
Rivers are unclean
Garbage dumps are seen
More money for the rich
Isn`t it time to switch
From those who control
We all pay the toll
With more disease
Losing the trees

Paying trillions
Killing millions
Pretending not to know
The right way we must go
Stop the greed
Plant the seed
We must live together
Like birds of a feather
If not our children will die
We all know the reason why
Unless we stop now
And to nature bow
The earth will begin to end
The corporations must bend
We must change our ways
And create good days
If you think about it
You`ll begin to tout it.

Spirit

Where is the spirit?
If you can hear it
Stop and listen
It will glisten
Where you use your eyes
You will become wise
And able to see
The best way to be
You will know what`s right
And no longer fight
For having so much more
Doesn`t open the door
To where you need to go

And making a big show
Does not open your heart
That`s where your heart
That`s where you need to start
So let yourself feel
Spirit will reveal
You won`t need to look
Or steal like a crook
Be yourself and know
Your spirit will grow
It`s here in front of you
Only when you are true.

True children

Teach children what they need
Teach them to plant the seed
Of love values and truth
Not to be so uncouth
Kindness and honesty
Then clearly they will see
A better world to live
And learning how to give
Mother Earth her due
And keep the sky blue
No more acid rain
No more deadly pain
No more lives in vain
No more world insane
Yes teach them the way
Teach them how to say
Harmony and spirit
Then mankind will hear it
Teach then what they need
Teach them plant the seed

Our teachers

All children of the world
Banners not yet unfurled
The future is all yours
Countries settle their scores
You must be our teachers
You must be our preachers
You must show the way
You make the world stay
Teach the powers that be
More clearly how to see
The things that must the gun
Teach them how to talk
Teach them freedom walk
Different as they are
From lands very far
Walking hand in hand
And feeling so grand
Statesmen cannot do it
Yes we know they blew it
Make them listen to you
Or else we are all through
All children of world
Now banners de unfurled.

Mother Earth

It`s all up to you
Whatever you do
To make the earth clean
Keeping it all green
Awake our minds
It will take all kinds
Each of us do our part
Helping others to start
When you cut down the trees
You bring earth to its knees
You need to breathe good air
Using only your share
Those who want you need
Please keep planting the seed
Of friendship and love
Keep the blue above
No more pollution
Is the solution
All of us must do what we can
Remember how the earth began
Clean and pure
That was sure
It`s all up to you
Whatever you do.

Fear

Let go of you fear
Then your goal is near
Move forward each day
Heed not what they say
Only you know
The way to go
Stay close to your heart
It tells where to start
Listen to you mind
Direction you`ll find
Fear not tomorrow
Live without sorrow
Practice all day long
And never do wrong
Let go of your fear
Then your goal is here.

Insane World

Every day I feel the pain
How the world has gone insane
People cannot live in peace
When will all this horror cease
Looking back at history
We know it`s no mystery
Even Abel and Cain
Unable to sustain
Harmony and peace
And love then did cease
Anger takes its toll
And drains out one`s soul
But if you stay alert
You don`t need to be hurt
So keep your mind aware
Do everything that`s fair
Put aside your greed
And plant the good seed
In your children`s mind
For there you will find
The potential for love
The beautiful white dove
That sings the sweet song
And flies all day long
And relieves the pain
In this world insane.

Oh, God

Oh, God, God, God
Where is your voice?
Oh God, God, God
I have no choice
I can't wait anymore
Please, please open the door
Please let me in
I've done no sin
I seek your advice
I have asked you twice
Say something that I can hear
I want to live without fear
Guide me in what to do
Then I'll always be true
I'll live my life with you in me
This will enable me to see
Even if I don't hear your voice
I'll always make the proper choice
Oh, God, thank you for your silence
Create a world without violence
Create a world with love
With guidance from above
Then we'll know what to do
If we don't hear from you.

Looking for something

What are you chasing
Why are you racing
Where are you going
Is the truth showing
Are you able to find
The inside of your mind
Always on the go
Thinking that you know
Hoping to find out
What you are about
Looking here and there
Looking everywhere
Never sitting still
Trying a new pill
Never connecting
Never reflecting
Going round and round
Feet not on the ground
Long enough to find
The inside of your mind
What are you chasing
Why are you racing.

God Said

God said let there be light
And man began to fight
There was a lot of pain
Between Abel and Cain
Pulled from Adam's rib was Eve
Soon after she did conceive
Many of the people were bad
Then God thought and thought oh how sad
He told Noah what to do
The bad people would be thought
Noah sure did believe
Knowing God wouldn't deceive
Then forty days of rain
However all in vain
Mankind has not learned yet
Killing we must forget
Will God's wrath return
And make the world burn
What should good people do
The folks like me and you
Can we change the others
And make them good brothers
If it can be done
We'll all have some fun
The world will be here to stay
Living happy every day.

Money and Fame

Chasing money and fame
Are you sure that's your game
Some never have enough
Others have it so tough
The choice is always yours
If you're sick what's the cause
Do you need more and more
Do you create a war
When do you stop
After the top
Does it go forever
Your new endeavor
What about the poor
Will you be unsure
About what do do
Just take care of you
Are you awake
For goodness sake
Where is your heart
When will you start
Or when will you stop
Do you need a cop
Chasing money and fame
Are you sure that's your game.

Mother Earth, Father Sky

Mother earth, father sky
All of us wonder why
How it all began
Thinking all we can
Trying to find the cause
Trying to open doors
Some say it`s great spirit
Others never hear it
Cosmic energy you will find
Get knowledge and open your mind
Heal yourself with prayer
Do it everywhere
Wherever you go
It will always show
Mother Earth, Father Sky
It`s so easy; please try.

Mankind

Oh God why can't the world be good
And everyone do what he should
So much suffering and pain
And it's all in vain
When will mankind wake up and not destroy
When will they teach every little girl and boy
Killings killings killings
Everyone's so willing
They have accounts to settle
And they use the gun metal
It goes on and on and on
So when will murder be gone
We each do what we can in our way
Why is revenge and murder here to stay
Well that's the way things are
So I look to the sky
And I still wonder why
We cannot stop the hate
Looks like it's still man's fate
So now all we can do
Is believing in you.

Our World

Wherever you go, whatever you do
Remember to always always be true
If you do not fall to greed
And make sure to plant a seed
Instead of cutting the tree
Fruitful results you will see
Our planet you will preserve
Children get what they deserve
Give them a chance to breathe
Not get angry and seethe
If you do the right thing
Birds continue to sing
If you do what is wrong
Birds will have no more song
If you continue pollution
There can't be any solution
So it's up to you
To keep the sky blue
When more cement goes down
And you increase the town
Developers get rich
But there's always a hitch
Yes a price to pay ç
On the judgment day

When the planet gets sick
You must remove the brick
Let the earth live again
Then I'll put down my pen.

Commentary

What has happened to man`s soul
Is it down in the black hole
Materialism greed and corruption
In the world like volcano in eruption
We used to trust your brother
We become more alone
Even with the cell phone
No place left to turn
When cities they burn
To this we must adjust
If we don`t we will bust
So onward we go
It`s another show
As the world goes round
Where is there love found
In your heart you preserve
Don`t ever lose your nerve
And you will find
Some peace of mind
When you stop and clear your head
Before you will go to bed.

Chasing

Chasing money

Chasing love

Chasing peace

Never does cease

For some of you

This is so true

The others pretend

There is no end

Some say it's a game

And they seek fame

But to no avail

An empty trail

So look inside

Find your pride

You`re in for the ride

No matter what you do

Search your brain

It's inside of you

Search your heart

Fell your heart

That`s the place to start
For the first beat of life
Come easily
Without strife

And then they fill your head
With things you must do
Until you wake up
You are chasing

Like the dog
Looking for its tail
To no avail
We finally understand

Life is so grand!

It's Up to You
What you can do
Is up to you
Want to live long
Sing nature's song
Then you will achieve
No more need to grieve
The more you will do
The better for you
If you start today
You will make your way
Your children you will save
No longer be a slave
To false information
Misleading the nation
Wake up your mind
Truth you will find
Become more aware
You are getting there
Learning prevention
Freeing your tension
Lifting you spirit
Listen and hear it
Do all you can
Make a good plan.

THINK ABOUT IT

If you think about it
You'll begin to tout it
Society gets worse
It's mankind's new curse
Destroying ourselves
No more little elves
As pollution increases
Natural living ceases
The air goes bad
Oh it's so sad
The soil is depleted
We are all very cheated
Pesticides and sprays
Will shorten our days
Creating more drugs
Killing all bugs
But new ones grow
They win the show
Rivers are unclean
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More money for the rich
Isn't it time to switch
From those who control
We all pay the toll
With more disease

Losing the trees
Paying trillions
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Pretending not to know
The right way we must go
Stop the greed
Plant the seed
We must live together
Like birds of a feather
If not our children will die
We all know the reason why
Unless we stop now
And to nature bow
The earth will begin to end
The corporations must bend
We must change our ways
And create a good days
If you think about it
You'll begin to tout it

GOOD HEART

If you have a good heart
You will know where to start
Practice every day
Things will go your way
If you forget
Have no regret
Turn your mind around
Do not make a sound
Let all your actions show
You know the way to go
Treating others well
Keep yourself aware
Sure to do your share
Then you will see
You know how to be
You know what to do
Love will come to you
Yes a good heart
Will help you start.

It's All In You

It's all in you
When you think it through
You have all you need to know
Everywhere you go
Count on yours skills
When you have ills
Not doctors" pills
To end your chills
If you stop and think a while
You will begin to smile
You have all the answers inside
When you learn to open and not hide
Look inside yourself
You'll find a good elf
Who's there to help you with all you do
The good elf will always win
Because it's all you
When you think it through

IT'S UP TO YOU

What you can do
Is up to you
Want to live long
Sing nature's song
Then you will achieve
No more you will do
The better for you
If you start today
You will make your way
Your children you will save
No longer be a slave
To false information
Misleading the nation
Wake up your mind
Truth you will find
Become more aware
You are getting there
Learning prevention
Freeing your tension
Lifting your spirit
Listen and hear it
Do all you can
Make a good plan
What you can do
Is up to you.

IT'S UP TO YOU - - 2

If it's God you need
Then plant a good seed
Remove the weed
And you'll be freed
To live life in peace
Your troubles will cease
If you so believe
Then you will receive
Or you may not
If you know what
You're going to do
It will get you through
Each day and night
With a good sight
So open your eyes
And cut all your ties
Become very wise
Look at the blue skies
See the shining stars
Look at planet Mars
Then try to decide
Who is at your side
If it's God you need
Then plant a new seed

YOUR WAY

You must find your own way
And live it every day
The words of others
Are like big mothers
Only you can know
The way you must go
No one knows your inside
So keep your mind alert
And your ears will flirt
With all that it sees
The bullets and bees
And your ears will hear
Your mind without fear
Then you'll know your way
Living it each day.

Looking for something

What are you chasing
Why are you racing
Where are you going
Is the truth showing
Are you able to find
The inside of your mind
Always on the go
Thinking that you know
Hoping to find out
What you are about
Looking here and there
Looking everywhere
Never sitting still
Trying a new pill
Never connecting
Never reflecting
Going round and round
Feet not on the ground
Long enough to find
The inside of your mind
What are you chasing
Why are you racing.

WHAT TO DO

What should I do?
I'm asking you
"Cause I don't" know
Which way to go
I've tried all the ways
During all my days
And now I see
Deep into me
New things for me to learn
A right or a left turn
That's why I ask
What is my task?
The past is done
The battle won
What lies ahead
Cannot be read
In any book
So I must look
And ask you
What to do.

NIRVANA

GO BEYOND IT ALL, THE SUN DOES NOT
FALL

WHAT HAPPENS EACH DAY, WON'T GET IN
YOUR WAY

YOUR POSITIVE STATE OF MIND WILL HELP
YOUR FIND

HAPPINESS AND JOY LIKE A CHILD WITH A
TOY

ALWAYS SEEK THE LIGHT, NEVER GET
UPTIGHT

MAINTAIN YOU CLEAR SIGHT, THE FUTURE
IS BRIGHT

WHEN YOU LET GO, THEN YOU'LL
UNDERSTAND

THAT LIFE IS SO GRAND, LIFE IS SO GRAND
THAT LIFE IS SO GRAND.

LOVE

THINK LOVE, FEEL LOVE, BE LOVE,
I AM LOVE, I AM LOVE

IT'S THE WAY, LEARN TO SAY, COME WHAT
MAY

I AM LOVE, I AM LOVE, I AM LOVE.

PEACE AND LOVE
PEACE, LOVE IS ALL THAT I'M FEELING
BODY MIND SPIRIT HEALING
WITH THIS INCREDIBLE ENERGY
I AM ALWAYS FREE.

2. THERE'S REALLY NOTHING THAT YOU
HAVE TO DO
THE ENERGY'S ALREADY IN YOU
YOU'RE ALWAYS WITH ME, YOU'RE ALWAYS
HERE
WHEN I PICTURE YOUR FACE, I LOOSE ALL
FEAR.

BR. ILLUSION NO MORE
I'VE SETTLED THE SCORE
THAT DARKNESS IS FAR FAR BEHIND ME
AND OLD THOUGHTS THAT I'VE HAD
NO LONGER MAKE ME SAD
AND NOW TRUE LOVE WILL SURELY FIND ME

3. PEACE, LOVE IS ALL THAT I'M
FEELING
BODY, MIND, SPIRIT HEALING.

W. Dark 2

MONEY

I CRY FOR THE WORLD

MILLIONS OF WORDS WOULD NOT NEARLY
BE

ENOUGH TO TELL THE STORY

PEOPLE AGAINST PEOPLE, NATION AGAINST
NATION

FORCE AGAIN FORCE.

PEOPLE DESTROYING THEMSELVES,
DESTROYING NATURE

THE GREAT POLITICAL POWERS, THE
ECONOMIC POWERS

THE GREED OF THE GREEDY, THE RULE OF
THE FEW

THE DOMINATION OF THE MASSES.

THE POVERTY, THE HUNGER, THE ILLNESS

THE NEW CHILD HOOD DISEASES

AND MORE AND MORE AND MORE

INNUMERABLE ATROCITIES

AND BEHIND IT ALL, THE MIND OF MONEY

INFESTING THE BRAIN LIKE A GROWING
CANCER

BUT IN DUE TIME, IT WILL BECOME
A WAKE UP CALL
WAKE UP- TO SAVE OUR CHILDREN'S
CHILDREN
WAKE UP- TO SEE THE LIGHT
WAKE UP- TO LIVE THE LOVE THAT IS
OUR TRUE DESTINY.

THE GOOD HEART

THE GOOD HEART IS BLIND TO THE EVIL
KIND

WHEN WILL IT FIND AN HONEST MIND?

THE GOOD HEART IS READY TO GIVE
TO HELP ANOTHER PERSON TO LIVE

WHEN WILL IT LEARN TO HAVE ITS TURN?

TO BE ON RECEIVING END

NO LONGER HAVING TO DEFEND

THE GOOD HEART WANTS A CHANCE

TO ENJOY LIFE'S DANCE

WITHOUT HAVING TO WORRY

AND NOT HAVING TO HURRY

ON IT'S WAY THROUGH LIFE.

THE GOOD HEART CONTINUES TO GIVE

BUT IT IS ALSO READY TO LIVE

THE GOOD HEART WON'T ALWAYS BE BLIND

TO THE EVIL KIND

AND SOON IT WILL FIND

AN HONEST MIND.

THE UNHEARD VOICE

THE PEOPLE HAVE A VOICE
BUT THEIR WORDS HAVE NO POWER
THEY ARE SILENCE BY THOSE WHO THEY
ELECT
THOSE WHO ARE SUPPOSED TO
REPRESENT THEM

THE PEOPLE ARE CONTROLLED BY
PRODUCTS THEY BUY
THE CORPORATIONS THEY FEED.
THE PEOPLE SUPPORT THEIR OPPRESSORS
WITHOUT REALIZING WHAT THEY DO.

THEY ARE KEPT SO BUSY, THEY HAVE NO
TIME TO THINK
NO TIME TO QUESTIONS
BUT IF THEY DO FIND TIME,
THEIR THOUGHTS AND QUESTIONS ARE
CRUSHED.

THEY ARE CRUSHED BY THOSE WHO
SHOULD BE
CARING FOR THEM
THEY ARE CRUSHED BECAUSE THEY
BELIEVE WHAT
THEY ARE TOLD TO BELIEVE
IT'S EASIER THAT WAY-SO THEY GIVE UP.

EXCEPT FOR THE FEW WHO STAND UP AND
SHOUT
BUT SOON THEY GIVE UP TOO
BECAUSE THEY CANNOT ENDURE THE
ODDS STACKED
AGAINST THEM

YES THE PEOPLE ARE ALLOWED A VOICE
BUT THEIR WORDS HAVE NO POWER
TIMES ARE CHANGING, AND THE PEOPLE
HAVE GROWN
BUT DON'T WORRY AND THEY WILL RISE UP
TO BE WHERE WE ARE MEANT TO BE.

NORDA LITTLE

I met a girl named Norda
Who lived north of the border
And as she played her flute
She looked so nice and cute
And then she began to write
Her schedule was so tight
And then she found a way
To write a bit each day
And soon after she found
People loved her flute sound
So she wrote more and more
Very quickly she saw
Her music grew and grew
And then she wondered who
Would make her dream come true
And as she looked around
Her flute made its own sound
A sound that was so new
That the world loved it too
So Norda flew around
Traveled by air and ground
Realizing a new dream
Riding on a moon beam
Up to heaven and Mars
No more pennies in jars

But big buckskin the bank
And now among the rank
Of all those who are go knowing
her flute is her mate reat

Fresh fruit pres, put stars in my eyes
What a treat, oh how neet, i love to eat
I want more and more, my stomach sore
I can't stop the desert even to my stomach does
hurt
I just eat more and, you'll never get me out the
door
All these sweets are just super treats
But now its time to stop
Before i plot.

DO YOU OWN THE MONEY OR DOES IT OWN YOU

Money as a tool

Money as a goal

Money as a possession

Money as job

Money as an image

Money as survival

Money as power

Money as an illusion

Money as a substitute

When we are able to feel compassion and
Empathy can we truly understand another
Prefers situation and feelings can we love
What we do not know? It is early to
Say we love everybody, but is it a
True feeling are just empty words
That we says.

CRYING FOR LOVE

The tears role down my face
It is love that I chase
All the pain in my tears
And all the empty years

Still looking for some love
I search the sky above
I look inside my heart
When oh when will love start

The tears begin to dry
My chest lets out a sigh
As the feeling passes
I dance through the grasses

I never stop looking
My heart is still cooking
And still trying to find
Someone who is so kind

And together we know
The loving way to go
With own hearts open wide
My crying has no pride

When more tears come my way
I hope that they will stay

BIG DREAM

Waiting for the big dream
How end less it does seem
As each day does pass
Grow new blade of grass
The week does go by
I still wonder why
Once again I try
One month, then a year
I never had fear
But where is the dream
I'm ready to scream
The years all go by
I begin to sigh
I'm still waiting
My life's abaiting
The dream is still here
Listen, please my dear
The dream is for you
To make love come true
Now my beard is gray
Waiting a new day
Waiting for the big dream
How endless it does seen

WORDS

Beware of words
They are used for many reasons
To tell a truth
To tell a lie
To sound a sigh
To push
To pull
To take to give
To find a way out
To convince
To sell, to hide, to seek
By the rich by the meek
By the father, the mother
The king the holy man
Beware of words
Watch what is said
And what is not said
And above all, that is done
And not done
Use your eyes to see the words
For meaning shows after
In words spoken now
Only when the horse moves
Follows the plough

CHANGING

Every moment of everyday
A change comes your way
You may not be aware
Cells die and some repair
Some look around and some stare
Minds are closed, some are aware
Of what is going around
Some speak up, others make no sounds
It makes no difference at all
If we rise up or we fall
In the end we all go away
And perhaps are spirits will stay
Some have money and power
Yet they still need a shower
So remember who you are
Because you are not so far
From where you need to be
To be able to see
That your life is just the same
As those you love or you blame
Because it doesn't matter
If your dreams grow or shatter
Just like great big bursting stars
Living came to planet mans
Big changes are taking place
But where is the human race?

In the air, the soil and each other.
The self interest of certain individuals
Who never have enough money or power
Are destroying the human spirit and
Destroying nature. Destroying nature is self
Destructive and must be stopped. We need
To wake up and protect ourselves and our
Children for we are responsible for the future.
When we change our individual
life style, we begin to change our
environment. Materials is not a
substitute for love. We cannot fill
our hearts with things, we cannot raise
our spirit without love.
NOW is the time to start. How
About eating some organic fruits and vegetables.

WHERE ARE YOU

He looks too closely
Finds the imperfect
He who does not look closely
Misses what he needs to know
When watching the clouds move
You stand still
When you are moving
You are not clear
If the clouds move
Or you move
Or all moves
Standing still is knowing where you are
You must keep going to get there
Only to find you must stand still again
To enjoy where you are
To once again look at
What you want to see
Whether closely or from a far

THINKING

Those who think too much
Fail to act
Those who fail to act
Gain nothing, lose nothing
Those who just be
Wonder if they should do something
And so they think
They find their way
For time is their leader
And things change
Even though they do nothing
The clouds move
The wind blows
The earth turns
Night comes day goes
Thinking stops
Dreams start
That's where the action is
The body rests
The mind is restless
Stillness prevails
Till action starts

MORE OR LESS

These who have more
Want more
These who have less
Want more
If less is more
When there is less to do
For more requires more from you
Those who want just enough
Really have what, they need
More them doesn't matter
Enough is good enough
So being awake
Takes consciousness
Consciousness lightens the weight
And cuts through the density
As each one develops
Each day becomes cleaner
Like a cloudless sky
And shining stars at night
Going to be free
Able to sleep easily
Having enough for the day

SILENCE

What is silence
Is it when the wind blows
And you can hear it
When the river flows
And it rushes by
Can your silence
Let you hear
What you don't hear
When you are not silent
Is silence music
To your ears
When you listen to sounds
You talk so much
That you cannot hear
What is it that you say
That is so important
Or is it what you do
Or what you don't say
That begets the real sounds
Is what you say noise
That needs to be said
Are noise and silence opposites
Can you hear the shooting star

Or is it of no consequence
And only the gunshot of consequence
When it disturbs the silence
Of natural life

PRAYING

When in need you pray
Wishing for a better day
Are prayers the answer
Or is the answer a prayer
How do you think?
Or does thinking possess you?
Night comes, day leaves
Day comes, night leaves
Light and dark, dark and light
The cement, the park
Do you have to say a prayer to pray?
Unspoken thoughts are just the same
It's all every game
Leading to the end
And then to rebirth
As we turn into earth
Praying to great spirit
So our spirit may live on
That's why we pray

NEW LOVE

We all dream of love
They say love is the answer
They say its all about love
The eternal search
The eternal dream
We go through life seeking
Oh, for those moments of joy
When we feel love
If only could stay
It would make my day
Dreaming, praying, waiting
It's no use dating
If you don't have feeling
Only love is revealing
The true nature of our heart
It gives us a fresh new start
When will the dream come true
To fall in love with you
I've waited all my life
Tired of living in strife
So I hope this is the time
To go beyond the rhyme
And make love real
Your heart to steal
I give you my heart
A new love to start

NATURE'S LAW

Natures law will prevail
The rain, the snow, the hail
No matter what man does
The bees will always buzz
Cement upon the ground
The birds still make their sound
Man does not understand
That nature is so grand
He cuts down many trees
He cannot stop the breeze
Less oxygen to breathe
With anger people sea the
He goes off to the moon
Now cancer comes so soon
More chemicals in food
New drugs to change his mood
Take a good look around
And see what you have found
More, more, more things to buy
You don't look at the sky
Because you are busy
Keeps you in a tizzy
And you can't even stop
Drink a new soda pop
Will you have time to try

And stop and wonder why
Things are out of control
Can this be your new goal?

BED TIME 2

Before I go to bed
I try to rest my head
And put my mind at peace
So that the day will cease
All is over and done
Work, sadness and the fun
Now that my mind is clear
I think of my dear
No matter where you are
Close by or very far
I need to have a dream
Without one, it will seem
That I will be alone
Hoping to hear the phone
And at the other end
Your good love you will send
If the phone doesn't ring
What a terrible thing
To go to bed tonight
If just isn't quite right
So I pick up my pen
Write a new poem again
And look inside my heart
Morning is a fresh start

NO DREAM IS TOO GREAT

No dream is too great
And that is your fate
When you have a good ear
Your voice he will hear
Yes he will listen
Your eyes will gladden
And then you will know
The way you must go
And along the way
You'll find a new day
And then you will sing
And feel like a king
Flying on bird's wing
Having every thing
No dream is too great
So please keep the date

THE PEOPLE HAVE A VOICE

But words have no power
They are silenced by those who they elect
Those who are to represent them
The people are controlled
By the products they buy
By the corporations they feed
The people support their oppressors
Without realizing what they do
They are keep so busy
They have no time to think
And when they do
They are crushed
By those who are to care for them
Because they believe
What they are told to believe
It's easier that way
So they give up
Except for the few
Who stand up
But soon give up
Because they cannot endure
The odds against them
Yes they are allowed a voice
But their words have no power
But times will change

And the people will change
And rise up to where
They are to be

GOD IS WITH ME

God is with me, yes he is
I'm a tree, I'm show biz

I am sky blue I am grass green
Whatever I do I make the scene

The ocean, the sun, the stars
Jupiter, Pluto and mars
Can't you see it's all the same
We're all playing the game
In god's name

God is with me, this I know
So on, on with the show

Moments of joy

When I met you my love explored
I knew it was the start of a a brand new day
And since you felt the same
Open hearts without shame
I saw only tomorrow and no longer yesterday

When I met you knew it was meant to be
Those moments of joy where so sublime
Looking back and recalling
How deep we were falling
I am moved, inspired to create this rhyme

3- When I met you I knew my quest was over
you are truly my final destination
Two hearts in the same space
What a beautiful place
Beyond my wildest imagination

My only true friend

You are my only true friend,
be without to the end.

Keep you in my mind, you are one of a kind.

When I sit here alone, I don't need the phone, in
the evening when I go for a walk, I don't really
need to talk

I don't ever have to worry,

I don't ever need to hurry.

Because I always know, wherever I will go.

No matter how far, no matter how wide.

You will always be there, at the end of my ride.

And when I remember, Christmas, cold
December

In the shimmering snow, you're smiling face
would snow.

And in the still of the night, to my hearts delight

As the snow kept gently falling ,

I heard your spirit calling.

As I look to the sky, wondering when and why
The questions disappear, I know you're always
near, I'm so glad I found you, there's a hold
around you.

You are my only true friend
Be with you to the end.

God's Word

God's work

Must be heard.

When God takes the lead

The people will heed.

The bible says this

That we will not miss.

The lesson is almost learned

And the stone is being turned

Just a little bit more

To reach the golden shore.

Then we will live in peace.

Violence and war will cease.

This must be heard

For it's God's word.

God Is with Me

God is with me
Yes he is
I'm a tree
I'm show biz
Whatever I do
I'm a sky blue
I'm grass green
I make the scene
The ocean, the sun, the stars
Jupiter, Pluto and Mars
It's all the same
Can't you see we're all
Playing the game
In God's name
God is with me this I know
So on, on with the show

The path

Come with me or go alone
Use internet or cell phone.
Doesn't matter what you choose
Whether you win or lose
There is no race to that same old place

Breathe the air with ease
Feel the gentle breeze
Let your body shimmy and shake
So you'll know that you're awake
And then you will know which way you must go.

BR. And on your path each day
Your heart will point the way
Follow your good self, your true wealth
Slowly open the door to a new shore
Yourself

It's all about love

It's all about love
From the God above
We need some every day
To feel good on the way
Wherever we go
It will always show
How we treat each other
Like a friend and brother
With love in the heart
With a brain that's smart
You can do anything
Flying on eagle's wing
To reach your goal
Becoming whole
Just like when you were born
And from your mother torn
And now that you are free
You are able to see
It's all about love
You need so much of.

Parting ways

My heart is broken
And I am choking
With tears in my eyes
And very deep sighs
When I think of you
I get so blue
I know there's nothing I can do
Just keep on loving you
Now that I see clearly
And I know really
What kind of person you are
Now that you're so very far
So I must go through
The end of loving you

Good heart

If you have a good heart
You will know where to start
Practice every day
Things will go your way
If you forget
Have no regret
Turn your mind around
Do not make a sound
Let all your actions show
You know the way to go
Treating other well
Only time will tell
Keep yourself aware
Sure to do your share
Then you will see
You know how to be
You know what to do
Love will come to you
Yes a good heart
Will help you start

HOPE - - 2

I'm on my way
For a new day
The past is behind
I know I will find
Everything I need
Roses not a weed
As I look ahead
Not a tear I'll shed
All is fresh and new
I'll even find you
My outlook is fine
The bright sun will shine
I've learned what to do
With the old I'm through
I have so much hope
It's a golden rope
To pull along
With nature's song
Yes, hope above all
Lift me from my fall
So here I come
Yes, I'm on my way
For a bright new day

Guide Me - - 2

God, be my guide
I've nothing to hide
Don't know what to do
So I'm asking you.
Should I do this or that
Before I go to bat?
I look to sky
So don't be shy.
I see a white bird
A good sign I've heard
What does it mean?
Please, God, come clean.
I have to know
Which way to go.
I need to decide
Please, God, by my guide.

Searching - - 2

Going here and there
Going everywhere
Hopping you will find
Someone like your kind
Searching forever
Your life's endeavor
What are you looking for
When you open the door
Hoping to hear it
Looking for your spirit
Wanting to be whole
And finding your soul
Or is it your health
Or more and more wealth
Or is it a mate
To make you feel great
Or a nicer car
To take you so far
Or is it just fame
All to know your name
To be satisfied
And know that you've tried
All you really need
Is to plant the seed
And watch it grow
And then you'll know

Thank You, God - - 2

Thank You, God, for bringing me through the day

Thank You, God, for showing me the way

Thank You, God, for helping me pray.

I know everything that I must do

Able to start and follow through

To follow my heart and be true

Free like a bird who flew and flew

Right through the air

Without a care

No matter where

I learned to share.

Thank you once again

For moving this pen.

Life -- - 2

All that joys and sorrows
Today and tomorrows
There's always something to do
You are never never through
When you finish this
You hope for some bliss
And what to do find
Just another kind
Of thing that needs your care
You must be everywhere
So off you go
How will you know
There is no end
Of things to tend
While you are alive
You will always strive
To get things done
And have some fun
Life goes on you know
What an endless show!

70 years old

Thank you God for my seventy years
I've had many smiles and lots of tears
I've learned a lot about life
Now I can live without strife
Because I know what to do
Just keep listening to you
I've heard the sounds you make
And of them I partake
The song of the bird
Surely that I've heard
The dog that will bark
The wind in the park

I hear them all

The waterfall

Now here I am before you

I hope that I don't bore you

So please don't give me any praise

I just want my spirits to raise

I can do this all alone

Without using a cell phone

Thank you for coming this day

Soon you will be on your way

It's so nice to have a few good friends

I'll live fifty more before it ends.

Nirvana

Go beyond it all
The sun does not fall
What happens each day
Won't get in your way

Cause you state of mind
Will help your find
Happiness and joy
Like a child with a toy

Always seek the light
Never get uptight
Maintain you clear sight
The light is so bright

When you understand
That life is so grand..

The universe

Ego melts away
You are here to stay
No more worries or fears
No more joy or tears

When you understand
You're part of the grand
Great big universe
No blessings or curse

Your infinity
Is divinity
Only then you know
The way to go

Everything passes
You're part of the grasses!

OH GOD

Tell me what to do
How to talk to you
Oh try as I may
Please show me the way

Searching here and there
Looking everywhere
Until I have found
Very special sound

Some say try to chant
Others say they cant
Yet I know you're there
You are everywhere

Tell me what to do
How to talk to you!

Blue sky

The blue sky is here
My life is so dear
Each moment I think
Then gone like a wink

The white clouds above
All times filled with love
Things that do exist
Passions do insist

Makes us act right now
When we think somehow
Life is full of change
Nothing out of range

The blue sky is here
My life is so dear!

PEACE AND LOVE

Peace, love is all that I'm feeling
Body mind spirit healing
With this incredible energy
I am always free.

There's nothing to do
Energy in you
You are always here
I lose all fear.

Illusion no more
I've settled the score
Of old thoughts I've had
That made me sad

Peace love I'm feeling
Body mind healing.

Peace love light

Yes peace love light
We're in the right
There is no fight
Don't get up tight

Truth always wins
Rises above sins
Done by the greedy
Please help the needy

Relax your mind
Always be kind
Know the good way
We're here to stay

Yes peace love light
We're in the right!
Changing

How big is your house
How nice is your spouse
Looking on the outside
When God is not your guide

What kind of car do you drive
Be glad that you are alive
Ask yourself how you think
Then discover the link
To spirit and love
To the sky above
You'll open your mind
Become warm and kind
Looking inside yourself
You'll find the magic elf
To help you on your way
To help you learn to pray
You won't need many things
To fly on your God's wings.

Money and fame

Chasing money and fame
Are you sure that's your game
Some never have enough
Others have it so tough
The choice is always yours
If you're sick what's the cause
Do you need more and more
Do you create a war
When do you stop
After the top
Does it go forever
You new endeavor
What about the poor
Will you be ensure
About what to do
Just take care of you
Are you awake
For good sake
Where is your heart
When will you start
Or when will you start
Or when will you stop
Do you need a cop
Chasing Money and fame
Are you that's your game

Our teachers

All children of the world
Banners not yet unfurled
The future is all yours
Countries settle their score
You must be our teachers
You must be our preachers
You must show the way
You make the world stay
Teach the powers that be
More clearly how to see
The things that must be done
How to put down the gun
Teach them how to talk
Teach them freedom walk
Different as they are
From lands very far
Walking hand in hand
And feeling so grand
Statesmen cannot do it
Yes we know they blew it
Make them listen to you
Or else we are all through
All children of the world
Now banners be unfurled

The children

Teach children what they need
Teach them to plant the seed
Of love values and truth
Not to be so uncouth
Kindness and honesty
Then clearly they will see
A better world to live
And learning how to give
Mother Earth her due
And keep the sky blue
No more acid rain
No more deadly pain
No more lives in vain
No more world insane
Yes teach them the way
Teach them how to say
Harmony and spirit
Then mankind will hear it
Teach then what they need
Teach them to plant the seed

I cry so much

I cry so much
I want your touch
Tears so many
Not worth a penny
Cause youre not here
My darling dear
Perhaps you don't know
Where your love will go
If it comes my way
I'll have a bright day
Don't know what to say
So i'll start to pray
God will hear me now
As my head will bow
Releasing my tears
Goodbye to my fears
I cry so much
I want your touch

I am a Tree

Like to be a tree
Then what would you see
Everything goes by
Not even a sigh
Because all you know
Is watching the show
Of weather and life
You have no more strife
All you need is sun
Water and some fun
And there you stand
You are so grand
Your roots are so deep
Not even a peep
Rain and snow
Make you grow
No place to go
Surely you know
It's good to be
A great big tree.

I don't want to lose your love

I don't want to lose your love

Made in heaven above

If I didn't treat you right

Give me another night

To show my love for you

Because it's really true

I've had many chances

For other romances

None seem to be right

They make me uptight

After all these years

And so many tears

Tried as I did

Couldn't get rid

Of those ways of mine

You're so very fine

Please try again

And tell me when

I don't want to lose your love

Made in heaven above

All this love

All this love to give

How I want to live

With someone like you

So I won't be blue

Heart is filled with love

Goodness from above
Here I am alone
With the useless phone
No one is there
With whom to share
So what do I do
Keep thinking of you
And wait for the day
When you come my way
Then you will see
The love in me
All this live to give
How want to live.

My love

A warm embrace
A smiling face
Hearts that meet
What a treat
To have you near
My lovely dear
To make you real
My love to feel
Oh where are you now
I'll find you somehow
Looking here and there
Looking everywhere
More than a dream
Our love will seem
To be so warm
Your lovely form
Your beautiful eyes
You good mind so wise
As you appear
I lose my fear
Of not finding you
My love is a come true
With your smiling face
And your warm embrace.

Parting Ways

My heart is broken
And I am choking
With tears in my eyes
And very deep sighs
When I think of you
I get so blue
I know there's nothing I can do
Just keep on loving you
Now that I see clearly
And I know really
What kind of person you are
Now that you're so very far
So I must go through
The end of loving you.

Fear

Let go of your fear
Then your goal is near
Move forward each day
Heed not what they say
Only you know
The way to go
Stay close to your heart
It tells where to start
Listen to your mind
Direction you'll find
Fear not tomorrow
Live without sorrow
Practice all day long
And never do wrong
Let go of your fear
Then your goal is here

Self Reliance

If you lost direction
Start some self reflection
Let yourself think and feel
The answer will reveal
As long as you're alive
You know you will thrive
You will see the next day
Making a better way
To things you want to do
You will see yourself through
You have it all
You will not fall
You are so strong
You've come this long
So on you will go
Making a good show
Only you will know
How not to feel low
If you lost direction
Start some self reflection

See clearly

If you live in peace
Love will never cease
Think about what you do
Make sure your thoughts are true
When you are clear
And have no fear
You will always know
The right way to go
Each moment in time
A beautiful rhyme
Bringing you joy
It's not a ploy
It's very real
Good you will feel
Free like a bird in the sky
And you'll never wonder why
Love at your door
Forever more

More and more

Never have enough
Want more and more stuff
Is that who you are
Want to be a star
Fortune and fame
Is that your game?
Money more for you
But will you be true
Will you sell yourself?
Think it over well
Oh how it will tell
If you decide
To lose your pride
Think it over again
There is no telling when
You will be cast aside
And your friends will have lied
Before you decide
Open your eyes wide
The truth you will see
Your future will be
Muddy or clear
So have no fear
It's all up to you
Whatever you do.

Mourning

God, I ask nothing from you
That way I can cope with my pain
If everything I believe is true
I will not have suffered in vain

I must give
Myself a chance
Even if it's just a glance
Looking at myself and my emotions
There are no magic potions

I cry from the heart
And with tears I start
Each moment of the day
Hoping they go away

Each night before I sleep
And into bed I creep
God, I ask nothing from you
As I face everything true.