

# **Spiritual Soul Food “Writings” from November 2018**

## **Selected “Writings”**

- Writing # 1 “Where There’s a Will ... There’s a Way”**
- Writing # 2 “Resting ... Nesting”**
- Writing # 3 “The Trick & The Trip”**
- Writing # 4 “Divine Power”**
- Writing # 5 “Miracle or Miracle Maker”**
- Writing # 6 “Account(1-2-3)Ability”**
- Writing # 7 “The Opportunity of Conflict & Confrontation”**
- Writing # 8 “Revision of Words”**
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- Writing #10 “My addition of Choice”**
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- Writing #14 “The Play of Your Life”**
- Writing #15 “Fate’s ... Value & Worth”**

Nov. 2018 Writing #1

**“Where There’s a Will ... There’s a Way”**

The only things that can stop me or push me back  
are my own feelings  
of incompetency or lack.

For wherever there’s a Free Will  
there’s always a way.

Never lose **focus** on **that** I say!

The path may not always be easy.  
From time to time I might feel queasy.  
But, at other times  
I will feel light & breezy  
...  
flying high  
and  
not always understanding how or why.

Nov. 2018 Writing #2

## **“Resting ... Nesting”**

I am resting now ... nesting now.

I need not wrestle with any energy in my vessel in any way.

And so I say on each and every day ...

every and any energy that does reside within me

**MUST**

each & every day in each & every way

**SIDE WITH ME**

Peacefully - Lovingly - Joyfully

... And so it shall be ...

for me to feel & all others to see.

## **“The Trick & The Trip”**

The trick and the trip  
is to first wet a toe and then take a plunging dip.

### **CHORUS**

The trick and the trip of how to hold on  
when you feel you're losing your grip on your present reality  
that you feel, hear, and see is to be in the wow ... the wonder now without  
asking why or how and to go with the flow of whatever will come  
without feeling afraid or dumb.

Another trick and another trip is  
to wet your whistle and then let a holler rip  
as your reality begins to change and your thoughts and your priorities begin  
to rearrange.

### **CHORUS**

Whether you choose of plunging dip or let a howler rip  
to regain stability and civility  
sometimes you have to momentarily  
release your grip on present-day common sense,  
so in your own defense,  
a new incoming reality can be effective and makes sense.

### **CHORUS**

## **“Divine Power”**

### **CHORUS**

To all binders and barriers ... receivers and carriers  
with whom I interact,  
let this be an irreversible fact  
... that Divine Love will radiate and penetrate all  
in every way ... large or small  
... one and all whether or not they hear this call.

I am never without a Divine Source Power  
waiting within  
my Heart and Soul to assist me  
to achieve my every goal.

### **CHORUS**

It's waiting for me to wake up and use it  
knowing all will be well  
and  
I will never abuse it.

### **CHORUS**

It's waiting patiently for me to finally choose it ... and use it.  
Always knowing I can never lose it.

## **“Miracle or Miracle Maker”**

### **CHORUS**

Which is the mover and shaker ... the Miracle or Miracle Maker?  
The Miracle has a beginning and an end.  
But the Miracle Maker makes miracles happen over & over again.

It seems to me that a Miracle will always be potential,  
but a Miracle Maker is always needed  
to manifest it  
into a reality for all to see.

### **CHORUS**

If the Miracle is the child, then the parents are the Miracle Makers.  
So every being in some way has been a partaker.

### **CHORUS**

Without the seed and the fertilization no Miracle could occur.  
But without the Miracle  
there would be no need for a seed.

## **“Account (1-2-3)Ability”**

### **CHORUS**

Account (1-2-3) Ability and responsibility go hand in hand  
to originally make something appropriate  
and then eventually  
revise & expand it to fit all new parameters ... all new needs.  
Owning up to one’s actions and deeds.

Account “1” ... Yes, from the start it was totally or at least partially my idea  
whether it came from my head or my heart.

### **CHORUS**

Account “2” ... Yes, I was involved with it thru & thru.

### **CHORUS**

Account “3” ... Yes, this idea and action was very much a part of me ... of  
my chemistry ... of my makeup ... of my delusions & my wake up.

### **CHORUS**

When we are tested about the value of our time spent or invested,  
it’s our responsibility to set up and recognize  
that our accountability is, was, & ever will be the prize.  
Whether we feel pride or shame,  
that’s just one step in this never ending game.

## **ACCOUNTABILITY**

**A**lways

**C**laiming

**C**onstant

**O**wnership

**U**ltimately

**N**ot

**T**aking

**A**nanything

**B**ack

**I**ndependently

**L**iving

**I**n

**T**ruth

**Y**ourself

Nov. 2018 Writing #7

## **“The Opportunity of Conflict & Confrontation”**

When we can see that conflict is not a contest between weak & strong, that confrontation is not a stand-off between right & wrong, then we can see the bigger picture overview and know exactly what we should do.

### **CHORUS**

Conflict and Confrontation  
will always be an opportunity for us to see AND be  
more than ever before.

Conflicts and Confrontations  
are just opportunities that provide us clues  
of what next steps we should choose.  
Do we want to keep illusions alive  
or do we want all to thrive?

### **CHORUS**

But until then we must lightly tread.  
We must remember that others still believe that fear is really alive  
not just an illusion or dead.  
During this time and in this space that's our time to Divinely radiate  
Love & Light to the Human Race.

### **CHORUS**

## “Revision of WORDS”

Words can wreck our relationships dividing souls.

But words can also

**W**ork **O**n **R**euniting **D**ivided **S**ouls.

That’s just two of words roles.

Words ... words ... many words abound  
to help us rise to hallowed ground.

When we learn to use ... not abuse the power of words,  
then the gift that we’ll receive will help us  
understand and believe that our Self-empowerment has always been  
Divine Source sent and Lovingly meant to help  
Humans evolve and succeed as a Human Cosmic Breed.

Where will all of this lead?

As we learn to redefine from the obtuse to the sublime,  
the Power of Words will //:echo:// echo far & wide.  
There will be no place for ‘fear’ to hide,  
as all will witness  
the Evolution of Selfless ego & pride.

Nov. 2018 Writing #9

## **“Stop Anticipating”**

I have to stop anticipating another person's move.  
That takes me out of  
my own positive groove.

That makes me less productive  
and  
more depressed & stressed.

Instead of anticipating, calculating, or waiting  
I have to stop & see immediately  
the best me that I can be!

I can't just try or just rely on someone else's aid  
when I am angry, confused, or afraid.  
I have to go deep within  
to find & use my Source Strength  
where it has always been.

Nov. 2018 Writing #10

## **“My Addiction of Choice”**

If I am destined to be addicted,  
then  
my addiction of choice is  
to always use my thoughts, my action, and my voice  
to make  
more and more positive energy  
that others can use, feel, and see to raise  
their own frequency.

## **“Movement”**

Up ... down - forward ... backward - or - around & round  
with or without sound in our lives movements abound.

### **CHORUS**

Each movement is always meant  
to advance, procrastinate, or prevent  
evolution or problem resolution.

Up - down- forward - backward or around & round  
simple stand alone or complex compound movements can be found  
throughout our life relieving or creating strife.

### **CHORUS**

Up - down - forward - backward or around & round  
with or without foresight & thought  
of which movements we should make  
and  
which movements we shouldn't take.

## **“Ego Evolution”**

### **CHORUS**

Egos only exist ... only persist in a world of duality.  
That's a 3D reality.

Understanding “Ego Evolution” will lead to a revolution  
in & of compassionate Spiritual Ascension,  
not to mention, a new way of viewing everything that all are doing.

Eventually exposing the Unity of every Spirit in every Community.  
And then Love will be free for all to see and expand  
showing life has always been grand.

### **CHORUS**

Our egos keep us alive.  
Egos help us survive both the bitter & the sweet  
... each success & defeat.  
But, our egos also need to learn & grow  
to experience the ebb and flow  
of Love and fear  
to understand and help make everything crystal clear.

### **CHORUS**

An ego starts out selfishly only focused on me.  
But eventually that ”me” ego grows into a “we” ego compassionately  
expanding and demanding that his friends not only survive but thrive.

## “The Reality of Energy”

All there is is energy for all to feel, touch, taste, smell, hear, and see.  
Energy can be manifested materially or Spiritually just be amidst but always  
among us ... impossible to resist.

### CHORUS

Energy always is - was - and forever more shall always be  
the basic basis of our Cosmic Reality.

Energy is both the Source and the stock of every thought,  
every thing, and every building block.  
Our memories, hopes, and dreams are all always  
cosmic conscious streams of energy  
to and from you & me  
creating our joint awareness of a reality.

### CHORUS

Energy's purpose and form may change.  
Physically molecules may appear, disappear, or rearrange  
causing our reality to become strange.

But ... **CHORUS**

## **“The Play of Your Life”**

We don't know what we don't know  
until we actually experience and grow through it  
into our next stage ... our next phase  
of existence with or without resistance.

### **CHORUS**

How you choose to write and act in the Play of Your Life  
is bravely and boldly up to you.  
But here's what some others have chosen to follow and do.

In Act I ...  
we are boldly looking for fun.  
When we say that we are certain, we drop the curtain  
and curtain our play that very day in every way.  
We must wait for our next curtain call  
to advance ... to progress with it all.

### **CHORUS**

In Act II ...  
The next step says this is what I should say and do ...  
Affirm it is safe to release all that does not bring me peace  
knowing all my needs will be met with no regret  
as I go with and grow with the

Here and Now Ascension flow.

As I step in, I feel the Divine Love begin  
to rejuvenate and revitalize me as I find a Source of Power in me  
that is kind, compassionate, and wise  
in everything that I do so future feelings of Peace, Love, and Joy can come  
through for me in Act III.

## **“Fate’s ... Value and Worth”**

Both me and you are dealing with the toxic waste and residue  
that ‘fear’ on Planet Earth has created.

But, rejoice and be elated  
that in this Big Bang no course of total destruction  
has been decreed or fated.

### **CHORUS**

Today’s Era is the time and place  
that was deemed to decide the fate of our Human Race  
and its true value and its true worth  
Here and Now on Planet Earth.

Rejoice once again too for there are many things that you & I can do  
to resolve ... to dissolve the toxic waste and residue  
that keeps seeping through.

### **CHORUS**

Individually going within & recognizing our personal connection  
to both Divine Power and the Divine Source is the key,  
for both you and me,  
that will keep us on an uplifting, positive action course with the least  
amount of resistance and force.