

# **Spiritual Soul Food “Writing October 2018**

## **Selected “Writings”**

- Writing #1 “Magical Bag of A-la-carte Tricks”**
- Writing #2 “Movin’ On”**
- Writing #3 “Soul Family”**
- Writing #4 “Developing Heart or Mind First?”**
- Writing #5 “Happy Instead of Haunted”**
- Writing #6 “Just Decide”**
- Writing #7 “Chakras””**
- Writing #8 “Face to Face Revision Song”**
- Writing #9 “Healers and Doctors”**
- Writing #10 “Our Soul Family”**
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- Writing #12 “Catalysts”**
- Writing #13 “Words”**
- Writing #14 “OverKill”**
- Writing #15 “To Be Free of Fear”**

## “Magical Bag of A-la-carte Tricks”

All too often right from the start  
we live in a pick & choose a-la-carte  
society that has a variety  
but no foundational knowledge or heart.

When we find ourselves in a place where we need a quick fix  
... we want to reach into a magical bag of tricks ...  
And poof it occurs magically ... all is fixed for all to see.

When we find ourselves in a place where we need a quick fix  
we call upon another being ... another soul  
to play a magical role  
in our life to relieve our strife.

We want to instantly without hesitation know  
who, what, where, or when  
but not always how to use each & every magical a-la-carte trick  
that someone will choose  
... to allow us to hear, feel, & see good news ...  
That's the way we want it to be.

## **“Movin’ On”**

It’s scary to think that you’re on the brink of  
Movin’ on and soon you’ll be gone  
into another time and place  
where our memories of each other  
may be erased.

It’s scary to think that I’m on the brink of  
Movin’ on and soon you’ll be gone  
into another time and place  
where our memories of each other  
may be erased.

It’s scary to think that we’re on the brink of  
Movin’ on and soon we’ll be gone  
into another time and place  
where our memories of each other  
may be erased.

## **“Soul Family”**

The caring that precedes, permeates, and proceeds through our  
every greeting

...

through our every meeting

is proof

that we have a bond

that even though

it may go unspoken ... it will never be broken.

For as a Soul Family we will eternally share  
each other's burden AND joy  
that can potentially  
expand or destroy the whole Cosmic Multi-Universe.

Let's remember  
it's a “Blessing” ... not a curse.

## **“Developing Heart or Mind First?”**

As we move across time and space,  
we learn that there is no inferior or superior race  
... for all evolve at their own pace.

Some stay in the darkness longer... exploring more & growing stronger.  
Some always stay in the Light  
honing their skills and helping others open up and take flight.  
Some travel in between doing whatever is necessary  
... even if unseen.

There are no victims, rescuers, nor offenders.  
They are all just roles to be explored  
by and for all genders.

On the journey of developing one's mind & heart in the beginning  
we feel at opposite poles ... 180 degrees apart.  
But somewhere along the way we start to look, feel, and say  
“Let's focus on what we both share & care about  
while keeping our differences out  
... out of the picture ... out of the scene ...  
remembering it's an illusionary dream.”

Logic seems reversed if we develop our heart first.  
For in 3D reality the totality of what we are taught to learn  
is to use our mind to objectively find the answers we are seeking  
... that are of our concern.

And in 3D we never see that our heart is more than just a physical pump.

Thinking of our heart as the Seat of our Divine Soul is quite an enormous jump.  
But, looking back now we find that using our heartless soulless mind  
is what has put Planet Earth in such a bind.

Oct.. 2018 Writing #5

## **“Happy Instead of Haunted”**

We live on a planet where ‘Happy’ instead of ‘Haunted’  
... ‘enjoyed’ instead of ‘flaunted’  
can and will do the most good  
beyond could, would, or should.

Combining Love & Joy is the best effective way  
to destroy fear & hate  
plus their other sibling emotions & feelings that aren’t great.

Enjoy your Happy present.  
Forget your Haunted past for it can only linger or last  
when you alone choose to druge up old news.

Being happy goes a long long way  
to keep sadness and other fears at bay,  
until guilt comes in to play.  
And then most humans begin to feel under attack.  
Their upbringing is taking them down  
and bringing them back to lower controlling frequencies  
where fear reigns and rules with ease.

## **“Just Decide”**

Just make a decision. Just make a decision.  
Anytime and any place in the future  
you can make a revision changing that decision a little or alot  
at a future time ... in a future spot.

But in all sincerity I am confessing that I all too often find myself  
wasting my time second guessing  
rather than taking action and proceeding  
to address the situation I would rather second guess.

Taking time to gather facts does not make me relax.  
I feel the pressure mount as each new fact  
I count.

The more time I take waiting to decide the more I bruise my ego  
and hurt my pride.  
The longer I wait ... the more I feel interfered with by fate.

I've got to learn to grown beyond my fears.  
I sure hope it doesn't take years.  
My tears don't seem to help me grow.  
What is it I have yet to learn  
... I need to know.

## “Chakras”

When skipping and ignoring closed chakras,  
that's when glass ceilings can be found.  
They are unseen ... but always all around.

Chakras are extraordinary and understanding them  
can be sensational for when our chakras are open & clear  
they are revelational.

They reveal what darkness and fear always try to conceal.  
So, learning to open and clear them is a big deal.  
For within an uncleared chakra no correct answers can be found  
because fear-filled energy is lurking all around.

When we learn to keep our chakras clear of fear and spinning  
that is just the beginning  
allowing Divine Love & Light of Source to come through  
making a healthier happier me & you.

Open and close is it only Heaven who knows how to operate each chakra gate?  
Or does hell know as well  
how to open and then infiltrate each & every chakra gate?

Non-judgemental Source, of course, is always in charge, by and large,  
sending free energy to be used  
as one might want it to be  
but then deemed used or abused by a judgemental society.

## “Face to Face Revision Song”

People think that the words that they say “face to face” to save face  
can easily erase and never leave a trace  
of all that did occur  
... of all that they prefer to not address  
because something they had previously said or done  
created confusion or trouble  
that was not fun for their witnesser.  
And now all they want to do is let it go  
... so they can play a different role.

Now most people will play along because  
they want to have that same opportunity in the future  
to play their own version of the “Face to Face Revision Song”.

It’s a real refined & open ended undefined art  
to play the part of the one, who is always likable & fun,  
by side-stepping the responsibility of being the past catalyst  
while in the present declaring amnesia  
or harmlessly declaring that the past was just in jest for everyone.

The “Face to Face Revision Song” will only exist as long as  
people fear the consequences of their words & actions  
causing reprisals and forming opposing factions.  
Once forgiveness and compassionate understanding reign free,  
we will see that the “Face to Face Revision Song” will no longer belong

in a fear-free society.

Oct.. 2018 Writing #9

## **“Healers and Doctors”**

To repair without despair  
ailments or injuries ... chronic conditions & disease

OR

the actual havoc and destruction that an  
accident or birth defect can make  
calling for  
medical attention to repair an injury or nature's mistake  
both have a different most effective course  
to take.

So give both Metaphysical Healers and Medical Doctors a break.

For at their own time ... in their own way  
on any given day

both Healers & Doctors can and still will forever more change  
the life of life deep down at the core from shore to shore.

Neither Healers or Doctors need to claim success nor defeat.

Each plays a specific different role  
but together they compliment each other and complete the same goal.  
That goal is for each being to feel, see, and be  
the happiest healthiest being  
in this reality.

Doctors & Healers each have a time & place  
to help improve the quality of life  
for both Planet Earth and the Human Race.

For at one time or another summer, fall, winter, or spring

both doctors & healers can facilitate & bring  
HEALING  
to us & through us all ...

**Helping Everyone Accept Love In Now Graciously**  
no matter how big or small  
that their need may be to feel & consciously see.

Oct.. 2018 Writing #10

# “Our SOUL FAMILY”

We seek our “Soul Family” because our

“SOUL FAMILY”

**S**ees **O**ur **U**ltimate **L**onging

**F**or **A M**arvelous **I**ndividual **L**ife **Y**earning

AND

**S**ends **O**ut **U**niversal **L**ove

**F**orming **A M**atrix **I**nstantly **L**oving **Y**ou

## “Learn to Relax”

If & when every now & then, we could learn to relax because or in spite of the facts our perspectives would shift as our burdens begin to lift and drift away.

We could concentrate on & say “Today is a very good day!”  
And I wouldn’t want it any other way!

But in many a reality most people get what they don’t want to see.  
Regularly they feel taken back deeper down into  
frustration & lack.

When we relax ... relax ... relax ... because or in spite of the facts,  
we find there are new trails & tracks  
opening up to explore ... more & more ... will appear  
when we can quiet the sounds of fear.

When we can relax without feeling lax in our responsibilities,  
we can catch a second wind and life is then a breeze to navigate with ease.

# “Catalysts”

Catalysts come and go with the ebb & the flow  
of time & space to assist the Cosmos, our Galaxy,  
and the Human Race.

A specific catalyst can easily be missed  
... so be observant ...  
... be ready ...  
or  
... sooner or later be pissed.

Be careful  
for with a blink of your eye  
a specific catalyst could pass you by ...  
never to return  
no matter how often you request or how much you yearn.

## “WORDS”

All too often WORDS can Wreck Our Relationships Dividing Souls.  
But WORDS can also Work On Reuniting Divided Souls.

Words can come from our sources  
to rally the forces  
to make a difference and change our courses.

If and when we remember  
that  
each & every December “May” contain the ember  
that allows us to regroup, recalibrate, and remember  
that there is no beginning or end  
when we act without feeling and only pretend.

On one hand  
words can be grand  
creating & expressing Love & Joy.

But, on the other hand  
words can offend and destroy  
tearing us apart and breaking our heart.

## **“OverKill”**

Never use a shotgun to kill a fly.  
And if I need to tell you why  
the concept of “OverKill” has passed you by.  
You’ve missed the boat.  
You won’t understand that quote.

When it’s possible  
to let the possibilities stop coming in and through  
only then the thrill of “OverKill” will die.

You can allow your mind to stop  
when the simplest solution reaches the top  
of your list of all the possible solutions that so far exist.

Since the thrill of “OverKill” is hard to deny,  
one has to do more than just try  
to resist and not get pissed.

## **“To Be Free of Fear”**

I'm tired of seeing fear have a free reign.  
I want to cry only tears of joy ... not pain ever again.

I'm tired of copying while I'm hoping to get assistance  
while going through all forms of resistance.

When I ping a problem, it seems to almost instantly sting me back  
to throw me off track with some personal attack.

I'm expecting that by selecting the right energy in which to be  
I will feel and see no more fear affecting me.

But what good is it when I don't quit  
if there's no one by my side  
to celebrate the small & large victories far & wide?

I have to be more selective  
of how and when to change my perspective  
... to teach it command to shrink or expand  
... to teach it that it's not rude to sometimes leave or exclude.  
And finally to be free of fear  
I have to learn how to use sincerity, Love, & concern.