

Spiritual Soul Food “Writings” Sept. 2018

Selected “Writings”

- Writing #1 “Too Much of a Good Thing”**
- Writing #2 “The Turbulent Ocean of Emotion”**
- Writing #3 “Never Time ... Forever Desire”**
- Writing #4 “Face It to Erase It”**
- Writing #5 “Me & My Ego”**
- Writing #6 “Indebted Servitude”**
- Writing #7 “Smack ... Wack”**
- Writing #8 “Spiritual Highs”**
- Writing #9 “We Never Know”**
- Writing #10 “The Question”**
- Writing #11 “Here and Now or There and Then”**
- Writing #12 “We Can be Friends”**

“Too Much of a Good Thing”

Too much of a “good” thing is a judgement call
of, by, and for us all.

How much is too much anyway?

Who has the insight or right to say?

Too much of a good thing may become boring
especially when our adrenaline rushes stop soaring.

So, when good things stop giving you a high,
now you can understand why.

Because our bodies do chemically rely on some type of
drug or hormone to feel free and fly
out beyond our physical limitations
and
out into our minds’ wildest creations.

Too much of a “good” thing in some cases
can be no good.

So ... you should be aware and take care,
or at least

beware that the cause & effect, that you expect,
may not be there.

But ultimately you will see that all was fair
when you really no longer care about the outcome
because that makes you feel dumb.

“The Turbulent Ocean of Emotion”

I can change the future and the present
by what I do, say, and think.

Especially when I am on the brink of disaster
as my world as my world begins to spin ...
faster and faster.

That’s the time that I must handle and master
“The Turbulent Ocean of MY Emotion”.

... with the ebbs and the flows
and the highs & the lows of the ocean’s tide
and our egos’ pride
we’re in for one emotional ride.

... Each cresting and each falling wave
mimicks how some humans behave.

... the ups & the downs ... the typhoon turn arounds
of human emotions are reflected & respected
in every one of the Earth’s oceans.

“Never Time ... Forever Desire”

It's never about the amount of time we have.
It's forever about the amount of our desire
to ignite our passion fire
... to call on forces both far and near
... to make our wishes and our needs oh so crystal clear
... to throw caution to the wind
as we look any fear in the face and the wipe it out
without leaving any trace.

Time is a construct of man
to measure how far we've progressed on the path
of a specific plan.

But, desire is a passionate flame that burns deep within.
It lives in both dreams and heroes
much to the chagrin of every fear filled villain,
who is unsuccessful when it comes to
'Killin' the fire of someone's passionate desire.

Excuses & abuses of time are all part of the illusion & confusion
of the dream-like and nightmare state of mind in which
we choose to exist.

And because we have lived there for so long,
giving up time seems so unthinkable and wrong
for it would be truly missed.

But, there comes a point that we can pinpoint
when giving up the old illusions of time and all the time we have spent, we
relent and we actually look forward to allowing ourselves to consent to
living in a world where time does not exist
and therefore will not be missed

“Face It to Erase It”

How do we erase and never leave a trace
of a traumatic situation that we did not want to face?
There is no disgrace to move at your own pace.
But to get the job done and in the future have more fun ...

//: Face it to erase it ://

Give all free reign to ‘wreck & roll’.
But at that time go deep within your Heart & Soul
to ride out that storm
... to regroup and nurture what you have that is far beyond the norm.
And remember to recognize that your survival is the prize.

When the game of life goes tilt ###
always remember that all can be rebuilt bigger & better.

When you face the emotional drama of any situation or
trauma with your intention to get the most out of it,
you needn't boast about it.

Just face it completely ... down to your core.
And then ask only once ... is there more to feel and see
to make me be a better me?

If and when you start and stop any experience,
You only get to the superficial stuff that floats on the top.
The **untold** hidden treasures that really help us grow are buried
deep down below.

To experience these treasures you feel like you're being taken down & in
by an undertow into a deep & murky emotional ebb & flow
... learning how and when to hold on tight or let go.

“Me & My Ego”

Me & my ego will part ways
not in a foggy unhappy confusing hazy daze
... but in a happy consensually loving way
at the time and in the days when I no longer need
approval and praise
... when we can both look back and say
“Thank You” for the ride
... the thrills and the chills inside
and the lessons that have been learned
by all involved and concerned.

Then me & my ego will part ways
happily remembering & singing each other’s praise
... for all that we went through
... for all that we did do
... for all we experienced & learned
... for all everywhere whether or not they were concerned.

Now, I can lovingly see that my ego & me
made this world a better place
because we experimented & evolved as a more
humane Human Race

“Indebted Servitude”

//: Indebted Servitude sounds very old-fashioned and quite rude : //

But the slave owners of today are the financial money moguls
hiding behind their faceless heartless corporations
who do not pray to God.

They prey on the hopes & dreams
and

even in some cases it seems that they prey upon some people wishing only
for their basic needs to be met.

But those money moguls seem to forget ... that
“what goes around comes around” and eventually someone they love will
fall prey one day or inexplicably will be found in dire straits
before he reaches the pearly gates.

There are also financial money moguls created through crime
inherited or built over time.

Their corporate structure is more militaristic ... more barbarian.
They use an army of gangs & gang members to
distribute and enforce all of course.

We live in a world where poor people pay
through the nose everyday
until everything blows up or goes up in smoke
... both literally and metaphorically.

It's no joke.

They are born ... they live and they die
always in all ways ... they are broke.

“Smack ... Wack”

Smack ... Wack
You'll be found laying on the ground
totally confound
Sometimes life lets you down
and you'll be found
looking all around for someone
to lend a helping hand
to help you rise and take a stand ...
to take control
and
reach your goal.
Or to get you back on track.

Smack ... wack

Smack ... w a c k ...

“Spiritual Highs”

There is no bigger or better ... no faster go-getter
than a Spiritual High.

If and when you ask why, I simply reply
... if you really don't know, the cost is low
both mentally and physically
for both you and me.

But the rewards abound.

They are all around.

Just feel, look, & see where they might be.

Rewards can also be found by their frequency

//: and sound ://

with which they resound ...

with which you resonate ... that make you feel great.

So, why wait to find and ride a Spiritual High?

Spiritual Highs can't monetarily be bought
even though with symbolic idols they are sought.

A word to the wise, let it be no surprise
that the rewards of Spiritual Highs are many & great
even when tempted by fate.

But the biggest reward that no one suspects
is that they have no adverse effects

... hangovers ... no indebted servitude

... nothing vulgar or rude

... no price to pay for focusing on Spirituality
every day in any way.

“We Never Know”

I call to you ... You call to me
What is it that we are trying to see?

I call to you ... You call to me
What is it that we are trying to be?

I call to you ... You call to me
What is it that we are trying to do?

I call to you ... You call to me
What is it that we are trying to bring through?

We come and we go but we never know
how to let go ... go ... go ...

“The Question”

What are YOU going to do ... //: about it? ://
Hypes up the voltage
and
tightens a screw
... putting all the pressure on me
and
taking it off you.

You are deflecting and not respecting
our relationship.

It's time we both get a grip.

“Here and Now or There and Then”

“Here and Now” or “There and Then”
can be questioned & explained
over & over again
... each from a new perspective ‘cause everyone’s
selective
... each with a new level of understanding & awareness.
While each in all fairness is helping propel us
on & in our own way each and every day
both while we work & play.

“We Can Be Friends”

We can be friends but at times
that friendship suspends or temporarily ends
when we pursue or do things that bring the other one
pain or frustration
basically not relief or elation.

A friend to the end with caveats & stipulations
but never with doubts & reservations
that at the right time and in the right place
because or in spite of
Planet Earth and the Human race that ...
we can be friends.

Friends through & through always know what to do
for and with each other.
They're always there for one another
in their own unique way
even though at times they must leave
because
they cannot stay.

Friends keep us company.
They support us and help us be all that we can be.
Friends have our back.
They may question us but they never attack ... us.

So, if and when we disagree ... what's all the fuss?
Why can't we just let things be?