

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

## **Selected “Writings”**

- Writing #1 “Personally ... Yes or No”**
- Writing #2 “My Higher Self and Me in 3D”**
- Writing #3 “To Re-awaken”**
- Writing #4 “Magically Uplifts Spirits Initiating Change”**
- Writing #5 “Interpretation”**
- Writing #6 “Look & Listen ... Directions & Connections”**
- Writing #7 “Mindful to the Max”**
- Writing #8 “The Playground of Unseen Ideas”**
- Writing #9 “Sugar Coated & Spoon Fed”**
- Writing #10 “Sight & Sound”**
- Writing #11 “Care & Share oh so very Much”**

## **“Personally ... Yes or No”**

To get the most out of life  
we have to take things personally  
... what we feel, hear, & see.

To take a stand ... to take command  
we must personally take things personally.

While on the flip side to curb our ego & our pride,  
whenever we need to forgive or forget  
without hesitation or regret,  
we have to not take things personally.  
So, we can be objective & see beyond our own perspective.

Personally ... yes or no  
check the reasons for building up the flow  
... or letting it go.  
One has to learn to discern every now & then  
... over & over again  
when to focus on the who ... what ... why ... or when.

## **“My Higher Self and Me in 3D”**

When the “me in 3D” looks up and hooks up with “My Higher Self” ...

It’s difficult to feel and see something that is oh so much a part of me.

When I feel oh so connected, Loved, and respected,  
always accepted & never rejected.

When the “me in 3D” looks up and hooks up with “My Higher Self” ...

I know instinctively that I am a part of it & we will never split.

For at that moment all the puzzle pieces I have fit  
together perfectly to form an amazing picture  
far beyond the norm.

A picture of me that can weather any storm  
or ride any joyful wave I crave.

When the “me in 3D” looks up and hooks up with “My Higher Self” ...

I know that I can use the power of Divine Creation & recreation  
from deep within my soul to achieve my every goal.

## **“To Re-awaken”**

Begin to tune in ... don't tune out  
to what all is all about.  
Morning ... noon ... or night  
define .. refine get that frequency just right!

Don't think ... don't blink  
Hold on tight.  
Don't lose your grip once you've got it right  
... just hold on tight.  
Never let that frequency slip.  
It's your birthright ... it's your own special trip!

You must learn to hold that unforetold frequency  
with & within your heart.

That is where our tribal contact will begin  
and then our connection will start to develop and grow  
until we know that we have an unspoken bond  
that will only grow & grow  
to benefit One & ALL

as we each individually answer our own separate Soul's purpose call  
supported 24/7 by one another  
each of us a fellow Universal sister or brother  
of a very Sacred Soul Family Tribe or Clan  
meeting to reawaken both ourselves and many others  
through Divine Universal Plan.

**“Magically Uplifts Spirits Initiating Change”**

Music ... music  
it raises one's spirits and comforts the sick.

Music ... music  
**“Magically Uplifts Spirits Initiating Change”**  
to rearrange one's priorities of what  
one needs and sees.

The Music of water and land  
will play a hand  
to restore both Mother Earth and more.

The falling water from the sky makes no sound  
until it hits  
the Earth anchored structures or the ground.

The Earth flowing water makes a sound by interacting  
with things that are Earthbound.

## “Interpretation”

Interpretation plays a key role to unlocking the mystery door  
and exploring the Soul ...  
if that's your goal

I truly believe that Adam & Eve  
started a chain of events of cause & effect  
not out of disrespect, but out of curiosity when Eve picked an apple from  
the Tree of Knowledge of Good & Evil.  
And then when Adam took a bite, without thinking,  
it was too late ... he sealed their fate.  
As the apple became stuck in his throat, words of 'good'  
he could no longer quote.  
So God with Love & Respect knew both Adam & Eve  
would have to experience, feel, & perceive  
all that they now did believe.  
So God sent them away that day

The road back to Heaven is paved with good intentions  
and fancy high tech inventions.  
As a human race  
we choose to win ... not lose  
... to explore the oceans and outer space  
... to avoid conflict face to face  
... to let sleeping dogs lie  
... to say that we always will try'  
We're always “looking out” at &/or for more  
explanations and excuses to explain our shortcomings & abuses.  
We're seldom looking within  
to see and remember how & when something did begin.  
Could that be our greatest sin?

If and when we could focus on exploring and going  
within instead of going or being without,  
maybe then we'd understand  
that life on Earth was meant to be about  
... any and every thing we choose  
to explore and oh so very much more.

And in our times of peaceful rest,  
I am sure this is something we have all guessed.

Heaven on Earth does only appear  
when we disengage with fear.

## **“Look & Listen ... Directions & Connections”**

I look and listen to the North  
for Divine Wisdom  
to come forth.

I look and listen to the South  
before I speak  
words out of my mouth.

I look and listen to the East  
for my Intuition  
to be increased.

I look and listen to the West  
to manifest  
only the best.

I look and listen to Heaven Above  
to feel  
Divine Love.

I look and listen to the Earth below  
to connect to  
Mother Nature's energy flow.

I look and listen to All that is hidden within  
safely locked away  
... waiting to begin.



## **“Mindful to the Max”**

Being mindful to the max  
... makes habits change simply or just simply change.

Because one's mind does readjust and rearrange  
old beliefs and old facts.

Old priorities and old baggage get lost or thrown away  
making one's Here & Now life, in present day,  
lighter & brighter... allowing us all  
to be uplifted  
to a better you and a better me.

Therefore we are making Planet Earth a better place when we are  
being a more Mindful Race.

## **“The Playground of Unseen Ideas”**

Planet Earth is a playground of unseen ideas  
with voices requiring our support through our choices  
... to ignore or explore  
... to disengage and other times engage ... or ...  
... to engage when we choose to turn a page in our own Book of Life  
to either maintain focus on our goal or relieve strife.

But all this only works, even though we're sometimes jerks,  
as long as humans have their own individual  
unmanipulated Free Will Choice  
of how and when to use their own voice.

Living in the present moment of when & where it's all done in  
... the drama and the trauma  
... the comedy and the fun  
... the hocus pocus ... the smoke and the mirrors  
only appears to break our focus and bring in the fears.

When we keep our goal in focus,  
we can ride out and conquer any impulsive distracting wave  
... no matter how we in the past did misbehave.

And each and every time we return to our Heart's center  
we have played the role of student, Healer, Teacher, & mentor  
to perfection by our own selection  
of the voice's choices which we chose that arose.

## **“Sugar Coated & Spoon Fed”**

When the truth is “sugar coated & spoon fed” swallowing it is easy.

There is no dread.

It removes the harsh responsibility of seeing & accepting  
the real you and me.

It sounds like fun at first,  
but the deeper in you go the more you experience the worst.

For anything built on lies and disguise  
will have cracks & flaws.  
And then at some future time all will pause  
to see the original dream drift away  
when the structure it was built on does crumble & decay.

So, maybe by embracing the Divine Love for all within your Heart  
... right from the start ....  
we can bypass ‘sugar coating & spoon feeding’  
by learning & discerning  
to avoid things that fall apart.

## “Sight & Sound”

//: Look around ... Look around ://  
Everything that can be seen, felt, or found  
is an amalgamation of sight & sound.  
Rays of Love & Light from the Divine mingle & intertwine with  
lyrical free floating frequencies  
drifting through the air or carried on a breeze.

Human eyes see what's on the Source's Rays  
and in a confusing state of haze  
while human ears hear different frequencies thru a confusing daze.

Some things are joyful and uplifting ... gifting us peace & joy.  
While other things want to destroy our joy.  
Others are haunted & hunting to strike out ... to strike back  
... locked and loaded waiting to attack.

We see the light. We hear the sound.  
But, we know not exactly what we've found.  
For we do feel different when walking into and on hallowed ground.  
We feel the highs. We feel the lows  
that different frequencies of Love & Light compose.

The different frequencies of Love & Light we feel both day & night  
originated at and come from Our Source.  
It's our human awareness of them and desire to connect to them  
that makes them come to life of course.

The further from the Source we catch & experience any ray,  
the less Love we will feel that day.

Any & every thought, feeling, or thing  
can be created, debated, or destroyed by manipulating a string ...  
a string of events of Source powered frequencies  
that we as Human Beings have the Free Will Choice  
to change with ease.

## **“Care & Share oh so very Much”**

In this world it is both a Miracle and a Blessing  
to find friends who “care & share”  
oh so very much  
... a Loving smile ... a gentle touch.

They quickly lend a helping hand so you can  
understand or overachieve in  
what you want to accomplish or believe.

They let you say your piece  
without objecting to or dissecting your point of view.

They share each inner thought & feeling.  
Bearing their pain or joy and thus revealing with what they are dealing.

They defend you upfront because they’ve got your back.

They are ready, willing, and able to pick you up  
or take up your slack.  
Always knowing  
... that you in return have their back  
... that you have the same intention & concern  
when they think of you AND all you are willing to do.