

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

## **Selected “Writings”**

- Writing # 1 “ ‘WOW’ Memories Last Longer”**
- Writing # 2 “Making New ‘WOW’ Memories”**
- Writing # 3 “ It Doesn’t Matter”**
- Writing # 4 “The Good Times”**
- Writing # 5 “Making the Most of Mediocracy”**
- Writing # 6 “Mr. Right and ... ”**
- Writing # 7 “The Santa Cause and Effect”**
- Writing # 8 “A New New Year’s Tradition”**
- Writing # 9 “You Are ... ”**
- Writing #10 “Keeping Our Eyes on the Divine”**
- Writing #11 “The Alternate Advocate”**

Dec. 2018 Writing #1

## “ ‘WOW’ Memories Last Longer ”

The answers to the questions who, what, why, where, when, and how can occupy some of our most prime mental territory of time & space.

But they seldom hold a candle to and can quickly be erased by any manifested action in one's present Here and Now that contains the littlest bit of WOW.

### CHORUS

Most people's memories fade fast.  
But an interactive 'WOW' memory always seems to last ... longer because its initial impression was stronger.

Credit given and credit received to & by a secondary source  
in all reality aspects  
has the same power & force  
but on a different trajectory ... a different course  
than the primary initial original Source.

### CHORUS

If at first an idea doesn't succeed, introduce it again & again  
until it catches on and then proceed to grow it  
... don't blow it!

## **CHORUS**

There's no beginning and there's no end  
when old concepts can be used over & over again  
to activate a memory for one to remember, feel, & see  
a blast from one's past.

## **CHORUS**

Dec. 2018 Writing #2

**“ Making New ‘WOW’ Memories ”**

I have to finish feeling what I'm feeling from the past  
... to wrap it up ...  
and then blast into my present Here and Now  
to experience all the wonder & the wow  
to let the old crap and the mold from the past  
dissolve and explode  
so new wonders will have room to birth and evolve.

**“It Doesn’t Matter ”**

**CHORUS**

It doesn't matter if it's  
Here and Now ... or ... There and Then.  
It really doesn't matter when.  
For eventually we all get what we need to succeed.

Whether it's in the future, the present, or the past,  
what matters is which memories remain & last.

**CHORUS**

To be fair it really doesn't matter when or where things do occur.  
The thing that really matters is 'what do you prefer'  
to use your own  
Free Will Choice voice to choose.

Will it bring you Peace, Love, & Joy  
or  
will it destroy your Peace, Love, & Joy ?

**CHORUS**

All the distracting chatter in human minds has had it time & place to  
confuse and disempower the human race.  
But, now it's really clear that

not all humans have bought into fear.

## **CHORUS**

Humans are feeling a surge, an undeniable urge,  
more & more  
to explore beyond the mind chatter  
to discover things that  
really matter.

**“ The Good Times ”**

**CHORUS**

Always enjoy and use ...  
but never take for granted or abuse  
the Good times ... the Good Times ... the Good times.

The Good Times are your friend  
no matter how long they last or how they end.

Remembering the Good Times will help turn around a *Bad Times* bend  
manifesting the New Good Times that might not end.

**CHORUS**

The Good Times put you on a high flying track  
along with plenty of Good Things and no want or lack.

**CHORUS**

The Good Times make Good Feelings flow  
filling your Heart with Brotherly Love and lifting your Soul  
to a place of Peace, Love, & Joy that no fear can reach or destroy.

## **“Making the Most of Mediocracy”**

Making the most of mediocracy my friend is an uphill climb  
... a waste of energy and time to go around & around  
... again & again chasing the same old tales over & over.  
As we remix and blend hoping for a new outcome feels  
hopeless & dumb ... far beyond 'ho-hum'.

### **CHORUS**

But it's a great ride and each time you climb up that ladder.  
You know you're making one giant step learning stride that does in some  
way matter.

All stars from mediocrity must and do rise.  
And to their surprise they find how to use their mind  
to make the Universe proceed to fulfill their every want & every need.

### **CHORUS**



**“ Mr. Right and ... ”**

Most women are looking for “Mr. Right”.  
But most men are looking for “Ms. Right Now”

There is no wonder why or how their wires are crossed  
and people get frustrated and tossed aside  
causing more damage than just hurt feelings & pride.

**CHORUS**

Mr. Right and Mrs. Right  
would have trouble lasting for more than one night.  
Their attempt to coincide would breed and lead to mental suicide  
even if their hearts were open wide.

Most men are looking for their “Ms. Right” to be  
an angel all day in every way  
and a demon at night ... under covers out of sight  
by their command on demand.

**CHORUS**

Most women wish to reverse those roles claiming they can tame  
any savage beast that lives in man.  
Just give her a chance ... oh yes she can.  
She has her very own plan.

**CHORUS**

## “ The Santa Cause & Effect ”

### CHORUS

#### I

Christmas Time is prime time  
to detect, to inspect, to respect, and reflect upon  
The Santa Cause & Effect.

#### II

It's time to understand and respect  
the Santa Cause & Effect.

#### III

So, open your mind and your heart,  
as we explore this concept and take it apart.

Anyone at all, who hears the “SANTA” call can in fact  
perform a simple SANTA ACT

Sympathetically Acting Now Transforming All  
into BELIEVERS

from the nay-saying skeptics to the surprised grateful receivers  
... Believers in goodness and Divine Love  
from both deep within us  
and high up above.

The Santa Cause & Effect, with all due respect, is initiated by  
a happy soul who has the goal of playing the role  
of leaving his mark by being the spark that spreads Love & Joy  
that no one or nothing can destroy.

## **CHORUS II**

Santa is more than just a person.  
Santa is an unselfish cause generating a Loving effect,  
with all due respect usually anonymously done,  
to bring joy and fun for everyone  
who is ready to care and share leaving behind despair.

## **CHORUS III**

When hope seems depleted ... then miracles are needed.  
And they can come in a magical mystical form  
above and beyond any present day norm  
to bring Peace, Divine Love, & Joy  
when the Santa Cause & Effect we employ.

## **CHORUS II and CHORUS III**

Calling Santa a person with a specific role  
may have been step 1  
of a bigger goal.

Personification is a way to externally explain  
with the least amount of confusion & strain an internal quality  
that every human does possess  
but is not yet ready to express and is not yet ready to 'own it'  
I guess.

## **CHORUS I - II - III**

Dec. 2018 Writing #8

**“ A ‘New’ New Years Tradition ”**

A new New Year’s tradition is  
releasing old fear  
and  
making it clear  
that new fear is not welcome here.

For fear has no positive goal  
and  
plays no positive role  
in uniting us.  
Fear’s always separating and making us fuss.

**“ You are ... ”**

You are both near & far  
from under our sun or a star  
shaking ... breaking ... and making  
the old world into the new  
by everything you think, say, and do.

By joyfully living you are lovingly giving  
new hope for all to thrive  
not just to cope and barely survive.

**“ Keeping Our Eyes on the Divine ”**

**CHORUS**

There is no right ... there is no wrong version  
of any story or any song,  
When I keep my 3rd Eye on the Divine,  
then all will always be fine  
and sublimely resolved within me no matter what  
my external eyes see.

Just trust & connect with all due respect to the Divine within  
without worry or chigrin.

For the Gift from above is always offering us  
Divine Light and Love.

It's a Blessing we can feel & share  
when we can recognize it everywhere.

As we share while we keep our eyes on the Divine,  
all will far exceed just being fine.

**CHORUS**

When we keep our eyes on the Divine within us,  
we stop wasting time

AND

we create less fuss.

Wonders of wonders abound & resound,  
always & in all ways,

whenever and wherever

Divine Love & Light are found.

## **CHORUS**

So, remember to first you yourself enjoy  
and then when your cup runneth over share & employ  
the Divine Power Source of Love of course  
to be what we want to see eternally.

Dec. 2018 Writing #11

## **“ The Alternative Advocate ”**

The Alternative Advocate sees what is not seen.

The Alternative Advocate does not mean to be mean.

He just sees what others miss and his world can be hell or bliss.

The Alternative Advocate advocates for an alternate idea to  
appear and grow  
so others will soon use and know  
a new way to proceed through their day.