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Let's constantly, continuously be conscious of the One's  
living presence in our life and expand our capacity to feel that Love,  
and to share that love with everyone who comes  
and everywhere we go, all the time  
every day and each night.

## BIRTH

Trust in doubt, lust and love together  
bring two bodies passionately to each other  
in the act of Pro-Creating egg and sperm  
merge to form the single-celled zygote with 46 chromosomes  
23 from the male and 23 from the female, they'll determine the baby's sex  
traits such as eye and hair color, personality and intelligence  
Soon after fertilization the zygote goes to the uterus through the fallopian tube  
At the same time it begins dividing into inner and outer cell groups  
The inner group of cells will become the embryo  
and the outer group of cells become the placenta  
The placenta nourishes and protects the embryo until pregnancy  
Pregnancy is usually 9 months, the time another being comes to be

## *Sacred Heart*

*From childhood we took apart our sacred heart  
and gave precious pieces of it to others who didn't deserve  
'cause mostly to the mind or genitals did they serve  
The time has come for us to gather those precious pieces  
by being with those living close to the heart and soul  
for the sacred heart to again gain its peace and become whole*

## Heart's Worship

In the world I'm a follower

In the next world I'm a leader

I'm here to represent the essence

Present in each presence

Living life learning its lessons

To lessen the pain, maximize pleasure

My interest is beyond measure

Never severed from the chest's treasure

The human heart's the place of worship

The 5 senses are like the 5 daily prayers

In life's game we're all players

And God is the just judge of us

## Forever One

O Almighty Lord

thanks for your support

in bringing out these words

stringing together these works

Living my life in due course

giving my light its true source

Forever one you're the force

present in our souls

represented in our goals

The essence reflects the whole

the presence directs the soul

to sense itself perfectly at home

## One Love

First off, the reason I'm alive  
let alone, the reason I rhyme  
is to give good feelings & vibes  
and to get the true meaning of life  
so I can purify and be with the right  
take the path to glory and seeing the light  
giving back in this story my being's sight:  
'When there's no love to know but one  
then there's nowhere to go just up  
Since there's nobody and just us  
thus there's nothing to do but trust'

## Love Poet

Love makes one a poet

Because poetry is the language of the Soul

This is for those who know it

Choose to use lyrics to fulfill and feel whole

And in your acts, show it!

Get words and works going towards the goal

Let them be together just flowing

Then actively observe your destiny unfold...

## Rhyme King

The Rhyme King

On no-mind sitting

Witness high speaking

Coming from the being

One with this instance

Flowing with existence

Got this gift of intuition

Hear it here if you listen

To the rhyme and rhythm

Within which is divine wisdom

Giving you insight into my vision

We're all the Most High's children

## The Witness II

O one, O wholiest of the holies

I need you to help me not associate or identify

with all that are my thoughts, words & deeds

I need you to help me in my witnessing

get back to that 1derful state of being

there where we reach the sole's mode of seeing

only one is heard, solely one is seen

so only one is known in that zone

The witness we are, it's just this which owns

Over matter is mind and looking over mind is sole

You control us and lead us to our destiny's goal

O one, O wholiest of the holies

## The In-Between Life

I go to any means and measure

in pursuit of pleasure

no matter how lasting or fleeting

It's like I'm addicted to feeling

and want to stop my mind from thinking

sort of like when eyes start blinking

A transformation takes place

Information is carried on receptors that wait

for the eyes to close and open

then their messages they send

Isn't life the in-between

Some believe it's a dream

I believe life's lived the moments our breath is taken away

For in those instances we have glimpses of death, which makes way

for life at the same time you can't have one without the other

and to have both, simultaneously, is a marvel and wonder

## Transparent Medium

Fingers & toes tappin' & snapping

Feet stomping & Hands clapping

To the tune of some drummer

Portraying good moods of summer

Hummin' a hymn sounds rapping

So wholly in sync with the rhythm

As if the otherworldly music was leaking

Coming smoothly out of the subject cleanly

Clearly without any kind of interruption

Crowds gathering bursting into eruption

It was magical how easily spells were cast

One was simply majestic, the others his supporting cast

He had that magnetic pull that made him charismatic

Added by a mystical driving force making him enigmatic

Flowing poetry in motion possessed by intrigue

Fatiguing onlookers trying to uncover his mystique

He was a no-body who could've had much more prestige

Then maybe he wouldn't have been able to make & take it with such ease

## Appearance

To and for my fans fancying

I'm medium, tan, and handsome

5 feet 9 or 69 inches in height

1 hundred 79 pounds in weight

I've grown up knowing it best to stay in shape

Placing it in the top five interests of life alongside:

Wife, work, education and income

In that order for optimum functioning to be seen

NEWAYS we got off the subject of the object: me

My body's tatted on the left bicep with a tattoo of the crucifix

Representing Jesus Christ's Death

On my right bicep is a tattoo of number 33

Representing the years Jesus Christ lived

On my neck there are scars left from lasers removing moles

These are the signs that would separate me

## The Artist

The heart 'tis the target  
for artists to start 'n' let  
go from, feel  
that which is real  
also reveal what's concealed  
to do its deal  
functions of parts  
in conjunction start  
the body's art  
of being a Godly cart  
wheeling freely  
like kneeling deeply  
height getting down low  
like light setting on the ground flo'  
witnessed all around to show  
His senses are bound to glow

## Re-Invention

I gotta re-invent myself in every rhyme  
so you don't get bored with me this time  
Around, who am I gonna be  
know I can get plenty help from Hennessey  
then that will only encourage the tendency  
and my mind is rhyme inclined naturally  
Amir Ali SiasSi

Am ear All eye See as Sea

Live and let live so positively, productively  
Give and get gifts so obviously, constructively  
In even flow with natural law  
events grow from effect and cause  
so prevent those defects and flaws  
by pre-event affection and love  
Awareness directs love and affection  
Awareness also brings freedom  
and freedom also brings Awareness  
There's no justice 'cause we're not equal, but there should be fairness

## Within the stroke of a pen

-Within the stroke of a pen-

Ahead of time genius surmounts

and is waiting in many lines to be found

-within the stroke of a pen-

Hands reach out into rare air to write down

about how feet touch sacred ground

-within the stroke of a pen-

Crafts of graphic man & woman abound

and give rise to a volume of kids in surround sound

-within the stroke of a pen-

Lyrics & notes are written for songs to amount

and be sung out loud in person by ever-growing crowds

-within the stroke of a pen-

The past is captured and contained or already figured out

the future becomes revealed and retained is the moment of now

-Within the stroke of a pen...

## POEM

I begin as a word

Looking forward

To rhythmic phrases

--Filling pages--

Syllabic amount determine pace

Still a bit more accounts to turn it great

Telling is the verse's content

Well, putting words in their proper context

Gets poets to rhyme and glow

And lets readers follow the flow

## Please

Pleased to meet you

how can I please you

I want your love, happiness & peace

to increase, to say the least

-through and through-

If only you knew

my spirit's wish which is to uplift spirits

give healthy wealthy feelings to all of us beings

O Supreme Deity praise thy presence

and raise thy essence in serene piety

with mercy and care, please

Dear

Dear deer, it's Amir here hear now how are you?

Argue not with the plotter's plot or the potter's pot

We ARE HIS seeds, creeds HE showers down like rain

to train brains we're all the same is simple and plain,

Complicated is different mind states we have that's natural

like seeing from another angle is actual and factual

What's in tact are our walking skeletons and talking heads

their impact far reaching speech and achieving deeds

leads us all on the way back to ourselves. Do you Agree?

## OnWords

The finest rhyme of all-time  
Is like finding no-mind  
Flowing with existence  
Growing each instance  
Toward back to our being  
Forwards path hours are leading...

## Confession Letter

A confession letter of why  
I'm much better at saying Hi  
than I am at saying Bye  
guess I can only bring to life  
and suggest looking on the positive side  
Correct cooking is done with love' n' a smile  
Energy is given from the left side  
so if you want to give, stand on their left side  
know thoughts are wishes and command their light  
then watch following actions be simple, easy and with delight

*Sincerely,*

My dad had said at some point in time  
If you don't know the way, every way will take you there  
Since there's a time/place for everything  
if the place is nowhere, then the time is never  
When the time is now, here becomes the place  
For nothingness to become the mind state  
know nobody or persons as presences  
so each and all are God's essence  
and reflections of the One or Sole  
directions to get back home are known  
shown in mystical, spiritual, religious scriptures  
modern day saints & sages also write, paint & take pictures

## Infinity's Affinity

My affinity with infinity keeps me  
Flowin' knowin' no limit or boundary  
By this i'm bound to be free, no irony  
From the surface we reach the depth  
To know the purpose of each step  
Or show the service of each breath  
All is a call to come back to yourself  
Within you lies the greatest wealth  
Untouchable by the hand you're dealt!

## Life & Way

A profit in my own rhyme

I make words glow 'n' shine

And take worlds toward the divine

In these 3 books of Life Lines

And 3 CD's of The Light & Waves

For all to see GOD is the life and way

## Out for the Gusto

I can feel it in the air

Man's appeal for flair

Glances and glares

Stances, styles and hair

Glittering gold glamorous

Diamonds shining fabulous

Models, artists, and actresses

Wearing fashion design's latest

Sharing a passion for sign statements

And I'm rapping for rhyme greatness!

## Camera

I don't pen poems, I flow 'em  
from life's ocean  
right out in the open  
A reel for all to see and feel  
Highlights flash on cameras lens still  
Translating into moments being freezed  
by a button of a device being squeezed  
Photo finish, REcord motions by holding  
a button, where much more is unfolding

## The Safe Space Spell

This can be done on a Sunday,

Monday or a Friday

First cast a circle, raise energy

Sit facing South, light a green, blue, or yellow candle

In both hands hold a cup of milk mixed with sugar and saffron

Visualize, one after another, all the people and places

who have made you feel secure and safe

concentrate and project the feeling into the milk

Raise the cup to your mouth and breathe the feeling of security into it

Look at the candle flame visualize three women

one dressed in black, one in white and one in red

They move towards you and merge into one figure

Imagine she places her hands over yours and lifts the cup to your lips

Say, "I have been with you from the beginning."

Drink the milk, Earth the Power and feel the safe space within yourself

Bind the spell, now release the circle

## Mastermind-ing-Spellbinder

Lying down on my J-shaped couch

Laying down rays shapes, closed mouth

Open minded, belly button window blowing in new images

Inhaling from the navel and out the nasal passages

Out unwanted carbonide enemies

2 blessings happen as the breath fills and empties

As the heart beats blood comes to the heart to get spread to the body

When we eat we feed our hunger and send beneficent nutrients to the body

And when we defecate we get relieved from a load

From which the body is removing its excess wasteload

Just contemplating the things going on daily

Thinking such makes me stop complaining and Praise He who made me

That mastermind behind us, our nature and nature

Continues to spellbind he/she you can still savor

Selfless yet found within self

Spaceless yet found within space

Timeless yet found within time

## Season's Rhyme, Time's Reason

I feel like flowin' wit y'all

Like the wind is blowin' in a call

Spring is telling us to rise

Strategize, see ahead of time

Be wise, live civilized

It applies when we simplify

Simply fly state of mind

Thinking high taking flight

Naturally, nature is my ally

G-O-D used to be my alibi

Before I decided to stand as a man

Sworn in under the lion sun flag

A Persian person knowin' my roots

Word up—1 Love to each and all of you!

## Signs of the Time

I Love to Love & hate to hate

What state does that equate

Aware of the consequence

God's being presents

Citizens critiquing their government

Protests seeking what's better meant

To serve and protect the people

As a mass not ruled by those who live illegal

Thinking they're above GOD and the law

When it's their thoughts that are flawed

Positions leading to abuse of power

Police committees gang up on citizens because they're cowards

Titles leading to delusions of grandeur

Stifled, feeding pollutions to the pure

Hefty price to pay for that heinous act

If not in this world punishment in the otherworld is intact

In fact many are pissed off here

ripping heads off beers and cheer

To salute a new day and age to this place, entire

Iran with its legendary legacy home to one of the grandest rulers & empires

Cyrus the Great had the greatest empire of the time

Now the world's against us like we have to pay a fine

Fine, I'm with ya'll Persian and proud

In my rhymes and in person I will say it loud!

## Ten's Bell

To fly or to flee

I fight for peace

and the rights of each

enlightened speech

enlivens deeds

to help heighten seeds

into healthy ripened trees

and meld, unite creeds

for cells sight to see

heaven not hell, righteously

brethren that fell, smite them speed

to get up, yell, despite 'their' seize

attend at ten the bell to spite our enemies

for 'there' to swell with light and being friendly

## Traffic Jams

Stuck in some highway traffic  
A bunch of bumper to bumpers it is  
Because of one or another accident  
As if the traffic light died on red  
Eagerly waiting for it to turn green  
Seeking city parts I haven't seen  
If only the streets would permit it  
For cars to have more roaming spaces  
So passengers can get to where they want faster  
Build safe bridges free of hazards and disaster  
And keep police on the lookout for troublemakers  
For all our sakes help them stop law-breakers  
And clear the way for legal law-abiding citizens  
To lead lives with less deficiency and more efficiency  
Lives filled with Love, Peace, Freedom, Happiness  
And Health or our physical Wealth God Bless

## Resistance

I persist, insist a resistance in this instance  
against this monster we got to conquer  
It's our own ego so people free flow  
Let go let GOD right now it's not me I'm not  
just trust in a Higher Power to shower down power  
when in need or doubt for it's He I'm talking about  
He'll feed strength and go to any given length  
to succeed just believe  
in us, our numbers we amount account for so much  
now you just must trust  
in the group to regroup, salute your own troops  
back home in the zone to each his own  
You reap what you've sown, your seed has grown  
Nothing's severed or lost at all prices or costs  
for its all Love the Maker takes us all above  
fly high in the sky like doves feel the Most High Love  
and when you touch down know that the real you is found

## Renaissance

I drop renaissance rhymes

on the instance of time

Take a glance at Fate's Hand

to romance Mother Nature's my plan

The goal is for our souls to make love to the whole

by being as whole as we can be when we're partial

and by leading balanced, productive lives we can be fulfilled

from persistence's ladder we can be reborn in our own field

## Artform Transform

I haven't mastered the artform  
the artform has swarmed to transform  
RIMASi like Optimus Prime  
lines I be designing with obvious rhyme  
Changing with the seasons  
stating my reasons  
and intentions I mentioned  
So let my writings guide us in nature's comprehension  
also in otherworldly dimensions  
like life on other planets and soul ascension  
As of yet I have no individual Soul Travel experience  
but I bet getting to the goal is an unraveling experience  
that completely shatters old notions  
about the Soul and it's motions

## Soul of Song

I'm a killer of night  
Bringer of day  
Messuese so I turn your pain  
Into pleasure, that's right  
And when I rhyme  
I gotta healthy aim  
My mind frame  
Is beyond time  
And space, so I'm  
Present to gain  
Lessons of the game  
From those with more ties  
And connections, so I can rise  
A versatile player sayin'  
Enough to be heard, prayin'  
I get my spot up in the light  
Knowing I got light up in my spot  
GOD I should sell like pink dot, Mims I'm this hot  
It's odd why in the world am I not known by now  
Got so much soul I lose control and a song pours out...

## ITUNES

Give me some music  
that I can be in tune with  
turn it to the right pitch  
let the bass boom a bit  
§ I'll give you a taste of my flows spit  
lyrics chase tones to French kiss spirits  
Now that we're One  
there's nothing to be Done  
Before my deliverance you were welcome  
Did you know this we could become  
Loving, united, free, peaceful beings  
Living on top of the world, feeling  
for each other-sister to brother, may I say  
in a pay attention; stay out of each other's way, way  
Presence is felt, help is of the Essence  
Lessons are taught for what aught to lessen  
Sense is sound and sound is common  
and logic gets found out and in

## Lyrical Track Meet

Words work towards a sentences worth  
rhymes line up behind the period or comma sign  
My raps run laps to form pairs of paragraphs  
In the lyrical track meet, I pack heat  
World wonder, making it rain & snow  
whirling thunder and lightning bolts  
Like Usain Bolt top runner record holder  
short distance, you know I'm no story teller  
just a mystic poet who gets this feeling and shows it  
in the many poems and songs I've recorded  
revealed many mysteries and secrets  
sacred to those who practice and keep them  
living on, going strong for they belong  
beyond the mind state of time & space  
descended from transcendence and shall ascend again  
Those folks who've seen Heaven in dreams mention its resplendence  
and how the things that are seen seem to be other wordly

## SideLines

After half a year of being up for sale my book Life Lines  
Volumes I and II haven't sold, so I considered changing its name to SideLines  
Why I'll tell you why, it hasn't gotten enough light by human life  
Now I don't know what it'll take for it to sell and make me shine  
Enter society's play of being for use through the game of rhyme  
Or past time of poetry the reason I summoned these trees all in a line  
Numbered and lettered them with those most suitable at the time  
Put a grey cover on them so they'd know I see life in a grey light  
Not black nor white or right and wrong but that which serves, right?

## *The Divine Vine of Life*

*My book is kinda like the Tree of Life*

*Its many branched illustrating the idea that all life*

*on earth and in the universe is related*

*It's a mystical concept alluding to the interconnectedness of all life on our planet*

*and a metaphor for common descent in the evolutionary sense*

## The gift of the Present

At times the universe slows us down

stills us so that we can make out sounds

Yet at others we talk much too loud

and then while walking stomp on the ground

Just like our tendencies toward noise, no-noise

voice fills the air, moves toward the intended person of choice

The present is a gift, sent for us to rejoice

then Life's a celebration, so let's all enjoy the joys

After all boys will be boys and girls will be girls

Human nature intertwined with the way of the world

To become purer more mature souls

people can spend weekends or vacations on camping trips

Just be sure to pack all you need and be well-equipped

also, it's helpful if you can travel with an herbologist full of tips'n'tidbits

## The Giving Spirit

Rimasí flow like Leo Messi

peep the technique

of a living legend

blessing sisters & brethren

on this Earthen dot

listening to Luda 'cause he says the next stop's the G spot

...Yeah well whatever's your pleasure

Mine is for yours to be beyond measure

O let me pour myself all over these 3 books & CDs

and then buy them off the store's shelf to give you a copy

Yo, I got the giving spirit like St. Nick

every day is Christmas Eve, have your pick

What's your wish, make it, hope you get it

just in the nick of time, Santa send it

A Clause here, a phrase there

Formulates into paragraphs where

All is merry and joyous

The world of words scream: "Come join us!"

## My Attempt

Yo Life Lines Volume III at the time is pending  
so I'll continue to write rhymes which in my mind are never ending  
forever extending, expanding to attract and send info  
By now all on my mailing list have come to know  
that I care enough to share my life's work freely  
In my raps I don't cuss or swear for there's just light believe me  
See the attempt of mine every time I write a rhyme  
is to fill the spaces of the pages with words of light  
to give the reader or listener utmost maximum delight  
and bring us all as a collective whole to our height  
I truly do hope you've enjoyed my notes, and if not  
please see to it that you send me an email to stop.

## Humane Aim

GOD owns me and I owe He  
Like rent on apartments for that we gotta work  
But know it's HU you're working for  
Play this game to become more humane  
If not you'll remain the same as you came  
God Willing me to grow ready and able  
Filling me to flow steady 'n' stay in stable...  
Condition my mission is to share His vision  
Be aware we're all the Most High's children  
Remember together and united we stand tall  
Scattered and divided we're in for a hard fall

## Human Rights

Most people need a guide/master

Or some form of a holy book to answer

Their questions about life

What is morally wrong or right

Has been made into government legislation

In democratic governments of nations

Around the globe reaching a critical mass

Shining light like a strobe teaching the masses

Religion doesn't need to govern us

Modern human rights being enough

Giving us enough sight

To lead us to the light

## Peaceful Interests

The great Ghandi said:

"An eye for an eye

and the world will go blind"

A life for a life

and we'll all be dead

teaching us kindness

also to become united

view life as less of a fight

and more of a love fest

Enjoy the sounds and all likeness to light

the timeless joys and spaced out delights

Life offers guides giving grateful advice

Freedom, Peace, being Happy in Love are of interest

for seeing the Lover's sight

we need to recover a right mind

in order to return to the innocence of life

suggesting positivity for everything to be blessed

## Round 'N' Round

I lived in a dead-end

-not a through street-

That's why I was celled de sac

A fact I watch ball and talk in raps

Write rhymes for target practice

Lines aim to take away pain

Bring pleasure to the heart, brain

And all other organs of organisms

Light reflects & sound echoes within

Without of and from natures rhythm

A reason I listen and am silent

Look close with open eyes

Ears to hear, senses feel

The continuous cycle of life's wheel

The earth is round no doubt

It spins around the sun, clouds

Are like thoughts in the sky's mind

Energy, space & time are creations of the divine mind

And all resides inside the sacred heart

The place witnesses say life starts

## Love makes the World go round

No one is so poor that they can't give a smile

and no one is so rich that they don't need a smile

Love not money makes the world go around and be worthwhile

Love matures boys and girls into husbands and wives

Love between man and woman brings about child

Children who get enough attention are less likely to commit offenses

and become victims of the political world's system to live in defense

Hoping they can understand its pretence

Knowing deep down in my heart of hearts fear is senseless

for we fear the unknown, sense these moments

it'll disappear once you've come to know your presence

## Pursuit of Affection

On the relentless pursuit of affection

Of which the directions are endless

With family and friends, it begins

Spreads to nature, pets, hobbies and profession

All for the ultimate high

Living a balanced life

Lets you get closer to the divine

Experience the mastermind's sight

Equally loving all, color-blind

One with all kinds of religions, it unites

Not for what's wrong, nor right

But just for what serves and is of service to us

To show it on this surface is our purpose

## Sun, Moon & Planets

Sunrise, sunshine

Sublime intertwinin'

Of warmth & light

The torch of night

Could be the moon

Would it be in full bloom

If the bride is the moon

Then the sun is the groom

And the surrounding planets

Exist as their children

To which they do tend

Show up just to send love to them

Like caring, responsible parents

Who know the significance of their presence

The earth is orbited around by the moon like a child does by its mother

And the earth rotates around the sun like a child does to a father

## Utopía

Fundamentally, the proposition of utopia or an ideal state in Platonic philosophy,

before Christ and prior to Islam, is a style of philosophical development

4 pillars of an ideal state were propounded by Plato,

justice, chastity, wisdom, and bravery are in themselves a sign of positive futurism

In these four bases, wisdom accompanies chastity or knowledge with ethics

and bravery supplements justice. Asking why is the world limping today?

The reason is because 1 or 2 of these pillars are missing

These 4 bases are the factors for perfection for an individual as well as a society

An illiterate person, a coward scholar, a courageous scholar devoid of chastity,

a courageous chaste scholar unjust and oppressive are all examples of imperfect persons

The presence of only one or few and not all the four pillars does not lead to perfection

But if these four attributes are available in an individual such a person is deemed to be a perfect

And if these were found in a society it would be considered as an ideal state

## Need to Be led

We have a need to be led

We also want to be led

because then out goes responsibility

to the leader goes our responsibility

So let love be the leader

Love is beyond law & lawyer

there are no rules & regulations for love

rules & regulations exist since we don't love

We theorize, philosophize when we don't know

whereas, we simply state or say when we know

## Room's Advice

When I woke up one day and light shined  
in my room I found some secrets of success of life

The fan said be cool

Aim high said the roof

See the world said the window

Reflect before you act said the mirror

Push hard for your goals the door said

Every minute is precious the clock said

The calendar said be up-to-date

The carpet said sit and meditate

## Road Map

I am seeking to reach the peak of the mountain  
for I hear near the peak there's a fountain  
if it's of youth it's of use to all you elders  
well, well wishing you on your journey there  
My assistance will be occasional deliverances of messages  
to brighten instances with informational glimpses in passages  
Hopefully to help lighten your load, in turn  
leaving no stone along the road unturned  
No ambition, just a follower of love trusting in the Unseen Guiding Force  
For my mission such as a father to son when adjusting between finding his course  
earning my stripes growing knowing it right to be devoted to a passion  
Given privileges we didn't have as children in some form or fashion  
Responsible citizens always think about the consequence of actions  
then they correspond to take the route that leads to positive reactions  
Rappin' words attracting like magnets, draggin' them to the surface  
This poem happens to be a fraction and fragment of my purpose  
wait for my Anthology: The Tree of Life to reach the earth's surface  
it combines all 3 volumes in so lively an order you should pursue and purchase it!

## Eternal Souls

Yes it's true life's a continuum  
although you don't come back to where you begin  
you keep evolving upward, onward as a being  
Now we are rational mammals,  
meaning reasoning animals  
Humans, who have the potential to be angels  
because we have mind, body & soul  
Helping us co-create our fate, destiny semi-control

## Soul Travel techniques

1] One of the better/simpler methods of soul travel can be used safely by anyone just before going to sleep

Lie down in bed, eyes closed, and begin to concentrate deeply

upon being at some particular point either in this universe

or in the other worlds, upon projecting, your desire must be very intense

Generally you will doze off in this state and suddenly it will seem as if you are above the body looking down at it

Provided you take this phenomenon calmly, your next movement

is to think of the place you wanted to be, prior to sleep, during the concentration period

quickly as a flash you'll be in that space or place, see there

regardless of where there might be whether here or elsewhere

on another planet or in the other worlds

2] The second technique is on the same order as hypnosis or self-concentration

You get out of the physical state of consciousness into a different consciousness

by concentrating on a bright object like a small mirror or a coin

they will reflect light from an electrical bulb or from the sun

Then begin to concentrate on going out of the body

while concentrating quietly repeat the affirmation "I am leaving the body

I am going to (whatever place desired) Just do it until it becomes a reality

Suddenly you'll find yourself standing outside the body

## Soul Travel techniques II

3] In this technique sit on the floor, eyes closed, feet stretched out in front, knees stiff  
take a deep breath and touch your feet with your fingertips  
at the same time chant the word SUGMAD

This is done in two syllables leaning forward chant S-U-G  
upon returning to an upright position chant M-A-D pronounced M-O-G  
These will open the consciousness and project the Soul upon the upper worlds  
it's very important that you do this first seven times, then five times more  
after resting repeat this cycle over again

Once you leave the body, drop the exercise no need for it then  
Never go beyond one half hour on any of the exercises unless you're getting results

4] Sit on a comfortable chair eyes closed and chant "GOPAL"

One of the names of the guardians of the temples of Golden Wisdom  
where the first section of the Shariyat Ki Sugmad is kept  
This is the holy book of those who follow Eckankar  
the word is chanted in two syllables

it's a sacred name and must be done as G-O and then P-A-L

The name of this great being is Gopal Das

the guardian and teacher of the sacred writings Shariyat Ki Sugmad

Keep up this chant with a blank mind and you'll find

yourself suddenly projected out of the body consciousness into the first region  
and into that Temple of Golden Wisdom

listening to Mr. Das give discourses on the Shariyat Ki Sugmad

## Soul Travel techniques III

5] Take a comfortable position in a chair or on the floor

be sure you are going to be able to sit fairly comfy for half an hour

you won't want any uncomfortable feelings arising due to physical conditions

Close your eyes and begin to look at the spot between them at the eyebrows

just above the level of the eyes

allow the pictures which form to flash past your inner eye

(the spiritual eye) on what we know as the screen of the mind

Breathe gently, letting the mind play, and then begin to look at the blank screen

if you are able to establish a blank screen

then the Eck master appears who will travel with and escort you to the higher worlds

Chant Mahanta to bring the light-giver faster into your orbit to be escorted into the other worlds

6] Darken your room with a minimum amount of light

perhaps a table lamp with a heavy shade or a low watt bulbed light

Take a position on a couch or bed on your back

placing a colored disk of high intensity upon the forehead

between the eyebrows then stare at it w/o blinking for five minutes

every night increase the time by another minute

until about eight minutes is reached, after reaching this point

start relaxing and just gaze at the disk

then the environment will start fading away and in its place you'll find

an altogether different type of landscape

usually with someone like the higher ECK master giving an explanation

of where he is and what is happening

This will go on for a while, soon it'll be found out you're in a deep sleep

Then when you awaken it'll be as real as your own hands and feet

## The Bravery of Selflessness

O Sire help free us from our desire

And let your will take us higher

O God I'm your slave

Tell me how to behave

Show me how to be brave

Help me have no fear of the grave

Too often what comes up off the soft ground

gets hard and goes to get tossed down

into the coffin in or out or on only to come back around

for one more round of light and sound

# REAL

Real is what happens when

you become your true self

not a contrived, shiny, pretend thing-

and are loved despite, and maybe even because of your imperfections

It reminds us of basic truths about our heartfelt longings

We all hope to live through life's challenges

and grow beautiful and valuable and loved

for what we are on the inside, for our Real Selves

It promotes the value of love, empathy & compassion

and encourages us to struggle against what's artificial, mechanical, or cold

These words urge you to see the many ways in which

you are pressured to abandon what is Real

the price you may pay if you do, and the merits

of reclaiming everything that makes you unique and Real.

## The Realest

I found my way down on the paper  
sided face to face with my maker  
said a grace followed by an amen after my prayer  
wishing, hoping he can save me now not later  
for its only love I want to see  
as souls above the page read  
these words in accord with divine creed  
nothing less to make them believe my pen bleeds  
on these loose leaves with stories of Adam & Eve  
More informative than your Holy Books  
one look at those will make you think their authors are crooks  
in it for their own self interest or benefit, look what religions shook  
the whole belief system for future power abuse and then they took  
what wasn't rightfully theirs so science is showing its signs  
of late coming on strong to take back the growing design  
for future research of the human genome project  
genes were mapped to know their effects  
and the cell that has to do with dying can be controlled  
that means we may see future generations of undying bodies and souls  
Ladies and Gentleman give credit where its due, to the most Whole

## The Realest Leader

I've got to lead the pack

who be in the back

to see the facts

in-between the acts

radaring in on submarine's maps

smokescreens disappearing, making visible tracks

of soul's seen being on the physical path

our goals' means outlast

our dreams about the past

empower beings around you fast

manpower brings a supporting cast

that'll show us in sync in co-ordination with the cast

Now that's for good leadership at last

## Take You Higher

can I take you higher  
be your mental pacifier  
fulfill your emotional desire  
with this lyrical fire  
Mr. hot shot rapture rhymers  
freer in every line, I aspire  
yet more connected to life, never retired  
reflecting to you through the wire  
or screen producing the same effect liver

## Ripple Effect

As I rap my rhyme

I lose track of time

And lose my mind

Choose to unwind

By saluting the fun times

Of good moods and sunshine

I'm looking for a sign

The vine's booking words with lines

Divine cooking stirs the mind with the spine

With sublime senses tickled & nerves pinched

We wish to multiply effects like ripple and emerge rich

In spirit, mind and body accept the middle path, enter in

## Correct Flow Temp.

I rap to attract all mans subtract all flags  
For union communion so come union in all communities  
What we need is immunity against dis-ease  
So this is peace freeing those who read  
these words and believe Life Lines is a Tree  
of Life and Knowledge both  
So we are in the college of life  
To call the edges of life  
and know what's to be called and said right  
is the truth so use truce  
that's what we use for more proof  
against fighting and war  
the reason I'm writing for  
spring season things into being  
blossoming, blooming, and growing  
from top to bottom my flow is proving  
it's moving with us so it agrees  
with life's temperature and degrees

## Rap Rep.

Don't stop reppin'

Won't stop rappin'

Gotta make positive happen

Gonna take productive actions

O One help our Purpose be PEACE

For us to be Nice, Kind & Understanding

Slowing down to Nature's maturity

Knowing Now & Here there's nowhere to be leaving

Believing wholly Quality's more than partial Quantity

## RAP LOVER

Make love to the world  
or get fucked by the world  
I live do or die  
giving you the high  
to last a lifetime...  
through raps of a fine mind  
I whirl, do a slow dance  
girls and I romance  
in a verse, rhyme & rhythm  
Converse with style & precision  
of a tight lyricist  
clench the mic in my fist  
want to pick you up with my next line  
I need love, but if all you want is to have sex, fine :)

## 9-5 Rhymers

High flyin' RIMASi

5'9 9 to 5 rhymers be

Like Royce my voice rolls Rolls Royces

The choice for those who rejoice

Known to please with ease

With words and deeds, indeed

See these letters give eyegasms

And when read out loud eargasms

For your pleasure to reach beyond measure

Each and everyone is God's treasure

When felt with correct senses

Lend help with connecting essences

Then melt in the collection of the Presence

The one ever present and forever represented

## Night Rhymers

The supa fly MC

Doin' right RiMASi

Do 'n' write lines of me

Through the night rhymers be

Stay up on the phone texting

Wake up in the morn next thing

Say what I was in the zone pressing

Layin' love inside words for blessings

Seeing things work out for the better

Beings seem more proud from the letter

Meaning sleep's restored as the crowd wants a new letter

Breathing deep for to surround myself with the better

And feed the need of souls around myself with the letter

Mans deeds lead to words, I've found wealth with the lesser

And indeed seen works of now abound, dealt as a trend setter

Man see these words and how they're bound, felt as a friend getter

Rhythmic patterns from beginning to end

Linguistic lanterns come winning friends

Mystic dancers begun spinning the bend

It's a gifted rapper done spitting the end

## Fly Ríma

I'm about to make and take the route

Up off the ground where the surrounds are sky

Fly into the unknown zone which dethrones the I

Elevates states of WE to proceed in existences sea

Beings being all one come from one source of course

Clear here, clearly hear Amír be near, dear, sincere

With these nine words as the witness to my works

'I write rhymes to shine light and lose time'

Become one with Hu's mind find more meaning in the reason

Sent to represent the essence present in presences

Sense the moment holding the infinite and everlasting

Casting itself over all alike like no other within sight

Outside it is out of sight inside it is insight

Out of reach only within the reach of a select elect few

Who can hear sounds not audible and see visions not visible

Mystical because not all have the calling to be a witness

They are too caught up judging, holding a grudge, not budging

from positions that the instance passes them up like this...

## RÍMASÍ

I'm here writing rhymes rappin'  
Intending to make happy happen  
Every time I grip the clip/grab the pen  
It's like time leaves and animation suspends  
Now asking Waldo my whereabouts  
Asking Almighty God to severe my doubts  
And trust fully in this his clever route  
For me to get out of the past/future trap  
Be a present presence blessing souls on their path  
Carrying mercy, care and peace with me  
Droppin' LA from my stage name remaining RÍMASÍ  
Or íS AMÍR when seen in meaning's mirror  
Left to right, back to front-I'm for being realer

## Mystic Flows

This mystic flows

these lyrical odes

Speak to uplift souls

in need, do grip the scroll

Read it through and unfold

Unseen light permits darkness to fall

Keen insight brings strength for all

Between life and death is the eternal

## Cosmic Joke

To the little boys, girls and folks  
who see rightly the world is a cosmic joke  
Societies are out of sync with nature  
Sobrieties route thinks about their failure  
to accept the present of the present  
for we're always rushing, hurrying our moment  
One of our creeds is time is money  
and this belief makes us act funny  
because we lack the ability to spend  
and have quality time with friends  
Ever since the Global Economic Crisis  
it's gotten worse. 'Have we forgotten what life is?'  
I ask myself the sort of question  
seeing those I know not have a work obsession  
puts my mind at ease and relaxes me  
don't get me mixed up, I love to work for a fee  
for remembering my priorities: health  
family, friends, and then wealth  
In that order for more Love, Awareness  
Peace, Happiness and Success...God Bless

## Goodness

Yo, being a good being  
does not just mean  
only leading a good life  
it includes picking up others in sight  
Also a good deed  
has a lot of value indeed  
when it's done repetitively  
even if it's very little

I only O.D. on G-O-D

Addiction is progressive and may be fatal unless arrested

So let's arrest it's development

Yo get rest from the need to control

For we feel that when we are apart from the whole

Place your faith and hope in a Power greater than yourselves

Choose to be free from the obsession to use

Yo those who know me, know I'm chosen by G to only O.D on G-O-D.

## Addictions & Preferences II

When you have an addiction  
your job becomes fulfilling the addiction  
Let's assume someone is an alcoholic  
he or she will do all they can for alcohol  
Now the time one has a preference  
there has come a transcendence  
he or she is free to choose  
the way he or she prefers to move  
Based on moods and feelings of the moment  
they are in tune with realistic existence  
Whereas an addict lives in delusion  
because he gives himself pollution  
thinking or feeling it's the solution  
Hence, the delusion.

## Exorcising

I've just completed my exercise  
Now my demons are beaten and exorcised  
like this they won't see the light of day  
here you hear they have nothing to say  
for negative inner critics to be silenced  
unnecessary is the use of violence  
to clear the skeletons from my closet  
with physical exertion they get deposited  
mind frees thoughts go heart beats blood flows  
getting open for good feelings and moods to grow  
Thank Almighty God I know I'm blessed  
with a healthy heart, arms, legs etc.  
So may we use our blessings to praise  
not abuse our blessings in any of our ways

## My Cause(in) effects

To my cause(in) effects Hu cause me to reflect  
and shine light upon the consequence of actions  
What have we as pieces learned from history  
Why we haven't learned peace is a mystery  
O so many women and men come to go  
But only a few are chosen to stay  
And say the true word which is to be spoken  
O Lord's Crew do the Good Works  
Say the True Words to glue the World  
Yo, check me out look me up and down  
Yeah, I live what I say separate the real from the fake  
I'm not a teacher, I'm a reminder  
I'm not a preacher, I'm a rhymmer

## Beautiful Insights

Life laughs at you when you're unhappy

Life smiles at you when you're happy

Life salutes you when you make others happy

Every successful person has a painful story

Every painful story has a successful ending

Accept the pain and get ready for success

Don't compare any one with yourself

If you do you're insulting yourself

Easy it is to judge others' mistakes

Difficult it is to recognize our own mistakes

If a problem can be solved, there's no need to worry about it

If a problem cannot be solved, what's the use of worrying

If you miss an opportunity don't fill the eyes with tears

For they will hide the opportunity to clearly see here

"Changing the Face" can change nothing

But "Facing the Change" can change everything

No one can go back and change a bad beginning

But anyone can start now and create a successful ending

## Useful Advice

Anger and Love have no limits

Choose the latter to have a beautiful, lovely life & remember this

Things are to be used and people are to be loved

The problem in today's world is that people are used while things are loved

Watch your thoughts; they become words

Watch your words; they become actions

Watch your actions; they become habits

Watch your habits; they become character

Watch your character; it becomes your destiny

## Remembering the subject and object

Don't forget it in the object,

also remember the subject

Two ways can be our listening

One the mind can be focused on the speaker

but forget the listener

Then you forget the listener but know the speaker

While listening know the speaker and the listener

Then your knowledge is double-pointed,

to the known and the knower its pointing

Or when you are reading simultaneously be aware of the reader

This is a practice for becoming the third or observer

'I Am That, I Am'

Yo, the Moses code

Goes as follows

'I Am That, I Am'

Like Mansoor's Anal'Haq

Which means 'I Am God'

GOD is Giving, Oneness, Destiny

For in giving you are receiving

Or allow yourself to receive

Believing in universal oneness

Brings harmony, peace, & happiness

Aligns you with your higher being

And makes you a co-creator of destiny

## Will POWER

Will is a special power that happens mysteriously

It's very clear can direct our acts and the results are astounding

Will defies common sense with astonishing feats

Will power needs to be controlled taking time indeed

As one develops will a gap opens up

which is located at the solar plexus

also known as the place our fibers are luminous

allowing a space for the will to shoot out like guns

Will is the force which connects persons to the world

Whatever we perceive, in any manner we perceive is the world

Will is a force which comes from within and attaches itself to the outer world

So be alert the various things we do can develop our will

## Use it, or Lose it

The life of all organs depends on their usage and being active

The law of the body is that the more you use it the longer it lives

but when we become afraid and stop using our body, it begins to die

fear can stop us and by stopping us we start dying

So burn like a candle burning at both ends

there is plenty of oil in your lamp turn the wick up to not flicker out, hence

ancient cultures and civilizations have made us afraid of semen

for it's easy to enslave a person who has fears about his semen

because they have caught us at our very roots, the root being sperm

If a man is full of guilt regarding sex he can never grow and learn

His sense of guilt will keep him down it's easy to suppress a guilty person

When a man grows up fearlessly he will rebel and live in freedom

## Enter the Inner

When we don't identify with our Actions

Then do we truly become free

Going from the outer to the Inner Being

Our Essence gets to be at ease

The 3 Elements of Ecstasy

Are time/space transcendence

Fully feeling one with existence

And leaving civilization and society

Ecstasy is a language we have forgotten

society has forced or compelled us to forget it

## Only 1 Existence

My point of view sees u as I,

And I as u so why,

Or who do WE fear

When we are near

I am u who are me here, see in the sea of existence

where we're 1 there's no 2 or need for its existence

The whole existence must recognize since we're not strangers to this existence

Being a family, it exists as an interrelated phenomenon does this existence

## The Chakra System

The Chakra System

is a 7 leveled philosophical model of the universe

Chakras have come to the West

through the tradition and practice of yoga

Yoga which means yoke

is a discipline designed to yoke together individual w/ divine

using mental and physical practices that join our mundane and spiritual lives

This goal is achieved by passing through steps of ever expanding states of consciousness

The chakras represent these steps

A chakra is a center of activity that receives, assimilates & expresses life force energy

The word chakra literally translates as wheel and refers to a spinning sphere of bio-energetic activity

emanating from the major nerve ganglia branching forward from the spinal column

There are seven of these wheels stacked in a column

of energy that spans from the base of the spine to the top of the head

There are also 11 minor chakras in the hands, feet, fingertips, and shoulders

## Kundalini Yoga

A physical/meditative discipline within the tradition of Yoga  
associated with the subdivision of Hatha Yoga

It describes a set of advanced yoga exercises called Kriya

According to Hindu tradition Kundalini Yoga

is a pure spiritual science that leads to enlightenment

and God realization with a Spiritual Master's guidance

The awakening of kundalini means awakening of inner knowledge

## Mantra

The meaning of a mantra in the Indian religions

is a sound, syllable, word or words capable of creating transformation

They originated in the Vedic Indian traditions

becoming an essential part of the Hindu tradition

and a customary practice within Buddhism, Sikhism and Jainism

Mantras can be interpreted to be effective as vibrations

they may include verbal recitation like chanting or internal mental repetition

For this great emphasis is placed on correct pronunciation

Mantras are also used to divert the mind from instinctual desires or material inclinations

## HypnoTherapy

The word hypnosis comes from the Greek hypnos, or sleep

it's an abbreviation of the term neuro-hypnotism, aka nervous system sleep

Hypnotherapy is a process of creating a new reality

it can change perceptions and behaviors, really

Hypnosis helps self-confidence, motivation, prosperity

test performance, insomnia, grief recovery

study habits, habit control, procrastination

to stop smoking, audition stress, stress reduction

sexual relationships, relationship strategies, pain management

and it also helps with weight management

## SolarTherapy

Solar therapy

is the treatment of disease

by exposure to direct sunlight

Sunlight helps prevent the osteoporosis disease

by supplying the body with natural vitamin D

known to be a source for strong bones, right

but too much sun can cause skin cancer

by listening to our bodies, we can get the answer

for how much is necessary or healthy direct sunlight

to be more at ease, peace & hopefully disease-free

# Astrology

Astrology is a form of divination based on the ancient belief that the movements of the sun, moon, stars and other celestial bodies influence human affairs and may determine human events. It's also a tool for providing insights into the evolution of our consciousness. In astrology there's the relation of karmic imprints which mold our destiny and learning experience providing opportunities for us to evolve and grow in consciousness. In the horoscope the planets represent energies that are operating in our life and the signs of the zodiac represent how the individual uses those energies in life. In the birth chart there are 12 houses that represent where these energies play out in our life. Understanding the ways these energies interact is the study of astrology. The astrological concept of our purpose here would be for us to live by the universe's natural laws to achieve greater balance, understanding & harmony in our lives.

## Scientology

Scientology means knowing how to know

also known as Dianetics. Yo

it's an applied religious philosophy

dealing with the study of scientific knowledge

Adherents believe through the application of its technology

they can raise mankind to a higher level of consciousness

Scientology's aim is for humanity to evolve

individually and collectively as a society to a higher state of being

Dianetics' aim is for human beings to be more in love

The faith is in us and the teaching shows us how to get set free

believing the route to freedom lies in knowledge

Knowing how to know that which is aware of awareness

its purpose is for us to realize our own selves

and by doing so finding greater meaning in existence

## Freemasonry

The society of free and accepted Masons is

the oldest worldwide men's fraternal club in existence

it was founded in England in the seventeenth century

The organization meets primarily for social purposes

stresses the importance of civic, patriotic and charitable services

to qualify for admission belief in God is necessary

great emphasis is placed upon members maintaining the highest moral standards

and constantly endeavoring to improve themselves in spiritual matters

The Masons practice universalism of one God by means of their work in the community

## Illuminati

Plural of the Latin *Illuminatus* or enlightened

Refers to the Bavarian Illuminati, an Enlightenment era secret society founded on May 1<sup>st</sup> 1776

In 1784 Karl Theodor, ruler of Bavaria banned all secret societies

including the Illuminati, who in modern times is also

referred to a conspirational organization or a shadowy power behind the throne

allegedly controlling world affairs through present day governments and organizations

usually as a modern incarnation of the Bavarian Illuminati or its continuation

In this context Illuminati is used in reference to a New World Order

Conspiracy theorists believe the illuminati are the masterminds behind events of the NWO

## Native American Indians

The indigenous people from the regions of North America  
continental US including Hawaii and Alaska

They comprised a large number of distinct tribes,  
states and ethnic groups, alright

They lived in hunter/farmer societies  
with different value systems than European colonies

The differences in Native American culture  
and the shifting alliances among nations of each culture  
led to great misunderstandings

and conflicts which were long lasting

The colonies seized the land of the Native Americans,  
revolted against the UK and established the United States of America

## Native American Traditions

Native Americans believe in the nature of spirit

they believe the Great Spirit created all existence,

inhabits that existence, and directs it's development

They seek guiding influence of spirits through human intervention

as well as through animals, plants, and inanimate objects (talismans)

Native Americans live very close to the land and all of its inhabitants

they see God as a Great Spirit associated with the heavens

and perceive the Earth as the Mother of creation

Humans are viewed as being only one part of the greater workings of nature

who serve as part of a Divine ecology and order on the planet of the Creator

Most tribes believe that each human has a spirit that lives

beyond physical life that's not completely separate from our physical existence

They also believe humans abide here on Mother Earth's station

To learn to live within the greater workings of creation

## Saintliness

Saintliness is the collective name

for the ripe fine fruits of religion in a character

The saintly character is the character

for which spiritual emotions are the habitual center of the personal energy

And there is a composite photograph of being universally saintly

the same in all religions of which the features can easily be traced

1. A feeling of being in a wider life than that of this world's selfish little interests

and a conviction, not merely intellectual, but also sensible, in an Ideal Power

2. A sense of the friendly continuity of the ideal power

with our own life and a willing self-surrender to its control

3. An immense elation and freedom,

as the outlines of the confining selfhood melt down

4. A shifting of the emotional center towards

loving and harmonious affections, towards 'yes, yes'

away from 'no,' where the claims of the non-ego are concerned

## Zoroaster

Zoroaster also known as Zartosht  
was an ancient Iranian prophet  
Scholars believe he was also a priest  
and a religious/spiritual poet  
His hymns are called The Gathas  
similar to the Sanskrit of the Rig Vedas

Jesus H. Christ

O, Jesus H. Christ

Soul that frees us

Gives us power and rights

Knows and heals us

Brings us hourly insight

Shows a path of peace for us

Sings blessings about our flight

## Rumi

Mowlana Jalal-al-Din Muhammad Balkhi

better known to English speakers as Rumi

born September 30<sup>th</sup> 1207

died December 17<sup>th</sup> 1273

was a 13<sup>th</sup> century Persian poet, Islamic jurist  
theologian and renowned mystic

He was born in Balkh, according to tradition  
which is now in Afghanistan

he is known to be buried in Konya, Turkey

followers founded the Sufi Orders of Mevlevi  
or the Order of Whirling Dervishes

famous for its Sufi dance, Sema, ceremonies

Rumi's poems have been widely translated  
into many of the world's different languages

## Shamanism

The word shaman is derived from the Tungusic language of Siberia

and refers to the mystical practices associated with spiritual guides and healers of central Asia

where it probably originated. At that point, it embraced a belief that powerful spirits

existing in animals or natural phenomena could be influenced by the shaman

This person known as the witch doctor, tribal priest, or physician, used spells, symbolism, incantations

and other primitive rituals to commune with the spirit world and shape the fortunes of man

Today Shamanism is used more generally to refer to those native or indigenous people

from all parts of the world who call upon spirits, forces of nature and altered states to confer spiritual insight

or communion with higher planes of consciousness, with spirit realms or with God directly

In order to induce altered states of consciousness, shamanistic practitioners may chant, dance, pray and use incantations

They may also ingest hallucinogenic plants, such as opium, coca (from which cocaine is made) peyote cactus,

jimsonweed (datura), psilocybin mushrooms, marijuana, or even wild tobacco

It's common for shamans to have "out-of-body" experiences, see astral projections, and enter lucid dream states

in order to gather the information they need. Quite often spirits are called upon for help and guidance

These spirits could come from other worlds, from heaven or the underworld from deceased relatives still existing on Earth

from spirits of animals or plants, and from spirits alive within other people

The shaman's role is to help, heal, and guide the economy in which he or she lives

The shaman generally sees life on this planet as only one aspect of a greater existence

that serves God in a typically mysterious and unfathomable way

## Rastafarianism

Rastafarians are part of a messianic movement from Jamaica

They worship the god Jehovah aka Jah

and believe Ras Tafari the emperor of Ethiopia

aka Haile Selassie is the black races Messiah

who they believed will deliver them from oppression in Jamaica

and bring the blacks to life in Ethiopia or Africa

Their vision is to create a universal brotherhood or Rastafarians

accomplishing that they believe they'll ascend to heaven & become one with Jah

Identified with wearing green, black and red colors, dreadlocks, symbolized by the lion are Rastafarians

most of them don't believe in killing for any reason and are vegetarians

Their rituals involve prayers, reciting poems, singing reggae music and smoking marijuana

## Huna

Huna is a Hawaiian spiritual tradition, part of a Polynesian heritage

The word 'Huna' means that which is hidden, or not obvious

Huna isn't a philosophy that can be easily understood by reading about it

It's an interactive system between an individual and the environment

In Huna everything is interrelated, in the teachings, God is everything and everything is of God

Moreover, all things have a higher spiritual nature called aumakua or akuas

And the personal god or god-self isn't limited to mankind but is innate in all creation

The spiritual and material worlds are creations resulting from the interplay between male and female aspects of God

Kane is the principal male god, expressing the masculine (expansive) forces of nature

And Wahine is the primary female god expressing the feminine (contractive) forces of existence

This dual nature of the god-self lies within all creation, and it is the interaction of these energies that creates our existence

The teachings of the kahunas have historically been passed on by word of mouth

The only historical writing of Huna is found in the ancient creation chant called the Kumulipo

The practice of the Huna involves looking within all that you perceive; there is a being within a being

And a universe within a universe and the center of the universe lies within you

This awareness develops as you observe the natural rhythms working within you and around you interconnected to you

Huna is the practice of attuning to the energies around you, and working in concert with those energies

One of the principal energies utilized by the kahunas is that of Aloha or complete unconditional love

The practice of Huna involves expressing the Aloha Spirit in yourself, as well as bringing it out in others and in all things.

## VOODOO

Voodoo is a polytheistic religion practiced chiefly in the West Indies

It's derived from various cult worship in West Africa and also borrows from Roman Catholicism

The word voodoo probably comes from the Creole French voodoo, or from the West African vodu

meaning introspection into the unknown, and the religion is based upon experiences in the spirit realms

Voodoo and the other Neo-African religions are based on the premise that the material body houses an esprit-

a soul or spirit which is eternal. Moreover, the soul is able to achieve divinity

and can become the "archetypal representative" of some natural or moral principal

There is a whole spectrum of loa, or gods, that represent different aspects of existence

These loa are known by different names in different tribes, but generally have the same attributes

Voodoo originated in the mystical city of Ife, a replica of which exists in Yoruba in southern Nigeria

from which the revelation or spirit descends through the form of double serpents Danbhalah Wedo and Aida Wedo

These spirits represent the male and the female aspects of divinity,

which are also represented by Legba (male/Sun) and Erzulie (female/Moon)

## Spiritualism

The Spiritualist Movement began in the early 1900s with the popularity of mediums, seances, clairvoyance, Ouija Boards, and communicating with spirits, which grew out of a general interest in Christian mysticism and the occult at the time. Spiritualists believe that there are two modes to existence, the physical and the spiritual. They place great reliance on communing with the world of the spiritual for enhancing their lives in this physical world. A central teaching in spiritualism is that "God is Love." Christ is thought of as a medium and his message as being channeled from the spirit world. The National Spiritual Alliance uses the following Declaration of Principles to explain their religious beliefs:

They believe in Infinite Intelligence

They believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence

They affirm that a correct understanding of such expression, and living in accordance therewith, constitutes true religion

They affirm that the existence and personal identity of the individual continue after the change called death

They affirm that communication with the so-called dead is a fact scientifically proven by the phenomena of Spiritualism

They believe that the highest morality is contained in the Golden Rule

They affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws

They affirm that the doorway to reformation is never closed against any human soul, here or hereafter

They affirm that the practice of Prophecy, as authorized by the Holy Bible, is a divine a God-given gift, re-established and proven through mediumship by the phenomena of Spiritualism.

## Christian Mysticism

Christian Mysticism is a rather broad category of belief that generally pertains to personal experiences with Jesus, or God. The literature of this field spans about 2,000 years, beginning with the advent of Christ and continuing to evolve even to the present day. The themes generally involve the individual inner experiences of various saints written in the form of guides, poems, and autobiographies. Most of the literature comes from ascetic monks and nuns within the Roman Catholic Church, who describe such things as the necessary discipline of the mind and body to receive mystical experiences, the nature of those experiences, and the effect that these occurrences had on their lives. Another type of mystical would involve visits by or visions of angels.

## Christianity

Christianity is a religion based on the belief of the fulfillment of the ancient Jewish prophecy foretelling the coming of the Messiah—the expected deliverer and ruler of the Jewish people. Nearly two thousand years ago a special being was born in a manger outside the city of Bethlehem and recognized by many to be the Messiah, or the Christ. Christ is Greek for anointed one. This Messiah was named Yeshua ben Joseph, but he is more commonly known by the Greek name of Jesus. Christians believe that Jesus Christ has fulfilled the prophecy of the Messiah for four basic reasons. First, events that had been prophesied centuries before were fulfilled in his lifetime. Second he demonstrated selfless humility, wisdom, and love during his ministry. Third, he performed numerous miracles during that period. Finally, by his resurrection, he triumphed over death. Those who believe in and follow the teachings of Jesus Christ are called Christians, and the source of his teachings is the Holy Bible, believed to be the word of God. By believing in Jesus Christ as your lord and savior you are offered redemption and assured a place in Heaven, beside Jesus and God, in the next life. Christians also believe that if you do not accept Jesus Christ as your personal Lord and Savior, and do not follow his precepts, you will suffer in Hell for all eternity. You were born in sin, but have been given a chance for redemption, an opportunity to live in peace with God in Heaven by accepting Jesus Christ as your Lord and Savior. Christian theology is based on Christ's teachings as recorded in the Holy Bible, particularly in the New Testament, which is an account of Christ's life, the acts of the Apostles, and the conduct of the early Church. Interpretations of scripture and perspectives of Christ and his teachings vary among churches. There are three principal branches of Christianity: Eastern Orthodox, Roman Catholic, and Protestant churches. However, generally Christians share a common belief that Jesus Christ is the only Son of God, and that he is the Word of God made flesh. Moreover, as Lord, Christ preached the gospel of God, and the Bible is believed to be a pure representation of God's word. Central to Christ's teachings was the command to love God and to live by his laws, and to love your fellow man. Christians maintain the faith that Jesus Christ will come again at the end of the world, at the famous battle of Armageddon in which the forces of God and Satan come to a final confrontation. During this purging of sin, God will pass judgement over humanity, destroying evil, while the faithful will be saved by Christ and live in eternal peace with God and Christ in a Holy Kingdom on Earth. Christianity is practiced through adherence to God's word as preached in the Holy Bible. Christians are encouraged to study the Holy Scripture, either through sermons from the clergy or by personal readings and reflection. Fundamental to Christianity is the personal relationship with Jesus Christ and God by way of prayer and contemplation.

## Judaism

Judaism is the religion of the Jewish people. They believe its origins began with the creation of mankind, and its foundation as a religion began with the covenant between the patriarch Abraham and God, or Yahweh. Judaism was instrumental in the Western acceptance of monotheism, the belief in one God. The sacred name for God was represented by the tetragrammaton (spelled in Hebrew without vowels) YHWH, generally believed to be pronounced "Yahweh," which means "I am that I am." This name of God is so revered that it is generally not uttered by the devout Jew. This patriarchal God is both loved and feared: Absolute obedience to God's laws and conformity to his divine will is rewarded both spiritually and physically, but disobedience brings the threat of spiritual and physical exile. Central to the Jewish faith are the covenants that the Jewish patriarchs made with God, such as the sacred act of circumcision (cutting off the male foreskin at birth), to remind God of his promise of genealogical continuity. Another central Judaic belief is the messianic ideal of a universal reintegration of mankind; this will be accomplished with a spiritual monarchy headed by the Jews as "God's chosen people," followed by an era of peace and well-being on earth. In Judaism, there is a strong emphasis placed on adherence to God's laws, and in observances of moral and ethical conduct. God is conceived as exclusively one and indivisible; he is omnipresent and omniscient. Humans are seen as conscious beings comprised of both spirit and matter, body and soul, with the inherent capacity and potential for ethical conduct, and with both the duty and destiny to actualize this higher potential. Your relationship with God is mainly one of ethical consideration. As a human being, you are given the destiny to elevate yourself to the Divine. Through faith, prayer, good works, and obedience to God's laws, you are brought closer to God. The primary source of God's revelation is the Torah, which comprises the books of Genesis, Exodus, Leviticus, Numbers, and Deuteronomy in both the Hebrew and Christian versions of the Bible. Also esteemed were the books of the Prophets and the Writings, which are also recounted in the Bible. Knowledge of God's will is further pursued in the study of Judaic texts like the Midrash, the Mishnah, and the Talmud—which comment on and interpret the books of the Bible—or the Aggadah, which emphasizes study of God's love. The study of the mystical or esoteric aspects of Judaism is developed through disciplined contemplation of the Kabbalah and through the Zohar, or Book of Splendor, a more mystical text. Jewish religious study encourages philosophical debate, which is believed to foster a greater understanding of God and his laws. Community prayers are emphasized in community synagogues and temples. Children are encouraged to study God's laws in Hebrew, and at the age of thirteen a boy's spiritual maturity is celebrated in what is called a Bar Mitzvah, and girls of the same age are given a Bat Mitzvah. The Sabbath is observed for twenty-four hours beginning on Fridays at sundown; for that period, religious study is encouraged and work is forbidden. There are three major Jewish sects: Orthodox, Reform, and Conservative. Orthodox schools are the strictest in adhering to Mosaic laws, including dietary and Sabbath observances. In Reform synagogues, Mosaic laws have been modified to conform to circumstances in modern life; for instance, men and women are seated together, rather than being seated apart, as they are in the Orthodox synagogues. Conservative Judaism is the centrist movement within contemporary Judaism, and is the largest of the sects in America. In traditional Judaism, death is not an end of human existence. However, since Judaism is primarily focused on how you live your life in the present, very little dogma is given to afterlife. For this reason, there is much room for personal opinion. The place for spiritual reward for the righteous dead in Judaism is not "heaven" but Olam Ha-Ba (the World to Come) or Gan Eden (the Garden of Eden). Nevertheless, it is possible for an Orthodox Jew to believe that the souls of the righteous dead go to a place similar to the Christian heaven, that they reincarnate through many lifetimes, or that they simply wait for the coming messiah, at which time they will be resurrected. An Orthodox Jew may also believe that the souls of the evildoers may be tormented by demons of their own creation, that they simply cease to exist, or that they are destroyed at death.

## ISLAM

In Arabic, Islam means purity, by submission to Allah's will, and to Allah's laws. Allah is the one God of infinite perfection & beauty

Islam is a religion based on the revelations and teachings of Allah to his prophet Mohammed

Islam is predicated upon the Six Articles of Belief, which are as follows

1. Allah (God) is one; 2. The Qur'an (Koran) is Allah's truly revealed book;
3. God's angels are heavenly beings created to serve God, and they're opposed to evil;
4. God sends his prophets to earth at stated times for stated purposes.

The last of these prophets was Mohammed, and Allah makes no distinction among messengers

5. The day of judgement will find good and evil weighed in the balance

6. The lives and acts of people are foreordained by the all-knowing Allah

Human beings are considered the builders of their own destiny and are free to make or mar their future

Central to Islamic faith is submission to Allah's law and will,

and a Muslim (Moslem) is one who adheres to the religion of Islam, or is "one who submits to Allah"

Thus, we are born with the ability and express purpose to live under the law of Allah, and will find peace and eternal pleasure in so doing

The deeds of a lifetime are weighed in the balance, and their preponderance of good or evil determines an eternity of bliss or tribulation

The Koran is the guide for man to follow to find enduring happiness and peace

There are two primary sects of Muslims: Sunnites and Shi'ites. Over 90% of the world's Muslims are Sunnites

Sunnite Muslims accept only four caliphs, or spiritual leaders, in direct succession from Mohammed

They practice a moderate form of Islamic interpretation

Shi'ite Muslims are much more literal in their interpretation and application of the Koran and they tend to be more militant

The highest concentration of Shi'ites is in Iran and their spiritual leader is called an Ayatollah

Central to the practice of this faith is the fulfillment of the "Five Pillars of Islam", namely:

1. Recitation of the Shahadah, or "confession," which states: "There is no God but Allah, and Mohammed is the prophet of Allah"
2. Five daily prayers (Salat or Namaz) in Arabic, including genuflection and prostration in the direction of the holy city of Mecca
3. Almsgiving (Zakat), and regular charitable contributions
4. Fasting (Saum or Ruzeh) during the entire month of Ramadan, where no food or drink is taken from sunrise to sunset for self-discipline and the atonement of sins.
5. A pilgrimage (Hajj) to Mecca the holy city in Saudi Arabia, at least once in one's lifetime.

## The Baha'i Faith

The Baha'i Faith is a monotheistic religion

founded by Baha'u'llah a 19<sup>th</sup> century Persian

who emphasized the spiritual unity of all persons

Baha'i teachings emphasize the unity of the major world religions

Baha'i in Arabic means 'glory and splendor', fading is the term Baha'ism

The 3 core principles establish a basis for Baha'i teachings and doctrines:

the unity of god, the unity of religion, and the unity of persons

From these postulates stems the belief that God from period to period

reveals his will through divine educators with the purpose

of transforming the character and personality of persons

and develop moral and spiritual qualities in those who respond

## Buddhism

Buddhism is based on the teachings of its founder, Buddha

The term Buddha is a participle of the Sanskrit verbal root Budh

meaning to awaken and is employed as the title the Awakened One

Teachings center on the theme of liberation from suffering and repeated incarnations

into a perfectly peaceful and enlightened state of transformed consciousness known as nirvana

The key to achieving this liberation lies in the cessation of selfish desires and attachments

Inherent in these beliefs are the twin Hindu principles of karma—the actions you take in your life and dharma—righteousness

the latter, which the Buddha referred to as the 'lovely' (kalyana) denotes serene peace

in which the twin fires of self-centered desire and attachment are extinguished

Buddha's teachings focus on dharma as the primary means of acquiring liberation

The Buddhist believes that you are born into suffering, but through righteous actions you're able to evolve yourself to attain enlightenment

At the core of Buddha's teachings are the Four Noble Truths:

"The Universal Fact of Suffering, The Cause of Suffering

The Defeat of Suffering, and The Way of Overcoming Suffering"

The way of overcoming suffering is through the Noble Eightfold Path

This Noble Eightfold Path consists of practicing:

(1) right understanding (2) right thought (3) right speech (4) right action

(5) right livelihood (6) right effort (7) right mindfulness (8) right concentration

Within Buddhism there lie two main schools of thought and practice

Theravada-Hinayana or "small vehicle" also known as "The School of Elders" (Theras)

and the Mahayana or "Great Vehicle" the larger group, this is more of a reformed teaching

that developed later and is followed principally in China, Tibet and Japan

The Mahayana group includes several large sects, such as Madhyaniika, Vijnanavada, T'ien-t'ai, Hua-Yen and Ch'an, or Zen.

## Tibetan Buddhism

Tibetan Buddhism, often referred to as the Vajrayana (or Diamond Vehicle), is a tantric form of Mahayana Buddhism indigenous to Tibet. Tibetan Buddhism is founded on the Four Noble Truths established by the Buddha. The object is to obtain the ultimate release of all sentient beings from the suffering of the endless cycle of reincarnations (samsara). In Tibetan Buddhism, enlightenment, or nirvana, is found through the bodhisattvas, who are liberated themselves, but forgo nirvana in order to bring salvation to others. Tibetan teachings are available to the public through books and discourses. Tibetan dharma is a sophisticated philosophy involving years of study. The meditations are highly intellectual, yet utilize magical formulas and cultic devotions. As a Tantric tradition, Tibetan Buddhism integrates the capacities of the mind with physical and emotional disciplines toward the search for salvation. Tibetan Buddhists not only strive to attain enlightenment, but forgo the bliss of nirvana until all sentient beings achieve enlightenment. Thus, every Buddhist serves to awaken humanity through contemplation, prayer, and good works. There are four major order of Tibetan Buddhism. These sects are: 1. The Nyingruapa, or "ancient ones," who trace their lineage back to Padmasambhava; 2. The Kargyupa, an oral tradition founded by Marpa in the eleventh century, is based on the fundamental teachings of Naropa; 3. The Sakyatpa, founded in the eleventh century, was the first to establish a priestly monarchy; 4. The Gelugpa, or "merit system ones," is led by the Dalai Lama, the spiritual leader of the Tibetan people and Buddhist followers.

## Hesychasm

In Greek hesychastes means recluse or one who is still or quiet

Hesychasm is an eastern orthodox mystical practice

It's a spiritual discipline that prepares the body/soul for mystical union with God

Through constant contemplation on the perfection of God the mind/heart meld into union with him

In this process we control our breathing while praying to unite

the body/soul and create one wholeness of being with God

Experiencing the uncreated light, or inner light

opens our inner vision to see the union with God

Thus through contemplation, meditation and prayer we gain the insight

to be able to discover within us the presence of God

## **Druids**

Druid means a servant of truth, wise man, equal in honor, or all knowing

A druid is considered one with spiritual awareness aka gnosis

Druids believe in the eternal nature of the Soul,

they see a living spirit in all created forms

A Druids saying: Spirit sleeps in the mineral

Breathes in the vegetable, dreams in the animal

and that soul wakes in man

The universe is their holy book written by God's hand

They believe we're intended to live in accordance

with God's laws to bring more harmony to ourselves and the universe

Typically, homeopathic healers and astrologers are Druids

they are principally the teachers of truth

assisting their followers, other beings

in seeing the divine spirit within themselves and all things

## Life's Quest

Life is a Quest for wholeness

We're All in the becoming One process

And have to pass Peace tests for progress

We gain Knowledge to know the edges or ledges

and have wisdom for inner vision, nonetheless

see the Divine light in times of earthly darkness

designing minds, bodies & souls with centered togetherness

## 1 in 7 Billion

Awake, shake sleep & shape dreams

Into their reality potentiality

Your talent is so rare

Only you have it

So rise & shine divine light

For all to see their reflections in your image

The created creating becoming one with creator

Is such a pure sight to see

And true sound to hear, Dear

## Dream's Vision

O Sole with what things we make ado  
When in our hearts, they are not true  
to our dream's vision of supreme union to you  
You come in the form of humans to us through  
sights, although most of the times we have to wait  
to come face-to-face with the person in Hu knows what place  
You show us what you want us to see, at the given time/space  
that is if it is your will, then it's destined to be our fate

## Dreams Referred

Life is fully filled with choices

Like hearers hear voices

Seers see visions

And ESP is part of intuition

Mystics practice mysticism

Lyricists perfect the craft of lyricism

Rappers rap on beats with style & rhythm

Music producers relentlessly pursue

To be in sync, find the right pitch and fine tune

Tunes to get and set good moods

DJ players mix and fade smooth

Saints don't lie for they always say the truth

Knowing it's in the best interest to be real

Growing's test could prove to be surreal

On life's quest keep high hopes up

For people without dreams don't own much

## Leap Year

Yeah it's a leap year

The time to jump over deep fear

to get ends to meet here

where friends keep near

they help you see clear

they reflect you like a clean mirror

and vice versa, peace to you and yours

O and see to it the nice persons get more!

## Joined

O it's odd why I got writer's block  
and I try to stay out of the way  
when it's my turn I speak up keep it simple & to the point  
Now can you put my pen back down on the paper like a key in a lock  
open tops shop for more rhymes cause I got more to say  
soul inspired to never be tired so how can I retire when I'm joined  
to the Most High-Wide & Deep I keep my belief  
lost my appetite for destruction  
God I rap tight for production  
now how can I know sorrow or grief  
as I act right with devotion  
back my dad, mom & brother in every motion

## Chances

I don't know why I  
let these chances pass me by  
I seem to think I got forever on my side  
when there's a state of urgency 'now or die'  
and I know I don't want to die another day  
Sitting behind closed walls I pray  
for Loving, Happy, Peaceful mind states  
and secretly to be taken out on more blind dates  
until the unmistakable One miss dearest to Amir  
reveals herself then draws so very near  
Till I have smeared every tear with a kiss  
filled all cries with laughing fits of bliss  
My task won't be done and can't be finished  
I ask that these chances don't diminish

## Aspirations

Ashes to ashes, dust to dust

It's up to us, just us

To bring justice into this corrupt mix

Of risky business and tricky politics

When the smoke clears and the dust settles

We will realize that all our pain and suffering

Was meant to make progress in the process of growth and development

Like they say "no pain, no gain"

and "after every dark night there is a brighter day that awaits"

Yo, our aspirations have led to an increase in consciousness and awareness

## Learning Process

When a human being begins and learns

We aren't clear about our objectives

In turn, faulty is our purpose,

vague are our intentions

We slowly start learning,

bit by bit then in gigs

And our thoughts crash

when we learn what we never imagined

So we get fearful of the new tasks learning more gives

## Education's Purpose

Real education is to give us outer and inner wealth

Right education is to bring us more health

True education teaches you to be yourself

Education means to make actual that which is potential

Begins by going within and discovering that purpose

is about unconditional love and being of service

and making contact with what is here about us always

can and does alter our worldview in many ways

## ILLUMINATION

Illuminaries in the world

Carefully carry the scorching torch

In the time of night shine white light

Start by blazing trails of bright insight

Sparks in flight unite & ignite star gazing dark minds

And incite blind "I's" far out of sight to (C)see the infinite

The **wise** actualize, realize and rise to recognize the eternal

Any and Everything from the highest source or force of energy

Is entirely Above and completely Beyond measure

Solely the holy is to only be loved and treasured wholly

Forever is much more than any pleasure or worldly fortune's worth

On Earth of course our work is to consciously evolve, problem solve

To reach the water's source, dirt we dig

For-going far—getting deep beneath the surface

The purpose creates < greater reason to find ^ deeper meaning

In the mean time being of service is the way to wait

Through prayers of faith saint's graciously paint space

as the place meant to make way for fate and/or destiny

## *Cosmic Consciousness*

*You work in mysterious ways*

*You're a blessing in disguise*

*You're a blessing on earth and in the skies*

*As the earth turns the sun burns for the moon to give birth*

*The round earth rotates around the sun, the sun radiates warmth*

*And impregnates the cool moon's womb for stars and planets to form*

*Since IN'O'SENSE is the sense of the Angelic Soul*

*Therefore it's the presence of All Beneficial Intelligence*

*O Angels help me make logic of what's here*

*I want to make sense of all that is,*

*you know, so I can take steps for our profit*

*In the trail that takes us out of chaos*

*Sailing the stream of consciousness into the cosmos*

## All are Gods and Goddesses

Yeah every man and woman

walking in or on any land

is and are Kings and Queens

We are all Gods and Goddesses

That Being that is Done has been Said

Knowing only existence showing no death

In each breath we can reach the breadth

With each step we can reach the depth

Imagination has helped us believe and then achieve

Dreams into action, or our thoughts out about in speech and deeds

## Created & Creator are 1

Yo do you hear the echo

Seers see a let-go

To be one with the soul

Know no-mind as the goal

Freeing you of time-space also

Leading you to transcendence of all

Now who are you?

You and the creator are not two

You can create!

Why pretend to be lame

We all actively play a part in fate

And life is a grand game

## Green Reign

To get the divine to soar

Let the wine pour

And mind roar

Free of speech that bores

Full of rhymes galore

Inside these lines are stories

Filled with our times of glory

We are a rich, fine class of people

Forced to conform under Islam's sword

We were the grandest practicing Zoroaster's words:

Good thoughts, words, and deeds

Indeed helping more those in need

Now tables have turned

fables have been learned

hopefully to lend a hand and foot do extend

for those who wear green to divide religion from government

## Prayers Answered

I work every day  
for the worldly to play  
While they work, I pray  
actively tending to family  
spending time with friends  
making the ends meet  
Life is Grand, and  
God is the Grandest  
and so of Him I asked this  
to help me speak upon his Grandness  
being indivisible and one  
for liberty and justice  
the pen is in my clutches  
and papers are my crutches  
to walk through the valley of the shadow of death  
He answered back as I came up for a breath:  
"Talk, I have granted you with rebirth you are among the blessed"

## Accomplishments

Amir Ali Siassi

a.k.a RIMASI

The GOD MC

just turned 30

Wrote verse # 400

and 2 books are published

Life Lines the book to find

my rhymes if you look inside

Aside from hearing them in my songs

Songwriter of 4 Farsi and 112 English songs

volumes of the Light & Waves

are sure to bring delight on your way

## The holy game of Basketball

Basketball is the great American sport because baseball developed from cricket the English sport and football grew out of rugby and soccer other English sports In December of 1891, James Naismith attached a peach basket to each end of the balcony in a school gymnasium divided his class into two teams and told them to throw a soccer ball into the basket. Born was the sport of basketball It's popularity got a big boost when the basket's bottoms were cut with holes after came the nets until then janitors were using stepladders to get the balls after the innovation they came down their stepladders The standard height of the baskets rims are ten feet high A full court is 94 feet long and 50 feet wide It is divided into two halves The game is divided into two halves In each quarter there are 12 minutes so a full game without OverTime is 48 minutes

## The world's most popular sport of football

Also called soccer it's a sport played between two teams

of eleven players each, using a spherical ball

The game is played on a rectangular field

of grass or green artificial turf

with a goal in the center of the short ends

The object of the game is to score

by driving the ball into the opposing goal

In general play, the goalkeepers are the only players

allowed to touch the ball with their hands or arms,

while the field players typically use their feet to kick the ball into position

occasionally using their torso or head to intercept a ball in midair

The team that scores the most goals by the end of the match wins

If the score is tied at the end of the game, either a draw is declared

or the game goes into extra time and/or a penalty shootout

depending on the format of the competition

The modern game was codified in England

following the formation of the Football Association

whose 1863 Laws of the Game created the foundations

for the way the sport is played today

Football is governed internationally by the

Federation of International Football Association (FIFA)

The most prestigious competition is the FIFA World Cup, held every four years

## The great game of Tennis

The tennis court is a rectangle long 78 feet  
and wide 27 feet the net is high by three feet

Tennis is a sport which can be played on three surfaces  
Hard surfaces, Grass surfaces and Clay surfaces

Tennis can be played between two players -singles  
or a team game between two pairs of players-doubles

Each match is composed a series of points which form a game

A set is formed by a number of games

Finally a number of sets which form a match

this depending on the level of the match

Men's championships are played on a best of five basis

and all women's matches on a best of three basis

## Tarot Cards

The tarot is a series of seventy-eight images normally in the form of pasteboard cards, their natural feature they've been used to reveal mysteries down the ages or puzzles of the past, patterns of the present, and events of the future

In Egyptian tar means path and rog means royal together the meaning is the royal path of life

Also in Egyptian taru means to require an answer or to consult

Each card represents a different aspect of life and contain keys to an intuitive awareness stored within the subconscious

this awareness is evoked when the symbols are analyzed

Each card will have a picture that has multiple functions

## Tai Chi

Is the Chinese classical martial art of self-defense

was used as a self-defense, now used more as active meditation

Tai Chi Ch'uan Classic's author & founder is Chang San Feng

roots of Tai Chi are the principles of I Ching and philosophy of Taoism

Tai Chi's underlying principles is becoming aware of and cultivating chi

The belief is that this life force energy, or chi

can be generated 2 inches below our navel or Tan Tien

The techniques of Tai Chi cultivate this chi in the Tan Tien

The practice of the moving postures develops the ability to direct chi

to neutralize aggressive actions, to increase body's vitality/stamina and awareness is this chi

## Spiritual Feng Shui

Spirituality is based on everything we do and are in life

Sexuality is but one of the vehicles to this reality

By creating beauty, harmony and clean functional space to enjoy sensual/sexual life

We feed our spiritual side as well as our esthetic needs

Feng Shui is the practice of living harmoniously with the energy of the environment

One of the basic tenets of Tantra is the harmonization of the energies of the partners

In studying the Feng Shui of the boudoir we see that the placement of the bed

The availability of light and air and the flow that's created in the room are to be considered

You may want to also consider the color you've chosen and the comfort level you desire

Is the room inviting and how does it feel to you and your partner

Change it as much to make the necessary difference required

Try changing a color to set a mood difference

Add a mirror to an appropriate wall place, shift the position of the bed

Try adding some living plants, candles, etc. for a space more sacred

## BULL'S EYE

GOD IS THE CREATOR OF FATE

LOVE IS GREATER THAN HATE

HATE IS LESSER THAN LOVE

FREE-WILL IS FOREVER WITH GOD

DO NOT FIGHT SAY AMENS

DO WHAT'S RIGHT MAKE AMENDS

COME MEND BROKEN TIES

COMMEND THE MOST HIGH

## The Bird's Word

Birds have so very many words to say  
It's just that we don't have ears to hear them  
Maybe if we adjust our internal antennas  
To the right pitch or to a different station  
Then the time will come when we'll listen to their speech  
Are you interested to know what leaks from their beaks  
Indeed they are a rare species by how high they get in the air  
Flying with wings helping us imagine and create airplanes, O  
And transporting people all over points of the globe  
Thanks flying, chirping friends for getting us to our goal

## FireSide Rhyme

World passengers, soul travelers gathered around the campfire  
Goal unravellers coming together to share their stories of life  
Knowing there are valid and valuable lessons to be learned  
Growing is showing them to ourself and whomever else is concerned  
The fires warmth radiates and rotates to each and everyone  
Those who desire more come closer to where the fire comes from  
Every half hour to hour more sticks are added with gasoline  
to keep the fire alive, running and the flames going...

## Sun Fun

Soakin' it all in  
the fun of the sun' n' the ocean  
as I run on the shore of the ocean  
iPOD flowing music into my ears  
sporting IZOD swimming gear  
actively enjoying passing scenes  
interacting joys surpassing has-beens  
our religion consists of giving good feelings  
our decision is of living for healing  
and speak to be connected, freely in peace

## *Jacuzzi Sozings*

In the hot spot melting like lava rocks  
volcano vents erupting within from the sides  
massaging organs and organisms inside  
heat letting out steam, moods relaxingly calm  
waters' alchemy evaporating egos to become one  
Mystically incorporating the definition of right mind  
imparting wisdom on how to live the kind life  
warm hearts give rise to lovely discussions  
and that can inspire desired repercussions  
when we decide to come outside

## Relay Some Sips

I want to relay to some in this ship

Messages of love to massage the romantic

In sync with uplifting, positive vibes of music

For your pleasure to be in tune with your amusement

Get the mood right with soul food to unite

Fine mind wine spillin', filling up on divine light

Feeling deep, wide and high beyond space and time

In a transcendental state mysteriously taking flight

## Ocean's Flow

Ayo I got more flows than the Ocean

Soul or God is my devotion

We are all like waves rollin' in motion

In relation and proportion

Full and filled with a range of emotions

Everything is the universe's quotient

To which it gives a portion

Work on yourself to get a fortune!

## Over Flow

Flows pourin' through me  
like the modern day RUMI  
I AM UR backwards  
For words horizontally  
to get you vertical  
I have that calling  
Seeing through the mist, Mr. Mystical  
Persist to bring this instance into being  
with no resistance against this which is fleeing  
Metaphysical souls overcome physical bodies  
As a witness we fit with the Godly  
The Spear-head or spirit is ready for travel  
Secrets now unfold and unravel  
At high rates received  
And high states achieved  
Experience makes one believe  
in the one that relived, relieves  
Gives us hope, courage and takes us to the light  
so all souls in our age live right

## God Element

Thanks a lot to the God element  
it got me going evident  
flowing freely clearly hear thee  
speaking out peeking from the peak  
reaching each's deepness, wideness, highness  
You're a tour of the universe  
The Force is over the Earth  
Bodies are given birth  
The Source we search  
For it's the course of our work

## Qualities of No-Time

Ask yourself is there joy, ease, & lightness in what you're doing

If there isn't, then time is covering up the present moment

and life is perceived as a struggle or burden

it doesn't necessarily mean you need to change what you're doing

What may be sufficient is to change the how

Give much more attention to the doing than to the result you want to achieve through it, now

Give your fullest attention to whatever the moment presents

This implies that you also totally accept what is

Since you can't give your full attention to something and at the same time resist it

As soon as you honor the present moment

all unhappiness and struggle dissolve and life flows with joy and ease

When you act out of present-moment awareness

whatever you do becomes imbued with a sense of quality, care and lovingness

## Prime Time

Light's conversing glimpses,  
I'm like emerging into existence  
Ripe from this very instance  
Asking Jehovah can I get a witness  
To be my one and only princess...

## Assortment of Shortness

Life is an assortment of shortness

In each sight could be its height

In each breath could be its breadth

In each step could be its depth

It depends how intense your sense is at the moment

Meaning how high you want to see

How deep you want to breathe

And how wide you want to reach

Don't forget to get help from your imagination

Let it extend and expand your experiences

## All Hat's off

I hear the fans chant Go LA, Go LA  
as I battle rap in a bottle cap of Coca-Cola  
my crafts target practice so other rima's can see  
wondering what they'll scream  
when I'm thinking ice cream  
flows overflowing caffeine, black queen  
you know by now I'm a rap fiend  
seek & speak for the peak of all beings  
preach to reach each's ultimate being  
blessing the ceiling to touch the roof  
letting bliss' feeling be enough proof  
to get free from this prison of me  
heading to the heart for its vision of we

## Dome PEACE

I can hold my own  
with the world's known  
best poets in verse or prose  
let my poetry immerse the flow  
As I get up from my revelry  
Compassion sets me up to have no rivalry  
other than my thoughtful dome  
and when that leaves me alone  
I roam to Rome and back home  
undefeated—undetected—perfected  
My style mastered and protected  
by the Holy Ghost's connection  
impulses and inclinations giving direction  
listening intently to senses and intuition  
for the next bend along life's mission  
the latest end which begins to blend  
until time mends it for it all to extend  
like intentions entering consciousness  
take space to be carried out and time to find  
that's the case with my various rhymes on life

## Be Positive

Positive outlooks lead to positive outcomes

negative outlooks lead to negative outcomes

So in bleak times I chose to look on the bright side

knowing after the dark night there comes sunshine

kept me going on flowing where not even knowing

showing up with enough love to be forever growing

Now my role models are my life-saving doctor/father

and my life giving, kidney donating nursing/nurturing mother

It took me twenty something years to finally discover their value

I hear it's better late than never why I'm near them siding for virtue

I'm sorry if I ever hurt you no hard feelings for that was not my intent

All I want to do is give you the pleasure of which my creation is meant

## Positive Poles

A man's positive pole is his penis

And a woman's positive pole is her tits

That's why it's best to have foreplay before sexing

Stimulating positivity for their negative pole to be ready

Only when females' breasts are filled with energy

Does their second pole respond and become ready

A woman's body responds just opposite to a man's

By loving her breasts she can be brought to orgasm

## Soul Mates

Have you ever met someone else  
who knows you better than you know yourself  
your beginnings and your ends  
more in tune with you and your presence  
knowing what to do and say in your life's moments  
In all things being what you'd want of yourself  
You ever had the feeling  
that you knew another being  
and never have seen them  
in this life until the present  
Then for that being  
to also share this feeling  
as if for each other you're meant  
and know it the instant you met  
is the phenomenon known as Soul Mates  
There are three kinds of soul mates:  
one is the twin or counterpart soul mate  
two the project-oriented love partner, companion soul mate  
and three we meet when in spiritual debt, the karmic soul mate

## Unconditional LOVE

They say Love Blinds

Then I say Love Binds

When we combine

the heart and mind

I Make songs to recover life

It takes wrongs to discover rights

Break on through to the other side

Wake up to the Lover's sight

Loving everyone unconditionally

Without expecting anything

We become less attached to things

And more connected to the being

I'm tried and I'm true

I Be what you're trying to do

Where you're trying to get to

## My LOVE

My LOVE is as high as the sky

under it everybody can fly

My LOVE is as deep as the ocean

everything seems to be its quotient

My LOVE is so very strong

you can hear it in every song

My LOVE is a treasure chest open to all beings

It is forever—the longest lasting

My LOVE constantly forgives

It has no choice but to give

My LOVE never severs or breaks-up

It knows only how to make-up

## YOUR LOVE

Loving u I have transcended the known  
Felt the unknown  
in what is known as LOVE  
and gone beyond and above  
merging known and unknown into fiery Consciousness  
surges us closer to our purpose of existence  
Beings created to share experiences  
and soles born to bare witness  
for all of us to Evolve more Aware  
faster solve problems or recover and repair  
to live life in order and harmony with nature  
which is in sync with the constitution of the Universe

## Live Lovers

Live lovers dive under

the fine covers to find and discover

the light of each other

and the fire of sister and brother

humans are all high creatures—one to another

have that in mind to recover

the divine father/mother

It is the life of your sister, brother, father, mother

## Lover

You are always on my mind  
The thought of you makes me forget time  
You give me the feeling of not being apart  
Therefore, you're in all ways in my heart  
With you I don't feel the pains of life  
You make everything seem safe & alright  
What you do to me is the highest of arts  
changing qualities of days from their rising starts  
In my mind's sky you are the brightest star  
I feel so free and peaceful wherever you are  
Together our thoughts are filled with delight  
Inside the heart's sea you are the most fine  
The only being I have ever needed to find  
Although a bit selfish I do want to call you mine

## Love's Intimacy

Intimate relations revolve and evolve around love

The act of making love draws us near to our dearly beloved

Strong bonds are built from foundations of honesty and trust

Long lasting unions are reached as each accepts responsibility for their actions

Families are formed, babies are born; from marriages not too long after or before get done

## That Special Somebody

Last night before the lights went out  
all I could think about  
were the taste of your cherry lips,  
before being cast into the sea of darkness  
I could feel your touch  
and that set my mind free  
and let me be at ease  
knowing there's somebody out there who cares

## Proposal to Mary

O very special Mary will you bless my soul and marry me,  
trust the Force to carry us merrily up Love's stream  
on hope's boat we'll stay afloat  
you know there's no need to daydream  
for we are already in life's sea ☺

## My 1 & Only

Here's to my dear Ghazal  
Cheers to you who are true  
through thick and thin  
friends came and went  
but you, being real, stayed  
knowing I wasn't into deceitful games  
You put your precious trust in us  
in hopes of change for the better  
we have built a relationship  
full of honesty & trust  
a strong foundation for Love  
My Love, together, I honestly believe  
we can achieve happiness ever after

## Complete Me

I've passed by all those faces, just to get to yours

Didn't say a word to all those people, so I could pour myself out to you

Halleluja! GOD How do ya keep doing what ya do?

You knew I asked for a female Soul mate to closer relate/express you more completely

I wanted to look someone in the eye and be able to say to them "You complete me"

And hear them say it to me being mates of the Soul

Now here to be creating states of the whole

and how in near relationships we also witness

Love's game between created and Creator, O Highness

bles and praise you times infinity, O Absolute Power

## My Wifey

The Holy Ghost always guides us as a duty

know our joy to be his fully and truly

His Will is joy for each and everyone

Speaking for the kingdom of God

O Sole I want a Mate

to console my mind

and body's state

for whollying our divine

and Godly fate

We get to Pro-Create

So let's show Fate

How our Destiny unrolls

Now old Mysteries unfold

O Sole Mate be up to date

No don't wait for us to celebrate

Sheikh I wanna know if you've been

The woman of my dreams

She was a blonde queen

Such as yourself

I wish you much health

Just as herself

## Shaking

When we shake in sexual unity  
the energy starts flowing all over the body  
the energy vibrates all over the body  
then every cell of the body is involved  
every cell becomes alive since sex was involved  
for our creation two sex cells were involved  
When we shake in sex, cells meet opposite cells  
Let your body dance to allow the vibration of cells  
Then both can meet in a meeting that's not mental  
it is a meeting of our bio-energies  
be the shaking and become one mind and body  
We begin with two energies and end in a circle  
What occurs and happens in the circle  
is we become part of an existential force, God Bless  
not a societal mind but part of the whole cosmos  
That moment is of great creation, we'll have a oneness

## Heaven & Hell

Heaven is the safest place

where only peace and tranquility leave their trace

Hell is living with a rotten scoundrel in a cell

Heaven is the state of forgiveness and humility

it knows no other way to be

Hell is starving to death without anyone coming for help

Heaven is the purest of love

the kind surest to take us above

Hell is losing your soul and way because of what they sell

Heaven is the deep feeling

which leads you to know your real meaning

Hell is being deaf/blind/mute 'cause you're not able to tell

Heaven is being confident

that in yourself and others you can depend

Hell is seeing a fresh dead body and not hearing a yell

Heaven is doing your duty, here, fully

so when you leave you can rest peacefully

Hell is not being able to speak, read, write, or spell

Heaven is getting completely free

from all the limits of society

YOU !!

I'm up, up all about you will you tell me where you  
are so I will know how to stand by you in God's court  
when alone by myself with no one around  
should your love know no bound  
or would it grow from the surround  
if only I could know sooner then love will amount  
otherwise I will die again with no gain other than pain  
and that is lame as an old flame this game is told don't play it for fame  
or else your soul will be sold for fools gold without being more

## Without You

You know it's hard to make night reach day without you

Come to me again with one sign

By placing your head on my shoulder, you showed love's sign

Stay with me forever it's not possible without you

Your hand in my hand, again, don't go and leave me alone

Come to me, stay my love forever, it's not possible without you

It's not possible without you

When it rains I think of you

Your empty space places it's feet on my heart

Tonight again my heart feels for you

Give your perfume to the wind to bring to my heart

Your hand in my hand again don't go and leave me alone

Come to me, stay with my love forever, it's not possible without you

It's not possible without you

## Shout Outs

Out of my pen, poems ebb & flow  
like water is poured on flowers to grow  
my ink feeds these loose leaves you read  
with simple words you can digest with ease  
Peeps, please don't bite the words I write  
I don't want there to be another the like  
I'm sent to you to represent  
Led by the Untitled Essence  
Presence entitled to bless  
Enlightened to strengthen in confidence  
I propose a toast to our host  
The Most High or The Holy Ghost  
Cheers to all being now here  
collected, you've selected Amir  
read lines of life from Life Lines  
books fulfilled with rhyme & light  
Couldn't be done without my mom, dad and SiA  
Y'all should know who you are by now and hope to see ya

## Till Death do us

As long as lungs fill with our breath for us to charge

strong till death do us part

I will bless you and love your heart

Fulfill you with the best and most smart

kill your stress and heal sore parts

still your anxiousness for you to feel from the heart

reveal your depth and where you start

that real closeness swears to impart

## Quote Notes

God is an angel in an angel and a stone in a stone and a straw in a straw. **John Donne**

A man may Be born, but in order to Be born he must first Die, and in order to Die he must first Awake, when a man Awakes he can Die, when he Dies he can Be born. **Gospel**

Better to be unborn than untaught, for ignorance is the root of all misfortune. **Aristotle**

**Vedas** All intelligences awake with the morning. **Tagore** Life is only the perpetual surprise that I exist.

**W. Blake** If the doors of perception were cleansed everything would appear to man as it is, infinite.

**Voltaire** If God made us in His own image, We have certainly returned the compliment.

**Thoreau** The world is but a canvas to our imaginations. **Buddha** All that we are is the result of what we have thought **Locke** The actions of men are the best interpretation of their thoughts.

**W. Blake** What is now proved was once only imagined. **George Bernard Shaw** Most people don't pray, they only beg.

**von Schiller** There is no such thing as chance, and what we regard as blind circumstance actually stems from the deepest source of all.

**Albert Einstein** Science without religion is lame. Religion without science is blind.

**Henry George** The principal cause of our bad social organization is false belief.

**Walter Scott** Oh what tangled webs we weave when first we practice to believe.

We are seeking for the simplest possible scheme of thought that will bind together the observed facts.

**Einstein** A culture without its storytellers will eventually cease to be a culture. **Ari Ma'ayan**

**Farhang Holakouee** If you're wise, you don't believe culture is holy...it's supposed to be a vehicle for self-actualization. **William James** The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community. **Thomas Jefferson** The care of human life and happiness and not their destruction is the first and only legitimate object of good government.

It seems so easy to tell the truth; yet it takes a great deal of effort within ourselves to attain this virtue. A man's degree of veracity indicates the degree of his moral perfection.

Virtue does not remain as an abandoned orphan; it must of necessity have neighbors. **Confucius** One who surpasses his fellow-citizens in virtue is no longer a part of the city. Their law is not for him, since he is a law unto himself. **Aristotle**

**Nietzsche** I am a law only for my own kind, I am no law for all. Reason is frequently the slave of sin; it strives to justify. The love of learning rules the world

## Quote Notes II

A wise man first thinks and then speaks and a fool speaks and then thinks. **Alí Ibn Abí Talib**

**Theodore Roosevelt** "If I have to choose between peace and righteousness, I will choose righteousness"

**Ghandi** "Peace, to be real, must be unaffected by outside circumstances."

**Marlon Brando** I prefer to ride on my bike and think of God than be in the Church and think of my Bike! One should always be in love, therefore one should never get married. **Oscar Wilde**

Rise up and go about the Pole of our salvation, Why art thou slumber-bound, like clay the earth caressing?  
In movement shall be found the key to every blessing **RUMI** Don't look for a lover. Be one. **James Leo Herlihy** **Walter Dean Myers** People see in you what they need, you got to be what you need.

**Abraham Lincoln** Most people are about as happy as they make up their minds to be.

"Thy lot or portion of life, is seeking after thee; therefore be at rest from seeking after it." **Alí**

**Psalm 51:6** But lo, thou requirest truth in the inward parts: and shall make me to understand wisdom secretly. There is no way to happiness, happiness is the way. **Buddha**

**Damodara** There are none happy in the world but beings who enjoy freely a vast horizon.

Life is wasted in the necessary preparation of finding what is the true way, and we die just as we enter it.  
**Ralph Waldo Emerson** **Plato** "Once lit, the flame of truth will never go out."

**Winston Churchill** "Most people, sometime in their lives, stumble across truth. Most jump up, brush themselves off, and hurry on about their business as if nothing had happened."

The false society of man -for earthly greatness all heavenly comforts rarefies to air. **Chapman**

**Carlos Castaneda**: The end result of ignoring impulses after taking an inventory is a unique state known as *reason*...the result of using every impulse in a specialized way is known as *self-absorption*.

**St. Paul** For I have learned, in whatsoever state I am, therewith to be content.

**Aldous Huxley**- All things to all things perfectly indifferent perfectly work together in discord for a Good beyond good, for a Being more eternal in its dwindling than God there in heaven

Social life can be bettered only by individual self-denial.

You are indeed charitable when you give, and while giving turn your face away so that you may not see the shyness of the receiver. **Khalil Gibran**

## Quote Notes III

In art, all who done something other than their predecessors have merited the epithet of revolutionary; and it is they alone who are masters. **Gauguin**

**Tolstoy** The glory of the good is in their conscience and not in the mouths of men. Great men have poor relations. **Dickens** Conversation enriches the understanding, but [solitude] is the school of genius.

**Edward Gibbon** To find yourself, think for yourself.- **Socrates** **Emerson** Every word was once a poem.

Poetry is the only language which can reflect any understanding between Spirit and Man...use poetry for all occasions when speaking of me, thy God!...rhythmic balanced interchanges between all poles of opposite expression in God, is the consummate art of God's universe of light. **Paul Twitchell**

When God created Man, he gave him Music as a language different from all other languages. And early man sang her glory in the wilderness; and she drew the hearts of kings and moved them from their thrones. The moaning flute is more divine than the golden cup of deep, red wine. God created music as a common language for all men. It inspires the poets, the composers and the architects. It lures us to search our souls for the meaning of the mysteries described in ancient books.

**Sai Baba** Life is a song, sing it. Life is a game, play it. Life is a challenge, meet it. Life is a dream, realize it. Life is love, enjoy it. **H.D. Thoreau** If we respected only what is inevitable and has a right to be, -music and poetry would resound along the streets.

True religion consists in establishing the relation of each of us towards the infinite life that surrounds us, the life that unites us to the infinite, and guides us in all our acts.

People cannot discover new lands until they have the courage to lose sight of the shore. **Andr e Gide**

And now here is my secret, a very simple secret; it is only with the heart that one can see rightly, what is essential is invisible to the eye. **Antoine de Saint Exupery**

**Helen Keller** The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. One must always choose the path with heart in order to be at one's best **Don Juan**

Nothing great was ever achieved without enthusiasm. **Ralph Waldo Emerson**

Not everything that is faced can be changed, but nothing can be changed until it is faced. **James Baldwin**

For the good that I would, I do not; and the evil that I would not, that I do. **Saint Paul**

'He whose life is not profitable, is to be considered as dead.' **Caliph ALI** Anyone who has never made a mistake has never tried anything new. Opportunities multiply as they are seized. **Sun Tzu**

**Holakouee** Having options is certainly progress, but when you're free, it's your own choices that can confine you.

## Quote Notes IV

**Einstein** The Ancients knew something, which we seem to have forgotten.

A while, as wont may be, Self I did claim; True self did not see, but heard its name. I, being self-confined, Self did not merit; then, leaving self behind, did self inherit. **Jalaludin Mohammad al-Balkh**

Learning is finding out what you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know it just as well as you. You are all learners, doers, teachers. **Richard Bach**

If, instead of dreaming of universal salvation we concern ourselves with our own, instead of liberating humanity we liberate ourselves, we would do a great deal more for the salvation and freedom of everyone. **Herzen**

What I am is good enough if I would only be it openly. **Carl Rogers** An honest man is always a child. **Socrates**

It is far better to grasp the universe as it really is than to persist in delusion, however satisfying and reassuring. **Carl Sagan**

**George Massey** They must find it difficult those who have taken authority as the truth, rather than truth as authority. The idea of having to submit to man's law is enslaving; the idea of submitting to God's law sets one free.

Do what you have to do in life according to divine will, and in that way you will take part in the improvement of the lives of everybody

Accomplish your task in life by obeying the divine will, and you will then be certain of helping towards the betterment of social life in the most efficient way possible.

**Socrates**-The unexamined life is not worth living. Live as if you were to die tomorrow. Learn as if you were to live forever. **Gandhi**

**don Juan** A man of knowledge is free...he has no honor, no dignity, no family, no home, no country, but only life to be lived.

Salvation lies not in the cult nor in the practice of a religion, but in the clear comprehension of the meaning of our life. The path of excess leads to the tower of wisdom. **W. Blake** To attain knowledge, add things everyday. To attain wisdom, remove things everyday. **Lao-tse** And ye shall know the truth, and the truth shall make you free. **John** When you can say with entire truth and with a whole heart: "Lord God, lead me wherever thou desirest," then and only then do you deliver yourself from servitude and become really free.

## Quote Notes V

The sun with all those planets revolving around it and dependent on it, can still ripen a vine or grapes as if it had nothing else in the universe to do. **Galileo**

**RamaKrishna** The winds of grace are always blowing; it is for us to raise our sails.

The sailor who keeps the sail set in the same direction in spite of the changing of the wind will never reach port. **Henry George** There is only one thing that I dread: not to be worthy of my suffering. **Dostoevski**

He who has a *why* to live for can bear with almost any *how*. **Nietzsche** Better a little which is well done than a great deal imperfectly. **Plato** Don't do anything and don't leave anything undone. **Lao Tzu**

Only the supremely wise and the ignorant do not alter **Confucius**

Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself. **Hermann Hesse**

**Thoreau** So soul from the circumstances in which it is placed, mistakes its own character until the truth is revealed to it by some holy teacher, and then it knows itself to be Brahme. The nation that destroys its soil destroys itself. **F.D.Roosevelt**

...in wildness is the preservation of the world. GOD, let me live the life of a plant or an animal, or a piece of rock, but not an animal life. **H.D.Thoreau**

Men are so accustomed to see order maintained by the aid of force, that they cannot imagine a social organization operating without constraints.

In individual life and in social life there is only one law: if you wish to better your life, be ready to sacrifice it. **Einstein** If at first the idea is not absurd, then there is no hope for it.

**Tacitus** To plunder, to slaughter, to steal, these things they misname empire; and where they make a wilderness, they call it peace.

Error continues to be no less erroneous merely because accepted by the majority. **Oscar Wilde** Whenever people agree with me I always feel I must be wrong.

True courage in the struggle cheers the man who knows that God is his ally. In the world ye have tribulations: but be of good cheer; I have overcome the world. **John**

Always do what you are afraid to do. **Ralph Waldo Emerson** Do not wait for leaders; do it alone, person to person. **Mother Teresa** When the heart is right, the mind and the body will follow **Coretta Scott King** "Out beyond ideas of right-doing and wrong-doing, there is a field. I'll meet you there."  
**MOWLA MOWLANA**

## Quote Notes VI

Duty is ours; results are God's. **John Quincy Adams**

**Amir Ali Siassi** Live with discipline and work as if the job was your religion.

Let us have faith that right makes might. **Abraham Lincoln**

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. **Lou Holtz**

Hold fast to dreams, for if dreams die, life is a broken, winged bird that cannot fly. **Langston Hughes**

Greatness lies not in being strong, but in the right use of strength. **Henry Ward Beecher**

An invincible determination can accomplish almost anything, and in this lies the great distinction between great men and little men. **Thomas Fuller**

Achievement is largely the product of steadily raising one's levels of aspiration and expectation. **Jack Nicklaus**

Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal—a commitment to excellence—that will enable you to attain the success you seek. **Mario Andretti**

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen. **Frank Lloyd Wright**

**Ronald Regan** Excellence demands competition. Without a race there can be no champion, no records broken, no excellence—in education or in any other walk of life.

**Henry David Thoreau** It's not what you look at that matters, it's what you see.

A man may die, nations may rise and fall, but an idea lives on. **John F. Kennedy**

A man who has no imagination has no wings. **Muhammad Ali**

If more politicians knew poetry, and more poets knew politics, I am convinced the world would be a little better place in which to live. **John F. Kennedy**

**Pablo Picasso** Every child is an artist. The problem is how to remain an artist once he grows up.

The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so shall you be. **William James** How wonderful it is that nobody need wait a single moment before starting to improve the world. **Anne Frank**