Poetry Series

Anthony cavuoti

- 96 poems -

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1992

It was 1992, just before the Watts riots, one of the family's on my cases invited me to attend Raymond's party. It was his eighth birthday. Many scenes from this party stand out in my mind, in a way such are in time capsules that expand in time while compressing it at the same time. Well the children, the girl children were playing in the small front yard in one of the most dangerous neighborhoods in the hood. I was amazed by the rhythm, the pure joy, and athletic agility of the young girls' double ductching with two long jump ropes. It was not one double duch going, but two or more going on at once with three girls jumping between the two ropes in each, most of them had their hair tightly braided in the fashions of the time, or in pig tails, or both. They still have not shed their baby features.

Then, BANG, BANG, BANG, BANG all of the children hit the ground, rope stopped. Color plastic hair elastics no longer bouncing on the girls' heads in carefree innocent singing child rapturous wonder that seemed completely oblivious to all of life's darker forces; now they are covered with clenched hands. It is as we were in the middle of an air raid.

By the time I hit the ground, they had already said to one another, it was only falling boards. A burst of laughter and sigh of release, shuu, as they instantly resumed their sophisticated jump roping as if nothing had happened.

I was still seeing my life flash in front of me, feeling the shock of experiencing a drive by. Thoughts still ringing, 'this could be it, 'Please god help me, ' and of course the sublime wonder and terror when glimpsing death. Such thoughts flashed through the children's minds as well, but they automatically dismissed them and went on as if nothing had happen, monthly, weekly daily hourly, intrusions of random madness are the norm.

One of the kids stood out, she jumped rope just as effortlessly as the other girls. Many things are unique about her, she was darker than the rest, almost pure black, she had even more energy and was more daring than the other girls and boys for that matter, all of whom already over flowed with gumption. She was about six years old, cute, girlly yet compact with assertive vitality, bursting with energy and life, 'Mom' she yelled, 'play hopscotch with me.' She made a hopscotch path out of color cholk. 'No Tam, can't you see I am busy, I have to pay attention to the other kids, it is not fair if I only pay attention to you, ' her mother Neesee yelled out. To this Tam started crying.

Well watching her cry, it felt to me that all of the disappointment of the world was coming out of her. A tide of sadness and despair that threatened to wash over the world with a force greater than Noah's flood, this coming from a child, this concentrated innocent precocious wonder who had more life, more joy, then the world could contain. Where is her uckine father I thought, why let the poor kid suffer like this.

I played hopscotch with her, The adults looked at me as if I was from another world, which I was, she, Tam looked at me as if I was Jesus Christ himself, Santa, summer incarnated, god himself.

She hopscotch's with skill, with finesse, with abandonment she hopscotch's into the obstacle she set for herself. She set the challenge and she was going to do it, no matter how impossible. She made it through. I thought she was going to break a leg. The only thing broken was my heart. But she, this kid, hopscotch right into it, my heart, into my soul. The accomplishment of this incredible task meant nothing to her,

she would have done it again, blindfolded and backwards. What mattered to her was that someone was there seeing her do this, that she did matter, that someone on this earth was witnessing her life, was cherishing it. Tam, 'you are going to fall and cut your ucken legs, you already have ucken knees like a boy from all the time you ucken fell before, ' her mother says. Mom watch. Her mother hold's up the back of her hand, 'watch this.'

Anthony cavuoti

4G

Metaphorically, when it comes to seeing colors, the vast majority of people are 3G, dyslexics are 4G. They can and do see a greater distinctions of colors and possible more colors, once again metaphorically. When it comes to concepts dyslexics are 4G. However when it comes to decoding and encoding, reading and writing, they are colorblind,3G. What are wonderful yet frustrating at times paradox?

Anthony cavuoti

Albert Einstein

unified field theory

They say I did not reach my destination, that I was wrong, still I went on, our intent, our wisdom, folly, determination, steadfastness, passion are parts of our soul. You should see my discoveries in the other worlds I was born into, worlds far grander, more interesting in endless positive ways than the one you are in now.

Anthony cavuoti

As You See

As you see, we never die. Change dimension, big transition, faster than prenatal unconscious aware instant. There you are, nice review, what you do, insight for you, light forever, yet beginning anew.

Great love, appreciation, intense feelings, powerful sublime emotion. I do not believe I am the best this time. I will love very strong. This time more discernment, incarnate into less anxiety.

Anthony cavuoti

Attachment

Our attachment patterns our the shells for which we extend out to others, that we we emerge from, most get marooned in them to some extent, still most find a way to have fulfilling lives.

Anthony cavuoti

Awe Of Life

Focus on life, on all of life, your good dreams, the feelings, aliveness, the sublimeness, the beauty, love, meaning, wonder, such alive real dreams are life of life, they are you, more than you as well as ahead of you, making real your share of paradise now. Actively be with them, put into meaning, into understanding, into discernment the painful, hurt, dark, complex emotions, feelings while you hold onto your good memories, experiences, feelings, your joyous experiences are the digestive enzymes of the negative. One is light the other is substance. You only grow, you only get stronger, only wiser, when you face both. That is how the good is released into this world; that is how you truly stand in this dwelling place from your soul. This is the only way this world as well as your next world is made real, more humane, more fulfilling to our real many deep and not so deep desires, more spiritual. I do not have to tell you what happens when you become one-sided.

Anthony cavuoti

Beauty of Darkness

Beauty of Darkness

Anthony cavuoti

By reflecting back

By reflecting back there is more light forwards. The present and future are clearer when what behind you is illuminated

Anthony cavuoti

Ceate a spirit

As you go through life you create a spirit, a force of attraction, as an adult a great deal of what you do in the process of individuation (and in therapy) is weed out the bad programming, the no longer useful attractor patterns of your past, while at the same time you expand on the attractor patterns that are beneficial for your expansion and for the emergence as well as the cultivation of latent forces in you, the more actively you engage in this, the more you make a path of least resistance for others, that is you positively influence others while you ad to the culture. The best results of this is that you give the children of your and future generations a better start, they go through life more free from outdated and destructive forces and more able to recognize as well as express the life affirming forces in themselves.

Anthony cavuoti

Changing view of the light

In one sense it is not some much the part of the light that we are but are attitude, understanding and way of relating to it, most start off with love, then wanting to be the best, then feel some way about not being the best and others. This life I wanted to be the best, and from the start I dealt too much with others wanting to be the best and or thinking they are the best. From now on and in my next life, I am grateful for this experience and wanting to help make it better, to be part of the process of making the love of there, of the light, here.

Anthony cavuoti

CHILD ROOM

To give your child room to be at any age them self, not inflict them with your issues, repressed pain and unfulfilled dreams is a great gift.

Anthony cavuoti

Children

Wonder, children wonder, but it seems that from an early age it is knocked out of them. Conformity overrides possibilities and even reality slowly starts to ascend in their mind as they are processed through the systems, in fact conformity becomes reality. No wonder that wonder slowly and then completely looses its place. Children's freedom to see new possibilities, to invent knew worlds, knew universes is increasingly viewed with suspicion as they age. Even more devastating to the processes of wonder, is the self righteous way we as adults invalidate children's seemingly preternatural ability to know where adults are coming from, to even punish children because they see and say that the emperor has no clothes on. Their natural ability to know others emotional states and to sense when adults are imposing their darkness upon them and others is far superior to our own in many or most ways; until we force them to see through are own adult processed perception. We would be wise to learn from them instead of trying to control them. The experience should be two ways. This is the best way to keep wonder alive while teaching children to understand them self and the world around them. This takes courage for us adults.

As we know, children do not know their place, they are adept at seeing through adult pretenses, masks, false identities, roles, games, hypocrisy, we are so busy shoving our own way of processing the world down their throats that we forget to wonder with them, to be with them. We become fearful of seeing things through their eyes, through the eyes of the child we once were. Darwin, Einstein, both were precocious, slow very slow in their maturity and unable and unwilling to conform, they such as so many other had a prolonged childhood, and a lasting child like way about them, the wondered.

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Death

Death is exciting, thrilling brighter than the light of glory, more thrilling than sex, more exciting than the ecstasy of orgasm. No rush for it, want to be here more for my the love ones, for my dreams here, but how bright, powerful, moving, exciting it is, God how you feel it.

Anthony cavuoti

Deep levels

I am not going to sacrifice myself on deep levels, simply to be pleasant on superficial levels. That means not suffering people that refused to face and resolve issues, as well as conflicts or pretend nothing has changed so as to hold onto power, their fragile sense of control, their pseudo self. Maybe on Facebook but not in real life. Some will say what is the difference. There is none, so good by.

Anthony cavuoti

Desire

Life is the expression of the desire of the soul to manifest and
to share what it uniquely perceives and feels. Columbus's essence is deep in discovery.

Anthony cavuoti

Discontinuous Existence

We do not die, instead we live a discontinuous existence. This life here, my body, my thoughts, memories, feelings, what I am physically, once this is over it is over. Anything else is just an allusion. When we die it is over, nothing is going to recreate us, make us again. Restore us to what we are. It is over the end. No more. End of story. Final curtain. The dirt sleep. Or is it.

Could not resonances of this life carry over to our next life, be with us in the after life, in the life between llives. Could it be a process analogous to dreams? Could parts of your life continue in another existence after death in the same way aspects of you continue in your sleep, to different degrees. Part of your life as a child continues periodically when you dream at night, parts of you as a young man and or woman continue in your dreams. Images and deep connections you have with creation and or the divine, depending on your perspective, continue when you are dreaming. Though you are not you, you are you, brought to life again.

Anthony cavuoti

Each of us

Each of us is more than creation, we are embodying more of creations forces in us, creation in creation, vivifying, expending, without overly identifying with its intense passions, as well as expressing the aspects, forces of creation with others in ways empower. We are, more then being the best, we are being here.

Anthony cavuoti

Each Of Us Is

We are not the kaleidoscope, but each of us is an unique interpretation of God, of creation. Through discernment, courage and wisdom that we cultivate in time we add to, we all positively contribute to the completion of creation.

Anthony cavuoti

Essence

Life
Life is the expression of the desire of the soul to manifest and to share what it uniquely perceives and feels. Columbus's essence is deep in discovery
Buddha is the essence of wisdom, the triumph of wisdom
Christ is the essence of love, the essence of wisdom, the triumph of love, the triumph of Wisdom.

Anthony cavuoti

eternity and tomorrow

If you died today, you will be conceived tomorrow, born in nine months, and have been in paradise for eternity.

Anthony cavuoti

Even if

Even if your family is pretending that they love you, in their own way they really do, they simply do not no how to love, That does not mean being abuse or used.

Anthony cavuoti

Every time

Every time we love deeply we recreate creation again, we added love, tenderness, life, dimensionality, freedom, space, closeness.

Anthony cavuoti

Every Time We Love Sincerely

Every time we love sincerely, from our depths, from our core, not only do such moments exist forever but they create gaps, they are pure inspiration, of life of life, they become gaps in time and place, that metamorphose the very laws and processes of manifest creation to be more in accordance with the harmonized state of being of paradise.
Such experiences are of spirit, are inspiration, and are soul's fulfillment.
Such moments purify past incarnations and guide future embodiments.

Every time you love sincerely you change the universe. You help it be more of what it is meant to be

Paradise, awakened infinity.
Eternity, unconscious infinity

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Everyone has deep issues

Everyone has deep issues, which are really diamonds most do not know how to mine their diamonds. Most deny their diamonds, or keep them buried, mine them, your issues are your tools and skills, which saves others.

Anthony cavuoti

Facebook Is Heaven For People With Attachment, Intimacy Issues

At times part of me feels that Facebook is heaven for people with attachment, intimacy issues, with avoidant and passive aggressive personality disorder. Or narcissist that collect people, that use people as objects.

Anthony cavuoti

Fed up with the attitude of a system of indifference

</>People are fed up with the attitude of a system of indifference that uses them as objects to be manipulated to maintain a statusquo that intimidates and coerces people to serve its one-sided ends. People went along with it to maintain their life, their relationships, their families, in short, to adopt, they knew that it was unjust as well as out of touch, but it was sold as the best of all inperfect systems. But now the huberous of those entrusted to control the system is too much too bare and the citizens humanity is not being fulfill, and their human dignity is viewed as a histrionic element. So now we see our financial and political leaders in the light of their own greed that has broken the system, as the spoiled narcissist of the wealthy, and cunning who put their own life stile above the country and people that made their position possible. People want their humanity and dignity back as well as their life and are now willing to expose the hypocrisy of the con-artist.

Anthony cavuoti

good dreams

Focus on your good dreams, the feelings, aliveness, the sublimeness, the beauty, love, meaning, wonder, such alive real dreams are life of life, they are you, more than you as well as a a head of you, making real your share of paradise now. Actively process bad feelings than move onto your good memories, experiences, feelings, they are the digestive enzymes of the negative as well.

Anthony cavuoti

Great gift

To give your child room to be at any age them self, not inflict them with your issues, repressed pain and unfulfilled dreams is a great gift.

Anthony cavuoti

Hate it when

Sometimes I just want to be, simply want share delight, free space, joy of naturally being, no **** heads in sight, just the pureness of life uninterrupted for a while by the bombardment of manipulative people pushing the **** of their or some companies' agenda on me.

Anthony cavuoti

Hits you like a kick in the

If you are dyslexic and every word you read and write hits you like a kick in the balls, if your family invalidates you more than they understand or support you, well why be the scapegoat for the arrogant. If you sincerely tried to talk with them and they are too blindly willful, to see you and they think it is their God given right to abuse you, well thank Christ you are away from them. You do not have to be with them or any other such as they in this world as well as in all worlds to come.

Anthony cavuoti

I Have Witness Many Great Things In This World

I have witness many great things in this world, in this life. The greatest ones by far where when my children were born. They both entered this world differently. The oldest entered calm, he entered this new world with a gentle easy calmness, an alert curiosity, not certain as to where he landed yet trusting, ready to face this new world. Seeing this new life entering the world, I saw myself entering life, all life entering life, all humanity entering life. My second child entered the world, yelling; to me his cries could have been heard all around the world, he announced himself, to the world, to life, with power, with intensity, with certainty 'I am here. '

As a preteen, as a teenager, as a young man, I had many peek experiences while playing sports. Other types of experiences as well, Creative flashes of inspiration that moved me to the core.

I have witnessed the love of the human soul, the tenderness, of the human soul, the strength, endurance, the depths, I have seen, listen to, was moved by all of the Gods of the pantheon of life, the incarnations of being. I seem them go on past endurance, yet still loving, making miracles, finding hope, making ways where there where none, for their children, for loved ones for them selves for life.

Anthony cavuoti

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Anthony cavuoti

I See Them

When I was younger I wanted to overcome the world, in dreams I seen it from above, I wanted to influence, to share my feelings of God, to express an impulse, a will I did not yet understand, yet new, part of me still feels that way, but much less. I am in awe of the people, the lovely souls that have shared some much, over come so much, are not seem by their love ones yet, I see them, they see their light upon me, slowly they see them selves in my eyes, and their own. The world sees them as they come more and more into focus. Such brighten up the world, the lives of some many others.

Anthony cavuoti

I think it is ironic that many of the leaders in technology were adopted.

I think it is ironic that many of the leaders in technology were adopted. Every one raves about how Steve Jobs put so much style into the apple; he turned his computers into an esthetic work of art, as well as into a fluid experience of joy; thus transforming both dimensions, making the out side experience as beautiful and wonderful as the inside, from a machine that was thoroughly repulsive to the vast majority prior to Steve Jobs. As people we wish the outside of our life was as beautiful, cooperative, exciting and rewarding as how we imagine it, as how we experience it on the inside as well as in moments from our depths.

We wish our inside could be understood by our loved ones. We wish to understand others seemingly incomprehensible emotional states. This is never more real than in infancy, as children, and later as teenagers. What Steve Jobs did was pure alchemy, on one level he was trying to bridge the gap from the lost part of himself, to make himself as attractive as possible to his miss attuned parents so that they would take an real interest in him. He attempted to decode what seemed to a child his parent's senseless emotional algorithm of being emotionally unavailable into something comprehensible. He also made something very distant assessable, complex codes to be memorized with great labor into a mouse and images, where one simply points and clicks.

He got the love, the admiration from many that he needed, he far out reach most, becoming an icon, but the child in him yearned and created the emotional attunement he never had, in both the inside and out side he had made himself through his products as appealing as possible, towards the end his exterior persona started to fade, and he could not maintain his brilliant performances, ironically for once he could experience the unconditional love on the out side and inside for who he was without having to physically dazzle and brilliantly perform. For once he would be loved for who he was, not for the dreams he could fulfill for others.

Anthony cavuoti

If you

If you are dyslexic and every word you read and write hits you like a kick in the balls, if your family invalidates you more than they understand or support you, well why be the scapegoat for the arrogant. If you sincerely tried to talk with them and they are too blindly willful, to see you and they think it is their God given right to abuse you, well thankChrist you are away from them.

Anthony cavuoti

If you where

If you where emotional and or sexually abused as a child you are vulnerable to others with similar or the same issues as your abuser. As adults we all have lapses of judgment, but are feelings protect us, they warn us that something is wrong, but if you where abused you mistake familiar for normal, and your inner normal needs heeling from the abuse, from the betrayal.....

Anthony cavuoti

In the name of God

Most numb their pain, their issues, repress them, they never face them, give them to God, therefor they never move past them and they inflict them on others, mostly their children in the name of God.

Anthony cavuoti

In this world I started off as a mistake

In this world I started off as a mistake. My biological mother was seventeen years old when she became pregnant. Being that her foster parents and the Catholic Church did not give her any choice, I was to be put up for adoption. She, my biological mother having been abused and neglected from her own family, constantly being made a object of derision by her school teachers due to her undiagnosed learning disability, dyslexia which was unknown at the time, the choice being made for her as to her unborn without any consideration of her own feelings and the rejection of my biological father further push her into ever deepening realms of despair.

Her friends seeing the burden I was to her offered to take her out of state to dispose of the manifestation of her problem by means of a out of state doctor. I already felt the rejection and hostility towards me from this out side world but something in me felt a fatal terror descending upon me, for my mother it was a divine voice telling her to leave the dark cold room, to get off of the steal counter before the doctor enters, that it is wrong, perhaps she is right but for me it was me screaming in silence, get out. She left the seedy doctors office, for months I endured more shame, more humiliation, more hate, more rejection, more contempt, more apprehension, more dread, more poisonous feelings riding on depression.

Anthony cavuoti

Insanity

Insanity. Want it all, know you are the greatest, and you will be great. You are smart, you are strong so take

Sanity speaking, "What hoarse sh…. We all know how this turns out."

Insanity, do not face your pain, project your pain, your hurts onto others. Fame and wealth will make it all better.

Sanity, own your pain, work through your pain, work on learning how to love in healthy ways.

Anthony cavuoti

Invalidates All Validation

My family invalidates all validation, sometimes I pretend it is not so,
but all that I am, they invalidate, there is no real way, sane way, healthy way, fulfilling way, real way, to be in such hostility.

Anthony cavuoti

It All Starts Now

Too many people act as if hope is dead. Just watch the movies, the news, really look at how people treat each other in the office, on the streets. So much pretense, hostility, arrogance, silent killings, so little kindness, patients, appreciation, understanding love and generosity. If people really had faith, if they really believe, in their heart, in their depths they would not be this way. One of the first steps to end the insanity is to face our destructive desires, born and perpetuated out of a lack of love, Lack of EMPATHY, lack of courage, lack of vision. It all starts now. It all ends now. We choose every moment.

Anthony cavuoti

It Does Not Have To Be This Way

Every culture tries to control, manipulate, shame, dominate the other culture, the dominate cultures today where the so called inferior cultures of the past, the so called inferiors to day where the dominate cultures of the past in many or most cases, in their region or in their portion of their continent. This is what individuals do to one another. This is how we are habituated on many levels, but it does not have to be this way. Believe in your self, face this tendency of humanity that we need to grow out of, defend your self from this, rise without putting others down. Weed out dysfunctional patterns of relating, of being that you picked up from your family.

Anthony cavuoti

it is not a reflection of you

The evil that you experience, feel, how abusive people react to you, their false impressions of you, estimates of you, responses to you, is a reflection of their evil, prejudice, blindness, of their lack of development, it is not a reflection of you, of your abilities, intent, it is not an impression of the impression you make, it is a reflection of them, their limitations and ignorance. Their being distorts good, mocks love, an amplifies weakness, such have, are become, such are fake, superficial enlightenment, unconscious.

Anthony cavuoti

Life Felt Me

When we where younger we had so much priceless wisdom but we traded it for the collective delusions called reality and well adjustment. But I have to pay for the kids food, clothes and computer, so there I go helping people cope without betraying themselves, as I do the same balancing act, being real, responsible while facing life with as much courage as I can so that at the end I will face death with an embrace, knowing that life felt me here on this spinning circle if only for a brief instant.

Anthony cavuoti

Lightening is quicker than thunder

Lightening is quicker than thunder, for many their weaknesses are exposed first, latent powers in them manifest afterwards in unconventional ways. GOD help them if they are adopted with a narcissistic, self-adsorbed father with compulsion issues, denial, anger, rigidity. Also God really be their for them with their borderline mother who can't help but freely expose all of their children's weaknesses publicly while being blind to their strengths, abusing them for not living up to the conventional culturally marketed definition of greatness that the queen demands.

For some parents, not most, their is something deeply wrong with them, the only way to help them is for their adult children to get away, get away from them on as many levels as possible for very long time, for good is understandable.

Anthony cavuoti

Love

One moment of real love, of real tenderness for a child, for someone you love has more energy, more information, more meaning, more of everything than infinite universes. The reality of reality is of the heart.

Anthony cavuoti

Match

I am tired of hiding my really feelings, my real perception behind good intentions. The feeling and the intention have to match. If they do not the person is out.

Anthony cavuoti

Mistake familiar for normal

If you where emotional and or sexually abused as a child you are vulnerable to others with similar or the same issues as your abuser. As adults we all have lapses of judgment, but are feelings protect us, they warn us that something is wrong, but if you where abused you mistake familiar for normal, and your inner normal needs heeling from the abuse, from the betrayal.

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My father has been dyeing on me for years even though he is healthy and alive.

My father has been dyeing on me for years even though he is healthy and alive. The more I see him, realizes him, the less he is. The past of what was, what was once the sun, is now smaller than a seed, not a muster seed, but poison ivory. I whish it was not but for my sake, I must face this truth. If we came from a place where there was more rage coming to you than love, more frustration than love, more ridicule than love, more lack of boundaries than love, more manipulation then love, more intimidation than love, more hitting than hugs, then you are better off by facing this terrible, this tearful reality go on in to love, to really love, not use fake public displays of love to cover your abuse. Face it, wrestle with it, change it, so as not to past this destructives hell to our children.

Anthony cavuoti

My God, My God, Why Hast Thou Forsaken Me

My God, My God, why hast thou forsaken me, we all have such moments, all seems hopeless. There is nothing, still we go on, we find a way. If we have done works of the soul, if we have moments before the cross where we where true to our core, those muster seeds will carry our depths, our soul, our life to a new life here or to new lands, to new hope, to more noble fulfilling desires to better more refined worlds to come.

Anthony cavuoti

None

Life is the expression of the desire of the soul to manifest and to share what it uniquely perceives and feels. Columbus's essence is deep in discovery

Buddha is the essence of wisdom, the triumph of wisdom□

Christ is the essence of love, the essence of wisdom, the triumph of love, the triumph of love.

Anthony cavuoti

Not you at all

Everyone has deep issues, which are really diamonds most do not know how to mine their diamonds. Most deny their diamonds, or keep them buried, mine them, your issues are your tools and skills, which save others. They are you but not you at all, your mistakes, sorrows, and pain, intersecting with humanities crudeness, ignorance, greed, and selfishness, if you come to light here some, through this forest of plastic, video, soundbites, pretense, hate and ignorance, you will come through, shine forth anywhere in this, all universes, creations.

Anthony cavuoti

On the Service

Some people so generously, so freely, so nobly, so eloquently, so obviously provide you with two pounds of the most, very helpful, even vital assistance, on the service.

but underneath they have given you ten pounds of hurt, anxiety and doubt.

The are more than
Passive aggressive,
rocks in food,
sand in your drink,
They are hate in love.

Hate pretending to be kindness, generosity, and love.

Anthony cavuoti

Once More

In deep peaceful sleep and death we are with God.
We are the fish, God is all great lakes and oceans and
we peacefully exist in him.
In this life others needs of us awaken us from sleep.

In death other souls, loved ones and worlds might enchant us to go out down a stream, or river, away from gods center, away from our home, out of the lake and that life will be just as real as where we are now. From God to God once more.

Anthony cavuoti

One God Cares For You, The Other Is So Great He Could Careless

There are two kinds of Gods, one is always making creations, life, creatures, beings, consciousness, and going on without looking back, creating even more spectacular creations, universes, multiverses, ever greater complex life forms one more fantastic than the other.

There is another sort of God, one that creates a universe but gives a ram about the beings he created. This God is there, this god stays with his creatures, with her beings as they struggle, as they strive, he gives them space and the ability to co-create with her. The other god, could care less, he has other better universes and forms of life to make.

in this universe in our life now, these two gods are fighting it out, in our life now we are fighting it out with them as well. Do you want the greatness of the narcissistic God of cold selfish greatness. What a price you pay for being like this god or worshipping this god. He just made you to prove to himself how great he is, or do you align your self up with the God that gives a tam about you, he made you because she wanted to share herself and all of creation with you,

What is your choice let me know and why, it says a lot about who you are.

Anthony cavuoti

Part of me, all of me

Being with my children is the greatest joy I have ever known.

Seeing them in the morning before they wake up.

My fears, anxieties of how am I going to make it, how will I make the demands of the day.

Part of me knows it will be alright, that I will exceed expectations.

Part of me fears that I will indeed do great things far past what is needed or right on the mark but miss out on the tenderness, the fun, joy, laughs, that are born in the moments of simply being here with them.

Just my being with them, raining in my racing mind of obligations and deadlines.

When I am with them at times I feel guilty, that I am falling behind on what I must do to provide for them. Sometimes, more and more all is right, I am with them fully, I just got through doing what is needed at the time.

Anthony cavuoti

Phoenix

In the movie the gray, men face death, some consciously believe in an after life, others do not, through the pain and trials some spontaneously come to their own understanding or experience of death. A pack of wolves is pursuing them, almost for certain they are not going to make it, but still they go on trying as our human instincts compel us. This leads to some of the more basic ideas of the movie, Alfa, dominance, strength and courage, how we face death is intertwined with how we face life. On a more primal level, we create our own phoenix, our own rebirth by how we face death. Unconsciously we all have our own allegiance, understanding of life, death and the after life.

Anthony cavuoti

Pick The Right God.

One god cares for you, the other is so great he could careless.

One god cares for you, the other is so great he could careless, so very great he does not have time to care so he so artfully pretends to care. If you see he is a fake he will destroy you.

Yes there are two gods.

There are two kinds of gods, one is always making creations, life, creatures, beings, consciousness, and going on without looking back, creating even more spectacular creations, universes, multiverses, ever greater complex life forms one more fantastic than the other.

There is another sort of god, one that creates a universe but gives a ram about the beings he created. This god is there, this god stays with his creatures, with her beings as they struggle, as they strive, he gives them space and the ability to co-create with her. The other god, could care less, he has other better universes and forms of life to make.

in this universe in our life now, these two gods are fighting it out, in our life now we are fighting it out with them as well. Do you want the greatness of the narcissistic god of cold selfish greatness. What a price you pay for being like this god or worshipping this god. He just made you to prove to himself how great he is, or do you align your self up with the god that gives a tam about you, he made you because she wanted to share herself and all of creation with you,

Anthony cavuoti

Real Love Makes Life

Real love makes life so wonderful, so worth living, so worth the pain. Real love is greater than are many sweet yet blinding desires. Real love is greater than all pains, neglect, abuses, all of the ways they have compounded on themselves and one another, in our brain, in our mind, in our heart, in our soul; love does more then heal, more than purifies it restores, it reifies God here in every moment that it is real. This last forever after all of the dust of the cosmos has vanish into nothing.

Anthony cavuoti

Slower Than Slow, Faster Than Fast

Have faith in the speed of God, slower than slow, faster than fast, just right, not known to us, yet perfect.

Anthony cavuoti

So Much

Sometimes I am in so much pain, so much pain, so much emotional pain. my life, the world, so much pain, so much emotional pain. Yet so many to love, to share with, to give to. So much more life, love joy.

Anthony cavuoti

someone who is really there for you

I know it might seem odd for you to have someone who is really there for you, but let me be there for you, let me help you with the discomfort of feeling valued so highly, of being cherished, loved and supported emotionally.

Anthony cavuoti

Sometimes

Sometime my feeling simply hurt some much. I am just in some much emotional pain. So very much. It is hard to say. What is it, it is. I will tell you at times I, hate such emotional irrigate people.

What want to be free from the hang-ups up of the past, to be free of the pain of the misunderstanding and be free to love my life un-bogged down with all of this emotional pain, weight at time.

Anthony cavuoti

Sometimes I just want to be

Sometimes I just want to be, simply want share delight, free space, joy of naturally being, no **** heads in sight, just the pureness of life uninterrupted for a while by the bombardment of manipulative people pushing the **** of their or some companies' agenda on me.

Anthony cavuoti

Sometimes the higher does just what it does

Somehow we always find a way, the higher levels have always been used to hide the agendas, attitudes and desires of lower levels, still sometimes the higher is just what it is, and does just what it does, transfigure; Christ hated pretense, yet he new the stratum of our ways of existence, our culture, render unto Caesar what is Caesar's and God what is Gods.

Anthony cavuoti

Sometimes You

Sometimes you have to stand in the rain of the pain of your past.
Other times in the light of the ceaseless delights, of seeing, of knowing, of wisdom, of being.

Anthony cavuoti

Sometimes, more and more all is right

Being with my children is the greatest joy I have ever known.

Seeing them in the morning before they wake up.

My fears, anxieties of how am I going to make it, how will I make the demands of the day.

Part of me knows it will be alright, that I will exceed expectations.

Part of me fears that I will indeed do great things far past what is needed or right on the mark but miss out on the tenderness, the fun, joy, laughs, that are born in the moments of simply being here with them.

Just my being with them, raining in my racing mind of obligations and deadlines.

When I am with them at times I feel guilty, that I am falling behind on what I must do to provide for them. Sometimes, more and more all is right, I am with them fully, I just got through doing what is needed at the time.

Anthony cavuoti

Steve Jobs being adopted

Steve Jobs being adopted had a great affect on him. It is no accident that he made the computer and later the smart phone irresistible. As an infant he had to sell himself, make something that was potentially great yet rejected acceptable, similar to what he did with the computer. No matter how good of adopted parent you have or are, there is always Miss-attunement. Good adoptive parent's face it, except it and deal with it thus allowing their child to except this reality so they could cope with it in their own way. Most parents from the sixties and prior were like mine, they told their child that they were lucky they did not end up in an orphanage; most adopted children do not have a chance to sublimate their miss-attunement the way Steve Jobs did. He used his skills to transform the inaccessible and incomprehensible computer of his time into an instrument of freedom, of happiness, of creativity. Something as a child he could not experience directly from his parents.

Anthony cavuoti

Strange Gravity

At times, in the morning, I have to break through a strange gravity of my past.
I did not create this gravity of my childhood, for this world and the next I am making a new gravity.

Anthony cavuoti

Sublime Mind

We have our own Sublime mind, that part of us is above all that is known about you corporeally, and beyond everything what is acquired true.

Anthony cavuoti

Such as Winston Churchill's father

Such as Winston Churchill's father, my father detested me at times, other times he really loved me. I did not know how to make sense of this strange rhythm. The only thing that I could imagine is that if I am great, not only would he love me, but I could save him from his destructiveness, his recklessness that I was so painfully aware of as a child. Being dyslexic I did not received any validation from school. Just more conformation that there was something deeply wronged with me. In my writings I found refuge, solace, strength, my voice. In mid to late sixties and early seventies rock music I found parts of my self, all too much of the wild side. The blatant hypocrisy of the adults turned me off to church. My God never left me. My dreams kept dreaming me. Once I had access to books on tape I was able to see more clearly my reflection in the works of literature. To this day such attitudes that where born of my past still affect me. Besides being with my children I feel my best while helping others that are going through similar ordeals.

Anthony cavuoti

That is a harsh gravity,

If people were emotionally harsh with you while you where forming, that is a harsh gravity, that constantly pulls you down; you do not have to be that way with others or your self, stand, reach for your dreams, help others do the same.

Anthony cavuoti

The Force Of My Depth

I need to be more patient with my self, allow the force of my depth, of my soul to guide me through the various intuitions of my mind, trust the spirit of my depths to navigate the changing winds of human frailties, limitations, emotions. Allow, summons the land of my vision of a full life to unfold its dignity, to infuse me, to wash over me, to bless all those I have contact with. To release, to harmonize with their depth, with their core.

Anthony cavuoti

The magic of life, like happiness is the byproduct of

The magic of life, like happiness is the byproduct of a great deal of faith, determination, courage, self discipline and love, with direction as well as vision, not just for yourself but for the people you care about and humanity in general. Also being here enough to see the beauty, the paradise in your life, such moments expand creation more than a million big bangs.

Anthony cavuoti

There Are Demons that Torment All of Us

There are demons that torment all of us. Our past struggles in coming to ourselves where our acts reflect are pain and not our core. Such demons are thought compulsions, which have become an unwelcome tradition in us. They are the ultimate distraction; they have nothing to do with anything. Just think of the ways in which the past echoes through the media during presidential campaigns. Things said and done in the candidates past that have nothing to do with anything relevant are constantly being played. The negative slander of the opposition with a portion of their past truth gets more time, money and energy than defining who one is and what one stands for. Such adds, are disinformation, they have nothing to do with the issues, and who would be best suited to be president.

A significant portion of our mind generates negative rhetoric like the negative presidential campaign adds; it spins gross distortions against itself and for its self. Even more lethal in countless ways is the positive adds that are also distortions. In both cases the mind lies to itself. Our enemies, meaning those who are jealous, envious of us or those who are threaten by us, or those who are addicted to manipulating people, will take advantage of the rhetoric we except. Such parricides will play on your vanities and exploit your weakness. The artful ones will do both.

Superficially the parasites sharaid themselves as a friend, as a stable alliance, as someone you trust, confide in, as a wife. They will appear to be your most genuine supporter who defends you from the negative distortions from your self and from others. But they are not there to support you, all they know is betrayal, for the ones who they are closest too betrayed them. Many times they have identified with the parent or parents or person who betrayed them. As a defense they will not admit how hurt they are and how awful their childhood and life is. They were brought up in a world in which there was the appearance of love, but not real love. They perpetuate this illusion and people who could potentially really love them get caught up in the gravity of their illusions, in their atmosphere; it is a planet of denial and deception where not real caring grows but contempt, where no real love can grow. Where potential love withers and fades unless freeing itself from this insidious sneer.

Such people, cannot really help you, they cannot even help them selves. They can not give to you what they themselves to not have, love, genuine compassion, sincerity.

Anthony cavuoti

There is no real way, sane way, healthy way,

My family invalidates all validation, sometimes I pretend it is not so, but all that I am, they invalidate, there is no real way, sane way, healthy way, fulfilling way, real way, to be in such hostility.

Anthony cavuoti

To give your child room to be

To give your child room to be at any age them self, not inflict them with your issues, repressed pain and unfulfilled dreams is a great gift.

Anthony cavuoti

Too Many People Act As If God Is Dead

Too many people act as if God is dead, as if hope is dead. Just watch the movies, the news, really look at how people treat each other in the office, on the streets. So much pretense, hostility, arrogance, silent killings, so little kindness, patients, appreciation, understanding love and generosity.

Anthony cavuoti

Tthe abusive ways people express their sexuality

The developmental issues of sexuality are complex, it is epigenesist at its best and worse at times. Most of the abusive ways people express their sexuality is through fronts of being "the good, " the good Parent, the good religious instructor, the good coach, just checking your under close to make certain you have them on right, real, perverted freaks pretending to love a child, and care for a child when in fact they are just enacting their own past abuse behind a fake role, a fake motive. And the passive parent, or passave one that lets it happen without doing anything. Such stunted people just use children as fronts, they are Bookies, drug dealers, fake businessman, and fake politician. The fake politician, is perhaps the worse, like the fake father it is all about his vanity, he will destroy his son for his vanity and cover it up with righteousness.

Anthony cavuoti

Unexpected Encounter

Somethings are beyond my capacity to express.
Sometimes the gifts of life, the grace of god goes beyond my wildest expectations, beyond any bliss, fulfillment and paradise I could ever imagine, ever dream of.
A miracle I can see, cherish and appreciate in time. Some were made for greatness, some meant for fame, others fortune, mine is greater than all combined, being able to appreciate you, Potentially having the privilege to see you in all your shades.
Not to act on it would surely cause a collapse of a major portion of heaven.
Such sunrises always have bright days.
Such starts of dreams always awaken to pleasant feelings in the morning light of day.
Such a dream leads to real life, real caring that dispel the past darkness.

Anthony cavuoti

unique connection with God

After we really find our own unique connection with God, above the slogans of timed public displays of faith, beyond pleasure, ease, personal reward, we change the world, but we must follow through, not give up in the face of this seemingly overwhelming struggle.

Anthony cavuoti

universe speaks to us

At times the universe speaks to us very clearly in our encounters. It always speaks to us, but we must give a effort to understand.

Anthony cavuoti

Very Bright and Warm

Sex can wash over pain, puts tropical oceans of stars in the nigh but real love gives meaning to it all, puts suns in my heart, so even if it is dark it is still so very bright and warm.

Anthony cavuoti

Was a place

Mayberry was a place where people genuinely loved one another, they celebrated each other's strengths and did not take advantage of each others weaknesses but protected one another, even from them self if need be. It was world of love, of respect, where people treated done another humanely.

Anthony cavuoti

We are love is

We are the salt, love is the ocean, love is the sky, love is the universe, love is God the source that creates, that sustains this and all universes, every life, your life. Love is in every grain of salt just as much as it is in every universe. See the love, the miracles unfold, through the winds, through the storms, in the sunshine, in worlds being destroyed, in worlds being born, in universes going out, in universes coming in, in man's birth, in man's death, in our present time, in your birth, in your death, in your life, right now.

Anthony cavuoti

We are flexible and alive,

We are flexible and alive, outside of any known pattern, theory, worldview, medical, scientific data, observational studies, spiritual path, practice. Find your rhythm, your pattern, your space, the spaces, the spaces that are right for you.

Anthony cavuoti

We go from

We go from unconscious thoughts of God to conscious thoughts of God, both are infinite, in this endless cycle all is becoming more aware.

Anthony cavuoti

What is It That We Experience

When we die, change form, all of our life makes sense to us this grand lucidity, we experience a welcome clarity of our life, deep waters of feelings, heights, vistas of beings, opening, judgment day is the shared encounter with all of humanity, where we experience our life with all other self encounters with creation, with humanity.

Sides of us, our erotic side, our heroic side, our sophisticated side, our nurturing side, our warrior side, all sides of us blend, synthesize with others, we are and we let go, we ripen.

Alive, being, it is a beginning,
An appreciation, being for all time, in peace, joy, wonder, bliss,
We make an inner promise, we have a perception, we extend out and into once more, and there we are once more.

Anthony cavuoti

What Privet and Tender Moments

What privet and tender moments do you have with your child, with your teenager, with your friends, family, love ones, with your self, with life. Don't you know that such moments, such experiences are the very core of creation, extending out from God, to God. Let me help you know this more, see this more, as you show me, this is the only way.

Anthony cavuoti

When I Was A Child A Bully Would Challenge Me

When I was a child a bully would challenge me. He was bigger. I would run away. Over and over this went on. One morning I woke up from a dream in which I seem the bully punch some one I love over a fence. I was furious that morning. That morning the bully said something about my sister. Later that day we met at the park to fight. It was all set we would fight. It seemed as if every child from the school was there. I did not care. All that I seen, felt, all that ran through my mind was him punching my sister over the fence. The bully looked so surprised when I stepped into him and punched him right in the face. He started crying. When he got back to his feet the crowd of children were cheering. One of the older children ran in. He would not let him continue, blood poured from the bully's face. The older child might have sensed that I really would have changed the bully's life even more profoundly.

Anthony cavuoti

When we where younger we had so much priceless wisdom

When we where younger we had so much priceless wisdom but we traded it for the collective delusions called reality and well adjustment. But I have to pay for the kids food, clothes and computer, so there I go helping people cope without betraying themselves, as I do the same balancing act, being real, responsible while facing life with as much courage as I can so that at the end I will face death with an embrace, knowing that life felt me here on this spinning circle if only for a brief instant.

Anthony cavuoti

Yes, There Are Two Gods

There are two kinds of Gods, one is always making creations, life, creatures, beings, consciousness, and going on without looking back, creating even more spectacular creations, universes, multiverses, ever greater complex life forms one more fantastic than the other.

There is another sort of God, one that creates a universe but gives a ram about the beings he created. This God is there, this god stays with his creatures, with her beings as they struggle, as they strive, he gives them space and the ability to co-create with her. The other god, could care less, he has other better universes and forms of life to make.

in this universe in our life now, these two gods are fighting it out, in our life now we are fighting it out with them as well. Do you want the greatness of the narcissistic God of cold selfish greatness. What a price you pay for being like this god or worshipping this god. He just made you to prove to himself how great he is, or do you align your self up with the God that gives a tam about you, he made you because she wanted to share herself and all of creation with you,

What is your choice let me know and why, it says a lot about who you are.

Anthony cavuoti

You Have To See

You have to see the evil or maladaptive manipulative ways, or adoptive manipulative ways of others that use people as things, then you can protect your self and relate to them as well as God in a ways that do not poison you to their level. You can really do good when you see the evil in others, even if they do not see it in them selves, do not play their game; if you do, on the deepest levels they will despise you for being dump enough not to see through their games. If you play their game to get more game, you are, or will be just as lost as they in time.

Anthony cavuoti

your are a marked person

Control your thoughts. Your feelings, your emotions, your desires and you control your life, your destiny. Many sayings go like this or are different versions of it. There is too much control and too little understanding, love, empathy and wisdom already, I say, Connect to your depths, to your heart, to God, to the source, be your self, be your destiny. Your pain, your fears, your mistakes, the pains you suffered is God's, is life, is creation letting you know that it believes in you so now you have more understanding to really assist others through their pain. Your pain is God's way, life's way, your ancestors way of giving you a burning drive that does not go away with tricks, with fake remedies, seductive slogans, paid for spirituality, your are a marked person with an unfolding plan to increase our human wisdom, freedom, intelligence, generosity and love.

Anthony cavuoti

Your conscious intent

Your conscious intent will heal and offset your unconscious issues, your attachment patterns, in time as well as instantly provide you with healing experiences when you deeply and really mean it, that is to the degree that you connect with your depths, see the God in others, and make a loving way even in the face of seemingly overwhelming intentional ignorance and cruelty

Anthony cavuoti

Your Real Feelings, Your Depths Have An Intelligence Far Beyond Any Cognations

Your real feelings, your depths have an intelligence far beyond any cognations, thoughts, reasoning, intellectual understandings, conceptualizations. They are lakes of wisdom in your soul, for you to life. Liston to their wisdom, the more you do the more your life is yours. Listening to the experts, the powerful of the times, and place, the fake circle, the shallow familiarity is tragedy.

Anthony cavuoti