Dr. Antony Theodore
- poems -

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Dr. Antony Theodore

God bless you all my friends poets.
"A Heart Of Flesh"

God wants to give
each of us a "heart of flesh"
so that we will be pliable
and responsive to Him.

When touched
by the finger of God,
a tender heart yields
to the pressure
and assumes the form
He desires, much like
a lump of clay
that allows the potter
to determine
the shape of the vessel.

(Reference to
Ezekiel 36: 25-28 New International Version (NIV)
25 "I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. 26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. 27 And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. 28 Then you will live in the land I gave your ancestors; you will be my people, and I will be your God."

Dr. Antony Theodore
“Blessed Are Those Who Mourn.”

Jesus is a man of sorrows,  
acquainted, well-acquainted,  
deeply-acquainted, with grief.

“Blessed are those who mourn.”

He mourns for your sake,  
he mourns his own suffering  
that he must face,  
he mourns all the things  
that are wrong in this world,  
and he comes on a mission  
of mercy to make wrongs right.

(From the Sermon on the Mount in the New Testament)

Dr. Antony Theodore
“Happiness Is A State Of Mind”.

There is no universal measuring tool for life.

Looking at people and comparing yourself with them will not make you better.

You may not know that you have lots of blessings that others will envy for.

Enjoy what you have. You have just one life.

Happiness doesn't come from having everything.

Happiness is making the best out of what we have.

How we see ourselves is that which matters.

Count your blessings. God loves you without fail. Believe in that sacred love.

“Happiness is a state of mind”.

Dr. Antony Theodore
"He Must Increase, But I Must Decrease."

When we consider the many ways that John bore witness of Christ, we understand why he was compelled to write, "He must increase, but I must decrease."

Although John received great acclaim as God's prophet, after 400 years of prophetic silence, John was under no illusion that Jesus must become increasingly important while he was to become of less and less significance.

Dr. Antony Theodore
"I Am Who I Am"

was the name that
the Lord gave to Moses,
so that Israel would
know that He was God's
chosen servant to lead
His people out of Egypt.

"I AM" is the title Christ
used to identify Himself
as the eternal God and
Prince of peace so many
times during His earthly walk.

Dr. Antony Theodore
Due to the substantial unity of body and soul, man stands at the intersection of the fabric of spirit and matter.

But the contemplation of the cosmos is only the occasion for the glorification of God and His wonderful work in nature and history.

The cosmos, however, is not to be adored like God, but only the Creator Himself.

We do not fall on our knees before the enormous power of nature and before "all kingdoms of the world and their splendor" (Matthew 4: 8), but only before God, "for it is written, the Lord thy God shalt thou adore, and Him only shalt thou serve." (Matthew 4: 10)

It is thus that Jesus rejected the diabolical seducer in the desert.

Dr. Antony Theodore
"Quo Vadis?"

There is a church
In Innsbruck, Austria
whose exterior
resembles
a rock crystal.

It is inscribed
there, this question
"Quo vadis?"
where are you going?

Where am I going today?
Am I going to meet
the Lord of the universe
born in the dirt,
with the cattle,
the food trough,
a manger.

"Where am I going"
can bring to light
the meaning of my life.

My life's meaning
is given to me
by the presence
of the Almighty
in my thinking
and in my heart.

(Reference is to the door grille
of the church built
by Richard Kurt Fischer
in Innsbruck-Arzl

Dr. Antony Theodore
"Seek Refuge In The Attitude Of Detachment

Seek refuge in the attitude of detachment and you will amass the wealth of spiritual awareness.

The one who is motivated only by the desire for the fruits of their action, and anxious about the results, is miserable indeed.

(Quotes from the great Hindu spiritual classic Bhagavat Gita)

Dr. Antony Theodore
"Show Good Will To All"

SHOW GOOD WILL TO ALL
Be fearless and pure;
ever waiver in your determination or
your dedication to the spiritual life.
Give freely. Be self-controlled,
sincere, truthful, loving,
and full of the desire to serve.

(Inspirational quotes from the Hindu Spiritual classic Bhagavat Gita)

Dr. Antony Theodore
“The Meek Are Blessed.”

Jesus describes himself
as meek and lowly in heart.

Meekness is not weakness
in the negative sense.
It is weakness in the positive sense,
being under the hand
and voice and will of Another,
heeding the voice of The Almighty.

He was meek for you and for me,
fully trusting God's promises,
fully obeying God's will.
He is the one in whose
image we are to become.
(From the Sermon on the Mount of Jesus)

Dr. Antony Theodore
'your Plans Are Better Than My Dream'

Why wish upon a star
When you can pray
to the one who created it.

God, renew my joy at this moment
so that I do not miss your presence.

Lord, if I lose my hope today
Remind me 'your plans are better than my dream'.

Graphic: Prayer partner Pinterest)

Dr. Antony Theodore
'You duped me, O Lord'
Jeremiah shouted in the desert.

Jeremiah most tender and loving
cries out against God.

'You have cheated me.
Everyone mocks me.
I am an object of laughter.
You are too strong for me
And you always triumph'.

'I want to go away from God
I don't want to be a prophet.
I will not speak in God's name anymore'.

- - -

Love of God is like a burning fire.
Burning in the heart
and imprisoned in the bones.

O God, you are my God
whom my soul seeks.

For you my flesh pines
and my soul thirsts.

(context of this poem: Reference: Jeremiah 20: 1-9Holy Bible.
Jeremiah the Prophet of the Old Testament in Bible prophesied as he was
inspired by God.

But he was imprisoned and suffered a lot. Then he cries loud against God at first
but comes to God again in love.

Jeremiah and Pashhur
"When the priest Pashhur son of Immer, the official in charge of the temple
of the LORD, heard Jeremiah prophesying these things, he had Jeremiah the
prophet beaten and put in the stocks at the Upper Gate of Benjamin at the
LORD's temple.

Dedication implies sacrifice. Married people may think of their mutual commitment in love; children and parents, if committed to mutual happiness in the family, may think of their daily living under one roof. Love means giving of self. Self giving is a source of happiness.

Dr. Antony Theodore
„Let Him kiss me with The kisses of His mouth‟.

Bride speaks these words in the Song of Solomon in The Holy Bible. It is the soul thirsting for God. She who asks this is held by the bond of love. Of all the sentiments of nature, this of love is the most excellent, especially when it is rendered back to Him who is the principle and fountain of it. That is God. Nor are there found any expressions equally sweet to signify the mutual affection between God and the soul as those of Bridegroom and Bride.

They have one inheritance, one dwelling place, one table, and they are in fact one flesh. So it is not unfitting that the name of the Bride is given to a soul which loves.

Dr. Antony Theodore
55 Million Aborted.

Protect the Babies
They are full human beings
from the time they become
in the womb.

Life is sacred.

we shall bow before
all the women
who take a decision
to keep the unborn
in the womb
and love it.

55 millions aborted. Thousands die daily.
Who would they have become?

Graphic: Paula Picon saved to Pro life Pinterest.

Steve Jobs the great inventor in the field of communication

Dr. Antony Theodore
A - Bad - Yesterday

Allow your past to go.
Bid farewell to your past.

Never enter a good day by thinking about a bad yesterday.

Dr. Antony Theodore
A - Band-Aid

At best all medicines are only a Band-Aid if the underlying causes are not resolved.

There are nearly as many reasons for depression as there are antidepressants.

Dr. Antony Theodore
A - Call - To - Conversion

The Kingdom of God
is broader than
the Church
and the Church
is in service to God.

But the Church's
specific and
necessary role,
her special connection
with the Kingdom
of God and of Christ
is seen especially
in her preaching,
which is a call
to conversion.

Dr. Antony Theodore
A - Center - Fielder

Are we not witnessing something wonderful each time we see a center fielder catch a fly ball in order to compute where the hall will fall, or where the mint of interception will be, he must take into account the speed of the ball, its curvature of fall, its direction, windage, initial velocity and the rate of progressive decrease in velocity.

Dr. Antony Theodore
A - Crucial - Insight

The view of how we know gives us a crucial insight relative to the problem of the knowledge gap concerning God's existence.

The knowledge gap is a natural consequence to our way of knowing as embodied souls.

Dr. Antony Theodore
A - Divine - Creator?

Ifa principle of creation undergirds the workings of the universe, what does that tell us about whether or not there is a divine Creator?

Dr. Antony Theodore
A - Facsimile - Of - Man's - Brain.

At least ten billion electronic cells would be needed to build a facsimile of man's brain.

These cells would occupy about a million and a half cubic feet, and several additional millions of cubic feet would be needed for the nerves or wiring.

(According to the British neurophysicist W. Grey Walter).

Dr. Antony Theodore
A - Faint - Echo

In intense spiritual experience of darkness,

we cannot see or feel the presence of God but we will be able to hear

the cry, a faint echo in our own souls,

&quote;My God, my God, why have You abandoned me? &quote;

Dr. Antony Theodore
A - Fish - Out - Of - Water

God is our natural environment.
We live truly only in His presence.

If you take a fish out of water, it dies.

When you pluck a tree out of the earth, it dies.

When a man is disconnected from God, he dies.

Dr. Antony Theodore
A - Fleeting - Breath

Happiness is not in our hands. At best we can achieve a fleeting breath of it.

Joy lies in our heart like a hidden treasure.

We can find it and lift it and cherish it day after day.

Dr. Antony Theodore
A - Flood - Of - Love

Today I receive
a flood of love,
peace, serenity.

There are
miracles of healing,
happening
in every area
of my life.

I thank God
kneeling down
before His
Majesty in all
Humility and devotion.

Dr. Antony Theodore
Joy is always
a function of gratitude
and gratitude is
always a function
of perspective.

If we are going
to change our lives,
we are going to have
to change the way we see.

Dr. Antony Theodore
A - Garden - Of - Love - And - Intimacy

We were made to love God.
Think about that for a minute.

Each of us stands
before an open
plot of land.

God will browse through
Heaven and earth
to provide us
with what we
need to plant and
maintain a beautiful
garden of love,
intimacy, and
fellowship with Him.

Not a second of our
existence passes
without God thinking
about how to turn
our hearts toward Him,
not one single second.

Dr. Antony Theodore
A - Great - Spiritual - Being

Regard every one, as an angel

Regard every one,
as an angel
of purity and meekness.

Do not concentrate
on the weakness of others.

Do not find fault with others.

Consider yourself
as one who is to be criticized.

Such a humility will make
you a great spiritual being.

Dr. Antony Theodore
A - Joyful- Noise

In the book of Psalms, we are called to make a joyful noise unto the Lord.

We are exhorted to praise our heavenly God, for His awesome works, as we sing praises to His holy name.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
There was nothing extraordinary in Elizabeth of the Trinity's life. There were no ecstasies.

She didn't work miracles. She didn't communicate heavenly messages through visions or words she heard.

Instead, she presented a message to modern man through her own life of fidelity, showing us that the true road to contemplative prayer is not an ascent to grasp God, but a descent into the depths of one's heart.

(Elizabeth of the Trinity is a modern saint of the catholic church).

Dr. Antony Theodore
A - Little - Bit - Of - Love

I look for light
with a lantern.

I look for light
from the mighty heavens.

I look for love.
Would you give me
a little love?

(Graphic: Tilly saved to Romantic )

Dr. Antony Theodore
A - Little - Crazier

Do not let anyone ever tell you that you are wrong for being different, or being a little crazier than others.

Don't let anyone tell you that you aren't normal, because no one is normal.

Dr. Antony Theodore
A - Melody- Never - Thought - Of

Schubert is said
to have told
a friend

that his own
creative process
consisted in

remembering
a melody that
neither he nor
anyone else
had ever thought
of before.

Dr. Antony Theodore
Stephen was
the first Christian martyr,
but his death stands
as a witness to
the world, of a man
who lived a normal
devout life.

He lived the sort
of life that should
be lived by every
man or woman of
God, who has placed
their trust in God,
for the forgiveness
of sins and life everlasting.

The life that Stephen
lived should be
the standard for
all of God’s children.

(Ref. to the murder of
St. Stephen, in Acts-7-57
of the New Testament)

Dr. Antony Theodore
A - Novel - Challenge

Service and teachings in a context that has once embraced but now has sought to move beyond Christianity is a novel challenge for the church.

Unfortunately, our churches have largely failed to understand this new context and have been relying on evangelism strategies developed within and for a Christian society rather than a post-Christian one.

Dr. Antony Theodore
A - Perfect - Creation

Our fallen sin nature
was nailed to the
Cross with Jesus,
as He hung on that
wooden tree,
years ago,
and paid the enormous
price for our sin.

It means that His
resurrected Life
became our new
eternal, resurrected life,
and we became
part of a new and
perfect creation IN Him.

Dr. Antony Theodore
This is a time,
a period of transition
in the human world
and this interim
is a sacred space
where we are
asked to reach
out to those in
need, to help
those who are
vulnerable,
connect with
older people
and help each
other as best
we can.

It is a time for putting
our difference
aside and realising
our sameness as
human beings.
(Written from the comments
of Marie Shine).

Dr. Antony Theodore
A - Place - Of - Wholeness

Grieving is the process
God uses to bring us
to a place of wholeness.

Grieving is God's
great gift to us.
It is a necessary part
of our journey of healing.

Dr. Antony Theodore
A - Poetic - Mission

One of our poetic mission shall be to build lifelong faith one conversation at a time, bridging the gap between parents and their teenagers.

One of the best ways to do this is through culture translation, that is, taking current trends like pop culture, social media, video games, for example and intersecting them with theological principles that are relevant to the next generation.

Dr. Antony Theodore
A - Quiet - Heart?

Can you say in truth that you have cultivated a quiet heart?

It is absolute insanity.

The God-given nature of our heart and soul demands from us quietness.

Nonetheless, this is the world we live in, raise our kids in, navigate our careers in, and so we need to find things that are simple and accessible to begin to take back our souls.

Dr. Antony Theodore
A - Reality-Check.

Under the shadow
of Nihilism
Nietzsche's Dance
and Marx's Emancipation
there is, of course,
a 'real world, '

Such a real world
demands a
reality-check.

In the modern world,
that reality check
is coming in the
financial and
economic form,
crises, war, terrorism
political violence,
global warming
and climate change.

Dr. Antony Theodore
Some try to put an end to God with the assuming responsibility to live as gods.

There are good reasons for thinking that it is impossible for a human being.

Where does value lie?

A self-legisitating reason is also a self-validating reason,

with no check upon itself as the self reduces to the ego, to subjectivism, nihilism and myriad emotivisms.

Dr. Antony Theodore
A - Self-Mastery

Using reason
to rein in the
passions,
the human
being achieves
a self-mastery
and, in the process,
makes a positive
contribution to
promoting the
stability of the
community.

Dr. Antony Theodore
A - Servo - Mechanism

The more that is learned about the human brain, the more closely it resembles insofar as function is concerned, a servo-mechanism.

Dr. Antony Theodore
A - Shaft - Of - Golden - Light

Train your mind
to seek Me in
every moment,
every situation.
Sometimes
you can find
Me in your surroundings:
a lilting birdsong,
a loved one's smile.

My Peace is like
a shaft of golden
Light shining
on you continuously.

Dr. Antony Theodore
A - Sin-Sick-World

Many are still spiritual babes,
who are stunted
in growth and had
been lulled into a false
sense of comfortable security.

The world did not consider
the message they shared
to be dynamic and powerful,
for they had compromised
the word of truth!

The true message of the Cross,
is sharper than a two-edged
sword and an offence
to a sin-sick world,
and should have been
the watchword of
these believers -
but it was silenced,
for they had
compromised their faith.

Dr. Antony Theodore
A - Spiritual - Battle

Our faith is a spiritual battle and we must stand with courage against fear and anxiety and anything else that would threaten our love for one another or for God.

Dr. Antony Theodore
A - Spiritual - Hug

I am sending you a Spiritual Hug.

Feel motivated.

I just want you to know that God loves you and you are not alone in your battle.

Put your faith in Him and keep moving forward.

Better days are yet to come.

God bless you, because you are cute and adorable.

Dr. Antony Theodore
A - Star - Shall - Advance - From - Jacob

Then Balaam
gave voice
to his oracle:
I see him,
though not now;
I behold him,
though not near:
A star shall
advance from Jacob,
and a staff shall
rise from Israel.

(Rfr. To 1 numbers 24: 2-7)

Dr. Antony Theodore
A - Stone - Cut - Out - Without - Hands

God knew that Nebuchadnezzar
would be head of gold
and that his reign
would set in motion
the Times of the Gentiles.

He knew that Babylon
would be the first kingdom
to stride onto the pages
of history, as time
marched towards the
rapture of the Church;
the second advent of Christ.

God planned
that glorious day,
when a stone, cut out
without hands, would
strike the statue on
its feet of iron and
clay and crush the
kingdoms of this world
bringing in the
Millennial kingdom of Christ.
(Reference and reflections on the Book of Daniel Chapter 2,38. of The Holy Bible).

Dr. Antony Theodore
A - Storm - In - Your - Life.

Do you experience a storm in your life.

I tell you that you are coming out of this storm now.

Just believe! Nothing is impossible for your God who loves you always.

You are the beloved one of your God.

Dr. Antony Theodore
A - Tender - Hand - Pressing

Summer had turned
into a dark and damp
winter, the monotony
of the convent rules
may have set in
along with anxiety
about approaching vows,

and she struggled with
the return of a
stifling scrupulosity.

Still, in this case,
something else was
moving, something
divine, a tender hand
pressing a precious vine.

(The Spiritual Experiences of Mother Teresa)

Dr. Antony Theodore
A - Therapeutic - Cocoon

Meditation has become a rejuvenating refuge, a therapeutic cocoon from which I can reorient my perspective.

Dr. Antony Theodore
Elijah
prepared himself
for disaster
when a tornadic
wind suddenly
blew across
the mountain,
hurling and
shattering rocks
all around him.

Dr. Antony Theodore
The will is unbound and free to make a total gift of itself to God.

"The stains of the old self still linger in the spirit, although they may not be apparent or perceptible.

If these are not wiped away by the use of this purgative night, the spirit will be unable to reach the purity of divine union."

(Reference to: St. John of the Cross, The Dark Night, Book 2, Chapter 2)

Dr. Antony Theodore
A - True - Expression

I am a Divine manifestation
in a physical body.

Some believe in it.

I am a true expression
of Divinity.
I go deeper
to get to know
who I am
in this divine process.

Dr. Antony Theodore
A - Unique -Work.

God has prepared a good work, a unique work, for each of His people to carry out, to contribute towards His greater purpose.

Every member of the Body of Christ has a part to play in God's progressive plan of redemption, and He Who started the good work in our lives at salvation is faithful to complete it, until the day of Christ Jesus.

Dr. Antony Theodore
A - Universal - Ethic

We shall argue for a universal ethic, whilst making it clear that such universalism is not abstract and empty but is constituted by particular fidelities and constancies.

Dr. Antony Theodore
Realizing that I am love
is a universal realization.

You can see that
it is cherished in every
spiritual tradition.

We come to the realization
that all relationships
are simply and clearly
a relationship with God.

Dr. Antony Theodore
A - Weary - Hind

A depth of urgency
and deep pathos
is captured in
these verses as
the metaphor
of a weary hind,
parched from
the blistering
heat of the day,
is exhausted from
the pounding pursuit
of howling hounds,
who are relentlessly
hot on her trail
and baying for her blood.
(Ref. Psalm 42: 1 of the Holy bible)

Dr. Antony Theodore
A - Will - To - Make - Choices

It is God’s grace
that has endowed
man with a will
to make choices,
a mind to think
things through,
and a heart to
make plans.

Dr. Antony Theodore
A - Word - Behind - You

Your ears will hear a word behind you, "This is the way, walk in it," whenever you turn to the right or to the left.

(Ref. to Isaiah 30: 21 of the Old Testament of the Holy Bible)

Dr. Antony Theodore
A Belief Without Pride And Prejudices

I believe in a God who gives me a future.
God will lead the human kind and the history of man
and the life of each and every one.
The whole universe shall be lead to a good end.

I believe in Jesus Christ
who will come at the end of the times
to bring to fulfillment the whole creation
and lead the whole creation to God.

I believe in the Holy Spirit,
the joy, the love, and hope
and the expectations in our hearts
will be brought to fullness.

I believe in the communion of saints
and the big family of the children of God
in heaven and on earth,
which is one in faith,
in the hope and in love.

I believe that one day we all will be united
in spite of our difference in religious faiths
as one humanity as the living children of God,
without, color, creed and racial differences.

That is the presence of God
which I hope for and pray
that we will be united
without pride and prejudices.
Amen.

Dr. Antony Theodore
A Blink Of The Cosmic Eye.

We know that
our mind is finite.

Our lifespan
hardly lasts
a blink of the
cosmic eye.

So it is not surprising
that we are rather
alienated by the idea
of an endless universe
that has always been there.

Dr. Antony Theodore
A Bomb Of Love

Perhaps we are not yet ready
to make a bomb of love,
a device powerful enough
to entirely destroy the hate,
selfishness and greed
that devastate the planet.

After the failure of humanity
in the use and control of the other forces
of the universe that has turned against us,
it is urgent that we nourish ourselves
with another kind of energy that heals.

Love and love alone will save us.

Dr. Antony Theodore
A true christian mystic
can never be freed from
his deep need for Christ.

No one can dismiss
the God-Man Christ from
his interior life on the pretext
that he has now entered
by higher contemplation
into direct communication
with the Word of God.

Christ is the focal
point for a christian contemplative
because Christ's power
lies not in force or law
but in love.

Dr. Antony Theodore
A Clear And Unprejudiced Vision

Try always to reach
a clear and unprejudiced
vision of Asian thought
and reality in encounters.

Ardent readings help us.

Our own idealistic
presuppositions will
color our image
of Asian religions.

It may affect our
interpretations
of all religions.

Dr. Antony Theodore
A Created Capacity For Perfect Union With God.

Our very existence
is a created capacity
for perfect union with God.

The symbol evokes
our true identity.

Our union with God
is our person, it is who
WE ARE, and not any
‘thing’, we know.

Dr. Antony Theodore
A Death To The Autonomous Ego-Self Is Necessary.

The mystic's concern with death results from his concern for love.

The paradox that in a love-relationship, a letting go, a surrender, a 'death' to the self-contained, autonomous ego-self is indispensable is a fact of experience which any lover knows, who has tasted something of the riches of friendship.

Dr. Antony Theodore
A Definite And Personal Relationship

In a mystical experience, the self is captured in a sense of awe and rapture rather than in a sense of intimate affection.

The self must slowly pass beyond the stage of metaphysical rapture or fluid splendour, and crystallize into a definite concept, a definite and personal relation set up between the self and the Absolute life.

(A Convert's Journey with the 'Rapture' - Shaun McAfee)

Dr. Antony Theodore
A Denied Weakness

The path to love
is never about externals.

The one whom you love
is a mirror of who
you are inside.

Every fault you see
in the one whom
you love is a denied
weakness in yourself.

Dr. Antony Theodore
A Dream Of Love

Take the risk
to love.

It is worth
taking it.

Love is life.
Life is love.

I wish you
a dream of love.

Dr. Antony Theodore
A Fateful Day - Poem By Karunanidhy Shanmugam Tr.
Of I Am Your Baby Mum

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Dr. Antony Theodore
A Forgiving - Person

Focus on
Love and Peace!

Start meditating
and turn your
mind into a
supermind.

So much has
happened over
these years.
Some things
I have not
been able to
let go.

But I am
a big forgiving
person who loves
every thing and
everybody.

Dr. Antony Theodore
A Freedom From Automatisms And Routines

The predisposition of
the mind and heart
to enjoy the symbols
that lead to faith
demands among other things
a freedom from automatisms
and routines and candid
liberation from external
social dictates, from
conventions, limitations,
and mechanisms which
restrict understanding
and inhibit experience
of the new, the unexpected.

Dr. Antony Theodore
A Friend Had A Dream

A friend had a dream.
We were building a home
with sturdy shelves
for the things we loved.

She counted the shelves
But could not remember
the numbers in her head.

She went over and counted
the shelves by touching each one.

It is a mystery as she touched
the shelves kept multiplying.
Her touch made more shelves possible.

To count with our hearts
brings us deeper than all counting.

When we touch and feel it inside
the numbers give way to notes
and sums give way to a song in the heart.

Did you ever feel that when you touch
and give the sense and feel and comfort
of touch to others, angels smile in you?

Dr. Antony Theodore
A Friendship Enkindled By God.

When a simple friendship
is enkindled by God,

love is born
in the flame
and the heat
and the beauty
of the flame.

Love is friendship
cought in the fire of God.

(Graphic: Anke saved to herzbilder flame of love. pinterest)

Dr. Antony Theodore
A Gentle Intensity Is In Me.

A gentle intensity is in me.
I feel it now.

My heart breathes
this gentleness in me.

My intellect questions it.
My reason asks:
How and from where
Does this gentleness come?

Poor me! ! !
I have no answer.

Dr. Antony Theodore
A Glimpse Into A Profound Way Of Being

When you feel
a heightened
sense of awareness
in which you could tune
into your environment
and people around you
allowing you to perceive
things in a very special way,

then you know, that these kinds
of experiences offer us
a glimpse into a profound
way of being and we perceive
The Reality that is in us
and that we are.

Dr. Antony Theodore
A Glimpse Of The Cosmic Dance.

When we hear an old frog
land in quiet pond
with a solitary splash,

at those moments of loveliness,
we experience
the awakening,
the turning inside out
of all values,
the newness,
the emptiness
and the purity
of vision that make
themselves evident,
provide a glimpse
of the cosmic dance.

Dr. Antony Theodore
A Grain Of Hope

Just a grain of hope lightens,
in the midst of all despair.

A simple smile alone,
enlivens us amid all bitterness.

One comforting word alone
is enough to comfort,
in the midst of all sadness.

Dr. Antony Theodore
A Harmonious Whole.

I feel my body as
a harmonious whole.

My body produces
new healthy cells
every minute of every day

Dr. Antony Theodore
A Heart Full Of Thanks

A heart full of thanks
To you O my God
For my body and soul
Eyes and ears
All the members of my body
Intellect and my senses
Dress, my shoes
Food and drink
For all the friends around me
And for a roof above my head.
Thank you God.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
A Heightened Sense Of Awareness

You may have noticed that a heightened sense of awareness is always accompanied by our perception coming fully into the present moment.

It is a bit like switching on a light in a darkened room.

All of a sudden, the world around us comes into view and clarity.

Dr. Antony Theodore
A High State Of Attainment

It is a high state of attainment to be inspired.

It is expanded consciousness. It is a peak experience.

In the ecstasy of music making falling in intense passion, experiencing a victory or atop the Mount Everest, all inspired experiences lead one to such expanded consciousness.

The conscious mind receives a supercharged burst from the unconscious.

Such experiences influence one, a lifetime.

Dr. Antony Theodore
A Journey That Satisfies The Inward Longings.

There is a journey that would satisfy one’s inward longings.

It is only when we plunge into the depths of one's own being that we begin to find the sources to pull the life together.

The seeker begins to filter all his varied experiences through his new perspective that he gains from the Holy Scripture.

The sense of lostness in the evolving massive technocracy will provide the backdrop for the truth he would discover in the new aloneness of being with God.

It is an onward journey which the seeker cannot resist, a journey in search of the one for whom his heart thirsts for.

(Graphic: beauty..Pinterest Genovamaaa's collections)

Dr. Antony Theodore
A Journey Through Doubts

The life of a monk
is a life of journey
in this temporal existence.

It is a journey through doubts,
struggles, hope, and mystery,
not a static point or moment.

It is a continuing
journey to God.

Dr. Antony Theodore
A Laudatio For Poet Kumaramani Mahakul

A great poet of Mahakul family is a great Head master. A poet who strives hard to think and to write and present to us valuable thoughts. His moral values are for us a light in the darkness.
His clean heart and his thinking guides us.
Life has a great meaning.

Acquiring peace, thinking of our own reactions to different situations of life, struggling in darkness and coming into light, mercy, purification of the mind and soul,
meditating on God's dawn,
trust, dusk and dawn, songs in the night for the Almighty, light rays, the funeral and sorrow, beauty of poetry, the duty of a poet, affection,
Problems of existence, existential thoughts, Divine Mercy, the pain of the broken trust, meaning of the meaningful, the clouds, grace, soul, love, darkness of the dark nights of life, faith, revival of poetry as such, harmony, melody of life,
shining love of God, eternal beam of the love of God, wind and light, the divine light, continuing growth, creation of human beings, values of life, yearning for inner peace, the ongoing change of a growing person, the fragrance of life,
calmness in the midst of the storm, in the golden garden of love, life's journey,
hope, love and faith are his keen thoughts that impressed me a lot in the long run here in Poemhunter.
I loved always to read and comment on his poems.

So many are his themes which he tries to expatiate up on in his poems. They are innumerable.

His loving heart, his religious soul, going beyond all the religions and respecting all religious thoughts, believing in an after life after death, against all vices... all these made me write today an eulogy for him.

Kumaramani lives in light.
He lives in God's light.
He teaches us perennial truths of life.
His wisdom that he spreads through his poems in Poem hunter is an invaluable treasure for all of us.
We are blessed to have such a great poet of loveliness and mercy among us.
Kumarmani Mahakul's birth was at a holy moment. He is the youngest son of Bamancharan Mahakul his father and mother Pirapiyambada Devi in the village Gandam of undivided Sambalpur district (Currently belongs to Deogarh district) in the Indian state of Odisha. He is very much interested in art and culture from his early teenage and involves in the service of rural art, education, culture, drama, and ritualistic village festivals.

After the struggle to complete his education, he joins as a school teacher in Lakhanpur block of district of Jharsuguda in Odisha and later moves to many schools for teaching. Most of his time period is spent in teaching in very remote Laimura area of Tileibani block of Deogarh district.

He retires as the Headmaster from Ludhar U.G.U.P. (ME) School. He is graduated in art and education both and post graduated in Education (Master of Education, ) from Sambalpur University.

He is a happy poet. May God give him long life so that thousands may profit from his goodness. This is my prayer for very dear Kumaramani.

Thank you dear poet Kumaramani

(Graphic: MV CUR saved to D_CanvasNew 712 Curioos | Exclusive Art Prints by the world's finest Digital Artists.. Pinterest)

Dr. Antony Theodore
A Life Of Self-Transcendence Against Ego-Centricity.

A mystic speaks very often of a life of self-transcendence rather than ego-centricity.

A true poet is a mystic.

Such is the great concern of mystics and poets that they cogitate about all these in a very deep manner.

Dr. Antony Theodore
A Life Of Vain Hopes

The experience that the world provides a life of vain hopes, imprisoned in the illusion of newness and change, bring us constantly back to the contemplation of our own nothingness.

Dr. Antony Theodore
A Life Poured Out In Service

We offer our father
in heaven,
a solemn pledge
of undivided love.

We offer our poor among us
a life poured out
in loving service.

Dr. Antony Theodore
A Lifetime Of Striving

Communion in God
and with God
is something
that the deepest ground
of our being cries out for,
and it is something
for which a lifetime
of striving would not be enough.

Dr. Antony Theodore
A Little Flame On The Holy Altar.

I am a small little flame
on the holy altar
shining and burning for my God.

I began my life here.
I will end my life here
on this holy altar.

More than that
I do not want.
I am fully satisfied
with my short life.

Dr. Antony Theodore
A Lone Bird Soaring Aimlessly

When the self emerges
in awareness,
a single sentence read in silence,
a lone bird soaring
aimlessly through a cloudless sky,
the smile of a child
can bring us to the insight
of the true self.

Dr. Antony Theodore
A Love Letter

She wrote once to me:
Our love is eternal,
My Beloved ....
Even Death canNOT
change that, My Love...

WE shall die together,
because the day you
leave this earth I too,
shall join you,
that is my promise to you
this beautiful spring evening...

WE are ALWAYS together,
time and distance are
both an illusion,
they do NOT exist between us...

All of my Love to you My Love,
Forever Yours.....

Dr. Antony Theodore
A Loving And Sincere Kiss Of Love

A sincere kiss in deep love improves one's confidence.

It increases self-esteem and decreases the bad effects of traumatic experiences.

A kiss of love in depth reduces anxiety attacks.

The one who is kissed will see the world in a different light.

It fills him or her with positive energy.

Dr. Antony Theodore
A Medical Doctor Gives A Detailed Description Of What Happens When Someone Is Crucified:

And they crucified Him.
-The Holy Gospel according to -Mark 15: 24

"The cross is placed on the ground and the exhausted man is quickly thrown backward with his shoulders again the wood. The legionnaire feels for the depression at the front of the wrist. He drives a heavy, square wrought-iron nail through the wrist and deep into the wood. Quickly he moves to the other side and repeats the action, being careful not to pull the arms too tightly, but to allow some flex and movement. The cross is then lifted into place.

"The left foot is pressed backward against the right foot, and with both feet extended, toes down, a nail is driven through the arch of each, leaving the knees flexed. The victim is now crucified. As he slowly sags down with more weight on the nails in the wrists, excruciating, fiery pain shoots along the fingers and up the arms to explode in the brain- the nails in the wrists are putting pressure on the median nerves. As he pushes himself upward to avoid the stretching torment, he places the full weight on the nail through his feet. Again he feels the searing agony of the nail tearing through the nerves between the bones of his feet.

"As the arms fatigue, cramps sweep through the muscles, knotting them in deep, relentless, throbbing pain. With these cramps comes the inability to push himself upward to breathe. Air can be drawn into the lungs but not exhaled. He fights to raise himself in order to get even one small breath. Finally, carbon dioxide builds up in the lungs and in the bloodstream. Spasmodically he is able to push himself upward to exhale and bring in life-giving oxygen.

"Hours of this...pain, cycles of twisting, joint-rending cramps, intermittent partial asphyxiation, searing pain as tissue is torn from his lacerated back as he moves up and down against the rough timber. Then another agony begins: a deep, crushing pain deep in the chest as the pericardium slowly fills with serum and begins to compress the heart.

It is now almost over- the loss of tissue fluids has reached a critical level- the compressed heart is struggling to pump heavy, thick, sluggish blood into the tissues- the tortured lungs are making a frantic effort to gasp in small gulps of air. He can feel the chill of death creeping through his tissues...finally he can allow his body to die."
(Graphic: the passion of the christ Pinterest | XIV. JESUS IS LAID IN THE TOMB)

Dr. Antony Theodore
A Melody Of Profound Prayer

Mary's song
was played perfectly.

Her mission unfolded
as a melody of
profound prayer,
perfect obedience,
and powerful intercession.

Her mission is
at the beginning
and the end of
Divine Revelation
foretold in Genesis
to crush the head
of the ancient serpent (Gen 3: 15)
and again in Revelation
as the Woman clothed
with the sun who brings
forth a male child
to rule all the nations,
to the fury of the dragon (Rev 12: 1).

(Referring to The book of Genesis and the book of Revelation
in the Holy Bible.)

(Graphic: Zilda emanuel 65 saved to Art wallpaper, Pinterest.)

Dr. Antony Theodore
A Metamorphosis Through Grace.

The metamorphosis from sin to virtue has nothing to do with good works of the flesh, but by God’s justifying grace.

This grace of God is so abounding and precious that there are neither words to describe nor songs sufficient to sing of His amazing love and the gracious gift that has been poured into our hearts, through the finished work of Jesus Christ the Lord of the universe.

Dr. Antony Theodore
A Mind Free From Perversity

Following the path of faith involves difficulties and pains.

Sacrifice, mind control, control of thoughts control of actions muttering prayers, penance and fasting seem to be the requisites to lead a life of faith.

But indeed do we need only a guileless disposition, a mind free from perversity and perfect contentment with life and all that you have.

Dr. Antony Theodore
A Moment Of Serenity And Light

There is a beautiful solitude in our love.

The peace and calmness that is generated in our intimate moments teach me of a heavenly experience and a moment of serenity and light.

(Graphic: Cupcake Critter hat sich etwas auf Living Well gemerkt.)

Dr. Antony Theodore
A Mystic Experience

It is an experience in total integration of the immanent and the transcendent.

It understands, receives, loves and gives in complete surrender and compassion.

Dr. Antony Theodore
A Mystic Should Search For Anonymity.

Do not allow one 's life to be shattered.
The silence is to be prized so highly.

A monk desires to be unknown.

A monk is supposed to seek anonymity
that he might be known by God alone.

There is an ongoing conflict in the seeker.

The seeker lives here on earth
for the ' pearl of great price'
(in biblical terms).

Contemplation will be denied
to a man in proportion
as he belongs to the world.

The expression 'the world' signifies
those who love the things of this world.
They cannot receive the Spirit of God
who gifts the seeker, with the love of God.

Two contraries cannot coexist:
the worldliness and Godliness.
(Here the monk, the seeker, and the mystic are the same)

Dr. Antony Theodore
A New Consciousness Emerges

In the moment of union of the soul with God,
we experience a transformation in our beings as humans
and a new consciousness emerges
that leads to a rare experience
in the depth of our being,
which was not known before.

(Graphic: -Thomas-Merton-Quote-To-become-attached-to-the-experience-of-peace)

Dr. Antony Theodore
A Nightingale Feather

I got one day a nightingale feather.
I took it to my bed.
It was a great treasure.
I kept it on my breast.
I slept in harmony.

In the depth of the night
the feather began to sing
the loveliest of songs.
My heart sang with
and i slept in peace.
It was my eternal sleep.

(Graphic: Singing Bird 6. pigeon feather and parakeet feathers: Pinterest)

Dr. Antony Theodore
A Passion For The Absolute.

To make a mystic,
more than the passion
for the Absolute is needed.

These must be combined
with an appropriate
psychological make-up,
with a nature capable
of extraordinary concentration,
an exalted moral emotion,
and a nervous organization
of the artistic type.

Dr. Antony Theodore
A Permanent Newness Of Life.

It is the choices that man makes that help him to establish the identity of the human person.

This is the process of the divinization that Mystics often speak of decidedly.

It is the life in the Spirit that makes him a child of God and leads him to a permanent newness of life.

Dr. Antony Theodore
A -Pilgrim - Journey

We speak of God
in the night of this
pilgrim journey,
not in the day
of heavenly union.

Why does God let
bad things happen
in this world?

The answer again
is deceptively simple.

God lets bad things
happen in this world
because this world
is not heaven.

When we appreciate
this life as a pilgrim
journey, we can
accept the fact
that we cannot
find our true rest in it.

This realization
does not remove the
temptation to try,
but it does help
us when we
experience the
inevitable pain
that comes when
we suffer loss.

Dr. Antony Theodore
A Pilgrimage From Confusion To Certainty.

Journey through the dark
minefield of modernity.

The sense and experience
of a lost soul will devour you.

You shall then search
in vain for joy in the whole world.

Only in the presence of Christ crucified
shall you find healing comfort
who will reveal to you,
the great happiness
of the return of the prodigal.

That is your pilgrimage
from confusion to certainty.

(Graphic: Jennifer Rothschild Ministries saved to Words for the Soul pinterest)

Dr. Antony Theodore
Poem by Dr. Antony Theodore

My enemies plot against me,
don't wish me to be free.
They denigrate my roots,
put me under their boot, but,

I am loved I am cherished
I am valued I am appreciated
People want to be with me
I am the light i am the love.

My enemies are full of hate
They do not like my state
They denigrate my home
Wish me to leave alone, but

I am loved i am cherished
I am valued i am appreciated
People want to be with me
I am the light i am the love.

I am loved i am cherished
I am valued i am appreciated
People want to be with me
I am the light i am the love.

Dr. Antony Theodore
My suggestion of turning your poem into a song. Enjoy your day

Dr. Antony Theodore
A Poet's Art Is A Manifestation

A poet's art is a manifestation of
the existential tension between
'what is' and 'what ought to be'
or between the false and the true.

A real poet is a mystic and a prophet.

Writing is a source of personal
soul-searching to find the meaning.

Artistic experience at its highest
is a natural analog of mystical experience.

He is concerned with the organic whole
of The Seen and The Unseen.

Dr. Antony Theodore
A Point Of Pure Truth

At the center of our being
is a point of nothingness
which is untouched by sin
and by illusion,
a point of pure truth,
a point or spark which
belongs entirely to God,
which is never at our disposal,
from which God disposes our lives,
which is inaccessible
to the fantasies of our own
mind or the brutalities of
our own will.

Dr. Antony Theodore
A Real Leader Cannot Be Silenced.

A real leader will never keep silence.
He will raise his voice against all injustices.
He desires to speak about goodness to all.

When you raise your voice against injustices
you take the risk of losing your life.
But God's word is your strength.
No one can shut the mouth up
of such an ardent believer of God.

Give us all, your mighty words
that will encourage us
and keep us always ready
to fight against injustices.

When worry and fear try to rule us,
help us to shake it off from our shoulders
because we believe in the power of God
that is working in and through us.

Give us your words of love.
Give us your words of might.

Dr. Antony Theodore
A Recovery Of Inner Paradise.

A return to the desert,
the peace of a wilderness existence,
is a recovery of inner paradise.

By this transformation, the monk
comes to be moulded into
the image of God.

For him monasticism
is a spiritual baptism
by which his desire to be
with the Spirit of The Almighty
is satisfied to a great extent.

(Symbol of inner paradise..Pinterest. Genovamaaa's collections)

Dr. Antony Theodore
A Relationship Of Love To Love.

Our creation as persons
is our call to become
perfectly like God's
likeness to himself.

Our very existence
as a created person
is a created subsisting
relationship of love to Love,
of awareness to Awareness.

Dr. Antony Theodore
Thought produce concepts, artistic creation produces types.

These embody a heightening of experience, not in the sense of an empty idealization, but in the sense of a representation of the manifold in one image.

This image acquires a strong and clear structure.

It makes the confused experiences of life intelligible in accordance with their meaning.

Dr. Antony Theodore
A Resentful Spirit Grows Into A Terrible Burden.

Forgiveness is an act of the will more than an act of the heart.

We don't feel like being merciful to someone who has wronged us.

But a resentful spirit grows into a terrible burden.

You won't deal with a sin until you see it as God does. So assume full responsibility for the unforgiving attitude.

Acknowledge that it is a violation of God's command.

Claim the divine mercy He offers. Ask Him to enable you to lay aside anger and resentment.

Pray for those who hurt you.

(Graphic: (Show Me Forgiveness | LEONARD PIERCE DOT)

Dr. Antony Theodore
A Return To God

A return to God is only possible by detachment and 'death' in the exterior self, so that the inner self, purified and renewed, can fulfill its function as the image of the Divine Being.

Dr. Antony Theodore
To become spiritual guides we have to try to synthesize in oneself, the teaching of the Fathers, the Scriptures, the Rhenish mystics; the English mystics; the Irish mystics the Spanish mystics, especially John of the Cross; existential philosophy and modern psychology.

The result will be a rich and new Inner Experience.

Dr. Antony Theodore
A Seed Hidden

The spirit of God is like a spring
in the inner world of a human being.
It is like a seed hidden
in the secret ground of being.
The spirit unfolds itself
in the inner core
transforming the being
into a new godly existence.

(Graphic: )

Dr. Antony Theodore
A Simple Prayer Of A Contrite Heart

Purify me, my God.
My life is an open book before you.
Wash me more and more
every night and day.
I cannot hide my sins from you.
Touch and purify my heart.

My offering today shall be
my contrite heart.
You will not cast away a contrite heart.

Do not turn away your face from me.
Wash me in your mercy
and take me to you.

I want to be in your presence
at dawn and dusk.

I like to sit before you
and muse about your wonders.

I delight in your plans for me.
Unawares you come to me to plan for me.

When I know of it
my heart is full of joy.
Who am I God, that you think of me?

I know when I cannot pray in words,
God hears my heart.

Dr. Antony Theodore
A Small Prayer For The New Year

God, Lord of the Universe
give me happiness
in the coming New Year.

Give me innocence.
But make me understand
the evil ways of the evil minded.

Help me to change this world
as much as I can
doing good and caring
for those who are deprived of.

Make me aware of my responsibilities

Be with me always.
Accompany me in the darkness.

Send me angels to go with me
on my paths here on the earth.

(Graphic: Denise Benoit saved to ACCOMPANYING ANGELSPinterest)

Dr. Antony Theodore
There is an ongoing fight in me between two lions living in me.

One lion is an evil lion and the other is good.

The evil one is full of hatred, jealousy, greed, worry, resentment, guilt, inferiority, lies and false pride.

The other one is a smiling lion. He loves, he is free. He is serene and passionate, loving and caring. He is generous and there is a natural smile on his face.

I can recognize both lions living in me.

Dr. Antony Theodore
A Solemn Pledge

I give you today
a solemn pledge
of undivided love.

Give me the strength
to pour my life
into the lives of
the poor and needy
in loving service
and unwavering dedication.

I give you today
a solemn pledge
of undivided love.

Dr. Antony Theodore
A Spark Of Light

A grain of hope.

Hope remains,
in the midst of all despair.

One smile alone,
still a smile
amid all bitterness.

Wish for a comforting
word alone
still it is comfort
in the midst of all sadness.

Desire for a helping
hand alone
It still remains a help
amid clenched fists.

A spark of light alone
remains light
in the midst of all darkness.

We still have time to hope - against all despair.
We still have time to smile - against all bitterness.

Dr. Antony Theodore
A Speck Of Consciousness

You are a speck of consciousness
floating in a vast ocean.

Sit and be still.

Meditate.
At a grace-filled moment,
you will come to this experience.

You are a speck of consciousness
floating in a vast ocean.

Dr. Antony Theodore
A Spiritual Being In Human Form

Think that you are a spiritual being in a human body.

As a spiritual being you think of a human awakening.

You ask yourself: why you came here on earth and what do you want to achieve.

Then you will realize the meaning of your call.

It is to make all that is earthly spiritual and divine.

Let love alone rule.

Dr. Antony Theodore
A Spiritual Person Accepts All

A spiritual man's expansiveness,
his genuine and spontaneous
acceptance of the other person
as his very own, his profound lovingness
and humility makes him win friends
all over the world especially
among very many persons
belonging to other cultures and religions.

Dr. Antony Theodore
A Supreme, Spiritual Activation

In the spirit itself,
our freedom and intelligence
remains as latent
capacities for a supreme,
spiritual activation
which transcends nature.

Dr. Antony Theodore
A Thrill Running Through

The real devotee experiences
a thrill running through
his body while singing
my perfections with
faltering voice and
streaming eyes.

In him is found no lust
or pride or hypocrisy.

(The teachings of the Vedas)

Dr. Antony Theodore
A Time - Of - Atonement

Lent is a time of atonement for our sins.

But proper atonement isn't self-denigrating.

A proper sorrow for sins is the natural response when realizing how much God loves you.

For forty days we are reminded how Jesus dies for our sins, because of our sinfulness, and this is true.

(Christians observe 40 days of fasting and prayer before the death of Jesus on the cross on Good Friday)

Dr. Antony Theodore
A Tribute Tochito The Poet

An Eulogy on Chito the poet

Nicest of course
if we can always share
all that we each reserve
for the best of friends,
for each other.

then i'll show the way,
lead you to the highest
hills that we can mount,
to see as much of the sky,
The very first poem that you published here in PH attracted me and I thought at once,
this man Chito has a very very loving was the point of attraction that i continued
to read your creative art.

the bright array of leaves
that drift and swirl
like the secret
colors of the heart.
He is great lover of nature. His poetic eyes go after colors that gives a tickle in
his being, make him write poetic verses on nature.

words are words no more
but the wine i take
in order to forget,
no, no, not true!
more to remember
the loveliness of your soul.
Expressions of heavy heart lost in sweet remembrances of his lady love.
in jealous fit i struggled in the night
to write an ode to my former love,
in lengthy verse, i declared: miss me yet?
Pure human reactions of a great poet who feels lost when his lady love
declares that she found a better lover.
at the blush of the dawn;
a reminder of your touch,
remembrance of our past.
I soar like a shooting star of love,
the heavens my field
of eternal ecstasy!
The poet Chito jumps in joy at a new found love.
His heart is in a new world of butterflies, rainbows, and nichtingales.

In silence the moving waters
swirl my hopes unto the clouds.
Poet Chito always relates himself to nature to express his deep-felt emotions.
You may never know
my cry nor my language, ..
You will never know the cry of my heart and my passions.
Poet Chito has a soul that sinks in mystery.
My dear Chito,
You are exceptional..........you are a unique poet. I don't know whether you have understood Yourself.
Try to get deeper and deeper into the mystery of your own self.
There, deep down in you, sleeps the goddess of poesy. God bless you, dear Chito.

Dr. Antony Theodore

Dr. Antony Theodore
A Tribute Tonamita Rani Panda, A Poet Of Excellence

Namita raises herself very often to the divine heights.
"Isn't the sky a divine letter
with the sun, moon and stars as its indelible letters
written by God with heavenly ink
that perpetually entice and blink?" (A Divine Letter)

She is also a passionate lover who loves to be kissed and experience real human touch and passion.
"If a kiss is carved on your cascade like hair
That's fragrant with the scent of jasmine flowers
It's a signature of love so pure to feel secure." (A Venture to Define a Kiss)

Bringing nature into a mysterious presence in her poems is her passion in writing.
"The wind whispers in my ears,
You're mine and I'm yours,
The moon blesses in silvery shower
And assures that our waiting will soon be over." (Love Unique)

As a real and sincere person, she questions the movements and actions and puts it on the weighing pad of conscience:
"What a hypocrite you're!
Your son is wriggling on the hospital bed
And you're boasting to be a great teacher!" (A Hypocrite I'm!)

She is a great lover of art.
"When the art is completed with utmost perfection
life returns to him with boundless satisfaction!" (Rebirth)

She is undoubtedly the queen of her kingdom and very consciously she asserts it. She wants to die in fame.
"I go on exploring paths of my own
in the world full of cutthroat competitions.
I prove myself the queen of my kingdom
with an undying name and timeless fame." (My Own Path)

Her magical words can lead us to a celestial romantic passion.
"The Earth entices for union with her swelling mountain bosoms
The heaven bends slyly at the horizon.” (Celestial Romance)

What a wonderful imagination she possesses to write that she poured her heart on a little kite and sent it on its flight to heaven! "I poured out my heart on this little kite and with undying hope set it in flight. Please never take it as an insignificant kite.” (A Letter to God)

Suffering for her is a touchstone to test one's tolerance and determination, a great human experience. "But like you I'll sail in my sky No matter what they callously say To prove that I'm God's noblest grace Descended to the earth only to solace! ” (The Forlorn Moon)

Every sorrow she turns into a source of pleasure. "My life is an endless adventure To discover nectar in the pool of tear To bloom amongst thorns a cactus flower!” (My Life)

Her disappointments of life and broken expectation of a love, she describes in despair....but she always tries to conquer that feeling and looks for the bright sunshine "Isn't the full stop like a round moon eclipsed to reappear with much lustre soon heralding a new beginning?” (Full Stop)

A great poetess is Namita Rani Panda. She is a poet of excellence. One has to sit and read her verses peacefully and try to imbibe her goodness, peace, love, care and concern. She is a poetess of great expectation. When the expectations are not met, we fall into despair. This is also a great experience which paves the way to make one human being a big poetess: her love for God, God's nature, and sending kites full of prayers on it to kiss the divine sky where God and his angels live.

In spite of all her negative experiences, she is a very positive person giving us readers the wine of love and prayer and devotion. Long live dear poetess Namita!
A True Encounter With Other Culture Changes Us.

A mystic's vision is enlarged by Asian wisdom and it deepens this insight into life's mystery just as anyone who gets a chance of deep encounter with another culture gets changed in his vision and thinking.

Dr. Antony Theodore
A True Poet Is Committed To Truth.

A true poet is a religious artist
determined to give form to his vision.

Both his vision and artistic creation
are the products of the love of God.

The mystic and the artist
are inseparably bound together
in a true religious poet.

Committed to
the passionate search for truth,
it becomes the real obsession of a poet.

Dr. Antony Theodore
A True Poet Is The Successor Of The Prophets.

Artistic discipline
and religious discipline
can complement one another.

Religious ascetics have something
to learn from the natural
asceticism of the artist:
it is unself-conscious, organic,
integrated in his art.

It does not run the risk
of becoming an end in itself.

But the artist also has something
to gain from religious asceticism.

It not only raises him above his subject
and his material but above his art itself.

He can now control everything,
even his art, which usually controls him.

A true poet is the successor of the prophets.

The capacity for mystical experience
is enlarged by the poetic instinct.

Dr. Antony Theodore
A Universal Being Of Compassion.

Embrace all living creatures and the whole of nature in its beauty and open yourselves to all in deep compassion without restricting yourselves to the selected few.

Then you become a universal being of compassion.

Dr. Antony Theodore
A Wounded Little Bird.

I saw on the pathway
a wounded little bird.

Took it carefully
kept it warm
inside my palms,
came home
fed it with milk.

It was lovely to see it
drinking slowly
the milk of love i gave.

Then kept it safely
in a small box
in the wool bed
and we both slept.

The next day
i repeated into its ears:
fly, fly, fly,
learn to fly again.

Weeks passed by.
Every day we both sang
the same song
fly, fly, fly, learn to fly again.

Today i saw it flying
from my room
to the wide world
of butterflies and birds.

Tremendous was my joy.

(Graphic: claudia pinilla saved to amazing animals. Pinterest)
(i am only sharing my little joys with you
my dear poet friends)

Dr. Antony Theodore
A Zen Story

Someone asked Yangyi,
„When the founder of Zen
came from India to China,
he sat facing a wall
for nine years.

What does this mean?
Yanqui said:
„As an Indian, he could not speak Chinese&quots;.

Dr. Antony Theodore
Abandoned And Mishandled

Abandoned,
sexually abused
beaten and mishandled
somerun away.

But their faith in God
which helps them to
believe in oneself,
and the self confidence
and determination
leads them to heights.

Dr. Antony Theodore
Abandoning - Your - Self -Will

You will want to abandon your self-will, but if you think that your self-will conforms to the truth, then how can you abandon it?

Dr. Antony Theodore
Abandoningourselves

We abandon
our own desires,
wishes, dreams.

God will bend down
to lift them up into
something more
wonderful than
we could ever imagine.

Dr. Antony Theodore
Abide In God

As we grow in grace, mature in faith, abide in God and God in us, our sanctification will become complete.

At the moment of our salvation, we are given all we need for life and godliness, and our sanctification will be finalised at the final rapture.

Dr. Antony Theodore
Abide In Me

Abide in Me,
and I in you.
As the branch
cannot bear
fruit of itself,
unless it abides
in the vine,
neither can you,
unless you
abide in Me.

I am the vine,
you are the branches.
He who abides
in Me, and I
in him, bears
much fruit;
for without Me
you can do nothing.

(Ref. To St. John's Gospel)

Dr. Antony Theodore
Abiding - In - God

When we abide
in Him and
submit our will
to His leading
and guiding,
the plans of
our heart, will
align with God's
purpose for our life.

The answers
we receive from
the Lord, will
become the
delight of our heart
until we are
able to say:
'Thy will not mine
be done, to Your
praise and glory'.

Dr. Antony Theodore
Abiding In Grace.

The Word of God
instructs us
on holy living,
walking in spirit
and truth, abiding
inand growing in grace.

Dr. Antony Theodore
Abiding In Soul-Bliss

„When your discrimination is not tossed about by the opinions, but abides unshaken in soul-bliss, then you will attain final bliss in union with God.”

Bhagavat Gita 2: 53

Dr. Antony Theodore
Abiding Injoy beyond the Senses.

"The Self reveals itself.

Having attained that,
the spiritual aspirant
abides in joy beyond the senses.

Joy is revealed in the stilled mind.

He never swerves from the eternal truth."

(Quotes from the great Hindu spiritual classic Bhagavat Gita)

Dr. Antony Theodore
Ability To - Numb

We have this ability
to numb this inclination
to find peace of the mind,

to numb, dousing
with alcohol, or
engorging with food,

or, if we are of a certain
situation, simply going
from one good thing
to another, rarely
considering the
responsibilities
inherent
in our depth,

Dr. Antony Theodore
Abitterroot

He loves seeing
a bitter root strangle
our souls, he enjoys it.

He savors broken
relationships.

Bitterness is dark,
blinding, and damaging.

(Ref: 1 John 2: 9-11 of the New Testament
of the Holy Bible).

Dr. Antony Theodore
Abolishing The 'disguise' Of The Illusionary Self.

The entire monastic ascesis
is aimed at the abolition of
the 'disguise' of the illusionary self
in order to expose the real self.

Self-awareness and self-knowledge,
not to be confused with self-obsession
and self-centeredness, are the
beginnings of the mystical ascent.

God's identity and man's identity
are inextricably bound together.

The unmasking of the false self
has as its purpose
the revealing of the true self.

Graphic:
Find Your TRUE SELF Review
Advanced Life Skills)

Dr. Antony Theodore
Abortion - And - Peace

We see people everywhere in the world, in our cities, neighborhoods, workplaces, and most devastatingly, in our own families turning to counterfeit this truth of life.

Abortion brings death of the little baby in the womb and the death of peace in the soul.

Dr. Antony Theodore
Abortion - Helplessness

They are helpless to provide for themselves, they are utterly at the mercy of those closest to them

Dr. Antony Theodore
About - Family - Scandals

Talk to God about your family scandals.

Tell Him the whole thing.

He knows, of course.

He saw.

He felt it.

He wept with you. He held you.

Tell Him anyway.

Dr. Antony Theodore
Above - Our - Human - Nature

God is not bound
by his all-good nature
to give what is not due
to our human nature.

For God to directly
bridge the knowledge gap
and entirely preclude
the possibility of doubt
would be for him
to give us something
that is above our
natures as humans.

Dr. Antony Theodore
Absolute - Proof - Is - Not - An - Offer.

If you expect absolute proof for the biggest questions of life, such as who you should marry, how you should raise your kids, what is meaningful, what is a virtuous way to live, is there a God and what is God like, then, absolute proof is not on offer.

Dr. Antony Theodore
Absorbed In The Absolute

There are very few people who are righteous, unattached, enlightened and emancipated as well as absorbed in the Absolute.

(Wisdom up on reading Uttarakanda)

Dr. Antony Theodore
Absorbing The Real And The Universal

The mystic absorbs into himself that which is real and universal and synthesizes it in a form that transcends transient cultures.

Dr. Antony Theodore
Absurd World - Without - God

Since God does not exist, the atheist holds,
we are left to face

an absurd world
characterized by weariness and anxiety.

Dr. Antony Theodore
Accept - Sufferings

When God wants
to raise a soul
to perfection,
he then increases
the crosses of tribulation.

The more you are
afflicted, the more
you are loved.

Rejoice then, truly
in your heart
and accept all sufferings.

Dr. Antony Theodore
Accept - Your - Past - Lovingly.

Your past memories shall not haunt you.

The wrong you did in the past shall not stand against you now.

Through those mistakes you were growing.

Come to this realization.

Accept your past lovingly.

Smile and go on your new paths that you yourself pave.

The Angels of God look at you now.

Dr. Antony Theodore
Accept Sufferings Willingly.

God calls us to his eternal glory.

Through Christ Jesus are we granted graces.

Sufferings are a means that God uses to purify us.

Accept the way of sufferings willingly to attain pure joy in the presence of God.

„And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast“. 1 Peter 5: 10 in the Holy Bible.

Dr. Antony Theodore
Forgiveness is accepting what happened as it happened.

Forgiveness can mean that you let go.

Forgiveness can mean you love from a distance.

Forgiveness can mean, you step into your present rather than remaining in the past.

Dr. Antony Theodore
Accepting, "I Do Not Know".

When we abandon any striving in order to mentally know the answer to the question,

when we simply accept an answer like "I don't know;,

we are in a state of complete Open Attention.

Dr. Antony Theodore
Accomplishing - The - Divine. Alchemy

I can bring beauty
out of the ashes
of lost dreams.

I can glean Joy
out of sorrow,
Peace out of adversity.

Only a Friend who is
also the King of kings
could accomplish
this divine alchemy.

There is no other like Me!

Jesus speaks to you now.

Dr. Antony Theodore
Achievement

We all can achieve greatness because so many before us achieved it.

But it does not come all on a sudden.
One has to strive hard in prayer with a definite purpose.

Dr. Antony Theodore
Achieving - Impossible - Tasks

God will never abandon us
nor let us down,
and this
gives us a confidence
that we can achieve
impossible tasks,
when God is in control.

Dr. Antony Theodore
Aching - Pain

Culture tells us to move past the process of grief quickly.

Take a few days, weeks perhaps, to grieve, but don't stay there too long.

Grieving can make those around us uncomfortable.

Friends sometimes don't know what to do with our pain.

Loved ones struggle to find adequate words to comfort our aching wounds.

„The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.“ Deuteronomy 31: 8-9 in The Holy Bible.

Dr. Antony Theodore
Aching Wounds.

Culture tells us to move past this process of grief quickly.

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„The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deuteronomy 31: 8-9

Dr. Antony Theodore
Acknowledge - God

In the decisions of life
it all comes back
to acknowledge God
in everything,
trusting Him in every
eventuality of life.

Dr. Antony Theodore
Acknowledging - The - Messiah

Today, a remnant of Israel believes in the Lord Jesus, and have become part of the 'one new man' in Christ - together with Gentile believers.

But in that 'Day', Jesus, Israel's true Messiah and King, will return to earth, and they, as a nation, will acknowledge Him as their God and Saviour.

Dr. Antony Theodore
Acknowledging That No Achievement Can Sustain Him.

The mystic's life contains all the countless little concerns that are part and parcel of daily human existence.

Mystic recalls frequently the thinking on death.

Death has much to do with recognizing each thing for what it is and acknowledging that no object, no experience, no achievement can sustain him in existence, and, therefore, to be authentic he must struggle to be true to his chief responsibility of searching for a life that bears inspection in the face of death.

Dr. Antony Theodore
Acquainted - With - Grief

Despite the testimony
of John the Baptist,
which announced
the arrival of Israel's
Messiah-King,
and the many signs
and wonders that
Jesus performed
during His earthly
ministry, we read
that the Lord Jesus
was despised and
rejected by the
religious leaders
of His day.
He was a man
of sorrows and
acquainted with grief.

(Ref. to Luke 2: 11)

Dr. Antony Theodore
Acting - Rightly.

Living the good life
is a matter of not
just thinking rightly
but of acting rightly.

And for this,
we need both
intellectual virtues
and character virtues.

Dr. Antony Theodore
Acting at The Very Summit Of Our Being

Our true greatness
is in the humility
of living faith
and the simpler
and purer
our faith is,
the closer
it brings us to God.

To go out of ourselves
is to act at the very summit
of our being, not moved by
our own nature,
but moved by God
who is at once infinite
and not bound by
by the limitations
of space and time.

Dr. Antony Theodore
Actions - Betray - Us

We present to others the face we want them to see and can mask our true feelings without much effort,

but it is our actions which betray us.

They tell the truth of the kind of person that we really are.

Our words may deceive, but our actions will always tell the truth.

(Written from the comments of the great poetess Marie Shine of Listowel)

Dr. Antony Theodore
Active - Listening

High emotional intelligence brings in active listening during meetings and it becomes the norm.

Employees will find a compassionate ear when needed, as we all have bad days.

Dr. Antony Theodore
Acts - Of - The - Martyrs

Time and time again
jailors, torturers,
and executioners

were so moved
that they were
converted to the
faith that gave
such staggering
strength and
superhuman courage
and bravery,

not just to strong
men but to women
and children,

as you can read

Dr. Antony Theodore
Actualizing The Divine Image, Imbedded In You.

Man must confront what is false in himself and open himself to the creative energy at the core of his being.

True freedom is the freedom to be fully human actualizing the divine image which is embedded deep down in his core.

Dr. Antony Theodore
Actualizing The Divine Image.

Man must confront what is false in himself and the world and open himself to the creative energy at the core of his being.

True freedom is freedom to be fully human, to actualize the divine image.

Dr. Antony Theodore
Adding - Gender

We need to add gender to the research.

Girls externalized more positive emotions to others but internalized negative emotions such as sadness and anxiety.

This research also found that boys showed more emotions to others until they reached adolescence.


Dr. Antony Theodore
Admiting Our Weakness

There can be no fresh start, no renewal in the life of any individual, group or community unless we are able to see and admit our own inadequacy and past failures.

Once we begin to see, to experience and to admit our weakness, then we can begin to appreciate the fundamental principle of the spiritual life, that we cannot go a single step forward without God.

Dr. Antony Theodore
Admitting - Our - Raw - Feelings

What is adoration,  
Why is it so important?  
How can it change  
our relationship with God?

Many hear the word  
'adoration' and put  
it into the category  
of spiritual discipline.

And we often tackle  
spiritual disciplines  
when we feel strong.

In actuality,  
what we see  
from the Psalmists:  
adoration is looking up.

David says in Psalm,  
"And I will look up."

We see from his  
psalms and others,  
adoration is admitting  
our raw feelings  
to God and then  
declaring to him,  
and to our weak  
hearts, who God is.

(Ref: Psalm 5: 3,  
in the Holy Bible).

Dr. Antony Theodore
Adore - The Mystery

Although there are limits to our thinking and our hearts rebel we believe in God.

Although we want to protest against all injustices and when we find no way out, we want to curse the God who created this evil society.

But after a meditation we want to fall on prostration and adore the God of Mystery.

Dr. Antony Theodore
Advaita

The dvaita,
Vishishtadvaita
And Advaita.

Studying and meditating
on it will make you think
that all of religion is in it.

Dr. Antony Theodore
Advice For Thenew Year.

Eat nutritious food, exercise regularly to remain healthy.

Your deeds shall be virtuous performed with intelligence.

It naturally brings a lot of wealth.

Earn the wealth to help the needy and the poor.

Find Your joy of life in it.

Dr. Antony Theodore
Affirm - Your - Trust

Whatever occupies
your mind the most
becomes your god.

Worries, if indulged,
develop into idols.

Anxiety gains a life
of its own, parasitically
infesting your mind.

Break free from this
bondage by affirming
your trust in God
and refreshing yourself
in God's Presence.

Dr. Antony Theodore
Affirming My Self

If I affirm myself as a Catholic merely by denying all that is Muslim, Jewish, Protestant, Hindu, Buddhist, and other philosophies

in the end I will find that there is not much left for me to affirm as a Catholic.

and certainly no breath of the Spirit with which to affirm it.

Dr. Antony Theodore
Afire With God

Every common bush here on the earth
is afire with God and the light shines
without burning as in the story of Moses.
But only he who sees it can take off his shoes
and step into the presence of God in nature.

God is robed in light.
God illuminates your whole being.
Learn to see the astonishing light
of your own being.
Every face that is turned towards God
grows brighter every dawn and dusk.

The greatness that we carry is ours
if we choose to let it shine.
Let God's light save us
from the limitations of self.

Dr. Antony Theodore
After - God's - Own - Heart

David was a man
after God's own heart,
who spent hours
reflecting on the
many blessings
he received from
the God of his salvation.

From his early years,
when he tended his
father's flock
to his dying days
as the shepherd
-king of Israel,
David was a man
who proved the Lord
to be a faithful God,
Whose Word was
to be trusted.

(Ref: Psalm 23
of The Holy Bible)

Dr. Antony Theodore
After His Burial

You went away
on your journey
never to return to me.

A pain which goes down
to my deepest bones
spread in my body.

Every evening I wait for you
and I want to live in this hope.

When the door bell clings
I run to the door steps
believing that it is you.

When will you come again?

I see you in my dreams
that you call me to you
into your loving arms.

Sobbing I try to sleep again.

Dr. Antony Theodore
Against - Merciless - Force

My terrible enemies
whether far or near,
whether few or many,

I invoke today
the Spirit of God,

against every hostile
merciless force
which may assail
my body and my soul.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
Against - The - Status - Quo

The Gospel of Christ is always a threat to the status quo and to those who fear losing their power.

So, they try to silence it.

But a new power that evil cannot overcome is unleashed, the same Power that holds together creation is poured out for the salvation of those who will cry out, imploring Christ.

Dr. Antony Theodore
Against All Forms Of Deception.

Guard my life against all forms of deception.

Root me in your word.

Help me to discern the cloudy and grey areas of my simple life.

Your word is truth.

Dr. Antony Theodore
Aglipse Of Consciousness

Some beautiful experiences offer us a glimpse into a profound way of being and perceiving reality that we each carry within.

Through those spiritual experiences, we can learn to use to bring about a more conscious, connected, and spiritual way of living that is literally just waiting for us to give us a glimpse of consciousness.

Dr. Antony Theodore
Agoraphobia

People with agoraphobia have an irrational fear of places that might be difficult to escape.

It can cause some people to stop leaving their home.

Anxiety becomes problematic when it is not proportionate to the situation or is persistent and disruptive.

Dr. Antony Theodore
Alerting Us To Malfunctions Of The Flesh

The ascent to knowledge begins when the fictitious images of life and carnal man's abilities are shattered.

The experience of pain in life is a gift of God to alert us to malfunctions of the flesh and the spirit.

Today's society so constricts man that he never has an opportunity to give in to the creative impulse with which he is born.

Dr. Antony Theodore
Align - Yourself - With - The - Origin

John the Baptist, however, warns us:

Even the most pious can go astray if he does not stop now and then to align himself with the origin and goal: turn back, over and over again!

Dr. Antony Theodore
Alive - To - God

We must reckon
our OLD self dead
to the desires
of this world
and our NEW life
alive to God

Dr. Antony Theodore
All - Beings - In - His - Self

&quote;He who sees all beings in his Self and his Self in all beings,

he never suffers;

because when he sees all creatures within his true Self, then jealousy, grief and hatred vanish.&quot;

(Paramananda, The Upanishads)

Dr. Antony Theodore
All - Pervading

"He is all-pervading, unchanging supreme being
Is the purest of pure.

He permeates all eternal laws
And Manifest throughout
The universal life forces—
The sea, the earth,
and the mountains."

Reference: Rig Veda 4.40.5.

(By T OShanavas, M.D.)

Dr. Antony Theodore
All - The - Rejected - Matter

We should aim
to live like Christ

and spend more
of our time
demonstrating that

Hispanic lives matter,

Jewish lives matter,
Muslim lives matter,

Native American
lives matter,

Immigrant lives matter,
Asian lives matter,
and Black lives matter.

Dr. Antony Theodore
If you realize that all things change, there is nothing you will try to hold on to.

If you are not afraid of dying, there is nothing you cannot achieve.

Lao Tzu, Tao Te Ching

Dr. Antony Theodore
All History Is Ultimately Sacred

In the Gandhian way, we can discover the inter-penetration of the personal history, the secular history, and the sacred history and consider that all history is ultimately sacred.

Dr. Antony Theodore
All Mouths Are Your Brothers And Sisters

Mama told me,
Remember, my son,
that all mouths are
your brothers and sisters.

You can't put something
in your mouth without giving
something to someone
who is hungry and thirsty.

Even in the hardship of poverty,
she formed us in actions
of solidarity that meant
charity in Jesus Christ.

Dr. Antony Theodore
All Of Creation Is A Symbol Of He Who Is.

The seeker's attentive expectancy in faith brings him to the brink of the insight of his true self in God.

It is this disposition that allows him to realize that all of creation is a symbol of 'He Who Is'.

Dr. Antony Theodore
All Souls Day

For some, the grief
over the loss of
a loved one prevails,
for others a feeling
of gratitude awakens,
and yet others
feel their own
impermanence
more clearly on
a day like today.

But in all of us
who celebrate
All Souls Day,
memories of
people are
awakened who
meant a lot to us.

(The christians all over
the world celebrate
All souls day
Graphic: ruzomberok-slovakia-november-1-souls-600w-162192851,
Shutterstock).

Dr. Antony Theodore
All That I Do Is Worship.

"Let my idle chatter be the muttering of prayer, my every manual movement the execution of ritual gesture, my walking a ceremonial circumambulation, my eating and other acts the rite of sacrifice, my lying down prostration in worship, my every pleasure enjoyed with dedication of myself, let whatever activity is mine be some form of worship of you."

(Wisdom from the The Saundaryalahari of Adi Shankaracarya).

Dr. Antony Theodore
All-Of - Life - As - A - Gift.

I believe part
of the secret to
Nick's kind of
resilient joy
is to consider life,
all of life, as a gift,
every single day.

(Nick Vujicic is 33 years old. He was born with an extremely rare congenital disorder known as Phocomelia, which is characterised by the absence of legs and arms.)

(Graphic: Nick Vujicic wirth his wife, Google Bilder).

Dr. Antony Theodore
Allow It To Shine Within My Bosom

From your celestial home
would you send me your divine rays.

Would you let it shine within my bosom?

You are my soul's most welcome guest.
You are the refreshment of my heart.

Dr. Antony Theodore
Allow Me To Live My Life

Allow me to live my life
in this beautiful world.
I want to fly
like a happy butterfly
and live this life in full.

Allow me to dream
and live in my dreams.
I hug my fantasies.

I kiss my roots.
Let me be where I belong to.
I want to be at home
in my own blessed being.

Allow me to embrace my hopes
and dance along
the way of hope with joy.

I hear the inner voice
in moments of silence.

It is the scent of heaven
that comes to my nostrils
when I pray.

Tears stream down
my cheeks
when I sit in God's presence
in venerable adoration.

(This was published in Poetfreak under the name of Genovamaaa. Genova was
my beloved mother. She died at the young age of 38. I want to keep her name
alive as long as I am alive).

Dr. Antony Theodore
Allow Yourselves To Be "In-Spirit."

Inspiration springs forth
when we allow ourselves
to be "in-spirit," aligned
with our true essence.

When you feel truly passionate
and inspired about something,
what frame of mind are you in?

What kind of effort are you
willing to put forth?

You feel motivated to do
whatever it takes,
without fear or doubt,
to turn your vision into reality.

You grow in confidence.
You believe you can do it.
You are committed
from the heart and soul.

Dr. Antony Theodore
Allowing The Consciousness Of The Mystery To Express Itself.

A poet should allow the consciousness of the mystery to express itself by constant purgation and purification.

The creative spirit strives to escape all forms of domination.

One has to differentiate between Irresponsibility and true freedom.

The only valid proof of the artist's creativity is his own original work.

The artist builds his own freedom and forms his own artistic conscience.

Only when the work is done, can he tell whether or not it was done in free artistic conscience.

Dr. Antony Theodore
All-Pervading

You are ever unborn,
all-pervading,
one without a second,
and beginningless.

I bow to you,
you are the fountain
of eternal compassion!

You are the eradicator
of all blemishes.

(Wisdom up on reading
Ramayana, Lanka Kanda).

Dr. Antony Theodore
Almighty Intellect Is In You.

Happiness is a conscious choice.

Be simple.
Be humble.
Kill your ego.
Just enjoy the simple things in life.
You are then happy.

Have a good relationship with the Almighty Intellect which remains in you and is present in every single little thing in the universe.

(Dreams Interpretation - Happiness)

Dr. Antony Theodore
Almighty Thou

The presence of the white moon
And the white fire,
the fragrance of the blossoms
falling down like white feathers,
the emerging gold of the white fire,
the slow dance of those flames:
all that kindled in me
the sharpening presence
of an Almighty Thou.

Dr. Antony Theodore
Almost As If You Were Them?

Did you ever experience
a moment of love
and compassion
where you
could actually
feel what another
person was going
through almost as
if you were them?

Dr. Antony Theodore
Alone With The Alone

Man can be alone
with the Alone lost in intimacy.

The experience of union
is a transforming one
affecting every particle
of one's being,
every attitude, every act.

Dr. Antony Theodore
Aloneness In God

Man can be alone
with the Alone
lost in intimacy.

(Graphic:Here Are 100 Benefits Of Meditation ? SHIFT
Shift
meditating woman..from the collections of Genovamaaa in Photobucket)

Dr. Antony Theodore
Alpha - Und - Omega

The beginning is unknown
The ending is unknown

yet there is no instability in mind

because every believer
leave the dimension of
beginning and ending
on God

God is
First and God
is Last, God
is Alpha and God
is Omega,

enough line for
thinking human nerve.

(Written from the comments of Poet Mahtab Bangalee)

Dr. Antony Theodore
Altered - Mental - State

An altered state
is any mental state,
induced by
various physiological,
psychological,
or pharmacological
maneuvers or agents.

It can be recognized
subjectively
by the individual himself
as representing
a sufficient deviation
in subjective experience
of psychological
functioning.
(Ref. to Arnold M. Ludwig)

Dr. Antony Theodore
Alternate - Configurations

Altered states of consciousness are alternate patterns or configurations of experience, which differ qualitatively from a baseline state. (Ref. to Charles Tart).

Dr. Antony Theodore
Always A Place For A Miracle In Life.

There is always a place for a miracle in your life.

Do you believe it?

Put all your heart in what you do.

Capture the beauty of every moment and live fully in joy.

Then you will wonder at the miracle that 'you' are.

(Graphic: You Are A Miracle Pictures, Photos, Phil Good)

Dr. Antony Theodore
Am I Completely Lovable?

Am I completely lovable?

Bathed in my mother's love
Swaddled in my own innocence
I began my life.

Can I say today:
Am I completely loved?
Am I completely lovable?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Amazing - Grace

Salvation is a free gift from God. Salvation is an unmerited gift and salvation is an eternal gift from the Lord of the universe to fallen man, and it flows from the exceeding riches of His amazing grace, which is found in Jesus Christ, His dearly beloved Son.

Dr. Antony Theodore
Amazing - Unveiling

We rejoice to see the amazing unveiling of God's plan of redemption.

over centuries of time
God's plan was revealed
and we bow in grateful adoration before Christ's redemptive work on the cross

Dr. Antony Theodore
Ambassadors - Of - God

May we who have
made peace with God
by believing on His
Son as Saviour,
continue our human
journey by walking
in spirit and truth,

maintaining that
blessed fellowship
and peaceable
communion with
God our Father.

May we become
ambassadors of God's
peace in a world at war,
through our ministry
of reconciliation.

Dr. Antony Theodore
Ambassadors -Of -Heaven.

In this world
we are sojourners
as believers.

We are ambassadors of heaven.

From the time of our rebirth
into the family of God
to the return of Christ
we are pilgrims,
passing through
a world of sin,
en-route to our
eternal home.

We have overcome the
enemy of our soul,
through faith
because greater
is the Holy Spirit of God
who indwells our
mortal frame
and empowers us
with His grace
and sufficient strength.

Greater is HE
than the defeated
enemy of our soul,
who is in the world.

Dr. Antony Theodore
Among -Buddhist - Monks

How beautiful
calm and serene
to lie so flat
and listen to
the prayerful
songs of the
monks and to see
the color of the
saffron dress.

You know
they really pray
to a God
who has no religion.

So they will never
be fanatics.

That is the beauty
which I enjoy always.

I love such prayers
to a God who is not
the monopoly
of any religion.

(Do you know me?
i am the cat who lies
flat in the middle
of the praying monks)

(Graphic: Judith Witmer saved to love the catspinterest)

Dr. Antony Theodore
An - Abortion - Mentality

Since the legal floodgates were opened by the U.S. Supreme Court's decision

an abortion mentality has swept across the world and throughout our culture.

Dr. Antony Theodore
An - Anxiety - Antidote

An Anxiety antidote
is our ability
to be grateful
for all that we
received from God
and from others
who come across
our lives.

Be grateful.

Let words of thanks
emerge from your depths.

Dr. Antony Theodore
An - Array - Of - Resources

Men and women
have at their disposal
an array of resources
for generating greater
knowledge of truth
so that their lives
may be ever more human.

Dr. Antony Theodore
An - Ashen - Horse

I looked, and behold, an ashen horse; and he who sat on it had the name Death; and Hades was following with him Authority was given to them over a fourth of the earth, to kill with sword and with famine and with pestilence and by the wild beasts of the earth.
Ref. to Revelation 6: 8 of the New Testament

Dr. Antony Theodore
An - Existential - Crisis

The crisis in the climate system is symptomatic of a deeper crisis in the way we relate to each other and to the world around us.

We face, in other words, not merely a physical crisis requiring institutional and technical solutions but an existential crisis requiring a response which possesses moral and psychological depth.

Dr. Antony Theodore
An Amazing Day

I just want to remind you
that you are smart,

intelligent
and perfect
in your own way which none else can be.

I wish you
An amazing day.

Dr. Antony Theodore
An Antidote To The Crudely Materialistic West.

A mystic is attracted by the ancient monastic and contemplative tradition of the East.

It becomes for him, an antidote to a crudely materialistic, manipulative, over-intellectualized and egocentric West.

Dr. Antony Theodore
An Emptying Of All The Contents Of The Ego-Consciousness

The dynamic of emptying and of transcendence accurately defines the transformation of the Christian consciousness in Christ.

It is a kenotic transformation, an emptying of all the contents of the ego-consciousness to become a void in which the light of God or the glory of God, the full radiation of the infinite reality of His Being and Love are manifested.

Dr. Antony Theodore
An Epiphany Of God In Man.

Ideally speaking, if we all lived in the kind of altruistic concern and engagement, human history would culminate in an epiphany of God in man.

Finding oneself in union with God implies the perfect integration of the whole human person.

Through this integration, man becomes a being in God. and like God, whose nature is love.

When we are able to love another for his own sake, it makes us like God.

Because this power is the one thing that is free from all determination.

Dr. Antony Theodore
An Experience Without Ambiguity

The mystical experience
need not be a logical formulation
or expressed well symbolically.

There is a conscious awareness of God,
though, ever tenuous and tinged with doubt.

But there is no doubt
in immediate intuition.

It is an experience
that impresses itself
up on us directly
without ambiguity.

(Feature Articles: Musings on Awareness, Part 09- March 2011
Radiosai, PROF. G. VENKATARAMAN)

Dr. Antony Theodore
An Incarnation Of The Genius Of Rhythm.

Poetry uses form to reveal
and heighten a segment
of human experience
that gives meaning
to a wider range of experience.

Such an art may be
thought of as an incarnation
of the genius of rhythm,
manifesting the living spirit
of things with a clearer
beauty and intense power.

Dr. Antony Theodore
An Indian Story (That Is What I Am, That Is What I Do.)

There was a quiet man who would pray in the Ganges River every morning. One day he saw a poisonous spider struggling in the water. He cupped his hands and carried it ashore. As he placed the spider on the ground, it stung him.

The strength of his prayer saved him from the poison.

The next day the same thing happened. On the third day again the man saw the spider in the water struggling.

This time the spider asked him: "Why do you save me always from the water. Don't you see that I sting because, that is what I am, that is what I do."

And the kind man cupped his hands and while lifting the spider from the water, said: "Look that is what I do, that is what I am."

There are many reasons to be kind. But nothing is so powerful as to tell oneself: "that is what I am, that is what I do."

Dr. Antony Theodore
Man's nature disposes him 
above all to seek peace 
in the contemplation 
and love of the highest Truth.

All men and women of all cultures 
are born with an instinctive 
desire to know the Truth 
and an instinctive desire 
for the supreme happiness 
which is the vision of God in heaven.

Dr. Antony Theodore
An Invulnerable Serenity

A consciousness
of the nearness to God
which results in
a complete sense
of freedom,
an invulnerable
serenity,
usually urges
the self
to some form
of heroic effort
or creative activity.

Dr. Antony Theodore
An Offering Of Love

When you offer
your sincere love,
then you need not be
afraid of anything.

You draw the energy
of such a love from the
indwelling Spirit of God.

Always ask yourself:
&quot;Am I sincere when I give my love?&quot;

Dr. Antony Theodore
An Ontology Of Love.

The insight is a matter of an ontology of love.

God manifests himself to himself and to us as Trinity.

The Trinity is God's contemplation of himself, his subsisting union with himself in the perfect actuality of his divine existence.

(The Holy Trinity is a teaching of christians believe in the Father Almighty, the Son Jesus Christ and the Holy Spirit who is active now in this world are one in Being.)

Dr. Antony Theodore
An Ordinary Bit Of The Universal Life.

The virtues have a common character. They tend to make the subject regard itself, not as an isolated and interesting individual, possessing desires and rights, but as a scrap of the cosmos, an ordinary bit of the Universal Life.

The subject is only important as a part of the All, an expression of the Will Divine.

Purity is but detachment of the heart and so detachment and purity go hand in hand.

The detachment of the heart brings with it the humble spirit of obedience which expresses detachment of will.

They are the manifestations of Inward Poverty.

Dr. Antony Theodore
And God Told Me So Am I To You

When I was a baby,
I looked at the breasts of my mother,
Round and lovely,
Full of tasty milk.

I longed to suck the milk of love.
I longed to suck the milk of joy.
I longed to suck the milk of playfulness.
And she hugged to me her lovely breasts.

This was the time I knew what was love.
This was the time I knew motherly care.
This was the time I knew that love is joy.
And God told me so am I to you.

(Graphic: Mother Brestfeeding Photo and dreami stock photo)

Dr. Antony Theodore
And The Moon Smiled

In tiptoeing tiny steps
I came to you
to pluck your soul.

You found me, hugged,
kissed, squeezed my lips.

Then..
plucked your soul to give me
and the moon smiled.

(True love experience is always a mystery.
“The smile of the moon” - the mild golden light of the moon that falls in the
garden on the riverbanks was always mysterious for me).

Dr. Antony Theodore
And The Red Wine Is So Thirsty

He placed
deep red ruby gems
upon my lips.

Tantalizing is my tongue,
senses so seductive.

The candle, lights my face
with flares of gold.

And the red wine
is so thirsty.

Dr. Antony Theodore
An-Electronic - Brain

An electronic brain
solves the problems.

First of all, a great deal
of data must be fed
into the machine.

This stored, or recorded
information is the
machine's "memory."

A problem is posed
to the machine.

It scans back
through its memory
until it locates
the only "answer"
which is consistent
with and meets all
the conditions
of the problem.

Dr. Antony Theodore
Angel Scribbles

Plain white piece of paper
is my mind today.

It is empty.

During moments of my prayer
the angel of God
scribbles on my mind

words of love, care
forgiveness and beauty.

(Graphic: The Seventh Angel Book Website saved to Angel Guidance Pinterest)

Dr. Antony Theodore
Angela Of Foligno Writes About Her Vision

In a wonderful passage, unique in the literature of mysticism, Angela of Foligno has reported the lucid vision in which she perceived this truth: the two fold apprehension of an Absolute at Once humble and omnipotent, personal and transcendent.

She writes: "The eyes of my soul were opened, and I beheld the plenitude of God, whereby I did comprehend the whole world, both here and beyond the sea, and the Abyss and all things else; and therein did I behold naught save the divine power in a manner assuredly indescribable, so that through excess of marvelling the soul cried with a loud voice, saying 'This whole world is full of God'!

Dr. Antony Theodore
"Behold now, and see My humility'.
Then was I given so deep an insight
into the humility of God
towards man and all other things,
that when my soul remembered
His unspeakable power
and comprehended
His deep humility,
it marvelled greatly
and did esteem itself
to be nothing at all;.
(Visionum et instructionum Liber, Chp. xxii., (English translation, P.172).

Dr. Antony Theodore
Angelo Of Foligno's Vision2

„Wherefore did I now comprehend that the world is but a small thing, I saw, moreover, that the power of God was above all things, and that the whole world was filled with it.

Then he said unto me: 'I have shown thee something of My Power', the which I did so well understand, that it enabled me better to understand all other things.

He said also, 'I have made thee to see something of My Power' (Visionum et instructionum Liber, Chp. xxii., (English translation, P.172).

Dr. Antony Theodore
Angels - And - Bodies

The angels don't achieve the perfection of their minds through bodies because they're utterly free from matter in their nature.

Dr. Antony Theodore
Angels Of God, Come

Angels of God,  
you are clothed in fire and flame  
sharing God's splendour.  
Angels of God, you see  
the face of the Almighty God.

You give comfort to the poor and the needy  
in times of pain and struggle.  
You solace their spirits in anguish and loneliness.  
You open for the poor the Lord's eternal gates  
and comfort the sinners when they tremble.

Come to us, human beings and sing with us  
the songs of Glory and praise.

Let the whole creation sing with all of us.

Make known the power and glory  
of God the Almighty.

Come and unite all religions and the races.  
Let us dance together in front  
of the heavenly throne in one voice  
united in spirit, in tremendous joy.

Dr. Antony Theodore
Anger is the root of sin.

Swayed by it, men do unworthy things,

and set themselves against the world.

(Lakshmana to Sage Parashurama)
(From the Philosophical teachings of Sriramacharitmanasa).

Dr. Antony Theodore
Anguish - In - Separation

There may even
be times when you
may stray from the way,
as you break free
from your anchor in Christ.

When you step outside
of the covering and
protection of God
and try to cover yourself
in your own self made
protective cloak,
You will feel the pain
of separation which
can lead you to anguish.

Dr. Antony Theodore
This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore
Ankit Raj Goyal

Topic(s) of this poem: angels, crime, evil, god, heaven, helplessness, innocence, love, mother and child

Dr. Antony Theodore

Ankit Raj Goyal's Translation Of 'I Am Your Baby Mum'  ' ??? ???? ?????? ?? ???'

Dr. Antony Theodore
Announcing - Boldly

The two apostles of Christ boldly announced, whether it is right in the sight of God to give heed to the people rather than to God.

You be the judge, but we cannot stop speaking about what we have seen and heard.

Dr. Antony Theodore
Anointed - King - In - Danger

Despite being Israel's anointed king, David had many enemies and was often in great danger.

Not only did the jealous King Saul seek to take his life, but David was also in danger from the Philistines and other enemies that surrounded Israel.

Dr. Antony Theodore
Anointed - To - Heal

The words He spoke,
and the signs and
wonders He performed authenticated His
Messianic claims,
for all of them were
prophesied of old.

He was anointed
by the Father to
preach the gospel
to the poor; to heal
the broken-hearted,
to preach deliverance
to the captives,
to give sight to
the blind and set
at liberty those
that are broken.

Dr. Antony Theodore
Anointed Messiah

John identified Jesus
as the anointed Messiah,
who is equal with the Father.

He proclaimed Him to
be the eternal One,
who came after him
and yet existed before him.

John also identified
Jesus as the One sent
to dispel spiritual
darkness and Who came
as the heavenly Lord
of eternal Life.

John knew he was
not sufficiently worthy
to even carry the sandals
of the One about Whom he testified.

Dr. Antony Theodore
Anonymous - Giver

One who gives anonymously experiences love in a pure sense.

The opposite of love is not hate but indifference.

Someone is suffering or deprived of necessities and powerless.

Knowing it and doing nothing, is indifference or apathy.

Dr. Antony Theodore
Another - Divine - Moment

God prepared Elijah
for yet another divine
moment, one
with his name on it:

"Go out and stand
on the mountain
in the presence
of the LORD,
for the LORD is
about to pass by";
(1 Kings 19: 11).

(Graphic: Linda Lee saved to Prophetic Art by Linda Lee -  Pinterest)

Dr. Antony Theodore
Anthem - Of - Praise

The abundant riches in the physical and spiritual realms,

and the Lamb of God is deserving of all the honour and praise forever.

This anthem of praise has yet to be sung to the Lamb of God,

Who took away the sin of the world through the sacrifice of His own precious blood.

Dr. Antony Theodore
Anticipation

Anticipation
is the best joy.
This saying proves
its truth in many
Advent situations.

In the arrival
area of airports
and train stations;
before starting
a long-awaited
vacation;
before a pleasant
appointment
or a lovely visit;
and of course
before giving birth.

Dr. Antony Theodore
Antiquated - And - Oppressive.

In major cultural centers, 
christianity is now
viewed as antiquated
and oppressive.

Social pressure
no longer exists for
people to go to
church and in
many parts of
the western world
there is social
pressure not to go.

(It is the philosophy of love
that Christ preached and practised
that attracts a thinking generation.)

Dr. Antony Theodore
Anxiety - Disorder

Long-term coping mechanisms might include healthful lifestyle.

People who experience regular anxiety might require treatment.

In cases where anxiety has become disruptive to normal life, it might be a sign of an anxiety disorder.

Dr. Antony Theodore
Anxiety - Disorders

Anxiety is a normal part of life.

But people sometimes experience prolonged periods of anxiety that can affect their social, work, or personal lives.

People can try various methods to help them cope.

In some cases, anxiety can become a disorder.

Anxiety disorders occur when the feelings of anxiety and worry are both persistent and highly disruptive.

Dr. Antony Theodore
Anxiety - Is - Not - From - God

Be gentle and quiet.

Gently and quietly pursue your aim.

Compose your mind.

Be calm always.

Anxiety does not come from God, for God is a God of peace.

Dr. Antony Theodore
Anxiety - Situational

Certain situations can also trigger symptoms.

Some people find that job interviews cause high levels of anxiety, for instance.

However, this type of anxiety, which people may refer to as situational, is usually temporary.

Dr. Antony Theodore
Anxious - Thoughts

When you are feeling overwhelmed, afraid, and anxious, think about whatever is true, whatever is honorable, whatever is just, whatever is pure and find comfort in it.

(Referring to Philippians 4: 6-89)

Dr. Antony Theodore
A poem Of Innocence.

Graceful are the angels.
In their flight of love
they spread light and grace.

Love is my wing.
I become an angel without wings
when I spread the aura of love.

When the angel leaps,
when the child smiles,
when my mum caresses me
it is heaven on earth.

Angels live in the heavens.
Angels live on the earth.
They call me on a heavenly ride
on the winged chariot of love.

(Graphic: The Ministry of Angels and the Spirit of Truth |
Lightened by His Glory
chariots of fire angels spirits)

Dr. Antony Theodore
He regards you
as “the apple of his eye”.

He can “empathize
with our weaknesses”.

“When my spirit was
overwhelmed within me,”
King David wrote,
“You knew my path.”

“He knows the way
that I take,” declared Job.

References to these verses of the Holy Bible.
(Psalm 142: 3 NKJV) . (Job 23: 10) . (Zechariah 2: 8) . (Hebrews 4: 15) .

Dr. Antony Theodore
Application Of Asian Wisdom

An openness and exploration in the area of the application of Asian wisdom in the life of the peoples of the respective cultures, the various methods and practices in meditation, and the ultimate value today is necessary for the poets and serious thinkers.

Mutual enrichment of the western and eastern thinking will be profitable for all in this world.

Dr. Antony Theodore
Immanence is a characteristic of a transcendent God, subsuming immanent personal gods in a greater transcendent being such as with Brahman in Hinduism, or approaching the question of transcendence as something which can only be answered through an appraisal of immanence

Dr. Antony Theodore
Aptitude - For - Emotional Intelligence.

Emotional intelligence is considered an ability or a sub type of intelligence.

Much like having a skill or aptitude for mathematics, we might have an aptitude for emotional intelligence.

This is also known as 'Ability Emotional Intelligence'

(Ref. to O'Connor, Hill, Kayla, & Martin, 2019)

Dr. Antony Theodore
Aquinas And Dante.

Establish
a vision of
the natural
moral law
and the common
good through
the ancient
Greek and the
Judaeo-Christian
traditions, Pythagoras,
Plato, Aristotle,
Aquinas and Dante.

Dr. Antony Theodore
Are - You - Forgiven?

Are you forgiven?
Your eternal future
depends on the
answer to this
serious question.

The Bible teaches us
that "there is none
righteous, no,
not one";

In the same
chapter we read,
"For all have sinned,
and come short
of the glory of God."
We must find God's
forgiveness if we
want to be saved
from the terrible
consequences
of sin.
Ref: (St. Paul's letter to
Romans 3: 10,23).

Dr. Antony Theodore
Are - You - Worn - Out?

Are you tired?
Worn out?
Burned out
on religion?

Come to Me.
Get away with
Me and you will
recover your life.

I will show you
how to take a
real rest.

Walk with Me
and work with Me.
Jesus Christ tells you and me.

"Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest? " Ref. Luke 12: 25-26

Dr. Antony Theodore
Are You Alone My Little Bird

Are you alone my little bird
alone in the vast expanse
of the sky and the sea shore?

May i come to you to hold your hand
and lead you through the peaceful shore
full of mild light leading you to the cave
Of your heart?

There we shall sleep together in love
and in peace, in hugs and in joy.

Beauty shall cover us both
to protect us when we hug in sincere
depth love that angels alone possess.

(Graphic: Donna Blackwell saved to sunsets. Pinterest)

Dr. Antony Theodore
Are You Anxious?

Are you anxious about your future?
Are you anxious about your family?
Are you anxious about your children?
Are you anxious about your business?

Are you anxious about your own sinful past?

Why are you anxious?
The Lord God is your protector.

God does not sleep
while guarding and guiding
and protecting you.

Place your cares
in his palms and be happy.

Dr. Antony Theodore
Are You Attached To Your Thoughts?

Are you attached to your thoughts?

Let go of being attached.
Let go the thoughts and emotions that bring you sufferings and mental pain.

There is a dwelling and abiding fountain of inner joy and peace.

Stop being attached to your thoughts.

Some suffer from compulsive thoughts that come repeatedly.

Control your thoughts and thought patterns.

Smile like a child.

Let go of all the thoughts that bring sufferings.

Dr. Antony Theodore
Are You Immersed Intenderness, Dear Poets?

My mind must have bathed
in astonishment over
how my prayers would echo
at the center of human history
and in every human heart.

For that fact, every poet does it
knowingly or unknowingly.

Do we guess by the way, dear poets
that our prayer
has the power to draw
all men back to all that
is noble and true about humanity
and to all that is good
immersed in the tenderness.

This nobility in love
can come only from God.

(Graphic:

Dr. Antony Theodore)
Are You Perfectly Content To Be A Nobody?

Can you be a "nobody"?
Are you perfectly content
to be yourself as you are?

You fear no one.
You don't care a damn
about success of failure.

You don't jump up
when people praise you.
You don't feel defeated
when people talk ill of you.

Honor, disgrace,
they mean nothing to you.

Is it not a wonderful
mental state to be in? ?

Do we now understand
what is Serenity?

Dr. Antony Theodore
Are You Really Free? ? ?

You think that you are free.

But there is not a thought
an emotion, an attitude
and belief in you
that is not coming
from some others.

And you do not know it.

Are you really free? ?

You feel pretty strong
about certain things.
But are you really?

You are a result of
Your conditioning
and programming.

You are not free.

Dr. Antony Theodore
Are You Shy?

Dewdrop
kissed a soft petal.
For a moment the flower shivered.

Dewdrop turned
and asked the flower:
Are you shy?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Are You The One For Whom My Soul Burns?

It flew without a sound above me.

I listened unshaken like a stone
to the movements of its wings.

Are you the one for whom my soul burns,
in tempest fire,
in the oil poured out,
in tenderness and desire?

Dr. Antony Theodore
Are Your Eyes Searching For Me?

God, are you looking at me
through the skies
in between the rays of light?

Are you looking at me
to pierce my heart
in the light of your love?

Are you thinking of me
when your light shines
on the flowing waves?

Are your eyes searching for me?

Look! ! ! I am here on this shore
thinking of your never-ending love.

(Graphic: snoupy saved to Tolle Fotos. Beautiful sunset. Pinterest)

Dr. Antony Theodore
Arise And Shine.

Your light is your God.
Arise and shine.
Darkness has no place in you.
God's glory shall shine up on you.

Vow always to be true.
He covers you with his feathers.
Choose to do God's will always.
God heals and delivers.
Be a living testimony for God.

How i long to hear my God say
„You are my beloved. I love you.
You are the child of my heart.“

(Graphic: Jesus and the Cosmic Principle of the Christ, Part 1/7 - Journey...
Journey with Omraam)

Dr. Antony Theodore
Aristotle - And - Democracy

Aristotle took it for granted that a democracy should be fully participatory and that it should aim for the common good.

In order to achieve that, it has to ensure relative equality, moderate and sufficient property and lasting prosperity for everyone.

In other words, Aristotle felt that if you have extremes of poor and rich, you can't talk seriously about democracy.

Any true democracy has to be what we call today a welfare state.

(Read Aristotle's Politics, which is the foundation of most subsequent political theory).

Dr. Antony Theodore
Art Can Spiritualize Man's Consciousness.

Art can form and spiritualize man's consciousness. The poet and mystic have to be willing to be transformed by their own divine work. Every artist, poet, and mystic are inspired divinely.

Artistic and religious disciplines can complement one another.

Religious ascetic has to learn from the natural asceticism of the artist in his core. It is unselfconscious, Organic and integrated with godliness.

Dr. Antony Theodore
As - A - Fragrant - Aroma

Walk in love,
just as Christ also
loved you and gave
Himself up for us,
an offering and a
sacrifice to God
as a fragrant aroma.

(Ref. to Ephesians 5: 2
of the New Testament)

Dr. Antony Theodore
As - A - Pathetic - Victim

We sometimes see Jesus portrayed in the Garden of Gethsemane as cowering in the face of upcoming death, begging God to allow Him to live, and unable to do anything about what would be done to Him.

He is depicted, in short, as a pathetic victim.

But in the light of who He was and is, we would be totally wrong if we were to accept this interpretation.

Dr. Antony Theodore
As - A - Pattern - For - Life

Similarly, the men and women he taught in Thessalonica were ready to follow his example and to learn from Paul and his fellow labourers in the Lord.

They were ready to use them as a pattern for life, just as Paul patterned himself after the Lord Jesus.

Dr. Antony Theodore
As - Long - As - The - Sun - Shall - Burn

May God's holy name
be blessed forever
as long as the sun
shall burn
giving us light.

In him shall all
the tribes of the
earth be blessed;
all the nations
shall proclaim
his happiness.
(Ref. to Psalm 72)

Dr. Antony Theodore
As - The - Body - Is - One

For even as
the body is
one and yet
has many members,
and all the
members of
the body, though
they are many,
are one body,
so also is Christ.

(Ref. to 1 Corinthians 12: 12)

Dr. Antony Theodore
As - The - Deer - Pants

It is my deep yearning
for you that I give you
as my prayer gift today
my God and my Lord.

As the deer pants
for the water brooks,
So my soul pants
for You, O God.
(Psalm 42: 1 of the Holy Bible).

Dr. Antony Theodore
"As a person acts, so he becomes in life.

Those who do good become good; those who do harm become bad.

Good deeds make one pure; bad deeds make one impure.

You are what your deep, driving desire is.

As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.

(Anonymous, The Upanishads)

Dr. Antony Theodore
As A Horse Running Over The Green Heath

His pleasure is as great,
to take a simile,
as that of a horse,
let loose to run over
a green heath where
the ground is level
and smooth,
to gallop as a horse will,
as fast as he can over
the greensward
for this is a horse's pleasure
and expresses his nature.

(God takes such a delight in the identity that God gives to the seeker. God pours
his whole nature into the soul that God loves).

Dr. Antony Theodore
As cobwebs in the sun
it shone in my heart.

The trees along the way
showed yellow shoots,
and the bare old
trees were gray.

Where the frosted silver
rimmed spikes of pearly
heath, I saw
the cream clematis
weave lacy wreath
above the jade-green
adorned bridge

and green hoods
underneath.

O what a glorious scene.
It fills me with celestial
joyful mood.

(Graphic: Sandwiches saved
to rest)

Dr. Antony Theodore
As If You Were Them

What about a moment
of love and compassion
where you could actually
feel what another person
or animal was going
through almost
as if you were them?

Dr. Antony Theodore
As Light Is To The Flame.

In utter simplicity,
in the moment of
the existential
realization of being,
we intuitively realize
within ourselves
that our existence,
though truly our
own, is to God as light
is to the flame.

Dr. Antony Theodore
As Love Created In Love.

When the vision enters
into the flow of being
the mode of vision
turns into the vision
of the true self
which subsists
in God as presence
created in Presence,
as love created in Love.

Dr. Antony Theodore
As Veils And Vessels Of The Divine.

The pure soul of the mystic,
dwelling on higher levels of reality,
his eyes set on the Transcendental World,
is capable of combining with
the perfection of detachment
that intense and innocent joy
in natural things, as veils
and vessels of the divine.

A mystic sees all creatures in God
and God in all creatures.

Dr. Antony Theodore
As You Contemplate

As you contemplate
you will know how
to do things in
accordance with
God's will, and
decide to do them.

You will feel as though
everything is
taking its natural
course, and it will
seem exceedingly easy.

Things that arise
from your self-will
can then be abandoned.

Dr. Antony Theodore
Ascending - Heavenward

David likened
his prayers
to the sacrificial
perfume that
ascended
heavenward
at the close
of each day.

(Referring to Psalm 141: 2
of the Holy Bible).

Dr. Antony Theodore
Ascetic - Practices

St. Peter shows you how to cultivate a deeper commitment to self-denial and ascetic practices as the path to a richer life of prayer and devotion.

He helps even beginners to navigate through and then beyond the purgative phase of spiritual growth and into the illuminative phase.

(Recommended to read the story of St. Peter in relationship with Jesus in the Gospels of the Holy Bible)

Dr. Antony Theodore
Asceticism Has The Power To Attain True Liberty.

Ascetical discipline
must lead to freedom.

By detachment and purity of heart,
if one succeeds to penetrate
the inner secret of the ground
of one's ordinary experience,
he attains a liberty
which nobody can touch,
which nobody can affect.

It is the monastic view of reality.

Necessary is it, and inevitable
are the practices of asceticism
in a spiritual search.

(But there are several other concepts such as abnegation, mortification, penance, self-denial, sacrifice, renunciation and detachment).

Dr. Antony Theodore
Asceticism Of The Celtic Monks.

St. David „the Waterman”
stood for hours in the waters of Alun River
Chanting psalms.
A naked woman was paraded in front of him
to induce him to leave the chill of the river
to find warmth, presumably in her arms.

St. Cuthbert, too stood in the frigid waters
of the North Sea to say his prayers,
Many are the report of the celtic monasteries having only bread, water, and a
few vegetables as their normal diet. Extreme asceticism and bodily mortification
were an accepted part of the Christian life for the early Irish Peregrini.
Their theology was: the Christian's life must be a constant warfare against self-
will and gratification of the senses.
(This is not a poem. Simply giving notions of people who tried in different ways
to achieve the nearness of God).

Dr. Antony Theodore
Ashamed Of The Sins

The sinner who is ashamed
of his sins
is nearer to god
than all self righteous persons
who think that they have not sinned.

Dr. Antony Theodore
Asian Religious Thought

A mystic poet is conscious of the differences between the christian faith and the Asian religions.

Despite inconsistencies, contradictions, and differences, a mystic poet is sure that such a communication between the Christian and Asian religious thought and practices is singularly enriching and essential.

Dr. Antony Theodore
Asian Wisdom And The New Testament

When our thoughts and insights
influenced by Asian wisdom
Buddhism, Taoism,
Tantra, Zen,
and Hinduism
along with the New Testament
thoughts of Jesus Christ
will lead the poetic mind
and intellect
into a new vision.

This is a vision
Which the modern
world needs badly.

Dr. Antony Theodore
Asifa Bano, An 8-Year-Old Girl's Gang Rape And Murder

Five days later, Asifa's body was found.

After seeing her body:

“She had been tortured.
Her legs were broken,”
recalled Ms Naseema, who had rushed to the forest along with her husband to see the body.

“Her nails had turned black
and there were blue and red marks
on her arm and fingers.”

Asifa was confined in a local temple
for several days and given sedatives
that kept her unconscious.
She was “raped for days,
tortured and then finally murdered”.
She was strangled to death
and then hit on the head
twice with a stone.

Asifa was described as a “chirping bird”
who ran like a “deer”.
When they traveled,
she looked after the herd.
That made her the darling
of the community.
She was the centre of our universe.

(I have taken it from the newspapers and from the internet).

My heart cries for her.
She is an angel among the purest of angels,
in the abode of a God who is beyond all religions.

Dr. Antony Theodore
Ask God for His Blessings

The good God bless,
accompany and protect us all,
from all dangers and care for us.

He gives us love where there is hatred,
strength to forgive the inner wounds.

God gives us power,
where weakness paralyzes.

God gives us tolerance,
where impatience reigns,
and openness, where everything
seems deadlocked.

He will let us fly on the wings of hope
and accompany us
like a ray of light in the night.

Dr. Antony Theodore
Ask Questions And More Questions.

Ask questions and more questions.

A powerful teacher gives
a few simple examples.
He teaches fundamental truths.

Learning takes place through discovery
when you figure it out for yourself.

A good teacher makes only suggestions,
directs the students and Points out problems.

Above all ask questions and more questions.

Thus a teacher encourages discovery.
Only through personal initiative
and constant and incessant work,
one student achieves greatness.

This is the joy of a true teacher.

Dr. Antony Theodore
Asking God For His Blessings

Good God, we ask your love,
because otherwise we could not love.

We ask for your peace
because we need peace.

We ask for the strength to believe
because we can build
with you in your kingdom of love.

We ask for your blessing
because you alone can give it to us.

Dr. Antony Theodore
Aspiring For Perfect Spiritual Happiness

The possibility of the spiritual activation is something of which nature can only be faintly or remotely aware.

It cannot know what that activation is.

But in aspiring for perfect spiritual happiness, our freedom aspires to this unknown perfection.

(The reader may refer to Selected Texts published in 'Thomas Merton's Dark Path' by William H. Shannon).

Dr. Antony Theodore
Assimilated - Deep - Within.

At times practical sanctification is swift, and lessons are quickly learned and applied.

At other times the pace is slow and unhurried, as lessons are assimilated deep within.

At times your wanderings, cause you to pause along the way, with no forward motion.

And you wonder why? And you ask where is the Lord?

Dr. Antony Theodore
Association - Of- Philosophy

In the West too, the search for divine reality, though theologically oriented, has not been without the association of philosophy in one way or the other.

As a result, there have been diverse philosophical conclusions about divine reality.

Dr. Antony Theodore
Association - Of -The - Sadhus.

When the souls' wandering throughout samsara comes to an end, then, according to their fortune, they attain the association of the sadhus.

The result of association with sadhus (sadhu-sangera phala) samsara bhramite bhava-ksayonmukha yabe sadhu-sanga-samghatana bhagya-krame habe

yabe-When bhramite-the souls' wandering samsara-throughout the world bhava-ksayonmukha-comes to an end, [then] bhagya-krame-according to their fortune, sadhu-sanga-samghatana habe they attain the association of the sadhus.

(Ref. to SRI SRI PREMA-VIVARTA: CHAPTER TWELVE Glories of the Vaisnavas)

Dr. Antony Theodore
Assurance - Of - Grace

As they poured out their soul to their Father in heaven, they remembered His never-failing goodness and began to rejoice in the assurance of His grace.

(Ref. Psalm 42: 1 of the Holy bible)

Dr. Antony Theodore
Astonished - To - Find - Christ

Souls that have ventured with faith into "hell," that is, all those memories and attitudes where God seems most absent in one's heart,

these are the ones who are always astonished to find Christ in this same sleep with them,

for them, in unfathomable power and authority.

They know the glory of Him awakening them to new life.

Dr. Antony Theodore
Astonishing - And - Supernatural

Much of Scripture,
chronicles, past events
of significance, others
prepare us for astonishing
and often supernatural
happenings, which are yet
to take place in the near
or distant future.

Dr. Antony Theodore
Astonishing - Darkness

Mother Teresa suffered a lot.
It is a vast torrent of pain
into which the world
did not glimpse into.

There is an astonishing darkness which seemed,
on the surface, to be nothing but light.

Dr. Antony Theodore
At - Perfect - Time

The Almighty has a way of taking you exactly where you want to be at perfect time and all that is required is for you to align your mind.

Dr. Antony Theodore
At - The - Foot - Of - The - Cross

"At the foot of the cross,
at the supreme hour
of the new creation,
Christ led us to Mary.

He brought us to her
because he did not
want us to journey
without a mother." (Pope Francis, Evangelii Gaudium#285)

(Graphic: the-foot-of-the-cross-GoodSalt-dasps0259 google pics)

Dr. Antony Theodore
At - The - Gut - Level

There's something
at the gut level
that causes us to say,
I do trust Jesus.

While absolute proof
is not available to
either disprove
Christianity or to
prove Christianity,

does not mean
that we're all left
to blindly choose a story.

Dr. Antony Theodore
At - The - Heart - Of - Lamentations

But at the heart
of this book
of lamentations,
at the center of
this lament over
the effects of sin
in the world,
sit a few verses
devoted to hope
in the Lord.
(Cfr. to Lamentations 3: 22-25).

Dr. Antony Theodore
At - The - Mercy - Of - Impulses,

Learn to associate
ideas worthy of
God with all that
happens in Nature
the sunrises
and the sunsets,
the sun and the stars,
the changing seasons,
and your imagination
will never be at the
mercy of your impulses,
but will always be
at the service of God.

Dr. Antony Theodore
At - The - Point - Of - A - Sword

Find a saint,
and you will
find a warrior.

Virtually every
saint mentions
the spiritual battle
even the little girls.

St. Thérèse of Lisieux
cries out, "Sanctity!
It must be won
at the point of a sword!"

Dr. Antony Theodore
At - The - Drop - Of - A - Dime

Some people can forgive at the drop of a dime while others need their time.

The act of forgiving is one of realizing
that holding onto the anger and resentment
no longer carries the same weight on us.

Dr. Antony Theodore
At Dawn And Dusk, God Is Communicating With You.

God gives you signs
every day and every night,
at every dusk and dawn.

God gives you signs
through human beings,
your foe or friend.

God gives you signs
in the beautiful nature
or in the wild storms and rain.

Learn to listen to it.
God is communicating with you.

Dr. Antony Theodore
At The Grave Of A Loved One

At the grave of a loved one
our soul feels orphaned.

There was still so much to say.
But his ears are not listening anymore.
His eyes do not see the beautiful flowers
and the gravestone to his memory.

It seems like our love
grasps the void, and that hurts us.

But after some time it will be
as if the deceased
wants to direct our blick to people
who are still with us.

As if he wanted to tell us
"let the love you wanted to give me
be given to all who are near you.
let your love go to the poor
unwanted and rejected."

(Graphic: Jose Manuel Rivera saved to Moonlight. Pinterest)

Dr. Antony Theodore
At The Moment Of My Death

At the moment of my death,
where will my soul go?

Will it go to the land of the dead
or to the lap of God?

Will it enter the darkness
or to the land of light?

Will it fly to the full moon
or to the land of Roses and peacocks?

Will the soul sing all along the way
like nightingales?

or will it dance with the angels,
fairies and saints of all time?

Dr. Antony Theodore
At The Shores Of Creation

All alone i sat
at the shores of creation
wondering about God's
eternal beauty.

Dr. Antony Theodore
At The Soul Level

There is an enriching fountain of love within each of us at the soul level.

To know what is love
You need not go outside of yourself.
There is the well spring of love within the heart.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
At The Very Roots Of Our Existence.

It is the mystical realization, that we are confronted with the truth that at the very roots of our existence, are we in constant and immediate and inescapable contact with the Infinite power of God.

Dr. Antony Theodore
Atheist - Influenced Policies

If one believes in a purely materialistic approach to existence, he will follow the theory of natural selection and survival of the fittest.

This was the conclusion of the atheist-influenced policies of Stalin, Pol Pot, Ceauscescu, Menghistu, Kim Jong Il, and Mao Tse Tung, who murdered thousands, without a prick of conscience.

Dr. Antony Theodore
Athlete's - Mentality

You need to have an athlete's mentality and focus as a disciple of Jesus.

They visualize the race in their minds before they run it to prepare for the challenges.

As a disciple, you need to picture that finish line.

Prepare yourself for everything between that and the finish line, and then make necessary preparations.

Run with endurance in the race of life.

Dr. Antony Theodore
"Make an atonement cover of pure gold
two and a half cubits long and a
cubit and a half wide.

And make two cherubim out of
hammered gold
at the ends of the cover.

Make one cherub on one end and
the second cherub on the other;

Make the cherubim of one piece with
the cover, at the two ends.

The cherubim are to have their wings spread
upward, overshadowing the cover with them.

The cherubim are to face each other,
looking toward the cover.

Place the cover on top of the ark
and put in the ark the tablets of the covenant law that
I will give you.
There, above the cover between the two cherubim that are over the ark of the covenant law, I will meet with you and give you all my commands for the Israelites.

(Refernece to Exodus 25,17-22 of the Holy Bible)

(Graphic: hmca saved to Bible PicturesPinterest)

Dr. Antony Theodore
Attachment - Sucks

Attachment sucks
the life out of a
loving relationship.

We should love
without being
clingy or needy
and without
codependency.

The sweetness
of love comes
when we forget
ourselves and
focusing our
attention on
a perfect being;
our beloved.

Attachment is
what happens
when we try
and hold onto love,

domesticate it,
or use it to prove
how lovable we are.

(Written from the comments of
the great poetess Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Attachments - And -Loyalties

We shall found the case
for a universal ethic

in the love of place
and particular
attachments,

loyalties and
identities that

motivate individuals
to act and do
the right thing.

Dr. Antony Theodore
Attacking - The - Wrong - Enemy

Too often we attack
the soldiers on
our own side,

bringing them
down with friendly
fire, or we attack
our allies thinking
they are the enemy
simply because
they wear a
different uniform.

This is stupid
and disastrous
and exactly what
our real enemy
wants us to do.

Dr. Antony Theodore
Attaining God Consciousness

Ignorant and faithless persons who doubt the revealed scriptures do not attain God Consciousness.

They fall down.

For the doubting soul there is happiness neither in this world nor in the next.

The Bhagavat Gita

Dr. Antony Theodore
Attract Love.

Attract Love.
Raise Positive
Energy in and
around you.

God is a God
of positiveness.
Remain always
in God and be
totally positive.

Dr. Antony Theodore
Attraction, Devotion, And Elevation.

The characteristic mystical qualities are attraction, devotion, and elevation.

Attraction is the consciousness of the mutual desire between man's Spirit and the Divine Spirit.

It is the link of love which knits up reality and draws all things to their home In God.

Dr. Antony Theodore
Attributing - To - Baalzebub.

He was the One through
Whom all the families
of the earth would be blessed.

He was the One Who will
bring in an era of peace
and prosperity, where Israel
would be the head and
not the tail of the nations.

But When He arrived,
Jesus did not fit in with
their predetermined
expectation and there
was a certain point
in Christ's ministry
when the leaders of the Jews
committed the unforgivable sin
they attributed the Spirit's work
through Christ, to Baalzebub.

(The source for the name Beelzebub is in the Books of Kings (2 Kings 1: 2-3,6,16), written Ba'al Z?bûb, referring to a deity worshipped by the Philistines. The Hebrews called him Prince of Demons (Matthew 12: 24: Luke 11: 15).[1] The title Baal, meaning &quot;Lord&quot; in Ugaritic, was used in conjunction with a descriptive name of a specific god)

Dr. Antony Theodore
Austerity And Dispassion

From the practice of virtue
springs dispassion;

from the practice of austerity,
spiritual wisdom.

Spiritual wisdom is the
bestower of liberations.

But that which melts the heart
is devotion, which is the delight
of the seeker of truth.

(so is the advice of The Vedas)

Dr. Antony Theodore
Authentic - Life

Human beings are not remote intellectuals living apart from the world but exist in the midst of a living world.

The authentic life is the one that makes the most of being an active part of the creative universe.

Dr. Antony Theodore
Authentic - Morality

An authentic morality concerns both social and personal vices. The virtues are both individual and social.

An authentic morality takes into consideration all these factors

Dr. Antony Theodore
Authentic -Behaving

Your strengths can be defined as a pre-existing capacity for a particular way of behaving, thinking, or feeling that is authentic.

...itenables optimal functioning, in day today life.

Dr. Antony Theodore
Avoid Enmity.

Avoid enmity,
pick no quarrel,
live in hope,
fear nothing.

You shall be ever
full of inner joy.

They live
without pride,
without sin,
free from wrath,
clever and wise.

Dr. Antony Theodore
Awake, Lord!

Rouse yourself! my God! Why do you sleep?

Rouse yourself!
Do not reject us forever.

Why do you hide your face
and forget our misery and oppression?

We are brought down to the dust;
our bodies cling to the ground.
Rise up and help us;
rescue us because of your unfailing love.

(Reference to Psalm 44 in the Holy Bible)

Dr. Antony Theodore
Awaken The Hidden Love In You.

Give yourself the gift of the inner wellspring.
It will soften all that is hard in you.

Invite this inner fountain to pour in you.

The greatest gift, love brings into your life
is to awaken the hidden love in you.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Awakened By The Consciousness Of The Emptiness

The quest for God evoked by the awakened consciousness of the emptiness of the world is for a return to God Almighty.

The meaning of human life is achieved by a constant return to the Almighty God, the Source, the Ground of all existence, through the good works and life of penance and prayer and almsgiving.

Dr. Antony Theodore
Aware - Of - Their - Own - Emotions

Emotional intelligence manifests itself as someone who is emotionally skilled.

They are aware of their own emotions.

They are aware of someone else's emotions.

They are able to use this knowledge in social situations to their benefit.

Dr. Antony Theodore
Awareness

When awareness is turned on
there is no distraction.
Because you are always aware of
what is happening in you and outside.

Concentration is like standing in
a spotlight, a flood of light.

All that is coming in the scope of
Your consciousness attracts your attention.

Distraction cannot prevail
in the mind of the awakened.

Awareness thus becomes a gift of God.

Dr. Antony Theodore
Awareness - Of - Awareness

Why then should not the mind be brought back and fixed in Self-attention,

to this feeling of 'I'?

That alone is Self-Enquiry.

This is Atma Vichara.

That is all that is to be done!

Self-Enquiry is the awareness of Awareness itself.

(atma vichara means awareness of The self or awareness of the awareness of self.)

Dr. Antony Theodore
Awareness - Of - The - Presence

The life of continual prayer becomes easier as the soul succeeds in preserving within itself, throughout the day, the awareness of the presence of God.

Dr. Antony Theodore
Awareness Is Consciousness.

You are pure awareness.

Awareness is the screen on which everything that you experience exist and are projected.

Awareness is consciousness.

Master the art of awareness.

Dr. Antony Theodore
Awareness Of The Mystery Of Being

The symbol awakens
awareness or restores it.

Therefore it aims
at communion.

Communion is the awareness
of participation
in an ontological
or religious reality,
in the mystery of being,
of human love, of redemptive
mystery, of contemplative truth.

Dr. Antony Theodore
Awareness.

In our daily life
body and Spirit are often separated.

Body is here, but we flow in the past
so far away from the present moment
or in the far future.

Through awareness,
we can unite the body and spirit
and live joyously in fullness.

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Dr. Antony Theodore
Awe - Walks

Many who went on awe walks expressed greater feelings of social connection and positive emotions compared to their normal walking peers.

In their selfies, the awe walkers also included themselves less and less in the photo, which the researchers interpreted as a sense that the self was just one small part of a bigger picture.

(Awe walks are a part of the research program conducted by some professors at the university)

Dr. Antony Theodore
Awe-Inspiring Life

The mystery of a life that is awe-inspiring and sublime, consists in giving the first place to God on every newborn day.

God has the first place, the first priority, primacy and preference in every decision you take and you concede for God the first place in your heart.

Then is your life awesome.

Dr. Antony Theodore
Awesome - In - His - Deeds

Come and see
the works of God,
Who is awesome
in His deeds
toward the
sons of men.

(Psalm 66: 5).

Dr. Antony Theodore
Bad - Days

We are all going though the same experience of sadness.

Even though I am going though bad days sometimes still I fight through it and you can too.

Whoever you are, I hope you will have the best time of your life after your sufferings.

Dr. Antony Theodore
Bankruptcy - Of - Satan's - Lies

We are loved in our weaknesses.

This is the wealth that exposes the bankruptcy of Satan's lies. It is the mercy of heaven.

Dr. Antony Theodore
Baptizing - With - Fire

He said clearly
that He did not
come to bring
peace but a sword,
that he would
baptize with fire,
and following Him
would mean
separation from
wife and children,
mothers and fathers.

To join Him is
to join the forces
of light against
the powers of darkness.
(Referring to the words of Jesus in the New Testament)

Dr. Antony Theodore
Based - On - Perceptions

We do know
that self-image
is based on
our perceptions
of reality,
that it is
built over
a lifetime
and continues
to change
as we do,
and that it is
something
we have some
influence over.

Dr. Antony Theodore
Based - On - Theism

Philanthropic ideas
or any concern
for the common
good or any regard
for social order
based on the
rule of law,
are based solely
on theism and
individual
accountability
after death.

Dr. Antony Theodore
Based - Solely - On - Theism

Philanthropic ideas
or any concern
for the common
good or any regard
for social order
based on the
rule of law,
are based solely
on theism and
individual
accountability
after death.

Dr. Antony Theodore
Basic - Consciousness

Buddhism speaks first of the ground or basic consciousness, which has a global, general knowledge that the world is there and that I exist.

Dr. Antony Theodore
Basic - Features

We love stories
and we are
formed
by them.

If you ask
someone to
tell you their story,
and then listen
closely, you'll
likely hear the
basic features
that are common
to humans.

Dr. Antony Theodore
Bathe - Yourself

Invitethe divine
light into your being.

The highest order
is love and love is light.

In this light
you bathe yourself

and then you will know
your highest self.

Dr. Antony Theodore
Bathing - In - The - Healing - Shower

Prayers for all who suffer.

Prayers for all sentient beings bathing in this healing prayerful wishes that flows over, under, around, and through me now.

Prayers for Peace and joy.

Dr. Antony Theodore
Battle - Of - The - Apostles

The apostles do battle against heretics, hypocrites, false teachers, and charlatans of every kind, and their language is sharp and clear.

Dr. Antony Theodore
Be - A - Dreamer

My dreams bring me new ways and ideas on how to completely heal.

Dream big. Be free to dream. Be courageous to dream. Be a dreamer, for we have very few.

Dr. Antony Theodore
Be - Alone - With - Me

This is a privilege
of greater joy
for you my child.

Be at my feet.

I want to tell you
so many spiritual
and wonderful things.

Your devotion
is so pleasing to me.

It is really a luxury

I am happy that
that you make space
and time to be with me.

Be alone with me.

(Graphic: Ann Powell saved to These is My WordsPinterest)

Dr. Antony Theodore
Be - Amazing

Life is like a glow-stick.

Sometimes you need to burst before you can shine.

So, I want you to keep fighting, to keep being that amazing person you are.

Dr. Antony Theodore
Be - Appalled

My people have changed their glory for that which does not profit, was God's disconsolate evaluation.

Be appalled, O heavens at this, and shudder.

Be very desolate, declared the Lord, in great anguish of heart.

(Cfr. to Jeremiah-2-4)

Dr. Antony Theodore
Be - At - Home - In - Nature

The joy of finding wonder and awe in nature makes you a loving being.

Do you feel connected to the wilderness?

Do you enjoy skiing or hiking.

Do you feel at home in the mountains?

This sense of finding a home in nature will lead you to your life satisfaction and personal growth.

Older generation find a connection to nature make them happier and more willing to serve the needy.

(Graphic: Dan Ashbach / Dan330 saved to From the Garden to the Table - Recipes for Life)

Dr. Antony Theodore
Be - Holy - In - Our - Conduct

Follow the precepts
of the sacred texts
in our outer
behaviour and attitude
towards others.

Just as God is holy,
we are to be holy
in all our conduct.

Dr. Antony Theodore
Be - Ready

We who do not worship Satan also need to have faith.

Know, that devil will do exactly what he is intent on doing.

You would better be ready for it.

Dr. Antony Theodore
Be - Silent.-

Be silent.

carry your cross
without complaining.

Your tears, your sorrows,
you give
to the cross of Jesus.

All the changes in your life,
the Lord sees and watches.

He is with you.

He is the author of joy
and peace and He will
come to you to give
you joy at the end.

God is there with you.

Silently accept everything
and wait for the Lord
to come to you at the
definite moment.

God is the Lord of
your future
as He was of your past.

Dr. Antony Theodore
Be - The - Change

Allhumans, cry out
against injustice,
prejudice, discrimination,
unfairness, and al evil.

I amremindedof St. John
crying out in the wilderness.

Each of us needs to be
the change we wish to
see in the world.

Change ourselves one
at a time, then one day
our beautiful world will
have balance, love, equality,
justice, compassion and love.

(Written from the comments of the great poetess
Marie Shine of Listowel)

Dr. Antony Theodore
Be - Wholly - Present

Be wholly present
to yourself,
therefore, and
employ yourself
wholly in knowing
yourself and knowing
whose image you are,
and likewise in
discerning and
understanding
what you are
and what you can do
in Him whose
image you are.

Dr. Antony Theodore
Be - Yourself

You cannot escape
Being noticed
If you are fake.

Learn to be
Comfortable
in your own skin.

Dr. Antony Theodore
Be A Blessing

So that we can become
a blessing for the world,
we pray and ask God
for God's blessing now.

May the Lord God
be a star on our paths.

God shines in front of us,
so that we do not lose
our sight of the goal.

God shines beside us,
lest we stumble and fall.

The Almighty One shines in us,
so that we are always safe
through our journeys here.

So comes the blessings
of the almighty, benevolent,
faithful and loving God,
to protect us all the days to come.

Dr. Antony Theodore
Be A Blessing To All whom You Encounter

Let us use the manifold possibilities which are offered to us to spend our time in penance.

Let us take time for personal orientation.

Let's take time to pray. Let us take time for a reconciling conversation.

Let's take time to forgive.

Give forgiveness in personal exchange in a mood of reconciliation, in the presence of God.

Be on the right path from the beginning.

It is The way to life. It is the way to God.

Be a blessing to all whom we meet and encounter

Dr. Antony Theodore
Be A Candle That Burns

You kindled me.
You are very thoughtful
when you look at me now.
You sit pensive in my light
and meditate.

Do you know
I am glad that I burn.
If I did not burn,
I would have been in a candle box
with others who also do not burn.

In such a box,
we find no meaning for our lives.

My meaning I find when I burn.
Now I'm kindled and spread light.
You can say "I am on fire; I am burning."
So I become shorter.
I am sad, that I will become soon
a small stump only.

But so is life.
There are only two options for me:
Either I remain completely
intact in the cardboard,
then I will not become smaller.
But then, I have no meaning in my life.

But when I burn,
I will give light and warmth,
then I know, that I am
of use for others.
I have given myself freely.

It is better than to be as cold
and meaningless in the box.
Burning for others is my joy.
A candle light is contagious!
Be a candle that burns.

Dr. Antony Theodore
Be A Passionate Seeker Of Truth

If you are a passionate truth seeker, if you are perceptive and intelligent and possess a highly intuitive mind, it will eventually lead you to the world of creativity and poesy.

Dr. Antony Theodore
Be A Sincere Simple Seeker.

With the coming of God in one's life, man's solitude becomes more perfect and more pure, in the sense that, man becomes more of a person.

He becomes more of a person by virtue of his deeper union with others in charity.

In the heart of the seeker, this mystery of solitude and communion reaches even greater depths.

Everyone who seeks God shares to some extent the solitude of the heart of God.

Dr. Antony Theodore
Be Amazed

See the miracle,
hear the miracle.

I hear a bird!
I hear a wind chime!

Do you feel the wind?
It is so soft!
Is it not so wonderful?

Look at
these beautiful flowers,
the leaves of the neem tree.
The wind blows
the leaves begin to sing.
Its clatter inspires me to listen.

It brings in me, calmness.
I begin to sing in my heart
with the clattering leaves.

Do you listen? ?

This dog is so lovely.
He jumps, he gives me love
I touch him, caress him
lift him up to me.
He plays with me in love.

Be amazed always.

Be amazed.

When you're burned out,
bone weary, tired
go to the Lord God
bow down and adore.
God alone brings peace.

Dr. Antony Theodore
Be Awake! ! ! Eternity Is Right Now! ! !

Eternity is right now.
Are you proud of your past?
Are you ashamed of your past?

Just forget the past.
Do not repent of your past. Be awake! ! !

Eternity is now; just now.

(This was published in Micropoet under the name of my beloved mother Genova Maaawho passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Graphic: Heaven_and_Hell_by_jay_

Dr. Antony Theodore
Be Aware

Act and be aware of your actions.
Talk and be aware of your words.
Listen and be aware of what you are hearing.
See things and be aware of what you are looking at.
Be aware! ! !

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Be Beside Us To Hug And Protect Us.

Lord God, go before us
to show us the right way.
Be beside us to hug and protect us.

Be behind us to save us from
the wickedness of wicked people.

Be below us to catch us when we fall.

Lord, be with us to comfort
us when we are sad.
Be around us to defend us
when others attack us.
Lord, be above us to bless us.
So bless and accompany us always
oh the benevolent and loving God.

Dr. Antony Theodore
Be Careful About The Truths

Be careful about the truths accepted by a majority.

The powerful can manipulate your thinking by imposing untruth as truth into your unthinking mind.

Truth remains truth even when rejected by many.

Lies will not become truth because it is accepted and carefully taught by the government in their power.

Dr. Antony Theodore
Be Conscious Of The Mystery That You Are.

Life is full of mystery.

Why do you need the approval of others to make you happy.

You slip away from the mystery that you are, when you seek approval.

Be conscious of the mystery that you are.

Dr. Antony Theodore
Be Devoted To Me

The world has a mold
of its own.
The satan wants you
to fit into this mold.

Your conscience is
affected by the world.

Look at me
see my face
i am waiting for you
that you decide
to come to me.

Your decision to
seek my face
is my joy my
beloved child
of my heart.

(Graphic: Hanni saved to Quotes Pinterest)

Dr. Antony Theodore
Be Excited

Be excited for what is to come.

Sending love and abundance to you in your sad moments.

I wish everybody to find true love and to be happy.

The world is about to change and we will be in peace. God is love!

Dr. Antony Theodore
Be -Faithful

Be faithful in your commitment to God every day in whatever way He asks you.

Then listen more, and seek true understanding.

Watch for opportunities to love more and criticize less.

Dr. Antony Theodore
Let go of hatred.
He who treats all beings with kindness and compassion, who is always serene, unmoved by pain or pleasure, free of the "I" and "mine", self-controlled, firm and patient, his whole mind focused on me--that is the man I love best; (The vision of The Bhagavat gita).

Dr. Antony Theodore
Be Gentle And Quiet

Gently and quietly
pursue your aim.

Compose your mind.

Be calm always.

Anxiety does not
come from God,
for God is a
God of peace.

Dr. Antony Theodore
Be Great In Yourself.

Be great in your character
you attract what you are.
Remember it.
Not what you want to be,
not your desires to become
make you attractive.

Your being,
your character
your greatness in yourself
makes you great.

You attract what you are.

Dr. Antony Theodore
Be Holy, For I Am Holy

Jesus prays: Sanctify them in the truth; Your word is truth. For their sake, I consecrate Myself, that they also may be sanctified in truth.

And St. Paul prays: Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

(1 Peter 1: 16; John.17: 17; 1Thessalonians 5: 23)

Dr. Antony Theodore
Be Honest With Your Emotions

It is difficult
to accept the loss.

Trying to balance
the feelings of pain
and loss, while going
forward with hope
can be very demanding.

Give yourself space
and time, be honest
with your emotions,
don't grieve alone,
and don't lose hope.

Dr. Antony Theodore
Be Humble Of Heart

If you are blessed
with wisdom beyond
your years, always
stay in a humble mindset.

God resists the proud
but blesses a humble heart.

"Be not wise in your
own eyes; fear the Lord,
and turn away from evil."

(The Book of Proverbs 3: 7 in the Holy Bible).

Dr. Antony Theodore
Be Kind To The Unkind.

Do not hate
those who hate you.

Be kind to the Unkind.

God has a firm grip on you
and your circumstances.

My higher self
or the real self
knows my wounds.

The real self
in which God remains
sees your readiness.

God loves you beyond measure.

Dr. Antony Theodore
Be Kind To Your Own Self.

Compose your mind
in calmness.
Quietly and gently
pursue your aim of life.

Be kind to your own self.
God loves your self.
Be loving and kind
and treat yourself
as God's beloved.

Dr. Antony Theodore
Be Like The Ant.

Wise men are always at work.
Don't waste your time
watching Netflix
and playing video games.

If you don't want to
live your life in poverty,
you must develop
a strong work ethic.

Be like the ant.

"Go to the ant, O sluggard;
consider her ways,
and be wise.

Without having any chief,
officer, or ruler,
she prepares her bread
in summer and gathers
her food in harvest.

How long will you
lie there, O sluggard?

When will you arise
from your sleep?

A little sleep,
a little slumber,
a little folding
of the hands to rest,
and poverty will come
upon you like a robber,
and want like
an armed man." —

From the Book of Proverbs 6: 6-11 in the Holy Bible
(Graphic: homethit hat sich etwas auf home gemerkt. Pinterest

Dr. Antony Theodore
Be My Guide On My Life's Journey.

Gifts without measure
flow from your goodness
to bring me peace.

My life is your gift.

Be my guide
on my life's journey.

Your love for me alone
can make me whole.

Keep me strong in your love.

Dr. Antony Theodore
Be Ready To Take Risks

Taking the risk
is what opens us
to our fate and future.

I cannot know
how things will taste
before putting it
into the mouth.

Real commitment comes
before we know
where to, our life goes.

That is what listening
to your heart is all about.

Be ready to take risks.

Dr. Antony Theodore
Be Silent My Soul

Be silent my soul

Be silent my soul
that i may hear his call.

Let me listen to
and trust God's voice.

I like to fall in prostration.

I want to abandon myself
as a pleasing sacrifice
to my God,
The Almighty One.

Dr. Antony Theodore
Be Steadfast In My Service.

Observe the strict rule
of prayer and praise,
in thought and word and deed.

Recognize me as your
only master (Guru).
I am your father, mother,
brother, spouse,
God and all.

Be steadfast in my service.

(The teachings of the Vedas).

Dr. Antony Theodore
Be Still

Be silent.

Remain silent until your heart begins to sing.

Be still till you begin to stream with the tide of the spirit.

Dr. Antony Theodore
Be The Divine Light

Be the divine light
that you are.

Believe in this
divine light
that enkindles
all your faculties
and your spiritual
and physical being.

Dr. Antony Theodore
Be The Ruler Of Your Thoughts

All that we are,
are influenced by our thoughts.

Thoughts have such a great power.

We become what we think.

So be careful with our thoughts.

Thoughts shall not fall into
ways without the light of goodness.

Mastering our thoughts
and living accordingly
will lead us to greatness.

Dr. Antony Theodore
Be Unselfish

Pray for an understanding heart so that you can judge wisely and in a just way.

Be equipped to discern between good and evil.

Do not desire for wealth, power or a long life.

Be unselfish in your prayers.

Dr. Antony Theodore
Be Yourself

Be conscious about being truthful.
Resist the urge to accommodate my truth away.
Being who I really am is not forbidden
just because others are uncomfortable with me.

The cost of not being who you are
is busying oneself pleasing all others.
Then a precious part of you die inside.
There will be internal conflict to deal with.

If we choose to avoid conflict with others,
we will eventually breed conflict within ourselves.

Attend to your inner lives
Even when it creates discord
with those who would have us
be something else according to their will.

Dr. Antony Theodore
Be Yourself Exactly As You Are.

Compassion, sweet compassion
is the never ending story of
how we return to exactly who we are.

It is the never ending story of
how we embrace each other
and forgive ourselves
for not accepting our beautifully
particular place in the fabric
of all that is created.

We are born with only one obligation
to be completely who we are.

Dr. Antony Theodore
Bearing And Nurturing

„Bearing and nurturing,
creating but not owning,
giving without demanding,
controlling without
authority,

This is love.";

(The Teachings of
Lao-Tzu: The Tao-Te Ching).

Dr. Antony Theodore
Bearing -Much - Fruit

By this my Father
is glorified, that
you bear much fruit;
so you will be
my disciples.

As the Father loved me,
I also have loved you;
abide in my love.

If you keep my
commandments,
you will abide
in my love, just
as I have kept
my Father's
commandments
and abide
in His love.
(Ref. To St. John's Gospel)

Dr. Antony Theodore
Beautiful - To - Contemplate.

The thought of our prayers ascending to the Lord in heaven in the cool of the evening, as a sweet-smelling fragrance to our Heavenly Father, is most beautiful to contemplate.

Dr. Antony Theodore
In a beautiful butterfly,
Your face comes so true to me.

Through a pretty butterfly
You come flying so serene into me.

As the tiny wings flutter
I watch with love and joy
and wonder how it could be
that I see your face coming to me.

With beauty and grace
you perch among the flowers
as if searching for a special place.
Oh if I could only turn my heart
into a bed of flowers
for you to fly and hide
and secretly whisper to me
with fluttering wings how you love me.

Warm and kind is our friendship
so rare like a beautiful butterfly.

Welcome to my garden of happy thoughts
where butterflies fly along
the paths of lovely flowers.

You are so special in my life.
So innocent and pure is our friendship.
I care for you with a heart full of joy.
You are mine, I love you.

God, help me not to be possessive.
Love is freedom in true sense.
Possession is selfishness.
God, help me not to be possessive.

(When we fall in love, we think love is possessing the other. It takes time and maturity to realize that real love is freedom and never possessive. So we do
experience divinity in selfless love. I believe, in every love affair, God is at play. If not, love is doomed to fail.

Dr. Antony Theodore
Beautiful Dreamer

Walk down to me
Beautiful dreamer.
Collect the dewdrops
On a smoothy leaf,
Come and give it to me.

Sing to me, beautiful dreamer,
Sing in moonlight
The songs of romance
In soft melody.

Dr. Antony Theodore
Beautiful Mystery

God wants us to
to pray for each other,
to fast and sacrifice
for each other,
to enter into each
other's lives and
longings and sufferings
by entering into
His own exchange
of love with God Almighty.

Dr. Antony Theodore
To become a single vibration with one single breath of my Stella, warm and cold,  
To live and to die each moment to refresh.  
I want to flow within the pain and pleasure of my love and rest beyond thy chest  
- my resurrection.

Love is his great concern. His poetic heart craves for love. The portrayal of Stella  
seems to be a divine personification.

The Earth is bubbling to touch the ecstasy, the spirit to pass through outward  
coitus,  
The booming blessings of the Devine to fall and die to others.  
The color on color to release the essential core of soul through its fleshy bower.

Nature and divinity play a great role in his poems.  
The heart still bubbles to vibrate and imitate  
The life's offerings of Enlargement, the happiness to ruminate.  
Very often the poet writes about his bubbling heart and at the same time he  
thinks of death  
as a place of peaceful abode.

A vain man on the Plain of stride of life,  
A living sepulcher, an acolyte did become  
My life losing the shaky drowse of time.  

Prabir, the poet expresses and loves and express his dreams in a very original  
way  
using special words and expressions which reveals very much his way of  
particular thought.

The mystery of unknown realm that a tiny flower knows,  
The knowledge of vastness that drops as  
Timbrel into the voiceless voice of a bird,  
The Sedulous semblance in every Sparkle  
Of Ubiquitous Infinitude,

He writes how nature, a simple flower  
knows about the mystery of creation which the so-called  
the intellectual human being may not grasp.
The feeling of no feeling is vast in its profundity,
The kingdom is empty like a mirror with no image inside.
The word shrinks within its womb rapping
The world behind to relax on its penumbra.

The poet imagines that he has many bodies or existences and
how each one feels and goes forward through life to
death in love and dreams.

Will this blood of mine redeem the fallen one?
Will this gore that gushed out of my hurt heart,
Rectify those who slacken to naught from
Grace?

The poet meditates on the crucifixion of the Lord Jesus
and compares it with his own self
while writing about his own crucifixion.
Will my blood save anyone?

It blossomed without root and chaotic became
My mind as a bee is drawn to somnolence.

I believe firmly that every poet becomes
a mystic, while engaging himself the world of poesy.
Here in his mystic song, dear Prabir becomes a mystic poet.

Where is that old self, the desire to touch, and to achieve the holiest height?

Thinking of his childhood the poet asks where is my old self?
Past glory is passed with the hazy outlook of mind - tired,
fretful, sordid and adamant to way clear.

He praises his glorious childhood and cries over the lost innocence.

He loves his Stella, she becomes his other self. Stella is not An Other.......She is
the poet's extended self.
The portrayal of His Stella brings us to another world by creating a world of love
far beyond the love is omnipresent. Love is not bondage..Love is liberation itself.

Varied are his themes and interest. He is known for his powerful use of words
and expressions.
He takes time to write. It is visible in his poetry. He has his unique style and creative talent.

In some poems, it is crystal clear that he had this gift of a poetic mind from his childhood onwards.

Now as a grown-up human being, his memories, reading, his knowledge and experiences of life are reflected in his writings.

These make him a great poet of all time.

I can only recommend reading dear Prabir's poems to become enlightened.

God bless you, dear Prabir,

Dr. Antony Theodore

Dr. Antony Theodore
Beauty Falls Into Purity.

Look, the autumn leaves are falling
Beauty in its marvelous form
falling into a heart which is pure.

Beauty falls into purity.
That experience is heavenly.
Don't you think so?

Dr. Antony Theodore
Beauty Is So Ancient And So New.

In the vision of the beautiful,
Reality reveals itself.

Beauty is so ancient and so new.

Eternal Beauty
is within me.
But I fail to seek the Eternal
living in me.

Futile I seek for the Beauty outside,
frustrated I return.

In moments of deep meditation
I tend to cry out:
“You were always with me
But I was not with you”.

I fall then in prostration
lost in a glorious adoration.

- -

God looks at me
God smiles now.

Dr. Antony Theodore
Beauty Pierced My Soul.

Beauty pierced my soul.
Silence covered me with
a soft veil of mild light.

(Alone in beauty Pinterest..from the collections of Genovamaaa in Photobucket)

Dr. Antony Theodore
Beauty Will Rule Over You.

Change the way
you think and speak,

Place your trust in God.
It is God who makes
everything possible.

It is our hope in God, which
brings success in all that we do.

Hope in God brings harmony
and meaning in our
love relationships.

We all desire for a
serene and tranquil
atmosphere in life and love.

Then beauty will reign your life.

Dr. Antony Theodore
Because God Is At War For You

Because God is at war for you

You are in war.
Are you afraid?
You shall never be afraid
Because God is at war for you
Fighting your battles.
You are sure to win.
He fights for you.

Dr. Antony Theodore
Because You Were Praying.

Unexpected blessings  
Are coming on your way  
Because you were praying.

Unseen power is  
working In your favour.

God gives ear  
to your prayer.

Unexpected will be  
your blessings in plenty.

Dr. Antony Theodore
Become - Silent

I hear a voice
telling me
repeating to me:

Be more and more
silent.

I like to come to you.
I want to speak to your soul.

Dr. Antony Theodore
Become Aware Of Your Mind.

Unveil the layers of protection that you built around yourself.

Appreciate your body.
Become aware of the mind.
Make peace with yourself.

Accept yourself as you are.
Love yourself as you are now.

Do not run away from you.
Do not hate yourself.

Remember you are growing into the loving benevolence of the one who created you.

You are now becoming conscious of who you are and your potentials.

Dr. Antony Theodore
Become The Miracle.

I really do hope you all have a blessed day.

I pray for peace and healing and prosperity in your lives.

Do not search for a miracle.

Become the miracle.

Dr. Antony Theodore
Become Who You Are.

Know and realize who you are.

Become who you are.

You do not know how great a treasure is hidden in you.

Discover it and find yourself in the true and real sense.

(Graphic: )

Dr. Antony Theodore
Becoming - Aware - Of

Become aware of the present moment.

It is at the heart of mindfulness practice.

Know what present moment awareness entails.

Clarify for yourself different aspects that one can become aware of.

Dr. Antony Theodore
Becoming - Happiness

Love you all.
We are one.

May all your
dreams come
true and goals
fulfilled.

Everyone is exactly
where they are
supposed to be.

Thank you for
being there
where you are.

May true love
find you, and peace
and happiness
become you.
Stay always blessed.

Dr. Antony Theodore
Becoming Aware

Have you ever experienced becoming aware in a dream in which you were then able to start making decisions within the dream world?

Dr. Antony Theodore
Becoming Aware Of The Confusion In Us.

It calls for an ongoing vigilance and alertness.

The darkness of this world
Brings in the confusion.

The routine, the mediocrity and the inertia of every day existence with its distractions causes confusion in us.

Dr. Antony Theodore
Becoming Conscious Of The Atman.

"Once we become conscious, even dimly, of the Atman, the Reality within us, the world takes on a very different aspect.

It is no longer a court of justice but a kind of gymnasium.

Good and evil, pain and pleasure, still exist, but they seem more like the ropes and vaulting-horses and parallel bars which can be used to make our bodies strong.

Maya is no longer an endlessly revolving wheel of pain and pleasure but a ladder which can be climbed to consciousness of the Reality." (From Shankara's Crest Jewel of Discrimination. ? Adi Shankaracarya).

Dr. Antony Theodore
Becoming Modes Of The Infinite

The ideal of the great mystics is to become modes of the Infinite being filled with an abounding sense of the Divine Life, of ultimate and adorable reality.

Sustaining und urging them on, they wish to communicate the revelation of the more abundant life, which they have received.

(Graphic: . Marylin Raffaele the Arcturian group)

Dr. Antony Theodore
Becoming The One That You Dreamed Of.

Sometimes you should spend time all alone to meditate to visualize your goals.

Take decisions. Move forward.

Some of your decisions will force you to stay alone.

Then stay alone with the joy of becoming the One that you dreamed of.

Dr. Antony Theodore
Before - We - Were - Conceived

The Lord knew us before we were conceived.

He knitted us together in our mother's womb and scheduled every day of our lives.

Dr. Antony Theodore
Before We Pour Out Our Hearts To You.

Good God,
you know how we are.
You see us better than
we see ourselves.

You understand our
concerns even before
we try to relate it to you.

Before we pour out our hearts,
you know us through and through.
You want us to do great things.
You give us the courage to rethink
and start anew if we have gone wrong.

We want to reconcile us with you!
Make us new beings in your presence!

Dr. Antony Theodore
Begin With A Song

Begin the day
with a song.

Remain young
with the beatings
of your heart

The sun shall not
go away from you,
when you let your life
shining in God's light.

Let all that you do
shine in that light.

Then joy becomes
your loving companion
who hugs your cheeks
and beautiful lips.

Dr. Antony Theodore
Begin With The Spiritual Journey Now.

Begin with the spiritual journey now. 
It is a lifetime of continuing conversion.

By deciding to go in search of God
one definitely turns away from
self with the intention of
consecrating the rest of the life for God.

The subduing of the passions and the
control of the senses are not intended as
punishment or rejection of the natural order.

It is the death of the old
for the sake of giving birth to the new.
It paves the way for the experience
of the goodness of creation
and is a means of uncovering the
supernatural in the natural.

It aims at a complete metamorphosis.
There should inevitably be a death
to experience the resurrection.

(graphic: Marcela saved to Ballet, pinterest).

Dr. Antony Theodore
Beginning - Of - Time

Did the universe have a beginning?

Or is our universe one in a series of infinite universes with no end and no beginning?

Is the concept of a beginning of time fundamentally flawed?

Dr. Antony Theodore
Behold Him And Enjoy

In deep prayerful union, 
behold him and enjoy 
with a high and powerful 
desire to be entirely 
one with God.

You are called 
in a very special manner 
to be received into his dwelling, 
to enjoy his loving 
presence and to delight 
in his goodness.

Dr. Antony Theodore
Being - Absorbed

Train the mind
to dwell on an
interior focus
without wandering,

until it becomes
absorbed in the
object of its
Contemplation.

Dr. Antony Theodore
Being - Guileless

Christians are to excel in doing what is good, while being unpracticed, and even naive, in the things that are evil.

He was only too aware that there were false teachers and demonic doctrines infiltrating the Christian Church, which were designed to deceive the elect, divide the flock, and to shipwreck their faith, and so Paul encouraged them to be wise in respect to that which is good, while being guileless in respect to that which is evil.

Dr. Antony Theodore
Being A Mirror Of God

When we live from a core of love, from an attitude that puts others before self, we will mirror God's light.

It is a light that will overflow into the everyday, into the ordinary.

When we live out of a sense of gratitude and joy in uneasy times, we are light.

Light challenges us to take responsibility for ourselves and for others in need.

When we live from a core of love, we become a mirror of God.

Dr. Antony Theodore
Being Happy Is Our Call.

Moon came to me smiling.
I smiled back.

I was happy.
The moon was happy.

Being happy is our call.

(All of us have our problems to face. being dull or depressive does not help us to live. So be happy even when we are overloaded with sadness and trouble. Is it possible? Yes it is possible if we have enough faith in an ever loving God)

Dr. Antony Theodore
Being Is Becoming.

Putting on the 'New Man' is a tremendous discovery of a way of life in which one becomes what he aspires to be.

Being is becoming.

The more one experiences the presence of God, the more is his sense of inadequacy and imperfection.

(‘New Man’ denotes that we have to change our old ways that were not creative and did not lead us to peace and to God and put on the New Man. It demands challenges of changing which is sometimes very very difficult).

Dr. Antony Theodore
Being Loved Unconditionally

Pray for a great love experience.

Pray for someone who will Love you with every bit of energy and soul.

They may scare you with their sacrifice and surrender for the sake of loving you.

That day you will jump up to the skies thrilled with the joy of being loved unconditionally.

Dr. Antony Theodore
Being One With God, We Become Supreme Symbols

We are ourselves a supreme symbol of God as we are one with Christ in the Spirit.

By a continual opening of ourselves and by the resultant communion with God, we as persons are fulfilled existentially, consciously and concretely.

Dr. Antony Theodore
Being Secure In The Unseen Spirit

Spirituality is the experience of being affected, moved and touched by the Spirit of God.

It is the feeling for the Absolute, for the Transcendent.

It is the universal experience of being secure in the unseen Spirit.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Being Unwanted

Sense of rejection
is most pifful.

Being unwanted
is terrible.

The thought
I am unloved,
and not cared for,
will kill you.

It is suffering.

It is much more than
having nothing to eat.

Dr. Antony Theodore
We are beings of light and love.

Hatred and evil come from the conditioning we grow up with.

The fear instilled into us from a very early age can have a horrendous effect on us if we accept what we are told without questioning it.

Once we question it, light enters the situation and the fear disappears in a puff of smoke. The truth sets us free!

(Written from the comments of the great poetess Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Believe - In - The - Heart

It is members
of the Body of
Christ, who are
exhorted to
consider HIM.

It is born-again,
Christian brethren,

who believe in
their hearts that
Christ died for
their sin and
confess Him as

Lord and Saviour,
who are to
consider this
heavenly being.

Dr. Antony Theodore
Believe In God Who Believes In You.

Whatever be the Heavy weights
laid up on you,
In you there is more strength
and courage than you think.

Bad fate shall never conquer you.

Do not give yourself up.
Count on your God.
Then you can count on yourself.
Believe in yourself.

Believe in the God who believes in you.
And you will live!

Dr. Antony Theodore
Believe In This Creative Success Instinct In You

There is within each one of us
an inbuilt success mechanism.

This is a life instinct
planted in you by God your creator.

This works towards happiness
and pure inner joy.

Believe in this creative success instinct in you.

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Dr. Antony Theodore
Believe In Yourself Because God Believes In You.

Know how precious and unique our gifts are.
No one can really know what you are capable of, but you.

Your calling is great and very special.

Even if no one recognizes it, you are irreplaceable.

Believe in yourself because God believes in you.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Believers

The universal body of the believers in the Almighty God is present in a myriad of denominational and local manifestations each following different historical traditions.

Dr. Antony Theodore
Believers - In - The - Almightygod

The universal body of the believers in the Almighty God is present in a myriad of denominational and local manifestations each following different historical traditions.

Dr. Antony Theodore
Believing - In - The - Holy - Scriptures

Though centuries separate us from Christ, we believe in his word.

Even though he was weak and poor, we believe that his death on the cross is our life.

Although we do not understand or grasp it, we believe that He was risen.

Dr. Antony Theodore
Bells - Of - Adoration

I see the flames
of the burning candles.

I see the clinging
sound of the bells
of adoration in
the holy temples
and churches.

I see people
prostrating
before the presence
of the Gods in whom
they place their faith.

Corona is spreading
my God and Lord.

Come to help us.

Dr. Antony Theodore
Belongingness?

You may call someone
my beloved.
Who indeed is your beloved?

You may call someone
my son.
Who indeed is your son?

Strange are these
family bonds.

Belongingness?

To whom do you belong?
Who belongs to you?

From where did you come?
Where to is your onward journey?

Reflect and find the truth of life.

(Wisdom gained after reading
the philosophy of Sankaracharya).

Dr. Antony Theodore
Beneath - The - Stars

Beneath
the blanket
of stars
you are there,
I know
watching me
dancing
on this lonely shore.
(Romance of the soul and God)

(Graphic: moonlight girl with 1 million stars google pics)

Dr. Antony Theodore
Benevolent - Detachment.

Start somewhere.
The pause is accessible.
It is sustainable.

The cumulative
effect is wonderful.

Take a small break to reset;
to be present to God.

We are invited to
'be still and know that
I am God'. (Ps 46: 10).

This is Benevolent Detachment.

Dr. Antony Theodore
Every parent wants
to give good gifts
to their kids.

Good parents
certainly try to
equip their children
with everything that
they might need.

The trouble is,
our children don't
always want the
gifts that we give.

Sometimes
the best gifts
are not in
our power
to give.

We cannot,
for example,
give "salvation"
to our children,
nor can we bless them
with things like wisdom,
kindness, and joy.

Dr. Antony Theodore
Betrayed - Couples

Even in betrayed couples, greater levels of forgiveness were associated with more satisfied relationships,
a stronger parenting alliance,
and children's perceptions of good parenting.

Physiologically, higher reported levels of forgiveness were associated with lower white blood cell count and hematocrit levels.

Dr. Antony Theodore
God created man of the earth, 
and made him after his own image. 
He gave him power over all things 
that are upon the earth. 
He put the fear of him upon all flesh, 
and he had dominion over beasts and fowls. 
He gave them counsel, and a tongue, 
and eyes, and ears, and a heart to devise: 
and he filled them with the knowledge of understanding. 
He created in them the science of the spirit, 
he filled their heart with wisdom, 
and shewed them both good and evil. 
He set his eye upon their hearts 
to shew them the greatness of his works: 
That they might praise the name 
which he hath sanctified: 
and glory in his wondrous acts, 
that they might declare 
the glorious things of his works. 
Moreover, he gave them instructions, 
and the law of life for an inheritance. 
He made an everlasting covenant with them, 
and he shewed them his justice and judgments. 
And their eye saw the majesty of his glory. 
and their ears heard his glorious voice, 
and he said to them: Beware of all iniquity. 

(The reference is to Sirach, chp.17,1-11)

Dr. Antony Theodore
Bewildering - Abandonment.

What else could move a woman to spend her life serving the poorest of the poor in the most wretched conditions?

And yet, now we know that she lived in a near continuous state of total emptiness and bewildering abandonment.

Dr. Antony Theodore
Beyond - Knowing

It's a feeling at the center of our beings.

It's beyond knowing with your head.

In fact, it's beyond comprehension.

How can you wrap your head around being loved by the Creator so much so that you feel it?

Dr. Antony Theodore
Beyond - Our - Limited - Sphere.

These battles
are as important
at this present time.

Our actions on the
frontlines. Indeed,
for large numbers,
are very important.

With the suspension
of the Holy Sacrament
across the globe,
there are places
we have to go
ourselves to
reach those
spiritually in need.

We can invite
Jesus into ourselves
and, thereby, impact
with His presence
and love our close-knit
circles of friends and
family and even
touch the world
beyond our limited sphere.

(Written in the context of
Covid19 scare).

Dr. Antony Theodore
Beyond All Dualities

Beyond all dualities,
no outside,
no inside.

No Subject,
no object.

Words fail.

When we become one
with the Self,
where did the Self go?

There is no duality anymore.

(Hinduism and Buddhism speaks of it,
also the Christian mystics).

Dr. Antony Theodore
Beyond -Moral - Incoherence

There is evidently a deficiency of meaning and morality that no amount of material quantities can make good.

Nihilism is the deepest problem faced by the modern world.

It sets itself the challenge of facilitating existential flow that move us beyondmoral incoherence at the core of modernity.

Dr. Antony Theodore
Beyond Subject-Object Division.

Existence itself
is the one common
denominator that binds
all together in the
unity of being.

In this mode of vision,
there is no
subject-object division,
for the vision enters
into the flow of being
which is beyond
and prior to
subject-object division.

Dr. Antony Theodore
Beyond Time And Space

He is beyond time and space
and outside the limitation
of matter and natural laws.

He is Who He is;
He is all we need
and in Him, we live
and move and
have our being.

He is our Peace
and our Hope;
He is our Provider
and Protector;

He is Life and Light;
He is Shepherd
and Shield and in
Him is Salvation.

In Him are the words
of eternal life,
for He alone can claim,

„I am Alpha and Omega, the beginning and the end, the first and the last“. Revelation 22: 13(KJV)

Dr. Antony Theodore
Bhumisparsha Mudra - Buddha

Bhumisparsha Mudra

In all Buddha rupas (images) the hands are done in one of the formalized mudra positions.

For example
Bhumisparsha Mudra
The bhumisparsha Buddha is always depicted in a seated position, with the right hand resting on the knee and fingers pointing towards the earth.

The left hand rests on the lap with the palm facing upwards.

'Bhumisparsha' means 'touching the earth' or 'calling the earth to witness'.

This mudra represents the moment when Buddha became enlightened underneath the Bodhi tree.

(Meaning and origin of the subduing Mara mudra
The posture refers to an important event in the life of the Buddha. The Buddha-to-be was meditating under a Bodhi tree. Just before reaching enlightenment Mara the demon arrived accompanied by his armies and his three beautiful daughters. Mara's armies attacked the Buddha while his attractive young daughters tried to distract and seduce the Buddha in order to stop him from meditating and reaching enlightenment.

The Buddha-to-be touched the Earth with his right hand, calling upon Mother Earth to be his witness. The earth Goddess Phra Mae Thorani appeared in the shape of a young, beautiful woman. By wringing the waters out of her long hair she drowned the armies of Mara, allowing the Buddha to continue meditating and
reaching enlightenment. The story is seen depicted in murals in a great number of temples across Thailand.

Graphic: India. Bihar. Bodhgaya. Detail of Buddha hands in Bhumisparsha mudra...
Alamy
Detail of Buddha hands in Bhumisparsha mudra 'hand to ground' pose, google Bilder)

Dr. Antony Theodore
Bicol Translation From Philippines By Abegail Kyla Bilan (Goa Philippines) Of The Poem 'i Am Your Baby Mum'

Abegail Kyla Bilan (Goa Philippines; Female; 17)
To: Brahmin
Date Time: 7/23/2017 4: 46: 00 AM (GMT -6: 00)
Subject: Re: Re: Re: dear poetess
Ako an Saemong Aki

Ako an saemong aki, Nay.
Na bakong hale sa sadiri kong Ina.
Mga anghel kan Diyos an nagdara
Sa sinapupunan hale sa kalangitan
Asin binuhay sa saemong tolak.

Bakong hale sa sadiri kong Ina;
Ginusto ini kan Bathala

Sobra an kaogmahan
Sa bag-ong kweba kan pagpadangat,
Igdi sa saemong tolak
Nagtuturog nin trangkilo.
Hinihiling kan mga anghel.
Habang nangangadyi
Na ako pirming isalbar
Sa pagkapangaki igdi sa daga.

Nag-eensayo nin mga kantaon
Makalangit, sa sakong pagdatong.

Habang turog sa saemong tolak
Mga anghel, pirming nagbisita
Dae mo aram, padaba kong Ina.

Maogma kutang ipangaki
Mamatean man kota
Gusto kong magngirit
Gusto kong mag-kanta
Gusto kong magkawat
Gusto kong magmimi sa emo
Hanggang sa ika maogma.
Gusto kong mahiling an saemong mga ngirit
Habang nagmimimi sa emo.

Ini man sana an sakong mga pangarap, Nay.

Kudi sa sarong maraot na aldaw
Naisip mong gadanon ako.

Nadangog ka kan mga demonyo.
Tolos na dinara an pagkakusog kusog na tambol
Tuminogtog nin maka-demonyo.
Gabos sinda, nagkasararo,
Nagraranihan, nagsarayawan, paikot-ikot,
Luminukso asin kuminanta.
Nagsarayaw sinda nin nakapila.
Nagsarayaw sinda nin paikot.
Nagsarayaw sinda sa saendang mga bitis.
Nagsarayaw sinda sa saendang mga payo.
Kuminanta nin pagkakusog kusog na mga kantaon,
Mga demonyong nagtatambol
Maogmahon an buong impiyerno,
Na pinili mong gadanon ako.

Aram mo baya kun gurano ako naghibi?
Aram mo baya kun gurano naghibi an mga anghel?
Aram mo baya kun gurano nagluksa an buong kalangitan
Sa aldaw kan sakong kagadanan
Sa saemong sinapupunan?

Asin sa sarong hidali bag-o ako nawara,
Nahiling ko an makaherakon na paghibi kan Bathala.

THIS IS THE BICOL VERSION, dr. tony.
Good day :)
Bioethical - Issues

The sanctity of life is a phrase that in recent decades became commonplace in the moral and political debates concerning a wide range of bio-ethical issues like abortion, embryo research, cloning, genetic engineering, euthanasia, and others.

Dr. Antony Theodore
Birds - Go - Silent

In terrific moments
of grief and loneliness
spring becomes
winter, blue turns
to gray, birds go
silent, and the chill
of sorrow settles in.
It's cold in the
valley of the
shadow of death.

Dr. Antony Theodore
Bitter Little Pill

I am an angry, wigging out, bitter little pill with bile simmering just below the surface most of the time.

I am able to hide bitterness quite well.

I have a lot of resentment directed at a lot of people for a lot of different reasons.

My failure to love my fellow men and women as Jesus loved me, is the main stumbling block to my salvation.

(If someone tells you openly like this, respect this person, because he or she is a sincere person. There is God living in him or her.)

Dr. Antony Theodore
Bitterness Pleases Satan.

I've sometimes had to fight bitterness. Have you?

It begins with unforgiveness, and can lead to obsessive, negative, vengeful thoughts.

Bitterness pleases Satan.

It's one of his schemes to ruin our lives.

(Ref. 2 Corinthians 2: 10-11).

Dr. Antony Theodore
Black - Lives - Do - Matter

Jesus spent most of His time demonstrating that the outcasts and oppressed matter: the poor,
the lepers, the Samaritans, the women, the fishermen, the orphans, the widows.

We shall also demonstrate what Jesus did.

Dr. Antony Theodore
Bless - Our - Eyes - And - Ears

Loving God,
we thank you for
all the good that
you give us and
now ask you
for your blessing.

Lord, bless our eyes
so that they can
see our brothers
and sisters to
understand their needs.

Bless our ears
to listen to your word
that consoles and liberates.

Bless our hands
so that they can do
what serves life.

Graphic: EyesGoogle Bilder)

Dr. Antony Theodore
Bless Us

Good God, bless
the earth we live on.

Bless the way we go.
Bless the goal we live for.

Bless what our will searches for.
Bless our love needs.

Bless everything
that we hope for.

Dr. Antony Theodore
Blessed - Be - My- Rock

David cried out,
&quote;blessed be my Rock
and exalted be
the GOD of my salvation&quote;.

David knew his Saviour
was coming one day,
and together with
all Old Testament
saints, he looked
forward to that day
of redemption,
and rejoiced in
the God of their
salvation,who
was to come.

Dr. Antony Theodore
Blessed - By - The - Greater

He used this passage
in Genesis to teach
that "without any
dispute, the lesser
is blessed by
the greater," for

Melchizedek
blessed Abraham

and not the
other way around.

(Cfr. Hebrews 7: 12
of the New testament)

Dr. Antony Theodore
Blessed Are The Poor. No.2

Blessed are you poor
that you are taken advantage
of and are ridiculed!

Blessed are you poor
who are in search of God
and cannot find God!

Blessed are you poor
who have become poorer
for the sake of a dear one!

Blessed are you poor,
who have not found
a partner for life
and have to stay
alonelifelong!

(Antony Raj saved to Gospel For The Day Pinteresttvaraj2inspirations wordpress )

Dr. Antony Theodore
Blessed Are The Poor

Blessed are you, the poor who are trying their best to conceal your poverty!

Blessed are you poor that you can not get on the career ladder!

Blessed are you poor, if you do not hit the table or run away in the guerrilla warfare of human relationships!

Blessed are you poor, even when you ask for forgiveness and still do not get it!

Blessed are you poor, if you endure with a sick partner and you get no word of thanks.

(Jesus Preached The famous Sermon on the Mount

"And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.'")

This is a modern version of it that i am presenting)

(Graphic:
Annie O saved to Jesus - Son of GodPinterest)

Dr. Antony Theodore
Blessed Are You, The Kind Hearted

"Blessed are the merciful; Have a deep concern for the welfare of others, to become generous, open-hearted and open-handed.

"The pure in heart are blessed, describing the ability to approach all people free from duplicitous motives, free of self-serving.

"Peacemakers are blessed. they're nothing less than the children of God."

Peacemaking is the ability to be candid, constructive, and caring; to pursue peace in a world that is full of war, dissension, conflicts and arguments.

"Those who are persecuted are blessed. It is a call to have joyful purposefulness finding courage in affliction, finding perseverance in opposition.

These are wonderful traits. These are the traits of leadership and loving fruitfulness.

(Ref: The Sermon on the Mount of Jesus. Mahatma Gandhi was very much influenced by these ideas to form his art of Nonviolence).

Dr. Antony Theodore
Blessed Are....

Blessed are those who can see with eyes of others and heed to their needs because they will be harbringers of peace.

Dr. Antony Theodore
Blessed State Of Union

Be simple
and not calculating
in the dealing with all.

Live in pure love.

Cherish implicit faith in God.
Serve the poor and needy.

For one who practices all these
the blessed state of union
with God will be granted.

Dr. Antony Theodore
Blessedness - Of - Nature

Listening to
a lovely song,
with thrushes
singing loud and gay
and blackbirds
clear and strong,
I walked along the
rosy golden stretches.

The little sparrows
chattering all along
and I sit here listening
to the blessedness
of nature flowing
into my soul
at this present
joyous moment.

(Graphic:
Tondkar Mandana saved to Beautiful places pinterest)

Dr. Antony Theodore
Blessing- The - Children

It is interesting
that this lovely
verse, in which
Jesus blesses
the little children

who are brought
to Him by their parents,

comes immediately
after an important
discourse on the
honourable institution
of marriage, which

God Himself ordained
in the beginning.

(Cfr. Matthew 19: 14
in the New Testament)

Dr. Antony Theodore
Blessings

God
from whose
hand you come,
bless you now.

He'll let you thrive
and grow in
body and soul.

He will protect you
from fear and danger
and all bad happenings.

Dr. Antony Theodore
Blessings - Everywhere

Looking for
blessings everywhere,
recording our gratitudes,
and counting of gifts,

this is what changes
what we are looking for.

This is what changes
our perspective.

Thanksgiving is
the lens, God gives
us to see clearly
how joy works
all year round
for the loving hearts.

Dr. Antony Theodore
Blessings - Of - Rabbi

It was the custom in Jewish circles, to bring infants and little children to a rabbi or elder, and have him pronounce a blessing on their offspring.

Some children were brought to the Lord Jesus by their parents, so that He would put His hands on them and pray for them and bless them.

Dr. Antony Theodore
Blessings From Me For You.

I bless you today
with an eagerness
for knowledge
and an intense
desire to do something
worthwhile in life.

I bless you today
to be clever, imaginative,
and analytical so that
you may do very well
all your special duties
that demands your
care and devotion.

Dr. Antony Theodore
Blessings Of God And Our Future.

All blessings really come from God. Without God's blessings everything is futile and of no worth.

Our greatest and highest good is always in the mind of God.

We desire for a world of comfort. But such a desire, will it lead to joy?

God alone knows our future. God is the Lord of the past and present and future.

God will grand your prayers only if it will become good for you.

Dr. Antony Theodore
Bliss And Romance

Intensity of bliss
is the experience of true romance.

Such experience of bliss is not a feeling.
It is a state of being.

It is a revolution in the depths of the being
when romance dawns.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Bliss Arises,  Transcending The Human Experience.

Come down from your golden throne.

I am here offering everything to you,

my being, my strength,
my love, my beauty.

Look! ! !
Bliss arises,
transcending the human experience,
bringing it into full manifestation.

(The Dancer is in intense prayer when she dancer alone can experience such heavenly bliss.)

(Graphic: From Ballet Photographer, Gene Schiavone)

Dr. Antony Theodore
**Blissful - Ignorance**

Most people
dwell in the blissful
ignorance of
partial knowledge.

For philosophers,
however, ignorance
is never bliss,
it is a passive
contentment
that leaves
human beings
living unfulfilled
lives which fall
far short of the
potentialities
individuals
are born with.

Dr. Antony Theodore
However, their ongoing disobedience to hearken to the voice of the Lord, their ungodly alliances with their idolatrous neighbours, resulted in God's blistering denunciation of the ungodly ways of His people, and many prophetic warnings of severe punishment were issued - through holy men of God.

Dr. Antony Theodore
Blood - On - The - Palace - Floor

His precious blood, which was his very self in person, was lying on the streets of Jerusalem, was on the floor of the palace of the high priest and in his prison cell.

Believing in his divinity is the key which helps one to worship his blood poured out in his passion.

This poured blood for the sake of humanity brings healing and forgiving of sins.

Dr. Antony Theodore
Blood - Spurts - Out

If you examine
the paintings
of St. Dominic
contemplating
Jesus crucified,
you will notice
something extraordinary:

Although the Lord is
dead on the cross,
his blood spurts out
as though he were
fully alive with a
beating heart.

This is a truth of
our faith especially
mysterious and refined.

Dr. Antony Theodore
Blood - Of - The - Passover - Lambs

It was God Who
saved His people
Israel, after 400-years
of bondage in Egypt,
when they applied
the shed blood of
the Passover lambs
onto the lintels
of their doors,
a striking picture
of the true
Passover Lamb,

Whose shed blood
at Calvary would
provide the means
of healing the nation
that was saving
His people from
slavery to sin
and its terrible
consequences.

Dr. Antony Theodore
Bloodbath- And- Carnage

But these former
times of conflict
pale into insignificance,
by comparison with
this future bloodbath
and carnage which
will commence with
the four horsemen
of the Apocalypse.

(Ref. to Revelation 6,8,
refering to the
mysterious texts
in the Holy Bible)

Dr. Antony Theodore
Blown - Away

Two lives are described in Psalm 1.

One is deeply rooted in the living waters of God; the other is so ephemeral it is blown away in the next breeze.

The difference is the ability to meditate on God.

Linger with him; give him undivided attention.

When was the last time you got an hour of unbroken time with Jesus?

1 „Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,
2 but whose delight is in the law of the Lord and who meditates on his law day and night".

(Psalm 1 of the Holy Bible).

Dr. Antony Theodore
Boasting

There are not many
ways in the earthly sense,
not many powerful ones,
not many nobles,
but God chose the foolish
in the world to put
the wise to shame,
and the weak in the
world chose God
to shame the strong.

God chose what is low
in the world and what is
despised and nothing.
to destroy the pride
of those who brag
that 'we are something'.

No one shallboast or brag.

Whoever wants to boast,
let him or her
boast of God
who is active in them.

Reference to St. Paul's letter to Korinther 1,26-31
in the New Testament
of the Holy Bible.

Dr. Antony Theodore
Boasting- In - The - Lord

You are in Christ Jesus,
who became to us
wisdom from God,

righteousness and
sanctification
and redemption,

so that, as it is written,
"Let the one who boasts,
boast in the Lord."
(1 Cor.1: 30-31
of The New Testament
of the Holy Bible)

Dr. Antony Theodore
Boasting In - The - Lord

"Thus says the Lord
Let him who boasts
boast in this,
that he
understands
and knows me".

(Jeremiah 9: 23-24
of the Old Testament)

Dr. Antony Theodore
Bodhicitta

Give me, O Lord of the universe
a spontaneous desire
to attain enlightenment.

Give me the unavoidable
motivation of great compassion
for all sentient beings.

Let all fall away then,
that I am freed
from the attachment
to all the illusions.

Give me the longing
to be completely free.

Dr. Antony Theodore
Body - Reveals - God

Theology of the Body intends to establish an adequate anthropology in which the human body reveals God.

Dr. Antony Theodore
Body Follows The Mind

Remember
that your body
follows your mind.

Thinking leads you.

Do not give into
emotions.
Be one with
your emotions.

Let not your
emotions rule you.

Dr. Antony Theodore
Body Is A Tabernacle

It is a great good fortune
that you have secured
a human body.

It is a tabernacle
suitable for
spiritual endeavours.

It is the gateway
to deliverance.

He who receives it
and still wins not heaven,
reaps torment
in the next world
and beats his head
in vain remorse.

He wrongly attributes
the blame to time,
fate and God.

(Spiritual wisdomup on reading
Uttarakanda Kanda).

Dr. Antony Theodore
Body Is The Temple Of God.

The human body is the temple of God.
One who kindles the light
of awareness within
gets true light.

The sacred flame
of your inner shrine
is constantly bright.

The experience of unity
is the fulfillment
of human endeavors.

(From the Rig Veda, the great Hindu Scripture)

Dr. Antony Theodore
Book - Of - Life

We rejoice that our names are written in the Book of Life, but before we were saved by faith in Christ, we were all sons of disobedience and slaves of sin, who remained under the wrath of God and were headed for a lost eternity.

Dr. Antony Theodore
Like the book of Job,
Lamentations
pictures a man
of God puzzling
over the results
of evil and suffering
in the world.

Dr. Antony Theodore
Borderline Personality Disorder

For people with borderline personality disorder, loss of control of negative emotions, otherwise known as emotion dysregulation, is a regular fact of life.

An event triggers anger, fear, or sadness which, in turn, further stimulates a process of rumination in which they continue to dwell upon how upset they are.

(Borderline personality disorder (BPD)

Dr. Antony Theodore
Born - In - Christ

Because of our unmerited position in Christ and born again relationship to the heavenly Father,

we too can rejoice, that in Him we have overcome every evil plan and all the wicked strategies of the Satan.

Dr. Antony Theodore
Born - Of - A - Virgin

Jesus came to the Jew first, to fulfil God's unconditional, covenant to Abraham, and His coming to Bethlehem in the land of Judah was one of numerous prophecies given to Israel, so they would recognise the eternal Son of His love Whom God gave to be the Child, born of a virgin.

so that whosoever believes in HIM would not perish but have everlasting life.

Dr. Antony Theodore
Born - To - Die.

At His first advent, the Lord of heaven came to earth as the Son of Man to be our kinsman - Redeemer.

He was born to die, so that by faith in Him we can be born-again and live forever.

But He must finish what He started, which requires Him to open the scroll, which will set in motion the final scene in God's amazing plan of redemption.

Dr. Antony Theodore
I believe that at the moment
in which Papa and Mama
conceived me, God's will
already existed for something
beautiful, great,
and fruitful for others.

I am happy to live,
giving my life for others.

It is enriching,
especially for me.

I am rich because,
from the time I was a child,
sacrifice taught me to
give myself to others,
to serve, to smile,
and to overcome difficulty
without a "long face,"
without saying, "I can't do it."

I am happy to find myself
still in the school of service.
Everything that I learned
in life, I learned serving.

Dr. Antony Theodore
Born To Suffer.

Lord, God
why am I alive?
Why didn’t I die
at the moment
of my birth?

Why did you create
meto suffer?

I am drinking
and eating my tears
every day and night.
Where are you my God?

After a while he answered me:
„I am on the cross“.

Graphic: Pastor Glen saved to Ministry Pinterest)

Dr. Antony Theodore
Born With An Umbilical Spot Of Grace.

We are born with a centre
free in every sense.
Free of expectations
ambitions and embarrassments.
Free of fear and worry.
It is an umbilical spot of grace
that engulfs us in peace.

Psychologists call this centre, psyche.
Theologians call it the Soul.
Jung calls it the seat of the unconscious.
Hindu Gurus call it the Atman,
Buddhists call it Dharma.
Sufis call it Qalb.
Jesus calls it the centre of love
and the dwelling of the Holy Spirit.

Be conscious of this inwardness
and know what we are.

The coming to consciousness
is not the discovery of something new.
It is a long and painful return
to that which has always been.

Dr. Antony Theodore
Both - The - Good - And - The - Bad

God in His grace takes
and uses all things
both the good
and the bad,
the difficult situations
and the easy times
the disappointments
of life and the blessings
we receive in our lives.

He works them together
for the good of His people.
so that His redemptive
plans and purposes
continue to be unfolded.

Dr. Antony Theodore
Bounteous Is Your Kindness.

In your great mercy
forgive me and turn to me.

In my affliction
and in my pain,
protect me my God.

May my heart revive
to seek my God
above everything.

Your laws of love
are perfect.

It refreshes my soul.

Dr. Antony Theodore
Brahmam, Atman, Maya, Avidya

Advaitaschool uses concepts such as Brahmam, Atman, Maya, Avidya, meditation and others that are found in major Indian religious traditions, but interprets them in its own way for its theories of moksha

Dr. Antony Theodore
Brahman, Atman

Advaita refers to its idea that the true self, Atman, is the same as the highest metaphysical Reality Brahman.

(Reference to spiritual books of world Religions)

Dr. Antony Theodore
Among the earlier texts of Vedarita are Vyasa's Brahma-Sutra and the sutras of Vedanta attributed to Badarayana; the Bhagavad-Gita influences the moderners very much, but the most intense development of the doctrine came in the 8th century A.D. in the teachings of Sankaracharya, who formulated the non-dualistic concepts of Advaita Vedanta.

Notes: Vedarita
In the Vedic religion, ?ta (/ˈrʊtə/; Sanskrit रूत्र ?ta “order, rule; truth”) is the principle of natural order which regulates and coordinates the operation of the universe and everything within it.[1] In the hymns of the Vedas, ?ta is described as that which is ultimately responsible for the proper functioning of the natural, moral and sacrificial orders. Conceptually, it is closely allied to the injunctions and ordinances thought to uphold it, collectively referred to as Dharma.
Vedic ?tá and its Avestan equivalent aša are both thought by some to derive from Proto-Indo-Iranian *Hr?tás “truth”. (Wikipedia)

Dr. Antony Theodore
Brahmins - And - Sacrifices

In our own country India, the Brahmins perform sacrifices, and the non-Brahmins offer animals in sacrifice.

An examination of the Vedas reveals that sacrifice is spoken of as the only means of salvation.

"Prathamani Dharmani"; "Sacrifices are the foremost of our first duties." (According to Adhyaksha Anubhavananda Kesava Raya Sarma Mandapaka)

Dr. Antony Theodore
Bravely - Go

The Word of
the Father waits
for us in those
miseries we would
rather avoid.

Our prayer must
not keep Him
waiting but should
bravely go where
we are awaited by Him.

Dr. Antony Theodore
Bread - Of - Adversity

God used the bread of adversity, and waters of affliction to get their attention. God continued to remind them of their unbreakable relationship with Him.

Dr. Antony Theodore
Bread And Wine

Good God,
One bread is prepared
from many grains.

Wine is pressed out
of many grapes.

You, God want life
in abundance.

You are a friend of life.
You want us to be happy.

Change us in a way
that we express our love
and care for everyone,
especially the poor,
by sharing our meals
and love with them.

Dr. Antony Theodore
Break My Ego

With all humility
and gentleness
I want to live
in a manner worthy
of my call to holiness.

Break my ego.

Fill me with love
and patience
slow to anger
preserving the grace
that you poured in me.

Dr. Antony Theodore
Breaking - Of - The - Fourth Seal

It is as the Lamb breaks the fourth seal on the seven-sealed scroll and the fourth living creature booms out his ominous command to "COME", that the final, formidable horseman emerges on his pale-green steed.
(Revelation 6,8, refering to the mysterious texts in the Holy Bible)

Dr. Antony Theodore
Breaking - The - Bars - Of - Iron

God knew that Christ alone
can break into pieces
the bars of iron that
entraps man's soul.

He alone could triumph
over man's greatest enemy DEATH.

He alone can defeat the
terrible, satanic statue,
with its head of gold
that dominates the
kingdoms of this world.

God told us the end
from the beginning
so that we would
know that JESUS
is that Stone that
is cut without hands.

Dr. Antony Theodore
Breaking - The - Covenant

Israel continually broke their covenant with God refused to harken to His voice, which resulted in their punishment.

They forgot that obedience would bring them blessings, while disobedience would result in punishment.

Dr. Antony Theodore
'I am the LORD your God,
who brought you
out of the land of
Egypt so that you
would not be their
slaves, and I broke
the bars of your
yoke and made
you walk erect'.

(Leviticus 26: 13from the Holy Bible).

Dr. Antony Theodore
Breath In, Breath Out.

When we breathe in
we can feel how the breath
enters into every cell and
brings us to restful peace.

When we breathe out
we feel how our tiredness,
weakness, our fear and anger
slowly escape the body.

Then
The disturbed mind sits in peace.

A poetic mind needs this peace.

(Pub. In PH On 08.10.2015)

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Breath Is Power.

Breath in
and become calm.

Breath out
imagining
all that is evil
has left you.

Breath is power.
Practice it
in a spiritual way.

Dr. Antony Theodore
Breathe - In - The - Love - Of - God

Don't let any kind of fear to colour your day.

As you breathe in, imagine you are breathing in the love of God and as you breathe out, you are sharing the love of God with others.

Do this exercise prayerfully. You may read and reflect on Psalm 139: 1-18.

Dr. Antony Theodore
Breathe In The Springtime! Life Is A Celebration.

The Robins sing.
The daffodils raise tiny faces to the morning sun.
The rivers flow again dancing in the mild wind.
The soft green leaves and the sun shining through.
Red, blue, white and yellow
are the flowers in my courtyard.

Did you hide behind me in the winter?
Did you like to play hide and seek with me?
Where did you go in the cold days?
I missed you so much
that I wept in your absence
And shed many a tear for you.

Listen! The bluebirds sing
Jumping on the hedge
and springing on the branches,
smiling at me always as if they knew
my secret longings.

Breathe in the springtime!
Oh, the little bird of my heart.
Life is a celebration.
Sing and dance
in the spring meadow here and now.

(Graphic: Spring spring nature flowers birds pretty | Pájaros | Pinterest...
Pinterest
Spring spring nature flowers birds pretty)

Dr. Antony Theodore
Breathe Steadily And Slowly

Sit quietly in a park and begin to breathe consciously.

Watch how your breath and the air you are breathing becomes seemingly one and feels to be one.

Breathe steadily until your heart is interconnected with the hearts of all around you.

Keep breathing slowly until you feel, with each breath, you are interconnected with all life.

Dr. Antony Theodore
Breathing - Joy - Into - The - Hearts

Some comments
we get do more
and influences a lot.

It reminds me that
God wants us
to enjoy His creation,

and that we can
have a part in
creating by
breathing life
into the raw materials
God has given us
to work with.

When I love flowers
and speak of it
and post photos
of roses in internet,

I think I am creating
and breathing joy
into the hearts of many.

Dr. Antony Theodore
Breathing - The - Last - Breath

Metamorphosis
is happening
deep within.

Feels so relaxed
and soothing
spending time
with someone
who is leaving
and never
coming back.

We all will
leave one day.

(Remaining at the sickbed
of a friend suffering from
cancer and watching him
breathing the last breath.)

Dr. Antony Theodore
Breathless - Amalekite

David's messenger
is a breathless
Amalekite with
torn clothing
and hair full of
dirt who stumbles
into Camp Ziklag
with the news:

The people have
fled from the battle,
many of the people
are fallen and dead,
and Saul and Jonathan
his son are dead also.

(Ref. to 2 Samuel 1: 4
Of the Old Testament).

Dr. Antony Theodore
Breathtaking - Composure

When Christians were persecuted all these virtues were seen as they had never been seen before.

Even when they were flogged within an inch of their lives, tortured in the most despicable ways imaginable and put to death by fire, sword or by being thrown to the wild beasts,

their composure was breathtaking.

Dr. Antony Theodore
Bridge - Those - Gaps

Our lack of understanding of other people's perceptions can create gaps built on miscommunication,

anger, animosity, and emotional disconnection.

However, our relationship with forgiveness can help bridge these gaps.

Dr. Antony Theodore
Brimming - With - Faith.

Stephen was a man of God who was full of integrity and brimming with faith.

They cried out with a loud voice, and covered their ears and rushed at him with one impulse.


Dr. Antony Theodore
Bring - Your - Children - To - God

Be fruitful and multiply,
was the command
given to Adam,
and throughout
the Word of God,
we find parents
bringing their
children to the Lord.

The Bible exhorts
parents to instruct
their children in the
things of God,

to train them in
the way they should
go and to teach
them the Holy Scriptures,

which are able to
give them the wisdom
that leads to salvation,
through faith in
Christ Jesus our Lord.

Dr. Antony Theodore
Bring Mankind The Gift Of Reconciliation.

Bring mankind the gift of reconciliation.
We see only suffering and death.

Turn hatred to love,
conflict to peace,
bring an end to death
Look after the suffering ones.

Care for those who are in need.
Live in faith, hope and charity.
We want lasting happiness and peace.

The refugees driven away,
cruel wars, deprivation, poverty.
Clothed in rags,
babies on the hips,
standing in line with a plate
waiting for some meager food.
Human misery! !
Bring mankind the gift of reconciliation.

Dr. Antony Theodore
Bring Me Back On The Path Of Serenity.

If I'm morose, sulky, moody and grumpy and go through my day sad, please help me go, good God back on the path of serenity.

Help me,
to face with a smile,
the seeming monotony of everyday life.

Let me accept
everything that comes my way with an expecting mind with a positive attitude.

I try to take space from all that makes me dull.

I accept every day anew discovering the beauty of the new dawn and the peace of the dusk realizing how wonderful this gift of life is.

(Graphic: Pink And Purple Dawn Photograph by Brian Wright Fine Art America Sunrise Photograph)

Dr. Antony Theodore
Bring Me Now The Thread Of My Soul

Run into my arms;
Call me by my name
in a voice full of tender passion.

BRING ME NOW THE THREAD OF MY SOUL
Which I gave you when we began to love:

Look! the butterflies fly,
the birds twitter,
the rainbows smile
when you lie in my soul.

You are dear to me
forever and ever
till the end of times.

Dr. Antony Theodore
Bring My Dry Bones Into Dancing Again.

Sometimes we feel like a deep heap of bones in an endless valley. We have inner dryness.

Depressive experiences in life or long-lasting struggles, problems at work for which we don't find any solution lead you to this experience.

Heartbreaking experiences and expectations which were not fulfilled can also lead one to the experience of a valley of dry bones.

Today I sit and pray with folded hands "Come to my life O God Bring my bones to dance again".

Dr. Antony Theodore
Bring The Ten-Stringed Lute

Please play on the harp.

On the ten-stringed lute
let me play songs of love.

I want to sing a new song
praising the face of God.

God fills the earth with his love.

All who live in the world
come with me to sing
the songs of praise and love.

Beauty that is in our hearts
when we sing for God
is the sign that God
thinks of you and your song.

(Graphic: Sina saved to Note e Strumenti musicali...pinterest)

Dr. Antony Theodore
Bringing - Distress

I will bring distress
on men So that
they will walk
like the blind,
Because they
have sinned
against The Lord

and their blood
will be poured
out like dust
and their
flesh like dung.

Ref: Zephaniah 1: 17

Dr. Antony Theodore
Bringing - The - Children - To - Wisdom

How important it is for parents to bring their children and little ones to know the Lord in person and talk with Him in prayer.

How needful to train up a child in the wonderful truth of the Word of God, and show them the path to peace and wisdom, for when they are old they will not depart from it.

Dr. Antony Theodore
Bringing All To Transcendent Liberty.

Amystic poet
sincerely searches
for the universal truth.

The mystic believes
that by openness
to Buddhism, to Hinduism,
and to these great Asian traditions,

we all stand a wonderful chance
of learning more about
the potentiality of
the Christian traditions.

The combination of the natural
techniques and the graces
and the other things that
have been manifested in Asia

and the Christian liberty
of the gospel should bring
us all at last to that full
and transcendent liberty.

Dr. Antony Theodore
Bringing An Incredible Generosity

When you are filled with longing
and a spiritual path opens,
you can bring an incredible
generosity to the world
and into the lives of many.

But then be careful! ! !

Do not lose the balance of your soul
and do not forget to take care of yourself
even when you give yourself up
totally to take care of others.

Dr. Antony Theodore
Broken - Cisterns

It is the very core of our being, the entire person, the innermost self that aches for God with a deep, deep thirst that cries out to the Lord for help.

It is then that we come to the end of our self, and realize that the broken cisterns of this aggressive world can never provide what we need. (Ref. Psalm 42: 1 of the Holy bible)

(Graphic: longing for God google )

Dr. Antony Theodore
Broken - Relationship

Broken from my past relationship and I have been frantically searching for means to calm down my racing mind.

My now ex is carrying my baby, and we both were so insecure towards one another.

(The inner cry of a man whose girl left him for no reason of his own, at least he believes that.)

Dr. Antony Theodore
Brokenness

Often the struggles of life
make us focus on the light.
They are a gift in disguise.

Light often soaks in through the cracks
of our box of darkness.

In unexpected upheaval
we encounter God in new places
and in new experiences.

In every challenge
lies the potential for growth.
In every struggle,
there is an opportunity
to carve out new directions.

The moment of weakness or brokenness
gives me the real message
of transformation and a new awakening.

(Graphic creation of light by Gustave Doré)

Dr. Antony Theodore
Jesus recognized immediately who His real enemies were and called them out as a brood of vipers, hypocrites, sons of Satan, liars, and murderers.

Dr. Antony Theodore
Brought - From - Grave - Sin

If we are brought from a state of grave sin to repentance and grace, we have within ourselves the witness to his almighty power.

Remember that for great mystics, the conversion of a sinner is a greater work of God than the creation of the whole universe.

Dr. Antony Theodore
Bruised - Reed

God does not
shoot his wounded.

The Bible says
"a bruised reed
he will not break,
and a smoldering wick
he will not snuff out";
(Ref. to Isa.42: 3).

(Graphic: Rachel Thomas saved
to Bible verse art in
calligraphy and doodling Pinterest)

Dr. Antony Theodore
Buddhism - And - Science

Both the Fundamental teachings of Buddhism and the discoveries of contemporary science are introduced with great clarity, and the reader will be profoundly impressed by the many correspondences between the two streams of thought and revelation.

(Refering to the The Quantum and the Lotus).

Dr. Antony Theodore
Buddhist And Christian At The Same Time.

Many true spiritual seekers find that they are in temperament and spirit Buddhist and Christian.

Many such seekers find no contradiction in matters of faith as they value it.

One can certainly believe in the revealed truths of Christianity and follow Christ, while at the same time having a Buddhist outlook on life and nature.

Dr. Antony Theodore
Burdens - On the Soul - Pile - Up.

Are you sure you cannot wait to find God and life, until you have sorted your life out?

There is too much rushing at us.

We do not have the time to carefully and systematically think through every piece of information, misspoken word, confusing interaction, heartbreaking news.

So subtly, the burdens on the soul pile up.

Dr. Antony Theodore
Burn My Being

Burn me
Burn my soul
Burn my being.

Let this fire
of the spirit of God
grow every day.

Give me fire
in my words
when I stand
at the holy Altar of God.

(Graphic:
pinterest

Dr. Antony Theodore)
Burning - Affection

Sweetheart,

you awake
in me such
burning affection.

Dr. Antony Theodore
Burning - Anger - Of - God

Isaiah tells us that the coming 'Day of the Lord' is cruel, and that it is coming with God's fury and burning anger.

He says it will make the land a desolation and that the Lord will exterminate its sinners from the earth.

(Ref. to Amos 9: 11)

Dr. Antony Theodore
God,
your sun burned
the dew away
from the grass
and from our hearts.

What comes out of us,
what is around us
this morning,
is our thanks.

Yes Almighty Father,
I'm happy this morning!

Dr. Antony Theodore
Burning Blessing

The Powers of the depths
in a gasp of pain
rise to the realm of Intensity.
The songs of the soul,
then
meet the dance of the body.
The heart meets the sky
and when the horizons widen,
love spends itself in
fire
into a burning blessing.
Love is its own reward.
Aim at the stars
and not at mountain peaks.
Life is a celebration
when you aim high.

Dr. Antony Theodore
Burning Desire.

Who can still the pain of my heart,  
who can quench the thirst of my soul?  
The lamp of desire burns eternally.  
The Eternal alone  
can touch the core, in my depths  
and fill me  
with the delight of fulfillment.

Dr. Antony Theodore
Bury The Life With God And In God.

Bury the life with God and in God. 
Enter with joyful anticipation.

All of our mental 
and physical resources, 
mustered and attuned 
brings to the transforming 
and life-giving effect.

The transforming 
life-giving effect 
is achieved by 
a constant death 
of the inordinate 
passions of our flesh 
and our whole selfish being.

Dr. Antony Theodore
Burying - The - Prsesnts

There is someone
waiting for you
and you turn
your back on him!

Someone asks
for help and you
harden your heart!

Someone leaves
presents behind
and you bury them!

Dr. Antony Theodore
But It Remained Wonderful In Me.

There were a thousand wonderful things that you were doing.

You were not aware of it.
But it remained always wonderful in me.

So I fell in love with you.

Dr. Antony Theodore
But Today You Wait On God.

We wait for
doctor's appointments,
red or green lights,
traffic backups,
grocery lines,
income tax refunds,
and insurance checks.

We wait for babies to be born.
We wait almost daily
with anxious eyes
that your kids grow up.

We usually prefer fast-food,
instant communication
through social media,
immediate profits,
and magical answers
to difficult questions.

But today you wait on God.

When we wait on God,
He gives us new perspectives.

"More than they that watch for the morning." we are to wait on God like night guards
who never slack their attention,
but who are eager for dawn
to emerge, when the long,
tiring, stretch of darkness
has evaporated. (Cfr. Psalms 130: 5-6 of the Old Testament).

Dr. Antony Theodore
By - God's - Grace

Wholemankind is saved
simply by God's grace,
through faith
in the death,
burial, and resurrection
of His only begotten Son,
for the forgiveness
of sin and life everlasting.

Dr. Antony Theodore
By - Seraphim's - Devotion

I stand this day
by virtue of the
Seraphim's devotion,
by angels' obedience,
by resurrection's hope
unto reward,

by Patriarchs' prayers
by Prophets' word of power,
by Apostles' preaching
by Confessors' faith,
by Holy Virgins' purity,
by righteous men's deeds.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
By - The - Blood - Of - The - Lamb

Christ overcame
through His holy
blood and physical
resurrection and
by faith in Him,
we also overcome
by the BLOOD
of the Lamb.

Dr. Antony Theodore
By - The - Hearing - Of - The - Ear

Had he kept God as the third strand of every relationship and allowed Him to direct the decisions he made and guide the activities he undertook, I suspect his memoirs may have reached a very different conclusion and his spiritual understanding of the God, in Whom he trusted, may have been broadened like that of Job, who heard of God by the hearing of the ear: but finally received a depth of spiritual understanding he never experienced before.

(Reflections on the book of Ecclesiastes of the O.T of the Holy Bible)

Dr. Antony Theodore
By being light the stars hold the darkness.
By being wet, the rivers keep the earth alive.
By being sun, the nature is held in light and life.
By being love, the human being holds the other.
By being you, you love and heal.

This was published in Micropoet under the name of my beloved mother Genova Maaawho passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.

Dr. Antony Theodore
By Being You, You Love And Heal.

By being light the stars hold the darkness.
By being wet, the rivers keep the earth alive.
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Dr. Antony Theodore
By Being Yourself

By being yourself
you open up to "The Reality".

The never-ending play
of cosmic intelligence
reflects itself in you
again and again.

Life grinds you the need
to refresh yourself
and renew every moment.

Dr. Antony Theodore
By Coming Into The Awareness

By coming into the awareness of the moment in whatever we're doing, we perceive from our consciousness rather than the subconscious.

It may manifest itself as dreams and daydreams in which we lose perception of what's happening around us and may be drawn into the self-created images of our own thoughts and emotions.

Dr. Antony Theodore
By God's - Grace

By God's grace,
all who have trusted
Him for salvation
have automatically
been placed in this
position as fellow
labourers with Him.

Dr. Antony Theodore
By God's Amazing - Grace

When man has
done all he is
able to do,
it is also by
God's grace
that the Lord
formulates the
ultimate outcome.

Although
the plans of the
heart belong
to man, nevertheless,
the answer of
the tongue is
from the Lord

(Everything happens by
God's amazing grace.)

Dr. Antony Theodore
By Love We Can Reach God And Hold Him Close.

We do realize obscurely
in mystical experience
that by love we can reach God
and hold him close.

Man can be alone with
"The Alone" lost in intimacy.

This experience is transforming
affecting every particle of one's being,
every attitude, every act.

Such a person is free to act
freely, simply and spontaneously.

Dr. Antony Theodore
By Love We Reach God

The knowledge of God
is an experience of love.

Incapable is it
for the Intellect
to comprehend God.

Attainment is possible
directly to God by love.

By love, we reach God
and hold Him close.

This is a mystical realization.

Dr. Antony Theodore
By The Flame Of Your Wisdom

God of light
from whom every
good gift comes,
sent your Spirit
into our lives
with the power of
a mighty wind.

By the flame
of your wisdom
open the horizons
of our minds.
)

(Graphic: H M saved to QuotesPinterest

Dr. Antony Theodore
By The Grace Of God I Am What I Am.

By the grace of God
I am what I am.

I humble myself before you, my God
I am unworthy to be in your presence.

I have struggled in my life
but always believed that
the grace of God is with me.

I want to proclaim all my life
your message of love and mercy.

I am fest anchored in my faith
that i am a messenger of God
here on the earth to speak of love
care, concern, mercy and justice.

Dr. Antony Theodore
Call - To - Be - Faithful

Sexual fidelity
is the promise
of covenant.

The greatest call
within marriage
is faithfulness.

Broken vows
are a tragedy
and create
waves of pain.

Dr. Antony Theodore
Call For Unity In All Religions

If we can unite in ourselves
the thought and the devotion
of Eastern and Western
Christendom, the Greek
and the Latin Fathers,
the Russians with
the Spanish mystics,
We can prepare in our own selves
the reunion of divided Christians.

This is a call for unity
In all religions
where all division exists.

We shall respect each other
and unite together
so that we may be united
in one heart and soul
in the Almighty one
who is beyond all thoughts
and all religious philosophies.

Dr. Antony Theodore
Call Out For Insight

You can't expect
to be walking
through life
and eventually
get a pile of
wisdom dumped
on your head.

You also can't expect
to continually search
for it and never find it.

If you prioritize wisdom
higher than wealth,
the Bible promises
that you will find it.

“…if you call out for insight
and raise your voice
for understanding,
if you seek it like
silver and search for
it as for hidden treasures,
then you will understand
the fear of the Lord and
find the knowledge of God.” — The Book of Proverbs 2: 4-5
in the Holy Bible.

Dr. Antony Theodore
Call To Me, And I Will Answer You

As I sought You
to change my life around,
more trials and temptations came.

I was at a loss.
I did not know what to do.

The evil one tried
to throw me off-course.

Then I heard this voice
in my inner soul:

"Call to Me, and I will answer you,
and show you great and mighty things,
which you do not know". (Jeremiah 33: 3 in the Old Testament of the Holy Bible).

(Graphic: )

Dr. Antony Theodore
Called - To - Accomplish

You will
accomplish
what you have
set out to do.

Be sure.

Believe in yourself
because God
believes in you.

We all believe
in your greatness.

Dr. Antony Theodore
Called - To - Be - Holy

We are called to be holy, as He is holy.

We are to die to self and to live a sacrificial life, as we testify to the truth of His Word and intercede on behalf of others.

(Meditating on the Life Jesus)

Dr. Antony Theodore
Called By The Voice Of God.

We are called by the voice of God,
by the voice of that ultimate being,
to pierce through the irrelevance
of our life, while accepting
and admitting that our life
is totally irrelevant, without God.

Life becomes meaningful
only when we find relevance
In Him, the creator who sustains
and protects us in all our situations.

Dr. Antony Theodore
Called To Affirm, Achieve, And Generate

A real monk, a hermit, and a responsible person of this age, should know of his vocation of being called to affirm, achieve, and generate this lived, original unity.

Dr. Antony Theodore
Called To Live In More Intimate Communication With The Mystery.

Mystical Union is affected by God himself and remains always a mystery to the man.

Man is sustained by a deep mystery of silence, of incomprehensibility of God's will and love.

The mystic feels that he is personally called to live in more intimate communication with that mystery.

Dr. Antony Theodore
Calling -Out- For - Salvation.

But first, they must
endure the coming
'Time of Jacobs Trouble',
acknowledge Jesus as Lord,
and call out to Him
for salvation.

Dr. Antony Theodore
Calling The One Who Has No Name.

In deep silence
I want to sit
calling the name of my God
who has no name,
who has no face,
but living in me
moment to moment
leading me to The Eternal.

Dr. Antony Theodore
Calm Yourself.

Be calm.
Calm yourself.

The tempest will pass away.

Rember,
however you may try
you will not be able
to calm the storm.

So calm yourself.

Dr. Antony Theodore
Calming - My - Mind

I want to calm
my mind a little.

I like to send
prayers for all
who suffer.

Prayers for
all sentient
beings bathing
in the healing
power flowing
over, under,
around, and through
my Prayers for Peace.

Dr. Antony Theodore
Calmness Is A Gift

Calmness is a heavenly gift.

One who is mentally free can remain calm in all circumstances.

Be yourself.

Dr. Antony Theodore
Calmness Of The Mind.

No matter how
Your life can be
easygoing,
even then, life can
get stressful.

When stress takes
over, even for
those who appear
to be the calmest,
it can lead to
a sort of madness
and unrest.

Then you will seek
calmness of the mind.

Dr. Antony Theodore
Calmness, - The- Greatest - Asset

Being calm
is the greatest
asset in the world.

It is the greatest siddhi,
the greatest power
you can have.

Learn to be calm.

When you are perfectly
calm, time stops.

(Raman Maharshi
taught me this).

Dr. Antony Theodore
Can A Butterfly Ever Forget The Scent....

Can a butterfly ever forget
the scent of the flower
and the sweetness of the nectar
which it sucked in intimacy?

Do you hear o poetess and poet,
the butterfly and the flower
it kissed and sucked,
singing together
an addictive lullaby every night?

(Graphic: Attract Butterflies, Bees, and Ladybugs to Your Garden
Duncraft's Wild Bird Blog
Attract butterflies and shop feeders at ).

Dr. Antony Theodore
Can A Snowflake

Can a snowflake
survive a raging fire?

The mystical union
with The Almighty

Dr. Antony Theodore
Can I Ever See Face To Face My Creator?

We do not understand so many things in this life.

But the faith that God has a wonderful plan for me and a divine purpose makes me walk through this life in expectation.

Can I ever see face to face The One whom my soul adores?

Give me your spirit and make your spirit live in my soul now.

Let me be comforted and live in real hope.

Dr. Antony Theodore
Can Such A Mind Ever Know The Whole?

Everything about you is a fragment.

Mind accumulates these fragments from moment to moment.

When you think you know something, you refer only to some scrap of the past.

Can such a mind ever know the whole?

Dr. Antony Theodore
Can The Eye See Itself?

Can the 'I' know itself?
Can the knife cut itself?
Can the tooth bite itself?
Can the eye see itself?
Can the "I" know itself?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Can The 'i' Know Itself?

Is it possible for a human being to know what that 'I' is?
We use it almost always.

Can the knife cut itself?
Can the tooth bite itself?
Can the eye see itself?
Can the "I" know itself?

Published on October 09, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Can The Moon Forget The Night?

Can the sun forget the day,
can the moon forget the night?

In the dark obscure night
lead me through the valleys
of dark shades when
life will fade
like visioned dreams.

My identity is in you
my God. Do not leave me
alone in the strange valley.

(Graphic:
Full Moon Shining Bright on a Cold...)

Dr. Antony Theodore
God is:
The uncreated, wisdom
personified, the home
of all perfections,
pervading all and
all that is pervaded.

God is:
indivisible, infinite,
the Blessed Lord
of unfailing power.

God is:
the unqualified, supreme,
transcending speech
and the other senses,
all seeing and irreproachable.

God is:
invisible, unattached,
formless, without illusion,
eternal und untainted
by Maya, very bliss.

God is:
beyond nature,
the Omnipotent
Lord who dwells in
every heart, desireless,
free from passion
and the imperishable Absolute.

God is the sum of truth
and intelligence and bliss.

In him delusion finds no
ground to stand upon;
can the shades of darkness ever find the sun?
(God concept explained in Uttara Kanda)

Dr. Antony Theodore
Can You Believe It?

Walt Disney
was fired from
a newspaper
for „lacking imagination”;
and having no original ideas.
Can you believe it?

Albert Einstein
was not able to speak
until he was almost
4 years old and his teachers
said he would never be
a success in life.
Can you believe it?

Michael Jordan,
after being cut from his high
school basketball team,
he went home, locked himself
in his room and cried aloud.
Can you believe it?

Steve Jobs, at 30 years old,
he was left devastated
and depressed after being
unceremoniously removed
from the company, He started.
Can you believe it?

Work hard.
Believe in God.
Believe in yourself.
You have great potentials in you.
Do not think about what
others think about you.

(Indebted to Pinterest for these ideas)
Dr. Antony Theodore
Can You Count The Sands And The Raindrops?

The sand of the sea,
the falling raindrops
who can assess them?

The height of the vast sky,
the breadth of the earth,
The depths of the abyss
who can probe them?

The one who created all,
alone can assess everything.

He sits on His heavenly throne.
Will you adore him now
in the recess of
your intimate heart?

Reference to the Book Ecclesisticus in the Holy Bible ch.1.

(Graphic: Tracy Smith saved to Natur 2k
HIER DARFST DU ausspannen, dahinschmelzen, geniessen pinterest)

Dr. Antony Theodore
Can You Sleep Today After Seeing Me Begging?

Do you see me now?

I have no food.
I am hungry and thirsty.

Do you see me starving?

if you have a conscience
would you sleep tonight
after seeing me on the street
crying and begging?

(THE GREAT COMPASSION - HOME

I was hungry and you gave Me food; I was thirsty and you gave Me a drink; I
was a stranger and you took Me in ;)

Dr. Antony Theodore
Can You Tell Me O Visionaries?

I feel now
those angels
are sending
a big bird to me
to pick up my soul
and fly back to heaven.

Will the bird
pick me up
on its beaks?

Or will it carry
me on its powerful wings?
can you tell me O visionaries?

(Graphic: Sandy Gutierrez saved to Adas Pinterest)

Dr. Antony Theodore
Cannot - Overcome - The - Anointed

The armies of hell
cannot prevail
against the Lord
and His Anointed,
nor can he overcome
the children of God,
for the indwelling
Holy Spirit is an
ever-present Helper
in times of trouble,
and He is far greater
in power and wisdom.

Dr. Antony Theodore
Capnometry-Assisted

Capnometry-assisted respiratory training is a type of breathing therapy that promotes slow, mindful breathing. The participants performed breathing exercises twice a day in this study. Panic disorder is different than anxiety, but the conditions share some symptoms.

Dr. Antony Theodore
Caring For The Relationships

Care always
for the relationships.

Seek to find depth
in all the relationships.

Find time to be alone.
Enjoy the present moment.

You do not know
what the future brings.

Forgive yourself
for the faults
of your past.

Sleepwell in the
sacred hands of God.

Dr. Antony Theodore
Caringgod

We thank you,
faithful and
compassionate father.

You love the poor and sick,
the outcast and sinners.

You are a God
who takes care of us.

We praise your
kindness and loyalty
and proclaim
with all angels and saints
the praise of your glory.

Dr. Antony Theodore
Carnal - Life

Though members of Christ's Body, with the indwelling Spirit of God, these Christians were deprived of the life and power of God.

They were living a carnal, unproductive, fruitless Christian life, and grieving the God's Holy Spirit.

(Ref. to Revelation 3: 5)

Dr. Antony Theodore
Carry Me On Your Shoulders To Fill Me With Love.

Carry me on your shoulders to fill me with love.
Holiness belongs to you.

Split up the rock.
Touch the waters that gush forth.
Make it life giving waters for me.

Lift me up from the valley.
Carry me on your shoulders
up above your mountain
to feed me with your love.

Your soft touch alone
Will make me holy;
This unworthy being
who often falls in the valley.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Cartesian - Mind

The Cartesian
disembodied
mind is cut

off from
the sensuous
world
that surrounds
and sustains it.

It approaches
the world as an
objective,
to be controlled
and manipulated.

Dr. Antony Theodore
Cast - All - Your - Cares - On - Me

Cast ALL your cares on ME,
Christ urges,
for He cares for YOU.

If restoration and
protection depended
on me, I would be
neither restored
nor protected.

Dr. Antony Theodore
Cast Away All Your Falsities

Tear away all your masks.

cast away all falsities.

Be clear like a crystal.

Dr. Antony Theodore
Castle - Of - Adoration

Silently we trust
our faith and
have confidence
to go on in
our journey.

We are
moving towards
the path of
victory and fidelity.

We wish to
build a castle
full of adoration
and we are blissful.

Dr. Antony Theodore
Catching Echoes Of The Songs Of Heaven

We do not have
to go very far
to catch echoes
of the songs of heaven
and the rhythm
of the dancing of
the Lord of the universe.

It is in us.
Be still
and listen.

Do you hear the songs
in the deep silence of your being?

(Graphic: catching echoes of heaveniphone-xs-max-wallpaper-27 Pinterest)

Dr. Antony Theodore
Cause - Of- Rejoicing

Christ is from everlasting to everlasting;

He is the Author and Finisher of our faith; He is the Alpha and Omega, the First and Last.

And when the Christians receives confirmation that Jesus is with them in every eventuality of life, including their poverty and pain, it is a cause of rejoicing for their soul.

He was crucified shedding the last drop of blood, but He rose from the dead and lives forevermore.

Dr. Antony Theodore
Causes - Of - Depression

Is depression learned from a family member?
Is depression a generational issue?

Is its origin genetic? Can it be induced by circumstances or situations in life? Can depression become habit forming?

Dr. Antony Theodore
Cave - Of - Illusion.

Philosophy is the path to enlightenment, to see by the light of the Sun in the real world outside of the cave of illusion.

Dr. Antony Theodore
Ceaselessly - Creative

We live in a ceaselessly creative universe infused with purpose, agency, meaning and consciousness.

Dr. Antony Theodore
Celebration - Of - Prayer

"When evening approaches and the day is already far spent, evening prayer is celebrated in order that 'we may give thanks for what has been given us, or what we have done well, during the day.'

(Ref. to Ps.141: 2)

Dr. Antony Theodore
Celestial Tones Of Harmony

I heard the angels at the dawn
lost in chanting
celestial tones of harmony
dancing with the tender rays
at the birth of a glorious morning.

My heart began dancing.
My soul and body danced
with the holy rhythms of angels.

Was it a mystical experience?

Dr. Antony Theodore
Central - To - Kant's - Point - Of - View

Even though Kant himself held that his view of the mind and consciousness were inessential to his main purpose, some of the ideas central to his point of view came to have an enormous influence on his successors.

Dr. Antony Theodore

www.PoemHunter.com - The World's Poetry Archive
Cerebral - Apoplexy.

We box in,
we box out.

Falseness,
fakeness,
our ability
to numb
the truth
all come
on our way.

Self-interest
rules over self
preservation.

Our growing
perception of
self-sufficiency
propells us
away from Truth.

The farther
from Truth we
descend,
the anger grows.

Anger results in
cerebral apoplexy.

Dr. Antony Theodore
Certainty - Of -Knowledge

Immanuel Kant argues that before one can form any metaphysical view, it is important to establish the certainty of knowledge itself.

Dr. Antony Theodore
Chalice Of Glory And Suffering

When I wanted to lift up
the Chalice of Glory,
my God told me:
“You should suffer”.

I asked him why?

He told me:
Only through sufferings
one can achieve glory.

Suffering produces endurance.
Endurance produces character.
Character produces hope.
Hope does not put us to shame,
because God’s love has been
poured into our hearts
through the Spirit of the Almighty.

God will himself restore,
confirm, strengthen,
and establish you.

Then you can lift up the Chalice of Glory.

Dr. Antony Theodore
Challenging - Other -Dimensions

The idea of
the sanctity of life
flows from
the very best
sources of our
western cultural
heritage, Jewish,
classical, Christian,
and modern, but
simultaneously
challenges other
dimensions of
thesesources.

Dr. Antony Theodore
Nature teaches us
about change.

Nothing is permanent
in our lives.

Even our mere existence
on Earth is just temporary.

In the cycle of life,
there are neither losers
nor winners.

There's only movement,
stages that we
have to go through.

When you truly
understand this,
you'll be able
to accept tough times
and not be deceived
by moments of glory.

(Written, being influenced by Bhagavat Gita)
(Advaita Vedanta is a school of Hindu philosophy,
and believed to be one of the classic
paths to spiritual realization in Hindu tradition).

Dr. Antony Theodore
Change - Adversity.

You are able to change adversity.

crying over failures can kill your motivation.

Do not be afraid of failure. Failure belongs to life just as success belongs.

Fear of the unknown can creep in.

You have such a courage in you to challenge all your unknown fears.

Dr. Antony Theodore
Change - In - Disposition

A real and lasting change in disposition and attitudes can be achieved only by pursuing the truth of oneself and the truth of God.

Dr. Antony Theodore
Change - Inner - Attitudes

The mind is everything.

When you change
the inner attitudes
of your minds,

you can change
the external life.

Research shows
that you're what you
believe yourself to be.

Dr. Antony Theodore
Camus describes a second sermon. Now speaking to a significantly smaller crowd,

Paneloux was much gentler and less accusatory.

Indeed, he no longer addressed his listeners as "you," but, "we."

(Refering to the novel Plague of Albert Camus)

Dr. Antony Theodore
The call to change is a call of creative self-realization and development in the spirit.

Those who respond, enter into an ongoing process of transformation.

The power within works incessantly, reconstituting the spiritual man who in turn participates in the creative purifying work of God in the creation.

It is the choice he makes that helps him establish the identity of the person.

Dr. Antony Theodore
"Change Is The Law Of The Universe."

"What have you lost that you cry for?  
What did you bring, that you have lost?"

What did you create that was destroyed?

What you have taken, has been from here.  
What you gave has been given here.

What belongs to you today,  
belonged to someone yesterday  
and will be someone else's tomorrow.

Change is the law of the universe."

The Bhagavat Gita

Dr. Antony Theodore
Change The Way Youthink.

Everything is within yourself. 
Change your thought, 
you will experience a new world.

For a happy life, 
little is needed.

Be yourself. 
Do not imitate anyone.

You have everything 
that you need 
in your thinking.

Be bold to be yourself.

Dr. Antony Theodore
Changing - Attitudes

When we set out to find a new idea or the answer to a problem, we must assume that the answer exists already, somewhere, and set out to find it.

Once a scientist attacks a problem which he knows to have an answer, his entire attitude is changed.

Dr. Antony Theodore
Changing - From - Within

Human beings are as much the producers as the products of the circumstances.

These points apply equally to all notions of a knowledgeable elite whose power rests on the claim to have superior insight into the workings of reality.

But it is practical, critical activity that effects the radical shift from contemplating the world from the outside to knowing it by changing it and oneself from within.

Dr. Antony Theodore
Changing - It - In - Mid - Stream

How often we have
formed our plans
and purposes
only to have
them changed,
mid-stream.

And yet, as we
reflect on
outcome, we often
recognise that
it was by God's
grace that He
guided us in a
different direction,
to a more
fruitful outcome.

Dr. Antony Theodore
Changing Is Difficult

A decision to change
is very difficult.

We are always concentrating
on what all we can lose.

But begin to think
what can I achieve
if I change towards good.

A decision to change
needs courage and is demanding.

Dr. Antony Theodore
Character - Construction

We are concerned as any virtue theorist with character and character-construction.

Together, these things assist individuals to become upright and sincere persons.

Dr. Antony Theodore
Characteristic Of The Illuminative Way.

The transcendental tendency,
the splendid cosmic vision
of Infinity exterior to the subject,
the expansive, outgoing movement
towards a Divine Light,
the strange, formless absorption
in the Divine Dark
to which the soul
is destined to ascend;
these modes of perception
are equally characteristic
of the Illuminative Way.

Dr. Antony Theodore
Characteristics Of The Unitive Life.

The seeker of God begins to draw from those deep levels of Being, that amazing and immovable strength, that power of dealing with circumstance, which is one of the most marked characteristics of the Unitive Life with the Almighty.

Dr. Antony Theodore
Chasing- The - Wind

Although Solomon
was a man who forgot
to pay heed to the
advice of his own father,
he wanted his sons
to make wise choices
in their life-journey.

He recognized his
own personal achievements,
intellectual greatness,
fabulous wealth,
military might and
far-reaching fame
were no more beneficial
to a man's eternal soul
than chasing after the
wind or trying to catch
hold of a passing breeze.

Dr. Antony Theodore
Cheap - And- Easy - Roads

Our culture promises quick, cheap, and easy roads that lead to life.

Yet Jesus is clear: Don't look for shortcuts to God.

The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time.

Don't fall for that stuff, even though crowds of people do.

The way to life to God is vigorous and requires total attention. (6: 13 of the New Testament).

Dr. Antony Theodore
Check Your Imaginations

The tormenting anxieties
distressing thoughts
and the fear of being a failure
is directed from and by the devil.

Check your imagination.

Take away all that is negative.
Do not allow any imagination
that will make you bend.

These are the tricks of the devil.

Throw away your yesterdays.
Live in the present.
This is your moment of life.

The angel of God
is with you to protect your brain
and keep you away from all
the imaginations that keep you
dejected, depressed and sad.

Smile the angel of God is with you.

Dr. Antony Theodore
Cheer Up My Friend In 2018

Cheer up my friend in 2018.
Smile to the world,
the world will smile back.

Negativity leads me to my downfall.
A grim face drives away friends.
I want to give than to receive.
I want to laugh, love and dream
of the impossible keeping my feet
on the ground in the real sense.

Stay where you are and bloom.
Change what you can change
and accept what you cannot change.

We live only once and live it fully.
Find your passion and be noble.

Do something nice to someone
who cannot have your gift in life.

Be happy that you are a giver.
Love God and go forward
in hope, love and in faith.
Cheer up my friend in 2018
for God the Almighty is with you.

Dr. Antony Theodore
Cheerfulness

God is in control
and therefore
in everything
I can give thanks.

Cheerfulness
sharpens the
edge and removes
the rust from
the mind.

A joyous heart
supplies oil
to our inward
machinery,
and makes
the whole of
our powers
work with ease
and efficiency.

Dr. Antony Theodore
Chick Became An Eagle

Beyond the world of the skies
in unending heights
there lives Love
in the high holy temple.

At dusk, in the mild mystic light,
when the day and night kiss
only for a moment as their fate is,

Love came to the gates
of the holy temple
to climb down
steps innumerable.

At the end of the steps
stood I like a shivering chick
in utter darkness.

Love came to me,
arms widespread
breaking the shells of my loneliness
to cradle my whole being.

Ecstacies came! ! !

Courage filled my veins! ! !

Love shook me out of fear,
and cured my inner wounds.

Love is all that I am.

Love came to set me free.

In the flush of love's light
I become bold
and take my flight,
into the world of delight.
It was the flight of an eagle.

(love alone can transform a shivering chick into an eagle.) mixing up of tenses is intentional.

Dr. Antony Theodore
Children - Of - Light!

We are children of light!
That sounds good!
A surprise?
"We do not belong to
the night and not
to the darkness.";

(From the Holy Bible)

Dr. Antony Theodore
Children Of Disobedience

The significance of the truth of the love of God is astounding.

All of us were operating as children of disobedience.

But every converted sinner becomes a heavenly saint and a child of God, for you who were dead in trespasses and sins, have been made alive in Christ Jesus our Lord.

Dr. Antony Theodore
Choices That You Make

Happiness is a choice.
Attitude is a choice.
Kindness is a choice.
Positive thinking is a choice.
Generosity is a choice
Helping the poor is a choice.

Your choices are your decisions
It will make you what you are.

Dr. Antony Theodore
Choicest Fruit Of Love And Virtues

I am convinced
now more than
ever that it is time
for the harvest.

The very force
and desperation
of satan's attack
is evidence of it.

By keeping us confused,
focused on the negative,
and complacent,
satan is actively trying
to steal the pious men's
choicest fruit of
love andvirtues.

Dr. Antony Theodore
Choose Joy And Become The Joy.

In delightful curiosity
explore your freedom.

Think about the
inner movement
that supports change
and transformation of life.

With thoughtful inquiries
songs and affirmations

choose joy and become the joy
that flows in you so naturally.

Dr. Antony Theodore
Choose To Be Happy.

Go along in this world
with a smiling face.

Do not expect others
to make you happy.

Your happiness is
your blessed decision.

How will it help you,
if you move about
with a morose
and grumpy face.

Think of the butterflies
and beautiful flowers.
They never expect others
to make them happy.

Dr. Antony Theodore
Chorus - Of - Praise.

It was John,
the beloved apostle
of Christ, who heard
the voice of many
angels and witnessed
this astonishing
chorus of praise.

Dr. Antony Theodore
Christ - Conquered - Death

But take heart!
Christ conquered
death for all
who believe.

Death has no
power over the
saved man, for
when the physical
body expires,
both the spirit
and soul of the
righteous go
to be with the
Lord forever,
while their empty,
bodily shell,
waits in the
grave for the
glorious resurrection
of the dead.

Dr. Antony Theodore
Christ - Crucified - Is - With - You

Start being brave about everything. Drive out darkness and spread light.

Don't look at your weaknesses.

Realize instead that in Christ crucified you can do everything.

Dr. Antony Theodore
As the Father's own eternal Son coming from and returning to him, Our Lord has everything in his power.

Yet he chooses to deal with mere creatures: to struggle with them, to serve them, to provide them with the supreme example.

(Graphic: Christ Jesus, bible Pictures)

Dr. Antony Theodore
Christ was the 'Message'
God sent to the world
and Christ was the 'Messenger'
Who came from heaven in human flesh to reveal the Father to us.

Dr. Antony Theodore
Christ - Will - Come - In - The - Clouds

The new covenant
He madewill be
finally and fully
ratified - and
Christ will return
in the clouds
to the earth,
to set up His
rule of peace
and prosperity,
when He will
reign as King of
the whole earth
and Messiah.

Dr. Antony Theodore
Christ Comes As A Baby

Intense is the relationship
between the mother and child.
Nine months carrying safe
in the womb with so much of love.

This is like the relationship
with God and a human being.
God loves us all like a loving Mother
Who cares and lives only for the baby.

A mother suffers when the child suffers.
Even a cough of the child gives her pain.

When the child has to have an injection
She suffers with the child and feels the pain.

Sometimes the babies
are taken away from the mother.
Babies are stolen and sold for the tiny organs.
They amass wealth by killing and selling the
body parts of simple and beautiful babies.

Some use babies for medical research
So cruel is this world and into this world
Christ comes as a Baby to save the mankind.

(picture Gerard David, circa 1510 Art critics have called Gerard David's paintings conservative, even bland, and who am I to argue? But he paints the most wonderful angels - glorious creatures, truly celestial)

Dr. Antony Theodore
God shone in His perfect love through the transparence of Christ.

The human possibility for transcendence is dramatically portrayed in Christ.

Simply because of the fact, Christ came and is ever present with the humanity, man has no excuse for his continuing alienation from God.

Dr. Antony Theodore
Christian Humanism

The transforming power of God influences man and he is dependent on this power.

True Christian humanism is the full flowering of the theology of the Incarnation.

It is rooted in a totally new concept of man which grew out of the mystery of the union of God and man in Christ.

Dr. Antony Theodore
Christians - In - Smyrna

He is from everlasting
to everlasting;

He is the Author
and Finisher of our
faith; He is the
Alpha and Omega,
the First and Last.

And when the Christians
in Smyrna received
confirmation that
Jesus was with them
in every eventuality
of life, including their
poverty and pain,
it must have rejoiced
their soul. He was dead,
but He rose from the dead
and lives forevermore,
and His death secured
life for all who believe,
on His name, and nothing
can take away that
eternal privilege.

Dr. Antony Theodore
Listen O birds and animals,
Trees and flowers and leaves,
rivers and seas everywhere.
The Christmas Bells are ringing.

The old and familiar singing
on the streets on these cold evenings...
They are sweet and brings memories
of early sweet childhood
when we sang with mummy dearest
lovely songs of love and mercy
and a new birth of Jesus Christ.

Now, think of the millions of abortions,
the killing of innocent children
and the abandoned children.
The forced child labor of the little ones
killing their lovely future without a school
only to make money by the rich.

Human beings, sing with the angels.
"Let there be peace on earth
and glory to God in the mighty heavens.
Be of goodwill and spread smiles everywhere".

The belfries of all Christendom
ring out in an unbroken song:

"peace, peace, joy, joy everywhere
goodwill, goodwill for all men".

Let us sing together:
Sing it on our way, at dawn and dusk,
sublime chanting and dancing along
"peace on earth, for men
and women of good will"!
ISIS killing thousands,
beheading, and cutting the throats slowly
with a small knife
because Christ's name is on their lips.

Let all religions unite.
"We shall not kill in the name of God".

Bow your head and heart
and chant in the heart
"We shall not hate.
We shall love
and spread joy and peace";

The pealing of bells from the towers
I hear loud and deep.

God is not dead.
God does not sleep.
Peace shall prevail.
Goodwill in the hearts
shall reign till the end of times.

(Graphic: William-Adolphe_Bougurereau_(1825-1905_ Song of the -Angels)

Dr. Antony Theodore
With my red umbrella
I stood alone in rain
in my secret garden
crying behind my red
umbrella imploring
for mercy for all the
sins I committed.

This Christmas day
when the innocent
baby Jesus is born
in utter poverty
I cry behind my red umbrella.

Oh I love your birth.
i kneel before you
the Lord of the universe,
Forgive me my sins
of aborting my own children.

Many a time I did
this horrible sin.
I hear them crying
in my sacred womb.

Baby my beloved one
in Bethlehem,
forgive me
forgive me
Forgive me.

I am hiding now
under the red umbrella,
the symbol of the blood
of my babies I poured
inside my womb.
Ohhhhhhhhh
Forgive me.
(The small 'i' is used purposely to denote the remorse and repentance)

(Graphic: ArtSmart 13 saved to Materials in interiors Pinterest)

Dr. Antony Theodore
Christ's - Blood- And - Forgiveness

We cannot save ourselves, but we can accept the plan that God has provided for us.

It will help us to understand this plan when we consider what He showed to His people, the Israelites, before Christ came.

In The Old Testament Times, they sacrificed animals.

The lambs that were slain pointed toward the perfect Lamb of God, Jesus Christ, who would redeem all people by shedding His blood for their sins.

The shedding of blood also helped the people understand the seriousness of sin.

"In whom we have redemption through his blood, the forgiveness of sins."


Dr. Antony Theodore
Christ's - Journey - Into - Death

We realize the radical extent that Christ journeyed into death for our salvation includes His descent into Hell.

For those who want to follow their Crucified God, this descent also informs their journey.

Dr. Antony Theodore
Christ's - Sufferings

The accelerating events leading up to Christ's sacrifice on the Cross, are witnessed in the final chapters of Matthew's gospel as multiple prophecies of His passion spill onto the pages of holy writ.

(Referring to the holy Gospel of Matthew 26: 41 in the New Testament)

Dr. Antony Theodore
Clamor Of Voices

Many voices
distract you.
They are the clamor
of the worldliness.

My spirit will
control your mind.

Ask for the gift
of perfect harmony.

Be still and attentive
in My loving Presence.

(Graphic: Cindy Roberts saved to Scriptures, Prayers & AngelsPinterest)

Dr. Antony Theodore
Clarifying - The - Truth

The Law was a Schoolmaster to point Israel to Christ, but many Jews allowed their human intellect to blind them to the spiritual truth of Scripture.

But God in His grace used the writer to the Hebrews to clarify the truth to those with a teachable spirit.

Dr. Antony Theodore
Cleanse Ourselves

Cleanse ourselves
of physical impurities.

Rid our lives
of fleshly pursuits,
that dishonour God.

We are to be holy,
for God is holy.

We are to be righteous
in thought and word
in deed and in motive.

We are to love the Lord
with all our heart and soul
and mind and strength.

Dr. Antony Theodore
Cleansing From The Last Stains Of Separation

The mystic here begins
to translate his experience
into his own words
and gloss them with
an explanation which
is beyond the power
and province of psychology.

He is conscious
that he is now at length
cleansed of the last
stains of separation
and has become,
in a mysterious
manner that which
his heart craved for.

He would say
that his long-sought
correspondence with
Transcendental Reality,
his union with God,
has now been established
and that his self
is penetrated
by the ocean of Life
and Love to which
he has attained.

Dr. Antony Theodore
Clearly - Discernible

The higher the
cchild of God soars
the more clearly
discernible is
God's flight plan.

Dr. Antony Theodore
Cling To The Lamp Of Wisdom Within.

Let go of anxiety.
Summon up the courage.
Climb out of our narrow confines.

Discern those movements
that come from the Spirit of Light
from those of the spirit of darkness.

Keep our lamp burning
even when the wick burns low.
Withdraw to the quiet.
Silence will nourish and repair the soul.

Cling to the lamp of wisdom within.

Dr. Antony Theodore
Clinging -To- Goods

Earthly goods deceive
the human heart
into believing that
they give it security
and freedom from worry.

But in truth, they are
what cause anxiety.

The heart which clings
to goods receives
with them the choking
burden of worry.

Dr. Antony Theodore
Clinging To The Delusion

As long as we cling
to the delusion
that the work-a-day world
is unchanging,
we are susceptible
to the catastrophe
which may bring us
to the end of the very
purpose of our lives.

Dr. Antony Theodore
Close - To - The - Eternal - Light

We also remember this today on All Souls Day.

We can trust that our dearly deceased are close to the eternal light, namely God.

Dr. Antony Theodore
Closed Doors

There will be doors that close before you.

When a door closes preserve hope and faith.

Do not worry. Sooner or later a greater opportunity will come on your way.

If the closed door had opened It would have blocked this new life.

This new opportunity presents itself While the old door closed before you.

- -

I now understand the mystery Of closed doors and life’s path.

I await the new opening with a heart full of hope.

Dr. Antony Theodore
Closeness - And - Caring

Those who observe the wonders of nature and form a sense of closeness and caring with family and friends come very often to God and believe in the existence of a loving God who cares and comforts never to leave alone.

Dr. Antony Theodore
Closer - Examination

I believe that the rational tradition can be redeemed,

but that it requires a closer examination of the social,

institutional and psychological grounds of morality and moral action.

Dr. Antony Theodore
Closer - To - God

When the people experience more reality
the more they know God,
and the more they detest the flesh and love the truth;
and people become closer to God and they come to the standards of God's requirements.

Dr. Antony Theodore
Closer - To - Our - Real - Nature

It bring us closer
to our Real Nature,

when we engage
ourselves asking
"Who am I?"

In order to ask
in an efficient way
the question
who am I? ,

a certain understanding
and spiritual maturity
is necessary.

Dr. Antony Theodore
Closing My Eyes

Closing my eyes
i see you standing before me.
Closing my ears
i hear your melodious voice.

Closing my heart
i feel you inside my heart
dancing to the rhythms
of an unknown melody
which heavenly beings
alone can sing.

Dr. Antony Theodore
Clothe - My - Child

"Clothe my child,
with compassion,
kindness,
humility,
gentleness,
and patience."

(Colossians 3: 12 is
a beautiful prayer
for a child's character).

Dr. Antony Theodore
Clothed - In - White - Garments

He who overcomes all that is bad in life will thus be clothed in white garments; and I will not erase his name from the book of life, and I will confess his name before My Father and before His angels.

Ref. to Revelation 3: 5

Dr. Antony Theodore
Clouds Of Despair, Move Away From Me.

The clouds of despair
are gathering momentum.

They shall not darken
my light filled mind.

I enchant deep in me
whispers of blooming
petals of purity.

I pray for the rainbows of hope
kneeling down in this sanctuary
of my soul offering blossoms
in murmuring prayerful silence.

Dr. Antony Theodore
Co-Creative - Agent

Seeing human beings as co-creative agents within the ceaselessly creative universe,

unfolding meaning through engagement,

steers a path between a voluntaristic social constructivism and a quietistic objectivism

which expresses itself in environmentalism as a clash between planetary engineering and a nature worship.

Dr. Antony Theodore
Combating - The - Lust

How dearly does
my new life need
to grow in grace,

but how impossible
in my own strength
to combat the
lust of the eye,

and the lust of
the flesh, and
the pride of life.

Dr. Antony Theodore
Come - To - Play - With - Me?

In my world
of imaginations
would you come
to play with me?

(Graphic: Shelly Merical
saved to Tiny cute
fairy things Pinterest)

Dr. Antony Theodore

Don't ask what the world needs.

Ask what makes you come alive, what gives you the power to accomplish.

Because what the world needs is people who have come alive.

Before you saw the light of the world God had planned for you.

(Ref. to Jeremiah 1/5).

Dr. Antony Theodore
Come And Touch Me, My God

I want healing.
Come and touch me
with your healing hand.
Heal me now.

You ask me 'do you believe?
Do you have enough faith?'
I still doubt.
I have many doubts.

Seeing my thoughts, God tells:

'I cannot heal you now,
you have to believe in me,
in my healing power,
in my great desire to be with you'.

'Believe in my love for you.
Love yourself as you are
and come to me in faith'.

'Kneel down in prayer full of faith.
I shall heal you'.

Dr. Antony Theodore
Come Back To Me Now

Come back to me  
Now is the time.  
Do not procrastinate.

Come back to me  
with all your heart,  
fasting and weeping,  
mourning for your sins.

Let your hearts be broken,  
turn to the Lord your God again,  
for he is all tenderness  
and compassion, slow to  
anger, rich in graciousness,  
and ready to relent.

(Poets may read The book of Joel 2: 12-13 in Holy Bible)

Dr. Antony Theodore
Come Home To Yourself

Come home to yourself.
Observe yourself.

Self-observation is delightful.

If you observe yourself,
your illusions will crumble.

Everything changes
when you are aware.

Be aware. Observe yourself.

Dr. Antony Theodore
Come To Me With Your Molding Hands.

God Almighty,
bless me today
with the gift
of your Divine Presence.

You are the creator of my soul.

Touch my heart today.

Come to me
with your molding hands.
Shape me as you will.

Dr. Antony Theodore
Praise the holy one.
Come with trumpets.
Come with the lute and harp.

Dance before his holy throne.

The angels play on the lyre.
The saints sing in chore.

Humans bow and adore.
The nature stands still.
They hold their breath.

God's love is every where.
Sit in silence and feel his holy presence.

Graphic:  Sandy James
Sandy James saved to Dance as though no one is watching
Dance is for the Glory of God, and is a powerful, prophetic weapon in the hands of those fully submitted to He who rejoices(whirls and dances) over us with singing! Dance!

Dr. Antony Theodore
Come, Share My Meals With Me.

Look into
someone's eyes and see
his pain and needs.

I share my heart with you.
I share my happiness with you.
May I give you my hard earned food?
The more I share the more I have
while it fills my heart
with immeasurable joy.

I share my intimacy with you.

It is my gift of
unconditional love and acceptance.
Come share my meals with me.

I shall share my umbrella
and survive the storm together.

Let my life be an art of drawing
without an eraser by sharing.

(Graphic: National Geographic)

Dr. Antony Theodore
Comfort - Of - His - Presence

Perhaps it was
the comfort
of His presence
or a powerful truth
He revealed to
you during that
time of sufferings.

Spend some time
thanking and praising
God for His faithfulness,
rejoicing that He
never stops giving
to us, even when
our way is marked
with intense sorrow.

(Graphic: A Branch In the Vine

Pondering: Sorrow's Refining Influence — A Branch In the Vine Google Bilder)

Dr. Antony Theodore
Commemoration

All souls day commemoration is not only an appreciation of our deceased, it is not just a day of prayer for our deceased, but also a look back at our own roots: our ancestors and the deceased who left their mark on our lives.

(Graphic: Polish-war-cementary-all-saints-600w-680395 shutterstock)

Dr. Antony Theodore
Commitment To Bring Healing

Our vision is clear
and we are committed
to the long-term healing
of the people and the world
with the Almighty God.

We are ready to
bring redemption
and healing and
to be a source
of grace to all those
seeking the truth,

Dr. Antony Theodore
Committed To The Interior Life.

A disciple is drawn to and committed to the interior life.

The call is to desire to deepen the relationship with God and recognize and nurture this call in and through camaraderie, solidarity, and active participation with the community and works of charity.

(There is a divine call for all of us in all walks of life. It is to be hearken to, to achieve inner peace).

Dr. Antony Theodore
Communicate Directly With The Author Of Life.

In every prayer
we come into contact
with the Almighty
who created the
whole universe.

It is a wonder
that we can communicate
directly with the author of life.

Dr. Antony Theodore
Communication In Depth

One should be convinced
that communication in depth
is needed to avoid
the divisions and
conflicts between religions
and monastic traditions.

It is not only possible
and desirable,
but most important
for the destinies
of humans in this Century.

Dr. Antony Theodore
Communing - In - His - Heart

Man may try to manipulate the mind and control the thought but nothing can prevent the child of God communing in his heart with his heavenly Lord, for such communion remains impenetrable to the last breath of our mortal life.

Dr. Antony Theodore
Communion Helps Us To Express The Deepest Hopes And Yearnings.

There is a distinction between communication and communion.

They are two fundamentally different modes of knowing.

Communication is logical, quantitative and practical in its application.

It is a linear form of human intercourse in which each piece of information is given one at a time and leads up to some particular conclusion.

We cannot live without this one-dimensional mode of knowing. But, of itself, it lacks the power to convey the deepest hopes and yearnings of human existence.

Dr. Antony Theodore
Communion Is The Awareness Of Participation

Communion is the awareness
of participation
in an ontological
or religious reality.

It serves to a deeper awareness
in the mystery of being,
of human love,
of redemptive mystery,
of contemplative truth.

Dr. Antony Theodore
Communion With The Transcendent.

It is through the mystical sense, we come into conscious possession of all our powers.

We rise from the lower to the higher level of consciousness.

We become aware of that larger life in which we are immersed and attain communion with the transcendent.

The seeming passivity of the mystics is really a state of the most intense activity.

Dr. Antony Theodore
Companionship - Is - Valuable

Solomon acknowledged that paying heed to wise counsel is prudent; companionship is valuable, and friends and family bring encouragement, in our passage through life.

(Reflections from the book of Ecclesiastes in the Old Testament of the Holy Bible)

Dr. Antony Theodore
Compassion - Fatigue.

Caring Christians, especially those are serving, are suffering from empathy overload, compassion fatigue.

We are exposed to the sorrow of every cause and community around the globe on a daily basis.

We have to learn to let it go, give it all over to God,

Only then will we discover what Jesus meant by the easy, free, light yoke.

Dr. Antony Theodore
Complete - Evidence

The writer to the Hebrews sets out the most complete evidence of Christ's superiority and supremacy to everything that is in heaven above, the earth beneath, and the waters under the earth.

Dr. Antony Theodore
Complex - Web - Of - Feelings

The problem is, our emotional triggers are a complex web of feelings, perspective, contexts, past experiences, and physiological reactions.

Managing reactions to situations that rock our emotional status quo is challenging.

Dr. Antony Theodore
Comprehensible - Word

God's final,
perfect,
all-inclusive
and comprehensible
Word was spoken,
in the last days,
by means of His
only Begotten Son.

No word can be
uttered to the Father,
no prayer offered,
no praise extended,
other than through
his divine Son.

Dr. Antony Theodore
Compulsive - Tendencies

How would you
even define the
term, "aholic"?

It can mean,
one who feels
compulsively

the need to
do something

or one who likes
something in excess.

Can I say to myself
that my "compulsions"
are of the healthier kind?

("aholic" is my own coinage)

Dr. Antony Theodore
Conceived - Long - Before

Salvation was conceived before the world was founded. Salvation has nothing whatsoever to do with man's worth and it has nothing to do with man's worthiness. It does not rest on my merit or your good deeds and it has nothing to do with anything you or I have done or could do to please God.

Dr. Antony Theodore
Conception - Of - Reality

How does the radical interpretation of reality offered by quantum physics conform to and yet differ from the Buddhist conception of reality?

Dr. Antony Theodore
Conceptions - Of - God

The similarities and dissimilarities among the various conceptions of God invite serious investigation into the noetic bases of the conceptions themselves.

Dr. Antony Theodore
Conceptualizing - The - Ineffable.

There Is No rational Answer to the question of Self-Enquiry.

First of all, we must understand that we cannot answer such a question rationally or intellectually.

When we state "I understand, I know who I am," we are actually conceptualizing that which is ineffable.

Dr. Antony Theodore
Confess Your Limitations

Recognise your own limitation.

Be ready to confess, your weaknesses before the Almighty.

Do not engage in carnal desires.

Do not indulge in fleshly pursuits tarnishing a life given by God Almighty.

Be a beacon of light and truth.

Dr. Antony Theodore
Conflict- Within

Every conflict
you wage,
is an excuse
not to face
a conflict
within.

Dr. Antony Theodore
Confront The Falsity In Oneself

Man must confront the falsity in himself and the world and open himself to the creative energy at the core of his own being.

True freedom is the freedom to be fully human, to actualize the divine image.

Personal freedom cannot be cultivated merely by discarding inhibitions and obligations.

Living in a self-centered palace of selfishness will lead to the decay of the true self.

Dr. Antony Theodore
Confronted With The Inescapable.

If you descend into
the depths of your own spirit
and arrive somewhere
near the center
of what you are,
you are confronted
with the inescapable.

Dr. Antony Theodore
Confronted With The Mystery Of Being

Something cries out
in the deepest ground
of our being.

We are confronted with
the mystery of being
that transcends
the individual ego.

Dr. Antony Theodore
Confusion Of Mind From The Passions

From passion comes
confusion of mind,
then loss of remembrance,
the forgetting of duty.

From this loss comes
the ruin of reason,
and the ruin of reason
leads man to destruction.

(Inspirational quotes from the Hindu Spiritual classic Bhagavat Gita)

Dr. Antony Theodore
Connecting - To - The - Hub

Note that what is introduced as connecting to the hub in this meditation, refers to a process that has been referred to as decentering reperceiving and deautomatisation in the scientific literature.

Dr. Antony Theodore
Conquering The Mind

For the one who has conquered the mind, the mind is the best of friends.

But for one who has failed to do so, his very mind will be his greatest enemy.

Bhagavat Gita.

Dr. Antony Theodore
Conscience - Is - Enough

The heart and conscience are enough to know virtue. It need not be taught.

There is inner strength and spiritual values written in our conscience that we speak about truth and act accordingly.

Dr. Antony Theodore
Conscious Awareness of God.

The mystical experience cannot be reduced to logical formulation or adequately expressed symbolically.

But there is a conscious awareness of God, though it is ever tenuous and tinged with doubt.

On the conceptual level, where logic and rationality are in command the mystical experience may admit of doubt.

In fact, it may perhaps admit of nothing else but doubt.

But on the level of immediate intuition, it admits of no doubt.

This is a level in which, an experience impresses itself upon us directly without ambiguity.

It is the level on which we experience reality as we experience our own being.

In this level, there exists no doubt. So it is futile for a man to insist on a logical formulation of the process or the experience.

(Graphic: ??????? ?????????? ??????? ?????? (Freydoon Rassouli)[??????] - ??????? ??????? ?????? )

Dr. Antony Theodore
Conscious Relation With The Absolute

Mysticism is the way out of
for the awakened spirit of man.

It is the healing of that
human incompleteness
which is the origin
of our divine unrest.

In this world of illusion
we have no continuing city.
Mysticism then is not a philosophy.

It is the achievement here and now
of the immortal heritage of man.

It is the art of establishing
his conscious relation with the Absolute.

Dr. Antony Theodore
Conscious Union With The Absolute

When the whole self
is raised to the condition
in which conscious union
(even for a moment)
with the Absolute takes place,
the mystic ascends in this moment
to the summit of his manhood
or her womanhood
and enters into that greater life
for which he or she was made.

It is an arduous and definite journey,
far removed from mere emotional or intellectual activity.

Dr. Antony Theodore
Consciously - Cultivated

These areas of emotional intelligence can be consciously cultivated to create spaces where more people can be productive, as their emotions will not rule over their reactions and interaction with the world around them.

Dr. Antony Theodore
Consciousness

Consciousness is something we can experience anywhere anytime.

For example, if you're reading as you are now, you can begin by just becoming aware of reading these words.

Start then to become aware of your own breathing, and of your body sitting in the chair.

Next, become aware of the various sounds you can hear around you.

Look around and perceive the light and colours of the things you can see. Practice regularly to be aware of all around you.

Dr. Antony Theodore
Consciousness - Is - Not - Eternal.

Consciousness
is not eternal.
It was maintained
by the purvapakshin

that as consciousness
is self-established
it has no antecedent.

But this is an
tempt to prove
something not
proved by something
else that is equally
unproved.

Purvapakśa (?????????) —lit. the view placed first for consideration which
generally is the view of the objector and is generally refuted by the author's view
called ????????? (uttarapakśa) or ????????? (siddhanta) . (Source: Wikisource: A
dictionary of Sanskrit grammar).

Dr. Antony Theodore
Consciousness As The Spiritual Part Of Us

Because consciousness is the eternal, spiritual part of us, not only can we see physical stuff more clearly, but we can also perceive things that are non-physical too.

(These are the positions many take in such a discussion about awareness and consciousness. We may agree or disagree with it. It takes us to a world of thinking.)

Dr. Antony Theodore
Consciousness In Living Beings.

The Almighty
is the mind
among the senses.

The Almighty
is the consciousness
in living beings.

(View of the Vedas)

Dr. Antony Theodore
Consciousness Is Spiritual

Consciousness
is the eternal, spiritual part of us.

So we can see not only physical stuff more clearly, but we can also perceive things that are non-physical too.

Dr. Antony Theodore
Consciousness Of Radiant Light

Frequently, as in the case of their first conversion, they report an actual and overpowering consciousness of radiant light, ineffable in its splendour, as an accompaniment of their inward adjustment.

This is the form which it most usually assumes in the consciousness of the self.

Dr. Antony Theodore
Consciousness Of Radiant Light,

The seeker of God experiences frequently, as in the case of his first conversion, an actual, overpowering consciousness of radiant light, ineffable in its splendour, as an accompaniment of his inward adjustment that takes him to the sanctuary.

There is indeed an actual light, rare, indescribable, lighting the very light inside.

Dr. Antony Theodore
Consciousness Of The Mystery And Constant Purgation.

By the accident of one's individuality, one becomes a poet.

The greatest obstacle to the realization of this vocation is the same as that which obstructs spirituality against the false self.

One disciplines himself for his art in the same way as he prepares himself for his spiritual way.

One should allow the consciousness of the mystery to express itself, by constant purgation.

Dr. Antony Theodore
Consecrating - Our - Lives

May we choose
to have our
spiritual ear
pierced with
His holy awl
and consecrate
the rest of our
lives to His
service out of
deep love for
the One Who
purchased us
with His own
precious blood,
and sealed our
life into His
protective
care forever.

Dr. Antony Theodore
Consequence - Of - Sin - Is - Death

We sense that things shouldn't be this way, that there must have been a time when things were right in the world.

There was such a time.

When God first made man, he made him perfect, able to live and love as he should, free from sin and sin's worst consequence, which is death.

Dr. Antony Theodore
Consequences Of Abortion

“Bernard Nathanson quote Yes! It is undeniable murder now in these modern times!
It is just society giving a free pass to go out and do whatever you want without consequence.
Except abortions don't just kill babies they haunt mothers for life! &quot;

(Katie Hughes saved to Feminism and equality pinterest)

Dr. Antony Theodore
Conspicuous - Characteristic

The most conspicuous characteristic of human beings is not the ability to contemplate the world rationally and logically and make perfectly gauged choices and calculations about reality but the ability to become involved in the world, developing the skills required for acting effectively in worldly situations.

Dr. Antony Theodore
Constancy - Of - Your - Trust- In - God

One aspect of this is the degree to which you trust Me in a crisis or major decision.

Some people fail miserably here, while others are at their best in tough times.

Another aspect is even more telling: the constancy of your trust in Me. People who rely on Me in the midst of adversity may forget about Me when life is flowing smoothly.

Dr. Antony Theodore
Constant Self Awareness

(Self examination is needed on our path to God. Control the activities of your mind and work hard for the goal).

Does your mind travel
Like a swarm of bees
Than like an arrow
Shooting straight for the goal?

Does your mind travel
in a Vague, swirling, fuzzy way?

Is your love bound up with hatred,
trust with suspicion,
altruism with selfishness?

The only clear path to God
is a path of constant self awareness.

Published on October 08, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Consummation Of An Unknown Self

Only in and through
the death which gradually
unfolds, a simultaneous
mutual consummation
of an unknown self
born of love is
made possible.

Dr. Antony Theodore
Contact With The Asian Religious Thought

Every poet of the world
should come into contact
with the Asian religious thought.

Asia is spiritual in its core.
Asia has so much to offer
to the materialistic minded
modern man of this century.

Living for God, breathing in God
smilingly work for the poor
and enjoy the peace and serenity
is the poetic call that is given to all of us.

Dr. Antony Theodore
Contemplating - On - Time

Human beings are creatures of "time," and we are preoccupied with that theme.

We wear watches so that we can keep account of "time."

Our music contemplates this theme. We sing that "time goes on," and at the same time lament that "time has stood still since we've been apart."

Dr. Antony Theodore
Contemplating - Our - Position

What joy should
fill our hearts
and what awe
should flood
our beings as
we contemplate
the momentous
position, of working
with The Almighty.

Dr. Antony Theodore
Contemplation Has Deep Implications In Daily Life.

Contemplation can be validly seen as a human act carried on at a specific time by a specific individual.

Contemplation certainly has deep implications in the daily life of the one who engages in it.

Dr. Antony Theodore
Contemplation Is A Gift To The Poor And Lowly

It is by the union
of the soul in and with God
contemplation happens.

It is God's gift
and He gives his gifts
to the poor and lowly.

In contemplation itself
there is no embellishment
of the ego at all.

Dr. Antony Theodore
Contemplation Is Not A Negation Of Life.

Contemplation
is not a negation of life.

The reason for the self-annihilation
is not that the person looses
his metaphysical or even physical
status, or regresses into
non-entity, but rather that
his real status is quite other
than what empirically
appears to be his status.

Dr. Antony Theodore
Contemplation Of The Absolute.

Reality may be apprehended
in either transcendent
or immanent, positive
or negative terms.

It is both near and far.

For some selves,
that which is far
is easiest to find.

To a certain type of mind,
the veritable practice
of the Presence of God
is not the intimate
and adorable companionship
of the Inward light,
but the awestruck
contemplation
of the Absolute,
the source and origin
of all that is.

Dr. Antony Theodore
Contemplatives Contribute To Interfaith Dialogue

A most important aspect of this inter-faith dialogue is the special contribution that the contemplative life can bring to the dialogue, not only among Christians, but also between Christians and the ancient religions of the East.

Dr. Antony Theodore
Contented - And - Cheerful

It is of the utmost importance that we maintain a contented, cheerful, genial disposition.

We have chosen our own attitudes.

What we have right now is our own choice.

Know for yourself it is a continuing choice.

Dr. Antony Theodore
Control - Your - Speaking

Your speaking should come under the control of God's Spirit.

As positive speech patterns, replace your negative ones.

The increase in your Joy will amaze you.

Dr. Antony Theodore
Control Of The Senses And Attachments

Attachments,
pride, false prestige,
greed, lust, ignorance,
anger, envy,
all these lead you away
from the presence of God.

Spiritual knowledge,
austerity, study of the holy Texts,
meditation and contemplation
and control of the senses
will lead you to the Almighty One.

Felix M. saved to are the truths given by the Hindu Scriptures to humanity)

Dr. Antony Theodore
Control The Thoughts

When a single thought
or a string of thoughts
keep repeating in you
and if it is sad and dark,
it can lead you to
mental sickness.

Prayer in deep faith
will help to conquer
such dark and negative
thoughts that repeats itself
in your mind, disturbing
your mental peace.

Give such thoughts to God
and ask for the grace to
conquer it knowingly
and decisively.

In deep faith if you
ask and pray,
you will become free
from such ruminating thoughts.

Dr. Antony Theodore
Controlling - Anxiety

Some people react to anxious situations by breathing faster, which can worsen stress and anxiety.

Consciously slowing the breathing down can control the anxiety.

Dr. Antony Theodore
Converging - Towards - The - Ultimate

All the energies
converge towards
the Ultimate Subject,
towards the
Spiritual Heart,
which brings beauty,
love, and freedom.

Dr. Antony Theodore
Conversation - With - God

Yet, in this hour,
our means for
survival is our
conversation with God.

I find myself pressing
through, toward
the next thing,
seemingly unthinking.

But if I dig a bit
below the surface
of my mind,
I see many thoughts
that I am not bringing
to God. What will
happen next week?

How will my child
handle the disappointment
of another canceled activity?

Such is my conversation
with the Almighty One.

I believe, it is prayer.

Dr. Antony Theodore
Jesus' conversation
with the rich young
man continues
"in every period
of history,
including our own.
The question:
'Teacher, what good
must I do to
have eternal life?'
arises in the heart
of every individual,
and it is Christ
alone who is
capable of giving
the full and
definitive answer;"

(Ref: Mathew.19: 25 of
the New testament).

Dr. Antony Theodore
Conversion

The person emerges from a smaller limited world of existence into a larger world of being.

His life becomes swallowed up in a larger whole.
All conversion entails the constant remaking of the field of consciousness, an alteration in the self's attitude to the world.

Conversion is often a sudden, intense joyous perception of God, immanent in the universe; of the divine beauty and unutterable splendor of a larger life, wherein the individual is immersed.

He begins a new life lived by the self in accordance with this now new dominant fact of existence.

(Graphic: Great Doctrines of the Christian Faith: Soteriology: Conversion - 10.)

Dr. Antony Theodore
Conversion  Is The Larger World-Consciousness

Conversion is primarily an un-selfing. The individual is in his own little world controlled by the deep-seated instincts of self-preservation and self-enlargement.

Conversion  is the larger world-consciousness pressing in on the individual consciousness.

Often it breaks in suddenly and becomes a joyous perception, a great new revelation.

(Graphic: Figure of God from Conversion of St Paul by Michelangelo, Sistine Chapel, ...)

Dr. Antony Theodore
Conversion - Of - The - Sinner.

We can safely say that
the greatest witness
to the almighty
power of God
is the conversion
of the sinner.

Dr. Antony Theodore
Conversion As A Joyous Perception Of God

All conversion entails
a constant remaking
of the field of consciousness,
an alteration in the self's
attitude to the world.

Conversion is a sudden, intense,
and joyous perception of God
immanent in the universe,
of the divine beauty
and unutterable splendour
of that large life
in which the individual
is immersed, and a new life
to be lived by the self,
in accordance with this
now dominant factor of existence.

Dr. Antony Theodore
Conversion As A Revelation

Conversion is primarily an unselfing.
The individual is in his own little world.
He is controlled by the deep seated
Instincts of Self-preservation.

The universe is organized around
his own personality as a centre.
Conversion is the larger world-consciousness
Pressing in on the individual consciousness.

Often it breaks in suddenly
and becomes a great new revelation.

Dr. Antony Theodore
Cook A Little More In Your Saucepan

See, that you cook
always a little bit more
in the saucepan when you
sit at the table with
your own loved ones,
so that
you may think and give
to many who have no saucepans.

(Graphic: Helping essay - Dako Group)

Dr. Antony Theodore
Corrupt Not The Scripture

When Scripture
is read in context,
the temptation
to modify the meaning;
corrupt the content
or falsify truth
disappears,
and enlightenment
floods the heart.

Dr. Antony Theodore
Cosmic - Santa - Claus

At the same time, if we deny Jesus, He will deny us.

Millions of Christians treat God as a cosmic Santa Claus and only go to Him when they need something.

The rest of the time, they want nothing to do with Him.

They go about doing their own thing, and if someone asks them about their faith, they brush it off like an old tradition.

Dr. Antony Theodore
Cosmos - Into - Chaos

Soon after the creation
of the universe,
cosmos soon
turned to chaos:
ugliness, disorder,
and death.

Our state of original
justice, giving to
God what is due,
was replaced by
original sin.

As a concept,
original sin is no easy
truth for the intellect.

In reality, though,
original sin is as
obvious as the sky is blue.

But the universality of
original sin,
the nature of the
Fall is difficult for
man to understand.

English author G. K. Chesterton went so far as to remark that original sin
"is the only part of Christian theology which can really be proved."

Dr. Antony Theodore
Cosmos - That - Hides - Your - Secrets

I want to thank you, dear God,
for this earth that is so rich in beauty,
for the sun that shines and warms me,
for moon and stars that enchant the night,
for the cosmos that hides your secrets,
for you, because you are with me every moment.

(Graphic:
Azutura
Galaxy Cosmos Space NASA Wallpaper Wall Mural)

Dr. Antony Theodore
Count - Your - Blessings

We should praise
and give thanks
to the Lord God
every day.

Make a habit
of counting
your blessings.

Verbalize them
to the Lord before
you get out of bed.

Tell others how
grateful you are
for the saving grace
that was extended
to you via the cross.

As you do that,
you will enter
His presence
with praise
and thanksgiving.

Dr. Antony Theodore
Cravingfor Beauty.

Be an ocean breeze.
Be a thunder storm.
Be a rain cloud
pouring in rain
to the hungry souls
that crave for beauty.

Dr. Antony Theodore
Crawling - Into - Your - Cave

let's not dive into despair.
It might be easier
than normal during
this season to crawl
into your cave and
cut the world off,
but what good will that do.

(During this time of corona when we see so many die
all over the world we shall be strong and do all that we can do to alleviate the
sufferings of the poor and sufferings ones).

Dr. Antony Theodore
Crawling On The Forest Path

The red scorpions
on the green leaves
making a sun bath,
scurrying beetles
and centipedes,
all on my way
to the school.
I had to crawl
in the woods
and that was funny.

All those sweet memories
Linger in my brain now
as I grew up to become
someone to achieve
an honourable place
in the society.
I sit alone and think
how sweet were those days.

Dr. Antony Theodore
Crazy Answers

God's answers seem very often as crazy to our fallen human nature.

But they are wonderful, life-giving solutions.

God commands us to pray for those who hurt us, who tried to destroy us in all ways.

We don't pray for them while they deserve our prayers.

We pray for them, because we are God's children and He gives life and breath even to the ungodly.

In the end, the ungodly will be held responsible for their sins, but our prayers will dissolve our bitterness.

It is a great miracle to live without bitterness.

Dr. Antony Theodore
Create A Mind In Rhythm With Itself.

Imagine the field of corn in autumn.

When the wind catches the corn, the corn bends low with the wind.

When the wind is gone it finds its own poise and balance again.

Be gentle with yourself.

Create a mind in rhythm with itself.

(I published this Poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time in this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Create A Spring Inside Me

Create a spring inside me
welling up for eternal life.

How trivial is this life.
It ends when we never
desire for or wait for.

How happy I will be
to dwell in your house.
Your nearness will be
my eternal house.

(Yesterday evening the wife of my best friend suddenly fell from the chair and died. She was 69 leaving back 5 children).

Dr. Antony Theodore
Create A Vision For Yourself.

When you create a vision for yourself, slowly God will provide you with all that is necessary to go forward.

Determination and definite action with joy in your mind and a small prayer are the necessary tools to succeed.

Dr. Antony Theodore
Create And - Empower

The key is to create, empower and associate communities of practice capable of addressing the multiple problems we face.

Dr. Antony Theodore
In Genesis, God lets us in, on his most audacious plan. After his wonderful creative work is established, all of earth is handed to Adam and Eve. "Let us make men and women in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth" (Gen. 1: 26 of the Old testament). Dr. Antony Theodore
Created - To - Rule

Human beings
are meant
to exercise fierce
mastery over
our domain.

Like a foreman runs
a ranch or like a
skipper runs his ship,

better still, like
a king rules a
kingdom, God
appoints us as
the governors
of his domain.

We were created
to be the kings
and queens of the earth.

Dr. Antony Theodore
Creating - Harmony

The question
"Who am I?"
exists in a
hidden state
in each one of us,
creating harmony
in our entire being.

Dr. Antony Theodore
Creating - Spaces

Consciously cultivate to create spaces where more people can be productive, as their emotions will not rule over their reactions and interaction with the world around them.

(Referring to the study of emotional intelligence)

Dr. Antony Theodore
Creating - Values

Human beings,
do not just
create value
from nothing,
out of nothing,

but by playing
their parts as
active members
of the creative
universe.

Dr. Antony Theodore
Creation - And - Trinity

Creation, then,
was from the start
a reflection of the
Trinity, is a well-ordered
family of loving Persons:
God the Father utters
His Son, the Word of creation,
with the breath of the Holy Spirit.

Creation is born of the Logos
that is, the Word and indelibly
bears the mark of the creative
Reason which orders and directs it;
with joy-filled certainty
the psalms sing: 'By the word
of the Lord the heavens
were made, and all their
host by the breath of his mouth'.

(SeePsalm.33: 6 of The Holy Bible).

Dr. Antony Theodore
Creation Of The Self-Image

We form a self-image by our physical dimension. How a person evaluates his or her appearance is very important.

Our own Psychological dimension and how a person evaluates his or her personality is of utmost importance.

Forming a self-image through the Intellectual capabilities and how a person evaluates his or her intelligence is decisive for life.

Dr. Antony Theodore
The critique of Marx presupposes the existence of a view of what the ideal human order ought to look like.

These values have a history,

and their creative unfolding towards creative human selfrealisation

in the truly human society is,

precisely what Marx is all about.

Dr. Antony Theodore
Creative - Inspiration

Many creative artists, as well as psychologists who have made a study of the creative process, have been impressed by the similarity of the creative inspiration, sudden revelation, intuition and normal human memory.

Dr. Antony Theodore
Creative - Unfolding - Of - Value

A genuine meaning that is stable and lasting, emerges from the creative unfolding of value,

the value that exists both in the world that is independent of human agency

and also in the projects and designs of human agents.

Dr. Antony Theodore
Creative Acts By God. 

The Bible is clear that the universe came into being by a series of Creative acts by God.

God Is The Creator
Both the Old and New Testaments recognize God as the Creator.

In the beginning God created the heavens and the earth (Genesis 1: 1).

Isaiah wrote.
This is what the LORD says: "Heaven is my throne, and the earth is my footstool. Where is the house you will build for me? Where will my resting place be? Has not my hand made all these things, and so they came into being?" declares the LORD (Isaiah 66: 1,2).

John declared.
All things were made by him, and without him nothing was made that was made (John 1: 3).

Paul testified.
For by him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through him and for him (Colossians 1: 16).

The writer to the Hebrews said.
By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible (Hebrews 11: 3).

The United Testimony Of Scripture Has God As Creator

The first chapter of Genesis makes about seventeen references to God as the Creator. The remainder of Scripture speaks of the creative works of God approximately fifty times. It is clear that the Bible teaches that God is the Creator of the universe. Scripture also teaches that God created humankind.

So God created humankind in his own image; in the image of God he created them; male and female he created them (Genesis 1: 27).
There Was A Series Of Creative Acts Of God

The Bible says that the universe was brought into existence by means of a series of creative acts by an all-powerful, loving God. These acts were freely done of His own accord - there was nothing forcing Him to create the universe.

The Scriptures clearly teach that God is the Creator of all things.

The concept of creation is not an obscure doctrine in the Scriptures.

There are at least one hundred references in the Bible referring to God's creative activity.

It is the first doctrine to be stated:

In the beginning God created the heavens and the earth (Genesis 1: 1).

Creation is also one of the last to be restated:

You are worthy, O Lord, to receive glory and honor and power; for you created all things, and by your will they exist and were created (Revelation 4: 11).

(Taken from Don Stewart: : Was the Universe Created by God?)

(Graphic: Jo Josie saved to up above Milky Way along the Tetons. Guys the freakin sky. Look at all the stars y ou can see there.... O.O Pinterest)

Dr. Antony Theodore
Creators - Of - Value

Once we start to see the world as objectively valueless, we move to a position in which human agents are seen as the creators of value.

The world as an inherently valueless realm of objects is seen as becoming valuable through human beings projecting their 'values' upon it.

Dr. Antony Theodore
Crimes - Of - Edom

Scripture gives a profile of the crimes of Edom, and pinpoints their destruction, which will take place on the mountains of Esau.

He uses 'Edom' and 'Esau' as a picture of His judgement on ALL the ungodly gentile nations of the world, and on those who reject God's Word and abuse His people.

Dr. Antony Theodore
Critique - Of - Nihilism

To develop the critique of the nihilism, inherent in the technological ordering of the world to yield a positive alternative,

we need to transcend the drive of technologization

toward the instrumentalisation of being and restore the authentic purpose.

Dr. Antony Theodore
Crowning - Achievement

The understanding of life's worth is one of the crowning achievements of human civilization.

It is the result of a very long historical journey through and beyond far less satisfactory visions of human moral obligation.

Dr. Antony Theodore
Crucified - With - Christ

Paul exclaimed saying, "I have been crucified with Christ and the life I now live, I live by faith in the Son of God Who loved me, and gave Himself for me." (Ref. to St. Paul's letter to Galatians 2: 20)

Dr. Antony Theodore
Crush Me And Possess Me.

Allow me to be the clay
in your powerful hands.

Play on me my Lord.
Beat me down as you like
to shape me as you will.

I shall become what
you want me to be.

Only then I shall find
real and eternal joy.

Beat me down.
crush me
and possess me.

Graphic: Vanessa Anderson saved to Artsy Things Pinterest)

Dr. Antony Theodore
Crushed And Broken-Hearted

I created expectations dreaming,  
that they would be fulfilled  
if I made the right choices.  
But I woke up to the reality  
to find, it didn't match my hopes.

My beliefs about how my life  
would turn out were pleasant but false,  
being forced to recognize,  
my clinging was to a pretense.

We often build pretenses  
about how our lives  
should pleasantly appear.

We think, ideas we imagine  
should govern our lives.

But God has His own  
plans for our lives.  
Our pretenses often  
lack the foundation  
of what God wills.

We long for a path free  
from pain and barriers,  
but God doesn't always  
follow the easy trail.

When we are crushed  
and brokenhearted  
even from our own pretenses  
we know that the brokenness  
doesn't separate us from God.  
It draws us nearer to God.

„The Lord is near to the brokenhearted and saves those who are crushed in
spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. The Lord redeems the soul of His servants, and none of those who take refuge in Him will be condemned; (Holy Bible, Psalm 34: 18-22). Graphic: the Lord is close to the broken-hearted. From Genovamaaa's collections in Photobucket)

Dr. Antony Theodore
Crushes - The - Head - Of - The - Serpent

Jesus was to be welcomed
as the One Who would
crush the head of the serpent.

He was to shepherd
His people Israel.

He was the anointed One,
for Whom they had been
waiting, since the first Passover,
when God called His people
out of Egypt to be His adopted
son and chosen nation.

Dr. Antony Theodore
Crushing -The -Head -Of -Sin

We are given the gift of the indwelling Holy Spirit permanently.

It is the Spirit of Christ, Who Himself triumphed over every proud principality and power, crushing the head of sin and darkness at the greatest Cross-Road of history.

At the cross of Calvary, Christ, victoriously and irreversibly pronounced: it is finished!

Victory has been secured, and the evil enemy of our soul is already defeated.

(Graphic: Vicki Brenneman Been saved to Christ is my Savior. Pinterest)

Dr. Antony Theodore
Cry - Out - And - Kneel - Down

For any believer, mystery is not something to be solved or overcome so much as to be savored and reverenced.

To every person we know and everything we encounter we shall cry loud,

'wondrous mystery, I bow and kneel before you'.

Dr. Antony Theodore
Cry Out With a Loud Voice.

Bad news, danger, and pain
all cause us to look for help.

When we are sideswiped
by life's circumstances,
we should cry out to God.

Speak audibly with great emotion
concerning your urgent need.

It takes both faith and humility
to share our heart's concern aloud.

Crying out, then, is a way
to express trust in God's ability
and willingness to help.
Let us lay down our pride
and attitude of self-sufficiency.

Cry out with loud voice.
God will answer from
His Holy Abode.
Wait for God's timing.
Count on His comfort
and healing presence.

(Graphic: Medic român: „Rugaciunea vindeca boli”
Problemile de sanatate pot fi vindecate cu ajutorul credinței. Specialiștii spun că rugaciunea și spiritualitatea, în general, îi ajuta pe bolnavi, 60% din cei sprijiniti prin rugaciune...)

Dr. Antony Theodore
Crying - In - The - Wilderness

After many years of silence from the Lord, John the Baptist was the prophetic voice crying in the wilderness, 'prepare ye the way of the Lord'.

The Mosaic Law; the feasts of the Lord; the Aaronic priesthood; the sacrificial offering; the wilderness Tabernacle and Solomonic Temple were all signposts that pointed the people to Jesus.

Dr. Antony Theodore
Crying - Out - For - Grace

Attacks of the enemy
and persecution
from other people,
assaulted this child
of God from many angles.

The constant fightings
without and fears
within, caused David
to cry out for grace
and mercy from
the relentless attacks
that oppressed him.

Dr. Antony Theodore
Crying - Out - In - Ecstasy

It is because
of the greatness
of His power
and the awesome
nature of His
majesty, that the
Psalmist cries
out in ecstasy,

"Come and see the
works of God,
Who is awesome
in His deeds toward
the sons of men."

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
Cuckoo`s - Song

Once I was on bed with the window open and I heard very close a cuckoo.

The cuckoo`s sweet song was like a soft feather touching my soul.

Never heard anything so beautiful.

I was so happy.

Dr. Antony Theodore
Cultivating - Receptivity

Cultivating receptivity

involves the creation of the means and mechanisms of collective control and comprehension,

both institutional and psychological and ethical.

It demands from us a character-construction within appropriate social relations.

Dr. Antony Theodore
Cultural - Treasure

Every people has its own native and seminal wisdom which, as a true cultural treasure, tends to find voice and develop in forms which are genuinely philosophical.

Dr. Antony Theodore
Cultural Evolution

The idea of cultural evolution must determine most of our life choices.

Art is one of the primary levers of social progress.

Art marks the advances of the Renaissance.

Music plays a significant role in producing cultural evolution.

Study art movements and their role in changing the way people felt and thought about the world.

We are here to change this world and leave it a better place when we die.

'We should become the change that we hope to change'. Mahatma of India taught us.

Dr. Antony Theodore
Curing - Anxiety

Think about
whatever is lovely,
whatever is commendable,
if there is any excellence,
if there is anything
worthy of praise.

(Ref. to Philippians 4: 6-8)

Dr. Antony Theodore
Cultivate Will Purity

"Cultivate vigor, patience, will purity; avoid malice and pride. Then, you will achieve your divine destiny."

(Inspirational quotes from the Hindu Spiritual classic Bhagavat Gita)

Dr. Antony Theodore
Cyclical - Time

The notion of cyclical time is common to religions like Buddhism and Hinduism, and it has become popular in the modern times.

in the Eastern Yogic tradition, Hindus believe that when a person dies, his soul transmigrates into a different body.

Hopefully, with each new reincarnation the soul is progressively purged by one's Karma until finally it merges with God.

Dr. Antony Theodore
Dancing - And - Singing

This form of communal worship in dancing and singing responded to rigid caste structures by engaging all people in worship regardless of caste and creed.

This development was very positive.

Dr. Antony Theodore
Dancing - Hand-In-Hand

Is it not great
when life's
highs can
trigger a
fantastic feeling
of dancing
hand-in-hand
with euphoria?

But it is
very sad
when life's
lows cause
a spiral into
an emotional
meltdown.

Dr. Antony Theodore
Dancing According To the Tunes

Live your life
the way your heart leads.

Take notes for your life
from your own convictions.

Do not dance according
to the tunes of others.

Sing, dance, laugh and love
and live every moment
of your life without regrets.

Dr. Antony Theodore
Dancing Through Life Because Of Faith

Exhilarated and winged
Elated and buoyant
we begin to dance through life
also in sad times
and in turbulent days.

We are cheerful
while life taught us a lot.

We believe firmly in God
and this faith helps to go on.

(Graphic: dancing through life_zps93ldr8q3 photobucket Genovamaaa's collection)

Dr. Antony Theodore
Daniel Goleman's work in emotional intelligence has outlined five main areas of this intelligence.

They are:
- self-awareness,
- self-regulation,
- motivation,
- empathy,
- and social skills.

Dr. Antony Theodore
Dante Speks Of His Vision

„And I believe that I saw
the universal form
of this complexity;
because, as I say this,
I feel that I rejoice more deeply...

Oh, but how scant
the speech and how faint
to my concept! and that to
what I saw is such,
that it suffices not to call it 'little' „.

O Light Eternal,
Who only in Thyself abidest,
only Thyself dost comprehend,
and, of Thyself comprehended
and Thyself comprehending,
dost love and smile! &quot;
(Dante, Divine Comedy, Paradise, xxxiii.82ff, & 121ff).

Dr. Antony Theodore
Daring To Pray

I am not even a worm
not even an ant
not even a mustard seed.

But I do dare to seek you,
do I dare to pray to you.

This daring you give me
all the day long and in the night.

Dr. Antony Theodore
Dark -Triad -Traits - Of - Psychopathy

The people who take advantage of false victimhood status are hardly reputable individuals.

Their underlying personalities reflect the so-called "Dark Triad" traits of psychopathy (lack of empathy and morals)

Dr. Antony Theodore
Darker - Monsters - In - The - Caves

Perhaps we imagine
we are amateur exorcists,
praying the Rosary
with furrowed brow
and tired fingers.

To make headway,
we must first face the depths.

The evil we are battling
is not just human selfishness,
lust, rage, and greed.

These are symptoms
of a deeper illness in our race.

There are darker monsters
in the caves where
our ancestors slept.

Dr. Antony Theodore
When the woman caught in adultery was brought to the Lord Jesus, He exposed the darkness lurking in the sinful hearts of all the men, elders, Scribes, and Pharisees who were accusing her.

A little later that day we read that, "Jesus spoke to the Scribes and Pharisees... and said to them, 'I am the Light of the world. He who follows Me will not walk in the darkness, but will have the Light of life.'" (Ref: John 8: 12)

Dr. Antony Theodore
Dark-Triad - Traits - Of - Psychopathy

The people who take advantage of false victimhood status are hardly reputable individuals.

Their underlying personalities reflect the so-called "Dark Triad" traits of psychopathy (Lack of empathy and morals).

Dr. Antony Theodore
If the concept of Darwinism were true, and nature's evolutionary powers were continuously refining earth's biological creatures, one might anticipate that species would be getting progressively vigorous.

After all, evolution's major principle is supposed to be development by means of natural selection, i.e., the "survival of the fittest."

But the geologists say that the whole record of earth's history is a sad scene of degeneration.

Just read about the "library of the rocks," i.e., the geologic record.

Finally conclusion is that everything comes down to the great word 'Mystery'.

(Graphic: Images for vickypedia the record of earth's history is a sad record of degeneration)

Dr. Antony Theodore
Das Lächeln Meiner Mutter

From: Brahmin
To: The Poet Poet
Date-Time: 6/4/2018 6: 01: 00 AM (GMT -6: 00)
Subject: Re: Your German translation is AWAITED

Dear poet.
here is the translation into German..... of your poem..

Das Lächeln meiner Mutter

Das Lächeln der Mütter
Ein Gedicht von mir, dem Dichter Yeps

Das Lächeln meiner Mutter
Ist mein Gedicht der Klassik
Viele haben es gelobt
Über alle Grenzen hinweg
Mach einen Punkt, um es zu lesen
Sie haben ebenfalls eine liebevolle Mutter

Sie kommt immer noch täglich zu mir
Lächelt aufrichtig und ernsthaft
Und sagt
Sohn, ich warte immer noch auf dich
Aber nimm dir Zeit
Ich habe es nicht eilig

Hier gibt es keine Sorgen
Der Herr kümmert sich unentwegt um uns
Voller Ernst
Wie du, mein Sohn, es ebenfalls tust

Aber dich kennenzulernen
Wird mein allumfassendes Verlangen sein
Tief erfüllt
Und verfasse weitere Gedichte
Sie von deinem Sohn zu lesen,
is ergreifend
Ja, sie ist verstorben
Vor fast 50 Jahren
Ist sie den einsamen Weg allein gegangen

Niemand bleibt auf Erden
Wir alle werden sterben
Aber meine Liebe gilt dir
So lange ich lebe
O Dichter, sie können dir
Alles geben


Und die Dichter können über sie schreiben.

Dr. Antony Theodore
David And Bathsheba

King David was a sinner.

He took Bathsheba,  
the wife of his soldier  
Uriah the Hittite.

Just to cover up his sin  
he let Uriah die  
in the battle field.

But God saw it.  
God sent Nathan  
the prophet to him.

He condemns the evil act  
of David the King.

David repents.

He asked for pardon.  
God forgave him.

Reference: 2 Samuel 11 NKJV - David, Bathsheba, and Uriah -in the Holy Bible  
Graphic: lessonsfromhome saved to Best of lessonsfromhome Pinterest)  

Dr. Antony Theodore
Day - Of - Thick - Darkness

Various biblical writers describe it as a day of thick darkness, a day of trouble and distress, a day of waste and desolation, a day of darkness and gloominess, a day of clouds and thick darkness, when there will be destruction from the Almighty.
(Ref. to Amos 9: 11)

Dr. Antony Theodore
Day - That - Sparkles

A new day that
sparkles and crackles
is born now in my presence.

I rejoice in your love.

You create every day.

You count every day
like the hair on my head.

Let your Spirit
live in us
to make others happy.

Dr. Antony Theodore
Dead - In - Trespasses

But God is Spirit, and for the Son of God to shed His blood as the full and final payment for sin, He had to become the Son of Man and be born into the very race that is dead in trespasses and sin and at enmity with God.

Dr. Antony Theodore
Deadening - Routine

There begins
the journey which
will lead them to
discover ever new
frontiers of knowledge.

Without wonder,
men and women
would lapse into
deadening routine
and little by little
would become
incapable of a life
which is genuinely personal.

Dr. Antony Theodore
Deaf - To - His - Gracious - Words

When Israel rejected their Messiah at His first coming, the Lord Jesus wept bitterly over Jerusalem, because they did not recognise the day of their visitation.

They were blinded to His divine Person.

They were deaf to His gracious words of salvation and were resistant to trust in His sacrificial work on Calvary's Cross.

Dr. Antony Theodore
Deaf And Dumb Spirits Are Hovering All Over

Deaf and dumb spirits
are hovering around.
All over are they present.

We are not able to see
the sin hatching eggs.

Lascivious life,
uncontrolled are we.

We commit sins
against our own self.

We are like deaf and dumb
spirits running here and there.

Our conscience condemns us.

O how shall we calm our conscience?
It cries out in us and show us our sins.

God calls come back to me.
I shall cure your dumbness.
I shall cure deafness.
Come to me.
My graces are free of charge.

Dr. Antony Theodore
Dealing - With - Anxiety

It is normal for someone to experience anxiety in response to stressful events and situations.

There are several ways to deal with anxiety, including quick techniques to calm anxious thoughts and feelings.

Dr. Antony Theodore
Dealing - With - Resentful - Feelings.

Don't push those unpleasant feelings down; instead, let them come to the surface where you can deal with them.

Ask My Spirit to increase your awareness of resentful feelings.

Bring them boldly into the Light of My Presence so that I can free you from them.

Dr. Antony Theodore
Dealing - With - The - Hurts

To move forward, sometimes,

God actually takes us backward

and helps us deal with some of the ancient hurts of our lives.

Dr. Antony Theodore
Dear - Desire - Of - Our - Heart

In God's grace,
He replaces
our sinful nature
with the sweet
nature of the
Lord Jesus Christ.

Christ demonstrates
to us the great trust
He had in the Father.

It is as we submit
to His perfect will
for our life,
that we discover
His will becomes
the dear desire
of our heart.

Dr. Antony Theodore
I thank
my God for
granting me
the good fortune
to give me
the opportunity
to learn about
death as the
key to our
true happiness.

(Wolfgang Amadeus Mozart
wrote in a letter to
a friend three years
before his death).

Dr. Antony Theodore
Death - And Grief

Death is so deeply personal
and stunningly final,
nothing can emotionally
prepare us for its arrival.

Nothing in life can prepare us
for the death of a loved one.

Whether death results from
a sudden accident or a
sustained illness,
it always catches us off-guard.

With every death,
there is a loss.
With every loss,
there will be grief.

(Consoling wisdom from Psalm: 34: 18 The LORD is close to the brokenhearted
and saves those who are crushed in spirit. Holy Bible).

Dr. Antony Theodore
Death And Love

The mystic's concern with death results from his concern for love.

The paradox that in a love-relationship, a letting go, a surrender, a 'death' to the self-contained, autonomous ego-self is indispensable is a fact of experience which any lover knows, who has tasted something of the riches of friendship.

Dr. Antony Theodore
Death Is Hovering Around.

An unexpected heart attack.
He falls down and dies.
He was my dear friend.
He dies in front of me.
I stand helpless and ask 'why?'

Leprosy eats away body parts.
Doctors treat them as they can.
But patients die, miserably slowly.

An accident on the road.
Driver dies a miserable death,
suddenly without any preparation
for a death and an after-life in faith.

A mother of five loving children
dies of cancer and the children cry
loud to Almighty God... "Why"

(Graphic: Beyond goodbye
1000 × 563Bildersuche
Illustration

Dr. Antony Theodore)
Death Is Stunningly Final.

Whether death results
from a sudden accident
or a sustained illness,

nothing in life can prepare
us for the death of a loved one.

It always catches us unawares
when we are not really prepared.

Death is so deeply personal
and stunningly final.

Nothing can emotionally
prepare us for its arrival.

With every death,
there is a loss.

With every loss,
there will be grief
that pierce us deeply.

Dr. Antony Theodore
Decisive - Answer

The decisive answer to every one of man's questions,

his religious and moral questions in particular,

is given by Jesus Christ, or rather is Jesus Christ himself.

Dr. Antony Theodore
Declare - His - Glory

With the global uncertainty that is being experienced this year, we have to be more determined than ever in our mission to spread the good News.

"Declare His glory among the nations, His marvelous deeds among all peoples." Psalms 96: 3

Dr. Antony Theodore
Declare On House Tops

Blessed be God
who refused me not
my prayer or his kindness.

Declare on house tops
whatever God did for you.

Kneel down, raise the hands
and praise God for his kindness.

Let all on earth sing praise to you,
tell about all the wonders God did
in your life, and in the life of others.

Sing glorious praise,
sing to his holy name.

Let our songs praise
resound till
the ends of the earth.

Dr. Antony Theodore
Decreased Depression

Psychologically, when people reported higher levels of forgiveness,

they also tended to report better health habits

and decreased depression, anxiety, and anger levels.

Dr. Antony Theodore
Deep - Rooted - Memories

People who have accepted and accompanied us in love or whom we have cared for with love give us support today too even after death.

Memories of many shared hours, happy celebrations and good conversations are deeply rooted in us.

(Thinking of the deceased friends and relatives)

Dr. Antony Theodore
Deep Cravings

Rain clouds, 
would you sing to me 
a song of love?

I need a song. 
I need a flower. 
I need a shining star 
tobring me 
to the gratification 
of my deep cravings.

Dr. Antony Theodore
Deep Down In The Cave Of Their Hearts.

God wrote the law of life
in the hearts of human beings.
God established a covenant
with the human beings.
revealing God's judgements.

God's glorious majesty was revealed.

Human beings hear God's voice
depth down in the cave of their hearts.

Dr. Antony Theodore
Deep Fountain Of Love Within

Do you know how to whisper awake
the deep fountain of love Within?

Invite the well spring of love.
It is your deepest nature
to flow through life in love.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Deep Resonance

I heard a call from one
who has no voice,
but speaks in everything that is.
I heard his call in the depth of my being.
He called me by my name.
I heard the deep resonance
in the inmost center of my being
and I was awakened to the Real
within all that is real.

Dr. Antony Theodore
Deepened Levels Of Intimacy And Communion

The words of love
which we express normally
articulates and communicates
deepened levels of intimacy
and union.

Such words of love
themselves evoke
occasions of this communion,
which is a mode of knowing
not wholly available
to what can be communicated
in quantitative, verifiable forms.

Dr. Antony Theodore
Deeper - Ones - Of - Fulfillment

We have to examine ourselves and find out how wonder plays a role, and whether our feeling is rooted in passing feelings of pleasure or deeper ones of fulfillment and connection.

Dr. Antony Theodore
Deeper - Than - Self - Image

Self-image has a lot to do with self-esteem.

After all, how we see ourselves is a big contributing factor to how we feel about ourselves.

Self-esteem goes deeper than self-image.

Self-esteem is the overall sense of respect for ourselves and involves how favorably or unfavorably we feel about ourselves.

Dr. Antony Theodore
Defective Vision

He who has
a defective vision
or jaundiced eye
says that the moon
is of yellow colour.

(wisdom from Uttarakanda)

Dr. Antony Theodore
Deficiency - Of - Meaning

Nihilism is the deepest problem faced by the modern world.

This points to a deficiency of meaning and morality that no amount of material quantities can make good.

We have to study the social and ecological crises we face in the nihilism of the modern world and how this moral malaise relates to social relations and institutions.

Dr. Antony Theodore
Defiling - Their - Garments

The people in this Fellowship of the church in Sardis gave the appearance of being alive, vibrant, and effective to those in the world, and yet the Lord Jesus denounced them as dead, and complained that He had not found their deeds to be complete, in the sight of God, for they had defiled their garments, and walked in an unworthy manner.

(Ref. to Revelation 3: 5)

Dr. Antony Theodore
Defining - Self - Image

Self-image is defined as "the idea, conception, or mental image one has of oneself.

(According to Random House Dictionary.)

Dr. Antony Theodore
Dejection, - Anger

It is a state of feeling sad; dejection, anger, anxiety, and depression.

It is a mood disorder marked by sadness, inactivity, difficulty in thinking and concentration,

a significant increase or decrease in appetite and time spent sleeping,

feelings of dejection and hopelessness, and sometimes suicidal tendencies

Dr. Antony Theodore
Delighted - To - Sing

Surely the goodness
and mercy of God
shall follow us
all the days of
our life, and we
should not hesitate
to delight to sing
His eternal praises,
and offer Him
the thanksgiving and
honor that is
due to His holy name.

Dr. Antony Theodore
Deliver The Poor, My God

If God has a face.
this is God's face.

If God has hands
these are God's hands.

If God has ears
these are the cries
that God hears.

Come o Lord, God,
come soon
to deliver the poor.

Come please.
Do not wait anymore.

(Graphic: ????? ?????! saved to the pooR ??????? Pinterest)

Dr. Antony Theodore
Deliverance From His Own Self

A mystic seeks no kind of mastery except for the mastery of self. He seeks no kind of knowledge except for the intuitive knowledge of God at the depths of his being.

All else is superfluous. The life of prayer establishes contact with the source of all life and with the only source of authentic peace.

The mystic yearns to be totally free and to be totally free he must be delivered from his own self.

(Molitve - )

Dr. Antony Theodore
Denying - God

But there were false prophets also among the people, even as there shall be false teachers among you, who privily shall bring in damnable heresies, even denying the LORD that bought them, and bring upon themselves swift destruction.


Dr. Antony Theodore
Denying Ourselves To Be Free From Sin.

We have an obligation
to deny ourselves.

The truth cannot
live in us unless we freely
and by our own volition
recognize and cast out
the falsity of sin
from our own souls.

So it is an obligation
to deny ourselves
to become free
from the slavery
of temptations.

Our own conscience
teaches us this truth.

(Graphic: The New You: The Conscience as a Broken Moral Compass)

Dr. Antony Theodore
Depart - From - Me.

Jesus said that
"if you deny Him
before man,
He will deny
you before
His Father.";

Many will say
in the last days,
"Lord, Lord!"
and He will say,
"depart from me,
I never knew you.";

Dr. Antony Theodore
Dependence And Misery

Do not depend on anyone or anything for your happiness.

Cultivate a free mind.

Dependence on someone can give you the sense of wanting.

You live with the desire for needs.

This, in turn, will take you away from harmony and real joy. Your misery is from such dependence.

Dr. Antony Theodore
Depending On God's Goodness

When we abandon ourselves to God, our abandonment becomes profound, when we completely depend on his goodness.

With God's grace, even the tiniest speck of faith and commitment can move a mountain.

Dr. Antony Theodore
Depraved Mind.

Man's hypocritical judgements of his fellow man, are according to his own depraved mind.

A self-righteous, judgemental attitude is inexcusable.

But the judgement that is in accordance with God is rooted in truth.

The judgements of the Lord are founded on His righteous character and gracious love.

Dr. Antony Theodore
Depression - Disease - Distress

As God directs, they follow after peace without any spiritual compromise,

while binding up the broken peace of others, which is caused by depression, disease, divorce, and distress.

Dr. Antony Theodore
Der - Geist - Ist - Mehr - Als - Atem.

Der Tod tritt ein,
wenne der Geist
oder Atem den
Körper verlässt.

Doch der Geist ist mehr als Atem.

Der Geist ist die
einzigartige Identität
des Individuums,
gekennzeichnet
durch Selbstbewusstsein,
Willensakt,
moralische Entscheidungen
und Verantwortung.

In English in a nutshell

Death occurs when the mind or breath leaves the body. But the mind is more than breath. The mind is the unique identity of the individual, characterized by self-confidence, act of will, moral decisions and responsibility.

Dr. Antony Theodore
Die Idee des menschlichen Geistes
oder der menschlichen Seele
ist der Glaube, dass jeder
Mensch eine einzigartige
individuelle Identität
oder Selbsterkenntnis
besitzt, die nach dem
Tod des physischen
Körpers weiter besteht.

In English in a nutshell

The idea of the human mind or soul is the belief that each person has a unique individual identity or self-knowledge that continues after the death of the physical body.

Dr. Antony Theodore
Descent - Of - Morality

A value system without God describes the descent of morality into a well so deep as to be bottomless.

Morality become reduced to a mass of value judgments.

Where there once was God, an objective morality based on an objective reality whose truths are beyond time, place, custom and politics, now there is an irreducible subjective opinion with no criteria for distinguishing between right and wrong.

Dr. Antony Theodore
Ultimately, any standard of right and wrong is designed by God and is instilled into the mind of human law makers.

This standard of right and wrong, then will be used for moral order.

Ultimately God will judge everyone personally according to the good and the evil results of their actions.

Dr. Antony Theodore
Designed - To - Be - Great

Instead of a momentary inspiration to get you to your next accomplishment so you can feel better about yourself,

you find yourself feeling profoundly significant in front of your Creator

and have a lifetime of motivation to be exactly who you were designed to be.

Dr. Antony Theodore
Desire - For - Altruism

In spite of growing non-theism in society, there is a desire for altruism, love and concern for others, and respect for social order.

Even those who deny God cling to values and beliefs that have only a spiritual origin, meaning, and motivation apart from mere survival instincts.

Dr. Antony Theodore
Desire - For - The Fruits

Those who are motivated only by desire for the fruits of action are miserable, for they are constantly anxious about the result of what they do.

(Karma in Hindu scriptures mean the actions and the intention)

Dr. Antony Theodore
Desire - For - Truth

Born and nurtured
when the human being
first asked questions
about the reason
for things and
their purpose,
philosophy shows
in different modes
and forms that
the desire for truth
is part of human
nature itself.

Dr. Antony Theodore
Desire - To - Be - One - With - God

If we want to heal,
we need to be on
our knees, on
praying ground.

That is based on a
relationship, made
possible through
repentance
and redemption.

Prayer is coming into
perfect fellowship
and oneness with God.

Dr. Antony Theodore
**Desire For A Soul Friend**

In the depth of our hearts,
we yearn for a soul friend.

In the love of a soul friend
we stay aspersons without
masks or pretensions.

The superficial lies,
the functional untruth
and half truths of
acquaintance fall away.

You can be as you really are.

Dr. Antony Theodore
Desire For The Deep Things Of God

True mystical poetry has it’s subject:

It is to follow man’s ancient and perennial desire for the deep things of God.

Dr. Antony Theodore
Desiring - An - Imagined - Life

We desire an
imagined life
and live by a
morality absorbed
through the
stories we hear
from the stories
our parents read
to us as children.

Dr. Antony Theodore
Desiring For The Consummation Of The Mystical Formation

A christian mystic's theology and anthropology are synthesized in his incarnational Christology. The image of God is potentially complete and whole in every individual soul.

The destination that lures the mystic through darkness and poverty of spirit is the consummation of the mystical formation in which the subject and object become one and the disciple is perfectly conformed to the Master.

Dr. Antony Theodore
Despite Contradictions And Differences.

A mystic is conscious of the differences between the Christian faith and other religions.

Despite inconsistencies, contradictions, and differences, a mystic is sure that such a communication between the Christian and other religious thought and practices is singularly enriching and essential to modern life.

Dr. Antony Theodore
Despite Ignorance

Despite ignorance and unbelief, we believe that the kingdom of God applies to all people in all places for all eternity.

We believe in a God who is beyond and above all religions.

Dr. Antony Theodore
Destroy Negativity

Destroy negativity.

Give away limiting beliefs.
Do not allow anything
to hold you back.

Believe in God,
work hard.

Do not idle away time.
Time is precious.
Thank God when
you achieve.

Destroy negativity.

Dr. Antony Theodore
Destroying Pride And Haughtiness.

The Torah commands the Jews to destroy their chametz, leavened products before the onset of Passover.

Jewish law dictates that they conduct a search for any chametz in their homes, to make sure that none remains in their possession during the Passover.

In a spiritual sense, chametz represents haughtiness and misplaced pride and self importance.

In preparation of our redemption (on Passover) we are meant to destroy the chametz within us.

It is then that true redemption, from God can be achieved.

(I only read it in books. I hope, what I present is true. If I am wrong please tell me. I shall correct it. Thank you dear poets).

Dr. Antony Theodore
Destruction - Of - Life

Anyone who destroys a human life is considered as if he had destroyed an entire world,

and anyone who preserves a human life is considered to have preserved an entire world.

(Ref. to Talmud (Sanhedrin 37a))

Dr. Antony Theodore
Detach - Yourself.

Living for a noble cause
can fill a backpack
and make it mighty heavy.

Here is the need
for benevolent
detachment.

Jesus teaches me
Give everyone
and everything to Me.
I shall carry your
backpack
and make you happy.

Dr. Antony Theodore
Determine - Your - Source - Of-Life.

Are you flourishing in your walk with God?

If not, you better determine your source of life.

Is there a constant source of living water flowing into your heart?

Are you reacting well to the pruning?

These may be the reasons that you are struggling.

Allow humbly The Holy Spirit to do the necessary work in your life so that you can be joyful.

Dr. Antony Theodore
Detrimental - Impact

The truth
is that forgiveness
is more powerful
than we assume.

staying angry,
resentful, and
vengeful comes
at a price.

All these feelings
can have a
detrimental impact
on your physical
and emotional
health as well
as your relationships.

Dr. Antony Theodore
Devastating - Despair

As Ecclesiastes unfolds, contrasting pictures emerge from its pages.

We see secular wisdom at variance with the divine wisdom from on high.

We discover the wonderful hope we have in our eternal God as the antithesis of man's devastating despair in this fallen world system.

(Ecclesiastes is a book of the Old Testament of The Holy Bible)

Dr. Antony Theodore
Devastating - Results

The people of Jerusalem,
this, once great city
experienced the
judgment of
the holy God,
and the results
were devastating.

Dr. Antony Theodore
Developing - A - Degree - Of - Faith

It is not uncommon
that around age
eight to eleven,
a child speaks
about God,
about death,
and about what
happens after death.

At this age,
the child begins
to develop a degree
of faith and looks
for spiritual guidance.

Dr. Antony Theodore
Developing - Total - Trust

How precious are the trusting hearts of little children, and how much we can learn from their innocent example, of the need to develop a total trust in God, and show pure delight in the Lord Jesus Christ, for this blesses the heart of God and honours His holy name.

Dr. Antony Theodore
Developing Human Capabilities

If we take either God or Nature as the ultimate source of value,

it still leaves us with the need of a mediating term that draws out that value, to make it known.

Here we can highlight the human ability to disclose or create meaning in life by developing physical, intellectual, and psychological capabilities in fruitful participation with the creative universe.

Dr. Antony Theodore
Devil - Dances

In the midst of war,
natural calamities,
poverty and cruelty
the call for personal
holiness, the world listens to.

This world is full of evil.
The devil dances on housetops.

See it and listen to the call of holiness.

Dr. Antony Theodore
Devil - Deceived - The - Nations

From the beginning,
the enemy of our soul
has sought to hide
God from us.

The devil wanted
to distort God's character;
to disrupt His plan
of salvation;
to deceive the nations;
to destroy His Anointed
and to shipwreck
the faith of those that
put their trust Him.

He has taken control
of corrupt minds and
used men, like Gog,
as his puppets to
counteract the Lord's
glorious plan of redemption,
which was planned
before the foundation
of the world.

(Ref: Ezekiel: 38,16
of The Holy Bible).

Dr. Antony Theodore
Devising - Questions

Emotional intelligence
is a construct,
an abstract concept
defined by
psychologists
and researchers.

It is difficult
to measure
because it does not
exist in the physical world.

It is not as though
we can pick up
a block of emotional
intelligence and
measure it on a scale.

Instead, we need to
devise questions
that reliably tap
into this concept.

Dr. Antony Theodore
Devotion to Krishna
and holy places (krsna-bhakti o tirtha)

jalamaya tirtha mrtsilamaya murti
bahu-kale deya jiva-hrde dharma sphurti
jalamaya tirtha-Holy waters [and] mrtsilamaya murti-earthen Deities sphurti
deya-reveal dharma-religion jiva-hrde-in the hearts of souls bahu-kale-over the
course of a long time.

Holy waters and earthen Deities
gradually reveal dharma
in the hearts of souls.

krsna-bhakta dekhi' dure yaya sarvanartha
krsna-bhakti samudita haya paramartha

[But simply] dekhi'-by seeing krsna-bhakta-a devotee of Krishna, sarvanartha-all
obstacles yaya-go dure-away [and] paramartha-the supreme wealth— krsna-
bhakti-devotion to Krishna— samudita haya-arises in full.

But simply by seeing a devotee of Krishna, all obstacles go away and the
supreme wealth—devotion to Krishna—arises in full.

(Cfr. to SRI SRI PREMA-VIVARTA: CHAPTER TWELVE
Glories of the Vaisnavas)

Dr. Antony Theodore
Devotion To God Is The Source Of Bliss

Devotion stands by itself.
It requires no other support.

On it depends all knowledge,
spiritual or profane.

Devotion is incomparable
and the very source of bliss,
but it can only be acquired by
the favour of the virtuous.

(It is the teaching of the Vedas)

Dr. Antony Theodore
Dewdrops And Starlight

Dewdrops and starlight
danced in my being,
deep down in the valley of my soul.

They sang the songs
of an eternal romance
of the soul and the creator.

The angels sing in the moonlight.
The soul dreams of the dance of the divine
and the dewdrops and starlight smiled.

Dr. Antony Theodore
Dharmic - People

Dharmic people see everything as a part of God and therefore most caring and respectful towards all of creation respecting all that is in nature.

Dr. Antony Theodore
Dialogue With All That Is Pure And Profound

A real contemplative
wants to enter into
dialogue with all
that is pure,
wise, profound,
and humane in
every kind of culture.

Dr. Antony Theodore
Did The Stars Stop Twinkling?

Did the stars stop twinkling?
Did the moon stop kissing the skies?

Do not lose yourself in despair.
Look at the birth of the dawn.

The sun rises with its rays
like the peacock spreading
its feathers to dance in the light.

After the dusk, there is midnight.
The moon will come again to kiss
the skies and the stars will again twinkle.

Do not lose hope.
Live always in hope.
After a dark night
Sun will emerge from the sleep.

Dr. Antony Theodore
Die gesamte Basis der sozialen Ordnung in jeder Kultur oder Zivilisation, hängt ab von der Glaube, dass der Mensch besitzt nicht nur Sonderwert aber dass dieser Wert ist größer als andere Tiere, Pflanzen, Insekten, Objekte und Kräfte von Natur.

Es ist ein willkürlicher Wert, der so tiefgreifend ist, dass die Ablehnung dieses Glaubens die Konzepte der Gesellschaft, des sozialen Fortschritts, der Demokratie, der Menschenrechte und der Gleichheit vollständig untergräbt.

In English in a Nutshell

The human being possesses special value and this value is greater than other animals, plants, insects,
objects, and forces of nature.

Rejecting this belief, completely undermines the concepts of society.

Dr. Antony Theodore
Die To Your Old Self.

God invites you
„come and die;,
come and die
to your old self,

die to your egotism
and all possible evil,

to become a new creature
in the hands of
the Supreme Being.

Dr. Antony Theodore
Died - To - Sin

By faith,
we died to sin
with the Lord Jesus,
when He offered
Himself up as
the ransom-price
for our sin.

Although our old,
sinful nature will
continue to lust
against our new
life in Christ during
our sojourn on earth.

Dr. Antony Theodore
Dietoself

Make our sanctification
complete by actively
depending on God
in all things
by choosing
to die to self
and live for God.

Dr. Antony Theodore
Difference - Is - An - Enrichment

There is strife where interests are asserted against others and where dissenters are excluded on a large and small scale.

Peace can grow where people feel respect for one another and perceive when someone needs attention.

Peace is where being different is experienced not as a threat but as an enrichment.

Only God can give us, this wants us to overcome strife, hatred, war and separation among us humans.

Dr. Antony Theodore
Different- Acts - Of - Life

Some of these acts will be in keeping with the rules.

Some will arise from enthusiasm.

Some will have originated with Satan and will cause disturbances.

Dr. Antony Theodore
Differentiating

Word of God
can differentiate
between words,
actions, thoughts,
and motives that
are looking to Jesus
and words, actions,
thoughts, and motives
that have placed
self on the throne
of their life.

Dr. Antony Theodore
Digging - Deep

No one learns
truth easily.

- -

He who built
on the rock
was not secure
merely because
he built on the rock;
but he also dug deep.

Dr. Antony Theodore
Diligence And Skill,

In our young age
we think we can
do anything.

Self-esteem proponents
encourage this.

Such pride leads
to destruction.

Unless it is based
on diligence and skill,
the road leads
to the fires of hell.

Dr. Antony Theodore
Dimensions - Of - Self - Image

A person's self-image are:
Physical dimension:
how a person evaluates
his or her appearance;

Psychological dimension:
how a person evaluates
his or her personality;

Intellectual dimension:
how a person evaluates
his or her intelligence

Dr. Antony Theodore
Dimensions - Of - Self-Image

Although there is no widely agreed-upon framework for the aspects of self-image, there are some proposed types and dimensions.

Dr. Antony Theodore
Direct Intuition Of Reality

The direct intuition of reality which is a gift is awakening.

It is an amazing grasp by which love gains certitude of God's creative and dynamic intervention in our daily life.

Dr. Antony Theodore
Directed - Into - The Love - Of - God

Pascal, who was
a mathematician
and scientist as
well as a philosopher,
said his heart was
&quot;directed into the love of God.&quot;

It's a feeling at the
center of our beings.

It is beyond knowing
with your head.

In fact, it is beyond
comprehension.

How can you wrap
your head around
being loved by the Creator
so much so that you feel it?

Dr. Antony Theodore
Direction - Of - Life

They are questions which have their common source in the quest for meaning which has always compelled the human heart.

In fact, the answer given to these questions decides the direction which people seek to give to their lives.

Dr. Antony Theodore
Discerning

So much in the world
is waiting to be improved.

People are at war here,
people are missing.

Give us the strength
to get involved
where our help is needed.

Give us the gift
of discerning the spirits
so that we can find
out what is important
now for me and for
the people we live with.

Dr. Antony Theodore
Discerning - The - Ideal

The critique of the rationalisation of the world is not a gloomy and despairing anti-modernity and anti-technology.

It is based upon a profoundly hopeful philosophy that is capable of discerning the ideal that is immanent.

(Leaning on Heidegger's thinking)

Dr. Antony Theodore
Discipleship Costs Us

Discipleship costs us.
You have to remain
faithful and endure,
whatever comes
your way.

Our security and
comfort are entirely
in Christ's hands.

Jesus stays faithful
to us through all of it.
All He asks is
that we do
the same thing.

Dr. Antony Theodore
Discipline

Look at a river as it moves to the sea.
It creates its own banks that contain it.
All that moves in the right direction in you
creates its own discipline.
This discipline makes you very happy
And you perform it without effort.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Discipline - Your - Body

The more you cooperate with God and discipline your body, the more you will acquire the work of the Holy Spirit.

The more you will be enlightened by God and thus the greater your knowledge be of God's real deeds.

Dr. Antony Theodore
Discipline - Yourself

But have nothing
to do with worldly
fables fit only
for old women.

On the other hand,
discipline yourself
for the purpose
of godliness;
for bodily discipline
is only of little profit,
but godliness is
profitable for
all things, since
it holds promise
for the present life
and also for
the life to come.

?(Ref. to the first letter
of Paul to Timothy? ?4: 7-8
in the New Testament)

Dr. Antony Theodore
Disciplining - For - Godliness

In the Greek and Roman societies during olden days, athletic ability and body image were worshiped.

The Greeks had the Olympics and their gods, who were revered for their beauty and strength.

The Romans had their emperors and military, which projected power and domination.

We shall contrast that and see what is truly profitable.

Disciplining ourselves for godliness is the need and truly profitable.

Dr. Antony Theodore
Disclosing - Meaning

We disclose
meaning creatively

by participating
in and being part
of something greater
than ourselves
and our projects,

playing our part
as active members
of the creative universe.

Dr. Antony Theodore
Disconsolate - Soul

He is neither slow
to hear the cries
of the disconsolate soul

nor is He slack
in responding
to the pleading
cries of the breaking heart.

Fear Not - I will be with you,
to help you
and deliver you.

Cfr. To Lamentations 3/57
of the Holy Bible

Dr. Antony Theodore
Discover The Sacred Harmony In Your Light

Blessings of the Almighty
are but a whisper away
if only you take time,
sit in silence and peace
to listen to the holiest
murmurings in you.

Discover the sacred harmony
in your light that lights this world.

(Graphic: Courtney Wilson hat sich etwas auf Authenticity gemerkt. Pinterest)

Dr. Antony Theodore
Discovering Myself In Discovering God.

There is only one problem
on which all my existence,
my peace, my happiness depends.

That is to discover myself
in discovering God.

Dr. Antony Theodore
Discovery Of Freedom And The Encounter With God.

Man's discovery of freedom
and his encounter with
God cannot be separated.

Our encounter with God
should be the discovery
of our deepest freedom.

Without an encounter with Him,
our freedom never really develops.

Dr. Antony Theodore
Discrete - Actions

Referring to the external world that comes into being as an overflow from the discrete actions of the willful subjects of the modern world and the consequences of individual actions create a collective force that escapes the control and comprehension of the willful projects of autonomous subjects.

Dr. Antony Theodore
Disposing Oneself For The Union.

Mystic asserts that man can only clear away the obstacles and dispose himself for the union.

The union is affected by God himself and remains always a mystery to the man.

Dr. Antony Theodore
Disruptive - Anxiety

If someone is experiencing anxiety that is becoming disruptive, and coping strategies are not working, they should seek professional help.

Dr. Antony Theodore
Dissatisfaction - And - Jealousy

This egoism is paired with dissatisfaction, envy and jealousy.

Selfish people can never get enough, they are possessive and greedy for prestige and at the same time stingy.

Dr. Antony Theodore
Disseminating - Into - The - Hearts

Christ’s parabolic teachings acted as a filter, which permitted His message to be received by those who would believe.

It allowed the truth to disseminate into the hearts of believers, while being incomprehensible and discarded by sceptics, and those who followed Him for selfish motives while rejecting the truth He taught.

Dr. Antony Theodore
Dissolution Of The False Self

The illusionary self paralyzes man and obscures reality.

He is his own worst enemy.

Dissolution of the false self is the answer to most problems.

Dr. Antony Theodore
Dissolution Of The False Self Is The Answer

The illusionary self paralyzes man
and obscures reality.
He is his own worst enemy.

Dissolution of the false self
is the answer to most problems.

Man is an exile in a world
of objects, each one capable
of deluding and enslaving him.

Man is held captive
in the complex
and painful network
of loves and hatreds, desires
and fears, lies and excuses.

(Graphic: Exile — Film Festival One World)

Dr. Antony Theodore
Dissolving - Limits - Into - The - Infinite

Then, because of the attitude of surrender, we have the feeling that all our limits dissolve into the infinite and our energies are re-orchestrated.

Dr. Antony Theodore
Distorting - Reality

Sometimes there is considered to be an eighth aspect of consciousness that is related to afflictive mental states that distort reality, like hatred, craving, and all that is negative.

Dr. Antony Theodore
Divine - Essence

Doubt reflects the ego.
It is bound in
time and space.

Love reflects God
the eternal
Divine essence.

Dr. Antony Theodore
Divine - Hiddenness

Nonbelievers think that if God existed, loved us, and desired a relationship with us, then surely he would exclude all possibility of doubt at least with regard to knowing that he exists.

But since there are honest inquirers everywhere who doubt God's existence, this problem of divine hiddenness by many philosophers and theologians remains a problem for the enquiring mind.

Dr. Antony Theodore
Divine Mercy

Divine Mercy is God suffering the plight of humanity, enduring with each person the incredible pain and sorrow that marks human existence.

Christian spirituality is an invitation to enter into this mystery of love by our small sacrifices.

Dr. Antony Theodore
Divine - Mercy - Day

Because of the generous and humble sacrifices of St. Faustina in those chaotic years before World War II, one week after the great Easter Triduum, people around the world now celebrate Divine Mercy Sunday.

It is a day of prayer where we ask the Lord to renew our trust in his merciful love so that we might live it more fully in our lives.

It is a day we pray for those most in need of Divine Mercy, the despairing, the dying, the lonely, and the suffering.

Dr. Antony Theodore
Divine - Plan - To - Save

What might
the various
religious traditions
mean in the
divine plan
to save the
whole of humanity?

Dr. Antony Theodore
Divine - Rhythms

Teach me the
divine steps
sing to me
the divine rhythms,
teach me the dance
leading me to
the presence
of the Divine.
(Pinterest: Twin flamesoriginal large painting. Storenvy Pinterest)

Dr. Antony Theodore
Divine - Voice - Silent?

We long for great encounters in our lives, for noble adventures, and for clear direction.

But when the fight is gone and the divine voice is silent, it's easy to think God has abandoned us.

Dr. Antony Theodore
Divine Love Penetrates The True Being.

There is an extreme point
at which man’s nature
touches the Absolute.

His ground or substance,
his true being is penetrated
by the Divine Love.

The experience of the divine love
reveals to the mystic
the underlying reality of things.

This is the basis on which
the whole mystic claim
of possible union with God rests.

It explains asceticism
and the self-renouncing life.

Dr. Antony Theodore
A transcendent
divine moral code
is a necessity
without which
a good character
formation to love
is impossible from
childhood onwards.

Without the belief
in a transcendent
divine moral code,

those who are
physically weak
and lack real
knowledge,
will become the
prey of the
intelligent
and strong.

Dr. Antony Theodore
Divine Power Urges Me.

I am a spiritual being
with indwelling
divine intelligence.

I shall not identify myself
with my body,
with my emotions,
with my mind,
thought and intellect.

Divine love breathes in me.
Divine power urges me.

Dr. Antony Theodore
Divine- Providence

I can make it a practice to view all the circumstances of my life in the light of faith, and therefore, arranged by divine Providence for my good.

This will incline me to accept them and to repeat continually to my heavenly Father: I am content with everything You do for me.

Dr. Antony Theodore
Divine Unrest

Mysticism is seen as the "one way out" for the awakened spirit of man.

It is the healing of that incompleteness which is the origin of our divine unrest: the inevitable reaction of the fully conscious fully living soul upon 'Eternal Truth', true love, and Loved Eternity.

(The reader may refer to St. Augustine, Confessions, bk. VII Chp.10) Comp. Meister Eckhart "I am sure that if a soul knew the very least of all that Being means, it would never turn away from it" (Mystische Schriften, P.137).

Dr. Antony Theodore
Divine-Thoughts

May the rays of love shine through your heart.

May the divine thoughts of love shine through your words.

Dr. Antony Theodore
Divinty Sleeps In You.

Realize your worth.

You are much more than you think or ever imagine.

You are divine.
Divinty sleeps in you.

Dr. Antony Theodore
Divorced - From - Truth

Lawlessness
is lurking in
broken legal
systems and
biased justice
departments,

and it pays
lip-service to
a form of godliness

that is divorced
from truth of
Scripture and the
fruit of righteousness.

Dr. Antony Theodore
Do - Not - Attract - Negativity

Our mind knows only what we feed it and it demonstrates it is imperative to keep our thoughts positive at all times because if we allow ourselves to have an unhealthy negative mind, we will attract negativity to us.

It is so true that happiness can only be enjoyed in the present moment.

(Written from the comments of the great poetess Marie Shine of Listowel, Ireland).

Dr. Antony Theodore
Do - Not - Distort - The - Word - Of - God

Indeed, the Scriptures cannot be correctly interpreted without the Holy Spirit's guidance, although there are many that twist and distort the Word of God for their own gain and to the detriment of many in the Body of Christ

Dr. Antony Theodore
Do - Not - Extinguish - The - Spirit!

Do not extinguish the Spirit!
Do not despise prophetic speech!
Check everything and keep the good!
Avoid evil in every form!
May the God of peace sanctify you completely and keep your spirit, soul and body intact, so that you will be without blame.
(REF. TO THE LETTER OF ST. PAUL 1 Thessalonians 5: 16 ff.)

Dr. Antony Theodore
Do - Not - Force - Your - Buds

Unclasp and release
all that you are holding on.
Be ready to relinquish.
clasping on anything
will make you a slave.

look at the buds.
they flower when it will.

Do not force your buds
to flower when you will
and how you will.

Dr. Antony Theodore
Do - Not - Grieve - Alone

Grieving can be the most difficult time for people.

Trying to balance the feelings of pain and loss while going forward with everyday life.

Give yourself space and time, be honest with your emotions, don't grieve alone, and don't lose hope.

("Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Psalm 23: 4 in The Holy Bible).

Dr. Antony Theodore
Do - Not - Make - Things - Worse

You don't fix a struggling marriage with an affair.

You don't fix a drug problem with more drugs.

You don't fix financial insolvency with more debt.

You don't make matters better by doing something worse.

You don't fix stupid with stupid.

Don't make it worse. Don't pass it along to future generations.

In Christ, we can be better.

Dr. Antony Theodore
Do - Wonders - For - The Poor

Give yourself to God. God wants you to do wonders for the poor.

You are a great and precious instrument in the hands of God.

Dr. Antony Theodore
Do I Have A Need To Manipulate Others?

Ask yourself
Do I have a need to manipulate others?

Does this need originate from
my desire to succeed by all means?

Does it originate from
my own irritations and feelings
that I am not aware of?

Does it originate from my Ego?

Dr. Antony Theodore
Do I Have Time For God

Did I take enough time
for this - and thus
and also for God?

Do I trust God that
he can really change me
and make others new?

Can I talk to others
about it and testify to it?

Dr. Antony Theodore
Do Not Abort

Suffer the contempt
of the so-called sophisticated world.

Be true to your own self
and to God who created you.

Decide against abortion.

Let the world consider you a fool.
But your conscience will always smile
with you and with your child
whom you saved from destroying.

(Graphic: Claudia McGriff saved to inspiration pinterest)

Dr. Antony Theodore
Do Not Be Afraid To Be Publicly Weak

Do not be afraid to be publicly weak,
was true of King David.

David of the Old Testament
summarizes himself this way:
"As for me, I am poor and needy,
but the Lord takes thought for me."

This resonates deep within me.

David's strength grew out
of his comprehensive sense of weakness,
and his confidence in God's strength.

end of Psalm 40

Dr. Antony Theodore
Do Not Be Attached

&quote;Work for work's sake, not for yourself.

Act but do not be attached to your actions.

Be in the world, but not of it, &quot;

(Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

Dr. Antony Theodore
Do Not Focus On Past Sins.

Do not focus on past sins.
This is a lie that devil teaches.
Focusing on past sins makes you sad.

Devil is happy when you are sad.

Believe in the forgiveness of God that makes you happy.

Our sins are forgiven once we really repent.

Be happy and not think about the past sins.

Dr. Antony Theodore
Do Not Focus On What You Don't Have.

Do not focus on what you don't have.

I refuse to be happy until my sickness is healed.
I reuse to be happy until my neurosis is cured.

My good news for you is:
You can be happy even with neurosis and sickness.

You are thinking and focusing on what you don't have.
That is why you don't experience pure joy now.

Believe...
Just now, you have everything to enjoy perfect bliss

Do you believe it? Can you believe it?

Change your way of thinking.
It will lead you to bliss.

Dr. Antony Theodore
Do Not Forget Your Dreams

Do not forget your dreams.

When the night breaks over you
and the darkness threaten
to capture you again
do not forget the dreams.

Not everything is lost.

Your dreams and your longings
are the pictures of hope in you.

Your soul knows that healing
lies deep in the depths.
Soon a new day will awaken in you.

Do not forget your dreams.

Dr. Antony Theodore
Do Not Fret Because Of Evil

Do not fret because of evil men
or be envious of those who do wrong;

for like the grass they will soon wither,
like green plants they will soon die away.

Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.

Delight yourself in the LORD
and he will give you the desires of your heart.

Commit your way to the LORD;
trust in him and he will do this:

He will make your righteousness
shine like the dawn, the justice
of your cause like the noonday sun

Cfr. to Psalm 37 / 1-6 of the Old Testament oft he Holy Bible)

Dr. Antony Theodore
Do Not Give Your Heart To Money

Do not give your heart to money.
Do not sit back and tell,
now I have enough money.
I will enjoy my life
in pleasures and lead
a lascivious life.

Pleasure is everything.
I want to drink and eat.
I want to have all luxuries
I want to have sexual pleasures.

Do not be so foolish to think like that.
Who knows God will come
and take your life today.

Who in this world
can know of it?

(Graphic: Wilhelm Reich quote: The pleasure of living and the pleasure of the...
AZ Quotes)

Dr. Antony Theodore
Do Not Identify Yourself With The Shadow

"You never identify yourself with the shadow cast by your body, or with its reflection, or with the body you see in a dream or in your imagination.

Therefore you should not identify yourself with this living body, either."

(From the Shankara's Crest Jewel of Discrimination. Adi Shankaracarya).

Dr. Antony Theodore
Do Not Live In Thousand Yesterdays.

Living in the past however good it is prevents the experience of "The Real".

Do not live in thousand yesterdays.
The mind gets conditioned by the past.

Dr. Antony Theodore
Do Not Quit.

Do not quit.

Suffer again and again because you have a goal to become the greatest.

You can and you will.

Your life has then a great meaning and for the world you will be a great shining example.

Dr. Antony Theodore
Do Not Speak In Anger

When you are angry,
donot speak.

When in doubt
pray for help
for a clear mind.

When you are tired
take a nap and rest
a while, to get up again
with renewed strength
to work and accomplish.

Always cultivate a mind
to raise your thoughts
to the Almighty God.

Dr. Antony Theodore
Do Not Stop To Dream

Believe in yourself.

Follow your heart.
Trust on your strengths.

Enjoy the little things around you.

Never stop to dream.

(Graphic: Karen Jenkins saved to Natural Art & rest)

Dr. Antony Theodore
Do Not Test God's Patience.

Do not say God will forgive me all my sins and live as you like.

God's forgiveness is no license to live as you like in appetite and passions.

Do not test the Almighty One.
Do not test God's patience.

The Almighty One is also a punishing God.
Do not delay to come back to God.

(Graphic: Johnson God Is Watching imageGoogle)

Dr. Antony Theodore
Do Not Turn Away From Light

My soul is calling me
every hour of every day.
This has been always true.
But only now i know it.

It is unbearable
to turn away from the light
which is the source of my ecstasy.

I realize
any other possibility is false.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Do Not Walk Over The Hearts Of Beautiful People.

There are wounds
Which no one can see.
There are wounds
Which you want to hide.
There are wounds
Which kill your mental health.
So be careful
When you walk over
The heart of beautiful people.

You will be held responsible by God.

Dr. Antony Theodore
Do Not Wander Away From Wisdom

Those who love wisdom
will love life in its roots.

Hold wisdom close
to your heart and
you will inherit honour.

Loving wisdom
will discipline you.

Do not wander away
from the ways of wisdom
lest wisdom abandons you.

Dr. Antony Theodore
Do You Feel Stuck In Discouragement?

Do you feel stuck in discouragement?
If so, you are not alone.
Experiences of dashed hopes
can turn into discouragement,
which hovers like a dense cloud
with no sense of joy or contentment.

The way we respond is a choice.

We can either let sadness overwhelm
our souls or face the situation
with courage and bring it
before the One who can help us.

Frustration may develop into depression,
which in turn can estrange us.
Do not be bitter and defeated.
This isolation leads to a low self-esteem.

Choosing this self-destructive path
is not God's best for our lives.

Trust God in everything
even in our unmet expectations
and deepest sadnesses.

Remember, there is a divine purpose
for everything He allows to
touch His children's lives.

(Graphic: exploring emotions: la forza della fragilità - Eleonora Oleotto

Sola In un letto bianco e morbido che in realtà mi appare freddo come marmo e triste come il colore della pece. Mi hanno aperta, mi hanno tagliata. Hanno visto il mio cuore. Quel cuore che...)

www.PoemHunter.com - The World's Poetry Archive
Dr. Antony Theodore
Do You Trust God?

Faith is obedience
when you don't understand it.

"Love your enemies"
and "Forgive the people
who hurt you."

That's not easy!

There are a lot of commands
in the scriptures of many
religions that seem difficult,
unreasonable, unrealistic,
unachievable, or even impossible.

When God says things like,
"You should save sex for marriage,
God says it because he knows
best and knows what will make
you happy more than you do.

Every time God tells you to
do something,
it's a test of your faith.

Do you trust God,
or do you trust your thinking?

Do you trust the Words
in the holy Scriptures of religions
or do you trust the world?

How am I going to answer
them this year?

Will we trust God,
or will we do what
we think we should do,
regardless of God's direction?

Will we trust the Word of God
or will we trust what the world
says we should do?

(this is not a poem. But just trying to spread good ideas for life,
especially for the young ones)

Dr. Antony Theodore
Do You Want To Satiatethem.

It is no accident
that we find ourselves
in these times and that
we find ourselves together
united in desire and purpose.

Dowhatever you can
to make beautiful
and whole, what is broken.

All hunger for goodness,
truth, beauty and life.

You see souls in need
of the living water.

You see God Almighty
in the face of the young,
the poor, the spiritually thirsty.

Do you want to satiate them?

Dr. Antony Theodore
Doble - Edged - Sword

The Word of God
is sharper than
any double edged sword.

It is like the razor-sharp
blade of a double-edged
sword, with the ability
to cut into the deepest
recesses of all that
is spiritual and divide
it from that which
does not belong to God.

Dr. Antony Theodore
Does - God - Love - Me?

At its darkest,
in the experience
of the dark night
of the yearing soul,

a soul in such an
experience may wonder
as it gropes clumsily
around for the face
of the God it longs for,
  Does God love me?

Dr. Antony Theodore
Dogmatic - Procedure

The Procedure of investigation is at first dogmatic,

that is, it confidently sets itself to this task without any previous examination of the capacity or incapacity of reason for so great an undertaking.

Dr. Antony Theodore
Doing - Good - To - The - Poorest

We do not just try
to imitate and obey
Christ's commandments.

It is Christ himself in us,
by his grace who works
in us the same things
that he did in his life.

This is true both passively
and actively: when we
imitate Christ by kindness
to those in need of mercy,

we are simply recognizing
His presence in those
"least of his brethren."

Dr. Antony Theodore
Doing - The - Impossible

I want to do the impossible,
I like to know the unknown.

Without challenges
how can I be adventurous?

God has given me the urge.

Finally I will enter into
the phase of the ultimate
adventure until i reach God.

Dr. Antony Theodore
Dominated By The Spirit As Opposed To Human Reason.

The new free man's life
is dominated by the Spirit
as opposed to human reason.

A mystic seeks an immediate,
direct experience of the Absolute.

If the Word emerged
from the depths of the
unknowable mystery
of the Almighty God
whom no man hath
seen at any time,
remains and works in you
then you become united
with the Almighty enjoying
the peace and joy of this union.

Dr. Antony Theodore
Dominated By The Spirit Of God

The contemplative,
who had restored in his own
soul the image of God,
is the truly free man.

For he alone could walk with God,
as Adam had walked with Him in Paradise.

The new free man's life is dominated
by the Spirit as opposed to human reason.

Dr. Antony Theodore
Doubt - Is - Not - Impossible

In our natural mode of knowledge, we necessarily have to reason to God’s existence starting with our senses.

And such a process gives only indirect knowledge.

It is not the kind of knowledge that makes doubt impossible.

Dr. Antony Theodore
Doubt Reflects The Ego.

Doubt reflects the ego.
It is bound in
time and space.

Love reflects God
the eternal
Divine essence.

Dr. Antony Theodore
Doubtful - Thoughts

I fear that,
in my past,
at childhood,
something bad
happened.

Something broke
badly emotionally.

But maybe it is
broken in a good
way, who can fathom.

Or maybe
nothing
is broken.

We come to
doubt our own
thoughts and
explanations
about our own
behaviour.

Dr. Antony Theodore
Doubting - Castle

The soul cannot
find escape from
the attacks of
satanic forces in
Doubting Castle.

Dr. Antony Theodore
Doubts - About - God

Doubts concerning
God may arise
from various
emotional and
intellectual sources
and challenges,
such as conflict,
abuse, grief, anger,
sadness, as well
as beliefs and pressures
from teachers,
peers, and the media.

Dr. Antony Theodore
Doubts In Meditation

Sit comfortably in a place
free of distraction.

Focus on any doubts or worries
you might have about meditation.

Be completely open to your doubts.
Do not censor any doubt.
Examine each carefully.

Is it absurd?
is it valid or true?

Most doubts will be unmasked
spontaneously as absurd.

Consciously let go
of each doubt,
one by one.

Imagine it as a balloon
that sails away.

Let it vanish out of sight.

Dr. Antony Theodore
Draw Ourselves To Wholeness.

The power of imagination
is like a lantern.

It illuminates the inner landscape
of our brains and our hearts.

Don't see only dullness in the world.
Let not our observations be
repetitive and blind.

Such Blindness in observation
can dampen our spirits
and press us down to lack of joy.

Draw ourselves to wholeness.

Dr. Antony Theodore
Drawing All Things Into Their Source

Only when all things are drawn back into their source, the consummation takes place.

Very often the mystic is charged with pantheism.

But his pantheism is more accurately immanent transcendence.

The mystic absorbs into himself that which is real and universal and synthesizes it in a form that transcends transient cultures.

Dr. Antony Theodore
Drawing Back Everything Into Their Source.

Only when all things are drawn back into their source, the consummation takes place.

Very often the mystic is charged with pantheism.

But his pantheism is more accurately immanent transcendence.

Dr. Antony Theodore
Drawn Into The Beauty Of Consciousness

By coming into the awareness of the moment, we perceive from our consciousness rather than the subconscious.

Then we lose perception of what's happening around us and are drawn into the beauty of consciousness.

Dr. Antony Theodore
Dreamers

We need dreamers
We haven’t too many.

Dreams stored up
in the recess of the soul
is the treasure of human heart.

Dreamers, do dream
For we haven’t too many.

Pity the heart
that cannot dream.

Dr. Antony Theodore
Dreaming - Big?

Are you dreaming big enough?
What is stopping you from achieving your goals?

Having a lack of clarity is why many people settle for less than they can be.

Often, people will abandon their dreams and take the easier path.

But in order to achieve big things, you need clarity to help you stay on track and keep reaching for your dream.

Don't settle for less than what you're capable of, strive to be better and work for something bigger.

(Written being influenced by the thoughts of Bhagavat Gita)

Dr. Antony Theodore
Dreaming- The - Impossible

We need more
dreamers
to dream
of the seemingly

Impossible.

We need more
because
Dreamers are few.

Dr. Antony Theodore
Dreams

Think of your dreams.

Live a life leading to the fulfillment of your dreams.

It is most satisfying.

Dr. Antony Theodore
Dreams - And - Goals

I want to be fully
and unconditionally
loved. Give me hope.

Love you all.
We are one.

May all your
dreams come
ture and goals
fulfilled.

Peace and
love to all.

Dr. Antony Theodore
Dreams Come From Heaven

There is a land where Dreams dance in tremendous joy.

They dance on the angel's wings, on the soft tail of the white dove.

They lie flat and sleep on the dancing feathers of the colorful peacock.

At the birth of the dusk dreams fly down from the heavenly caverns to earth's sweet shore.

As the moon shines they begin to dance on the shining waters of the mild flowing river, in the secret village where farmers sleep and the sheep lie cozily.

Dreams dance on the lips of lovers who spend the night on the riverbanks hugging and kissing giggling and hissing.

Dreams come from heaven to make love a dream. God cares for you and me he puts you and me in motion of heavenly love.

(This was published in Starlite Cafe under the name of my mother Genova by)
me).

Dr. Antony Theodore
Dreams Cry In Me

Dreams cry in me.
The angels hear it.
Desires are burning like fire in the air.
Who will quench my thirst?
Would you my dearest angel?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Dreams, will you carry me on your wings?
to fly with me to the land of freedom
into the land of light
where shadows don't exist.

Endless grace enters into my inner caverns.
Grace embraces me in hope and joy.

Look! new memories take shape
in celestial light
to remain with me
to comfort my suffering soul.

Dr. Antony Theodore
Drop - In - To - Surrender

We are being asked both to step in and take refuge, shelter in and connect.

Teach humanity in a more potent and relevant way than ever before.

Our hearts are thrown open as wide as if we were sitting knee to knee.

We ask hard questions. We drop into surrender to find satisfying answers.

(Graphic: Joanna Loe surrender google Bilder)

Dr. Antony Theodore
Drop Down Dew From Above

Drop down dew from above.
Let me dance in the mild dew.
Let the clouds rain
from the glorious heavens.

I opened my heart
to dance in the rain.

The angels saw it
and danced with me.

When the wings of the angels
got wet I wiped it dry.

They Poured down their graces
from their glorious abode
and filled my little hut
with the light of their faces.

And the angels told me:
"Sing forever songs of love.
Love and truth shall reign
in the heart of the seeker."

God shall be your rock and fortress.
You shall not fear in tribulation.

Peace shall reign on earth

Dr. Antony Theodore
Drowsiness In Meditation

You try to meditate
and you feel sleepy.

You are touching feelings,
you do not want to experience.

You feel cold and go literally
numb and almost dead mentally.

Your psyche protects itself.
Sluggishness can be a sign
of pain or sorrow that
we do not want to feel.
Examine it to find
the root cause.
Work through it
with your focused mind.

Dr. Antony Theodore
Dry - Weeds

I collected dry weeds,

pressed it to my heart
beaming with love.

It became lovely flowers.

Dr. Antony Theodore
Dry My Tears!

Dry my Tears!
My heart cries out to you,
oh Lord, my God.

Ease the hurt,
relieve the pain.

I release it unto You.

These tears that fall and glisten
shall rise up to you
to your holy throne.

Then shall you know
the heat of my tears
that fall on your feet.

You are my savior.
You alone can heal me
my wounds deep down in me.

Dr. Antony Theodore
Drying - Every - Teardrop

The day is coming when the Lord Himself, will live with men - and they will be His people and He will be their God.

This will be a day when all wrongs are put right.

Joy will replace sorrow, and God Himself will dry every teardrop.

Dr. Antony Theodore
Dualism

The metaphysical foundations comprise a reductionist and mechanical materialism with the Cartesian cogito as the epistemological condition of intelligibility.

From these follow the separation of mind and body and the dualism of subject and object.

Dr. Antony Theodore
Dukkha-Suffering

"Dukkha" is caused by our delusions, desires, and attachments.

Follow the path of The "Middle Way", which means not to go to extremes in order to achieve enlightenment and Nirvana.

(From the teachings of Sri Buddha)

Dr. Antony Theodore
Duty - Of - Religions

It is the sublime duty
of all the religions
to serve humanity
in different ways,
but one way in particular
imposes a responsibility
of a quite special kind
to serve the truth.

Dr. Antony Theodore
Dwell Deep In My Being.

Dwell deep in my being.
Love more than you loved me till now.
Exceed in your love
from the usual norms.

Do not set limitations
for your love for me.
Then you will be surprised
to which wonderful person
you will develop into.

Listen to the divine call.
Come to me and enter into me.

You will become a New Being.

(Reference: Mk 10,17-30 in the New Testament of the Holy Bible. A young rich man comes to Jesus and asks what shall I do to attain eternal life? Jesus answers: Obey the Commandments of God. He tells: I have obeyed it from my youth. Then Jesus looked at him lovingly and said: Go and sell all that you have and give to the poor and come and follow me). This passage of the holy Gospels influenced me to write this poem.

Dr. Antony Theodore
Dwell on...

whatever is true,
whatever is honorable,
whatever is right,
whatever is pure,
whatever is lovely,
whatever is of good repute.

Engage yourself in all that
leads you to excellence.

Dr. Antony Theodore
Dwelling On Sensual Things

Dwelling mentally on sensual things breeds attachment to them.

From attachment craving comes. From craving arises anger when it is frustrated.

Anger produces delusion.

Delusion causes forgetfulness of the self.

It causes mental misery.

(The Bhagavat Gita)

Dr. Antony Theodore
Dwelling on The Pleasure Of Sense

"When a man dwells on the pleasure of sense, attraction for them arises in him.

From attraction arises desire, the lust of possession, and this leads to passion, to anger"

(Inspirational quotes from the Hindu Spiritual classic Bhagavat Gita)

Dr. Antony Theodore
Dying - For - Their - Faith.

By the time Paul is writing this to Timothy, people are dying for their faith.

He tells him that if we die for Jesus, we will live with Him in eternity.

If we endure the persecution, we will also reign with Him during the millennial reign.


Dr. Antony Theodore
Dying - Many - Deaths

Unlike pagan rites of initiation, Christian baptism was not seen as a magical rite that was instantly expected to change a person.

Christ's death and Resurrection that raised, transformed and transfigured him was the result of dying many times before his death on the cross as he sought to do his Father's will despite the forces of evil.

Dr. Antony Theodore
Dying - To - Self

The more we
die to self,
the more we
live for Him,
until with
Paul we will
be able to say,

I have been
crucified with
Christ, and it
is no longer I
who live, but
Christ lives in me;
and the life which
I now live in the
flesh I live by
faith in the Son of God,
Who loved me
and gave Himself
up for me.

(Ref: Galatians-2-20
Of The New Testament
Of The Holy Bible)

Dr. Antony Theodore
Dying For A Goal In Your Life.

What are my priorities?

How do I spend my valuable time?

Time never returns.

Is there a goal in your life

for which you would die for?

Dr. Antony Theodore
Dying I Enter My Home

On the white sands of the shore
There a came a wave
It came up to my feet,
touched my feet
and washed it.

Receding,
it gave me
the bubbles and white foam
dying instantly
as it joined the mighty sea.

The sea is my home.
By dying to the shore
I enter my home.

Dr. Antony Theodore
Dying To My Own Self

God calls me now.
God said to me:

„Die to your own self.&quot;

Why Lord God?

„Only then
you can live for me&quot;.

Dr. Antony Theodore
Eager - To - Gain - All - The - Blessings

Anything that
tends to make
you anxious is
a growth opportunity.

Instead of running
away from these
challenges, embrace
them, eager to
gain all the blessings
I have hidden
in the difficulties.

Dr. Antony Theodore
Eager Lips

It is for you I wait
before my own inner shrine.
You promised that you would come.
I shall wait the whole night through
until the morning rays fall on my hair.

I have nothing to offer you,
only my waiting, eager lips.

(I published this poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. Published for a long time with
this second name)

Dr. Antony Theodore
Eager To Play Only For You.

Sing songs of Love.
Lift your hands to Heaven.

The angels are playing the Lyre.
Do you hear it?
Listen, listen, listen.
Close your eyelids.
See in your mind
the angels flying around
with golden harps
eager to play only for you.

Dr. Antony Theodore
Eagle - Singing - Of - Love

The imperial
eagle soaring
on the wind,
sings a melodious
song of love to
me and to you.

Love and love alone
gives us joy.

Pure love is the
key to happiness.

(Graphic: Thai-Amulet-Fair e.K. saved to Tiere - Animals - Animales - ????? - ????????Pinterest)

Dr. Antony Theodore
Eagle's - Wings

“And he will raise you up on eagle's wings, bear you on the breath of dawn, and make you just sigh like the sun and hold you in the palm of his hand.”

(Biden paid homage to his deep faith: Citing Biblical verses and a popular hymn. From the victory speech of Biden).

(Graphic: Lindsey Keith Barton saved to church. Pinterest)

Dr. Antony Theodore
All created beings, 
earth, angels, man 
find their source 
in the heart of the Trinity.

When reading the first 
lines of the creation 
account, for example, 
we encounter these 
three Divine Persons: 
"In the beginning, 
when God created 
the heavens and the earth 
and the earth was 
without form or shape, 
with darkness over 
the abyss and a mighty 
wind sweeping over the waters,

Then God said: 
Let there be light, 
and there was light."

"God said" and is accompanied 
by the Spirit, the "mighty wind."

(Genesis.1: 1-3 in the Old 
Testament of the Holy Bible).

Dr. Antony Theodore
Earth - Will - Worship - You

How awesome
are Your works
and how great is
Your power.

All the earth
will worship You
and sing praises
to Your holy name,
for You alone are
worthy of our
honor and
thanksgiving,
our worship and praise.

(Ref. to psalm-66-5)

Dr. Antony Theodore
Earth-Shattering Prayer

In the moments of intense prayer in deep silence, the veils are torn apart in the earth-shattering celebration of the prayer.

Then there will be nothing dividing us from those we loved and who had gone ahead of us.

Dr. Antony Theodore
Easing - The - Pain

Truly, our own escape into productivity reflects a core delusion that if I can perform, maybe that will ease the pain I refuse to feel.

Dr. Antony Theodore
East Offers A Deep Spirituality.

A true seeker of truth
becomes a fervent
advocate of cooperation
between East and West.

East offers deep spirituality.

It leads a seeker to truth
much against the materialistic
tendencies of the west.

Dr. Antony Theodore
Eastern - Philosophy

Philosophy's powerful influence on the formation and development of the cultures of the West should not obscure the influence it has also had upon the ways of understanding existence, found in the East.

Dr. Antony Theodore
Eat God's Words And Messages

God speaks his infinite love
and lifts our souls to new heights.

He asks us as he asked the prophet, Ezekiel.
"Son of man
feed your belly
and fill your stomach
with this scroll
I am giving you.

I ate it
and it was sweet as honey
in my mouth.

(The Book of the Prophet in Holy Bible chapter 3: 3)
'Scroll' symbolizes the words and messages of God-given, especially to the Prophet.

Dr. Antony Theodore
Eating - The - Apple

Why was eating
an apple so wrong?
And if Adam and Eve
were already "like God"
they were made in His
"image and likeness".

Then why was falling
for the serpent's temptation
of being "like gods"
so egregious?

What's more, when
God gave man a free will,
wasn't the Lord just
setting His creation
up for the Fall?

These are essential questions,
for they have a direct
bearing on the Incarnation
of Jesus, and His eventual
Paschal Mystery.

(Reference to Genesis.1: 26;
3: 5 of The Holy Bible)

(Graphic: Depiction of the original sin by Jan Brueghel de Oude and Peter Paul Rubens. Wikipedia)

Dr. Antony Theodore
Eating Is An Act Of Holiness.

If it is possible
avoid eating in a hurry.

Even at home
do not gobble up
and gulp your
food down.

Eating is an act of Holiness.
It requires full presence of mind.

God, the provider
is happy and satisfied
when you eat slowly
thinking of God
in thanksgiving.

Dr. Antony Theodore
Ecology - Of - Communication

It is important to examine the ecology of communication, the digital environmental and information society, locating the expanding technological media of the world within an appropriate social and institutional infrastructure so as to transcend a nihilistic instrumentalisation and commercialisation.

Dr. Antony Theodore
Economic - Globalisation

The universal ideal
is quite distinct
from an economic
globalisation
constituted by vast
impersonal forces
of production,
employment
and investment.

Such globalisation
puts a price on all
things while robbing
the world of its true value.

Dr. Antony Theodore
Ecstatic Rejoicing

We are catapulted
headlong into joyful
worship and reverent
praise that thunders forth,
from the heavenly choir.

We are raptured
into an explosive outburst
of ecstatic rejoicing,
calling on the highest
heavens above to praise
the great Creator God.

(Graphic: Vicky Taylor wurde gespeichert, um Weisheit zu teilenPinterest)

Dr. Antony Theodore
Efficacious - Operation

Each member is unique, and every individual part has his or her own, particular job to do.

Each part of the body has its own important function within the entire body, but when one member is sick, or functioning incorrectly, it has a devastating effect.

Dr. Antony Theodore
Ego - Extinguishes

Ego can extinguish
your light bestowed
on and in you by God.

Then your Ego
will imprison you.

You will live
in darkness
hugging your Ego.

Break the shell of Ego
by kneeling down
and bowing down
in deep sincere prayer.

Dr. Antony Theodore
Ego - Is - Foolishness

Whoknows about
the origins of the world?

When did the
creation happen?
No one knows.

Who cansurvey
the creation
from the lofty skies?

Can a human being do it?
None shall be able.

Whoknows
anything for certain?
No human being.

Even then, our Ego
claims full knowledge.
It is the greatest
irony of the Ego.

Dr. Antony Theodore
Ego - Psychotic

"Every normal person, in fact, is only normal on the average.

His ego approximates to that of the psychotic in some part or other and to a greater or lesser extent.";

From Ego Quotes Austrian Psychologist Quotes

Dr. Antony Theodore
Ego And Love Cannot Be In Harmony

Ego does not know the unknown
and unknowable.
Ego does not know the transcendent.

Love’s way is a real spontaneous way
to the unknown and unknowable

Ego talks about itself.
Love refrains from it.

Ego boasts.
Love simply smiles.

Ego does not rest on the Real Self.
Love knows only to rest on the Real Self.

Ego embraces the False Self.
Love does not know the False Self.

Ego and love cannot be in harmony

Dr. Antony Theodore
Ego Opposes Itself To The Infinite

The mystics aspire to infinitize life and to define infinity.

They go from conscious to the subconscious and from the subconscious to the conscious.

The obstacle in their path is not consiousness but self-consiousness, the consciousness of the Ego.

The Ego is the limitation, that which opposes itself to the Infinite.

(Graphic: Pinterest • The world's catalog of ideas 564 × 420 Bilder suche
The secret to inner peace is silencing the ego and surrendering to the silence within where the infinite wisdom of the soul resides. Enza Currenti)

Dr. Antony Theodore
Ego-Self

It is not the possession
of the ego-self.

As long as there is an 'I'
that is the definite subject
of a contemplative experience,
an ' I' that is aware of itself
and its contemplation,

an ' I' that can possess
a certain 'degree of spirituality',
then we have not yet passed
over the 'Red Sea',
we have not yet 'gone out of Egypt'.

We remain in the realm
of multiplicity, activity,
incompleteness,
striving and desire.

Dr. Antony Theodore
Elbowing - God - Out.

The true purpose of prayer is that God may be glorified in the answer.

I believe that, but I also know how easy it can be for contemporary parents to glorify or idolize our children.

Not overtly, of course, but when we center our thoughts on our kids either because they have made us so proud or because they have made us so anxious, we inadvertently elbow God out of the picture.

Dr. Antony Theodore
Electronic Brain

Even should such a machine be built, it would lack an "operator."

A computer does not have a forebrain, nor an "I."

How marvelous is the human brain.

God created such a miracle about which we do not have much idea even in this age of reason and technical abilities.

Dr. Antony Theodore
Elephant-Butterfly

Hai my friend,

elephant of
my imagination,
would you take
me for a flight
fluttering your
colorful wings?

(Graphic: eMania Foto
e Vídeo saved
to Inspiração)

Dr. Antony Theodore
Elevate Human Love To The Sacred

Human love is not merely emotional. It contains the element of insight.

Elevate human love to the sacred
Elevate human love to charity.
The insight that guides charity is faith.
Pay attention to the insight of faith.

Heed the voice of God in your heart.
Follow the informed conscience through which God speaks to you.

Dr. Antony Theodore
Eligible - For - Liberation

“Anyone who is steady
in his determination
for the advanced stage
of spiritual realization
and can equally tolerate
the onslaughts of distress
and happiness
is certainly a person
eligible for liberation.”

Quoted from A.C. Bhaktivedanta Swami Prabhupada, The Bhagavad-gita

Dr. Antony Theodore
Elijah's - Running

Exhaustion and stress affect even great leaders.

After all, Elijah had just run about a hundred miles to escape death by the angry Queen Jezebel.

But God had not abandoned his purpose for Elijah or his people.

Between bouts of the prophet's exhaustion and sleep, the angel of God provided food and water that ultimately fueled Elijah for a forty-day-and-night journey to Mount Horeb, the mountain of God.

(Ref. to 1 Kings 19 ff).

(Susan Stout saved to Church lessons pinterest)

Dr. Antony Theodore
Eliminate All Your Negativities.

God speaks to you in your silent moments about your purpose in life.

God asks you to eliminate all your negativities.

Clean your thoughts every morning and evening from all that is destructive.

Build yourself up every day.

That is the purpose of life which is designed by God.

Dr. Antony Theodore
Embedded - In - Societies

As the gospel became embedded in societies and leading institutions consciously assumed elements of the Christian story, Christendom took root.

Thus, sharing the gospel often meant an invitation to submit to what seemed close to common sense, or at least, it felt plausible to most.

Dr. Antony Theodore
Embedded In The Deepest Recess, There Is A Dream.

You are a child of eternity
Nothing shall frighten you.
Become all that you can be.

Look at the gifts that you possess.
Make peace with your shadows
and venture into the gracious light.

Show the world what you are worth.
Embedded in the deepest recess
of your heart, there is a dream.
Find it and live it in full swing.

I repeat to myself every night
„I shall surrender only to love;„.
(Graphic: Inner Peace | Kinked m)

Dr. Antony Theodore
Embodied - Beings - And - Limited - Knowledge

The answer to the question why human beings are not able to know God is:
"The knowledge of every knower is ruled according to its own nature" (Summa Theologiae I: 12: 4).

This follows from another principle: action follows being (ST I: 75: 3).

In other words, something acts according to its mode of being.

Since humans are embodied beings we cannot know God unless God Himself reveals.

Dr. Antony Theodore
Embrace - God's - Love

Will you choose
to become what
you should be?

Will you choose to
embrace God's love,
even through the
carrying of your own cross,

to receive
his forgiveness
and healing,

and to live
as he made you
to live the only way
you can be truly happy?

To do this, you must
repent of your sins.

God will enter your life
and fill you with
His Holy Spirit.

Dr. Antony Theodore
Embrace The Whole Of Nature

Brighten and widen our circles of compassion.

Try to embrace all Human beings,

all living creatures and the whole nature.

Learn to observe and perceive the beauty in its wholeness.

Dr. Antony Theodore
Emerging - New - World

We see the new world emerging by way of establishing linkages, building bridges and coalitions between parties engaged and developing an environmentalism that integrates struggles to preserve the health of the planetary ecology with the manifold social and political struggles for justice, equality and dignity.

Dr. Antony Theodore
In the process of emotion dysregulation, the emotion's intensity increase.

At some point, individuals find that the only way to turn down the intensity is to shift their attention to some sort of physical outlet, such as harming themselves.

Dr. Antony Theodore
Emotional - Engagement

Forgiveness is vitally important for the mental health of those who have been victimized.

It drives people forward rather than keeping them emotionally engaged in an injustice or trauma.

Dr. Antony Theodore
Emotional - Escalation.

The chain leading from emotion through rumination through outcome behaviors occurs in a progressive fashion with a considerable degree of feedback going backwards from self-harm to emotional escalation.

Dr. Antony Theodore
Emotional - Expression

Emotional intelligence is a combination of intelligence, personality, and emotional expression.

This is referred to as trait Emotional Intelligence.

Ref. to (Petrides & Furnham, 2001), (O'Connor et al., 2019)

Dr. Antony Theodore
Emotional - Health

In positive psychology, emotional health is seen as a ratio of positive and negative Emotional Regulation.

It is the route to keeping closer to the Positive side of emotional health where and when possible.

(Ref. to Vacca, Bromley, Leyrer, Sprung & Homer, 2014).

Dr. Antony Theodore
Emotional - Intelligence

Emotional intelligence is a type of social intelligence that involves the ability to manage and monitor one's own as well as other's emotions, to discriminate among them, and to use the information to guide one's thinking and actions.


Dr. Antony Theodore
Emotional Associations

A child burns her hand on the stove and a fear of fire begins.
In a tender moment, a hand is slapped and a fear of love begins.

Our emotional associations and reflections run deep.
Heart breathes beneath all our associations like a soft sandy bottom waiting underwater.

Try to still our associations till we are as transparent as a calm lake.
When still enough and clear enough others can also see through to our bottom.
It makes love possible again.

So stay with our feelings long enough till the ripples settle.

Dr. Antony Theodore
Emotional Pain

Emotional pain
is acute in and
across our world
during these days.

The pain of
uncertainty,
fear, isolation,
irritation,
and disappointment
eats away our joys.

Dr. Antony Theodore
Emotional Regulation

Emotional Regulation is shaped within our cultures and anchored in our past experiences.

So, what we see as positive emotions can vary within cultures.

And, just to add to the complexities, emotional expression is mostly based on brain mapping, with junctures and signs that link to experiences or feelings, memories, other people's reactions to us.

(Ref. to Immordino-Yang, Yang & Damasio, 2016)

Dr. Antony Theodore
Emotionally - Volatile - Situations

Every one of us has this special friend who seems to have more insight into their feelings, a better understanding of other people's emotions, and an incredible knack for handling potentially emotionally volatile situations with a seemingly magical touch.

Dr. Antony Theodore
Emotions Of Grief And Pain

Grieving can be the most difficult time for people.

Trying to balance the feelings of pain and loss while going forward with everyday life.

Give yourself space and time, be honest with your emotions, don't grieve alone, and don't lose hope.

(„Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me“.Psalm 23: 4) . Holy Bible.

Dr. Antony Theodore
Empathy - And - Beliefs.

The anti-social personalities may have defective genetic origins.

They may lack remorse, empathy, regard for the welfare of others, and respect for social order.

Otherwise, every human being even in spite of an intellectual denial of God holds spiritual awareness, empathy, and beliefs.

Dr. Antony Theodore
Emptiness - And - Pain

We hear of the futility of man's fleshly accomplishments and the emptiness and pain that permeates every aspect of life, when God is excluded.

We discover that the continuous ebb and flow of human activity, secures the soul of every man in the iron-grip of death, and no-one is exempt.

Yet Solomon's conclusion, when all had been evaluated, is that man's duty is to fear God and to keep His commandments.

Dr. Antony Theodore
Empty - Pod

Are you going to prove an empty pod?

It will depend on whether or not you are actually living in the light of what you have seen.

It is the light of the vision which you God granted you will lead you to greatness.

Dr. Antony Theodore
Empty - Theory

Those who do not seek the truth have nothing but letters and doctrines, and empty theory, and those who are without the truth naturally have many conceptions about God.

Dr. Antony Theodore
Emptying Oneself Of All That Is Ignoble In Us.

Just as the 'Word' emptied Himself of His divine and transcendent nobility in order to descend to the level of man, so we must empty ourselves of what is human in the ignoble sense of the word, which really means less than human, in order that we may become God.

Dr. Antony Theodore
Encounter - With - Christ

The fullness of happiness is found in the encounter with Christ,

who is the most complete answer to the question

that affects every human life.

Following Christ is the foundation of universal morality.

Dr. Antony Theodore
Encounters - With - Beauty

My encounters
with beauty,
are from dawn
to dusk
and a whole
lifelong.

Most of these
encounters
are small.
though nothing,
absolutely nothing
is truly small.

Sometimes they
are large beyond
any description.

They are really
sustaining.

Dr. Antony Theodore
Encouraging Verses

I can do all things through him who strengthens me.

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

(Reference to St. Paul's letter to Philippians 4: 13 and Isaiah 41: 10 in the Holy Bible)

Dr. Antony Theodore

The world becomes
a wasteland of
endless money-making,
without boundaries
defining any place.

There is no
sense of belonging
and no meaning
beyond money.

Dr. Antony Theodore
Enemies Hug

When two enemies
who did not talk
to each other
for thirty years
come together
one day and hug
and smile and talk,
then there is a mystery
in their actions,
something inexplicable.

That is mystery
and that is beauty.

(Graphic: Wisdom Hunterembracing His call saved to inspiration. Pinterest)

Dr. Antony Theodore
Enemy - Of - The - Soul

When the enemy
of our soul
has been
routed, and
the gracious
plans and
wise purposes
of God, will be
finally accomplished

in establishing
God in His rightful
position on the
throne of the universe
and in theminds of
all those who are on earth,
then, God's worship will
resound through the universe.

Dr. Antony Theodore
Energies - Of - Healing

Sending
Unconditional
love and light
to all PH friends.
May God send
the highest
energies of healing,
restoration and
rebirth to our planet.

Dr. Antony Theodore
Enforcing - Disengagement

I told myself
as I drove off
into the wilderness
this morning
that I would
turn my phone
off for a few days
to enforce my
disengagement.

But I have checked
my messages
several times
in the last hour.

(We are weak, and when we
take decisions, we have to remain firm
to achieve our spiritual goals)

Dr. Antony Theodore
Engaging ourselves In The Agony Of The World.

Very often we are at a loss
to know how to heal
the hurts and hunger around us.

Why not we engage ourselves
in the agony of the world?

By Partaking in the sufferings,
pain, and rejections of the poor
our love will grow and mature.

Our love deepens as we forgive.

We forget ourselves for a while
and reach out in care
and compassion for the other.

Involve yourselves in the world
of the poor and abandoned.

A love that is not for more
than itself will stagnate and die.

Do I meditate on healing and compassion?
Do I forgive myself and others?

Do I forgive those who seem
least deserving of forgiveness?

Dr. Antony Theodore
Enhancing - The - Strengths

It is suggested
that a person
cannot only
possess strengths,
but also enhance
his or her own
strengths as well
as develop new ones
much in the same
way that a muscle,
if not used, may wither.

(Reference to Jones-Smith)

Dr. Antony Theodore
Enjoy The Ecstasy Of True Romance

Discover love in yourself.
Find the boundless soul of love in you.
Enjoy the ecstasy of true romance
until your life becomes self-sustaining
acts of passion, romance
that ends in spontaneous
spiritual fulfilment.

(Graphic:

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Enjoying - A - Relationship - With - God

The almost unbelievable joy is that you can enjoy a relationship with God that He will have with no one else.

And God eagerly, passionately, yearns for that relationship to begin.

God is just as eager to love and know you as He was to know Moses, David, and Mary.

Dr. Antony Theodore
Enjoying The - Sense - Of - Mystery

We learn another
way of existing,

while living with
the question,
'Who am I',

by enjoying the
state of mystery
which it stirs
in the Spiritual Heart,

but not allowing
it to be touched
or tinged by any
conceptualization.

Dr. Antony Theodore
Enkindling - Your - Faculties

Be the divine light
that you are.

Believe in this
divine light

that enkindles
all your faculties

and your spiritual
and physical being.

Dr. Antony Theodore
Enkindling The Flame Of Passion.

Love speaks to me
in the midst of the night.

I woke up.
Sat keenly
listening
to the silence
bereft of speech.

Love speaks to me
In the darkness of the night.

Love enkindles in me
the flame of passion.

Dr. Antony Theodore
Enlighten The Eyes Of My Heart.

You are like a bird with a large wingspan.  
You conceal me under your wings.  
I shall find my refuge there.

Do not allow my heart to be proud.  
Make my eyes not haughty.  
Reveal your mysteries in secret  
when I come to you in prayer  
pleading with a lowly heart.

I humbly implore your majesty.  
Let me find favour in your sight.  
I set my soul in silence and peace.  
Enlighten the eyes of my heart.  
I bow before you the Lord of the Universe.

Dr. Antony Theodore
Enlighten Us Always.

Enlighten all who come into the world.

Fill our hearts with the light of your powerful ideas.

Train us to think and let our thoughts may please you.

Give us the grace to love sincerely.

Dr. Antony Theodore
Enlightened

The enlightened ones
walk on the path
of humility.

Dr. Antony Theodore
Enlightened In Its Light.

A particle of Its bliss
supplies the bliss
of the whole universe.

Everything becomes
enlightened in Its light.

All else appears
worthless after
a sight of that essence.

I am indeed of this Supreme Eternal Self.

(From the wisdom of the great Hindu Scripture Vijnanananka)

Dr. Antony Theodore
Enlightening - Of - The-Mind

The Spirit of God enlightens the mind, when the Word is rightly divided, a mist of muddled confusion is lifted, and shrouds of misinterpretation are removed.

Prepare the intellect and the mind to receive the inspirations of God.

Dr. Antony Theodore
Enormous And Powerful Insights

Everything that we observe
influence us
and we are not left unaffected.

A thinking mind deducts
truths from what we observe.

Such enormous and powerful insights
change us and make us other beings.

We become new
for the better or the worse.

Dr. Antony Theodore
Enriching Asian Religious Thought

All the poets are conscious of the differences between the Christian faith and the Asian religions.

Despite inconsistencies, contradictions, and differences, all poets are sure that such a communication between the western and Asian religious thought and practices is singularly enriching and essential.

Dr. Antony Theodore
Enslaved - And - Oppressed

For many years
the Egyptians
enslaved Israel.

But God had made
a promise to their
forefather Abraham.
"Know this for certain,"
Abraham was told,

"Your offspring will be
foreigners in a land
that does not
belong to them.

They will be enslaved
and oppressed
for 400 years.

However, I will judge
the nation, and
afterward, they
will go out with
many possessions."

(Leviticus 26, of the Holy Bible)

Dr. Antony Theodore
Enslavement - Of - Others

There is hardly a time in the entire history of humanity when nations have not risen up against other nations and death and destruction have resulted from man's lust for power, through the enslavement of others.

Dr. Antony Theodore
Know that the LORD,
He is God!
It is He who
made us,
and we are His;
we are His
people, and
the sheep of
His pasture.

Enter His gates
with thanksgiving,
and His courts
with praise!

(Ref. to Psalm 100: 3-4)

Dr. Antony Theodore
Enter - His - Presence

For me, The Psalmist wants us to know that the Lord is God and He made us.

You would expect to hear this in the Bible, but this is only a set up for the main point, the creator of the earth is also our Shepherd and wants us to know we are the sheep of His pasture.

Enter His presence with praise and thanksgiving.

(Ref. to Psalm 100).

Dr. Antony Theodore
I have also entered
a covenant with God.

That's the most serious
business of all.

Anyone who becomes
a follower of Jesus Christ
enters the same covenant.

Jesus called it the new
covenant in his blood.

At the Last Supper,
Jesus took "the cup
after they had eaten,
saying, 'This cup
that is poured out
for you is the new
covenant in my blood';

Dr. Antony Theodore
Entering - Into - Eternal - Life

We cannot enter
into eternal life
or even begin to
enjoy life on
earth if we do
not love, for it

is in loving God
and neighbor
that we have
a relationship
with God and neighbor.

Dr. Antony Theodore
Entering - Into - Every - Searing - Pain

Weeping, we are told
by the Lord, shall
endure for a night
and the welling
tear-drops that
have blurred our
vision and the floods
of tears that have
dampened our pillows
will one day be wiped away.

God Himself will dry
every tear, for He
enters into every
searing pain and
each aching heart.

(Graphic: Dimaris saved to Art Pinterest).

Dr. Antony Theodore
Entering - Into - Higher - Realms

It represents a divine invitation to enter into those higher realms, a space of peace filled with His love and presence.

Dr. Antony Theodore
Entering Into A Dialogue

A mystic poet wants
to enter into dialogue

with all that is pure,
wise, profound, and humane
in every kind of culture.

The striking feature
of this dialogue is

no syncretism, indifferentism,

the vapid and careless
friendliness that accepts
everything by thinking nothing.

Dr. Antony Theodore
Entering Into Communion With The One

God is truly immanent
in the human soul
as in the universe.

One who seeks the Reality
makes an outgoing journey
from his own self.

It is like a journey
from the world of illusion
to the real or transcendental world.

To him personally,
he may see it
as inward change or a regeneration,
by which his personality
undergoes a change.

It makes him able to enter
into communion with the One,
whom his heart loves and cherishes.

Dr. Antony Theodore
Entering Into The Inner Cave With Joyful Anticipation.

One finds his life only by losing it.

Bury Your life with and in The Almighty.

Enter into the walls of the inner cave with joyful anticipation.

All of the mental and physical resources should be mustered and attuned to the 'transforming and life-giving love into which one enters and experiences in the inner cave of sanctum sanctorum

It is in faith one submits and surrenders.

(sanctum sanctorum (Latin)= Holy of Holies)
(Graphic: joyful anticipation.. Pinterest. Genovamaaa's collections)

Dr. Antony Theodore
Enthroned - On - High.

Scripture often speaks of God as "exalted";
He dwells "in heaven above";
even "above the heavens";
He is "enthroned on high";
indeed, he is himself the "most high".
Reference to:
(Ps.57: 5; 97: 9;
Deut.4: 39; Eccl.5: 2;
Ps.8: 1; 57: 5;
Ps.113: 5; Ps.97: 9in the Holy Bible)

Dr. Antony Theodore
Environing - Nature

We have to have
an understanding
of environing nature
as an objectively
valuable world
when we discuss
the pros and cons
of moral teachings.

Dr. Antony Theodore
Epiphanic Experience

It provides the impetus
for a more honest
and courageous encounter
with the conditions of existence.

An epiphanic experience
is an intentional
experience made significant
and enduring by the ascription
of personal meaning.

An epiphanic experience
is a profound
illumination of the inauthentic
and authentic modes
of self-identity.

(Ref. Web dictionary)

Dr. Antony Theodore
Equanimity

"Perform all thy actions with mind concentrated on the Divine, renouncing attachment and looking upon success and failure with an equal eye. Spirituality implies equanimity."

[Trans. Purohit Swami]";

(Anonymous, The Bhagavad Gita)

Dr. Antony Theodore
Equanimity - And - Calm.

Talking the person
down from this peak
of emotional intensity
can take far more
energy and ability
than you can muster,
try as you might to
re-establish some
form of equanimity and calm.

Dr. Antony Theodore
Escaping - Rejection

If somebody throws stones of rejection at us we should gather them up and use them as a bridge to cross so we can get away from that person.

We should not remain in the situation and suffer repeatedly.

We should learn to love ourselves and know that all the love we will ever need is there inside us!

(Written from the comments of the great poetess Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Escaping The Delusion

Just as in a dream
a beggar becomes a king
and a king becomes a beggar
or a leper becomes
the lord of paradise,

but waking up he falls
into real life
and understand
the illusion and delusion
of human life.

It is only when true
discernment dawns,
the illusion and delusion
will all disappear.

So it is true wisdom
if you devote yourself
to God and do only
works of love, pleasing
the Lord of the universe.

Dr. Antony Theodore
Eschew - The - Evil

The believers are to watch out for those who were causing divisions within their fellowship.

He warned that engaging in these false teachings would cause them to stumble in their Christian walk, and fall away from their faith in God.

The teachings of these unscrupulous men, were contrary to the teachings of Christ for the preaching of the cross is an offense to those that are perishing, but to those who are saved, it is the power of God unto salvation.

And so Paul was keen for each one to focus on the good and eschew the evil.

(Ref: Romans 16: 19)

Dr. Antony Theodore
Paul not only wanted to enjoy mutual fellowship and encouragement with these fellow believers in Rome, but he also wanted to develop their spiritual understanding and establish them, even more in the faith.

And so he drew his epic epistle to its final conclusion by explaining, "because the report of your obedience has reached everyone, I am rejoicing over you, but I want you to be wise in what is good and innocent in what is evil." (Ref: Romans 16: 19)

Dr. Antony Theodore
Estrangement Of The Human Being

Man experiences himself as a stranger in the world, estranged from himself, with his fellow man and with nature in his struggle to transcend it.

He experiences the split between himself as subject and the world as an object.

This painful confrontation can be avoided when one agrees to conform to the world.

But it is a form that does not fit. He can put himself together only in the loving and merciful God.

Dr. Antony Theodore
Eternal - Destiny.

Obviously there is a span, an era, between the beginning and the end, which, for lack of a better expression, is called time.

Time is the divinely created sphere of God's preserving and redemptive work.

It is the arena of man's decision on his way to an eternal destiny.

Dr. Antony Theodore
Eternal Love Influences

Eternal love
influences the Seeker
and the whole personality
rises in the acts of contemplation
to a level of consciousness
at which it becomes aware
of a new field of perception.

This new awareness
leads him to a new life in God.

Dr. Antony Theodore
On Eternity and Time, 
Thomas Aquinas, 
writes in his 
Summa Theologica 
following Aristotle.

He argues that time 
is the measurement 
of created and human 
life in its movement, 
while eternity is 
the measurement 
of God's being.

For eternity is 
the measure of a 
permanent being, 
while time is the 
measure of movement.

Dr. Antony Theodore
Eternity - Apart - From - God

God respects our freedom to choose.

He gave man free will, and if anyone chooses to spend eternity apart from God, he will let him do so.

What will you choose? Will you choose sin and separation?

A life of selfishness, greed, and anger?

A life of bitterness, frustration, even despair?

Dr. Antony Theodore
Eternity - Is - Immutable

The measurement of divine life does not include movement.

For Aquinas, and the theologians who preceded him, eternity is generally defined in its negative relation to time.

While time is mutable, eternity is immutable, while time is flowing, eternity is static.

Dr. Antony Theodore
Eternity Is Right Now.

Eternity is right now.
Are you proud of your past?
Are you ashamed of your past?

Just forget the past.
Do not repent for your past. Be awake! ! !
Eternity is now; just now.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Eternity Is The Truth.

Eternity is the truth.
God is eternal.

All around us perishes
here on earth.

We are always surrounded
by perishables.

We live in eternity.
Accept this fact
which is so true.

There is no time.
There is only eternity.

(Graphic: Kat Hayden saved to moon pics.. Pinterest.....16k
Mis pensamientos son una chispa de lo divino, vivo, pienso siento de acuerdo a lo que ES SAGRADO...)

Dr. Antony Theodore
Eternity, - A - Movement

Eternity is understood as a movement of the Father, Son, and Spirit.

This dynamic view of eternity of Barth, ensures a creative and positive relation to created temporality.

Dr. Antony Theodore
Some of us who use the term sanctity of life employ it more broadly to denote an ethical approach concerned not just with a handful of bio-ethical issues but the entire range of moral problems that human beings face, from abortion to poverty, from war to the death penalty, from child abuse to the environment.

Dr. Antony Theodore
Eudaimonic - Feelings

In the cold plateau environment, people who felt at home in nature showed the most satisfaction and growth and had also both hedonic and eudaimonic feelings.

Dr. Antony Theodore
Evaluating - Stories

Which story is able to incorporate the insights from other stories in a way that makes sense?

Which story is most livable?

Which story corresponds with our observations, experiences, and history?

Dr. Antony Theodore
Evaluatingoneself

How a person evaluates
his or her social
and technical skills
is decisive in forming
an adequate self-image.

How a person evaluates
his or her values and principles
and how a person feels to be
in a society where masculine
and feminine norms have
its rules and regulations
to exercise the sexual urge
contributes towards the
formation of the self-image.

Dr. Antony Theodore
Even If We Had Great People

If we had managers,
who are very familiar
with psychology,
group dynamics,
and conducting discussions,

who know exactly
how a group reacts
to certain provocations,

who can ask so specifically
that the other becomes
aware of some things,

that can really shake
you up and make you think,
who can make people
aware of their situation,

so if we had perfect people
But if you do not have love,
it would be NOTHING!

Dr. Antony Theodore
Ever Forward Never To Return.

Light of my life,
dance at the centre of my being.

The light opens my heart
and I hear the laughter
of innocence in my being.

It is a world of lilies and jasmines.

Here I walk with the light
in harping melodies unheard
ever forward never to return.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Ever New Discovery Through The Symbols

What is 'new' in the symbol
is the ever new discovery
of a new depth
and a new actuality
in what is and always has been.

The function of the symbol
is to manifest a union
that already exists
but is not fully realized.

Dr. Antony Theodore
Ever-Deepening Oneness Is Only Bounded By Eternity.

Like all human love
at its most profound,
and at its most perfect,
it desires an ongoing
and ever-deepening
oneness that is only
bounded by eternity.

When, on the night
before he died, Jesus said,
'Do you not believe that
I am in the Father and
the Father is in me? '
Jesus Christ was describing
that love as it is in heaven.

All love that is
briefly glimpsed
in human love,
finds its ultimate
consummation
in God's love.

The pure love that binds
lovers together
is the stuff that
heaven is made of.

Dr. Antony Theodore
Everlasting - Covenant

God lives in us.

There is the sanctuary
of God in our soul.

The spirit gives
understanding of
the joyful reverence
in the earthly
sanctuary of God,

Think of the old Ark
of the Covenant and

see the face of Jesus
lying in agony.

These will explain
to us the new and
everlasting covenant
that Jesus founded
through his precious blood.

Dr. Antony Theodore
Every Emotion Has A Reason To Serve You.

Every emotion has a reason to serve you.
So let the emotion rise.

Release it by crying,
screaming, losing your temper,
or shaking with fear.

Spiritually you are
the creator of your reality.

Do the inner work and it will
lead you to emotional healing.

(Graphic: 355580)

Dr. Antony Theodore
Every Heart Needs A Home.

Every heart needs a home.
Everyone needs some one to love
to give love and to receive.

In the absence of anyone to love
go to nature and find the colors
of nature and the perfume and beauty
that flowers emanate.

Take time to be in nature.
Be silent and see every blade of grass.
Be with the unseen presence of the Almighty.

Fill your heart and pray for a deep love experience.
Be sure, God is going to give you a real love.

Dr. Antony Theodore
Every Human Heart Hungers For Love.

Every human heart hungers for love.

If you do not have the warmth
of the love in your heart,
there is no celebration.
There is no joy.

The world loves power and possession.
You can be very successful in this world.
You have every material thing in your life.

But without a heart full of love
what is this life worth?

It is simply nothing to cherish.

Love, love, love, give, give, give.
That alone is the mantra.

Dr. Antony Theodore
Every Love Is A Mystical Experience.

Every love is a mystical experience.

Love wants to go further.
It does not just want
to gaze upon them
but to enter into them
and as fully as possible
and for as long as possible.

Every love is a mystical experience.
It leads us to the mystery.

Dr. Antony Theodore
Every Moment Of Existence Is A Grace

Every moment of existence is a grace
Every breath we draw is a gift of God's love.

Come out of the dark night of our blindness.
Walk in the daylight of simplicity and surprise.

Delight in the favor of God anew every day.
The all-pervasive presence of God graces us.

Dr. Antony Theodore
Every Person Is A Piece Of Gold.

Every person is a piece of gold.

You are
A gold ring,
A gold watch
A gold chain
And you say:
I am a ring, a watch, a chain.

But don't you understand
These are only temporary shapes?

In truth, you are gold.
It is your essence.
Shape may change
But your essence does not.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Every Selfless Act

"Every selfless act, is born from Brahman, the eternal, infinite Godhead.

He is present in every act of service.

All life turns on this law.

Whoever violates it, indulging his senses for his own pleasure and ignoring the needs of others, has wasted his life.

But those who realize The Self are always satisfied.

(Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

Dr. Antony Theodore
Everything Changes When You Change.

Identify the negative feelings in you.  
They are only in you, not in external reality.  
They are not an essential part of your Self.  
They are not permanent. They come and go.  
Change should occur in you.  
Everything changes when you change.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Everything is a manifestation
of the All from whom all came,
in whom all is sustained,
and to whom all returns.

Contemplation is an eternal
identity to be realized.

Dr. Antony Theodore
Evident - Philosophy

There is a basic form of philosophical knowledge which is evident to this day in the postulates which inspire national and international legal systems in regulating the life of society.

Dr. Antony Theodore
Evil - Cannot - Quench

Christ is the image of the invisible God.

He is the Son of God, Who is God the Son,
and He came to earth to shed the light of the Father to the far-flung corners of the universe.

That light shines in the darkness, but darkness and evil cannot quench the light of His love.

Dr. Antony Theodore
Evil - Forces - Trample - On - Us

Like us, David found that both friends and enemies could be used by evil forces to trample on us, drive us to despair and weaken our resolve.

And like David, we can call on the name of the Lord and cry out to Him, "Be gracious to me, O God, for man has trampled upon me.

(Ref: Psalm 56)

Dr. Antony Theodore
Evil Casts Shadows

Evil casts shadows
everywhere all along.

Evil destroys
Evil is restless
Evil is unsteady
Evil is not dependable
Evil is fickle

(Graphic: Katya Gridneva saved to Fantasy Art misc 42
Venger and the Shadow Demon by ChrisRawlins on DeviantArt.. Pinterest)

Dr. Antony Theodore
Evoked By The Awakened Consciousness

The quest for God
evoked by the awakened
consciousness of the emptiness
of the world is for a return to God,
the ground and the source of all existence.

And this return is only possible
by detachment and 'death'
in the exterior self,
so that the inner self,
purified and renewed,
can fulfill its function
as the image of the divine.

Dr. Antony Theodore
Evoking - Reflection

Wonder is
key to feeling
at home in
wilderness.

Wonder can be
understood in
two dimensions.

It is a feeling of
surprise and
fascination
evoked by an
element of nature,
and a feeling
evoking reflection
on what we
perceive,
motivating
a further search
for insight.

Dr. Antony Theodore
Evolving - Consciousness

What is
Consciousness
and how did it evolve?

Can consciousness
exist apart from
a brain generating it?

Dr. Antony Theodore
Evolving - Into - Higher - Self

You evolve yourself
into higher self.
You connect
with your higher self
that lives in you.
Meditate
and give yourself
into the hands
of The Almighty.

(Graphic: Higher Self Connection. Guided Meditation)

Dr. Antony Theodore
Exacting - Purification

Just because we waited for over fifteen-hundred years for this exacting purification to be detailed and described as 'The Dark Night of the Soul' by St John of the Cross, does not mean that it was not a reality for the first spiritual travellers.

We know without a shadow of a doubt that it was part of their journey, for without such a purification they could not have been united with Christ.

Dr. Antony Theodore
Exalting -The - Low - Tree.

"All the trees
of the field will
know that
I am the LORD;

I bring down
the high tree,
exalt the low tree,

dry up the green
tree and make the
dry tree flourish.

I am the LORD;
I have spoken,
and I will perform it. 
(Ref: Ezekiel? ?17: 24)

Dr. Antony Theodore
Example Of Humility

Grateful are we today
for the testimony
of John the Baptist and
his example of humility
and grace, for despite being great
in the eyes of men and
a special minister of God,
he was able to proclaim
that Christ must increase
while he must decrease.

May I walk humbly before
you all the days of my life
be ready to testify that Jesus
is the Saviour of the world
and that HE must increase
in importance and influence,
while I must decrease.

(Reference to the Holy Bible John 3: 30)

Dr. Antony Theodore
Excruciating - And - Terrifying

n the fourth part,
Fr. Paneloux is
immersed in the
lives of people
who had contracted
the dread disease.

A noticeable change
happens in him,
however, after he
witnesses the
excruciating
and terrifying
death of a child.

Dr. Antony Theodore
Exhausted - Hurt - And - Anxious

God first restored
our soul into
newness of life,
through the
quickening power
of Jesus' death and
resurrection.

He continues to
revive our fainting
soul and reinvigorate
our sagging spirit,

when we find ourselves
wearied by the world's
pressures or discover
we are exhausted,
hurt, anxious, or
simply worn down
in this troublesome life.

Dr. Antony Theodore
Existential - Problem

For some it
becomes extremely
existential.

They fear for
their economic
existence.

Everything is
demanded from
those who
work in hospitals.

Corona changes
the life of all
especially the poor.

Dr. Antony Theodore
Existential Vacuum

There is a widespread existential vacuum, or a strong and persistent feeling that something very important is missing in our souls.

In our generation
We certainly feel it.

It was already a mid-twentieth century concern.

In the Nazi concentration camps, people experienced it and lamented over this growing problem in the Western world.

Dr. Antony Theodore
Expanding The Reader's Consciousness.

A mystical poet should
not yield to possible
conceptualization,
but resort to literary
techniques
designed to expand
the reader's consciousness.

A mystic poet should
create a mosaic of humour,
meditation, irony,
and fast-paced allusion.

The whole shall move,
though with hints
of ambivalence,
from the center of
Mystic's mysterious mind.

Dr. Antony Theodore
Expect - Nothing

Do favors
and don't expect
anything in return.

It is the wisest message
the Bhagwad Gita gives us.

Dr. Antony Theodore
Expect - To - Be - Forgiven

Even as we humbly reckon with our sin, we boldly expect to be forgiven and changed.

That is the miracle of prayer in deep faith.

Dr. Antony Theodore
Experience - God's - Love

We do not talk
about knowing God's love
which comes as a result
of a studied and reasoned,
or academic, pursuit.

You can know things,
you don't experience.

You can argue that
the Bible says God
loves the world
and you are part of the world,
so you are loved by God.

That is a mental exercise.
Not an experience.

Dr. Antony Theodore
Experience - Reality

All the people must experience reality, and live out reality.

The more that people know reality, the more they are able to tell whether the words of others are real.

The more people know reality, they will have less conceptions;

the more people experience reality, and the more they know the deeds of the God of reality,

the easier it is for them to leave their corrupt, satanic dispositions behind.

Dr. Antony Theodore
Experience Of Lucidity, Vividness, Intensity.

The poet translates abstractions according to their distinctive art of presentation into representative symbols.

Inner experiences are depicted in relation to life.

Artist and priest both try to weave together the segments of human experience that flow through consciousness and achieve a mosaic that gives the total experience of lucidity, vividness, intensity, and depth.

Dr. Antony Theodore
Experiencing Your Mind

God, I want to give my hand to you and experience: your love supports me.

I want to tread over uncertain grounds and learn: you are caring for me.

I want to work on and experience a new world: Your kingdom is in the middle of us.

I want to love and experience something more every day:

Love is the way to another. It is the way to you.

I want to breathe and experience your mind:

You give me love and life.

Dr. Antony Theodore
Exploited - Objects

The only God
that can save us
now is an understanding

of being that transcends
our current understanding

which sees the
being of entities
as valueless objects
to be mastered,
used and exploited.

Dr. Antony Theodore
Expose - The - Roots

Depression strikes,
but it is especially
virulent in the winter.

In the healing
ministry we are
most apt to have
increased numbers
of prayer appointments
with supplicants
during the winter months.

During those appointments,
however, we can unpack
a depressant’s history
and expose the root,
chase off and
put down the black cat
setting that captive free.

Dr. Antony Theodore
Exposing - Our - Idols

In this season of coronavirus, we are seeing the Lord expose our idols and connect us together to glorify Him!

As we keep our eyes focused on our King, we will operate in new ways, creative ways, ways that have been the work of the Kingdom all along.

Corona, means crown. We are not giving coronavirus first place in this season.

Instead, as we crown our King Yeshua with all our affection and attention, we can activate our faith and heartily engage in the Kingdom work of prayer.

Dr. Antony Theodore
Express Gratitude.

Believe in yourself. 
Things will work 
for you in the best 
possible ways.

Have faith, believe. 
Believe in yourself. 
Express gratitude.

You have Your 
God living in you 
and only you 
can make it happen.

Dr. Antony Theodore
Expressing - Respectfully

People with high emotional intelligence can lead the charge to multiply examples of emotional intelligence in the workplace.

What emotional intelligence in the workplace looks like: can be understood in the following example.

People express themselves openly and respectfully without fear of offending coworkers.

Dr. Antony Theodore
Extend - Grace - And - Mercy.

To begin the process of learning to forgive, you need to start with recognizing your sin.

Withholding forgiveness is a sin in God's eyes.

Confess your guilt, and ask God to remove the trespass.

Then start to pray for the right spirit.

Tell God you forgive them.

Speak it out loud instead of in your mind.

Speaking something audibly has a powerful effect on your heart.

Finally, go to the person and extend grace and mercy. It will do wonders for your soul.

Dr. Antony Theodore
Externality

Philosophically, externality can be understood as the fact of existing outside the perceiving subject.

Our knowledge of the external world is our knowledge of the external world, not the external world as such.

Dr. Antony Theodore
Exuberant - Feelings

One gets the most exuberant feeling when one touches a tree, with both hands.

Sit by a lake and put one's feet in. Breathe in the purest air.

Truly, these are the actions that truly count.

The nature cares about your well-being.

Remember our experiences in the nature, for they love us and God has designed it so.

Dr. Antony Theodore
Exultant - Worship.

God alone is worthy of
such exultant worship.

He alone is deserving
of our everlasting praise.

"I will sing to the Lord
as long as I live," is his exultant cry.
"I will sing praise to
my God while I have my being."

(Psalm 104: 33 of The Holy Bible)

Dr. Antony Theodore
Eye - Of - The - Owl

“Our knowledge of God is like the light of the sun to the eye of the owl.”

Thomas Aquinas

Dr. Antony Theodore
Facing - Eternity

We are facing eternity, and this makes it imperative that we know if we are forgiven.

If forgiven, we will be accepted into heaven. If we are not forgiven, we will be sentenced to eternal hell with the devil and his angels.

“When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory:

And before him shall be gathered all nations: and he shall separate them one from another, as a shepherd divideth his sheep from the goats: And he shall set the sheep on his right hand, but the goats on the left.

Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.”

“Then shall he say also unto them"
on the left hand,

Depart from me,
ye cursed, into
everlasting fire,
prepared for the
devil and his angels.&quot;

Ref: (Matthew 25: 31-34,41

Dr. Antony Theodore
Facing - The - Past

In order
to face
the future,

sometimes
you've got
to make peace
with your past.

Dr. Antony Theodore
Facing Goliath

Facing Goliath offers help to every man who wants to overcome his giants and experience a life-changing relationship with the Almighty God.

Intellectual doubts, fear, pride and selfishness plague us in our daily lives.

Try to discover the answers to questions, of faith, salvation and spiritual growth.

I have found God and want to grow in and with God.

(The story of David and Goliath is given in the Holy Bible 1 Samuel 17 NIV - David and Goliath)

(Graphic: Ariane Lajoie saved to Christian art III david and Goliath Pinterest)

Dr. Antony Theodore
Facing The Conflict Within

Every conflict
you wage,
is an excuse
not to face
a conflict
within

Dr. Antony Theodore
Facing The Problems With Curiosity And Enthusiasm,

The key to life's greatest challenges
is to approach them like a child,
with curiosity, enthusiasm,
inquisitiveness and a sense of wonder

In the presence of awe,
the mind lets go and opens itself.

Scientific fundamentalism sees a world,
stripped of enchantment and meaning.

Religious systems require obedience to doctrine.
Social and family systems are often rooted in fear.

In truth, awe offers us a powerful expansion of identity
a release from limited ideas of ourselves and the world.

Wondering at the beauty of creation
in awe and respect and a sort of adoration
will become a healing of all the negatives,
a healing that embraces openness, giving
flexibility, and resiliency at the face of adversity.

Dr. Antony Theodore
Faculty Of Spiritual Vision.

There is a faculty
which is capable of spiritual vision.

It is something definite.
It is a bit of man or woman.
It is beyond all concepts of time.

It is something different
from the rest of human nature.

It is the art of the redemptive
remaking of personality.
It is the art of self-transcendence.

Dr. Antony Theodore
We already know that God is always present within us.

We live, move, and have our being in Him.

But while we try during the time of prayer to become more and more aware of this great truth, our consciousness of it gradually fades away in the course of our daily occupations.

Then we are often surprised to find ourselves acting as if God were no longer present within us.

Dr. Antony Theodore
Faith - And - Consciousness

Examine yourselves,
to see whether
you are living
in the faith
that leads your
consciousness
into the benevolent
presence of God.

Test yourselves.

Or do you not
realize this about
yourselves, that
God is in you?

Dr. Antony Theodore
Faith - In - Love

The only thing that counts is faith expressing itself through love.
(Galatians 5: 6)

Dr. Antony Theodore
Faith - In - My - Healing

My body tells me
what it needs.

I allow myself
to believe that
I deserve to be healed.

I have faith in
my healing.

Dr. Antony Theodore
Faith - Is - My - Great - Adventure

The biggest adventure
lies in a life of faith.

To believe that there is
a loving Father
who looks at me
at every step I take
consoles me
and gives me strength
to go forward.

My Faith is my strength.

Dr. Antony Theodore
Rational fideism is the theory of knowledge that claims access to knowledge of divine reality through faith that is open to reason.

Dr. Antony Theodore
Faith - Through - Hearing

Faith comes by hearing and hearing by the Word of the Lord, and this nation was instructed to listen to the Word of the Lord.

They were to hear all that He was saying.

They were to heed His Word, pay attention to what God was saying, and they were to trust Him to carry out all He had promised to their forefathers.

Dr. Antony Theodore
Faith and reason
are like two wings
on which the
human spirit
rises to the
contemplation
of truth.

Dr. Antony Theodore
Faith And Reason A Perennial Problem

Our beings spring from God. We do not possess our beings in ourselves.

It is by faith I find my true being in God.

The power of the intellect to arrive at union with God is even less than that of ascetic techniques.

The relation of faith and reason is one of the perennial problems encountered by the philosopher and theologian.

How far a man trusts his senses and to what extent can he trust his intellect to discern reality?

Dr. Antony Theodore
Faith As A Mere Way Of Thinking

Faith is seen
by some as a mere
way of thinking.

But when you engage
in selfless activities
to help the poor,
faith becomes a way of life.

You will inspire so many.

Dr. Antony Theodore
Faith Has All The Answers.

God is present to His people and is moving their hearts and minds towards Him.

He is illuminating consciences, building community, uncovering the riches of the faith.

You are always in the middle of this renewal, and be assured that no present darkness can overcome the evils of the age.

we are seeing miracles everyday. We see conversions. We see vocations.

We see people's lives change when they realize that the faith has all the answers.

We see light scattering shadows everywhere and we are lighting up the entire spiritual landscape of our world.

"The light shines in the darkness and the darkness has not overcome it." (St. John 1: 5 in the New Testament of the Holy Bible.)

Dr. Antony Theodore
Faith- In - A - Greater - Power

If you don’t feel guilty for not measuring up, a powerful quote might give you a boost.

You may suddenly feel a surge of motivation.

It can shape your self-talk in that moment to take positive action.

But Do they help? Do they work?

You need faith in a greater power Who cares for you.

Dr. Antony Theodore
Faith In Our Lives

Our faith in God
enlightens all our darkness.

It will strengthen all weaknesses.
It will mend all that is broken in us,
revive all that is dead in us.

The light of love is born from faith.

Dr. Antony Theodore
Faith Is Higher And More Perfect

When we are young
arrive at an early appreciation
of faith as a requisite of spiritual
life and as an entity apart
from mental ascent and reason.

Faith is higher and more perfect
than all knowledge that is
accessible to us on earth.

Dr. Antony Theodore
Faith Is Truly An Adventure.

The heart learns prayer
first in the adventure of faith.

Faith is truly an adventure.

It is not seized by force
or mastered by practice.
The result always exceeds
the human expectation.

Dr. Antony Theodore
Faith Is Your Rock.

Faith in God
is your strength.

Faith is the rock
up on which
you can lean on
in your dark days.

Faith is the light
shining on your face
in moments of
indecision and doubt.

„But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint“. Isaiah 40: 31 of the Holy Bible.

Dr. Antony Theodore
Faithful - And - Honourable

St. Stephen was faithful, honourable and filled with the Holy Spirit.

In those early days, Stephen carried out great wonders and miracles among the people.

Those that followed Christ, were hated in those early days.

On a certain day, the leaders of the synagogue started to dispute with Stephen.


Dr. Antony Theodore
There are indeed fake virtuous victims who take advantage of the resource extraction strategies used by actual victims who deserve those resources.

These self-proclaimed victims realize that they can make unreasonable demands of others, and not have to answer for their inexcusable behavior.

Dr. Antony Theodore
Fall - And - Rise - Again

For a person to
go through the
course of a whole
life without a
single grave fall
would be a special grace.

We are easily
distracted by our
emotions and acquired
tendencies, and so
it happens that even
people who are
normally upright
and living good lives
can still fail seriously.

Or we can have
habits of sin whereby
we fall and rise
and fall and rise
again and again.

Dr. Antony Theodore
Fall In Adoration In My Beautiful Being.

Fall in adoration in my beautiful being.

Watch the little birds in flight.
They have a sense of happiness.
Watch the bright blue sky.
It allows the birds to fly,
play on its chest
and flutter their wings in intense joy.

This glorious evening do I love.
It is so quiet and serene.
In these moments of solitude
I feel that my God is so close to me.

It has become dusk.
Let me light my little oil lamp.
I place it in my heart's cave.

I ring the golden bells
and invite the universe to fall in adoration
in my beautiful being.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Fallen - Asleep

We, children of God, have all fallen from God's grace.

We have sinned and we have fallen asleep.

We are in need of a savior.

Remain very close to Christ as we remember the sacred events of our salvation, His suffering, death and resurrection.

It is in our presence and in prayer that we are able to move into peace.

It is time to remain with the Lord, in prayer, in peace.

(Graphic: Good Friday on the mystery of the cross goodgossip Google images)

Dr. Antony Theodore
No wonder Paul insists that we must consider the members of our earthly body to be dead to the things of this world.

No surprise that he reminds us that we were crucified with Christ, so that this fallen body of sin might be destroyed and that we should not be enslaved to the practice of sin any longer.

(St. Paul was called by Christ himself on his journey to kill Christians).

Dr. Antony Theodore
Fallen - Man - Assumes - Authority

The same desire
for world rule
and total domination
of an elite ruling class,
such that we see today,
began in the city of Babylon.

The same lust for control
appeared centuries
before Nebuchadnezzar
when Nimrod built
the Tower of Babel.

It was because of
Israel's failure to
trust in God, keep
His covenant and
obey His commands,
that the Lord has
allowed fallen man
to assume authority
over the whole earth.

Dr. Antony Theodore
Fallen - Nature - Of - Man

Even though Noah
and his family
had been declared
righteous because
of their faith,
the fallen nature
of every post-diluvian
man and woman
causedit iniquity
to fill up once more,
resulting in the
next judgement
on humanity,
in Babylon.

Dr. Antony Theodore
Fallen - Tabernacle

God must punish sin,
but He has also
promised restoration
to all who believe.

Although the Lord scattered,
He will also reconstruct.

Christ is the foundation
and the corner-stone
for the restoration
of David's fallen tabernacle,
for His death on the
Cross was followed
by resurrection, which
results in restoration
for all who believe.

Dr. Antony Theodore
Falling A Prey To Self-Pity Without Faith.

Why would God let us suffer and go through so much pain?

Maybe our reasoning is backward. We think the faithful don't deserve to suffer, but from God's perspective, suffering is what produces faithful believers.

If we all had lives of ease without opposition, trials, or pain, we'd never really know God, because we'd never need Him.

If we all had lives of ease we'd never really know God.

Pain, persecution, and adversity, can be God's greatest means of building faith.

Without faith, we would fall a prey to Self-pity.

Dr. Antony Theodore
Falling In The Dream Of Another Life.

A flower in full bloom
does not want to be a mango.
A fish dancing in the water
does not want to become an elephant.

A tiger in his majesty and strength
does not want to become a lion.

But we humans find ourselves
always falling in the dream of another life.

We secretly aspire to the fortune
or fame of people we don't really know.

When feeling badly about ourselves,
we often try on other skins
rather than understand
and care for our own.

Every weed and ant and every rabbit
has its unique anatomy
and they don't dream about
being another creature in nature.

The universe reveals its abundance
most clearly when we can be who we are.

Dr. Antony Theodore
Falling Into The Old Patterns Of Sin

A life of sin leads me to death.

Humbly bow our heads.
Surrender our hearts before God
and murmur to yourself:
I only want what You want.
I dedicate my desires to You, Lord.

I ask that You eradicate any desire
in me, that could lead to defiance,
disobedience and destruction.

Lord, let it be so for me today.

Father God, I don't want to keep
falling into the same old patterns
of sin again and again.

Open my eyes to see any areas
of disobedience in my life.

Show me where my choices
are leading toward destruction
and help me turn away from
any and every misplaced desire.

I long for a heart that's fully
aligned with Yours.

"Search me, God, and know my heart; test me and know my anxious
thoughts. See if there is any offensive way in me, and lead me in the way
everlasting." (From the Psalms of the Old Testament of the holy Bible.
Psalm 139: 23-24, NIV)

Dr. Antony Theodore
False - Guilt

It is false guilt
heaping the shame
where it
doesn't belong.

Dr. Antony Theodore
St. Stephen was falsely accused of speaking blasphemous words against both Moses, and the Lord God.

These proud, religious leaders, stirred up the people against him. Indeed, he was arrested and brought before the Sanhedrin's unlawful court to be tried and convicted.


Dr. Antony Theodore
Falsity And Unworthiness

When you feel that you are not on the right path,
When you recognize
the falsity in you,
you crave for meaning.

You search for purpose.

Your feet will lead you
to places that are lonely
seeking the blessed solitude.

In this solitude
you will discover
your own illusions
after which you were running.

The moment you see
your own falsity,
you feel unworthy.

Your unworthiness
can lead you to the presence
of the ever loving,
ever forgiving God.

Dr. Antony Theodore
Faninto Flame The Spiritual Gifts

Encourage the younger ones to remain faithful to their sacred calling to fan into flame their spiritual gifts and never to be ashamed of the good news of God for it is the power of God unto salvation to all who believe.

Dr. Antony Theodore
Far - More - Entangled

We are far more entangled with the world than we know.

And the thing is, people and causes have a way of entangling themselves with you.

Dr. Antony Theodore
Fasting And Prayer

By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert.

The Church has been fasting for 2,000 years. The legitimacy and moral authority of fasting speaks for itself.

(The Christians fast and do penance during 40 days as a preparation for the way of the Cross of Jesus Christ and His Resurrection.

Jesus spent 40 days of fasting and prayer in the desert.)

Dr. Antony Theodore
Father - Of - The - World

“You are the Father of this world, moving and unmoving.
You are to be adored by this world.

You are the greatest Guru,
for these exists none
who is equal to you;
how can there
be then another,
superior to You
in the three worlds,
O Being
of Unequal Power? &quot;
[The Holy Geeta page 708]

(Hindu Scripture and Oneness of God

By T OShanavas, M.D.)

Dr. Antony Theodore
Father - Of - Mercies

Jesus came to carry out the plan which God had purposed before the foundation of the world.

The Father of Mercies sent the royal Son of His love - the second Person of the Trinity to earth, to reveal Himself to mankind.

Dr. Antony Theodore
Fear - Chases - Us

Fear chases our most thrilling moments.

As we see right now in our current culture, fear is latent in the heart of every human.

And if we want a connection in depth with God, we need to bring our fears to God.

Dr. Antony Theodore
Fear - Not. I - Am - With - You

I am the First and the Last, "I am the One Who was dead and came to life.

What encouragement and joy must have flooded their hearts when this little group of suffering saints heard those words for the first time.

Revelation 2: 10, KJV: "Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life."

(Smyrna is one of the 7 Churches mentioned in Revelation. This small body of spirit-filled believers faced serious poverty and yet they were commended by the Lord Jesus because they were spiritually rich. They were also severely persecuted by Rome and slandered the Jews for the sake of Christ).

Dr. Antony Theodore
Fear - Offered - Prayers

"There's a saying that
Courage is fear
that has said its prayers."

Prayer is indeed
the key to overcoming
or coping with anxiety,
for it reassures us
of God's presence
and reminds us
of our need to rely
on His strength,
not on our own.

(Graphic: saved to DAILY PRAYER Pinterest)

Dr. Antony Theodore
Fear And Loneliness

Fear.
Loneliness.
Rejection.
No where to go,
No one cares for me.

Would you come
to save me?
Would you come to
hug me?
would you come
to take away my fear.

I do not know how to smile.

(Graphic: Kimberly Sowell saved to Beautiful Bangladeshpinterest)

Dr. Antony Theodore
Fear Has No Place In True Love.

Perfect love casts out fear.
Fear has no place in true love.
The one who fears
is not made perfect in love.

Cast out all your fears
into God's hands.

Then rest and sleep well
because God sits by your bed
when you sleep.

Wisdom from the first letter of St. John in the New Testament of the Holy Bible.1
John 4: 18)

Dr. Antony Theodore
Fear -In - Love

Fear has no place
in true love.
Perfect love
casts out fear.

Fear has no place
in true love.

The one who fears
is not made perfect,
in love.

Cast out all your fears
into God's hands.

Then rest and sleep well
because God sits by your bed
when you sleep.

(Wisdom from the first letter
of St. John in the New
Testament of the Holy Bible.
1 John 4: 18)

Dr. Antony Theodore
Fears - And - Doubts

David expresses his fears, his doubts, his questions of God, intermittently with his adoration of who God is.

And his heart appears changed, as he adores.

(Ref: Psalm 22 in the Holy bible is an example of this).

Dr. Antony Theodore
Feather Flew Down To My Naked Feet.

I prayed to God.

God, i need comfort today.
I need to be comforted now.

God sent me a feather.

Feather flew down to my naked feet.

It began to touch my feet
in soft, feathery ways
that only a feather can do.

I simply looked at the feather
and my feet, reveling in joy.

I smiled.

I was silent.
Feather was silent.

(Graphic: Janelle Savatovich saved to AngelsPinterest)

Dr. Antony Theodore
Feathers Of The Universe Dancing In Fire.

In the depths of my vision,
i saw the feathers of the universe
dancing in the light of the eternal fire.

They are in fire
but not consumed by the fire.

I heard the laughter
of the heavenly beings
living in the presence
of the Eternal Fire.

I saw smiling faces
everywhere I went.
I could sense the spirit of
fulfillment in their beings.

Dr. Antony Theodore
Feeble - Cries - Of - His - Children.

As a child calls out
to his attentive
father for help,
or as a mother
strains to hear
and respond to
the cries of her
nursing child,
so the ear of the
Lord is ever open
to the feeble cries
of His children

Dr. Antony Theodore
Feeding - The - Beast.

In neglecting to fast
we could be inadvertently
feeding the beast in us.

One of the effects
of the sinful fall is an
inordinate love of self.

We often think too
highly of ourselves.

We allow our appetites
to run astray from the truth.

One of the purposes
of the season of Lent
is to attack this
inordinate love of self.

Dr. Antony Theodore
Feel - It - In - Your - Heart

You are Smart
and Beautiful!

Everything will
be alright!
Feel it in your Heart
now because
the Almighty
loves you.

Dr. Antony Theodore
Feel - The- Love - Deep - In - You

If you want to experience God's love, if you want to feel it deep in your spirit, you have got to admit that you are indeed inadequate that you have not and will not ever earn God's love.

It is an impossibility.

You can only receive it as a grace gift.

Dr. Antony Theodore
Feel The Shy Smile Of The Abandoned.

Look into those little eyes.
Feel the shy smile
in your presence.

She is not an orphan
because you talk to her
with a heart full of love.

Living for the abandoned ones
is a call of God.
God calls you and me
to care for the orphans.

Shall we carry on our back
a bunch of lovely flowers
and give them, sensing
the joy on those loving lips?

(Graphic: kaewlalr saved to Picture of Life. Pinterest)

Dr. Antony Theodore
Feeling - At - Home - In - Nature

People who feel at home in nature have higher life satisfaction and personal growth.

Analyse yourself and ask questions to yourself about the satisfaction of life that you experience.

Love nature and find a home in nature.

Dr. Antony Theodore
If you want to experience God's love, if you want to feel it deep in your spirit, you've got to admit that you are indeed inadequate, that you haven't and will not ever earn God's love. It's an impossibility.

You can only receive it as a grace gift.

Seek the Lord and His strength; seek His presence continually. (1 Chronicles 16: 11 `in the Holy bible).

Dr. Antony Theodore
Feeling - Inspired

I feel inspired now.
All inspirations
help me to boost
the energy of
positive thought.

I am Feeling
gratitude in my
heart for Life
here and now,

for the possibility
to reside in peace
within myself,

to realize my
soul's deepest
desires in being
conceived here
on this blessed
Mother Earth.

Dr. Antony Theodore
Feeling - Secure

Why is life so difficult
for many people?
Why is it that
so few feel secure?

Why do they rarely trust
that everything will turn
out well in the end,
no matter how bad
the times are?

Why do so few live
out of the consciousness
that God is on the side
of the victims and
not on the side of the
powerful and the rich?

Do we lose our joy and trust
when we feel guilty?

Dr. Antony Theodore
Feeling - Weary - And - Faint

Have you ever
been in a place,

after you have given
so much of yourself,

that now you are
left feeling weary
and faint and
you want to give up?

Go to the silent
presence of God.

Dr. Antony Theodore
Feeling Of Incompleteness Without Love

Is the experience of love a rush of emotions?
Is it simply the warmth of the heart?

Is it a feeling of wonderful exhilaration?
Do we wait for years to fall in love?

Is it a wing of hope soaring high into new heights?
Is it the symphony of silence?

Does it fill the void in me?
Does it paint fresh desire on the walls of my heart?

Do I float in my dreams when it seems so real?

I do not feel complete without being in love

Dr. Antony Theodore
Feelings are,
in the end,
just feelings.

They are a gift,
but they cannot last.

They must give way
in order for us to
grow in the holy
virtue of faith.

Faith is an entirely
free gift of God.

But it is something
to be asked for,
assented to,
nourished,
and practiced.

Or else we can
find ourselves "shipwrecked."


Dr. Antony Theodore
Fidelity To Fellow Humans

Faithfulness to God
and fidelity to fellow
humans is one of the
messages that saints
wanted to instill in
believers, and it is
a message
that every one of
us needs to learn
and live-out
in these times
where profit
oriented business
is in the mind of all.

Dr. Antony Theodore
Jesus and John delivered a fiery message of repentance and both zealously called sinners to repent of their sin and believe in the Messiah.

Like Elijah, the Baptist lived during a time of spiritual poverty and both drew the wrath of wicked rulers.

But both will be remembered as men who were chosen by the Lord for a special purpose and who were filled with the Spirit of God.

Dr. Antony Theodore
David knows
the Hebrews
are fighting
the Philistines.

He knows Saul
and Jonathan
are in for the battle
of their lives.
He's been awaiting
the outcome.

When the messenger
presents David
with Saul's crown
and bracelet,
David has undeniable
Proof, Saul and
Jonathan are dead.

Dr. Antony Theodore
Figment - Of - Imagination.

Some view God as a figment of people's imaginations.

What you think about God is, affects you.

Who God is to you, affects every aspect of your life.

It is your spiritual reality, even if it may be entirely wrong.

Dr. Antony Theodore
Fill Me With The Oil Of Gladness

Fill me with the oil of gladness,
that flows into my soul.

In utter joy I present myself
before the immensity
and power of your majesty
thinking of your eternal
and universal kingdom,
a kingdom of truth and life,
a kingdom of holiness and grace
a kingdom of justice, love and peace.

I like to sing a song
with Angels and Archangels
with thrones and dominions
with all the hosts and powers
praising you for ever more
until the end of times.

(Graphic: DonSelle saved to Löwe
2k
Nature is just absolutely breathtaking! Pinterest)

Dr. Antony Theodore
Fill The World With Your Song

Fill the world with your song
Forget your troubles.

Let your heart sing.

On golden wings fly high
to the world of your dreams.

Throw down from the heights
all your dark and grey thoughts.

As it falls catch it and sell it
to buy the morning rays.

Then you will be happy
a whole life long.

Happiness is your birthright.
Be free like a flying bird.
It is going to be a wonderful day.

Dr. Antony Theodore
Fill Your Lips With The Wine Of Love.

I was praying intensely
for a long time.

Then to my surprise
i saw an angel
coming down from heaven
with a golden plate in her hand
full of ripe grapes
in red crimson colour.

Angel looked at me and smiled.
The angel came closer and told me:
'My beloved, now stop praying
eat these grapes and fill your lips
with the wine of love'.

Dr. Antony Theodore
Filled - With - Past - Regrets

Some people's backpacks are bigger than others.

They are filled with past regrets, present concerns, and fears about their future.

But some are wonderfully small and light.

Everyone has one.

Dr. Antony Theodore
The science which, with all its preparations, is in its final intention directed solely to their solution in metaphysics.

Dr. Antony Theodore
Finally The Angels Shall Win.

The world of love
is ultimately the one
in which we are
destined to live in.

The angels always
pull and push
against devil.

The world of love
is the world of angels.
The world of evil
is the world of devils.

Finally the angels shall win.

Dr. Antony Theodore
Find - Rest

Yearn to fall
on the lap of God

and find rest
only in Him.

Worlds cannot
give you the peace
which you yearn for.

Dr. Antony Theodore
Find And Live Our Love Story

At the center of all the movies we watch there is a love story that we want to live.

All the songs we sing and hear make us hopeless romantics.

We are the adoring recipients of the greatest love story which God told us.

In full devotion and unwavering commitment find our love story hiding inside our lonely hearts.

Dr. Antony Theodore
Find Meaning In Life,

Find meaning in life,
be moved by beauty,

invest our life in
something, and
live by some
moral code

directed by our
visions of the
good life.

Dr. Antony Theodore
Find The Love Living In Your Heart.

Have the strength to know that you are love.

Love is the essential reality.
It is the purpose of life.

Experience love in yourselves.
Meditate and find the love living in your heart.

Know that love is in you.
It is born in you.
It lives in you.

God makes you loveable.

The strength to give this love to others comes in meditation.

That is the joy of the wonder, you will see working in you without your own knowledge.

Forgive yourself.
Forgive all others who offended you.
Then you receive the strength to know that you are love.

(Graphic: Love Yourself to Dance: a Healing Dance Experience with Bianca Brzezinski: In Oakland, CA)

Dr. Antony Theodore
Find Your Delight In God.

Find your delight in God.  
He will grant your  
heart's desire.

God protects the  
lives of the upright.

Turn away from evil.  
Always do only good.

You will never be  
forsaken by your God.

God will stand with you  
like a fortress  
in times of sufferings.

(Leaning on Psalm 36 of the Holy Bible).

Dr. Antony Theodore
Find Your Noble Call.

Your productive mind
gives you joy.

It is the joy of creation.
You are unique.

Your mind can offer
so much to the world.

Find your noble call.

Dr. Antony Theodore
Find Your Place In The Rising Arc.

(Be determined. Fight your way through. Let go the past. You are a great person because God wills so. This is my advice to you).

You are a saint in the making.  
Life flows upwards from the roots, 
Not downward from the branches.

Wake up from the delays,  
obstacles and backsliding.

Let go of the past.  
Give yourself a second chance.

There is no fall from grace,  
only a very long furlough.

Find your place in the rising arc  
And keep on moving forward.

Published on October 07,2010 in Poetfreak under the name Genovamaaa.  
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Finding Beauty And Love Deep Inside Me.

She helped me to
look deep into myself.

She helped me to find
beauty and love deep inside me.

She helped me to discover
all that imperishable things in me.

She is my real partner in life,
the one who looks for spiritual depths.

Dr. Antony Theodore
Finding Life By Losing Itself In God

Be convinced
that one finds his life
only by losing it.

Be ready to bury
the life in God.

Enter into God's presence
with joyful anticipation.

All the mental
and physical resources
should be mustered
and attuned
to the 'transforming
and life-giving
effect of the nearness to God.

Dr. Antony Theodore
Finding My Shelter By His Castle.

I want to find shelter
In Him, who loves me.

It is the shelter
of the highest
that I am searching for.

In the shadow
of the most High
I want to find my rest.

There shall I find my refuge.
I shall build my castle
in this great and
dependable refuge.

I trust Him, my lord
and God of my heart.

(Leaning on Psalm 91 of the Holy Bible)

Dr. Antony Theodore
Finding Myself

I am on my way
of finding myself
like the darkness
forced to give way
to the new-born dawn.

Dr. Antony Theodore
Before there can be any external freedom, man must learn to find the way to freedom within himself.

The contemplative, who had restored in his own soul the image of God, was the truly free man for he alone could walk with God, as Adam had walked with Him in Paradise.
(Reference to St. Gregory of Nyssa)

Dr. Antony Theodore
Is the stunning
fine-tuning
of the universe,
which has
produced just
the right conditions
for life to evolve,
a sign that a
principle of creation
is at work in our world?

Dr. Antony Theodore
Religiosity, legalism,
Judaism, good works,
salvation, and many
other teachings that
promote salvation by
works are unscriptural,
and yet are promoted
in many churches today.

They are an affront to God,
because they teach
that Christ finished work
on the cross was insufficient
to pay the full price for our sins.

Dr. Antony Theodore
Fire - In - The - Darkness

Every human being who has said, yes to God, will know that there is a dimmer switch in God's hands and that there is a reason that Mother Teresa would write:

"If I ever become a saint, I will surely be one of darkness.

I will light the light of those in darkness on earth."

(About Mother Teresa of Calcutta)

Dr. Antony Theodore
Fire Of Love In God's Presence.

The sense of the presence of God is seen as a fire of love.

Such a sense of the divine presence goes side by side with the daily life and normal mental activities of its possessor, who is not necessarily an ecstatic or an abstracted visionary, remote from the work of the world.

Dr. Antony Theodore
Grateful to everyone
who is here to read
the poems on mystical
union and everyone
that will come!

Let us share a
moment during
this mystical
meditation
and send out
wishes of Healing
Blessings and
Greater Love
to all who need it.

Dr. Antony Theodore
Five - Branches

Traditionally, philosophy is divided into five branches:

Logic,
Ethics,
Aesthetics

Epistemology and Metaphysics

(analysis of inference, study of moral values and rules, study of beauty and taste, theory of knowledge, theory of reality).

Dr. Antony Theodore
Five - Sensory Experiences

There are five aspects related to the five sensory experiences: seeing, hearing, smelling, tasting, and touching according to Buddhism.

Dr. Antony Theodore
Fix - Our - Hope - On - The - Light

Raising his hands,
he offered himself
to the Father till
the end of the ages
for the salvation of
the whole world.

Again, in order
to fix our hope on
the light that knows
no setting, we pray
and make petition
for the light to come
down on us anew.

Dr. Antony Theodore
Paul was a man who knew that nothing in heaven or earth could separate him from the love of God, which is in Christ Jesus.

He knew that his prison bars would not prevent the gospel from being spread abroad.

For me to live in Christ and to die is gain was Paul's firm purpose and his fixed delight.

(Reference to the letters of Paul in the New Testament of The Holy Bible)

Dr. Antony Theodore
Fixed - Purpose - In - Life

Paul's purpose
and philosophy
in life was to live
for Christ, even
when buffeted
by storms, maligned
by his enemies,
confined to a prison
cell or facing death.

He had one fixed
purpose in life,
and one unalterable plan
to live for the glory of
Christ and to preach
the word of truth.

(Refernce to the letters of St. Paul
in the New Testament of the Holy Bible)

Dr. Antony Theodore
Fleeing - From - Evil

We are to flee from all that is evil: immorality, impurity, passion, evil desire, and greed. All of which amounts to rejecting God.

Dr. Antony Theodore
Fleeting - Moments - Of - Clarity

The sudden departure from a partnership of two to include a third party is often quoted or interpreted to mean the Lord as the third strand in the cord of three.

And in consideration of Solomon's life of foolishness and folly, where he ignored the godly wisdom of the wise and strayed from the path of righteousness, appears to be one of his fleeting moments of clarity where Solomon recognized the wisdom of including the Lord in every earthly partnership and each area of life.

(Reflections of the book of Ecclesiastes of the O.T of the Holy Bible)

Dr. Antony Theodore
Flesh Of My Flesh,

Flesh of my flesh,
soul of my soul,
blood of my blood,
wounds of my wounds,
i am ready to die for you
on the holy cross.

(Passion of ChristMel Gibson)

Dr. Antony Theodore
Floodgate - Of - Evil

The rider is no respecter of persons.

No-one is exempt from the icy fingers of Death or Hades - the place of the dead.

Shockingly, a quarter of the population of the earth will be slaughtered as the floodgate of evil is unloosed.

(Revelation 6,8, referring to the mysterious texts in the Holy Bible)

Dr. Antony Theodore
Flowers Of Love I Offer You.

i offer you my God
flowers of love,
flowers of repentance,
flowers of forgiveness
flowers of justice.

Let my offering be
complete and wholesome.

(Graphic: Kermena Emad saved to ^_^Pinterest)

Dr. Antony Theodore
Flung - Into - A - Deep, Dry, Well

Jeremiah called out
to the Lord on
many occasions.

His prophetic word
was ridiculed,
his prophetic writings
were burned.

He was flung
into a deep, dry,
dirty well and he
watched the beloved
city of David
being ransacked
by the enemies

and the holy Temple
of God being desecrated
and burned with fire.

But when Jeremiah
cried out to God Almighty,
the Lord heard his cry.

Dr. Antony Theodore
Fly - In - The - Bottle

Wittgenstein's
fly in the bottle
is really a simplified
version of Plato's
allegory of the
prisoners in the
cave who, in
mistaking the
shadows on the
wall for the true
reality, remain
chained by
their senses
to empirical necessity.

The phrase
'the eye of the mind'
comes from Plato.

Dr. Antony Theodore
Fly Into The New Horizon

Manifest your desires.
Let your emotions
help you to ignite.

Ignite your dream
to make it your reality.

Set on fire the subconscious
success blockers inside you.
Prevent them from holding
You back forever, to fly
into the new horizon
of invaluable possibilities.

Dr. Antony Theodore
Flying Much Higher

People who study
and understand
birds know they
fly much higher
when migrating
than when
in local flight.

Dr. Antony Theodore
Follow The Singing Birds

Everyday is an adventure.
Every day is a new discovery.

Very often we go alone the same ways
without looking on the left and the right.

How will it be when we follow the Sun
or simply the white clouds on the blue horizon
Or follow the singing birds
that sing to us every morning?

May be it will lead us to the coffee house
or to our dear friend who waits for us.

May be it may lead us to our own beautiful self
and then to the loving sanctuary of God.

Dr. Antony Theodore
Follow Your Bliss

Bliss is inspiration.

By giving up intentions originating from the ego, one feels that he is called to do something highly meaningful.

Self-gratification is still intense.

But the sense of being outside of yourself is often present.

When God takes over, the fruition of your desires gives bliss, whereas the fulfillment of the ego desires, do not bring this bliss.

Dr. Antony Theodore
O God,
You are moved
by acts of humility
and respond with
forgiveness to
works of penance.

Lend your merciful
ear to our prayers
and in your kindness
pour out the grace
of your blessings
on your servants.

Help us to follow
the path of penance,
meditating on the
sufferings of Christ
on the blessed cross.

(Graphic:
Ragamuffingospelfan's Blog -
The Suffering Servant Part I)

Dr. Antony Theodore
Foolish - Wanderings

He also finds us
and restores us
from the error of
our foolish wanderings

and then gently
guides us back
into the path of peace,

where He establishes
our way and leads
us along the proper
path, for He knows
the way that we
should take.

Dr. Antony Theodore
For - A - Spiritual - Detox

Pray intensely,  
keep a pure heart,  
smile through life  
for a better sleep experience  
for positive transformation  
for healing the heart chakra  
for a spiritual detox (depoisoning)  
for awakening intuition and  
for activating the pineal gland

Dr. Antony Theodore
For Someone Who Needs.

For someone
who needs to hear
this right now,

I pronounce
these words:

I love you.

Dr. Antony Theodore
For - The - Bonded

A life without
fighting,
no disputes
no quarrels.

Law is for those
who are bonded.

Dr. Antony Theodore
For - The - Suffering - Ones

Prayers for all who suffer.

Prayers for all sentient beings bathing in pain.

Let the healing calmness flow over, under and around, you.

My prayers are for you.

Dr. Antony Theodore
The Upanishads would say
this urge is part of our
evolutionary heritage,
given to us for the
ultimate adventure:

to discover for certain
who we are, what the universe is,
and what is the significance
of the brief drama of life
and death, that we play out
against the backdrop of eternity."

? Anonymous, The Upanishads

Dr. Antony Theodore
For - The - Universal - Human - Kind

By increasing our personal prayer, through a commitment to be near the Divine, interceding before the Blessed Sacrament, acts of service, penance and sacrifice, uniting in a privileged way with the suffering, universal human kind of all nations, We become lovers of God and neighbour. 

Dr. Antony Theodore
For - Those - Who - Love - God

Indeed, eye has not seen, ear has not heard, nor has it entered into the imagination of man, the wonderful things that God has prepared for those that love Him.

Dr. Antony Theodore
For A Little Bit Of Love

My heart
cries for
intimate
belongingness

Dr. Antony Theodore
For All This, I Am So Thankful.

I am hopeful
for myself,
for my loved ones,
and for all the people
of this broken world.

Though Jesus came
two thousand years ago,
the darkness has not,
and will not, overcome
his saving work.

Welcome Jesus and know
the blessing of his love,
his light in whatever darkness
you are facing, and his
life that overcomes death.

Dr. Antony Theodore
For Love Are We Created

Pray for a direct experience of the spirit.

It gives a firm foundation for sincere, selfless love.

In a profound way we are created for love in the very depths of our human soul.

Dr. Antony Theodore
For My Divine Thinking.

Listening to the praises of God,
falling in prostration at my holy feet,
you will be blessed with
an exceeding love in the soul
for my divine thinking.

Later, in your meditation
you will see my face
and a new spiritual
philosophy will be born in you.

(Spiritual teachings)

Dr. Antony Theodore
For The Recovery Of Inner Paradise.

A spiritual poet wants to be moulded into the image of God.

Image of God is pure love.

By writing poetry, the poet undergoes a spiritual baptism that fills the mind and being with the spirit of the Almighty.

He enjoys the freedom and peace of a wilderness existence in moments of meditation.

He often returns to the desert for the recovery of inner paradise.

Dr. Antony Theodore
For The Second Coming Of Christ.

All the wonderful breadth
and richness in the Asian
traditions, which were given
to China, India, Japan,
Korea, Burma, and
other asian countries
are natural preparations
for the second coming of Christ.

Dr. Antony Theodore
For Whom My Purple Heart Beats.

Come and lie on my lap my beloved.
I shall caress you and comfort you.
Relieve yourself from stress.
Be calm and quiet.
Bide awhile,
sleep awhile on my cosy lap.

I am yours.

Under the flower tree
I sit with him on my lap
and play mellifluous melodies
on my little flute.

I play and sing only for him.
He is my lover
and my only one,
for whom my purple heart beats.

Dr. Antony Theodore
Forbidden - Fruit

Original sin is more
than a matter of eating
forbidden fruit
although that's an
important detail to know.

It is also more than
our first parents
merely wanting to be
"like gods."

Saints, after all,
are called "saints;
because they are like God.

In fact, Lent, Triduum,
and the Easter season
work to make us more
like God than our finite,
myopic vision could
ever understand

Dr. Antony Theodore
Force Without Limits.

If we accept that the energy
to heal the world
can be obtained through love,
we arrive at the conclusion
that love is the most powerful force there is,
because it has no limits.

Dr. Antony Theodore
Foreseen - And - Preferred

Stand in your rank;
be not overcome,
be not dishonored.

The strength of
your position is
the knowledge of grace,
if you are not ungrateful
that you were foreseen,
predestined, preferred
and foreknown.

Dr. Antony Theodore
Forgive - Me - O - God - Of - Eternity

o peace
come to me
rule over me

o boastful words,
o ego
no need you come to me
I am fine without you
let me live alone

o forgiveness
come
and make my heart calm
with your favorable ointment........
I want you O forgiveness from my God of eternity

(Written from the comment of the dear poet Mahtab Bangalee)

Dr. Antony Theodore
Forgive Yourself

Forgive yourself and learn to love who you have always been, so you can soar to the highest level of achievement.

This is awesome and I am so excited for what is about to happen to you over the next few days.

Wow! You really made it to this place.

Imagine how great, simple and humble you are.

Dr. Antony Theodore
Forgive Yourself.

Forgive yourself.

Peace of mind,
peace in the heart,
peace in the soul,
comes from forgiving yourself.

Laugh and laugh it over
all the foolishness you did.
It will help you to forgive yourself

Dr. Antony Theodore
Forgiveness

If knowledge was our greatest need
God would have sent to us
a universal genius.

If technique was our greatest need
God would have sent us a scientist.

If money was our greatest need
God would have given us an economic expert.

If conversation was our greatest need
God would have sent to us
a conversation expert and a psychologist.

But since our greatest need
is the ability to FORGIVE,
Holy Scripture was sent to us,
inspired by God the Almighty
which teaches forgiveness.

If we listen to the message of Forgiveness
in all Religions
we shall be great human beings.

Peace will remain in our hearts
as a permanent guest sent from
The Almighty and The Merciful.

Dr. Antony Theodore
Forgiveness - Is - Powerful.

In many ways,
it actually takes
more strength
to forgive.

Staying angry
and bitter is
easy very often.

We can help
ourselves
to get used
to the feelings
of anger.

It takes a lot
more work
to forgive.

So to suggest
that forgiveness
equals weakness
is actually false.

Forgiveness is power.

Dr. Antony Theodore
Forgiveness - A Gift Of God

The word Forgiveness has great meaning.

In Self-help groups, the word forgiveness was used all around for years, but little has been made of what the science behind forgiveness can teach us about our own lives.

Forgiveness is a God-given gift which God wants us to practice.

Dr. Antony Theodore
Forgiveness

Forgiveness
We need to be
forgiven by God
in order to be saved.

Jesus' blood is
the only way for
this to happen.

We must humble
ourselves and
forgive others
in order to
receive forgiveness.
Will you accept
God's forgiveness?

Try to understand
forgiveness.

Dr. Antony Theodore
Forgiveness Of Sins

"I baptize you" and "I absolve you from your sins" carry more power than the "Let there be light".

These sacramental forms are the works of the Most Holy Trinity through the humanity of Christ, as the Holy Trinity created all things through God the Son "by whom all things were made." (Referring to the Holy Bible)

Dr. Antony Theodore
Forgiving Is Heavenly

Anxiety is the illness
of our moments in time.

Forgive yourself.

Let all the events
where you were
not loved, depart
from your present.

Forgive others,
all their misgivings.

Start afresh now.
Now is the moment.

Later may never come.
So do it now.

Forgive.
Forgiving is heavenly.
Forgiving is divine.
Forgiving gives you peace.

Sleep well, my dear friend.

Dr. Antony Theodore
Forgiving Leads To Innocent Joys.

The light of heaven
will shine in our hearts
when we forgive
all who offended us
and tried to destroy us.

When the forgiving
is total and complete,
you will realize
mental freedom.

Then you shall smile
like a little baby
who tries to catch
a flying butterfly.

Dr. Antony Theodore
Forgiving.

We don’t need two to forgive.

Look deep into yourself.
Call the name of your God.
Then decide to forgive.

Problem of forgiving
do not exist for you anymore.

We don’t need two to forgive.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Forty - Days - Of - Abstinence

By abstaining forty long days from earthly food, he consecrated through his fast the pattern of our Lenten observance and, by overturning all the snares of the ancient serpent, taught us to cast out the leaven of malice, so that, celebrating worthily the Paschal Mystery, we might pass over at last to the eternal paschal feast.

(The Christians observe forty days of fasting and penance to meditate well on the sufferings of Christ on the holy cross and His resurrection)

Graphic: Hebrews,9,26 He has put away sin by the sacrifice of Himself)

Dr. Antony Theodore
Found In Communion.

You are found in communion.

Thou in me and I in Thee.

Union with the Almighty Thou! ! !

Dr. Antony Theodore
Fountain Of All Bliss

Among many liberated souls, it is hard to find one who is a fountain of all bliss and who, well-equipped with knowledge of the Self, is one with the Absolute.

(Wisdom up on reading Uttarakanda)

Dr. Antony Theodore
Fractious - And - Frankly

To many people, philosophers seem to be an odd, fractious and frankly cantankerous bunch.

If there is a hair to be split, you can be sure that some philosopher somewhere will be splitting it.

Dr. Antony Theodore
Framework - Of - Self - Image

These elements and dimensions offer a framework through which to view self-image.

But remember that this is not a known and widely accepted framework; rather, it is one possible way of thinking about self-image.

Dr. Antony Theodore
Francis My Church Is In Ruins

"Francis, go and rebuild my church, which, as you see, is all in ruins." Jesus Christ spoke these words to St. Francis over 800 years ago, from the crucifix in the crumbling San Damiano church near Assisi.

It proved to be a pivotal moment not only in the life of St. Francis but in the history of the Church.

A man of prayer will change the world.

Dr. Antony Theodore
Frantic - Pace - Of - Modern - Life

The chronic effects
caused by the frantic
pace of modern life
seem to be contagious
to our inner soul
and consciousness.

Dr. Antony Theodore
Frantically - Barraged

Are you the average person, who checks your smart phone numerous times a day?

Are you frantically barraged by information so that you feel numb and burnt out?

Are you overwhelmed to the point that your soul needs healing?

What really matters is Time to pray, time to reflect time to be at peace with yourself.

Read Holy Scripture and you will be healed.

Dr. Antony Theodore
Frantically - Scrolling

Broken from my past relationship
I have been frantically scrolling
through spiritual advices and texts
from the holy Bible and other texts.

I want to slow down my racing mind.

Calm your mind.
Prayer helps Always.
Pray in deep faith in Jesus Christ.

I am sending prayers for all who suffer;
Prayers for all sentient beings bathing in this healing poem of prayer.
It flows over you under, around, above and below.

Peace is flowing like a river on to you.

Dr. Antony Theodore
Fraternity And Love

The worship of God furthers fraternity and love, not hatred and division.

The particular influence of a given religion in a nation ought never to mean that citizens of another religion can be subject to discrimination in social life.

Dr. Antony Theodore
Fraud - Organization's - Data

The astounding statistics reported by an insurance fraud organization's data shows that billions of dollars are lost each year from fraudulent claims not only to insurance companies but also to government aid agencies and even charitable organizations. (According to The University of British Columbia Researchers) (It is a global centre for research and teaching, consistently ranked among the top 20 public universities in the world)

Dr. Antony Theodore
Free - From - Wrath

"The peace of God
is with them
whose mind
and soul are
in harmony,
who are free
from desire
and wrath,
who know
their own soul.";

(Anonymous, The Bhagavad Gita)

Dr. Antony Theodore
Free - To - Love

We need men who fight and take back their freedom so that they are free to love and serve God and their families as they ought.

Nearly all men who come to spiritual life, are seeking a new level of freedom.

Dr. Antony Theodore
Free - Yourself

Free yourself
from an old
inadequate
self image.

Think intently
of the implications
of this change.

Hammerdown
in your mind
the new truth
about yourself.

You want to change.
You are becoming
a new being.

Dr. Antony Theodore
Free From Blemish

You are free
from blemish,
indivisible,
and imperceptible
to the senses.

Though manifest
in all forms,
you never transmuted
yourself into them.

(Wisdom up on reading
Ramayana, Lanka Kanda).

Dr. Antony Theodore
Free From The Taint Of Delusion

Himshall I adore,
the one who is pure
free from the taint of delusion,
the Absolute, all pervading,
passionless and unborn;
he whom the sages attain
by meditation, knowledge,
dispassion, and discipline.

(After reading Aranyakanda)

Dr. Antony Theodore
Freedom Is A Sacred And Religious Reality.

Seeking emancipation and liberty
we put ourselves in chains.
Freedom is spiritual in the real sense.
It is a sacred and religious reality.
It's roots are not in man, but in God.

Struggle for freedom means
a struggle to renounce a false,
illusory autonomy, to become free
beyond and above oneself.

To be free, he must be
delivered from himself.

Dr. Antony Theodore
Freedom Is A Spiritual Reality.

Freedom is a spiritual reality.  
It's roots are not in man but in God.  
Man is created in the image of God.  
He participates in the freedom of God.

His struggle for freedom means  
a struggle to renounce a false  
illusory autonomy, to be free  
beyond and above himself.

Before any external freedom  
he finds the freedom within himself.

A contemplative who restores  
the image of God, in his own soul  
istruly a free human being.

He alone could walk with God.

(Go into the darkness, then

I read this and thought, "but you're alone either way!" MYBIBLE: COM)

Dr. Antony Theodore
Freeing - From - Religious - Conceptions

If you are able to
live in the present
light of the Holy Spirit,
the present path
to practice will
become clearer
to you, and you
will be more able
to separate
yourself from the
religious conceptions
and old practices
of the past and
focus on reality.

Dr. Antony Theodore
Freeing The Soul From The Fleshly Love

To liberate the more deep seated power,
which can raise itself
to the highest pitch of efficiency,
the superficial self compels itself to be still.

It is a sort of holy idleness
and a rest most busy
in which grace looses
the heavy yoke of fleshly love
from the soul and makes it mighty
and free through the gift of spiritual love.

Dr. Antony Theodore
Freely, Simply, Spontaneously

Freely, simply, spontaneously,
from the depths of my heart,
moved by love, should i go to God.

The struggle of Jacob
with the angel is the
archetype for the
spiritual ascent.

(The description of Jacob's ladder appears in Genesis 28: 10-19: And Jacob went out from Beer-sheba, and went toward Haran.... And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on Bible)

(Haven clipart jacob's ladder - Pencil and in color haven clipart...
Haven clipart jacob's ladder #12 Pinterest)

Dr. Antony Theodore
Frightened - Little - Bird

In this verse,
of Psalm 56,
we pick up the
same desperate
feelings of sadness
and isolation,
and the same
pitiful picture
of a frightened
little bird
that is trapped
and all alone.

(Ref: Psalm 56: 1)

Dr. Antony Theodore
From - A - Noble - Heart

The spiritual ones
are called by God
to practice absolute
humility.

There are no laws for it.
It flows down with ease
from a noble heart
united with God.

Dr. Antony Theodore
From - Darkness

We too have been rescued from the kingdom of darkness and transferred into the kingdom of His dear Son.

God's character never changes for He is the same yesterday, today, and forever,

and the lessons He taught the children of Israel in time past are the lessons He continues to teach His children in this present church age.

Dr. Antony Theodore
From - Eternity - To Eternity

It is the Lord Himself
Who has life
within Himself.

It is God Who
is being exalted,
for He is the Giver
of life and the
Sustainer of life.

Every man born
of Adam's race,
facing his approaching
death from the
day of his birth.

But the Lord
our God is immortal.
He is the deathless One,
Whose endless life
stretches from eternity
past into the ages to
come and eternal future.

Dr. Antony Theodore
From - Perishing

You move from perishing to imperishable.

God who sees your heart guides your intellect and emotions.

You move from perishing to imperishable.

(Graphic: Ina B. saved to Art Pinterest)

Dr. Antony Theodore
From - The - Mire - Of - Sin

Satan was fully aware that only Jesus could break his grip on the human world, devoted as it is to power and deceit, and only Jesus could deliver human beings from the mire of sin and evil in which they floundered.

He knew Jesus to be the only truly radical person to enter human history, for He would refuse to use evil to defeat evil. He would set alight a new order that does not employ the devices evil persons use to try to secure themselves and get their way.

Dr. Antony Theodore
From the Mount of Transfiguration

Jesus descended with Peter, James, and John

and told His disciples not to disclose the wonderful vision they had seen there, until after He had risen from the dead.

His ministry and message would be confirmed only after Christ's resurrection.

Jesus was true, and transfiguration would be used to authenticate His Messianic claims Which was rejected by His own people.

(Reference to Matthew 17: 12(NASB)

Dr. Antony Theodore
One of the prominent roles of a disciple of Jesus is to give thanks and praise Him.

It is part of our worship and should come from the overflow of our hearts.

Are you thankful for everything that Jesus has done in your heart?

If so, then you need to express it through praise and thanksgiving.

Dr. Antony Theodore
From - Their - Testimony

People like John the Baptist are meaningful figures of faith.

Their meaning comes from the testimony they care about, not from themselves; what they profess is what makes them great.

Let us also bear testimony in the creed of what the gospel means to us.

Dr. Antony Theodore
From - Untold - Depths

The experience of harmony itself brings the recognition of our divine existence.

What remains is just a feeling of profound recognition that originates from the untold depths of our being.

Dr. Antony Theodore
From A Comment Ofmarie Shine

All real poets have a very strong degree of the 6th sense. It is very sharp and spots on.

It is perfect and poets are tuned into everything from the universe and all the life it contains right down to us.

There is no doubt about what the poets feel and sense.

What the poet feels and senses is outside of his mind.

So it may not seem logical but it will always be correct.

(A Tribute to dear poetess Marie Shine of Listowel, Ireland)

(Graphic: Freiburger Freiburger saved to turquoise old American indian. pinterest.)

Dr. Antony Theodore
From All Eternity O Lord You Are.

With majesty enrobed
the king of the universe
robed himself with might.

Your throne has stood
from of old in endless times.

From all eternity
O Lord you are.

(The reader may refer to
(Graphic: Josh McKibben saved to Bible - Faith - Scripturepinterest)

Dr. Antony Theodore
From Communion Rather Than Communication

Our very existence is a creative capacity for perfect union with God.

Our union with God is our true person. It is who we are and not any thing we know.

It is precisely our identity that emerges from our false self or from all that we supposed that we were.

The identity-giving relationship with the living God emerges from communion rather than informative communication.

Dr. Antony Theodore
From Noise To Silence

From noisetosilence
I travel today.

From running
tostillness
I travel today
to place my heart
inyourholyhands.

I want to rest now
in celestialjoy.

Dr. Antony Theodore
As opposed to human reason
a free man's life is dominated
by the Spirit of God.

God experience defies expression.
A mystic has to express
the inexpressible.

The mystic's insight erupt
from the depths of truth.
These insights are illuminations
revelations, and full of significance.

Dr. Antony Theodore
As opposed to human reason
a free man's life is dominated
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These insights are illuminations
revelations, and full of significance.

Dr. Antony Theodore
From The Desert Of God.

Who can return nowhere?

But for each of us
there is a point of nowhereness
in the middle of movement,
a point of nothingness
in the midst of being.

It is the incomparable point,
not to be discovered by insight.

Everything comes
from the desert of God.
It is the Nothing of God.

Everything wants
to return to it and cannot.

Dr. Antony Theodore
From The Many To The One.

The attraction and the mutual desire between man’s spirit and the Divine Spirit is the link of love which knits up reality and draws all things to their home in God.

This is the universal law on which all mysticism is based.

This natural intense attraction, then, once he is aware of it, will draw the pilgrim irresistibly along the road from the Many to the One.

Devotion embraces the whole contemplative life.

Dr. Antony Theodore
From The Talmud

When Akiba was on his deathbed, he bemoaned to his rabbi: "Rabbi, I am a failure. I have not achieved anything in my life. Why should I live like this?"

His rabbi moved closer to him and asked why.

Akiba confessed: "I did not live a life like Moses. I am just a failure." The poor man began to cry and said: "I fear God's judgement."

At this the rabbi hugged him and told in his ear: "God will not judge Akiba for not being Moses. God will judge Akiba for not being Akiba."

Dr. Antony Theodore
From Within Outwards.

God works in us from within outwards; but all creatures work from without inwards.

And thus it is that grace, and all the gifts of God, and the voice of God, come from within, in the unity of our spirit, and not from without, into the imagination, by means of sensible images.

Dr. Antony Theodore
Fruit Of Surrender Is Ecstasy

Feel the peace
that enters you
when you trust that 'love'
is at the 'core of your nature'.

Look!
In this peace,
you perceive
a 'Seed of Sweetness'
at the very centre of the heart.

In a surrender to the Spirit,
with patience and devotion,
you nurture from this 'Seed'
the supreme state of joy
known as
'Ecstasy'.

Published on October 18, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Fruition Of Reality.

By the substitution of the Divine for the 'primitive self, the soul at last rises to true freedom, entering on, to the fruition of reality.

Dr. Antony Theodore
Fruitless -Soul-Life

The Christians were obviously not physically dead, and lying in their graves, they were not spiritually dead in their trespasses and sins.

But their soul-life was fruitless.

They were abiding in the world instead of abiding in Christ.

(Ref. to Revelation 3: 5)

Dr. Antony Theodore
Fruits - Of - The - Spirit

Indeed, the fruit of the Spirit that forms in the life of a believer, is a manifestation of God's mercy and grace, working in and through His child, for Jesus said, without Me you can do nothing.

Dr. Antony Theodore
Fulfilling - Lives

Fulfilling and happy lives are built upon meaningful events and encounters with others.

It is built with other human beings in society and with other beings and bodies in the more-than human world.

Dr. Antony Theodore
Fulfillment Of The Deepest Aspiration.

Prefer the type of success called personal flourishing.

It is the fulfillment of my deepest aspiration.

By deepest aspiration, we mean something much more existential than aspiring to get a lot of money or a lavish home.

It is a success defined by self-fulfillment for the purpose of positively affecting others.

Dr. Antony Theodore
Full - Of- Faithful - Love

Let us never forget
all that God has
done for us, for
He is compassionate
and gracious,
slow to anger
and full of
faithful love.

He does not
deal with us
as our sins
deserve nor
does He repay
us according to
our offences.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
Full Of Fragrance And Innocence

Open are my windows.
Come my lover.

He comes in the secret night
to my window to look at me in innocence.

Dreaming of rosy soft kisses
full of fragrance and innocence
as the lilies in his hand
i lie bare only for my lover.

(Graphic:

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. i write to keep her memory alive as long as i live).

Dr. Antony Theodore
Fullness - Of - Peace

God, grant us
fullness of peace for ever.

Justice shall flower on earth
and profound peace,
till the moon is no more.

May God rule from sea to sea,
and from the River
to the ends of the earth.

Ref. toPsalm 72

Dr. Antony Theodore
Further - Divided - Into

Metaphysics was further divided into Ontology, Cosmology, Psychology, and Theology

(nature of being, nature of the world, nature of the soul, nature of God).

Dr. Antony Theodore
For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.

(Cfr. Rom 1: 18-22 in the N.T of the Holy Bible)

Dr. Antony Theodore
Future - Of - The - Universe

It is Jesus
of Nazareth,
not Stalin or Hitler,
or even Ghandi,
who holds
the future of
the universe.

Jesus Christ holds
the key to its
structure and
constitution.

Dr. Antony Theodore
Gandhiji Demanded From His Own Self

Since the very personal
history is sacred,
he demanded from
his own self,
as a monk,
for far deeper
and purer personhood.

Dr. Antony Theodore
Gandhiji Overcame The Evil

Gandhiji did not seek
to reproach and
confound others
with the spectacle
of his own penitence
for their sin.

He wanted them to
recognize from
his example
that they could
learn to bear
and overcome
the evil that was
in them, if they
were willing to do so.

Dr. Antony Theodore
Gandhiji's Symbolic Acts

Gandhiji's symbolic acts were aimed at different kinds of liberation.

He wanted to deliver Indian religious wisdom from the sclerosis and blindness into which it had sunk by reason of the gross injustices of a system which had become untrue to itself.

Dr. Antony Theodore
Gandhi's Symbolic Acts

Gandhi's symbolic acts were very meaningful.

They remain as symbols only because they marked his own flesh with the stamp of acute reality.

Dr. Antony Theodore
Garden - Of - Harmony

In the garden
of harmony
alone can
my heart
live and breathe.

Dr. Antony Theodore
Gasping -Between- Tears

She was like Mary
Magdalene at the tomb,
in a sort of blindness,
overcome with grief,
who gasps between
her tears, "They have
taken my Lord and
I do not know where
they have laid Him."
(John 20: 13 of the New Testament)

(About Mother Teresa of calcutta)

Dr. Antony Theodore
Gates - Of - Holiness

You can perform rituals for more than hundred times on the best altars of the worlds' temples.

But the gates of holiness is opened only for the one who is humble.

Dr. Antony Theodore
Gather Strength In The Island Of Tranquility.

Relax and be at rest.
Breathe again, breathe easily.

Unwind, come to peace,
find yourself, come to God.

In the silent moments,
gather strength
in the island of tranquility.

Renew our lives.

God speaks at times
first in silence
to our hearts.

God created us
to live in loving companionship
together with him.

For that reason
our hearts shall not be at rest
till it finds peace and joy
in him the only creator.

Dr. Antony Theodore
Gaudiya Vaishnavism

Gaudiya Vaishnavism was founded by saint Chaitanya Mahaprabhu who rapidly spread his form of ecstatic bhakti, meaning devotion throughout Bengal.

He established Sankirtan, the practice of publicly expressing devotion to Lord Krishna, through dancing and singing.

Dr. Antony Theodore
Gazing - Into

Like gateways into your mind
they allow me in to a world
in which time and beauty of Christ is seen.

(experience of prayer).

I am blessed to gaze into such pools of love and mystery.

Dr. Antony Theodore
Gazing Upon That Magnificence

The glad surrender
to an overwhelming
consciousness of
the Presence of God,
leaves no sharp image
on the mind:
only a knowledge
that we have been lifted
up, to a veritable
gazing upon that
magnificence which
no eye has seen.

Dr. Antony Theodore
Geniuses - Listen - To - Jesus

Human beings encountered Jesus in His day and still do till this day,

geniuses and those of us with average IQs, popular and outcast, rich and disenfranchised, merry and dismayed.

Some listened to His brilliant, unparalleled parables and walked away disgruntled or offended.

some followed Him even though they didn't have all the answers or understand everything.

Jesus lives even now to influence humans to love.

Dr. Antony Theodore
Gentle - Guidance

It is as I submit
to His gracious
leading and
gentle guidance,
that sin is mortified,
and grace is quickened.

The more I respond
to His gracious
leading and gentle
guidance the more
I can say, "I live,
and yet not I,
but Christ lives in me".

Dr. Antony Theodore
Gentle - Light

Christ is the shining
Light, that alone
enlightens the
darkened soul of man.

He is that gentle
Light, that pours
warmth into
the chilled
human breast.

Dr. Antony Theodore
Genuine - Love

Pure selflessness
can only come from
genuine love.

Real love for people
can only come from
faith in Jesus Christ,

because he changed
the world with his love.

Dr. Antony Theodore
Genuine - Systems

In different cultural contexts and at different times, this process of philosophy has yielded results which have produced genuine systems of thought.

Dr. Antony Theodore
Genuine, - Noble -Concern

Worry is only one
of a hundred things
that burden our souls.

Genuine concern
is just as dangerous,
maybe more so
because it's
grounded in
something noble.

Your concerns
for your aging parents,
a sick friend,
a people group,
a cause crying
out for justice.

Dr. Antony Theodore
Genuinely - And - Gracefully.

You are so much
More than your body,
You are soul and spirit.

May you and I continue
To love one another
Genuinely and
Gracefully.

Dr. Antony Theodore
Who do you say that I am? &quot; Peter answered him, &quot;You are the Christ.&quot; 

Jesus wasn't asking these questions for His ego. 

He was asking them to see if the Disciples would trumpet what others were saying or if they genuinely believed in their hearts that Jesus was the anointed one. 

Dr. Antony Theodore
Genuine And Spontaneous Acceptance

One's expansiveness,
a genuine and spontaneous
acceptance of the other person
as his very own, the profound
lovingness and humility
makes a poet win friends
all over the world especially
among very many persons
belonging to other cultures and religions.

Dr. Antony Theodore
Get - Involved

If you are looking for that joy and satisfaction that seem to be missing in your life, it may be because you are missing this element. Get involved in your church and play your part.

"you also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ." (Ref. to Romans 12: 1)

Dr. Antony Theodore
Get Away From Wounds.

Let go of people who wounded you.

let go of things that make you unhappy.

Control the memories that are always hurting your beautiful Self.

Take great care of yourself.

Dr. Antony Theodore
Get In To Contact With Your Own Liveliness.

Step inside and get into contact with your own liveliness. It is the deepest spring of contentment. It is independent of the age.

Your liveliness and the ability to enter into dialogue with your own self has its own beauty.

It is a beauty that comes from your own self-fulfilled life with the emanating quality from living warmth and joy.

(Graphic: Photobucket Genovamaaa's collections)

Dr. Antony Theodore
Getting - Away - From - God's - Path

The obvious answer
is the Lord.

If, like Israel,
we bring ourselves
to terrible times
in life by getting
off the path God
has us on,

the way of escape
should seem obvious.
We must pray
as Daniel prayed.

Dr. Antony Theodore
Ghandhiji As A Reason To Seek Spiritual Greatness

Gandhiji is a powerful reason to seek spiritual wealth.

Gandhi took upon himself the evil of India, not in a spirit of masochism or with the spiritual frivolity of self-punishment that believes itself to have a magic efficacy over sin.

Dr. Antony Theodore
Gifts - Hidden - In - Suffering

If there is anyone who would seem to have a good reason to be joyless, it would be Nick.

And yet he has chosen to embrace his life and the possibilities it offers as well as the gifts hidden in his suffering.

(Nick was born without arms and legs. He proclaims to the world I love life.)

Graphic: google Bilder Of Nick Vujicic.)

Dr. Antony Theodore
Give - In.

In deep
and intense silence,
God comes to you
and pull you to Him.

More and more
in prayer, you will
feel this pull.

Give in.
You shall never
be disappointed.

Dr. Antony Theodore
Give - Us - A Heart - To Forgive

Forgive,
for Heaven is Your
permanent
dwelling place.

You alone know
the hearts of
the sons of men.

Give us the strength
to forgive.

Dr. Antony Theodore
Give - Us - Orientation

Good God,
when the world
rushes on us
mercilessly
and we lose
the overview,
you give us
orientation so
that we do not
wander around
without meaning.

When grief
and worries
overwhelm us,
when we no
longer know
what to do,
we want to
make our
way to you.

Dr. Antony Theodore
Give Away Your Possessions.

Give off everything.
Be happy.
Have no regrets
in giving away
your possessions.

Life is too short.
Choose to be happy.

Dr. Antony Theodore
Give Me A New Song.

Give me a new song.

Ask your angels to
come to my soul's cave
to teach me a new song.

I shall learn it
from the angel lips
and sing it in your
sacred sanctuary
lighting an oil lamp
only for you
from my poverty.

I am poor.
but i know
that you will
like my song
and my lamp.

(Graphic: Diane Baldwin saved to art inspiration
4
Towards the light.. Pinterest)

Dr. Antony Theodore
Give Me A Sweet Little Kiss On My Nose

Listen, the nightingale sings.  
The moon listens.  
Your gentle voice  
pierces through my soul.

You are there in my dreams.

Your smile, your playful ways,  
your silly jokes, my laughter,  
my fears and your anxieties,  
all those memories.........

Shall I silently weep?  
Would you come to wipe  
away, my tears and give me  
a sweet little kiss on my nose?

(Graphic: 19 Powerful True Love Quotes For Idyllic Hearts  
The Bridal Box)

Dr. Antony Theodore
Give Me Now The Laughter Of An Angel.

Earnestly I seek you and trust in you.
My flesh faints for you
and my heart pines for you.
I love you above all things.

Where are you, my God?
My whole being longs for you.
Lord have your way in me.
I am ready to submit myself
to your most holy will.

Give me a sunbeam to warm me today.
a moonbeam to charm me at night.

Give me the laughter of an angel
when I am in trouble and in tears.

Dr. Antony Theodore
Give Me The Power Of Endurance.

Walk beside me
i am nervous.

I want to limit the path
that leads me to you.
I like to take short cuts.

Lead me, guide me
and be with me.

Give me the power of endurance.

Dr. Antony Theodore
Give Me The Power Of Reflection

Refresh my spirit now
my loving king of my soul.

Show me the spring of living waters
that flow down to me from you.
Help me to drink enough
from your well and quench my thirst.

Give me thoughts.
Make me take actions.
Give me the power of reflection
that will lead me to you.

(Graphics: in-gods-hands-matthew-odegard-600c397444_2015050912414)

Dr. Antony Theodore
Give Me Your Load

Give everyone
and everything to Me
Jesus keep repeating
and i understood
that Jesus means it
well and true.

It took time for me
to realize that the
reason He kept
repeating it was
because I was not
practicing it
very well.

I was carrying my own
load all alone
and I suffered.

Jesus repeats again
Give me your load
and i shall carry
it for you.

Dr. Antony Theodore
Give Until It Hurts.

Give until it hurts.

Getting deprived

of your wealth
and money is painful.

But spending money
for the poor
and needy gives you
tremendous joy.

God gave you money
to give to the poor.

The smile of the poor
is your glorious reward.

Give until it hurts.

Dr. Antony Theodore
Give Until It Pains You.

Do not be a human being who stretches his hand only to receive and hides his hands behind his back when the poor stretch their hands.

Giving is heavenly. Give until it pains you.

The inner joy that you receive in giving is uncomparable even when the poor who received do not respect or think of you.

Dr. Antony Theodore
Give Up The Aiming To Please.

Dare to give up aiming to please.
Eagles soar and glide in canyon air for hours.
The fact that one no one knows it
or take notice of it or praise it
does not affect their ability and desire to fly.
Dare to give up aiming to please.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Give Uppetty Weakness Of Heart

"My dear Arjuna,
how have these impurities come upon you?
They are not at all befitting
a man who knows the value of life.

They lead not to higher planets,
but to infamy. O son of Prtha,
do not yield to this degrading impotence,
that it does not become you.

Give up such petty weakness
of heart and arise,
O chastiser of the enemy."

Sri Krishna is advising Arjuna)

(Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

(Arjuna (Sanskrit: ??????, IAST: arjuna)is the central character & main hero of
the ancient Indian epic Mahabharata. Arjuna was the son of Pandu in the Kuru
Kingdom. In the previous birth, he was a saint named Nara who was the lifelong
companion of another saint, Narayana, an incarnation of Lord Vishnu who took
rebirth as Lord Krishna. He was the third of the Pandava brothers and was
married to Draupadi, Ulupi, Chitrangada and Subhadra (Krishna's and Balarama's
sister)at different times. Arjuna was the best archer & warrior at the time of
Mahabharata. Arjuna was equal to 12 Maharathi class warriors. Wikipedia)

Dr. Antony Theodore
Give Us Eyes

We are busy with
so many things
that we no longer
notice how beautiful
God has created the nature.

Give us eyes
that can see deep
into the creation
and praise God
for the beauty of creation.

(Graphic: Azure G wurde in Quotable Quotes gespeichertPinterest)

Dr. Antony Theodore
Give Us Joy

Good God, 
open our eyes 
to the beauty 
of your creation 
and the happiness 
of our fellow 
human beings.

Give us your joy 
and the happiness 
of being able to 
laugh with each other.

Help us to laugh 
at ourselves.

You look into our 
hearts to see our 
motivations and attitudes.

Dr. Antony Theodore
Give Us The Nobility In Words And Deeds

Shine through us O God
so that we may influence
and lead everyone we meet
to you and to your presence.

Help us to be your angels
here working on the earth
for you and you alone.

Give us the greatness
and nobility in words and deeds.

Dr. Antony Theodore
Give Yourself In Love.

Nurture the sense of vocation
to make the entire existence,
a vision of love and truth.

Lead personally an ascetic life.

Daily life should become
a practicum for mystical purgation.

Struggle to give oneself,
completely to God.

Give yourself in love.

Dr. Antony Theodore
Give Yourself To God

Give yourself to God.
He will use you for his purposes.
So you will become
at the end a great person.

Believe more on his love
than on your weaknesses.

Dr. Antony Theodore
Give Yourself To God.

God wants you
to do wonders
for the poor.

You are a great
and precious
instrument in
the hands of God.

Dr. Antony Theodore
The Holy Spirit is
Founder and Finisher
of all our peace -
and imparts His
eternal peace by
His Spirit of Peace,

which flows out of us
to others as we rest
in Christ and permit
His peace to flood
our heart.

"Peace I leave with you;
My peace I give to you;
not as the world gives,
do I give to you.
Do not let your heart
be troubled, nor
let it be fearful."

(Reference to the holy Gospel of Mathew in the Holy Bible.5,9)

Dr. Antony Theodore
They were to hear the Word of the Lord, to listen to this message of God, and to give ear to His Word.

They were to pay attention to His instruction and obey His commands.

Dr. Antony Theodore
If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your Healer.

(Ref: Exodus 15: 26)

Dr. Antony Theodore
Giving The First Hour To God

A journalist once asked
Dr. Martin Luther King, Jr.,
how he found the time
to do all the things
he accomplished
in the course of the day.

„When I get up
in the morning“,,
replied Dr. King,
„I give the first hour to God.
And God gives me
the rest.“.
Dr. Martin Luther King Jr.

Dr. Antony Theodore
Gloom In The Illuminated Stage.

Certainly the spiritual seeker experiences periods of spiritual fatigue, the pain of purgation and the gloom of the Dark Night during the illuminated life.

Dr. Antony Theodore
Glorious - Assurance

Christ is the Lord of life
and the One who
triumphed over death.

The people of the world
received a most glorious
assurance, when they
received the knowledge
from the Lord and knew
that their life was safe
in Hisholy, mighty hands
even when they came
face to face with death.

It is because He lives
we too shall live.

Dr. Antony Theodore
Glory to God of incomparable beauty
who is impersonal, and personal.
Him I ever worship
who is of immeasurable might,
beginningless and unborn,
situated as one, beyond perception,
who transcends all senses
and destroys the duality
of opposites such as
happiness and distress.

God is the sum of mystic wisdom,
the supporter of the earth
and a delight to the souls
of countless saints
and servants who repeat
the spell of God's name.

(After reading Aranyakanda,
the Hindu Sacred Scripture).

(For all the spiritual seekers,
it is good to go through the sacred
scripture of different religions and you will
be surprised to see how the spiritual seekers
thought and sought).

Dr. Antony Theodore
Goal-Striving - Mechanism

A center fielder
must compute
just how fast
he must run,
and in what direction
in order to arrive
at the point of
interception at
the same time
the ball does.

The center fielder
doesn't even
think about
His built-in
goal-striving
mechanism

Dr. Antony Theodore
God - As - One

“He knows truth who knows
This God as one.
Neither second or third
Nor fourth is He is called;
Neither fifth nor sixth
Nor seventh is He called;
Neither eighth nor ninth
Nor tenth is He is called.
He surveys all that breathes
And that breathes not.
He possesses the Power of Supreme
He is One,
The One Alone.
In Him All divine powers
Become the One Alone.”

[Reference: Atharva Veda 13.5.14-21]

(By T OShanavas, M.D.)

Dr. Antony Theodore
God - As - Your - Lifeline

Be rooted
in this foundational
grace and
experience God
as your Lifeline.

Dr. Antony Theodore
God - Calls - Us - To - Fast

The invitation at heart
to fast and to pray
is to wholeheartedly
seek the Lord, and
to call on him for mercy,
forgiveness, and restoration.

It is a time to reckon
with the areas
of our lives in which
we feel defeated,
have grown cold to God,
or feel stuck in self
defeating ways of life
or sinful patterns.

And yet it is also
a time of great hope,
because greater than
any human failure
is God pours His grace
and faithful love on us.

Dr. Antony Theodore
In awe and reverence
I remember how God
has cared for me.

'I have called
you by name'.

'I have inscribed
you on the palms
of my hands'.

'You are my Son,
the Beloved,
with you I am
well pleased'.

Lord, give me
the strength to
make my love
fruitful in service.
Ref: Isaiah 43: 1-5: Isaiah 49: 14-16:
Mk 1: 9-11.

Dr. Antony Theodore
God - Counts - Your - Needs

When you are in adversity
God provides you with
the strength to face it.

God's supply is more
than sufficient for you.

God is the great supplier.
He knows your needs.

Dr. Antony Theodore
God - Delights -In - You.

"The Lord delights in you."

"Fear not, for I have redeemed you; I have called you by your name; You are Mine."

"I have written your name on the palms of my hands."

"The Lord takes pleasure in those who fear Him, in those who hope in His mercy."

"The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand."

The texts above are collected from the Holy Bible. If you are interested, please refer to the texts given below.

In times of pain and sufferings and trouble, these texts helped me a lot, also in writing poems. Thank You my spiritual friends here in PH.

(Isaiah 62: 4 NKJV): (Isaiah 43: 1 NKJV):
(Isaiah 49: 16 NLT): (Psalm 147: 11 NKJV):
(Psalm 37: 23-24 NLT).

Dr. Antony Theodore
God - Does - Not - Sleep

Are you anxious about your future?
Are you anxious about your family?
Are you anxious about your children?
Are you anxious about your business?

Are you anxious about your own sinful past?

Why are you anxious?
The Lord God is your protector.

God does not sleep
while guarding and guiding
and protecting you.

Place your cares
in his palms and be happy.

Dr. Antony Theodore
God - Draws - The - Soul

In the experience
of the dark night
of the soul one may
ask oneself
   Do I love God?

It is a terrifying thought.

The impression
is not real.

God loves this soul,
and the most beautiful
proof of His love is
that He is drawing
it to Himself and
binding its whole will.

Dr. Antony Theodore
God - Feels - Loved - By - You.

God is within ourselves, loving us.

If you love God, God will feel loved.

Try to understand that it is you who love God now.

God will respond in love immeasurable.

God loves the soul who loves him without limit.

Dr. Antony Theodore
God - Flings - You - Out

Let God fling you out,
and do not go until
God does it for you.

If you select your own
spot, you will prove
an empty cartouche.

If God sows you,
you will bring forth fruit.

It is essential to practice
the steer for our feet only
in the light of the vision.

Dr. Antony Theodore
God Almighty
is the only God.

There is none other.

God forms the light,
and creates the darkness.

God makes well-being
and saves from sufferings.

God, the Almighty
does all these things.

Let love descend
from the heavens,
like dew from above.

(Ref. to Isaiah 45)

Dr. Antony Theodore
God - Fulfills - His - Promises

Faith means
knowing God
is able to do
all that He has
promised.

You may not
understand how.
You may not
know where
or when.

It may seem utterly,
completely impossible.

But for all the
things you do
not know, for
all the odds
stacked against you
in faith, there
is one thing you
do know:

God is able,
and He will deliver
that which He has
promised to you.

(Ref. to Romans 4: 21)

Dr. Antony Theodore
God - Gives - Illumination

Like all the apostolic writings and prophetic scripture, Peter reminds us that the Word of God gives illumination, revelation and inspiration from God.

He identifies the written Word as a light that shines in the darkness, which lightens our journey through this increasingly dark world.


Dr. Antony Theodore
God - Gives - The - Power

One girds, one clads,
one arrays oneself
with strength and
power for the fight.

God Himself has
given us the power
of the Holy Spirit,
the fortitude that
comes from Him,
and through Him,
all the wonders of
creation stand with
those who stand with God.

Dr. Antony Theodore
God - Gives - You - Rest

A hurried person
cannot respond

because, well,
hurry suggests

that you do not
trust God's
promise for rest.

Dr. Antony Theodore
God - Heals - The - Wounds

He wants to do
more than just help
us conquer anxiousness,
worry, anger, and addiction.

He wants to heal
the deep, underlying
wounds from which these come.

It is said that the words "Be not afraid" appear in Scripture 366 times — one for each day of the year (leap years included).

Dr. Antony Theodore
God - Honours

God honoured the faith of many who carried out these unbiblical practices, by putting their ailing loved-ones into the streets and placing them on mattresses, so Peter's shadow might fall on one of them.

There is no evidence that healing took place, on these occasions and nowhere in Scripture are we told that healing occurred as a result of these practices, which were borrowed from non-believers.

Dr. Antony Theodore
God - In - His - Grace

God in His grace has opened our understanding so that we will not fear what is coming on the earth, but trust in God's unfailing love.

Knowing this, let us seek to trust in the Lord with all our heart and lean on God's understanding in all things.

Let us take to heart all that is written in the Scripture and rejoice that the day is coming when the kingdoms of this world will become the eternal Kingdom of our God and of His Christ the rock on whom we stand.

Dr. Antony Theodore
God - In - Our - Afflictions

Prayer of a lover
allows us to find
God in our afflictions.

Prayer that listens
for the voice of
Love Himself,
when all seems
lost and there
seems to be no
way out,

such prayer
has already
entered the 'sleep
of death' that
the Living God
embraced for
love of us.

('Sleep of death' denotes
the death of Christ on the Holy Cross).

Dr. Antony Theodore
God - In - Our - Afflictions.

Christian prayer allows us to find God in our afflictions.

Prayer that listens for the voice of Love Himself when all seems lost and there seems to be no way out,

such prayer has already entered the sleep of death that the Living God embraced for love of us on the holy cross.

Dr. Antony Theodore
God In Nature

Along the river banks
I strolled for a while
lost in meditative thoughts.

Looked at the beauty
of the distant mountains
grasping the greatness
of my God living in nature.

The beauty of creation
proclaims the glory of God.

I wonder at the heart of God
from where all this beauty
generates and flows down to us.

(Graphic: Photographic Journey 25_zps6as4tojm)

Dr. Antony Theodore
God - Is - Active - In - Time

For Karl Barth, eternity must be described with temporal and historical predicates.

Not because eternity is controlled, trapped or limited by time, but because in the Christian revelation the triune God moves and is active in time.

Dr. Antony Theodore
God - Is - Beyond - Our - Senses

Think about it.

We have to gain knowledge through our senses.

But God by nature is beyond what our senses can detect.

Therefore, we cannot have direct knowledge that God exists via our natural mode of knowledge.

Dr. Antony Theodore
God - Is - Immanent

God is, by virtue of his control and authority, very present to his creation.

He is present especially to his people, in a personal and intimate way. (Immanence).

Dr. Antony Theodore
God - Is - In - Control

Obadiah begins by prophesying the destruction of Edom, which can also be identified as the land of Esau on the other side of the Jordan and beyond the Dead Sea.

But he ends by reminding us that God is in control and that the promises made to Abraham, Isaac, and Jacob will never fail.

(Ref. to Obadiah 1: 21)

Dr. Antony Theodore
God - Is - In - You

"Who is better able to know God than I myself, since He resides in my heart and is the very essence of my being?

Such should be the attitude of one who is seeking."

(Paramananda, The Upanishads)

Dr. Antony Theodore
God - Is - My - Refuge

When we experience sufferings and pains, we look for answers.

While others turn to God for relief and refuge, some distance from God.

It is very essential for us to see and know God and see Him as our protector and comforter.

Dr. Antony Theodore
God - Is - My - Rock

God in His grace
often uses those
times of darkness
and distress to teach
us important lessons
of His grace, so that
as we call out to Him
for help and strength,
we discover Him
to be our great Support,
our merciful Provider,
the Rock on which
we stand and our holy,
heavenly Comforter.

Dr. Antony Theodore
God - Is - Not - Bound

Since God is not bound to give us what is not due to our natures as humans, it follows that it's not contrary to God's love, justice, or goodness for him not to entirely preclude the possibility of doubt in his existence.

Dr. Antony Theodore
God - Is - Not - Disloyal

The covenant with God
is ordered and bound
by promises and
obligations.

God's promises
are found in
the Bible, and
you can be sure
he will never be
unfaithful to them,
for he is incapable
of breaking his Word.

He is the God of
perfect truth and
faithfulness.

He cannot lie;
he cannot break faith;
he cannot be disloyal.

Dr. Antony Theodore
God - Is - The - Designer

God is The creator of the heavens.
God is the designer and maker of the earth.

God established it.

God created nothing to be a waste.
God designed everything for the good of all creatures.

(Ref. to Isaiah 45)

Dr. Antony Theodore
Prophecy in the Old Testament often paints a picture so that the listeners can understand what the prophet is preaching.

In this passage, Ezekiel tells the people through the picture of a tree that everyone will know that He is Lord.

(Ref: Ezekiel? ?17: 24)

Dr. Antony Theodore
God is with us moment by moment, to lead and guide, to instruct and warn, to help and comfort, and to deliver us from those that despise us or would do us harm.

Dr. Antony Theodore
God - Is - Within - Me

Christ is with me,
Christ is before me,
Christ is behind me,
Christ is within me,
Christ is beneath me,
Christ is above me.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
God - Loves - Me - In - My - Situation

I trusted in
God's sovereignty.
Although there was
slight disappointment
there was joy and
peace because my
thinking changed.

I knew that Christ
was supreme over
my situation,

He loved me
in my situation,

and His love was
greater than my situation.

Dr. Antony Theodore
God - Of - All - Grace.

Salvation is a gift of grace that is available to every man, and it comes from the God of all grace.

Dr. Antony Theodore
God - Of - Promises

He found the Lord
was a God Who
kept His promises,
and Whose loving
-kindness and great
goodness never failed.

"The Lord is my Shepherd,
I shall not want..."

David wrote, as he
meditated on Scripture,
day and night.

God restores
restores my soul.

(Ref: Psalm 23
of The Holy Bible)

Dr. Antony Theodore
God - Offers - Sweet - Assurance.

God does not promise that getting through trials will be quick or painless.

Joseph, tossed in a pit by his brothers, sold into slavery, wrongfully imprisoned, forgotten and dismissed is not a negative story.

Story of Joseph in the Old Testament in the Bible has a reason, to teach us to trust God to trump evil.

(The story of Joseph begins in Genesis 37, in the Holy bible)

Dr. Antony Theodore
God - Plants - Us

It is not an anatomy lesson, but we use something that is very familiar to everyone, to stress the importance of each Christian functioning efficiently.

Some members will be very visible, while others quietly carry out the work that God has prepared for them to do in the place where God has planted them.

(Ref. to 1 Corinthians 12: 12)

Dr. Antony Theodore
There is not just limiting darkness in the world, to be fearfully obsessed with,

but great and wondrous beauty lives in you for you are saved.

As a saved child you will go into that light eternal to be one with God who possesses your soul already now here on earth.

Dr. Antony Theodore
God - Reads - Your - Thoughts

What goes on
in your mind
is invisible,
undetectable to
other people.

But God reads your
thoughts continually,
searching for evidence
of trust in God.

Dr. Antony Theodore
"He refreshes my soul. 
He restores my life, 
and He guides me 
along the godly 
way for the honour 
of His name."

These beautiful truths 
that stream from 
the 23rd Psalm 
have granted consolation 
to many weary souls, 
both Jew and Gentile 
both saved and unsaved.

Dr. Antony Theodore
God - Rescued - Me

David admitted that it was the Lord Who brought him forth into a broad and fruitful place.

It was God Who had rescued him, because He delighted in his servant.

(Psalm 18 in The Holy bible is a long and poetic hymn. It is a psalm in which David rejoices in God, his Saviour).

Dr. Antony Theodore
God - Restores

He restores my soul;
He guides me in
the paths of righteousness
For His name's sake.

(Ref: Psalm 23: 3
of The Holy Bible)

Dr. Antony Theodore
God - Sees - The - Future.

God sees the future.

He knows the now.

He knows the call
he has placed within
each one of us.

He knows the challenge
of this hour and this trial.

He has a great purpose
for this time in the world,
and this time in which
it is a privilege to live.

He has made us ready.

We can be certain that,
in ways that we may
have never anticipated,
He will use us.

Dr. Antony Theodore
The Lord our God
is the great Creator
and Sustainer of the
universe and the
Psalmist knows that
He is deserving of honour
and highly to be praised.

"There is no God like unto the Lord, Who walks on the wings of the wind,
he writes. He covers Himself with light. He is robed in great splendour and majesty. He spreads out the starry heights like a star-studded banner."

(Reference to the Psalm 104 of The Holy Bible)

Dr. Antony Theodore
God - Watches - Me

In ALL circumstances
and at all times,
in difficult times.
in every situation,
I will pray.

I shall keep
the eyes of my heart
fixed firmly on my God
who is in heaven
and on earth
watching me
with loving eyes.

To Him be all
praise and glory.

Dr. Antony Theodore
God - Will - Guide - You

This simple truth
is written clearly
in the Holy Bible.

"In all your ways
acknowledge Him,
and He will make
your paths straight

He will direct your path
He will guide you
in the way to go".

(Proverbs 3: 6, in the Holy Bible)

Dr. Antony Theodore
God - Yearns - For - Covenant

In our fallen nature we are reluctant to commit to others and prone to breaking the commitments we do make.

In love, God yearns for covenant relationships and maintains his faithful love forever.

Dr. Antony Theodore
God Above All Religions

Giveme an
understanding heart,
the wisdom to discern
between good and evil
and the recognition
that the God Almighty
who is above all religions,
is the supreme Ruler
of the universe,
and the only righteous
Judge of heaven and earth.

Dr. Antony Theodore
God Ahead Until You Win

Work hard even in rain.
Let your boots be dirty.
Do not think of what others think about you.

Do not mind negative criticism that can kill you.

Tell yourself every morning 'God has given me a spirit that cannot be destroyed by any fool in this world'.

God ahead until you win.

Dr. Antony Theodore
God Alone Can Heal The Inner Wounds.

God alone can heal the inner wounds.
Wait for God to come.
Wait in meditation and prayer
with a loving heart.

Your readiness to forgive
is seen by the angels of God.

When God descends from the heavenly throne,
the angels will sing and dance
and tell God about your loving heart.

God alone can heal the inner wounds.

Dr. Antony Theodore
God Alone Creates Love.

God is the pure essence.
God is the pure essence of love.

God alone creates love.

i adore my God above
every one and everything else.

This is an adoration of love
and total commitment.

Dr. Antony Theodore
God And I, So Consummately One

God must be very I,
I, very God, so consummately
one that this He and this I
are one 'is', in this is-ness
working one work eternally.

Dr. Antony Theodore
God And Soul

God and your soul
are in perfect communication.

But ego needs,
distortions of perception
lack of self-worth
traumas and wounds
break down the message.

All these obstacles
exist in consciousness
and can be cleared away.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
God And Soul In Communication.

(Let not this communication break….. it is pain to be away from God).

God and your soul
are in perfect communication.
But ego-needs,
distortions of perception,
lack of self-worth,
traumas and wounds
break down the message.

All these obstacles
exist in consciousness
and can be cleared away.

Published on October 08, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
God Answers By Fire

God answers by fire

Elijah proclaimed his faith
to prophets of Baal:
"put your offerings on the wood
but light no fire under it.
Elijah challenged the prophets.
Pray to your God Baal.
I shall pray to my God
The God who answers by fire
is the true God.

They called on the name of God
Elijah called the name of his God.

God Almighty, the true God
Answered by fire.
Fire came down from heaven
Burned the offerings of Elijah.

(Reference to the 1st Book of Kings chapter 18: 16-24,30-40)
(What do I mean when I say that God is a God of fire? We first see this thought in Exodus 3, when Moses heard a voice speak to him from the bush that was burning but was not consumed in the flames. In Exodus 13, God points the way for the Israelites in the desert as a cloud by day and a pillar of fire by night. And in Exodus 19, God appears as a fire on, where Moses received the law. In fact, in Exodus 24, God appeared as a consuming fire, a familiar verse quoted again in Hebrews 12: 29 - "our God is a consuming fire."

(These are all references from the Holy Bible)

(Graphic: God Answers by Fire 1 Kings 1838_zpsqxwtdy9)

Dr. Antony Theodore
God Becomes For The Mystic, His 'all'.

All of life is seen as God sees it.
All of life is seen simply as it is.

We see the Presence of God
in all that is existing and hidden.

Each thing becomes a symbol
of communion with God
just by being the thing it is.

God becomes for the mystic, his 'all'.

Dr. Antony Theodore
God Beyond All Religions, Help Me.

Almighty God,
God beyond all religions,

help me not to resist my life.

Help me to be guided by
the light and welcome life.

I lift up my thoughts to you.

Transform me as you will.

Help me to seek the positive
in each situation of my life.

Learning from life
every day and night
I go forward trusting in God.

(Graphic: Praying hands by the sky stock photo. Image of religious - 2872616 )

Dr. Antony Theodore
God Bids You

God bids you:

Give up your
egotism
and all evil.

Become a new
creature in God.

Die to your
false self
and all illusions.

Dr. Antony Theodore
God Cares For You. Cast All Your Anxiety On God

Stress and worry were just a part of my life,
Struggling with anxiety and panic attacks
sufferings became my roommates.

From money problems to relationship issues,
if it became too much, you would find me
curled up in a ball in the fetal position
on the floor, hyperventilating
until parts of my body went numb.
I cried until there were no more tears left.

These are the words of one of my students at the University.

I told him lovingly:
"Walk closer with the Lord and study His Word.
open the pages of the Holy Scripture.".

I opened and read like I never had before in my life.

My mind was slowly being renewed
and over time, I began to trust
the Almighty God with every care and worry
and cast them upon Him as the saints would do.

"Cast all your anxiety on him because he cares for you."
(1 Peter 5: 7 from the New Testament of the Holy Bible.)

(Graphic: When Anxiety Triggers Explosive Anger | The Mighty
The Mighty Google Bilder search)

Dr. Antony Theodore
God Comes To Me In The Kisses Of My Mummy.

I am always safe with my mummy.
Mummy is a kangaroo.
I lie on her porch.
Cosy is it there.
She carries me everywhere.
I sit safely on her lap
and I am the happiest
child on this planet.

My Mummy is the best.
God comes to me
through the kisses of my mummy.

Dr. Antony Theodore
God comes to knock at the door of your heart

God comes at dawn and dusk

God knocks at your heart's door.

The latch is inside. Would you open for him?

(Holy Ghost School
Holy Ghost School saved to Inspiration

Behold I stand at the door! Pinterest)

Dr. Antony Theodore
God Confronts Us With His Divine Magnificence.

God's creation of life
clearly and obviously
defies explanation
in terms of accidental processes.

In life, perhaps more than
anything else in Creation,
God confronts us
in an undeniable way.

God is confronting us
every day with his divine
presence by confronting
us with His divine magnificence.

Life compels us
to acknowledge God
as the maker of all things.

(Graphic: Moral Creator, Moral Creation: Why Atheists Deny God - Darrow Miller and Friends)

Dr. Antony Theodore
God Counts On You

God alone can create,
but you can bring to fruition all that is created.
God alone can give life,
but you can be mindful of and respect the given life.

God alone can give faith,
but you can give your testimony of faith by your examples.
God alone can plant the hope
but you can give your neighbor confidence, in need.

God alone can give love,
but you can love and teach others to love.
God alone can give peace, but you can endow unity.

God alone can give the joy, but you can smile and show to the world that you are really happy.

God alone can give strength, but you can lift the discouraged up to life.

God alone is the way, but you can show it to others.
God alone is the light,
but you can help it to glow in the eyes of others.

God alone can work wonders
but you can bring the five loaves and the two fish so that God may multiply it for the multitude.
Only God can do the impossible, but you can do what is possible.

God alone is self-sufficient, but he has preferred to count on you.

Dr. Antony Theodore
God Destined Us In Love

God destined us in love
to the praise of God's glorious grace.

God revealed himself to us
in all his wisdom and insight.

God's plan is directed
to the fulness of time.

God will unite all things in him.
So is the joy of God.

Dr. Antony Theodore
God Discovers Identity

With God, it is so.

It is his pleasure
and rapture
to discover identity.

God wants always
to put his whole
nature into it
that God has discovered
in a person who seeks him.

Then God is this identity itself.

Dr. Antony Theodore
God Does Not Sleep

Trust in the Lord,
simply trust always.
God loves you and me
in the night and at the dawn.

God does not sleep
because God has to watch over you.

It is God's love
which makes me trust in life.

Dr. Antony Theodore
God Does Not Turn Away.

It is not true that
God turns away
from people,
even when they
leave his paths.

When they are
stubborn or overbearing
and act on their own
God comes after
with mercy
in his loving eyes.

Dr. Antony Theodore
God Dwells In The Soul

God is present at 
all times in good people 
and there is a Something 
in the soul in which God dwells.

There is also a Something 
by which the soul lives in God.

But when the soul is intent 
on external things 
that Something dies, 
therefore God dies, 
as far as that soul is concerned.

Dr. Antony Theodore
God Entered Into My Soul: St. Bernhard

St. Bernhard writes:

„I confess, then, though I say it in my foolishness, that the Word has visited me, and even very often. But, though He has frequently entered into my soul, I have never at any time been sensible of the precise moment of His coming. I have felt that He was present, I remember that He has been with me; I have sometimes been able even to have a presentiment that He would come: but never to feel His coming nor His departure: For whence He came to enter my soul, or whither He went on quitting it, by what means He has made entrance or departure, I confess that I know not even to this day”.

(St. Bernard, "Cantica Canticorum", Sermon Ixxiv).

(Graphic: feast of saint bernard « The Roman Catholic Church of St. Bernard of... The Roman Catholic Church of St. Bernard of Clairvaux feast of saint bernard google bilder)

Dr. Antony Theodore
God Existed Always.

God existed always.

Eternity can be only without a start.

God creates because God is.

If anything is temporary that is not God the Almighty.

God existed always.

(Graphic: luna
luna saved to kosmisches Pinterest
7k
This is a photo taken by Hubble. Scientists cannot begin to figure out what it is. I like to think of it as the gate of heaven??)

Dr. Antony Theodore
God Exists At The Centre Of My Being

At the centre of the Universe
God exists.

At the centre of my being
God exists.

My heart yearns
to be one with my God.

Dr. Antony Theodore
God experience defies expression. The problem lies in expressing the inexpressible.

The mystic's insights erupt from the depths of truth unplumbed by the discursive intellect.

These insights are illuminations, revelations, full of significance.

It is of importance and inarticulate. The sense of mystery is deep and intense that words fail to communicate it.

(Graphic: Seeking God vs. Seeking Experiences | The Uncommon Journey)

Dr. Antony Theodore
God Fathoms The Depths

God fathoms
the depths
and the heart.

The most high knows
all the knowledge
there is on earth
and in the nether.

God observes
the signs of times.
He uncovers
the traces of
Hidden things.

None of our
thoughts escape God.
He knows our brain
and delves deep in
our way of thinking.

He knows the upright
and the evil man
with evil thoughts.

(Leaning on the Book of Ecclesiasticus in the Holy Bible)

Dr. Antony Theodore
God Flows From The Stream Of Happiness

The one who loves all intensely
begins perceiving in all living beings a part of himself.

He becomes a lover of all, a part and parcel of the Universal Joy.

He flows with the stream of happiness,

and is enriched by each soul.

(From Yajur Veda, the great Hindu Scripture)

Dr. Antony Theodore
God Forgives Our Sins in and through Jesus.

Take our own sins seriously.

When Adam and Eve first sinned, the Lord made garments of skin to clothe them (Gen.3: 21). Only after the sin, they came to be ashamed of themselves.

The life of the flesh is in the blood

Jesus Christ shed his blood on the Cross for our Redemption, Reconciliation, Justification, and Sanctification.

Christ's blood keeps on cleansing us from sin.

(According to 1 John 1: 7, “The blood of Jesus His Son cleanses us from all sin.”)

Dr. Antony Theodore
God Gave Man Knowledge And Understanding.

The Lord God made man from the earth, determined his days on the earth, and created him in his own image.

He made him master over beasts and birds and allowed him to rule over his creation.

He shaped a mouth, tongue, eyes and ears and a great brain with the faculty to think.

He gave them knowledge and understanding and the ability to distinguish between good and evil.

(Leaning on the Book of Ecclesiasticus)

Dr. Antony Theodore
God Has A Firm Grip On Me.

My God has a firm grip on me.

God will not let me fall.

God is my strength. I shall not panic.

Every day I need you.

This prayer is the cure of my confused mind.

Dr. Antony Theodore
God Has Caught Me

God has caught
you in His arms.

Finally God has
caught me in his hands.

I am overjoyed
at the very thought
that God caught me.

Why were you so late
to get me in your heart?

Dr. Antony Theodore
God Has No Special Favorites.

Our goal should be
to speak about
the comprehensive
goodness and mercy of God.

It is not true that
God has special favorites.

God does not prefer anyone.
All are equal for this loving father.

Dr. Antony Theodore
God Holds Me And My Future In His Loving Hands.

What does my future hold for me
I do not know.
But i am sure God holds me
and my future in His loving plan.

He turns His ear unto me
when icall him in my distress.

I soar high on God's wings.
I shall never be weary of flying
because God flies with me.

I trust in my God.
God is my mother.
God's strength is my strength.

(Graphic:
take these words. | a little taste of sunshine.
- )

Dr. Antony Theodore
God Identifies A Created Life To Dwell In It.

contemplation of itself
is not something infused
by God into a created subject.

It is God living in God
and identifying a created life
with his own life so that
there is nothing left of
any significance but God
living in God.

God alone is left.

Dr. Antony Theodore
God- In - Heart- And - Mind

The practice of the presence of God really consists in making strong efforts to keep God always present in our mind and heart, even when we are engaged in our daily tasks.

Dr. Antony Theodore
God In His Grace

God in His grace has reconciled those who believe in the Lord God to Himself, and through grace,

we have been given this important ministry of reconciliation,

so that the world may know that God is the Lord and Saviour of mankind.

Dr. Antony Theodore
God In Its Naked Essence

As long as the Godhead remains in its suchness, that is, in its naked essence, it is Emptiness itself, no sound comes from it, no odor issues from it, it is 'above grace, above intelligence, above all desire', it is all together unapproachable, and unattainable.

Dr. Antony Theodore
God Is -A - Missionary

God is a missionary.

God is at work
in the world to
reconcile all nations.

The church by its
very nature
is missionary (missional).

The missional church
views mission as definitive
of what the church is
because the church is
a product of and participant
in God's mission.

Dr. Antony Theodore
God Is A Consuming Fire.

The experience of union
is a transforming one
affecting every particle of
one's being, every attitude and every act.

God is a consuming fire.

Whether he eats or drinks
or whatever else he does,
does all for the glory of God.

Such a person is free to act,
freely, simply, spontaneously,
from the depths of the heart,
moved by intense desire of love.

God is a consuming fire.

(Graphic: God Is A Consuming Fire, &quot; Tim Consley March 25, 2012
Versailles...
YouTube)

Dr. Antony Theodore
God Is A God Who Forgives.

Sin always separates the sinner from the protective love of God.

Repent and go to God. Fast and pray. Be on your knees or prostrate before God's forgiving presence.

God is a God who forgives everything and everyone.

(Graphic: All our Lemmony Things

Dr. Antony Theodore)
God Is A Loving Mother.

I am your mother, loving and holy.
Come and suckle from my breasts
until you are no more thirsty.
From these consoling breasts
you can always savour with delight.

Mine are glorious breasts.
You are my beloved one,
my child born in intimate love.
To whom shall I offer my breasts
if not for you always and evermore.

- -

From my mother flows peace
like a river and like a stream in torrents.

On her breast alone shall I sleep.
Like the nursing infant
I will be fondled in her lap.
- - -

Like a son comforted by his mother
shall I comfort you.
Like a daughter of her heart
I will caress you in love.
- - -

At my sight your heart will rejoice.
Your bones will flourish like the grass.
....

Reveal to me O my mother
Reveals yourself to me
when I kneel in prayer before you.

Dr. Antony Theodore
God Is All That Is.

God knows no evil.
God is the only Reality.
God was, is and indestructible.

God cannot suffer
decay and annihilation.

Whatever emanates
from God is everlasting.

Illusion has no place
in the Real existence.

Know for yourself
that God is all that is.

(Graphic: Maritza Donoso saved to atardecer. Pinterest)

Dr. Antony Theodore
God is always speaking to us.
God is sending us messages.

There are coincidences
that lead us
to a different path.

God asks us directly
or indirectly
to stop, to watch,
to turn around
and to walk in faith.

God's guiding handing
is always leading us.

We need only to believe.

Dr. Antony Theodore
God Is At My Heart's Door

Every breath we draw
is a gift of God's love.

Every moment of existence
is God's special grace for us.

Walk in the daylight of
simplicity and surprise.

Delight in the favour of God.
Every day is a new opportunity
to experience the presence
of the benevolence of God.

God is at my heart's door
every dawn and dusk.

Dr. Antony Theodore
God Is Beyond Eternity

Most humbly
we bow to You,
O Supreme Lord.

At Your command
moves the mighty
wheel of time.

You are eternal,
and beyond eternity.

(Artharva Veda)

Dr. Antony Theodore
God Is Coming After You.

God's love turns
fear into faith,
anger into patience,
revenge into mercy,
hatred into forgiveness.

God's love changes
despair into hope
hostility into peace,
pride into humility,
selfishness into generosity.

This God is coming after you,
searching for you.
You are loved by Him.

Is your mind turbulent now?

Only realize it and go to Him.
God is coming after you.

Graphic: God loves you images Google Bilder search.)

Dr. Antony Theodore
God Is Ever Tranquil.

May God dwell
in my heart.
God destroys
all worldly
Sufferings.

God is inaccessible
and accessible.

God has guileless
disposition.

God is ever tranquil.

(After reading Aranyakanda,
the Hindu Sacred Scripture).

Dr. Antony Theodore
God Is Found Only In The Love Of Your Heart

"For silence is not God,
nor speaking is God;
fasting is not God nor eating is God;
loneliness is not God nor company is God;
nor yet any of all the other two such quantities.
He is hid between them,
and may not be found
by any work of thy soul,
but only by love of thine heart.
He may not be known by reason.
He may not be gotten by thought,
nor concluded by understanding;
but he may be loved and chosen
with the true lovely will of thine heart.
Such a blind shot
with the sharp dart of longing love
may never fail
of the prick, the which is God."

(I took this quotation from the book, An Epistle of Discretion, P.108. The Author is Anonymous).

Dr. Antony Theodore
God Is God, Knowing Himself Perfectly In Us.

It is the shattering realization
which dawns to us as insight,

that God is God,

that he knows himself
perfectly in us

and that he calls us
to know ourselves
perfectly in Him.

Dr. Antony Theodore
God Is Immanent In Our World.

The uttered Word in the Father, 
is not only transcendentally 
removed at an infinite distance 
above us, but also and at the same 
time He is immanent in our world, 
first of all by nature as the Creator 
of the world, but in a special dynamic 
and mystical presence as the Saviour, 
Redeemer and Lover of the world.

(Based on the belief that the uttered Word of God is Christ. 
He became man to be with the suffering human kind. 
Christ is seen by christians as the creator, Saviour, Redeemer and Lover of the world).

Dr. Antony Theodore
God Is Looking After You.

Sadness and dejection
shall not take power over you.

In sadness, the Spirit of God
may find it difficult
to influence you.

Open yourself to the joy
of the faith
that come what may,
God is looking after you.

Dr. Antony Theodore
God Is More Intimate To Us Than We Are To Ourselves.

The grace of God flows from within, and not from without.

For God is more inward to us than we are to ourselves, and His inward thrust or working within us, be it natural or supernatural, is nearer to us and more intimate to us, than our own working is.

Dr. Antony Theodore
God Is More Inward To Us Than We Are To Ourselves

Grace pouring forth from God is an inward thrust and urge of the Spirit, driving forth our spirit from within, exciting it towards all virtues.

The grace flows from within and not from without, for God is more inward to us than we are to ourselves, and his inward thrust, be it natural or supernatural is nearer to us and more intimate to us, than our own efforts.

(Graphic: God Quotes Quotes Pictures, Whatsapp Picture and Images Beautiful eyes of God)

Dr. Antony Theodore
God Is My Place Of Safety.

God alone is my refuge,  
my place of safety.

I believe in the sun  
even when it is not shining.  
I believe in love  
even when i am depressed,  
alone and rejected.

When i call on God  
God sleeps insilence,  
sometimes to test me,  
the depth and earnestness  
of my call in pain.

God loves to test  
myeagerness in love.

I honor you my God  
even when you keep silent  
not caring for me.

But i shall worship you in my heart  
in dire straits, sorrows and tears.  
You are my only refuge.

Graphic:  
(You Are My Refuge - Maranatha! Praise Band Lyrics)

Dr. Antony Theodore
God Is My Rock

God is my rock.
Unmoved,
ever dependable,
unchallengable.

God's rock will not move.

So I can lean on it.
I find my refuge,
my shelter, my resort
my anchor
my harbourage
my safehold
on this Holy Rock.

God is my rock,
unmoved.
I rely on Him
and Him alone.

(This is a biblical image)

Dr. Antony Theodore
God Is Nearer To Us Than Our Own Soul.

God is nearer to us
than our own soul.

For he is the ground
in whom our soul stands
and he keeps
the substance
and sensuality together,
so that they shall never part.

Dr. Antony Theodore
God Is Not Far

The invisible, omnipresent
God is never far from
any one of us.

But His presence
seems distant often,
during times of deep
distress and anguish
of heart.

But God in His wisdom

often waits for His
distressed children
to recognise that
their deepest heart-need
is God Himself.

Go to God in childlike
dependence and trusting faith.

Dr. Antony Theodore
God Is Not Reducible To Feelings.

St. John says, "God is love." It does not mean, God is reducible to feelings or even to the greatest virtue of selfless love.

"God is all-powerful,".

It does not mean merely that God is stronger than any other person.

With these terms we are capturing, with more or less accuracy, aspects of God's indescribable love, power, and greatness.

Dr. Antony Theodore
God Is Not This. God Is Not That. God is All In All.

Perfect freedom is seen as the ground, the source and the fulfillment of all.

In God's nothingness is his perfect freedom.

He is not this; he is not that. He is All in all.

The mystical death or loss is a going out into Being itself.

The awareness of our being is made one with the Being of God.

Dr. Antony Theodore
God Is Omniscient

God
revealed Himself to Abraham
&quote;I am the Almighty God&quot; (Genesis 17: 1).

God is all-powerful
He does all that He wills;
and this He can do as He wills,
when He wills, without any limitations.

&quote;Whatsoever the Lord pleased,
He hath done, in heaven, in the earth,
in the sea, and in all the deeps&quot; (Psalm 135: 6).

Nothing can impede His action,
nor oppose His will;
nothing is difficult to Him.

Our works, even the simplest,
require time and fatigue.
God’s works, even the greatest,
are performed in one instant
by a simple act of His will.

With a single word, &quot;fiat&quot;,
He has brought all things
out of nothing:
let it be! ! !
Light, the heavens,
the earth, the seas,
and the whole
universe were made.

(Graphic: Hand from Heaven stock image. Image of gesturing, light - 28902903)

Photo about A helping hand that comes from heaven on bright blue sky
background. Image of gesturing, light, child - 28902903)
Dr. Antony Theodore
God Is Our Natural Environment.

God is our natural environment. We live truly only in His presence.

If you take a fish out of water, it dies.

When you pluck a tree out of the earth, it dies.

When a man is disconnected from God, he dies.

Dr. Antony Theodore
God Is Our Parent

The children of a family are one in their parents.

The parent image keeps them together.

When there is a strong and beautiful parent image there is a harmonious oneness of the children.

The children love to tell anecdotes that bring out how beautiful, caring, humorous and energetic their parents were in their ideal life of love.

God is our parent.

In God are we united as one humanity.

Dr. Antony Theodore
God Is Pure Being

God of pure being is ...

Unborn and Undying
Unchanging
Unmoving
Unmanifest
Infinite
Invisible and intangible.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
God Is Rich In Graciousness

Where have I wandered
in my life that God is
looking for me
and calling out,
"Come back to me"?

Why does my heart
need to be broken?
What is the meaning
of this expression?

Have I ever experienced
God as all tenderness
and compassion,
slow to anger,
rich in graciousness
and ready to relent?
If not, come back to God.
Today is the gracious day.

God calls from the mountain top
looking down into the valley
where you are sitting loaded
with the wait of all bad doings.

(Graphic: hat sich etwas auf DAILY PRAYER gemerkt. Pinterest)

Dr. Antony Theodore
God Is The Dependable Bedrock

Mourning makes you fall.
You lose your strength.
Grief pulls you down.
Teariness makes you
stoop down in helplessness.

Solace gives you firmness.
Consolation gives you a foothold
in the middle of sadness.

Comfort makes you stand
erect on strong ground.

Look around for humans
who give you consolation.
They are near you and not far.

God is the dependable bedrock
on which you can stand.
God is reliable fundament.

God sees your sufferings.
He gives you a strong hold
if only you allow him to hold you.

Dr. Antony Theodore
God Is The Inmost Supreme Self

Of everything
he is the inmost Self.

He is the truth;
he is the Self supreme.

(From the Chandogya Upanishad, the great Hindu Scripture)

Dr. Antony Theodore
God Is The No-Thing

The seeker must be no-thing.

And when he is no-thing,

he is in All, and Christ lives in him.

God is the no-thing that sustains all things.

Dr. Antony Theodore
God Is The One Who Loves And Knows In Me.

You shall know God
without image,
without semblance
and without means.

For me to know God thus,
with nothing between,
I must be all but He,
He all but me.

(It is very interesting to note
how Meister Eckhart wrote
centuries ago the same ideas).

Dr. Antony Theodore
God Is The Origin Of Happiness

God is the origin of happiness

God is perfection
God is omniscient
God is pure love
God is absolute humility
God is all

God is the origin of happiness

God is bliss
God is art
God is beauty
God is melody
God is poetry
God is heart
God is innocence
God is light
God is goodness
God is love and light
God knows no evil.

(Rita Abdallah saved to Angel Love and Light
400
An Angel's Light...close your eyes and imagine this light filling your heart with
love! pinterest)

Dr. Antony Theodore
God Is The Supreme Reality,

God is the supreme Reality, incomprehensible, imperceptible, beginningless, incomparable, unchangeable, and beyond all diversity.

Dr. Antony Theodore
God Is Truly Immanent.

God is truly immanent in the human soul
as in the universe.

A seeker for the Real
may see it as an outgoing journey
from the world of illusion
to the real or transcendental world.

To him personally,
he may see it as inward change
or a regeneration,
by which his personality changes itself
to make him able to enter
into communion with him,
whom his heart loves and cherishes.

(I am trying to spread spiritual ideas without caring for the poetic mode now.)

Dr. Antony Theodore
God Is Waiting For A Time With You.

God, I am so prone to worry,
to give up, to lose hope.

Lord I am so impatient.

Help me to rest in your promises today.

Sometimes in loneliness
I cry for you my God.

God is waiting for a time with me

Dr. Antony Theodore
God Is Within

God can never leave us.

He is within each and every human being and one with them, so we are never alone.

(Written from the comments of the great poetess Marie Shine)

(Graphic: Si Mali saved to RUMİ Pinterest)

Dr. Antony Theodore
God Itself Has To Become Our Inheritance.

We can only wait
in the darkness
and cry out.

We can only accept
that our poverty is
so utterly deep
that God himself
will have to be
our inheritance.

Dr. Antony Theodore
God Knew

Before the world began
God knew that man
would sin and that
rebellion would become
part of man's sin-nature.

He knew that His
chosen people, Israel
through whom the
Messiah would come
would fall into apostasy
and that their punishment
would bring in the
influence of the Gentiles.

He knew that His
anointed Messiah
would be born into
the human race
as a babe in Bethlehem
and be despised
and rejected at
His first advent.

God knew that Christ's
sacrificial death and
glorious resurrection
would secure salvation
for all who believe.

Dr. Antony Theodore
God Knows You.

God knows you
more than you
know yourself.

He knows your thoughts.
He knows your worries.
with your worry can you
ever change a grey hair
into black of blond?

The One who created you
knows also your needs.

He will provide for you.

Pray and work hard.

God comes to you.

Believe. Do not waste time.

Dr. Antony Theodore
God Knows.... A Simple Prayer

God knew that I need someone
To keep as a treasure in my heart.
Someone who is so true
Fine and caring.

God knew that I need smiles
To go on my hard way
And dress my wounds
With love.

God knew that I need the consciousness
Of someone who thinks of me
In the night when the moon shines
And water sleeps in comfort.

God knew that I need to share
My joys and sorrows
With someone who wiped my tears
And caressed my hair so lovingly.

God knew that I need a lap
Where I can sleep like a sweet cat
And get up to see the first rays of the sun
Which loves to shine in my eyes.

God knew and he gave ..........

(mixing up of the tenses in this poem is intentional)

Dr. Antony Theodore
God Leaves Us In Awful Nothingness

God call us to a union
we do not understand.

He calls us to a place
of encounter which
we cannot find.

We search and search.

God leaves us in awful nothingness
and emptiness.

Dr. Antony Theodore
God Lifts Up Those Who Are Bowed Down.

God provides food to the hungry.
The fatherless and the widows, God sustains and thwarts the way of the wicked and oppressors.

Lord God gives sight to the totally blind.

God is a just God to the oppressed.

God is kind providing means to secure justice.

The captives who are made to be in the prisons unjustly, he sets free.

God inspires human beings to work for freedom.

Those who are bowed down because of shame Almighty God raises up.

Dr. Antony Theodore
God Looks At The Humble

God looks at the humble
when he or she prays
from their nothingness.

God does not love the proud.

The Almighty works marvels.
His mercy is from age to age.
He scatters the proud-hearted.

God fills the starving with good.
He protects the poor and lowly.
In his mercy he looks at the humble.

Dr. Antony Theodore
God Loved My Innocent Smile.

i was a little flower in God’s garden.
One night God kissed me
in my sleep
And i became His angel.

Then God gave me two little wings.

Then God moved a little far from me
to look at me like a great artist.

God smiled and told me:

"My little one, fly now
you are my little angel
of goodness and purity."

i flew and flew and flew
smiling always.

God loved my innocent smile.

(Graphic: Pat Schline saved to Faeries in the herb garden..Innocence..Pinterest)

Dr. Antony Theodore
God Loves Me Ardently.

Sometimes I experience
the shattering of my well-laid plans.
It is the tearing apart of my complacency.
I jump into one contradiction after another.

God loves me ardently.
He makes me understand
how small and helpless I can be.

Dr. Antony Theodore
God Made The Stars And Showed Me.

God created stars.
They were shining.

Then God carried the stars in a basket
and climbed up the highest mountain.
He took me with.

Then he began to take the stars
one by one and pasted it on the sky.

After finishing it
God took me,
considered me on his shoulders
and told me
look, my child, I, your father made all this.

God was very proud to show me that.
My eyes twinkled like the stars.
I clapped my little hands in joy.

God looked into my eyes.
Seeing the joy in my eyes
God cried. Tears of joy.

Innocence.

(Graphic: Science and the Bible | Genesis and Genetics
Genesis and Genetics: Google Bilder)

Dr. Antony Theodore
God Made You A Unique Person

God made you a Unique Person

You have been custom-made
by Almighty God, and your days
were ordained before time into being.

God has placed all the parts
of your life in order.
God has your whole life in His hands.

So stop
trying to be somebody else
and be satisfied with
the unique person
God made you to be.

You are made by God.
When you live in that realization,
you will shine brighter than ever.

Walking in God's purpose for you
will turn out to be the greatest
adventure you've ever jumped into.

Dr. Antony Theodore
God Makes His Home In Us.

"God is Love.
God is Loving;
that is what he is.

That is what he does,
continually
day and night,
to the end of time.

No man-made myth,
no fairy tale
has ever told
any story like this.

No dreamer has ever dreamed
such an incredible truth as this.

God makes his home in us.

God's love first strikes
the human heart
and then like a prism
distributes it to every part
of the human personality.

("God is Love")From the Holy Bible (1 John 4: 8).

Dr. Antony Theodore
God May Be Sought Only By Love.

I would set aside everything
that can be thought about
and choose for my love of God.

For the very fact that
God can be loved
and not reasoned
because our brain
will never have the ability
to find God with our reason.

By love God may be sought
and held, but not by thought.

Dr. Antony Theodore
God Of Pure Being

God of pure being is ...

Unborn and Undying
Unchanging
Unmoving
Unmanifest
Infinite
Invisible and intangible.

Published on October 11, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
God Of Reality.

God is the
God of reality.

All of His work
are real, all of
the words He
speaks are real,
and all of the
truths He
expresses
are real.

Dr. Antony Theodore
God Of The Lonely Hearts

My soul is waiting
in the valley of tears.

From my depths
I lift up my soul
into Your Presence.

Speak to me my God.

My soul has longing
to hear the words of God.
Speak to me in my depths.

God is merciful and loving.
In his love, God will hug me
and take me into God's embrace.

God is the God of lonely hearts.

Dr. Antony Theodore
God Plants A Grain Of Sand.

Inside an oyster shell
God plants a grain of sand.
It becomes a natural pearl
so beautiful and so full of worth.

God planted you here on earth
so that you may grow and become
a pearl of beauty and great worth.

A grain of sand is so insignificant.
But God converts into a pearl.

However insignificant you may think you are in the society,
God can convert you into a person
of greatness and of great value.

Work hard, and pray.
Unite yourself with the Almighty.
Do not work against the voice
of your conscience, for in your conscience, God lives and guides.

Dr. Antony Theodore
God Reigns In His Holy Ones.

For God reigns in
each of his holy ones.

Anyone who is holy
obeys the spiritual
laws of God,
who dwells in him.

God the Father is present
in the perfect soul,
and with him,
Christ reigns,
according to the words:
We shall come to him
and make our home
with him (cf John 14: 23).

Dr. Antony Theodore
God Remains In Us, Not As We Conceive Him.

In parting with
the idea of God,
he parted with God
for God's sake and yet
God remained to him
as God is in his own nature,
not as he is conceived
by anyone to be,
nor yet as something
to be achieved
but more as an is-ness,
as God really is.

Dr. Antony Theodore
God -Searches - Every -Heart

The allmighty and allknowing God has set His affection on you?

He knows every detail about you, your interests, your hang-ups.

Your fears and failures are known to Him.

"The Lord searches every heart and understands every desire and every thought;"
(1 Chronicles 28: 9 of the Holy Bible).

Dr. Antony Theodore
It is true that
God seeks bonds
of friendship,
close fellowship
with every human.

God wants to
be close to us.
He will bind us
In his friendship.

This will become
the greatest experience
of love, a bond
that will lead you
beyond the grave
in the world of
the Most High.

Dr. Antony Theodore
God Shares His Life With Sinners

God is so omnipotent
that He can change men,
the children of sin,
into His adopted sons.

God calls sinners
to share His divine life.

He is so omnipotent
that He can draw good
even from evil and pain.

The omnipotence of God
is always active and working,
without ever stopping;
and this magnificent,
infinite, eternal omnipotence
is completely at the service
of His infinite goodness.

It is infinite goodness itself.

Dr. Antony Theodore
God Showed Me The Way Of Love

Striving for the higher graces
I asked the Lord in prayer
„Show me myGod a way,
that transcends everything.

God showed me this way.
It was the wayof love.

Love is thelanguage that transcends.
Love is greater than the languge of angels.
Love is greater than prophetic knowledge.
Love is greater than all secrets and insights.
Love is greater than all mypossessions.
Love is greater than all sacrifices.

I am so grateful my God that you showed me
this great way oflove. I shall abide by it.

Dr. Antony Theodore
God Speaks To Me In Silence.

God speaks to me in silence.

God loves silence.

If God has a language that should be silence.

I love this thought and sit in meditation all alone away from the sounds of the world.

All the insights, God gives to a poet in and through silence.

If silence had a body I would have hugged the being of silence.

Dr. Antony Theodore
God Spoke

Cosmos, which in Greek
means order and arrangement,
is the root of the word cosmetics.

Therefore, the cosmos was,
from the start, cosmetic:
a beautiful, well-ordered,
living reflection of God.

'He spoke, and it came to be;
he commanded,
and it stood forth'

(See Psalm 33: 9
of the Holy Bible).

Dr. Antony Theodore
God Takes Such Delight In The Identity

In this likeness
or identity, God takes
such delight
that he pours his
whole nature
and being into it.

Dr. Antony Theodore
God Transcends All Creatures.

God transcends all creatures.

We must therefore continually purify our language of everything in it that is limited, image-bound, or imperfect, if we are not to confuse our image of God.

Dr. Antony Theodore
God Unfolds The Truth In Time.

Eternal God,
reaching from end
to end of the universe,
you are unfolding in time
the truth that already existed.

You are unveiling the beauty
that is yet to be and ordering
all things with your mighty arm.

(It is my faith that God is unfolding and unveiling
slowly into my life, the truth and beauty which existed from the beginning of
creation. God knows that I will faint and die, if it is revealed to me all at once).

Dr. Antony Theodore
God Walks With Me.

God is life,
life without a beginning and end.
God is life in fullness.
In the face of all that is bad in the world,
not withstanding the terror and killing,
in spite of poverty and misery,
in the teeth of guilt and sin,
We shall remain hopeful.

God is life in fullness.
This God walks with me.

Dr. Antony Theodore
God -Weeds -Out

God is breaking up
the fallow ground
within our own hearts.

God is sowing
His seeds of love
and grace; humility;
kindness and patience.

God weeds out
the thorns and thistles
of Self-interest,
Self-importance
and Self-dependence
which is the ugly
fruit of our sinful nature.

Dr. Antony Theodore
God Who Made The Stars Also Made Me.

I love reading about how God made me in my mother's womb. Whenever I feel like complaining about some aspect of myself, I picture God busy putting finishing touches on me.

And I have to stop and realize God loves me completely.

Suddenly the things I'm not happy about become less important as I think that God who made the stars also made me. Carefully God made every part of me.

(Graphic: Pinterest: gif animé: étoile le ramasseur d 'étoiles et d espoir...!)

Dr. Antony Theodore
God Will Comfort You Like A Mother

I want you to be happy,
always happy in the Lord.

Be tolerant and accept others.
Don't be proud and be humble.

Smile and welcome others
Let your joy come out of your heart.

Rejoice and exult with all your heart
when you step into the presence of God,
a presence that you feel in moments of prayer.

Do not have fear.
Let not your hands fall limp.
Love God and he will exult with joy over you.
He will renew you by his love.
He will dance with shouts of joy for you.

In your moments of struggle and sufferings
He will be there with you to kiss and caress
and comfort you just as a loving mother.

Dr. Antony Theodore
God You Are Mystery.

God you are mystery. 
How can I ever fathom your depths?

I can only desire to enter
into your fire of love,
into your mysterious light
into your depths
and be lost there for ever.

God of my soul
may I come?

Will you call me
into your mysterious presence?

(Graphic: The Living Way: ONE GLIMPSE OF JESUS

"O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water)

Dr. Antony Theodore
God, - A - Familier - Stranger

Being Afraid
Is the Best Time
to Adore God.

Do you long to
experience God
in the thick of
life's demands?

If you're honest
with yourself,
don't you admit,
&quo;i barely know
you, God&quo;?

Do you consider
God to be a
familiar stranger?

Dr. Antony Theodore
God, - The Provider

God had already revealed Himself to Abraham as 'the Lord God' 'the Almighty God' and 'the everlasting God'. He also identified Himself as Abraham's 'Provider', when He spoke those words, which are pregnant with meaning, "I will Provide Myself - a Lamb." 

Dr. Antony Theodore
God Almighty,
Will you listen
to my prayers.

Or is it true
that you listen
only to the prayers
of the rich children.

How I dream of safety.
How much I long for
a little bit of love.

I need water to drink.
I need a little bit to eat.

God will you give me
before I die on the road.

Dr. Antony Theodore
God, Free Us From Our Illusions

The greatest wisdom
is to know that we do not
know anything of God.

Without knowing the unknown
we shall bow down and pray.

Leave our theology and philosophy.
Be humble and prostrate in God's presence.

Submit our faculty of thinking,
and pray: "God free us from our illusions."

Dr. Antony Theodore
God, Give My Wings Might

God, give my wings might.
Give me the aroma of cheer.
Help me to hear the whispers of my heart.
Let the touch of your beauty
make the strings of my soul vibrant.

God, give me a ladder
and send me an angel
to help me to climb up to you,
to your holiest shrine in the heavens.

Dr. Antony Theodore
God, Help Me, I Have Lost My Way.

God,
I have lost my way in a barren desert.
Rescue me in my peril.

I live in darkness and gloom,
I feel I am bound in chains.

I was proud.
You humbled my heart through hardships.

In my distress I cry to you.
Break my chains asunder.

Speak to me your loving word,
to heal my heart and soul.
I shall praise the wonders of God
in the barren desert

Calm the storm wind in me.
Hush the storm to a murmur.

You who can change the rivers into desert,
change my desert into pools of water.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
God, Remember Also Those Of Ill Will.

Remember not only
those who are of good will.
But remember also those of ill will.

God,
do not remember
all the sufferings
others inflicted on us
willingly and knowingly.

Remember the fruits
we have brought
thanks to those sufferings.

Dr. Antony Theodore
God, Walk Along With Us

Lord, be with us on our way. 
Walk along with us 
so that we may not fall.

Open our deaf ears. 
Heal our blind eyes. 
Give the fearful hearts courage. 
Send your spirit of harmony and wisdom, 
the Spirit of truth and love.

We believe in a better world, 
a world according to your heart. 
God is alive and God will 
change this world 
to a world of love.

Dr. Antony Theodore
God's anger
lasts but a moment,
a lifetime, His good will.

It is like my weeping
thewhole night,
but with the dawn,
comes rejoicing.

God's anger does not last.

Dr. Antony Theodore
God’s Friendship Is Like The Breath

Make me know your ways.
Teach me your paths.
Help me to walk in your truth.
You always show the right path
To those who go astray.

Your faithfulness and love shall I praise.
I revere my God.
His friendship is like breath.
I cannot live without
the presence of my God.

Day and night I yearn
for his loving presence.
Come to me my God,
come to me.

Dr. Antony Theodore
God-Centered Perspective

We are to develop a God-centered perspective, in all we say, and do, and think.

Human self-sufficiency and fleshly self-dependence is not what God wants to develop in us.

He wants us to develop a Christ-like dependence on Him.

He wants us to develop a total reliance on Himself.

He wants us to trust Him with an undivided heart that seeks HIM alone.

Dr. Antony Theodore
Godly - Being.

Let peace reign
in your heart.

Let not word
pass your lips
denoting hatred
and unforgiveness.

Become a godly being.

Dr. Antony Theodore
Godly - Tents

How goodly are your tents.....
They are like gardens beside a stream,
like the cedars planted by the LORD.

His wells shall yield free-flowing waters,
he shall have the sea within reach;
His king shall rise higher,
and his royalty shall be exalted.

Dr. Antony Theodore
Godly Knowledge And Service

“A real 'karma-yogi',
who first acquires knowledge
and then works
for the welfare of people
will be known among the people.

Acquire godly knowledge.
Let such wisdom lead you
to commit yourself
for the cause of the poor.

Dr. Antony Theodore
God's - Cyclones

Watch God's cyclones.  
The only way God

sows His saints is
by His whirlwind.

Dr. Antony Theodore
God's - Final - Revelation

The writer to the Hebrews took great pains to show that Jesus was God's final revelation to man.

He explained that Jesus was superior to Aaron and Levi, just as He is greater than David and Solomon, for He could boldly pronounce, "before Abraham was I AM."

Dr. Antony Theodore
God's - Light - Shine - On - Your - Face

Let your prayer go up to the holy feet of God on his golden throne of light.

Pray till God's light shine on your face.

Dr. Antony Theodore
God's - Love - And - Blood

This blood is not just a symbol of God's love and forgiveness.

It is in a very real sense God himself, "by whom all things were made."

Dr. Antony Theodore
God's - Love - And - Faithfulness

Paul's teaching here and references throughout the Scripture remind us that sexuality and marriage were created by God to teach us about His love, His pursuit, His faithfulness and His passion towards His people.

(Reference to: St. Paul's letter to Ephesians 5: 21-33 in the New Testament)

Dr. Antony Theodore
God's - Love, - More - Serious - Than - Death

Christian contemplation
takes in, the mystery
of death and sees it
transformed by the
Word of the Father.

This mystery of death
is not more powerful
than the love of God.

It's hellish currents
cannot drown out
the desire that the Lord
has for us to live.

This is a true spiritual
reality, a great drama
that God takes seriously
because His love is
more serious than death.

Dr. Antony Theodore
God's - Peacemakers.

We who believe can receive that peace that passes understanding.

We have to remain in right relationship with God, who is mighty and powerful.

But we are also given the authority to go into all the world as God's peacemaker

Dr. Antony Theodore
God's - Power - Persists

For me God exists
His power persists.

Those who claim to know him,
who say they talk to his beam,
spare us the mind games.

There 408 religious names.
All claiming to be the one,
all claiming to have won.

Yet He is what He is.

We must take it easy,
do our thing on earth,
find the rest upon death.

He is what He is
Not that or this.

(Written from the
comments of the poet
Deluke Muwanigwa)

Dr. Antony Theodore
God's - Prophetic - Clock.

Judah's exile into Babylon became a trigger point to set in motion one of God's prophetic clocks, the starting point for the Times of the Gentiles.

Nebuchadnezzar and the kingdom of Babylon, was to be the first and greatest world empires to dominate world history, after God set aside His people Israel, because of their apostasy.

The countdown to Christ's first and second advent began when that head of gold was identified as the kingdom of Babylon.

The trigger point for the Times of the Gentiles that coincides with Nebuchadnezzar's dream, continues to tick towards the second coming of God's Anointed - when Jesus Christ the Righteous is crowned King of kings and Lord of lords.

(Reference to the Book of Daniel of The Holy Bible).

Dr. Antony Theodore
God's - Resolve

God resolved that Christ would be born as the perfect, sinless Son of Man, and become the one and only acceptable, sacrificial offering for our sin.

Dr. Antony Theodore
God's - Shield

God's Shield is sheltering me.

God's terrible Army is protecting me, against demon's snares,

against vicious seductions, against nature's lusts,

against everyone who meditates injury to me.

(Reflections on TheDeer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
God's - Shrine

Read the scriptures
that show God's
preference for
His Shrine.

Our soul
is a little heaven
and a living tabernacle.

Dr. Antony Theodore
God's - Silence

It is unreasonable
to interpret silence
without sufficient
information about
the person who is
being silent.

Suppose you are walking
down the hallway at work.
You see a co-worker
with whom you have
meaningful and fun
conversations every day
during your coffee break.

But on this particular day,
he does not greet you
or even acknowledge you.

A series of questions arise:
Did I do something
to hurt his feelings?

Does he all of a sudden
think I am not worth
being friends with?

Or perhaps he's just
lost in thought and didn't
even notice me pass him by?

The point is that interpreting
silence requires a lot of
information about the
person who is giving you
the silent treatment.
Dr. Antony Theodore
God's - Willingness

The secret to a life without lacking, is faith in God and in God's full capacity and willingness to meet all our needs and more as God will.

Dr. Antony Theodore
God's Artistry - In - A - Flower

Throughout the history of man,
God has spoken to us
in many different ways.

At first, He spoke through
His appointed prophets,
priest and kings, and His
glory was declared by the
star-studded heavens
above and His brilliant
handiwork beneath.

Each blossom speaks
of His artistry; every bird
gives testimony of His care,
and every step we take
and each breath we draw,
proclaims His gracious,
sustaining power.

Dr. Antony Theodore
God's Being Is My Life.

What is life?
God's being is my life,
but if it is so, then
what is God's must
be mine and what
is mine God's.

God's 'is-ness' is my 'is-ness',
and neither more nor less.

Dr. Antony Theodore
God's Compassions never Fail.

God's love is new every morning.
God's love is like the sun
which burns for you and me
always and never-ending.

God's faithfulness is great.
Therefore I will wait for him.

God is good to those
who set their hope in him,
to the one who seeks him
he will come to help always.

(Leaning upon the message in

Dr. Antony Theodore
God's Delightful Stream

Remind yourself
of the abundance of
God's sustaining Spirit.

From God's delightful stream
we shall drink to quench our thirst.

The forces of death and despair
shall not overcome it.

Our strength is in Him,
who calls us lovingly
into this world to do good.

He shall sustain me.

(Graphic: Just For You Prophetic Art saved to Prophetic Art Paintings 2k
Living water being poured out of vessel. Prophetic art rest)

Dr. Antony Theodore
God's Disclosing Of Himself

Christ is the culmination of God's disclosing of Himself to mankind.

His free-will and sacrificial offering on the cross, is the climax of God's plan to redeem His fallen race.

Christ is the ultimate revealing of God's plans and purposes for He is the Alpha and Omega, the First and the Last, the Beginning and the end of God's will, His mind and His thoughts.

Dr. Antony Theodore
God's Essence In Me

God's essence is speaking through me.

I am looking for myself. 
I hope to see me in Him.

Can I ever say in joy that I am the same as He?

God's essence is speaking through me.

Dr. Antony Theodore
God's Existence

There's one thing that theists and atheists can agree on.

God's existence is not so obvious that everyone necessarily knows it.

For many, God does not make his existence obvious, as compared to the existence of a friend, creates a "knowledge gap;"

Some atheists see this knowledge gap or "epistemic;" or "cognitive;" gap as a problem for theism,

Dr. Antony Theodore
God's Eyes In My Breath.

Breathing is a very good way
to remain in the present moment.
Be conscious of your breath.

I breathe in and out
and follow the movement
of my breathing.

I feel simply how i am here present.

In my breath i feel also how
every moment passes by.
Moments come and go.
I am simply in this movement.

Then i imagine that i am not
breathing simply the air
but i am breathing in
the Spirit of God.

I want that the love of God
enters me through my breath.
So every moment becomes
filled with the love of God
in me and i feel that God
is looking at me when i breathe.

God's eyes in my breath.
God's love in my being.

(Graphic: Cima_da_Conegliano_God_the_Father)

Dr. Antony Theodore
God's Flight - Plan

The higher the child of God soars the more clearly discernible is God's flight plan.

Dr. Antony Theodore
God's Graciousness

God is the God of
grace and compassion.

God understands our fears
and persistently seek
access to our hearts.

His graciousness
takes sufficient hold on us
to make us more and more
like God the Almighty himself.

(God has no gender. when a poet writes 'He' for God,
it denotes the insufficiency of the language to express the Reality that is God).

Dr. Antony Theodore
God's Love Breathes In You.

You are my beloved son
You are my beloved daughter.

Now when you feel that you are lost
when you miss the presence
of your lover and his love,
you shall know this:
„you are loved completely and utterly“.

And at this moment of sadness
God's love is enshrouding you.
So do not fall into darkness now.

God's love breathes in you.
God's love touches you in his words,
in his creation, in the friends
who stand for you and around you.

(Graphic: Lisa Glass hat sich etwas auf Bibel/Gott gemerkt. pinterest)

Dr. Antony Theodore
God's Love Never Fails.

Bring a smile to the faces
of those who feel loved,
or a deep longing
in the hearts of those who don't.

Are you searching for love
that won't fail,
but many never find it.

Do you want this kind of love?
It's the kind of love that
will always be there for you.

God's love never fails.

God sends to your heart
every day, every year,
all of your life, His love.

Is it so hard to believe
that you are loved,
by the Almighty God?

Dr. Antony Theodore
God's Plans For You Are For Peace.

God's plans for you and me are for peace and not disaster.

God listens to me when I pray.

He will bring me back to the right place at the right time in my life.

This is my faith.

Hold on to this faith. This faith will stand with you in need and problems.

Dr. Antony Theodore
God's Powerful Providence

Loss and gain,  
life and death,  
fame and infamy 
all lie in the  
hand of providence.

God's providence 
is all powerful.

Dr. Antony Theodore
God's Preordained Plan

Following man's fall,
God set in motion
His preordained plan
to redeem the fallen
race of man, and at
the appointed time
He broke through
the space-time barrier
into earth's, revolving
history, to reveal Himself
to His fallen creation
in a new and special way.

Dr. Antony Theodore
God's Presence

Much of their energy for abundant living spills over the timeline into tomorrow's worries or past regrets.

Their remaining energy is sufficient only for limping through the day, not for living it to the full.

I am training you to keep your focus on My Presence in the present.

Dr. Antony Theodore
God's Purpose For Me

God's standards reflect his heart, the safe path he's provided so that we can glorify him.

The law of God is not about what you have to do to make God happy.

His grace is what enables us to understand His purposes in our lives.

We live for him because he loves us enough to provide grace even when we fail.

Dr. Antony Theodore
God's Salvation

Inclusive pluralism of religions attempts to balance various things: God's salvation for all people is based upon the person and work of Jesus Christ.

Dr. Antony Theodore
God shows God's self everywhere.
in the bits and pieces of every day.
We dont have the eyes to see it.
We miss the presence.
We miss the cue.

In the ordinary experiences
of our lives and actions
God is invisibly present.

In the magnificent sunrise today,
in the awful solemnity,
i see you my God.

Soft in the silence,
i hear your voice
calling me.

Dr. Antony Theodore
Godself Is.

God is the source.
God is the source of creation.

God is the totality.
God is fullness.
God is completeness.

Godself is.
Godself is in me.

Dr. Antony Theodore
Going - Astray

Before
I was afflicted
I went astray:

but now have
I kept Thy word; (Ps.119: 67)

Dr. Antony Theodore
Going - In - Hope

Whoever goes into these hidden poverties of our lives with hope in the Lord and seeks Him, the Son of Mary will raise up to new life.

This is our mystery, mystery of our life and the relationship with the Almighty One.

Dr. Antony Theodore
Going - Through - Bad - Days

I promise you,
it will get better.

I have gone
through those bad
days when I could
not see the light
of joy and hope.

You aren't alone.

I promise you,
everything will
improve because
God loves you.

Dr. Antony Theodore
Going - Wrong

So much is going wrong all around us: injustice, oppression, natural disasters, broken relationships, perversity, selfishness, pride, and apathy.

Dr. Antony Theodore
Gold And Honey

Do you remember
how you made me
blush with your kisses?

Did you bring
with you now
gold and honey?

Would you pour
honey on my lips
and make me wear
your golden necklace?

Dr. Antony Theodore
Gold Is Tested In The Fire.

Gold is tested in the fire.
Chosen men of God
are tested in the
furnace of humiliation.

Trust in God.
He will uphold you
at the correct time.

Wait for God's mercy.
God will give you
His right hand
to pull you out
from the ocean of disgrace.

(Graphic: Michael Cargil saved to church things. Pinterest).

Dr. Antony Theodore
Golden Blue

It is time to grow
For the mind to grow
For a sensible heart to grow
Cold although and hard
Are the ice blocks of negations.

Follow Time’s footsteps.
Feel Time’s heavy steps.

Venture to follow the heart’s path
To discover the golden blue
Of the calm eternal lamp.

Dr. Antony Theodore
Gone - Through - A - Lot

I know you
have gone
through a
lot in your life.

But I want you
to keep pushing on.

There is so
much to live
for in your life.

I know that
things are
hard right now,
and that you
might be tired
of fighting.

But I tell you,
go on with joy.

You have a bright
future ordained
only for you.

Dr. Antony Theodore
Good And Upright

Good and upright
is the LORD;
thus he shows
sinners the way.

He guides the
humble to justice,
he teaches the
humble his way.

(Ref. toPsalm 25: 4-5).

Dr. Antony Theodore
Good Choices

The responsibility
to make good
choices or even
bad decisions,
is given into the
heart of man,
but this does
not suggest
that God has
somehow lost
His authority
in our lives,
for the verse
continues:

"but the answer
of the tongue
is from the Lord." (Refer to Proverbs 16: 1)

Dr. Antony Theodore
Good God, Give Us Repentance

Reveal your truth to us

Reveal to us that our eyes
become open to know the truth.

Bring us to you so we can
listen to your voice.

Help us to forgive each other.
Change our thought patterns
so that we may work together.

Bring us back, help us
to lead a morehuman life.
Good God, give us repentance.

Dr. Antony Theodore
Good Night My Love

Good night my love
I shall see you in my dreams...

Like the lotus dancing in the presence of the sun.
Like the peacock dancing before his lady love.
Like the lovebirds playing with their little beaks.
Like the priest bowing and adoring
In front of his holy altar.

Good night my love
I shall see you in my dreams.

May your sleep be like the colors of the rainbow
harmonizing together like a beautiful symphony.

Dr. Antony Theodore
Good, The True, And The Beautiful.

Socrates provides
the second of three
images in an attempt
to convey to his
interlocutors something
of the meaning of
"the Good, the True,
and the Beautiful."

In the image of
the Divided Line,
Socrates has in
mind something
of a process,
a movement,
a journey of the mind.

Dr. Antony Theodore
Goodness - And - Grace.

Christ came to earth
to reveal God's
goodness and grace,
and His death on
the cross opened
the way for fallen
man to find peace
with God - to be
reconciled back
to Him through
faith in His Son.

Dr. Antony Theodore
Goodness - Exploited

Be a good person.

Never regret about being good.

Even when others exploit your goodness,

remain good to others.

Dr. Antony Theodore
Gospel - Of - Grace

The apostles brought them the gospel of grace, and they received their teaching with the joy of the Holy Spirit despite the difficulties they faced, and in so doing became followers of the will of God.

Dr. Antony Theodore
Governing -Epistemics

One cannot be certain about a metaphysical result unless one is first certain about the epistemics that governs such a result.

Dr. Antony Theodore
Grace - And - Human - Nature

We lose knowledge
of our true identity
in God whose graceful
image we share.

God's grace builds
upon our beautiful nature.

If we try our best to
overcome our weakness,
He will give us the grace
needed for His victory.

Dr. Antony Theodore

Do not cry about
Falling again
And again in sin.

The grace of forgiveness
flows from the infinite
lap of God to you
very personally.

Dr. Antony Theodore
Grace And Law

People often divide grace and law into two opposing ideas, and then give little thought as to how the two can exist together.

But they're not opposites. They can and do exist together.

It is in God's grace and law that the greatness of God's character and his loving care for us are revealed.

Dr. Antony Theodore
Grace Is Carrying You Now.

Remain blessed now.
Remain on the way
that is just before you.

Know that you are
protected now
in the grace
which carries you.

Allow yourself to be lead.
Depend on the arms of God
who is accompanying you.

Dr. Antony Theodore
Grace Of God And The Poet

When gripped by
destructive self-importance,
humility becomes a grace for a poet.

This grace kills the evil of the Ego.

From God alone
comes this grace,
along with
the true inspiration.

(Graphic: What is Humility? | Vernon Evangelical Lutheran Church
Vernon Evangelical Lutheran Church)

Dr. Antony Theodore
Grace, - Not - Law

Paul's testimony was the most glorious example, that salvation is by God's grace and not by man's merit or' works of the Law.

He spoke of his advanced learning in Judaism and zealousness for his ancestral traditions, which were superior to many of his contemporaries.

Paul's intense hatred of legalism was because he himself had been entrapped in its web of deception and it pained him to see these dear folk in Galatia being so brutally deceived by this legalist teaching that places men back under the curse of the Law, after having been liberated by God's grace through faith.

(St. Paul was converted to Christ after spending years, trying to destroy the followers of Christ)
Graces Are Offered For All Humankind

In your mouth and in your heart
I put my living words of faith.

With the heart you believe,
with your mouth you proclaim.

Justice before God and salvation
shall be yours when you believe.

From his greatness and richness
God offers graces for all humankind.

Dr. Antony Theodore
Gracious - Compassion

He redeems our life from the pit and crowns our head with faithful love and gracious compassion.

He leads us beside still waters and satisfies us with His goodness and grace.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
Gracious - Offer - Of - Salvation.

Zephaniah is one of many prophets who writes about this coming time of terrible judgement, to be poured out on a sinful, godless world.

It will be a time when everything that can be shaken will be shaken, for it is the prophesied time of terrible Trouble.

The Lord will pour out His furious wrath on a Christ-rejecting, sinful world, which refused His gracious offer of salvation.

Dr. Antony Theodore
Gracious To The Devotee.

God is tender-hearted.

God is compassionate
to the humble and lowly.

God is unaccountably
gracious to his devotee.

(After reading Hindu holy scriptures)

Dr. Antony Theodore
Grant Me The Boon

Grant me the boon
that i may ever cherish
loving devotion
and prostrate before you
in fervent adoration.

You my king of my heart,
live in me and change me
according to your holy will.

(Spiritual wisdom of prayer up on reading
Ramayana, Lanka Kanda).

Dr. Antony Theodore
Grateful

We are grateful
because you, good God,
have given us your
good word of wisdom.

We are grateful
because we have
heard and received
what gives comfort,
hope, courage,
and what helps to live.

We are happy
toshare your
words of wisdom
with others
and pass on your
compassion, justice
and peace in our
everyday life.

Dr. Antony Theodore
Grateful - For - Our - Sufferings

In deep-felt sufferings
before the breaking
and spilling, before
the wounds and the blood,
Jesus gave thanks
to God, His father.

At this moment,
Jesus took our
darkest moments
of human experience
and connected all of us
in our sufferings
with God the giver.

We shall be grateful
for our sufferings.

(Graphic: passion of Christ - little sisters of the poor St. Paul
Google Bilder).

Dr. Antony Theodore
Grateful - To - Be - Alone

I am grateful I could be alone this afternoon; being in the woods, praying on my own, sweating in the sun, alking with God.

It is the perfect time of refreshment, giving me the needed boost for the rest of the weekend.

Some get recharged by getting together and talking about.

They Simply enjoy each other's company.

I prefer to be alone to mumur prayers and wind down slowly.

Dr. Antony Theodore
Gratitude, - A - Real- Cure

Giving thanks
is a real cure
for stress

Giving
thanks can
revolutionize
our whole lives.

Gratitude is
godly power
in you and me.

Dr. Antony Theodore
Grave - Is - Not - Your Escape

Let not your heart
convince you
that the grave
is your escape;
for against your
will you are
formed, against
your will you
are born,
against your
will you live,
against your
will you die.

(Ref. to Ethics of the Fathers 4: 22)

Dr. Antony Theodore
Great - Adversity

The message of the gospel is one of hope and joy, but it does not come without great adversity and many pressures.

Yet the Thessalonian Christians were ready and willing to receive and follow the teachings of Paul with joy and hope in their heart.

Dr. Antony Theodore
Great - Mother's - Breasts

„Other people are bright;  
I alone am dark.

Other people are sharp;  
I alone am dull.

Other people have purpose;  
I alone don't know.

I drift like a wave on the ocean,  
I blow as aimless as the wind.

I am different from  
ordinary people.

I drink from  
the Great  
Mother's breasts.";

Ref: Lao-Tzu, Tao Te Ching

Dr. Antony Theodore
Great - Tribulation

The Lord Jesus Himself was speaking of this period, when he answered His disciples' question about His return and the end of the age to set up His kingdom - which will end Satan's authority over this world and his enslavement of mankind.

Jesus also said of this terrible time - "For then there will be Great Tribulation, such as has not been since the beginning of the world until this time, no, nor ever shall be."

Dr. Antony Theodore
Great - Wealth - And - Democracy

The idea
that great wealth
and democracy
can't exist side
by side runs
right up through
the Enlightenment
and classical liberalism,
including major
figures like
de Tocqueville,
Adam Smith,
Jefferson and others.

Dr. Antony Theodore
There is a legacy of great Christian thinkers over the centuries. Without embarking on a full history of Christian philosophy, we might mention great Christian thinkers such as Irenaeus in the Second Century, the Cappadocian Fathers.

In the Middle Ages Thomas Aquinas and Duns Scotus in the Western Church, and Gregory Palamas in the Eastern Church.

Dr. Antony Theodore
Great Is My God, Great In Majesty.

By the word of God
creation came into being.
All creation obeys his will.

As the sun makes the whole
creation shine in its light,
the work of God is full of glory.

When we speak of God's marvels
we become holy in our praise.
The universe stands firm in God's glory.

Great is my God, great in majesty.

(Leaning on the book of Ecclesiasticus in Holy Bible).

Psalm 147: 5 Bible verse. Scripture of God all powerful. Spiritual inspiration. God is majestic and mighty.

(Graphic: Stefanie saved to Jesus loves you! Pinterest)

Dr. Antony Theodore
Great Wisdom

Your soul

is the whole world.

When a man is asleep,

he penetrates

his innermost

and dwells in

Atman.

(Sama Veda)

Dr. Antony Theodore
Greater - Potential

When two people
are of the same heart
and mind, there is
greater potential to
stand firm, stay true,
resist the enemy,
maintain unity of
spirit and not fall
prey to an alternative
philosophy or
unwholesome mindset.

And when God
becomes the third
Person in such a
partnership,
life takes on new
purpose and meaning.

(Reflections on the book of
Ecclesiastes of the O.T of
the Holy Bible)

Dr. Antony Theodore
Greatness And Humility

Our true greatness is
in the humility of living
faith and the simpler
and purer our faith is,
the closer it brings us to God.

To go out of ourselves
is to act at the very summit
of our being, not moved by
our own nature but moved
by God's infinite grace
with which we feelloved
and cared for and ever protected

Dr. Antony Theodore
Grief Cleanses The Anguish From Our Souls

Grief, as painful as it is,
is a necessary part of our healing.

To run from grief is to run from
the very thing that can quell
the pain of our loss.

Grief is medicine.
Grief cleanses
the anguish from our souls
and sets us back up on
the path of life so we can dance.

Grieving is the process,
God uses to bring us
to a place of wholeness.

Grieving is His great gift to us.
It is a necessary part
of our journey.

Dr. Antony Theodore
Grief Is A Panacea

We cannot run away
from grief, it is our
constant companion
until we are healed
and move on with
our lives again
as our loved ones
who have crossed
over wish us to do.

Grief is a panacea
for our aching hearts
and one day we will
learn to live and
love again with
our loved one's blessings.

(written from the comments of Marie Shine,
the poetess of Listowel, Ireland)

Dr. Antony Theodore
Grief Is A Shining Angel In Darkness.

Grief can be a slow ache
that never stops rising.

In grief, those whom we have lost
and over whom we are sad
becomes more and more
a part of who we are, mysteriously.

Grief is a song that we sing.
It opens our heart to goodness.

Grief is an angel trying to grow
its shining wings in our darkness.

Dr. Antony Theodore
Grieve Not for What Is Inevitable.

"Death is as sure for that which is born, as birth is for that which is dead. Therefore grieve not for what is inevitable." 

(Quotes from the great Hindu spiritual classic Bhgavat Gita)

Dr. Antony Theodore
Grieving - A Holy Pilgrimage

Sometimes we try to resist the demands of grieving.

We long to avoid this fierce, yet holy pilgrimage.

We fight against the currents, terrified of being overwhelmed, of being discovered, of becoming lost in our brokenness.

Dr. Antony Theodore
Grinding - The - Proud - Empires

God purposed in His plan that Christ must first come to save His people from their sin, through His death, burial, resurrection, and ascension, before He could smash in pieces the kingdoms of this world system.

Sin had to be dealt with before He could grind the proud empires of the world to dust and regain dominion over the fish of the sea, the fowl of the air, the cattle of the land, and every creeping thing that creeps on the face of earth, which was forfeited by the first Adam, so many years before.

Dr. Antony Theodore
Grip - Of - Sin - And - Satan

The best elements
In all the religions
serve as a
preparation
for the gospel.

Sin and Satan
have a strong grip
over people who
have not accepted
Christ manifested
in the objective
reality of the
non-Christian
religions and cultures.

Dr. Antony Theodore
A simple reading of Old Testament Scripture, clearly identifies the persistent and ongoing unfaithfulness of Israel's ancestors, despite the wonderful faithfulness of God.

It caused the Lord to rigorously contend with them, and to call on heaven and earth to witness Israel's gross apostasy.

Dr. Antony Theodore
Grow - In - Grace

Abide in God.
Depend upon
God alone.

It is to walk in spirit
and truth, to grow in
grace, to be ready
to listen to His guiding
voice and to follow His lead.

Dr. Antony Theodore
Growing - In - Prayer

Discover why
growing in prayer,
which sometimes
can be compared
to a battle, is worth
every ounce of
effort you give it.

Even if you've never
prayed, or if you've
never developed
the habit of daily
prayer, God is
waiting to meet
you where you
are and encourage
you every step
of the way.

Dr. Antony Theodore
Growing In The Consciousness Of The Absolute

The mystic grows in the awakening of the consciousness of the Absolute.

In this process, conversion occurs naturally and love grows that gives depth and actuality to the religious life.

The purification that goes with it is closely related to the mortification of the ascetic and his deep commitment.

(SHARING LOVE: October 2012 sharing love Christianity - A Lifetime Commitment To God)

Dr. Antony Theodore
Guard - Your - Thoughts

God says:
I rejoice when your
mind turns toward Me.

Guard your thoughts
diligently; good
thought-choices
will keep you
close to Me.

He will have no
fear of bad news.

His heart is
steadfast, always
trusting in the Lord.

(Ref. Psalm 112: 7
in The Holy Bible).

Dr. Antony Theodore
Guardian Angels

I am safe in the hands of God's angels

They gently tuck me in at night
and come to me when I have bad dreams.
They are there when I wake up.

When they fly around me
they touch me with a soft gentle breeze.
I imagine it is from their tiny wings.

They flutter around me,
but I cannot see.

Mummy told me:
They are my guardian angels
and I am happy.
Do you see my sweet smile, Oh poets?

Published on October 04, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Forgiveness has been shown to elevate mood, enhance optimism, and guard against anger, stress, anxiety, and depression.

Dr. Antony Theodore
Guidance - And - Protection

Like many wonderful promises throughout Scripture, these beautiful words, which have comforted countless millions of believers, assure us that restoration, guidance, protection, and peace is His promise of love to us all, for HE restores our soul and HE leads all His children in the way of goodness, love and peace.

(Ref. to Psalm 23 of the Holy Bible).

Dr. Antony Theodore
Guided - Meditation

Guided meditation may be more convenient and easier for some people, however, clients can choose to read through the script and practice themselves without the audio.

They might be more comfortable, selfguiding in this way after listening to the guided practice a few times.

Dr. Antony Theodore
Guided Imagery

When someone is feeling anxious about a situation or task ahead of them, guided imagery can help.

This practice involves imagining completing the task that is causing anxiety calmly and successfully.

For instance, imagining finishing an important meeting or event before it happens can reduce anxiety about it.

Some people also find it beneficial to visualize an environment in which they feel safe and relaxed.

Dr. Antony Theodore
Guilt - And - Innocence

The concepts of guilt and innocence have no meaning beyond the social order, if there is no God.

Innocence and guilt is founded upon a theistic based belief in the welfare of society or the common good.

Dr. Antony Theodore
Guilt - Conscience

Guilt is a peculiar feature of the human personality.

It is the sense of the wrong that affects the personality.

More than human laws and regulations against murder and infidelity one feels the pricking sense of the conscience.

This in truth, indicates a spiritual reality, without scientific proof or necessity that sets human beings apart from other animals.

Dr. Antony Theodore
Guilt - Follows - Me

I notice the date
on my phone.
Oh no. It is the
day after my
high school
friend's birthday,
and I forgot to
call her yesterday.
Guilt.

Dr. Antony Theodore
Guilt Feeling.

Do you suffer from guilt feeling?
At the moment of death
of your loved one
do you have guilt?

Do you accuse yourself
" I did not love my husband enough
I could have loved him more.
I wanted to tell him so many things.
I did not and could not do it."

The unuttered things
accuse me now.
I did not open up to him
I had physical union with him.
But my mind was not open to him.
I could have cleared
so many of our differences.

I did not tell him enough
that I loved him very much.
He did not get that feeling from me.

I wounded him.
I am sorry now.
I could have said all that to him.
But I did not and was not open to him.

Now that he is gone,
I sit here and cry
carrying the sorrow within me.
I feel guilt.
The guilt kills me.

Then remember.

He has forgiven you all that.
He is in peace.
He is with God.
He is in benovolence.
He loves you
from the world of love
where the angels of God
and the saints of God live.

Dr. Antony Theodore
Guilt, Fate, Happiness

Pray for the world, 
its guilt, its fate, 
and its happiness.

Pray for those who 
suffer from the world's 
injustice, that they 
may find justice.

Pray for the unjust, 
that they might 
experience repentance, 
find forgiveness, 
be filled with compassion, 
and begin to do justice.

Dr. Antony Theodore
Guilt, -Shame, - Blame.

You may feel as though a million hurdles stand in your way to experiencing God's love.

Guilt, shame, blame, perfectionism, legalism, inadequacies, hurts.

But be assured that nobody has or ever will earn the love of God.

Each of us is undeserving. But when we open our hearts to receive it and continually walk with God to experience it, our internal dialogue forever changes

Dr. Antony Theodore
Guises And Disguises Of Sin

The wages of sin is death.
But sin in all its guises
and disguises must be judged,
for a holy God cannot look on sin.

The ultimate consequence
of a life in sin is eternal
separation from God.

Only when we come back
to God with a repented heart
we shall be reunited with Him.

Sin inflicts a never-ending
divorce from all that
is good and clean and lovely.

Dr. Antony Theodore
Happiness Gives You The Ability To Forgive.

If you decide to be happy, your happiness will heal you.

Happiness will heal your wounds, your physical and inner wounds.

Your mind and heart will heal itself.

Bad memories of wounds inflicted by others will slowly disappear.

Happiness gives you the rare ability to forgive.

Dr. Antony Theodore
Happiness Happens

Happiness happens
when you stop waiting for it.

Make the most of this moment.

This present moment
is the most important.

Live it. Do not wait.

Dr. Antony Theodore
Happiness Is A Gift Of God.

Simple laws of life.

Recast Psychology.
Focus on optimism.
Kill helplessness.
Strength and not pathology,
growth and not depression.

Faith and psychology goes hand in hand.
Forgive all those who wounded you.
Serve the needy and the poor.

Every truth, no matter who utters it comes from the Spirit of God.

Do everything to enhance human well being.

Reason will not replace Faith in God.
Aristotle relied on the power of reason.
But faith is reasonable proved Thomas Aquinas.

Faith in One all-powerful,
al-knowing, and all-good God cures a human being and makes him positively happy.

Forgiveness, humility,
gratitude, and love for others are the rules to be healthy.

A powerful synthesis of Greek philosophy and faith help all to lead a happy life.

Seek happiness. Happiness is a gift of God.
Forgive, forget,
love, give
and go away from materialism.
Live and let live.
Give oneself to others.
Move quietly and peaceful.
Make time for playing with children,
leisure, reading and enjoying art.

Share Sundays with family.
Help young people find employment.
Look after nature.
Rapidly forget the negative.
Respect those who think differently.
Actively seek peace.

Dr. Antony Theodore
Happiness Is Our Natural State.

Happiness cannot be acquired
Do you know why?
Because we already have it.
Happiness is our natural state.
Drop your illusions.
Then you will experience
how happy and delightful life is.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. i write to keep her memory alive as long as i live).

Dr. Antony Theodore
Happy - With - The - Creation

The birds and angels sing
and I cheer up too.

The universe
and our hearts
are open to your grace.

I feel my body and thank you for it.
Lord, I am happy with creation.

(Graphic: Donna Eskind rettete den fliegenden VögelPinterest)

Dr. Antony Theodore
Happy Indeed Is The Man

"Happy indeed is the man
who follows not the counsel of the wicked;
nor lingers in the way of sinners
nor sits in the company of scorners,
but whose delight is the law of the Lord
and who ponders his law day and night"

(From Psalm 1: 1-4 of the Holy Bible)

(Graphic: 100 Bible Verses For Funerals Find The Perfect Scripture Love Free. Bible Quote For Death - Death Free Quotes - Free Quotes for You)

Dr. Antony Theodore
Hard - To - Read - The - Mind - Of - Satan

It is hard to read
Satan's mind, for
he thought tricking
Jesus would give him
a few more millennia
before he met his
final destiny.

Whatever he thought,
he was sorely disappointed
by Jesus, who later told
His disciples in the Upper
Room just before His
arrest in Gethsemane, that
the ruler of this world is coming,
and he has nothing in Me.

(Ref: John 14: 30)
(Graphic: Marcel Frasch hat sich etwas auf Monsters of the World
gemerkt. Pinterest)

Dr. Antony Theodore
Hardened - Hearts

He had come
to open their
eyes to the truth.

He had come
to enlighten them,
and show them
the way of salvation,
but their hearts
were hardened
to the incarnate
Word of God.

(Refering to the Gospel
text in which Christ
saves the woman
captured in adultery.)

Dr. Antony Theodore
Hardened - Their - Hearts

Despite being highly educated members of the Sanhedrin, these distinguished men hardened their hearts to the truth and became emotionally unhinged and their extreme hatred of the truth of the gospel caused them to fulfill Christ's own words, "the time is coming that whoever kills you will think that he offers God service."

These things they will do to you because they have not known the Father nor Me."

(Ref. to Acts of the Apostels 7: 57 of he New Testament)

Dr. Antony Theodore
Hare - Krishna

Bhaktivedanta Swami Prabhupada brought Chaitanya's Gaudiya Vaishnavism to the West.

His movement, then known as the "Hare Krishna Movement", grew even larger when he relocated to San Francisco.

(He landed in New York without any money. Instead of preaching to New York's elite, he tapped into the 1960s countercultural spirit by preaching and chanting in public parks and attracting hippies and the youth). (Reference to Wikipedia)

Dr. Antony Theodore
Harken! ! !The Song Bird Sings.

The song bird sings.
Harken! !
The invisible songbird sings.
Do you hear it?

Where is your home my song bird?
The song bird did not answer.

It went on singing and singing
until i heard it
deep down
in my soul.

Dr. Antony Theodore
Harmful - Emotions

Release all the harmful emotions

and reflect on how you have

grown from the experience

and the act of forgiveness itself.

Dr. Antony Theodore
Harmonious Elixir

A real love union
transcends time and space.

There is an invisible string
that connects and binds
the two in inseparable love.

Pray for this harmonious
elixir when you fall in love.

Dr. Antony Theodore
Harmony

Do all that you can to create harmonious interpersonal relationships.

Help others to love and remove hatred from the face of this earth.

Work with human beings.

Dr. Antony Theodore
Harmony And Compassion Hugged.

Harmony and compassion
hugged together.

In their honey kisses
love flowed like a mirthful rivulet.

Peace slept in their bosoms.

Dr. Antony Theodore
Harmony And The Projections Of Your Ego

Happy life goes against the projections of your ego.

Be careful of your ego.

He plays hide and seek with you, influence your thoughts and try to rule you.

Projections of your ego will and can never be in harmony with you.

Dr. Antony Theodore
Hate is such a great burden, almost impossible to bear.

I go against myself when I cherish thoughts of hatred.

Only light can drive away darkness.

Only love can kill hatred in the world of my thoughts.

Dr. Antony Theodore
Hate-Filled - Men

Ungodly men, their unbelief, and their own hatred of the plan of God and the slaughter of their Messiah, must have prompted these men.

But when Stephen said, "Behold, I see the heavens open and the Son of Man standing on the right hand of God," they could stand it no longer.

These hate-filled men collectively rushed at Stephen in order to permanently silence the truth that he spoke.

(Reference to the murder of St. Stephen in the acts-7-57 of the New Testament)

Dr. Antony Theodore
Hatred Is Darkness

Hatred is darkness.
Love illuminates.

Love is fragrance.
Hatred is rotten and nasty.

Hatred is pain.
Love is joy.

Dr. Antony Theodore
Hatreds, Desires And Fears, Lies And Excuses

Man is an exile in a world of objects, each one capable of deluding and enslaving him.

Man is held captive in the complex and painful network of loves and hatreds, desires and fears, lies and excuses.

In such a condition man's mind is enslaved by an inexorable concern with all that is exterior, transient, illusory and trivial.

Thus man is exiled from God and from his inmost self.

Dr. Antony Theodore
Haughty Heads Bow Down.

Believe, nonetheless
that the humble glory
of unvanquished petition
will make powerful knees
bend and haughty
heads bow down.

(This is the power of prayer)

Dr. Antony Theodore
Have Courage, You Are Not Alone.

In the most painful situations of life,
at the moments of terrible rejection,
of being cheated mercilessly by loved ones,
even when I am physically abused
I promise to myself to keep calm
and to keep my spirits high
deep-rooted in my faith
that there is a God
who looks at me.

God loves me. It is my faith.
He guards me; God comforts me.
God is with me always,
and much more in my terrible moments.

Dr. Antony Theodore
Have Pity On Me

Bartimeus cried:
Jesus, have pity on me.

Jesus stopped and said:
'call him here'.

Get up, he is calling you.

So throwing off his cloak,
he jumped up and went to Jesus.

'What do you want me to do for you? '
Rabbuni, please, i want to see again.

'Go, your faith has saved you'.
Immediately his sight returned
and he followed him along the road.

Give me the faith of Bartimeus
my Lord and God,
the curer of the blind.

(Graphic: Cornelia Nawrath saved to Glauben
1k
The Healing of the Blind Bartimaeus by Harold Copping. Pinterest)

Dr. Antony Theodore
He - Forgives - All Your - Iniquity

Bless the Lord,  
O my soul,  
and all that is  
within me,  
bless His holy name!

Bless the Lord,  
O my soul,  
and forget not  
all His benefits,

who forgives  
all your iniquity,

who heals all  
your diseases,

who redeems  
your life from  
the pit, who crowns  
you with steadfast  
love and mercy,

who satisfies you  
with good so that  
your youth is  
renewed like the eagle's.

(Ref:Psalm 103: 1-5).

Dr. Antony Theodore
He - Is - The - Inner - Self

"Fire is His head,
the sun and moon
His eyes, space His ears,
the Vedas His speech,
the wind His breath,
the universe His heart.

From His feet the Earth
has originated.
Verily, He is the inner
self of all beings."

( Anonymous, The Upanishads).

Dr. Antony Theodore
He - Is - Unborn

"Of Him there are no images, He is unborn, He alone must be worshipped."

(Yajurveda, chapter 32, verse 3)

Dr. Antony Theodore
He - Never - Suffers

“He who sees all beings in his Self and his Self in all beings, he never suffers; because when he sees all creatures within his true Self, then jealousy, grief and hatred vanish.”

(Paramananda, The Upanishads)

Dr. Antony Theodore
He refreshes my soul.
He restores my life,
and He guides me
along the godly way
for the honor of His name.

These beautiful truths
that stream from
the 23rd Psalm
have granted consolation
to many weary souls,
both Jew and Gentile,
both saved and unsaved.

Dr. Antony Theodore
He - Restores - My - Soul

If I were to plan
my own path
I would fail and fall
but my restoration
and protection depends
on Him, for He
restores my soul
and He guides me
in the path of
righteousness,
for His name's sake
and His promise
to me, is equally
valid for you, as well.

Dr. Antony Theodore
He - Spoke - Light - Into - Being

The invisible God
spoke and light
was created
in the darkness
of the universe.

God created light
and life when
the earth was
spoken into being.

He is the One
Who gives light
to all men coming
into the world.

He is the One
Who speaks
the light of life

into whosoever
will believe in Him
for salvation.

Dr. Antony Theodore
He - Will - Never - Leave - Us

We do not deserve it
but He is true
to His word and
has promised
never to leave us
and always to
lead and guide
us in the way
we should go,
even during
those times
when we prove
faithless and
deliberately
disobey Him
or try to work
things out in
our own strength.

Dr. Antony Theodore
He Alone Can Walk With God

He who is the slave
of his own desires
exploits others
in order to pay
tribute to the tyrant
within himself.

Before there can be
any external freedom,
find the way to freedom
within one's own self.

The contemplative
who had restored
in his own soul
the image of God
is the truly free man.

He alone can walk with God
as the saints of all times
walked with God in inner joy.

(Our New Relationship With God | Cru
pinterestGenovamaaa's collection) Cru)

Dr. Antony Theodore
Finding oneself in union with God implies the perfect integration of the whole human person.

In and through integration man becomes a being in God.

He becomes love in union with God who is love alone.

When we begin to love others as God would love them, then we enter into the heart of God experiencing the inner joy.

It makes us like God. This power makes us free from all other determinations.

Dr. Antony Theodore
He came at night
all alone to me
in the midst of
troubled waters
to meet with me,
to talk to me,
to hug me
and console me.

He came in dark moments.
He always comes in
my very dark moments.

Graphic: Sue Lambson saved to Church art.. Pinterest

Dr. Antony Theodore
He Comes In All My Storms

I am never alone.
Even when I think
that I am alone,
I am really not alone.

He comes in all my storms,
in the powerful wind,
in my struggles,
in my tears.

He comes to calm
all that is stormy
in me to make me his own.

(Graphic: Lucinda saved to Dios Pinterest)

Dr. Antony Theodore
He Communicates His Own Infinite Actuality.

Once we descend
into ourselves
and enter and discover
the awareness of our
own existence,
we see and realize
a new vantage point
from which we gaze
out at the world
as if for the first time,
only to see and
understand that
He 'who is' communicates
to everything that is created,
His own infinite actuality.

Dr. Antony Theodore
He Danced To The Rhythms Of My Heart.

I heard his steps
in the depth of the night.

It slowly became rhythmic.

I heard the songs of his dance.

He danced to the rhythms of my heart.

I ran to see him
with burning desire.

His music flowed through my veins.

I heard his steps
dancing around me in the joy of love.

But my eyes failed to see Him.

I live now in those sweet memories
of his footsteps.

I hear my heart
dancing to His tunes.

My heart is now a sanctuary of peace.

(Graphic: The best offering was a contemporary piece performed by Ian Ocampo and Regine Magbitang. Packed with emotion they gave meaning to the song 'Just Give me a Reason'. There was love, longing, hope and hurt. It was almost too real. They filled the theatre with a powerful energy that left my heart pulsating in the rhythm of their music. Magbitang was agile and completely solid throughout. Ocampo's lines were picture perfect.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).
Dr. Antony Theodore
He Finds The Truth, To Be In Harmony With It

The Artist's role is to find the truth,
to be in harmony with it
and to point beyond all objects
into the silence where
nothing can be said.

The life and work of the artist
and the mystic is consummated
when they are integrated with
the person and ultimate reality
into an organic, spiritual whole.

For the artist, mystic and the poet,
his life becomes his material.
Every stroke of the chisel and pen
should enter his own flesh and bones.

Dr. Antony Theodore
He Gave Me An Umbrella

He gave me an umbrella
to take with me
on my journey to the heavens
in case it rains on the way.

My Umbrella changed it's colors
as i was flown up
into the skies
into the abode of angels

Dr. Antony Theodore
He Gives Me His Hand To Hold On

God extends grace
always when we are in need,
in all our strength and peace.

In hardships, he gives me his hand.

I hold on to his hand
and walk along paths
that is higher than
I ever imagined in my life.

Dr. Antony Theodore
He Listens To The Music Of The Soul In Silence.

Music is the element of the mystic.
Didactic tone and vocabulary
cannot fall in and do not fit in,
in his art of communication.

It is simple intuition.
It is natural to him.
It is not a speculative analysis.
It sings in his soul.
He listens to it in silence.

(Graphic: Listen to the sound of silence | Picture Quotes)

Dr. Antony Theodore
He Lives In Longing For God.

The mystic is called
to transcend the familiar
and conventional patterns
of religious thought and action.

His religion is his longing
for God which cannot be
easily satiated.

He wants God.
His soul searches.
He lives in longing for God.
He dies in this longing.
That is the beauty of his life.

Dr. Antony Theodore
He Or She Rests In Atmen

To become
united in Santhi
always in peace
you kill the Rakshasas
moha, raga, Dvesha
(likes and dislikes.

He or she rests
in Atman.
He is in eternal bliss.

(Graphics: quotes about Vedanta Pinterest)

Dr. Antony Theodore
He Rowed Me Into Oblivion

I stood all alone
on my shore
as the moon shone.

My eyes were closed
In a mystified mood.

My heart was filled
with the joy of silence.
I heard the music of silence
deep down in my soul.

God came to my shore
In his boat rowing silently.
I heard the silent sounds
of the ripples as God came.

I opened my closed eyelids.
God nodded inviting me to his boat.
As if pushed by someone behind me
I went and stepped into his boat.

He rowed silently.
It was a soul consoling silence.

We went far away from my shore.
I turned back and saw my shore
far, far away moving away from me
in constant rhythms of the ripples
created by Him while rowing.

All the way down to the center
of the sea where waves did not move
I felt the soft mild wind talking to me
heavenly things which I did not understand.

He rowed and rowed,
did not talk a word.
I heard only his breath.

He looked at me  
I looked at him.
He smiled  
I smiled.

He rowed and rowed  
me away from my shore.

I could not see my shore anymore. 
I was all alone with Him.

Suddenly i felt his love  
like the petals of devataru.

He smiled. 
I smiled. 
Tears fell from my eyes. 
I saw his tears too.

He rowed and rowed 
in silence that pierced my soul  
into oblivion.

(This is a dream i had about my death)

(Devadaru: Cedrus deodara is a species of cedar native to the western Himalayas, known for its perfume and medicinal value)

(Graphic: John saved to Sunset )

Dr. Antony Theodore
He Who Knows Self

He who knows Self
as the enjoyer of the honey
from the flowers of the senses,
ever present within,
ruler of time,
goes beyond fear.

For this self is supreme!

(Veda Upanishads

Dr. Antony Theodore
He Who Quenches The Thirst Of The Soul.

Mysticism is not a theory of the intellect
or a hunger of the heart
however passionate.

The whole self develops
definitely and peculiarly,
consciously and unconsciously
under the influence
of the intense longing for Him
who quenches the thirst of his soul.

Thus in the interests
of the transcendental life,
the whole human character is remade.

Dr. Antony Theodore
He Will Be Granted More And More

One how does not stop
to thank God for all
pleasantness and comfort
amenity and acceptability
for the obviousness,
taken-for-grantedness,
and naturalness of life,
him will be granted
more and more in life.

To the one through
the growing contentedness,
satisfaction and happiness,
forms a permanent and
long-term change
of the way he sees
is granted the gift to become
a very positive person
full of hope and trust.

Thank you, God
for this life,
for this day
and for all around me
whom I like and love.

Thank you, God
for this moment
and for the consciousness
that you are ever present
in all moments of my life.
(Graphic:Pinterest. Rita Abdallah saved to Angel Love and Light)

Dr. Antony Theodore
Head Of The Medusa And Jesus On The Holy Cross.

The ancient Greeks recounted a very impressive saga of the great hero Perseus. He sat at the wedding supper with the beautiful Andromeda.

Then the hall door is torn open, and another king appears to steal the Andromeda. It breaks into a wild fight. Already many have fallen. Perseus is in great need because the enemies are in large numbers.

Then Perseus calls to his enemies: "You force me to the utmost and most terrible!

"And while he holds in a bag that hangs on his side, he exclaims: "Turn away his face!"

Then his hand holds up the horrible head of Medusa.

This Medusa was a terrible monster: instead of hair, she had snakes on her head.

Whoever saw her froze to stone. Everything that is horrible, everything that makes the blood stagnant, has been embodied in the Medusa's main.

There in the hall now Perseus holds her severed head high. And his enemies solidify to stone. A look at the Medusa kills them forever.

We shall turn to the Holy Gospel.

The Gospel tells - (and this time it is not a myth)- the counterpart. It tells us about a head of the dead whose sight gives eternal life until this day.

"At that time Jesus spoke to Nicodemus: As Moses raised the serpent in the wilderness, so the Son of Man must be raised, so that everyone who believes in him has eternal life in him." (From the holy Gospel in The Holy Bible according to St. John, 3rd Chapter, verses 14 and 15).

(Graphic: Andrew Finnie- "The Head of Medusa" | Woman in Myth-Medusa... Pinterest)
Andrew Finnie- "The Head of Medusa"

Dr. Antony Theodore
Heal Your Relationship With God.

Pray for your own relationship with God.

What is it based on?
Is it based on Sacrifice, Good deeds?

Do you approach God in prayer?

An intimate, praying relationship with God is based on God's grace gift: Jesus's death on the cross for our sins.

Dr. Antony Theodore
Healing

Grief, as painful as it is, is a necessary part of our healing.

To run from grief is to run from the very thing that can quell the pain of our loss.

Grief is in itself, a medicine.

Grief cleanses the anguish from our souls and sets us back up on the path of life so we can dance.

Grieving is the process God uses to bring us to a place of wholeness.

Grieving is God's great gift to us. It is a necessary part of our journey of healing.

Dr. Antony Theodore
Healing - Blessings

Be grateful
to everyone
who is here
and everyone
that will come
in your life.

Let us share a
serene moment
during this meditation
and send out wishes
of Healing Blessings
and Greater Love
to all who need it.

Sincere and limitless
be all these blessings.
I love all my PH friends.

Dr. Antony Theodore
Healing - Blood - Of - Jesus

Jesus shed
blood
profusely
in the scourging,

flowing forth in
the crowning with
thorns and poured
out on the cross.

Blessed Angelico,
the great Dominican
priest and painter,
is without par in
showing the real
meaning of the most
precious blood
of Jesus, falling
on the earth
in the agony.

The blood of
Jesus heals.

Dr. Antony Theodore
Healing - Depends - On - Your - Prayers

When you pray
for healing
think and believe
in your depths

that the healing
is dependent
on your prayers.

Dr. Antony Theodore
Healing - Drones

I am sending you
healing drones.

I send you now
a soothing music
that will comfort
your soul.
It shall influence
by being
continuously
humming
in the
background.

It will generate
calmness
in your mind.

Dr. Antony Theodore
Healing - Health

I can appreciate healing and health much more because of my experiences.

I am entitled to a healthy life because I am worth it.

My immune system is strong.

Dr. Antony Theodore
Healing - Sounds

This healing sounds
that I send
shall softly
hit your
mind and
you will
sleep in
comfort.

Dr. Antony Theodore
Healing - The - Past

Healing the past is
vital not just
for ourselves.

It is not a selfish
thing to revisit
those wounds

and ask the
Great Physician
to tend to them.

Dr. Antony Theodore
Healing Songs

Prayers for all
who suffer
are being sent
deep from my heart.

Prayers are sent
for all
sentient beings
bathing in this
healing songs
that flow over,
under, around
trough me.

Dr. Antony Theodore
Hearing The Unsung Notes With The Ears Of Their Hearts.

Energized with a certain inner compulsion, the mystic and the artist presents the unheard melodies, tunes and resonances.

Their ears hear it keenly.

They hear Unsung notes with the ears of their hearts.

In prayer, they present it well, that others may also hear it.

Giving form to the interiority of things is the greatest concern of the mystic and the artist.

(Graphic:
Ivanna Dzenkiv, ?????-?????????, ???????

?????? ????????? ??????? ??????? ?????????, ??????? ??????? ?
???????????? Ivanna, ????????? ????????????...

Dr. Antony Theodore
Hearkening To - God's - Voice

It may be easy for believers to criticise the nation of Israel, for their waywardness and to decry their wretched apostasy and refusal to hearken to the Word of the Lord.

But should we not rather, reflect on our own conduct to see if we are walking in the truth?

Should we not examine ourselves to see if we truly hear the Word of the Lord, and hearken to His voice in word and deed, mind and motive?

Dr. Antony Theodore
Heartfelt - Prayer

Once the great Temple of Solomon had been constructed according to the pattern that was given, and after the various furnishings and fittings had been completed, the young king called the nation together and blessed the whole congregation rehearsing his great proclamation in the ears of the entire nation, before dedicating the magnificent building to the Lord, with his heartfelt prayer for the nation of Israel.

Dr. Antony Theodore
Heart's - Cravings

Follow your heart 
and act 
without hesitation.

Make every 
major decision 
in your life 
the same way.

Give plenty of time. 
Give yourself 
into your heart's cravings.

Dr. Antony Theodore
Hearts - That - Follow - Him

His Kingdom
is filled with the
misfits and the
ragamuffins.

You don't have
to try harder;
failures are welcome.

Don't have to
understand everything;
the baffled are free
to come on in.

You don't have
to be the faithful one;
prodigals have
a seat at the table.

He's looking for
hearts that will follow Him.

Dr. Antony Theodore
Heart's Instinct Of Love

Mysticism is essentially a movement of the heart, seeking to transcend the limitations of the individual standpoint and to surrender itself to ultimate Reality.

The heart moves purely from an instinct of love.

The word heart means the innermost sanctuary of personal being.

Dr. Antony Theodore
Heart's rhythm

The way people respond
to your love is their problem.
Why worry about it?
The rhythm of your heart
is yours alone.
It dances
to your own beat.

It is theirs to respond.
It is yours to love
without conditions.

Love is a mystery.

Dr. Antony Theodore
Heaven Is Not A Place

Heaven is not a place
It is a happening.
It happens in you and me.

The inner beauty
And the serenity
In moments of true love
are its own reward.

In selfless love, heaven happens.
Heaven has no borders,
No distinctions, and
Monopoly of none.

Heaven transcends all religions.

Dr. Antony Theodore
Heavenly - Man

Can anyone who carefully considers this heavenly Man, Jesus Christ whose person, parentage, wisdom and worth surpasses human understanding, ever remain immune to the truth?

Dr. Antony Theodore
Heavenly - Portal

Inner sanctuary
serves as a portal
to realms that
at times
seem heavenly.

This is where
I feel God's love
and inspiration.

Dr. Antony Theodore
Heavenly - Vision

We alone are responsible, if we lose the vision.

The way we lose the vision is by spiritual leakage.

It is all up with the vision God has given, if we believe.

The only way to be obedient to the heavenly vision is to give our utmost for God's highest, and this can only be done by continually and resolutely recalling the vision.

The test is the sixty seconds of every minute, and the sixty minutes of every hour.

(I was not disobedient to the vision from heaven. Acts 26: 19 of the New Testament of the Holy Bible)

Dr. Antony Theodore
Heavenly Home

we occupy a sinful body.

We live in a sinfulworld.

Indeed, we are sinners, saved by grace.

We are going through a beautiful sanctification process.

It will continue throughout our entire, earthly walk.

It is during this life that we are being prepared for our heavenly home.

As we walk in spirit and truth we are being changed from glory into glory in God's presence.

Dr. Antony Theodore
Heaving - Her - Heart

Heaving her heart,
again and again,
before the Lord
in an excruciating
state of surrender,

trust, and faith,
desiring deeply

contact with the
One who had
for so long fallen
silent within her.
She gave her life
for the poor in
utter surrender.

(The life of Mother Theresa of calcutta)

Dr. Antony Theodore
Heavy - Hand - Of - Grief

We've felt the heavy hand of grief on our shoulders, not in Ziklag, but in emergency rooms, in children's hospitals, at car wrecks, and on battlefields.

Dr. Antony Theodore
Hectic - Modern - Life

Like most of us
my daily life
can be hectic
and it can often
feel far from
spiritually inspiring.

Dr. Antony Theodore
Hedonic - Feeling

In the stormy forest setting, the people have to work hard in order to stay warm and dry, explaining that when they succeeded in this, they felt connected to nature, which is a hedonic feeling.

Dr. Antony Theodore
Heightened Sense Of Awareness

Have you ever had a moment where you felt a heightened sense of awareness in which you could tune into your environment and people around you;

allowing you to perceive things you wouldn't perceive normally?

Dr. Antony Theodore
He is The Lamp for our Feet

As I face this long holiday season,
I experience light and darkness intermingled.

In addition to my own grief,
my work as a social worker often shows me more of the dark side of life.

But invariably, it also gives me a blessed opportunity.

As I come alongside people who are working to persevere well despite the hardships they are facing, we consider together what light there may be to guide, to illumine, to change.

And that always leads us to our Lord and Savior Jesus Christ.

Isaiah prophesied his coming long ago.
"The people who walked in darkness have seen a great light;"
(Isa.9: 2 in the Holy Bible).
"He is the lamp for our feet, the light on our path;"
(Psalms 119: 105 in the Holy Bible).

Dr. Antony Theodore
Help - The - Poor

Pray for many bodies and hearts to be healed in the name of our God.

Please prayerfully consider the request to help the poor and the sick in your area where you are living. Do everything for the glory of God.

Be a caring partner in helping the poor.

Dr. Antony Theodore
Help Me To Bring This Joy To Others.

The source of all joy
is in God

So I turn to him in silence
to entrust my worries to him.

Dear God,
you are the source of all love,
all harmony.

Help me to rejoice
and be happy always
bringing this joy to others.

(Graphic: Life is not good........ It's awesome: Thought of the day! ! ! !

Enjoy your Sunday with your friends and family! ! !)

Dr. Antony Theodore
Help Me To Embrace Calmness

O God the lover of my soul
help me today
to embrace calmness.

Remain in my brain
and in my reasoning.

Remain in my eyes
and in my vision.

Remain in my mouth
and on my tongue.

Remain in my heart
and in my thoughts.

God my lover,
help me to embrace calmness.

Dr. Antony Theodore
Help Me To Go Through This Adventure.

I turn to you with my
inconsistencies and incomprehensibility,
with my fears and concerns.
I turn to you with
my inability and
with my limitations,
with my hopes
and with my good will.

I turn to you,
accepting your challenge.
Allow me to join you
in the adventure
that you set before me.

Dr. Antony Theodore
Help Me, Almighty

Dear Almighty,  
please help me  
to overcome my  
negative thoughts  
and feel loved.  

Nothing and  
no one is mine.  
But one day  
maybe, I can  
feel belonged  
to something,  
to someone or  
somewhere.  

Dr. Antony Theodore
Help Us To Seek The Values.

I need you, you need me
for inspiration and encouragement.
No one is an island.

Give me creative fidelity
and constant prayer.
I call to you all day long
Have mercy on me O God.

Help me to seek the values
that brings me lasting joy
In this changing world.
-
Make us one in mind and heart
You alone can bring oneness of hearts.
We long for your presence
more than for life itself.

The attractions of a changing world
take us away from your holy presence.
Give us grace and peace.

Dr. Antony Theodore
Help Us To Transcend Time

Reaching from end to end of the universe, you order all things with your mighty arm.

For you, time is the unfolding of truth that already is.

It is the unveiling of beauty that is yet to be.

Help us to transcend time and free us from death to lead us to the vision of the unlimited truth and unfold the beauty of your love.

(Graphic: ??????? ????????? saved to LandscapePinterest)

Dr. Antony Theodore
Helping - All

We can turn
a normal day
into a beautiful
extraordinary day,
helping all the
people we can
and those who
are at our side
and sometimes,
even against us.

Dr. Antony Theodore
Her Child Was Brutally Murdered.

Bruised, derided, cursed, defiled
she looked at her tender child
covered with bloody scourges.

She kissed the wounds
cried bitterly spending tender tears
at the cruelties of the terrorists.

The child died on her arms;
She hugged the dead child
to her heaving breasts.

O you Mother, my God
You are the fount of love!
Touch my spirit now.

Help me to forgive the murderers
Of my child of love, my only one,
They killed my husband too.

Now I am alone.
Counting the sands
of the burial ground
I look up begging God
to make this world
a place of mercy.

God is for me, my mother,
the Fount of love.
Make my heart with yours accord.

(I heard these words of suffering from a Christian woman who came as a refugee to Dortmund, Germany. Got inspired and wrote this. I was astonished to see the act of forgiveness in her words even when her husband and child were killed before her eyes and she raped. God works wonders in human hearts indeed).

These Children in this Photo were brutally murdered.
In memory of all murdered children
is on Facebook

Tanisha Wilson, Jessica Reagin, Cyndi Faye Abell and 168 others.
In memory of all murdered children I realized I've never really had a cover photo so I decided to make this heart emoticon I've also decided to start featuring a child for the profile picture each day (one who either has a birthday or angel day)

5 · November 19, 2014 at 5:38

Willow Claxton God bless those beautiful children heart emoticon
3 · November 20, 2014 at 6:22am

In Loving Memory of Sierra Lynn Newbold Thank you for including Sierra on this (As well as Teigan Peters and Kelsey Smith-Briggs, two other angels I have pages for) . This is beautiful heart emoticon
3 · November 24, 2014 at 12:46am

Karlita Acosta Nuñez awww may u all R.I.P such beautiful angels up in heaven smile emoticon
1 · November 19, 2014 at 10:54pm

Paull Andersson I see In Memory of Kayleigh Jayne Slusher
February 2 at 8:17am

Mary Collins Dempsey Precious & all safe in God's loving care ~ Eternal Rest
November 20, 2014 at 1:

Dr. Antony Theodore
Her House Is The Way To Sheol

Pornography and masturbation
May seem to be harmless.
But they are very dangerous
and very destructive.

They will mess you up
and will destroy
your relationships.

Stay away from lust;
it is a trap that
will eventually
cause your death.

"Let not your heart turn aside to her ways; do not stray into her paths, for many a victim has she laid low, and all her slain are a mighty throng. Her house is the way to Sheol, going down to the chambers of death." —From the book of Proverbs 7: 25-27 in the Holy Bible

(Graphic: It's Kitty K hat sich etwas auf books + music + movies rest)

Dr. Antony Theodore
Heroic - Virtue

They would not be saints without heroic virtue, and they would not have attained heroic virtue without warfare.

The problem with military language, however, is that we too often go into battle unprepared.

We aren't really sure who we are fighting against or how to engage in the battle.

Dr. Antony Theodore
Hey ...why Do We?

Why do we multiply our possessions and reduce our values?

Why do we love little and hate too often?

We have learned to make a living, but not a life.

Is it true my friend that we have added years to life but not life to years?

WHY DO WE BUY MORE BUT ENJOY LESS?

... I gave two plantains to a poor woman on the street begging. She took them with a great smile.

There was light in her eyes, I saw; Shared TWO plantains with her FOUR children.

She sat, with tearful eyes, wiped the face of her children and smiled.

It was the smile of God.

Dr. Antony Theodore
Hidden - From - You.

In intense prayer,
You seek
God's face.

At times
God's answer
and His presence
remain hidden from
your ears and eyes.

Dr. Antony Theodore
Hidden - In - A - Deep - Embrace

It would be accurate
to say that God is
not the one hidden

but the soul,
unknowing,
is buried in such
a deep embrace
it can no longer
see the familiar
profile of Jesus.

It is like spending
the holy days
in a tomb with
a hidden Christ
who is snapping
and breaking
thousands of
years of bondage.

Dr. Antony Theodore
The human body consists of many different components but it is one unit. There are many hidden internal organs and a multiplicity of visible external members.

Dr. Antony Theodore
Hidden Mysteries

There are many
New Testament
mysteries that
were hidden from
Old Testament saints,

truths that were
to be revealed to
the people of God,

through Paul,
and the other
New Testament
writers, during
the time of Grace
as God desired it.

Dr. Antony Theodore
Hiddenmotives

We are being called
for spiritual purity
and the purification
of the inner heart.

This is a call for godly
virtue in the inner being.

We are summoned
towards integrity
within the hidden
motives of the minds.

Dr. Antony Theodore
Hiding - Among - The - Blossoms

You smile from on high
seeing blossoms
in my valley
and i hide
among the
blossoms
looking at you.

(Graphic: ShutterstockGoogle Pictures
Woman Hiding Branches Tree Blossoms Stock Photo (Edit Now)205648606)

Dr. Antony Theodore
Hiding - Cloud - Transcendence

It is wrong to think of God's transcendence as a kind of cloud hiding God from the human mind.

There are passages in Scripture that emphasize God's incomprehensibility, his mystery, such as:

Doxology
33 Oh, the depth of the riches of the wisdom and[a] knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!
34 "Who has known the mind of the Lord? Or who has been his counselor? [b]
35 "Who has ever given to God, that God should repay them? [c]
36 For from him and through him and for him are all things. To him be the glory forever! Amen.

Romans 11: 33-36, Holy Bible.

Dr. Antony Theodore
Higher - Emotional - Intelligence

The higher the emotional intelligence, the more cooperation can be fostered.

Emotional Intelligence is the new way.

These science-based exercises will not only enhance your ability to understand and work with your emotions but will also give you the tools to foster the emotional intelligence of your clients, students or employees.

Dr. Antony Theodore
Higher Self

In my sanctuary
I meet with my God
in a mystical way.

This is where I also
become more
familiar with what
I think of as my
Higher Self.

This is a place
Personally
accessible to
each one of us.

(Graphic: Pin by Muses From A Mystic on Muses, Pinterest)

Dr. Antony Theodore
Highest - Being

The term 'Divine Reality' is the same as the word 'God.'

It does not refer to a particular God of any religion,

but refers to the highest conceivable being that the philosophers of religion talk about.

Dr. Antony Theodore
Hints Of Mystery.

The experiences
of the utmost resources
of beauty and passion
will bring with them
hints of mystery and wonder.

Its appeal will not be to the clever brain
but to the desirous heart,
the intuitive sense of man.

Dr. Antony Theodore
Hiran Yagarbha

Hiran yagarbha,
the golden egg
floated around
in emptiness
and the darkness
of non-existence
for about a year,

and then broke
into two halves
which formed the
Svarga and the Prthvi.

(Svarga loka is one of the eight lokas
In Hindu comology.
Prthvi Mata is the sanskrit
name for the earth).

Dr. Antony Theodore
His - Grace

God knows that
His grace is more
than adequate
to meet all our needs,
according to
His riches in glory.

God wants us
to know this truth
and to reckon it as fact,
in the inner recesses
of our being.

Dr. Antony Theodore
His - Gracious - Sensitivity

Throughout Scripture, we catch glimpses of God's great compassion for the plight of widows and older women, who are alone in the world.

We see examples of His gracious sensitivity towards those that are poor, advancing in years, and bereft of any comfort or support from their menfolk.

Dr. Antony Theodore
His - Supreme - Plans

God is sovereign
over all the earth
and His supreme
plans and purposes
will prevail.

However from
the beginning
of creation,
man was given
a free-will,
and we read
in this verse that,
"the plans of
the heart
belong to man";
(Refer to Proverbs 16: 1)

Dr. Antony Theodore
His Face Shines On You

God blesses you
from above
and makes his face
shine on you
like the sun
over the earth.

God is gracious to you,
forgives your guilt
and free you from shame.

Dr. Antony Theodore
His Marvellous Touch

I saw and felt
his marvellous touch
filling me with
abundant joy.

(When God comes to you)

Dr. Antony Theodore
Humble yourselves in the presence of the Lord, and He will exalt you.

Salvation is given to all who believe on the power of the Almighty as a free gift of God's grace.

His ongoing favor is available to every believer, as we journey along the path of life.

Having been born again of the Spirit, we are called to trust in the Lord with all our heart, and we also have a biblical responsibility to walk in His ways and humble ourselves.

Dr. Antony Theodore
Historic - And - Cultural - Context

Every passage
in the Holy Bible
should be understood
according to its
plain meaning
as well as its
historic and
cultural context
and all Scripture
ought always to be
examined alongside
every other Bible
passage that bear
witness of the
same subject.

Dr. Antony Theodore
Historical - Fact

It is a historical fact that Jesus was brutally crucified. Because of his divine nature, through sufferings on the cross, Christ atoned for the sins of human kind and for all the created nature.

Dr. Antony Theodore
History - As - A Story

If history is a story,
it has a beginning
and an eschatological end.

In the spirit of
Bonaventure
and Ratzinger,
history and hence
eschatology, finally,
have a recognizable form.

Dr. Antony Theodore
History - Of - Rejecting

Israel had a history of rejecting the people, God had sent them.

It started with Joseph, then to Moses, King David, the Prophets, and finally, Jesus.

Were those Jesus picked going to profess He was the Messiah?

So he asked the disciples: Who do you say that I am?

Dr. Antony Theodore
Hold Evil In Abhorrance

Leave sin behind.
Return to God.
Plead before His face.
Turn away from iniquity.
Hold in abhorrence
all that is devilish.

(Leaning on the Book of Ecclesiasticus)

Dr. Antony Theodore
Holding -A - Skull

A sixteenth-century Jesuit saint,
Francis Borgia,
held a skull
in his hand
and spent
a life in meditation
and action.

He was one of the wealthiest men of his time.

He saw the decomposing remains of the Empress Isabella, and was shaken to his core and bones.

Then he determined to serve God alone rather than earthly, temporary, fading passing authorities.

It may be gleaned in our time of precariousness and isolation too.

Cling to Christ,
God's extended hand from eternity into our era of time.

"Only one life, it will soon be past. Only what is done for Christ will last."

www.PoemHunter.com - The World's Poetry Archive
(From an old poem
of an anonymous author).

Dr. Antony Theodore
Holiness

Remember
our holiness is
our being set
apart by God,
and set apart
to God and for God.

Dr. Antony Theodore
Holiness Is Marked By Selfless Innocence.

The magician burns coal into Gold.

The Saint transforms more

The saint transforms the stuff of the soul.

Simplicity and purity are at home within.

It is the mark of a true miracle worker to be comfortable with God’s power.

Holiness is marked by selfless innocence.

(Graphic: Partager cette image
Code HTML - Pour sites et blogs

BBCode IMG - Pour les forums &lt;img

Dr. Antony Theodore
Holy - And - Acceptable

While David is a lovely example of a man that honoured the Lord and desired that his prayers be counted as sweet-smelling perfume ascending to the Lord each evening, there is no more beautiful example of a living sacrifice, that was holy and acceptable unto the Lord than the Lord Jesus Christ Himself.

(Referring to Psalm 141: 2 of the Holy Bible).

Dr. Antony Theodore
God in His grace
has always restricted
the level of evil
in the world.

The Holy Spirit,
Who indwells
all believers, saints,
is restraining evil,
through the prayers,
praises, and presence
of believers, who
are called to be
salt and light in
a dark and putrefying
world of sin
and lawlessness.

Dr. Antony Theodore
Holy Monk, Why Do You Waste Your Life In Silence?

The monk was drawing water from a well with a bucket. A group of young men came and asked: „why do you waste your life living alone in silence? „.

Peacefully the monk answered: „Look at the water in the well. Tell me what you see now.

They answered: nothing. The water is not peaceful.

After sometime monk asked: Now you look in the well and tell me what you see.

They answered: we see our faces.

Look, when the water is peaceful You can see yourself. So is with meditation in silence. You see yourself.

Even after sometime The monk again asked: Look and tell me now What you see in the well. They told: we see clearly the pebbles and stones at the bottom of the well.

So also is with meditation in silence. You see everything in depth.

(Peer Water Exchange - Verifying and Scaling Solutions to the Global)
Dr. Antony Theodore
Home Of Bliss,

You are
the King of kings,
home of bliss,
subduer of
arrogance and lust,
and the false
sense of ego.

(Wisdom up on reading
Ramayana, Lanka Kanda).

Dr. Antony Theodore
Honest- Reflection

Reflect on your own dependencies and attachments.

We all have them.

Be honest about what you need to be freed from.

This honesty is a vital step toward freedom.

It is time to ask yourself these questions and start answering them.

Have some honest reflection and honest conversations with God.

Dr. Antony Theodore
Honesty Is A Great Virtue

It can be tempting to be a little dishonest in order to gain a profit. If you value wisdom and integrity, your honesty won't go unnoticed.

"A false balance is an abomination to the Lord, but a just weight is his delight." — From the Book of Proverbs 11: 1, in the Holy Bible

Dr. Antony Theodore
Honor The Mysteries Of God.

I want to honor the mysteries of God
My delight shall be the laws of God.

Do not linger in the way of the sinners.

God, plant me near the flowing waters.
Fill my tree of life with your green leaves
never to fade or fall in the struggles of life.

Help me to yield fruits to give to the poor.
in plenty and fullness till they are satisfied.
Strengthen me with the fullness of your Spirit.

In the depth of the night
I shall keep awake
in my prayer cave
kindling a little golden lamp
to fall in adoration
till the morning cock crows.

Honor the Mysteries of God.

Dr. Antony Theodore
Honour, - Glory - And - Dominion

This was no ordinary praise gathering,
for every created thing,
in heaven, on the earth,
under the earth,
and on the sea
and all things in them,
were heard to say...
"To Him who sits on
the throne, and to the
Lamb, be blessing
and honour and glory
and dominion
forever and ever, "

(Ref: Revelation 5: 12 in the Holy Bible)

Dr. Antony Theodore
Hope

Hope
Just as total darkness
can't hold back
the light of a tiny flame,
so does even the smallest
increment of Hope
provide joy and purpose.

(Graphic: Deb G hat sich etwas auf Astrology...um rest)

Dr. Antony Theodore
Hope - In - My - Doubts

I want to thank you, good God,
for the joy that fills my mind,

for the faith that leads me to you,
for the hope that carries me in doubt,

for the love that makes my heart happy
for you, because you are with me
every moment of my life!

(Graphic:
MyLifetree
God Chose You as Your Child's Parent for a Reason - Google Bilder)

Dr. Antony Theodore
Hope Does Not Disappoint

Hope is not what you’d expect.
It is what you would never dream.
Hope is a seemingly improbable story.

Hope is not a granted wish
or a favor performed.

It seems to be a mad
and unpredictable
dependence on a God
who loves to surprise us
out of our socks.

When our hope
is fulfilled in surprise,
God waits in joy
for our reactions.

We break into tears
for the wonders
of God are beyond
our expectations.

Dr. Antony Theodore
Hope Leads Me Through The Sufferings.

The love of God has been poured out
within our hearts through
the Spirit who enlivens us.

Faith and hope are virtues
that leads us through sufferings.

Faith and hope are graces
that we receive from God's
merciful and loving heart.

How can I ever as a human
please my God, without hope?

I seek God always.

In my dark moments
I seek God all the more.

Dr. Antony Theodore
Hope Of An After-Life.

Open your eyes.
Open your heart.

It is winter but it is like spring.
The first green is sprouting.
The first flowers are budding.
The fresh colors of the season
are bursting forth from the earth.

Winter seemed like death.
But in the spring life resurrects.

Nothing ends with the death.
There is always an after-life.

Dr. Antony Theodore
Housing - The - Ark

The temple would
house the Ark
of the Covenant,
which contained
the holy agreement
which God had
made with the
nation of Israel
in the distant days
of God's servant, Moses.

(Ref. to 2 Chronicles 6: 30)

Dr. Antony Theodore
How - Are - Men - Unfree?

Today, men are enslaved in many different ways by our dependencies and attachments: to sports, email, mobile devices, work, TV, food, alcohol, money, power, control, materialism, laziness, pornography, and masturbation.

Dr. Antony Theodore
How - Dare

How dare this motley
crew of pious religionists
and rude mobsters approach,
and challenge this heavenly Man,
let alone lay hands upon
Him and drag Him off
to be falsely accused
and cruelly tried?

Dr. Antony Theodore
How - To - Be - Happier.

Make use of
all that you have
for a good purpose,
for the human project.

Use all opportunities
to teach others
how to be happier.

Dr. Antony Theodore
How - Wonderful

I hope that you
have an amazing day.

This nature is so lovely.
Enjoy today in the nature.

See the wonders.
Exclaim to yourself
and praise God
how wonderful are you
the creator of
heaven and earth.

Dr. Antony Theodore
How Can A Created Thing Satisfy My Heart?

God is the creator of my heart.

I tried to fill it with the love of a girl.
I tried to fill it with riches and money.
I tried to fill it with the lust that the world provided for me.

It was easy to fall into temptations, thinking that will satisfy my soul.

But now I know my heart will not give me peace until I let my heart be satisfied only by God.

Now I come to the simple logic:

How can a created thing satisfy my heart?
God is the creator and owner of my heart. God alone can satisfy the cravings of my heart.

It is so simple.
My heart finds peace in this thought now.

Dr. Antony Theodore
How Can Anyone Contain The Great God?

God cannot be contained in the mind,
our myriad thoughts and philosophy.

How can anyone contain the great God?
We are nothing and nowhere.
Is there not a tremendous secret
in this nothing and nowhere?

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
How Can We Ever Thank?

How can we thank Him
for all that God provides
spiritually and materially?

How can we thank God
for sustaining us,
hearing us, calling us,
forgiving us, loving us?

How can we thank Him
for the gift of creation
and salvation, for the grace
of beauty, and love?

Nothing we could do
would ever be enough.

Dr. Antony Theodore
How Dazzling To The Eyes

How dazzling
to the eyes
are the works of God!

How desirable are they!

They are a joy for the soul
and a consolation to the heart.

Dr. Antony Theodore
How Delightful Is Your Presence.

How delightful is your presence.  
I jump with joy in my heart.  
My soul waits eagerly  
listening to your unfailing steps.  
Come my God, come  
I have a prepared a banquet for you  
in my poverty.  
It is not rich.  
I have no golden plates to offer.  
I have only my mat that is torn.  
Would you sit with me  
On the broken floor  
and sup with me?  
That will be my joy.

I jump with joy  
at the very thought  
that you will enter my poor hut.

Graphic:
194 best Worship Yahshua images on Pinterest | Bible quotes, Bible...
Pinterest
I Ador you... Lord)

Dr. Antony Theodore
How -Do -You -See -Yourself

Self-image is yet another of the "self" concepts essential to understand in positive psychology.

Although related to the others, it is a distinct concept that has its own place and own importance.

Create a positive Self image.

Dr. Antony Theodore
How Do I Feel About Myself

Self-image helps to create self-esteem.

How we see ourselves seriously affect our own feeling about ourselves.

Self-esteem goes deeper than self-image.

Self-esteem is the sense of respect for ourselves.

A negative self-image can certainly influence self-esteem, and having low self-esteem is likely to be accompanied by a negative self-image.

Dr. Antony Theodore
How Do We Spend Our Time

As we choose what to wear, listen to, watch, or read, we need to remember what Holy Scriptures says about how we spend our time and on what we spend our time.

Time is what we want most and what we use worst.

Sometimes our hearts need more time to accept what our minds already know.

Self-discipline begins with the mastery of your thoughts and how you make use of time.

Manage your time productively

Dr. Antony Theodore
How Does A Person Pray The Scriptures?

The Bible is not meant to be read through.

It is meant to be prayed through and when we approach Scripture that way, as though it is God's end of a conversation with us,

we discover that there is no need we will face in parenting that God has not already thought of, and provided for, in his Word.

(Thinking of parenting)

Dr. Antony Theodore
How I Love

How i love
to find someone
who is in love with my mind.

How i love to find the one
whoundresses my conscience.

He or she can then
make love with my thoughts;
Someone who breaks
all the walls that i have built up
around me and my mind.
It is my wish and prayer.

For sucha love experience
My heartcraves for.

Dr. Antony Theodore
How I Wish To Be A Star Emanating Light

On a starlight night;
all alone I sat
on a small rock
near the rivulet
that was peacefully
flowing near the paddy fields.

How i wish to be a star
on the firmament.
How i wish to emanate
light in this dark world.

Dr. Antony Theodore
How Lovely It Is

How lovely it is
to sit on the swing.

All alone
here in this night
listening to the silence
of the skies,
stars and the moon.

How lovely it is! ! !

(Graphic: iphone-xs-max-wallPinterest)

Dr. Antony Theodore
How Much Is Mine?

How much is mine?  
Should such a question  
ever be asked?  

Should such a division  
even be made at all?  

To ask such a question  
makes it almost impossible  
for me to grasp  
the paradox which  
is the only possible answer:  
That everything is mine  
precisely because everything is His.  

Dr. Antony Theodore
How Prayer Makes You Great In Your Life.

How prayer makes you great in your life.

When you sing,
you are singing for Jehovah.

When you dance,
you are dancing for your God.

When you work
you are working for the Almighty One.

Whenever you do something,
keep in your heart
that you are doing it for your God.

Then you will put your greatest effort
into it and you will become the master of it....

See! !
how prayer makes you great in your life.

(Graphics: charisma violet saved to REJOICE IN THE HOPEPinterest)

Dr. Antony Theodore
How Shall I Love Myself?

I do not want any
unwholesome talk
come out of my mouth.

I shall speak only
only what is helpful
for building others up
according to their needs.

I want to get rid of
all bitterness,
rage and anger,
brawling and slander,
along with every form of malice.

I want to be compassionate
and kind to all whom I meet.

When I do all these
I begin to be compassionate
to my own self
and I love myself.

(Ref. Ephesians 4: 29-32 in the Holy Bible).

Dr. Antony Theodore
How Strange Are The Ways Of God.

Today i read the book of Job in the Holy Bible.

Unknown to all the characters in the story, God had permitted Satan to afflict His faithful servant.. as a test of Job's unshakable commitment to his God. The Lord gave Satan permission to afflict him... &quot;only spare his life, &quot; was God's command.

How strange are the ways of God.

Dr. Antony Theodore
How Will It Be, Tell Me, O Poets Of Love.

In the middle of on ordinary life
love gives me a fairytale.

If human love is so full of joy
How will it be when i taste the love
of God on the lips of my heart?

Will it be like a thousand
fairy tales of lovers
in intimate moments?

Will it be like the moon
in its world, murmuring,
words of love with the skies?

Will it be like the butterflies
sucking the nectar from the
heart of the flowers?

Will it be like the secret moments
shared by lovers on the moonlit
sandy beaches where lovely fairies
play on their harps and then sleep?

How will it be, tell me o poets of love

(God You Are My God (Psalm 63)

Dr. Antony Theodore
Human - Body - Raised - In - Glory

A body, sown in dishonour, is raised in glory. It is sown in weakness but raised in power. It is sown a natural body but raised a spiritual body.

If there is a natural body, there must also be a spiritual body.

Dr. Antony Theodore
Human - Brain

At no time
in the foreseeable
future will
scientists be
able to construct
an electronic
brain anywhere
near comparable
to the human brain.

Human brain is
the greatest wonder
which can be created
only by the Almighty God.

(Reference to Dr. Wiener)

Dr. Antony Theodore
Human - In - God's- Image

Sanctity of life
means the extent
to which human
life is considered
very precious.

Jews believe
that humans were
made as part of
God's creation
and in
God's image.

Dr. Antony Theodore
Human - Life - At - Stake

Of particularly grave concern at this time, are abortion and euthanasia.

We should speak about these concerns because each places human life at stake,

and each has broad implications for our fidelity to God and to one another.

Dr. Antony Theodore
Human - Uncertainty

Scripture itself
never connects
God's transcendence
with human
uncertainty
about God,
let alone
skepticism.

While affirming
God's transcendence,
Scripture
speaks in clear and
certain language
about his nature
and actions.

Dr. Antony Theodore
Human - Wrongdoing

Presence of the evil
in the world
accounts for
the seemingly
unlimited extent
of human
wrongdoing
that goes far
beyond what
humanity, made
in the image of God
would generate
on its own.

Dr. Antony Theodore
Human and divine nature in Christ

The human and divine nature were completely one in Christ.

The two natures were not confused in any way.

The universal was particularized in Christ, but that particularization must be personally appropriated, actualized in each and every one of us.

The cosmic Christ makes God present in us and it is in Christ all things hold together.

The supernaturalization and transformation of all things takes place in and through Christ.

(This is christian concept of the union of the Divine and the Human)

Dr. Antony Theodore
Human Being Is Restored In Christ

The original divine image
of man is restored in Christ.

The perfect blending
of the divine and human
in Jesus makes possible
the transformation of all men
into true sons of God.

Jesus is the uttered Word
who breaks through
the silence of alienation.

As a result of this union of
God and Man in the one
Person of Christ, it was possible
for every man to be united to God.

Dr. Antony Theodore
Human Love Ends Up In Mystical Union With God.

The ultimate desire for love which is the greatest desire of all real lovers is perfect union here on earth in mind, soul and body and in heaven they desire for a mystical union with the loving God.

This gives meaning to human love.

Dr. Antony Theodore
Human Love Fades In The Course Of Time.

Following the words of God, written in all the holy scriptures of different religions is a personal decision and choice to become holy.

Following the words of Scriptures involves making sacrifices.

What shall I renounce or give up to listen to God.

Putting God as the first in my life gives me comfort in my soul.

The love I receive from humans will fade in the course of time.

But God's faithfulness is lasting. I want God to be the ruler of my life.

Dr. Antony Theodore
Humanity - In - The - Grip - Of - Evil

Satan has humanity in his grasp through the ideas, beliefs, and bastions of wickedness he has developed throughout history and he intends to keep them there.

Dr. Antony Theodore
Humanity Seen As One Family

The whole humanity
is one family.

Be detached,
be magnanimous.

Lift up your mind,
enjoy the fruits
of godly freedom.

(Considered to be the epigram
of Maha Upanishad, the most
elevated Vedantic thought).

Dr. Antony Theodore
Humans Are Sustained In Bliss.

It is very much
natural for us to create
from love than non-love.

Humans are born in bliss
sustained in bliss
and after the death
we return to bliss.

Dr. Antony Theodore
Humility

God loves your humility
and dependance on Him.

Then you will
never be discouraged,
because your strength
comes from your God.

Dr. Antony Theodore
Humility - Is - Power

“All streams flow to the sea because it is lower than they are.

Humility gives it, its power.

If you want to govern the people, you must place yourself below them.

If you want to lead the people, you must learn how to follow them.”

Lao Tzu, Tao Te Ching

Dr. Antony Theodore
Humility- From - The - Sufferings

The priest's emerging humility and even doubt bear striking similarities to C. S. Lewis' experience.

In The Problem of Pain, Lewis provides a compelling analysis of the various forms of human and animal suffering.

(Refering to the novel Plague of Albert Camus)

Dr. Antony Theodore
Hunger And Thirst For Justice

Those who hunger and thirst for righteousness are blessed.

Make right, what is wrong.
Make true, what is false.

Remake what is evil
for the good of the others.

Thirst to become
the one who is all-righteous
hungering and thirsting for
righteousness for the sake of others

(Ideas from the Sermon on the Mount of Jesus in the New Testament)

Dr. Antony Theodore
Hurry

Hurry is the great enemy of spiritual life in our daily life.

Hurry leaves no room for prayer, reflection, or peace.

Come to rest with God.

Dr. Antony Theodore
Hurt - Feelings

We must first deal with the hurt feelings before moving into forgiveness.

Let us respect that process, a process that can happen without us even realizing it.

Sometimes by simply exploring the situation and acknowledging the impact of the betrayal,

the reasons and context behind the betrayal can be the beginning points of forgiveness.

Dr. Antony Theodore
I - Alone - Possess - Nothing.

Other people are excited,
as though they were at a parade.

I alone don't care,
I alone am expressionless,
like an infant before it can smile.

Other people have what they need;
I alone possess nothing.

I alone drift about,
like someone without a home.

I am like an idiot, my mind is so empty.

(Philosophy of Lao Tzu, Tao Te Ching)

Dr. Antony Theodore
I - Am - A - Rickshaw - Puller - Of - India

I sleep on the roadside.
All the shops are closed.

No people on the streets.
I am a rickshaw Puller.

How can I earn money?
No one comes to me
to travel with my rickshaw.
I cannot buy food.

Here I sleep on the roadside
while the rich sleep in palaces.

My plate is a piece of paper.
Who will give me food now?

I am hungry and thirsty.

Lock out because of corona.

Before corona eats me up
hunger will kill me.

Will you bury me then?

(Rickshaw puller in . From the News)

Dr. Antony Theodore
I - Am - A - Vagabond

God You are there.  
I'm here.

like the street beggar  
I am wandering,  
like a vagabond.

I am  
caste-less,  
creed-less.

I am a monk for You.

Strong ascetic life,  
I lead in this crowded world.

I do not know who I am  
but I know and feel  
You are very near to me.

(Written from the comments  
of Mahtab Bangalee)

Dr. Antony Theodore
I - Am - Fascinated

I am powerful,
lively and persistent.

I am fascinated
and in awe of
how quickly I heal.

My body is a
perfect healing
mechanism
because there
is energy in me.

Dr. Antony Theodore
I - Am - Free - And - Healthy

I am free and
feel healthy.

My body is a
home of well-being.

I take a deep breath
and every breath
gives me strength.

Dr. Antony Theodore
I - Am - Gentle

I am gentle and
humble in heart,
and you will find
rest for your souls.
For my yoke is
easy and my
burden is light,

Says Jesus Christ.

Dr. Antony Theodore
I - Am - He

Never forget that
our crucified Lord
and resurrected Saviour
is the divine Lamb of God,
Who takes away
the sin of the world.

And in a brief word
to His captors,
Jesus encapsulated
all the majesty,
dominion, glory
and power of almighty God,
when He proclaimed,
"I AM" in the Garden
of Gethsemane.

Jesus knew all that
was about to take place
and asked who they
were looking for.
They answered Him,
"Jesus the Nazarene."
And Jesus boldly declared,
"I am He; or 'I AM'.

Dr. Antony Theodore
I - Am - My - Own - Friend

I am full of energy,
I am my own friend.
I enjoy all that I do.

I have strength
to thrive in health
and vitality.

Every part of
my body does
its job easily
and naturally.

Dr. Antony Theodore
I - Am - Suffocating

I have tried to cover my struggles and at times was pretty good but the longing in my heart was not satisfied.

The more I tried the harder it seemed.

At times in my struggle to seek God I almost felt as though I was suffocating and didn't understand why He felt so far away.

Dr. Antony Theodore
I - Am - The - Beginning - And - End

God is our Peace
and our Hope;
He is our Provider
and Protector;

He is Life and Light;
He is Shepherd
and Shield and in
Him is Salvation.

In Him are the words
of eternal life,
for He alone can claim,

„I am Alpha and Omega, the beginning and the end, the first and the last‟.
Revelation 22: 13 in The Holy Bible)

Dr. Antony Theodore
I - Am - This - Inner - Presence.

In my inner being
there lives my soul.

Soul is living within me.

That is my joy always
to think that my soul
lives and is happy within me.

I know I am not my body
or the beauty of my body.

I am this soul.
I am this inner core.
I am this inner presence.

Dr. Antony Theodore
I - Am - Whole

I believe in the healing power in me that heals every wound.

I am whole, whole and completely protected always and everywhere.

Dr. Antony Theodore
I - Am - With - You

But when God has a call
on the life of a man or woman,
He equips that servant
with supernatural strength
and the sufficient grace
to carry out the assignment
and complete the task
God has prepared for them to do.

And so the Lord reassured
His trembling servant,
by declaring to Jeremiah,
"Do not be afraid of them,
for I am with you to deliver you."
(Jeremiah 1,8)

Dr. Antony Theodore
I - Am - Worthy

I am worth all
the good things
the universe
has to offer me.

I am successful.
I am at peace.
I feel accomplished.

I am surrounded
by love and happiness.

Dr. Antony Theodore
I - Die - Every - Day!

Even the apostle Paul, who was one of the most devoted followers of Jesus, still had to struggle daily with it, which he testifies to us:

As surely as you are my glory that I have in Christ Jesus our Lord.

I die every day!

(Ref. to 1 Corinthians 15: 31).

Dr. Antony Theodore
I - Dissolve - Myself

In real love
i dissolve myself
into a world
unknown to me.

Remaining in the
mundane level
i do experience
the divine romance.

Graphic: Nadja Mann saved to Empathy Twin soul Union paradigm Schift.
SoulmatesPinterest

Dr. Antony Theodore
I - Do - Not - Want - To - Pray

Will we have enough
provision for our family?
How shall I face
all our problems
in our family?

These questions
and thoughts are
not small, but if I
leave them undetected,
they drive me crazy.

And when fear
is informing my
thinking, I typically
do not want to talk
to God about it.

But it is then,
exactly then,
that I need
God and his
Word, most.

Thus, the best time
to adore is when
I do not feel like it.

Dr. Antony Theodore
I - Feel - Guilty

Just seconds into my day
and I am already
feeling guilty.
But that's just
the beginning.
I miss my
workout. Guilt.

My mother calls.
When I answer,
she says, "Oh,
I thought you would
be working by now."";

She is right.
I thought I would too,
but I am late! Guilt.

Dr. Antony Theodore
I - Have - Incurable - Cancer

A good friend wrote to me:
I have incurable cancer.
It's a hell of a thing
knowing your clock
is clicking towards zero.

Just a matter of when.
Keeping mentally
straight is the toughest part.

I am fighting the toughest
battle of my life.
Be with me all the way
till I die and remember me.
I firmly believe in
an after life.

I am sorry for my
atheistic beliefs
as a young college student.

Sure, there is a supreme
being and He exists.
I want all of my friends
to be sure of it.

Dr. Antony Theodore
I - Hid, - I - Was - Naked

After the fall of man,
Adam confessed,
"I was afraid,
because I was
naked; so I hid."

Adam's story is
every man's story.

We have become
who we are not.

(Genesis.3:10
of The Old testament).

Dr. Antony Theodore
I Hunger For You

I hunger for You,
I thirst for Your Divinity.

Quench my thirst, Oh Lord,
Give me the springs of living water.

Help me to develop my mind
so that I may grow to be like Christ,
to fully understand God's Word.

Change my mindset.
I like to adore you
the whole night through
till the morning rays fall on me.

Dr. Antony Theodore
I - Kneel - Before - You

Almighty God
i, your child, bow
before you now.

O Eternal One,
i come to you
with a lotus
in my hand
to offer you
love and gratitude
as the day
bows with me
and i fall on my knees
before your might
and kindness.

i thank you
for all the beauty
that i could
experience today.

Thank you for
all the kindness
that i could
experience
from my friends.

i thank you
for all the goodness
with which i could
treat the poor
today.
thank you Lord,
God of heaven
and the earth.

I kneel before you
now in the beauty
of the sinking light
of the dusk.

('i' is written in small letter
denoting my nothingness
before my God
whom i adore)

Graphic: Cindi Ruiz saved to Daily Prayers in Prayer & Praise Pinterest

Dr. Antony Theodore
I - Know- Your - Thoughts

Invisible are all
that goes on in your mind.

Others will never
detect and know it.

But I am the ruler of your heart.
Your thoughts are ever
present before me.

In the midst of all your thoughts
I want to know
whether you love me
and trust me more than all.

You shall select your thoughts
diligently and clearly.

My heart is pleased
when your thoughts
are good that makes
you come closer to me.

I rejoice when you are with me.

Your heart shall be
steadfast, trusting in me

Reference to the Psalm 112: 7
of the Holy Bible

Dr. Antony Theodore
God I need a rock
 to stand on in
 this fluid world.

I need a floor
 which does not
 waver in this
 trembling world.

I need a way
 so as not to
 get lost in this
 devastated world.

I need a stick
 to keep me in
 this dangerous world.

I need someone,
 who will not let me
down in this
deceptive world.

God, be my rock,
be my solid ground,
bemy way and stick,

now and all the
days of my life.

Dr. Antony Theodore
I - Respect - My -Own - Limits

I enjoy taking steps towards a healthier lifestyle.

I treat my body with respect and respect its limits.

Dr. Antony Theodore
I - Shall - Be - Sanctified

Just as the Lord
raised up Pharoah,
to demonstrate His
almighty power to
the people, so the
Lord will use Gog
to show the nations
that the Lord is God,
and sovereign over
all the earth.

"You will come up
against My people Israel.
You will come like
a cloud to cover the land.
It shall come about,
in the last days,
that I will bring you
against My land,
so the nations may
know ME when I am
sanctified through
you before their eyes, O Gog.";
Ezekiel 38: 16  in the Holy Bible

Dr. Antony Theodore
I - Stole - White - Skies

Very often,  
it is my joy  
to throw  
my mind  
into the vast white skies.

This afternoon  
as the sky was becoming dark  
i wanted to save  
a bunch of white and fine skies.

Behold! ! i have it.

I shall treasure  
this softness and beauty  
of the white skies in my soul  
and caress it the whole night through.

(Graphic: catching the white skies, Poem Hunter)

Dr. Antony Theodore
I - Think - Therefore - I - Am

We shall think
and try to understand
how Descartes'
mentalist philosophy
of the cogito:
'I think therefore I am'

leads to a disembodied
mind, cut off from
the sensuous world,
generating a series
of separations
and dualisms
that run through
the entire
modern thinking.

Dr. Antony Theodore
I Am - A - Monk - In - The - City

I am a monk
in the city.

No one believes
me when I say that.

In truth I am
a monk in the city.

Do you know how
difficult it is
to remain calm
in the noise
of a big city?

The humans created
it and they kill
themselves in
the disturbance
and turbulence.

Learn to be peaceful
in such terrible noise.

I repeat.
I am really a monk
in this terrible city.

(Graphic: Raven Ford
saved to Animals Pinterest)

Dr. Antony Theodore
I Am - Happy - With - You

Recall some of your experiences of God's love in the recent months and thank him.

Listen to God telling you again and again:
"you are my beloved;
I am happy with you".

Dr. Antony Theodore
O God
I am the sufferer.

O God
have mercy on me.

My eyes, my ears,
my nose, my mouth,
my hands, my legs
feel always guilty
in the path of
lacking of You.

Every limb of my body
undergoes bitter suffering.

Wherever I go
whenever I move
sleeping and awakening
if Your presence
is not felt in my limbs
will i go numb.

O God
come, come to me
pour on me
the rain of Your mercy.
I am thirsty sufferer

(Written from the comment of the dear Poet of PH Mahtab ing him)

Dr. Antony Theodore
I Am - Unique

I am a unique
Human being.

This feeling
is totally
natural to me.

I am whole and
I am happy.

Dr. Antony Theodore
I Am A Bird With You In My Center.

I am a bird.
I am a wild bird
flying in the skies
with God in my center.

That is the joy of my being.

I repeat to myself
I am a bird flying to you.

I cannot but fly to you
because you are living in me.

Dr. Antony Theodore
I Am A Sacred Being.

I am a sacred being.
God created me.
My sacred altar is the world around me.
I am sacred.
I am divine.
All begins and ends with love.

My purity of love
shall touch all around me.
This is my soul experience.

(Graphic: )

Dr. Antony Theodore
I Am A Starved Soul.

I am a starved soul.
I need love, precious love.

Please make me fully alive.
Take away my meaninglessness.

Who will wrap me in the loving arms?
Who will send me now warming rays?

(Graphic: Universe, wrap your arms around me  Flickr)

by Noukka Signe)

Dr. Antony Theodore
I Am A Wild Bird With God At The Center

In my ending
I find my meaning.

It is my life of faith,
that forms and settles
the human, religious,
and spiritual world
of my sacred being.

I am conscious
that I am sacred.

Thus I become
a wild bird with God
in the center.

Dr. Antony Theodore
I Am A Winner

Promise today
at the dawn and dusk:

'I shall never give up.
I will go through my goals
that I have set up for myself
until I win and reach my goals'.

Tell yourself all time
"I am a winner".

Dr. Antony Theodore
I Am All Alone My God

Protect me O God of the heavens.

I am all alone
sitting here and brooding over
the meaning of my life.

i know you alone can
give the meaning
to my lonely life.

Come to me in my loneliness.

Lead me not to despair.

i need you God now.
Please do not be late to come to me.

(Graphic: Mairin Singer
Mairin Singer saved to We all are living in a dream)

Dr. Antony Theodore
I am Because You Are.

I am
because you are.
You are
because I am.

In the familiar peace
of our deepest joys,

In the ignited space
of our deepest sufferings,

in the release of
our deepest fears,

we are each other.

Without the other
We have no happiness.

Dr. Antony Theodore
I Am Conscious Of My Inner Self.

I am conscious of my inner Self.
I love my inner Self.

My negative experiences of life
are occasions to work on my inner Self
to understand my dualities.

It is this process of purification
that leads me closer to my inner Self.

(This was published by me in Micropoet under the name of my beloved mother
Genova Maaa who passed away at the young age of 38. I published for a long
time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
I Am Dejected And Depressed.

You, my God,
you believe in me
when I am dejected
and depressed.

The Lord God
is near to all
who call upon him.

To all who call upon him
in truth, he is always near.

This faith is my consolation.
I need you, God, come.

Dr. Antony Theodore
I Am God's Divine Child Even When I Commit Sins.

There is light on the other shore.
I have to walk into light.

God lives there.
Unknown,
without a body,
without a form
without a figure.

I cannot smell God.
I cannot see God.
I cannot touch God.
My senses are incapable
to sense the Almighty.

God is not a man.
God is not a woman.
God has no religion.

A human being can
never describe God.
God is love.
God loves me
very Personally
more than mummy and Dad.

I am God's divine child
even when I commit sins.

Dr. Antony Theodore
I Am Going Home

The Poet's home is
is the ground of being
and becoming.

It is the home of
mystical contemplation,
ecstatic faith and spiritual
enlightenment that the ancient
and holy cultures of this world
gives the humanity freely.

Dr. Antony Theodore
I Am Gold, You Call Out

Our reality is only 'love'.

Learn to look deeply.  
In an intense love,  
you are sharing  
universal love  
with the one whom you love.

You are one grain of gold.

God is all the gold that exists.

In deep prayer, when you feel lost  
You deign to utter, I am gold'.

Dr. Antony Theodore
I Am Hungry

I am hungry
Would you
give me to eat?

O! the rich of the nations
would you care for us?

You have a conscience.
At the end
you will have to
stand before God
and God will ask you:

"I was hungry,
I was thirsty,
Did you care
the least for me?"

Dr. Antony Theodore
I Am In Pain.

Look at me in your great kindness.
In mercy turn towards me.
Boundless is your kindness.

I am in pain,
terribly afflicted.

Come down to me
with your saving hands.

Revive my lowly heart.
Help me to sing
a song of praise
to glorify your name
even in dire distress.

Dr. Antony Theodore
I Am Loved By My God

Infinite love envelops us.
We do not know it.

God is with me
in the morning
and in the evening.

In my sleep
God is at my bedside
looking and watching
how I sleep.

God cares for me
because i am loved
by him who is Almighty.

Dr. Antony Theodore
I Am My Own Fuel

I am my own fuel
like the candle.

Like the oil lamp
I am my own fuel.

This realization
energizes me.

(Graphic: Prasanth Gopi saved to Sarees )

Dr. Antony Theodore
I Am Patient And Rich In Kindness.

The land of Judah is devastated. Grasshoppers have destroyed the harvest in the fields.

In this hopeless situation, the prophet Joel calls upon the people to convert to the Lord with all their hearts.

Joel promises that God himself will have mercy on the sinners.

Because he trusts in the self-revelation of God: "I am merciful and merciful, patient and rich in kindness."

(From the book JOEL 2,12-18 of the Holy Bible)

Dr. Antony Theodore
I Am Planted Near The Flowing Waters

One who obeys the laws of God
and try to please God always
is like:

"A tree that is planted
beside the flowing waters,
that yields its fruit in due season
and whose leaves shall never fade;
and all that he does shall prosper"; (Psalm 1: 1-4 of the Holy Bible)

(Graphic: Beautiful Bible Quotes Awesome 48 Of The Most Beautiful Bible Verses | Inspirational Quotes of The Day Google Bilder)

Dr. Antony Theodore
I Am Pleasant Now.

Something just
changed the way
I saw the world.

All my negative
thoughts are
disappearing.

Stay strong
and do not give up.

It brings me complete
sanity and allow me
to relax and
I am pleasant.

I think positive now.

I thank my creator.

Dr. Antony Theodore
I Am Pure My God

May i come to you today
I am pure my God.
in my heart, in my thoughts
i am really pure today.

Would you not forget my past sins?
i believe in your forgiveness.

i am pure for you today.

(7Qo saved to ?????—??? Pinterest)

Dr. Antony Theodore
I Am Sinking Into The Mud O God

I am sinking into the mud o God
depth in the waters.
I am alone.
I have no one to help.
I drink the muddy water
and facing death now.

Where will my help come from?
I am perishing here.
I suffocate.
I cannot breathe.
Struggling with the last strength
beating my legs and hands
in the water, only to sink down.

Where will my help come from?

The Lord is present
even in the depths of the sea.
The Lord is present
here at this moment.

It is my deep faith.

I shall not be alone.
The Lord comes to save me.

(Graphic: The Church of the from the collections of Genovamaaain Photobucket)

Dr. Antony Theodore
I Am The Arrow Which He Sharpens And Keeps In The Quiver On His Back.

God has poured out
his love on me.
So I live in hope even
in utter hopelessness.

When my future is bleak
I look for the light
from the heavens.
The flare of the eternal
flame shall fall on my face.

I am in his quiver on his back.
He will sharpen me
as his most powerful arrow.
He carries me always on his back.

((Graphic: Songs for this evening. - pptSlidePlayer from Pinterest Genovamaaa's collections.)

Dr. Antony Theodore
I Am The Beginning

„I am the beginning
middle
and end
of creation”.

Lord Krishna, Bhagavat Gita

Dr. Antony Theodore
I Am The Beloved Of God

Accusation
and criticism
of others
seems painful.

We feel rejected,
left alone, abandoned.

We begin to think
that I am a nobody.

I am not good.
I am rejected,
and abandoned.

Self-rejection is
the greatest enemy
of the spiritual life
because it contradicts
the sacred voice
that calls us the "Beloved."

Being the Beloved
constitutes the core
truth of our existence.

Dr. Antony Theodore
I Am The Breath Of Life.

I am the Living Water.
I am the bread of life
I am the breath of life
I am the light of the world.

We need water.
We need bread.
We need Atem of life.
We need light.

Jesus Christ promises
all that we need in life.

How can anyone
ever deny God?

Dr. Antony Theodore
I Am The Fire That Consumes The Offering.

"16. I am the ritual and the sacrifice; I am true medicine and the mantram. I am the offering and the fire which consumes it, and the one to whom it is offered;"

(Quotes from the great Hindu spiritual classic Bhgavat Gita)

Dr. Antony Theodore
I Am The God Who Heals You.

God progressively
revealed the
many facets
of His eternal
character throughout
the pages of Scripture

and it was to Moses
that the Lord
revealed Himself
as Jehovah-Rapha
&quot;I am the God
Who heals you.&quot;

Ref: Exodus 15: 26)

Dr. Antony Theodore
I Am The Purifier

17. I am the father and mother
of this universe,
and its grandfather too;
I am its entire support.

I am the sum of all knowledge,
the purifier, the syllable Om;
I am the sacred scriptures,
the Rig, Yajur, and Sama Vedas.

(Quotes from the great Hindu spiritual classic Bhgavat Gita)

Dr. Antony Theodore
I Am The Sacred Word

"Krishna says: "Arjuna, I am the taste of pure water and the radiance of the sun and moon.

I am the sacred word and the sound heard in air, and the courage of human beings.

I am the sweet fragrance in the earth and the radiance of fire;

I am the life in every creature and the striving of the spiritual aspirant"

Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

(Krishna ('kr??n?/, [6] Sanskrit pronunciation: ['k?????]; Sanskrit: ?????, IAST: K???a) is a major deity in Hinduism. He is worshipped as the eighth avatar of the god Vishnu and also as the supreme God in his own right.[7] He is the god of compassion, tenderness and love in Hinduism, [8][9][10] and is one of the most popular and widely revered among Indian divinities. wikipedia)

Dr. Antony Theodore
I Am The Womb And The Eternal Seed

18 I am the goal of life,  
the Lord and support of all,  
the inner witness,  
the abode of all.

I am the only refuge,  
the one true friend;  
I am the beginning,  
the staying,  
and the end of creation;

I am the womb  
and the eternal seed.

(Quotes from the great Hindu spiritual classic Bhgavat Gita)

Dr. Antony Theodore
I Am Waiting

When I wait
I can be happy because
I gained a moment of free time.

If I wait
I can be annoyed because
I worry about time wasted.

If I wait
I can look forward to
what's coming.

If I wait
I can look around to see
the happenings around me.

If I wait I can sink into myself

If I wait
I can say goodbye
to the last encounter
or prepare for the next encounter.

If I wait
I can rejoice
or take a deep breath.

If I wait
I can get bored or angry.

If I wait
I can often decide for
myself how to deal with it.

Waiting has its pleasures
Dr. Antony Theodore
I Am Whatisand Whatisnot.

19 I am heat;
I give and withhold the rain.

I am immortality
and I am death;

I am what is
and what is not.&quot;

(Quotes from the great Hindu spiritual classic Bhgavat Gita)

Dr. Antony Theodore
I Am Your Baby, Mum

I am your baby Mum.
I did not come on my own Mum.
God's angels flew down to your womb
from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.
The angles watched.
They prayed
to keep me safe always
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

They were my dreams in your womb, Mum.

But on a cruel day
you decided to kill me.
The devils in the Hades
heard about your decision.
They brought the loudest drum,
played in the devilish rhythms.
All the devils came together,
came and danced in circles,
jumping and singing.
They danced in lines.
They danced in circles.
They danced on the toes.
They danced on their heads.
They sang the wildest of songs
and the devil drummers played.
The whole hell was happy
that you decided to kill me.

You know how much I cried?
You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.

Dr. Antony Theodore
I Am Your Hiding Angel

I am your hiding angel
May i stay in your heart
as an angel undercover
I am your hiding angel.
No one knows that I am here.

When you cry I will feel your pain.
When it is dark in your heart
I shall bring little twinkling stars.

When tears flow down your cheek
I will come unseen to wipe your tears.

I shall invite the nightingales
to sing and make you happy.

I shall sing in your ears
a sweet lullaby
when the nightingales go to sleep.

And when you sleep
I shall kiss your sweet lips
until you dream of flowers
birds, skies and heavenly beings.

I am the angel of harmony.
I want to hide inside you.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive) .

Dr. Antony Theodore
I Am Yours

Lead me my lover into the land of beauty.

Let me forget my being to become thine.

(Graphic: Claudia Nolan hat sich etwas auf Fairytale thesis rest)

Dr. Antony Theodore
I Asked The Little Angel To Sing

I asked the little angel to sing
There is a little angel in my heart
always playful and gay.

I asked the little angel to sing.
Then playfully she flew to flowers
and birds and bees
and all those beautiful creations.

Then she flew to me,
sat on my nose
looked into my shining eyes
and sang a beautiful song.

For a moment I was lost
in ecstatic moods
and my heart jumped
in joy and knew for myself
the beauty of my soul.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Asked The Nightingales' Feathers

I went in search of nightingales' feathers.  
Collected a few from the nest of nightingales.  
Kept those near my bed and went to sleep.

At night i dreamt...  
the nightingale feathers  
began to sing peaceful,  
loving melodies.

It was a lullaby which  
the angels alone sing.

Happiness entered  
into my inner recess.

Then i went  
to the feathers to ask:  
&quot;Where from flow  
such wonderful melodies  
into your hearts' core?"

The feathers told me:  
&quot;We have the songs in our beaks,  
we have the songs in our hearts.  
We have the songs in our brain  
we have the songs in our wings."

To sing and to sing and to sing  
is our benevolent vocation.

We sing to the melodies  
of heavenly inspiration.  
That is our life.  
Joy rings out in our souls.

This alone is our divine call.  
We love to live our divine call.

(say lay saved to Things I love
A Nightingale: "Will you be my Nightingale? Please sing to me, I know you're there; bring me peace; sing me to sleep with your sweet song..." (Pinterest)

Dr. Antony Theodore
I Bear My Nakedness To The World

I bear my nakedness to the world

We are one step closer to mental peace once we learn to accept our limitations.

That the world may see who I am, I bear my nakedness to the world.

I don't like masks that hide my true identity and my flaws.

A mask hides my true beauty.

To bask in the light of nature I need to take off my mask.

Nothing shall frighten you when you stand without a mask.

Stand erect with your beauty and flaws.

Fragrant rose petals will shower upon you from above in soothing comfort.

(Graphic: Giving myself permission to feel joy | polysyllabic profundities polysyllabic profundities inner joy)

Dr. Antony Theodore
I Become God's Song

I become God's song
when I open up and trust
that God's energy moving through me
will create goodness and harmony
through who and how I am.

(This was published by mein Micropoet under the name of my beloved
mother Genova Maaawho passed away at the young age of 38. I published for a
long time under this second name. I write to keep her memory alive as long as I
live).

(Graphic: Positively Quotes. Image 447260. QuoteSurf)

Dr. Antony Theodore
I- Breathe - My - Spirit

I open your graves
and bring you up,
my people,
out of your graves.

I breathe my spirit
into you, then you come
to life and I bring you
back to life.

Then you will see
that I am the Lord.
I have spoken and
I am doing it.

Reference to
THE BOOK EZECHIEL 37,12b-14

Dr. Antony Theodore
I Can't Do That, Lord, What If I Fail?

Is there something God has told you to do that seems just too difficult?

You can be sure that if He has called you to carry out His will, He's going to be faithful to accomplish it through His Spirit living and working in you.

So if you tell Him, "I can't do that, Lord—what if I fail?" you're really saying, "God doesn't keep His word."

And yet, our total expectation should be in Him—not in our own energy, ability, or experience.

When you doubt God's trustworthiness, that unbelief becomes a gap in your spiritual armor, and you can be sure that's exactly where Satan will attack you.

You'll begin to doubt even more about God's character, His goodness—and that distrust will become a heavy load of baggage you'll needlessly drag through life.

Dr. Antony Theodore
I Collected My Tears In A Coconut Shell.

I took my coconut shell,
placed inside it, a thin plastic sheet.

At the midnight hours
as the whole world slept,
i sat before my earthen oil lamp
shedding tears of sufferings and pain.

I collected my tears with care.

Early before the dawn broke
into thin rays of smiling light,
I went to the throne of God,
the God of no religion
the God above all Religions.

Before God's glorious throne
I lifted my coconut shell of tears
in my wounded palms.

God looked at me.
God saw the wounds of my hands.
God saw my ragged clothes.

There was only silence,
deep silence that pierced
the heart of heaven.

In the silence,
I saw tears falling down God's eyes.

God's tears
fell inside my coconut shell.

Dr. Antony Theodore
I Cry Out In Pangs.

In the midst of the night
my heart longs for you.

The spirit in me seeks you.

I feel i am conceived
in your presence.

i squirm and writhe.

i cry out in pangs.

When you are born in me
i close my tearful eyes.

I smile in the radiant dew.

(radiant dew is an expression of indescribable joy of the soul)
Saved from
Pinterest..)
(Graphic:

Dr. Antony Theodore
I Cry Out: Why Should I Live?

I am depressed
I am alone.
I sit and cry alone.

My failures destroy me.
I am good for nothing.

Feelings of desperation
kills me inner core.

I cry out:
Why should I live?
why did I not die
at the moment of my birth?

Then the spirit of the Lord
comes to me
to lift me up
into the heavens of joy
and success and love.

This is my faith.
I love this faith
which makes me powerful
in moments of sorrow
and distress.

Graphic: Words of Wisdom 2019 saved to wordsofwisdom pinterest

Dr. Antony Theodore
I Dance In Your Unseen Presence

I lift up my eyes to you
lifting up my hands and leg
standing on the tip of my leg
like the Indian sanyasins.

Like a yogi and a sadhu
in your unseen presence
I shall dance forgetting myself.

Would you come to me
dancing in prema,
in affection, in emotion,
virtue and kindness,
compassion, in eros,
in creative intimacy.

Dr. Antony Theodore
I Dare Not Untie It.

I fell in awe at your beauty,  
your grace and innocence.

My soul is stirred in your presence.

i saw my love in your mirror.  
Your love hovers over me.

My heart is captured.  
You tied up my heart to you  
with golden threads.

i dare not untie it.

Dr. Antony Theodore
I Dare Not Wake Her Up.

My little boat
is on the move.
She, my friend
is sleeping in my boat.

I dare not wake her up.

In the depth of this silence
of the river in the moonlight,
my eyes look for my soul-friend.

My ears listen to His whispers.

My heart seeks its passion
to look for the face of God
in the lusty moonlight.

I dare not wake her up.

(Graphic: Pin by Nusrat Mandrupkar Chappu on NATURE Moon)

Dr. Antony Theodore
I Decide To Change Myself.

I decide to change myself first,  
because I want to change the world.

It needs great strength  
to decide to change my own self.

It is a sign of greatness.

I believe that I have powers  
which I donot know yet.

My heart is more beautiful  
than I ever thought of.

Dr. Antony Theodore
I Did Not Cover Up My Guilt.

I acknowledge my sin to God.
I did not cover up my guilt.

I confessed my fault to the Lord and God washed away the guilt of my sins.

My soul is white like the morning snow that falls from the glory of the heavens.

Dr. Antony Theodore
I Do Not Know How To Smile.

Fear.
Loneliness.
Rejection.
Nowhere to go,
No one cares for me.

Would you come
to save me?
Would you come to
hug me?
Would you give me
a little bit of love?
would you come to
take away my fear?

I do not know how to smile.

(Nadia Tahir saved to Reality.. Pinterest)

Dr. Antony Theodore
I Drink All Your Passion.

I feel the delight
now in this moment.
when I drink all your passion.

Close your eyes.

See with your real eyes
my lips drinking your passion.

Dr. Antony Theodore
I Enjoy Those Silent Moments

My heart is full of love for you my God
I am not able to speak sometimes.
My prayers are engulfed in deep silence.
I do not utter a word in prayer.
Just being in your presence
is my prayer and it is beautiful.
I enjoy those silent moments
in which I feel your presence.

(Graphic: i cant say it in words_zpsaryesrwp)

Dr. Antony Theodore
I Fall In Prostration In Adoration

You are so far away.
Yet you are so close.
You are so totally different
and yet there with me.

You are in life
You are in death.
You give provide
for us always.

You are in life.
You are in death.
You are love,
my good God.

I fall in prostration
and adore you.

Dr. Antony Theodore
I Feel Great, You Know.

i forgive others
because Jesus Christ
taught me and asked
me to forgive.

Now i forgive others
for myself.

if i do not forgive
i will become sad
and psychologically sick.

i want to move on.
Forgiveness helps me.

i feel great, you know.

(The small i is purposeful.
Humility helps us to forgive).

Graphic: Forgiveness Quotes & Sayings That Will Help You Live Peacefully...

Dr. Antony Theodore
I Feel The Pull Of My Soul

My soul clings to you my God.

Away from you
I feel the pull of my soul
towards your light of love.

Oh how I yearn to break
these fetters that bind me
to the material and mundane.

(Graphic: Wendy Foxx saved to TattoosPinterest)

Dr. Antony Theodore
I Fell Into A Trance

Mysoul blossoms
in the silence of the dusk
in the presence of the one
who created my mind.

In the twilight of tenderness
I fell into a trance falling
on my creator's lap.

Dr. Antony Theodore
I Fell Into The Arms Of My Beloved

In my tearful dreams
I saw the path of light.
Lead me to the abode of love.
Let me sit and rest for a while.

My lips longed for his kisses
I spoke of my deepest longings
I saw my beloved
Walking slowly to me like a fairy.

In the ecstasy of love
Joy tremendous filled my mind.
I fell into the arms of my beloved
And my heart danced to his rhythms.

Dr. Antony Theodore
I Felt His Fragrance On My Lips.

I felt his fragrance on my lips.
I slept.
Deep was my sleep.
He came in when the moon shone
to sit near me.

He touched my eyebrows softly.
He saw my eyelashes sleeping.
He kissed me
on my sleeping lips.

The morning rays
shower me with its glory.
I wake up.

I feel his fragrance on my lips,
on my eyebrows,
on my eyelashes.

(This is a mystical experience. a mystic expresses it in human terms).

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Felt In My Depths The Presence Of God

Lost in meditation
i felt in my depths
the presence of God
who has no face.

i felt elevated
surrounded by heavenly light.

O God, you who have no name
come to me and dwell in me.
i want to be lost in you.

This is real happiness that i feel now.

(10 Best Meditation Appsto Help You Master...)

Best Meditation Apps for iPhone and iPad)

Dr. Antony Theodore
I Find My Vocation In Serving The Poor.

Innocence,
poverty,
joy in sufferings,
goodness of the heart,
caring mind,
a heart full of love.

It touches my core.

I fall in love with the poor.
I find my vocation in
serving the poor.

Dr. Antony Theodore
I Flew Across The Deserts Of The Sky

Jean Paul, a contemporary of Goethe, had a dream.

He writes about his dream:
I walked through the worlds.
I climbed into the sun
and flew on the Milky Way
across the deserts of the sky;
but there was no God.

I climbed down,
to look into the abyss
and shouted: Father, where are you?

But I heard only the eternal storm
that no one ruled,
and saw the shimmering rainbow
without a sun that creates a rainbow
over the abyss and dripped down.

And when I looked up
to the immeasurable world
for the divine eye,
she stared at me
with a blank bottomless eye socket;
and eternity was in chaos.

And he was glad when he woke up:
'My soul wept for joy' he writes,
THAT HE COULD WORSHIP GOD AGAIN
and the joy and the crying
in faith was prayer.'

Jean Paul, a contemporary of Goethe, has dreamed and noted it down in 1797 in eloquently words.

Dr. Antony Theodore
I Formed You In The Womb.

I knew you.
I formed you.
You are my beloved.
I have lots of plan for you.
You are mine
You shall live.
You shall grow
to proclaim
the goodness
of the Lord God.

(Graphic: Vickie Huff
Vickie Huff saved to  Pinterest)

Dr. Antony Theodore
I Found A Sweet Secret

I found a sweet secret
to tuck deep inside,
When you told me
my precious friend
that we will be best buds
for now and evermore.

I looked often around
to find my heart's yearning.
No one can live alone in this world.
Friendship should come from
deep within the heart.
Your wonderful friendship
means so much to me.

For there's little that lasts.
So much fades away.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Found Myself In Your Love

I painted in orange and red colours
with fiery power of passion
Your face
on the canvas of my heart.

In your warmth
you illuminated my being always.
In unspoiled white
In serene purity
gently
you kissed me into ecstasy.

My rainy tears of joy
flew down silently
and washed me.

Loosing in your love
I found myself.

Dr. Antony Theodore
I gazed into the visions of the night.
I saw a golden throne.
All around was fire.
It was a blaze of flames.

A stream of fire and flames
poured out from His Presence.

He was beyond all religions,
beyond all the concepts of God.

He was free from the thoughts of man.
He was above everything.

I gazed into the visions of the night.
Millions waited on him.

On the clouds of heaven I saw
a shining white robed being came
and opened my book of life.

He looked with the fire in His eyes.
and hugged me in intense love.

It was a mystery, it was joy pure
I fell in His benevolent presence.

Dr. Antony Theodore
I Giggled Through Life With A Sighing Heart

I giggled through life with a Sighing heart
I giggled through life with a Sighing heart;
I ate passion fruit in real passion.
I lay down on lazy green meadows in sunny shade
closing my eyes thinking of my angel.

Faith is the goal, faith is the end;
faith is the reason of my life.
I went to temple doors and knocked.
I went and rang church bells in real faith..
The arms of divinity taught me
the value of selfless sacrifices.

Soaking the shivering heart in
the wine of the sacrificing table of the holy altar
i knelt down and expected the shower of the healing graces.

Dr. Antony Theodore
I Have No Life Without My God

My God is the rock who saves me
My God is the source of my bliss.

I know, God calls me by my name.
God wants my integrity to shine like the dawn.

The crown of splendor in the hands of God
is the one who obeys God's precepts.

I will become God's delight
when I follow God's Path
and sing praises every dawn and dusk.

I have no life without my God.

Dr. Antony Theodore
I Have No Regrets. I Smile Through Life.

Pain and sufferings
when accepted
makes us fearless.

I have no regrets.
I smile through life
even in the midst of sufferings.

Jesus Christ is my model.
He cries on the cross
to forgive all who killed him.

He heals from the cross
even after centuries.

On this Good Friday
I kneel down before the cross.

He is my guide and guard.

I smile through my sufferings
because Jesus goes with me.

(Graphic: Prayer and Catholic Meditation: Mater Dolorosa
Free Republic
Mary at the cross)

Dr. Antony Theodore
I Have Roses For You My Friend

I have roses for you my friend.
May I tie it now with pretty bows.
Golden are the strings
and my fingers tie it with great love
for you my friend.

I love you so much.
You are my friend.
You are the friend of my soul.

You sense my pain.
You caress me
You hug me in innocent love
You are the friend of my mind.

You are in my thoughts
that well up in my brain.
You tickle my brain
and my smile becomes so sweet.

Look! ! !
There are children playing
on the green grass.
They run about like sweet beings
on the hands of pure love.

Look! ! !
Butterflies fly around
and the nightingales sing.

The rainbow sees it from above.
It breaks into a sweet smile
with all its colours
and tells me "you have an innocent soul".

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive)
I Have Your Dream

I took your dream
placed it on the palm
saw it, meditated
loved it, kissed it.

Was it a vision?
was it a revelation?

I have still your dream
kept safe in my heart.

Dr. Antony Theodore
I Heard The Galloping Horses.

I heard the galloping horses.  
They were distant sounds.  
But it came nearer  
and nearer to me.

Really, the galloping horses came in my direction.

I waited anxiously.

In a moment without asking me they entered the cave of my heart penetrating the closed doors of my heart, not violently.

They galloped and galloped and travelled inside my cave.

I did not know that i had so much of space in the cave of my heart.

Dr. Antony Theodore
I Heard The Songs Of My Soul

On the shoreless ocean
I heard the songs of my soul
sung by an unknown poet.

Her songs swell in melodies
in my depths and burst into flowers
to fill me with the fragrance of
the divine and eternal.

(I published this Poem in Micropoet under the name of my beloved
mother Genova Maaa who passed away at a young age. Published for a long
time in this second name.

Dr. Antony Theodore
I Heard You Then In My Consciousness.

I heard you then in my Consciousness.
i sang a song
in your presence.
It made You smile.

Listening to my songs
You smiled in silence.

You looked at me
keenly as i sang.
But You were silent.

i saw tears
down your cheeks
as i sang.
But You were silent.

i saw my songs
kissing your silence.

i saw my songs
touching your lips
yearning for a word.
But You were silent.

Then you took me in a small boat
under the silent shine of the moon
into the heart of the vast ocean
until the ocean was shoreless.

There you whispered me to sing.

In the midst of the shoreless ocean
in the small boat
i sang; i sang only for you.

You listened with smiling eyes.

Then you raised your hands
and the waves rose up.
You danced in the boat.
The waves danced with you.

i sang and sang
till my songs danced with the waves and You.

i heard you then
in my consciousness.
You broke your silence
deep down in my soul.

I fainted.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Hope You Know That O Big Poet! ! !

We have a baby
Look, he is here.
He is happy.

You know
He was in the stomach
of our mummy before.

We both kissed mummy's stomach
so many times before he came to us in bed.
It took a long time to come out.
He was always there in mummy's stomach.
He did not want to come out.
Then we both prayed to God:
"God bring our little brother out
of mummy's stomach."

God heard our prayers.
You know God is a loving God.
God listens to the prayers of innocent children.

I hope you know that o big Poet! ! !

Dr. Antony Theodore
I Knew My Ego Melted For A Moment.

i knew my ego melted for a moment.
Near your holy altar
i knelt and prayed
in silence.

My silence deepened.
i became thoughtless.

Was i in a trance?
i do not know.

But i knew my heart was filled with joy.
i knew i was in another world.
Did i see your face O God?
i don't know.

But i knew my ego melted for a moment.
That was a moment of light.
Sweet consolation filled my being.
i was happy, an experience incredible.

"I" is purposely written as small)

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Like To Walk Away

I like to step away
from those who kill my
self-worth, my confidence.

I shall step away
from those who destroy
my inner peace, joy
values, and self
respect and my morals.

The moment I decide
to do it, I am mature.

Dr. Antony Theodore
I Like To Walk On The Path Of Your Light

How my heart likes so much
to walk on the path
of your light, mild but warm
to keep my body and soul enlightened.

Help me, Lord of the universe
to spread this warmth you gave me
to others who thirst for a little bit of love.

Thank you Lord for all the love
you poured into my heart
when i was direly in need of it.

You came in the form of humans
to enkindle in me the light of love.

Do not take it away from me.
I need this love and the nearness.

(Graphic: i saw you in rest)

Dr. Antony Theodore
I Listen To My Murmuring Soul.

I listen to my murmuring soul.  
They are poems.  
I sit and write it  
on the canvas of my soul.  

When I fall in deep slumber,  
my soul steps in to read it  
on its own canvas.  

The soul is overjoyed.  
My soul is brimming  
in happiness now.  

Dr. Antony Theodore
I Long For Your Closeness

Lord, I long for your closeness
that arouses wonderful feelings in me.

I long for your arms
that hold, support and carry me.

I long for your eyes
who look at me kindly
and affirm my being.

I long for your tender touch
in awe and mindfulness.

I long for your gentle words
that comfort and inspire me.

I yearn for signs that I can see
that I am worth something
to you and that you love me.

(Graphic: You Can saved to ReligiousPinterest)

Dr. Antony Theodore
I Look At You With Pleading Eyes

Can You heal my wounds?
My heart bleeds.
Would you touch my wounds?

I long for your healing touch.

My pride melts into humility
and I look at you with pleading eyes.

Please touch me and heal me.
I need your healing touch.

Published on October 05, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
I lost myself within you,
our souls entwined
our minds in tune.

The words you spoke came
straight from my heart, i knew.
Everything about you
is so hauntingly familiar.

My heart is captured.
But want to fly away but cannot.
Like the sage falling before the holy Altar,
i surrendered fully into your hands.

Dr. Antony Theodore
I Love Life.

Many wept
silently
as they listened
to Nick who
was born without
legs and arms.

He proclaims
to the world
smile, I love life.

Give heed to
the voice of my cry
O my God for
the millions
who are not
gifted with
a normal body.
Give them courage
to live and to smile

(Graphic. google Bilder photo of Nick)

Dr. Antony Theodore
I Love This Imperfect Perfectness.

The world is imperfect.
But there is perfectness too.

I love this imperfect perfectness.

God should be a magician
to create a world of wonder
in imperfect perfectness.

Dr. Antony Theodore
I Love To Bathe In The Spring Of My Soul.

There is a spring in me
that brims and ripples
in the depth of the night.

There is a spring in me
that loves the silence of my heart.

It rushes forth to fill
the valley of my soul
breaking my silence
and then to wash me pure.

There is a spring in me
in which angels and saints
of heaven come to swim
in the silence of my night.

At the dawn when the heavens open
My eyes burst open
at a slow pace
like the lotus
when the soft warm rays
kiss its petals open
in the joyful wonder
of the glorious rays.

There is a spring in me
in which the birds of heaven
fly down to drink.

The flutterings of their wings
create a music in me
in their splashing and splattering.

I love to bathe in the spring of my soul.
There is a spring in me that brims and ripples.

(I began to bathe in my spring water that wells up in me, in my depths in silence in the night and remained there until the dawn that purified me.)

((Graphic: markku kassila saved to Markku kassila. Pinterest))

Dr. Antony Theodore
I Love You Stars Of The Heavens

Last night,
in deep silence,
immersed in silence,
I stood on top of the hill
and cried loud
„I love you stars
My love is real.
I do love you.
My love is sincere”.

Then i saw with my own eyes,
the stars came inside my open palms.
My palms were full of light.
I remained in peace.
Slowly the stars entered
into my body through my hands,
entered into my eyes,
entered into my heart,
entered into my being.

In a moment
I was full of light.

(Graphic: Soujanya G saved to Iphone wallpapers Pinterest)

Dr. Antony Theodore
I Loved My Black Bird.

I loved my black bird.
I cried when I was taken up into the skies.
But all on a sudden
I saw my black bird
flying along with me
into the skies.

I loved the heart of the black bird.
Black bird's heart beats for me
I know it and that is my consolation.

Love and love alone
makes me live
here on earth
and up above the skies.

(Graphic: Daniel Hassan saved to Kids photo ideas, Pinterest)

Dr. Antony Theodore
I -Love-Resolutions.

Do you love resolutions?
Do you make them
every new year?
every birthday?
or every Monday?

Do you make
a daily examen
of conscience
every night?

This helps to
purify ourselves
in the eyes of God.

Dr. Antony Theodore
I Miss During The Christmas Season

(I lost my mother, my sister and my father)

I miss their laughter
and quick wit, fully
living life, each of
them loving me
in their own way.

I miss the chance
they each gave me
to enter into their
worlds to care for them.

Their absence leaves
a dark hole in my heart
that will not be
filled in this world.

I am grieving their loss
and it is taking time
to work through
what that loss
means to me.

Dr. Antony Theodore
I Need A Bit Of Love, I Need A Smile.

I asked the little bird on the tree
would you sing a song for me?

The little bird answered:
If you make me smile and laugh now
I shall sing a lovely song for you
for i am very sad now.

I need a bit of love, I need a smile.

Making others happy is our divine call.

(Graphic: Emma hat sich etwas in Vögel auf Tiere gemerkt. pinterest)

Dr. Antony Theodore
I Pronounce These Words

For someone
that needs to hear
this right now,
I pronounce these words
I love you.

You are appreciated.
Your life means
a lot to more
people than
you know.

Dr. Antony Theodore
I Put No Trust In My Bow

I put no trust in my bow,
my sword does not bring me victory.

It is you who give us victory.
It is your mighty arm that saves us.

In your power and intelligence
you lead us through valleys
and hills to fight against our enemies.

We take bold steps and jump up,
for you are there with us
in front and at the back
to keep us safe and bring
bring us back home safe and sound.

Dr. Antony Theodore
I Ran Into Light Like A Joyful Deer

i entered into a cave.
It was very dark.
i went forward in the darkness.
then i entered into a tunnel.
In the absence of light in the tunnel
i heard voices behind me.
in terrible fear i looked back.
then i heard footsteps in front.
it went on for sometime.
then somehow i got the notion
"I am not alone in this tunnel".

It gave me courage.
i walked on and on
all alone, but not alone.

At the end of the tunnel
there i saw light.
It was so powerful
that i could not open my eyes.

In the direction of the light,
at the end of the tunnel
i ran into, like a joyful deer.

It was light and only light.

It was paradise,
the Abode of "The Almighty",
who is above all religions.

(The small i symbolizes that one should become lesser and lesser as one proceeds to the eternal abode).

(Graphic: Pinterest..Katja Struijk
Katja Struijk saved to we are not afraid of the sunset)

Dr. Antony Theodore
I Realize My Own Nonsense.

I go through an awakening.
I realize my own nonsenses.

I want to help and to heal.

I plan for a miracle.

Still, I really do not know who I am.

I wish to be a child again.

I feel blissful now.

With immense patience
I walk through life
to know the mysteries.

Dr. Antony Theodore
I Remained In Silence.

Today she came to me.  
She asked me to be silent.

I entered my room.  
Did n’t shut the door.  
Sat on my chair.  
Closed my eyes.  
Remained in silence.

Time passed by but did not feel.

She came.  
I heard her feathery steps.  
Felt her breath.  
Smelled her skin.  
She bowed I knew.  
Kissed me on my silent lips.

I remained in silence.

Dr. Antony Theodore
I Saw Thousand Stars In My Eyes.

I looked into the mirror today. 
I saw the eyes into which 
you peeped in last night 
in our intimate moments.

I saw a thousand stars 
shining in my eyes.

Experience of love is so tender. 
Grateful is my heart for you.

My eyes shed tears 
of happiness 
when I see my eyes 
shining in the mirror.

Dr. Antony Theodore
I See You In The Sanctuary

I see you in the sanctuary,
in light inaccessible for me.

I am a sinner.
But i long for you.
I thirst for you.

I see your power and glory.

My soul seeks you
without asking me
for my permission.

(Graphic: The Sanctuary Experience — Prepare to meet thy God!
Mountain Refuge Ministries)

Dr. Antony Theodore
I Sense The Wonder Within Me

I sense the wonder within me
when i watch the stars.

The sparkling light,
the peace and harmony
which i experience
before the vastness
of the skies in the night
give me an idea of the magnificence
of God Almighty on whose hands
the universe rests.

Dr. Antony Theodore
I Shall Bow In Humility

I shall bow and adore you
before your holy temple.
before the angels i shall bless you.

i hear you calling me
'come back to me with all your heart'.

i know you are a God of compassion
all tenderness and goodness of heart.

When i called you in distress
you increased the strength of my soul.

i thank you for all faithfulness and love.

Dr. Antony Theodore
I Shall Carry It For You. Wait

Wait, my love.
I shall carry it for you.
You cannot carry it.

Wait, my love,
i shall carry it for you.
(My conscience questions me,
what did you do for the poor?
I am really burdened with this question)
(Graphic: Jouria Warda saved to Save Children Pinterest)

Dr. Antony Theodore
I Shall Fall Like Dew On You.

If you love my poor and give them,
I shall fall like dew on you.
You shall bloom like the lily,
you will thrust out roots
deep down in the soil
like the poplar trees.
Your shoots will spread afar.

(The reader is requested to refer to
the writings of the prophet Hosea
in the Holy Bible).

Dr. Antony Theodore
I Shall Never Be Fooled.

It is on the Lord
I set my hopes.

I shall never be fooled.

Lord God keeps promises.
God is faithful.
I live in this hope
all my days in life.

"..but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40: 31of the Holy Bible.

Dr. Antony Theodore
I Shall Never Leave You.

Come baby
come my sweet one.
i shall hug you
to sleep in my hands.
you are mine.
I shall never leave you.

Sleep, sleep
in my loving hands.
you are so dear to me.
I shall never leave you.

Dr. Antony Theodore
I Shall Pour My Heart To You

I don't know how to play on the veena
I don't have the voice of a nightingale
I am not able to sing and dance.

But I need love.
I have a heart full of love.
I want to love and be loved.
I become a beggar in search of love.

God unbind my feet.
Help me to dance like the peacock.
Show me the rose garden.

Help me to smile and laugh
and make this world a better place.

I have a heart full of love.
I shall pour my heart to you
and fill you with my love.

Then you shall never be a beggar.
(veena is an Indian musical instrument)

Dr. Antony Theodore
I Shall Sing Of Your Love, My God

For ever shall I sing of your love, O my God
Let all of all ages proclaim your truth.
Your love is eternal.
It lasts for ever and never will it fade.
This is my conviction and I am glad.
God's truth is firmly established
like the great mountains on the earth.

My covenant I will make in prayer
only to my God and my promises
shall I fulfill, come what may.
I love my God more than anyone else.

I want to pledge at the holy Altar of God.
It is the pledge of eternal redemption
from sins and a glorious future with my God.
I want to live in the world of angels and saints.

Dr. Antony Theodore
I Shall Wait Till You Sleep

Come to me my soul friend.
Come with me along the flowery path.

I shall lead you by your hand.
Hold fast, we shall walk together.

Under the blooming tree
we shall sit together.

I shall make you lie on my lap
and wipe away your tears.

I shall wait till you sleep
on my lap forgetting your sorrows.

Dr. Antony Theodore
I Shook And Shook Himalayas.

I went to the foot of Himalays.
i wanted to shake himalayas.
you know.....do you think i am mad?

i shook and shook Himalayas.

i realized God is like this.
UNSHAKEN.
Those who put their TRUST in God
will never be shaken.

This realization made me happy today.
i smiled like a child.
Do you think i am mad?
But there is a joy in this madness.
Is n't it.?

Dr. Antony Theodore
'I' Should Become Smaller.

God is the ageless beloved of my soul. 
Love can only originate from the Infinite.

Ego limits my being and my thinking. 
Therefore i repeat in my heart: 
I should become smaller, 
God should become greater in me.

When God lifts the soul from the body, 
the heart that is not in love 
will fail the test of resurrection.

Dr. Antony Theodore
I Sit And Wonder.

The soul whispers.  
The strong feelings of love flows from the innermost recess.

I am full of dreams.  
Intuition appears as a great source.

I sit and wonder.

Dr. Antony Theodore
I Smelled The Forest Jasmine

I smelled the forest jasmine,
wild but profound in its perfume.
My bones filled with the perfume
spread on my being to wake me from my dreams.

I heard the silent music of the night
and felt it kissing my lips softly.
In my heart there were rhythms
unheard of before.

My limbs moved
to a song and its rhythms
and I felt the softness of the petals
of the sweet smelling jasmine.

Dr. Antony Theodore
I Sought Only For The Heart Of God,

Only with the annihilation of selfhood
comes the fulfillment of love.

About his austere and steadfast quest,
when a mystic asked,
would probably reply like Jacob Boehme:
"I am not come to this meaning
or to this work and knowledge
through my own reason
or through my own will and purpose;
neither have I sought this knowledge
nor so much as to know
anything concerning it.

I sought only for the heart of God,
therein to hide myself" (Boehme, Jacob, Aurora, English translation, 1764, P.237).

Dr. Antony Theodore
I Speculate Curiously

I speculate curiously.
I am curious to know.

It is sometimes strange
and surprising.

It is a cause of astonishment
and admiration.

I have a feeling of
puzzled interest.

I sense a miraculous deed
or event that are remarkable.

(„For You are great
and do wondrous things;
You alone are God‟; Psalm 86/10 of the Holy Bible)

Dr. Antony Theodore
I Stepped In Into Your Sanctuary.

Dressed up in pure white
i stepped in into your sanctuary.

i cannot pray like others.
My dance before you is my prayer.

My dance is my adoration.

Even in nakedness i am pure
when i dance before you.

This is my ecstasy.
This is my offering.

Dr. Antony Theodore
I Submit My Soul To You.

I dipped myself in
to submit my soul to you.

Water knows that I have
raised my heart and soul to you.

Water does not want to disturb me.
Water is still.
Water meditates
with me inside.

Water meditates
enjoying the stillness.

In my closed eyes
I see your golden figure
hugging me
taking me to your lap.

Dr. Antony Theodore
I Taste Death

Oh! Reject me not!
Pain is absolute
and I taste death.

Dr. Antony Theodore
I Think Of You Mummy.

When the stars shine
In the mighty heavens
I think of you mummy.
My dearest mummy,
you are there in heaven.
You are there in the world of the stars.
You are a star.
You see me now,
looking up to you
and calling your name "Genova"

(Genova is the real name of my beloved mummy.
She died at the age of 38. She had cancer. I miss her so much)

Dr. Antony Theodore
I told tonight my lady love,
the love of my life
„I realize my own nonsenses”.
Then she told me at once
I am your nonsense.
I added: „Yes
you are my sweet nonsense.
You are my perfumed nonsense.
You are the nonsense that tickle
my heart and my soul”.}

Dr. Antony Theodore
I Trust That God Calls Me

I trust that God,
the keeper of atoms
and galaxies,
is like a good mother
and like a merciful father for me.

I trust that he calls me
by name and believes in me;
that I am in his likeness
as a woman or a man;
that he does not let
me down and hears
the requests of us humans.

I trust in the inspiration of God,
the Holy Spirit, who helps me
to work for the oppressed
and disadvantaged and the poor.

I trust in the love of God,
who dissolves our questions
and doubts into the joy of being.

He gives me the strength
and to all people of good will,
to changethis world
and give our world
a human loving face.

Dr. Antony Theodore
I Wait For Your Timing In My Life.

Protect my heart and mind.
Fill it with the peace that passes
all human understanding.

I wait for your timing in my life.
I submit all my desires to your authority.

Calm my restless spirit and troubling thoughts.

Dr. Antony Theodore
I Want To Attain Happiness.

A complete absorption
in the interests of the Infinite,
is the need of a seeker.

Come what may,
it is a decision
made by the seeker
after the prescience
and desire for eternal
happiness with the Almighty.

Dr. Antony Theodore
I Want To Bathe In Divine Light

In the divine light
I want to bathe.
I am sick.
I pray and I will be healed today.

Pray in faith and you will be healed.
my mummy told me when I was a child.

All those memories enkindled in me
I began to pray like a little child.

My mummy died.
She had cancer.
I am alone here.

But she sees me when I stand in light
and pray with folded hands.
Mummy and God are together.
One day I will also join them
in the world of the angels with white robes
and shining silver wings.

Dr. Antony Theodore
I Want To Be A Part Of Your Mystery.

A voice crying in the wilderness
“God is coming
Prepare yourself with
humble prayers and offerings”.

Replenished with the food
of spiritual nourishment
I humbly beseech you
I want to be a part of your mystery.

Hold me firm to things of heaven.
Protect me in your mercy.
Lift up my soul to you.

I have trusted you
I have set my hope in you.
Do not leave me alone.

Dr. Antony Theodore
I Want To Be In Light

In God's light i want to live.
In God's happiness i want to be.
in God's mercy i want to grow.
in God's light i want to see.

(The small i is symblic so as to say that we have to be always without Ego to cherish the gifts of God)
(Graphic: Susan Highwooder saved to Inspiration/Metaphysics 215 Thinking and Being Pinterest)

Dr. Antony Theodore
I Want To Drink From The Eternal Spring.

Where do I fly to
if not to the Eternal.

My heart craves
for eternal happiness.

All that is mundane
does not satisfy me.

I want to drink from
the eternal source.

(Graphic: Anvilthemovie. Pinterest)

Dr. Antony Theodore
I Want To Feel God's Presence Now.

I sing a new song this morning
praising this wonderful creation.

The heavens rejoiced with me
when I sang with my veena on my lap.

Oh tell among others about the wonders
of a God who loves and blesses.

Let the sea and all the fishes in it
sing the praise of God with me.

Let the fruits and trees and leaves
sing of the joy of the Lord at humans.

I seek His presence.
I do not want a vision.
But I want to feel his presence
now in me and around me.
(Veena is an Indian classical musical instrument. The melodies when played well shall lead you to spiritual heights).
(The graphic is Raja Ravivarma's Painting)

Dr. Antony Theodore
I Want To Find Favour In God's Presence.

God’s law is perfect.
It revives the soul.
It is wisdom to the simple.
It gives light to the eyes.
God abides for ever
in the deepest recesses of the soul.
God knows the thoughts of my heart
before it lands on my tongue.
i want to find favour in his presence.

Dr. Antony Theodore
I Want To Follow My Bliss

Give me inner comfort and peace.
Help me to love myself, God.

I want to follow my bliss
which God gave me as a gift.

Help me to find the barriers
within myself, psychological
which I built against me.

By being myself and loving myself
i am putting something wonderful
in the world that was not there before.

(Graphic: comfort_zpsto3dyljf inner comfort. Genovamaaa's collections in photobucket)

Dr. Antony Theodore
I Want To Go Up To The Abode Of The Creator Of The Universe.

The mystic begins to face
the deepest of all decisions:

the question of death and
the answer of death.

The acceptance of death
becomes easy
and the mystic
does it with intense joy,
through the victory
of Christ over death on the cross.

His desire in prayer is to be
one with the creator
of the universe
through death.

O death come and take me
so that I may go up the steps
to the heavenly abode
in the presence of the One
whom my heart desires for.

Dr. Antony Theodore
I Want To Hide Myself In The Heart Of God

i seek only for the heart of God
therein to hide myself.
Mystical search is not the quest of joy,
but the satisfaction of a craving
impelled from within.

Dr. Antony Theodore
I Want To Kiss The Roots

The little stream sings and dances
on its way to the flower tree.
Waters bubble when it thinks of the flower tree.

I want to flow fast and kiss the roots
and my tree will blossom into
flowers beautiful and new.

Do you know now the secret of love
and its mystery that brings forth flowers
on my flower tree?

I want to flow fast.
Can't wait anymore
to kiss the roots of my lover tree.

Dr. Antony Theodore
I Want To Love You O My God

I want to love you O my God,
my strength, my life,

You are my ornament.
I adorn myself with you,
with the thoughts of
your love and care.

I am never alone.
You are my shield and my protection.

Dr. Antony Theodore
I Want To See You.

I shall extol you my God and King.

I kneel down and look up
to the mighty heavens
and praise your from my lowly heart.

I want to rejoice and shout for joy.
I want to be meek and humble.
You love a humble and contrite heart.

You are a compassionate God
You forgive me although I don’t deserve.

You are faithful in all your words.

You raise up all who are bowed down.

O God reveal to me
Your holy face
I want to see you
I want to see you
I want to see you.

Dr. Antony Theodore
I Want To Wash Away Sins Like The Water Of The Spirit.

I want to be like the water that washes away all dirt from the hands, legs and the body cleaning everything that it touches.

I want to be the water of God's spirit that washes all the sins from the mind and thought and the soul and the brain.

I want to be the water that is poured on the sick to heal and make them shine.

Dr. Antony Theodore
I Was A Slave Of This World.

It took time for me.
It took me years
to know you.

I was so entangled in
material ways and thoughts.

I was a slave to this world.
All that was mundane attracted me.
I ran after and fell deep in mud.

Lord it is so late that
I came to know you.

It took time for me
to know you and love you.

Dr. Antony Theodore
I Was Lonely.

I was lonely.
I was drunk.
I was waiting for you.

In the fury of desire
I burnt my skin.

Would you come
to pour the healing
oil on my heart?

Touch my wounds
softly and kindly.

Dr. Antony Theodore
I Was Waiting For You.

In the depth of the night
you wandered around my hut
playing heartwarming
melodies of love.

Why didn't you dare
to knock at my door?

I was waiting for you
with a longing heart.

Dr. Antony Theodore
I Will Find God If I Find My True Self,

If I find Him
I will find myself
and if I find
my true self
I will find Him.

Dr. Antony Theodore
I -Will -Not -Fear

Under the shadow
of His wings, we can
cry, I will not fear,
what can man do
to me, nor will I fear
what the devil is
trying to do to me
either, for we are
on the victory side.

Dr. Antony Theodore
I Will Protect Her

She is mine.
She is my beloved.
She is my little angel.
Don't mess up with her.
She is mine.
I will protect her
even if I will have to be killed.

Dr. Antony Theodore
I Wish That You Become The Warmth Of The Soup

I wish you the fire
that inflames your hearth
never go out.

i wish also the fire of your love
inflaming your soul and your actions
never be put out.

i wish that you become
the warmth of the soup
that you share to the poor in love.

(Graphic: Heart love flame #7012270)

Heart love flame)

Dr. Antony Theodore
I wish you time.
I do not wish you all sorts of gifts.
I only wish you what you do not have.

I wish you time to rejoice and to laugh,
I wish you time for your thinking and actions.

I wish you time, not to rush and race,
but the time to remain satisfied.

I wish you time,
for wonder and time to trust,

I wish you time to reach for the stars,
and time to grow, that is, to mature.

I wish you time to hope again, to love.
I wish you time to find yourself,
every day, every hour in happiness.

I wish you time, also to forgive guilt.
I wish you, to have time - to live.

Dr. Antony Theodore
I-Am - Cherished

Repeat this
to yourself:
I am loved I am
cherished I am
valued I am
appreciated
and people
want to be with
me because People
genuinely care
for me.
I am light
and love.

Dr. Antony Theodore
Iconography Of Art And The Indian Mystic.

An Indian mystic engages in the iconography of art, in religious rituals, in some forms of yoga, and in various Indian dance forms, particularly 'Bharata Natyam', to get inspiration from all these forms to go to into the presence of the Almighty one whom his heart craves for.

Dr. Antony Theodore
Idea - Of - False - Victims

What's important to understand about the theoretical background behind the idea of false victims is that these are not actual victims of anything.

To convince other people of what they "deserve," they need to portray themselves as honest, trustworthy, and highly moral because otherwise, you would see right through them (hence the term "virtuous victim").

Dr. Antony Theodore
Many poets believed that they got ideas from a source outside of themselves.

Ideas are in the air and if you do not discover them, someone else would discover it before you.

(Reference to Edison)

Dr. Antony Theodore
Idelight In Him.

I delight in Him.
He is my chosen one.

My spirit rests on Him.
He will become
the Lord of Justice.

He will not shout
or cry out,
or raise his voice
in the streets.

A bruised reed
he will not break,
and a smoldering wick
he will not snuff out.

(These words are spoken
about Christ.
Reference to
the book of Isaiah
Chapter 42,1-3).

Dr. Antony Theodore
Identified -With -Christ

Because we are
identified with Christ,
Who crushed the
serpent's head
and overcame that
slimy serpent,
who is called
the devil and Satan.
We too, have overcome
them - through faith.

The deep desire
of the enemy
is to overwhelm
every child of God
with a deluge of
schemes and strategies,
errors and temptations.

Dr. Antony Theodore
Identify - The - Crisis

Identify the crisis in the climate system as symptomatic of a deeper crisis in the way we relate to each other and to the world around us.

We face, not merely a physical crisis requiring institutional and technical solutions but an existential crisis requiring a response which possesses moral, psychological depth.

Dr. Antony Theodore
Identifying - And Uprooting

We need a metaphysical reconstruction, identifying and uprooting unrecognized philosophical assumptions and underlying presuppositions in order to clear the path to being in a meaningful, purposeful, participatory universe.

Dr. Antony Theodore
Identifying - Himself - With - His - Blood

It is a powerful and touching consideration for our love and adoration of the Savior as he identifies himself utterly with his Precious Blood, the very life and being of our redeemed souls, and drives away the angel of death from our souls and bodies.

Dr. Antony Theodore
Identifying - Key - Trends

The age to come
is not simply disposed
by some super-historical
agent or force to a waiting
passive humanity.

Rather, responsive,
perceptive and sensitive
thinkers identify key
trends and tendencies
with material force and
social futurity and
proceed to develop
these insights as
ideal visions capable
of inspiring, mobilising
and obligating humans
in their realisation

(Reference to Heidegger's thinking)

Dr. Antony Theodore
Identifying - One - Single - Stream

Often enough
in history genuine
systems of thought
has brought with it
the temptation to
identify one single
stream with the
whole of philosophy.

Dr. Antony Theodore
Identifying - Our - Role

How we express our emotions is not just down to us.

Let us think about using situational, institutional, and dispositional factors to help figure out how to identify our role in how we express emotions.

Dr. Antony Theodore
Identity

Identity is also a closely related concept but is also a larger and more comprehensive one than self-image.

Identity is our overall idea of who we are.

Identity is a term created for and superimposed on the self.

Dr. Antony Theodore
Identity - In - Christ

God surely knows
all our weaknesses,
our doubts and fears,
and all our sins.

Yet, because Jesus
shares his identity
with us, God treasures
us and loves us
no less than Christ.

Our sinful self is now
dead before God
and Christ is our identity.

Dr. Antony Theodore
If - I - Had - Wings - Like - A - Dove

Whether this caption referred to the music or the scene, it provides us with a peep into David's heart, when he was forlorn, friendless, fearful, and in despair.

In the previous Psalm, David had written, "Oh, that I had wings like a dove! I would fly away and be at rest.

(Ref: Psalm 56: 1)

Dr. Antony Theodore
If - Optimism - Were - Eradicated

What would life be like
if optimism were
eradicated from
the individual's
personality and
his creative
imagination?

What, would be
the consequences
if optimism were
eradicated from
our attempts to
comprehend and
mould the society
in which we live?

Dr. Antony Theodore
If repentance is sincere, 
deliverance will come 
in one fashion or another.

If My people, which are 
called by My name, 
shall humble themselves, 
and pray, and seek My face, 
and turn from their 
wicked ways; then will 
I hear from heaven, 

and will forgive their sin, 
and will heal their land. 

(Cfr. 2 Chr. 7: 14 in the Old Testament).

Dr. Antony Theodore
If - We- Endure

"It is a trustworthy statement:
For if we died
with Him,
we will also
live with Him;
If we endure,
we will also
reign with Him;
If we deny Him,
He also will
deny us;
If we are faithless,
He remains faithful,
for He cannot
deny Himself."

(Ref. to St. Paul's 2 letter
toTimothy? ?2: 11-13).

Dr. Antony Theodore
If - You - Remain - In - Me

Jesus invites us to pray the Scriptures. "If you remain in me," he says, "and my words remain in you, ask whatever you wish and it will be done for you.

And when we pray the Scriptures using the Bible to shape our thoughts and desires, our prayers bear fruit and we bring glory to God.

(Ref. to John 15: 7 and 8).

Dr. Antony Theodore
If God Has A Face.

If God has a face,
this is God's face.

If God has hands
these are God's hands.

If God has ears
these are the cries
that God hears.

Come O Lord, God,
come soon
to deliver the poor.

Come, please.

Do not wait anymore.

(Graphic: SALIH ÖZGENC (HANCIOGLU)saved to BIR DÜNYA - A WORLD Pinterest.)

Dr. Antony Theodore
If I Do Not Listen To Myself

When I am listening to you
it is infinitely important
that I LISTEN TO MYSELF

If I do not listen to myself
I will not hear you.

If I do not listen to myself
I may distort everything you say.

If I do not listen to myself
I may come to you with
my own conditioning.

If I do not listen to myself
I may react to you
from my own insecurities.

Dr. Antony Theodore
If I Looked Within, He Was.

I have gone up to the highest
that I have, and behold,
the Word of God was
towering yet higher.

My curiosity took me
to my lowest depth
to look for Him,
nevertheless He was found
still deeper.

If I looked outside me,
I found He was beyond my farthest;
if I looked within, He was.

(Refering to the experience of the mystics in general)

Dr. Antony Theodore
If Love Was Not There

Even if we had the best methods
and if we had the most
interesting conversations,
where everyone is involved,

where something is
happening and moving forward,

where problems are recognized
and needs are expressed,

where one gets upset about
injustice and manipulation,
if we had such conversations,

but if love was not there,
it would be NOTHING.

Dr. Antony Theodore
If My Mind Has Fragrance

If my mind has fragrance
i shall find you in the fragrance.
I shall sense you and hug your smell.
I shall breathe in, your fragrance
that will penetrate my cells.

My cells shall then, bring me into prayer
and make me fall in adoration.

Dr. Antony Theodore
If Not To Surrender, Why Should I Love?

Love knows it is called to love.

Lifting up my eyes to your eyes,
you showed me your heart.
The love in me flowed into your heart.
I was consoled in glorious surrender.
If not to surrender, why should i love?

Love knows it is called to love.

Dr. Antony Theodore
If The Inspiration Is Genuine.

If the inspiration is genuine.

The artists begin with a blank canvas or page.  
They create with paint or music.  

They go inward and images appear.  
They step down inward  
and hear unheard melodies.  

These inner images carry a feeling  
with it, of wanting to be born.  

The birth happens  
in the inner cavity of the soul.  

These impressions  
will never fade away  
if the inspiration is genuine.  

(Graphic: Farfalla con verde foglia e goccia d'acqua — Photo di somchaij)

Dr. Antony Theodore
If We Wish Each Other Peace

When we want to wish peace
we turn to the other person,
we see how the other is,
what all things he lacks,
what are his or her needs.

If we wish each other peace,
we express: You should be fine
and where I can help you,
I want to do it in the name of God.

So we want to wish each other
the peace that God gives.

Then we experience peace
in our own selves.

Dr. Antony Theodore
If You Are Agitated

If you are agitated,
if you are annoyed,
if you are irritated,
if you are upset,

you make yourself a victim.

Leave the situation.
Change the situation
or free yourself
from the moment
of present irritation.

Everything else
is pure nonsense
and insanity.

Dr. Antony Theodore
If You Are Angry.

If you are angry
face your anger
as a friend, in love.
Meet your anger
in non violence
with sympathy,
and with a loving heart.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
If You Are Content To Be Lost...

Seek it, you do not find it.
If you stop seeking, it is there.
But you must not turn to it.

Once you become aware
of yourself as a seeker,
you are lost.

But if you are content
to be lost, you will be
found without knowing it,
precisely because you are lost.

Dr. Antony Theodore
If you die before me
I would jump down into your grave
and hug you so innocently
that angels will become jealous.

I shall kiss you.
So intimately shall I kiss you
that your breath becomes mine.
In one breath of love shall
we merge into hugs of true joy.

Your heart shall beat
in rhythms unheard
like the drums of the desert
and the wild forest in the night.

You shall murmur in my ears:
'Ohpress me to your chest;
Tear open your chest,
Make way for me
to enter into your loving heart
that beats only for me in resounding colors.

Tell me please Oh my lover
Is it a rainbow that I see?
or the glow of a burning pyre?
Why is it that I cannot utter it in words?
Tell me glorious angels of love:
What am I experiencing in uncountable
moments of indescribable inner comfort?

Shivering in your presence
I shall long to dance with you.

If the dark souls lead you to Hades
I will dance and dance with you
even in the nether world.
We shall dance soft and then wild. 
We shall dance together 
as one body and soul 
and break the fetters of hell 
through love that emanates from our dance.

Dance so long and fine like a poem 
until the Lords of the dark would faint.

Breaking the fetters of Hades 
the white angels attired in beauty 
shall fly down to pick you up on golden cradles 
and carry you to the world of God.

So you will be free and fly away 
from me into the world of the heavens 
where angels shall kiss your sacred body. 
You will be attired in gold and white 
and in varied colors in tune 
with the flowers of heaven.

Then you need no space to live and breathe.

Into that world of purity you will go 
and I will be here on earth 
dreaming of your joys with 
the Heavenly spirits.

Shall I wait?

Shall I wait at dusk and dawn 
in sobs and a heaving heart 
with such desire and passion 
to reach you one day 
in your world of happiness.

(It is the belief that once your lady love dies before you, she has to go to the Hades and there she has to dance so fiercely and lovingly to make the Lords of Darkness faint and then she shall be free from the chains of hell. Here the living lover is ready to go to hell to dance with her most fiercely and save her from the hell)
If You Lift Yourself Up To Me.

If you lift yourself up to me
with all your heart
I shall be with you in your distress
for you have heard the words of my mouth.

I shall clothe you with my robe of mercy
And gird you with my joy.
I shall fix you like a peg in a sure spot
I shall give you honor wherever you are.

- 

O, unseen God!
worshiping you in my secret temple
I offer you the incense of love
before your golden shrine.

I shall sing your praises
playing on my veena.

Would you be pleased
when I dance
through the night
in your holy presence,
until the dawn breaks
into mild golden rays.

(Veena is an Indian musical instrument)

Dr. Antony Theodore
If You Take Away My Breath

If you take away my breath
I will fall down and perish.
My body shall return to dust.

I feel God's life-giving breath
when in springtime the nature
wakes up from the winter sleep.

You alone can renew
the face of the earth.

I shall open my mouth
and gladly praise my God.

God's love endures forever.

Dr. Antony Theodore
Ignite Your Dreams

Ignite your dreams.

Be the change that you want.

Motivate yourself in faith.
Generate courage in prayer.
Take a pause when you are tired.

Then again start to act
with the definite aim in life.

You are going to achieve.
Be sure. Because
the God who made you
wants you to be great.

(Madeline Norcross saved to words Pinterest)

Dr. Antony Theodore
Ignoring - God's - Word

From the beginning
in the wilderness,
when problems
arose they murmured
against the Lord,
did evil in His sight
and refused to
learn the lessons
Hetaught them.

But when things
went well, and
they were prosperous
and enjoying the
fruit of the land
they forgot Him,
ingored His word,
and started to
trust in their
own strength
and abilities.

Dr. Antony Theodore
Ill-Gotten Goods Of Your Life

"Do not set your heart on ill-gotten gains.

They will be of no use to you on the day of disaster."

(From the book of Ecclesiasticus, chp.5: 8 of the Old Testament of the Holy Bible: poetry books in the Holy Bible)

(Graphic: The Painful Punishment of Silence - Catholic Life In Our Times Catholic Life In Our Times)

Dr. Antony Theodore
Ill-Treatment - Of - Widow-Women

In the New Testament, we find Jesus condemning the hypocritical Pharisees for their ill-treatment of widow-women and their indifference to their physical needs.

And as He hung on the cross, we see one of the most beautiful examples of Christ's compassion, flowing out towards His widowed mother,

as He made sure that John, the beloved disciple, was given the responsibility of taking care of her, in her advancing years.

Dr. Antony Theodore
Illuminating - The - Darkness

We get to hear incredibly beautiful events, we can believe incredibly beautiful things.

God leads out into the distance and illuminates all darkness.

He even gives new life to the dead.

Dr. Antony Theodore
Illumination - And - Revelation

Like all the apostolic writings and prophetic scripture, Peter reminds us that the Word of God gives illumination, revelation and inspiration from God.

He identifies the written Word as a light that shines in the darkness, which lightens our journey through this increasingly dark world.

Dr. Antony Theodore
Illumination And Divine Presence

The Sense of Divine Presence

is the 'Homing Instinct
for a seeker of God.

The most constant
of all the characteristics
of Illumination is the
Consciousness
of the Absolute.

Dr. Antony Theodore
Illusion Is The "I And The "Mine".

Listen with your mind
and intellect and
reason fully absorbed.

The sense of "I"
and "mine", "you"
and "yours"
is illusion
which holds sway
over all individual souls.

(The words of Rama to Lakshmana
Aranyakanda).

Dr. Antony Theodore
Image - Of - The - Divided - Line

It is as if he wants
his interlocutors
within the dialogue
(just as Plato wants his readers)
to begin at the bottom
of the line, and then
move up through
the successive elements
or segments of the line,
up to the point of
ultimate knowing,
simultaneously the
point of ultimate being.

Dr. Antony Theodore
Imageless - And - Pure

&quote;He is imageless and Pure.

They are entering darkness
those who worship
the natural things
like water, fire, air
and those who
worship the created
things are entering
more into darkness
like table, chair,
idols, pictures.&quot;

(Yajurveda, chapter 40, verse 8/9)

Dr. Antony Theodore
Imagination

The sign of real intelligence is the power of imagination.

Dr. Antony Theodore
Imagination Is An Instrument Of The Divine Spirit

The creative power of imagination is, in fact, fierce and creates ever new.

It is a precious gift of God for a poet.

With the grandeur of the mind, the potency of inference, moral and ethical depths, lost in an intense sense of the divine which is so natural for a human, it becomes an instrument of the Holy Spirit.

Dr. Antony Theodore
Imitating - Christ

Paul had been personally taught by the risen, ascended, glorified Lord Jesus, and he loved his Saviour so dearly, that he followed Christ's word and imitated His ways.

Dr. Antony Theodore
Immanence

The doctrine or theory of immanence holds that the divine encompasses or is manifested in the material world.

It is held by some philosophical and metaphysical theories of divine presence.

Dr. Antony Theodore
Immanence - As - A - Characteristic

Major faiths commonly devote significant philosophical efforts to explaining the relationship between immanence and transcendence but do so in different ways, such as:

casting immanence as a characteristic of a transcendent God.

(This is common in Abrahamic religions)

Dr. Antony Theodore
Immanuel Kant's Thinking

According to Kant, we can only know the way things appear to us, but not what they really are; our minds mold and shape reality to our own form so that we can't truly know the actual form of the reality known by the senses.

Dr. Antony Theodore
Immediate Intuition

In the level of immediate intuition, in which an experience impresses itself upon us directly without ambiguity, the level on which we experience reality as we experience our own being, it admits of no doubt.

The paradox in a mystical experience extends to the creation of conditions conducive to the ultimate experience.

Dr. Antony Theodore
Immediate Intuition.

Let us remind ourselves that another, metaphysical, consciousness is still available to modern man.

It starts not from the thinking and self-aware subject but from Being.

It is ontologically seen to be beyond and prior to the subject-object division.

Dr. Antony Theodore
Immense - Treasure

You know
of the immense
treasure within
each human person.

It is another kind of life,
eternal and infinitely precious.

Dr. Antony Theodore
Immerse Yourself In The Silence Of The Desert.

Immerse yourself in the silence of the desert.

Listen to the wisdom of stories unheard.

Remain in meditation with keen ears.

It will give you, the key to profound deep things that are not accessible to us in the world outside.

(Once i spent days in the Egyptian desert. This experience is living in now living in a busy city, one can create an imaginary desert and enjoy the silence of the desert. This is an experience).

Dr. Antony Theodore
We have the great gift of the immortal soul, imprinted with God's image and created With a space that only God can fill.

Dr. Antony Theodore
Immortal Combat

I am calling for those great men and women to realize that all of us are called to be warriors, not wimps.

Some might imagine that once Jesus came onto the scene, He ended all that military language in favor of being a flower child.

But He understood from the start that He was in the front line of battle.

That is why, immediately after His baptism, He went into the desert to do battle with His ancient foe.

Dr. Antony Theodore
Immortal Spark Of The Eternal Fire

Since there is an immortal
spark of the eternal fire
in man, he is implicitly
a child of the infinite.

This immortal spark
should be brought
to the conscious field,
by healthy discipline
out of its hiding place
deep down in the center
of man and make it the
dominant element
in the personality.

Dr. Antony Theodore
Impaired, Or Paralysed

When one member
does not work
correctly, or is
impaired,
paralysed,
in pain, or
disconnected,
it has a
significant effect
on the rest
of the body.

Dr. Antony Theodore
Impassioned Apprehension

The love of the mystic grows and wells up into an impassioned apprehension, a 'flame of love' in which the self seems to meet God in the ground of the soul.

It is the state of deep orison in which the subject seems to be seeing, feeling and thinking all at once.

Dr. Antony Theodore
Impelled To Abandon The Solitude

The solitude of the wilderness
is essential for the mystical education.
But mystics are impelled to abandon
their solitude after establishing themselves
in the transcendental levels, being
united with the source not merely
in temporary ecstasies,
but in complete surrender.

Abandoning the solitude thus,
they resume their contact with the world
to become the medium
whereby, life flowed
out to other men and women.

(Graphic: Ron DiCianni: In the Garden Artwork)

Dr. Antony Theodore
Imperfect Life

It is better to live your own
destiny imperfectly
than to live
an imitation
of somebody else's life
with perfection.

(The vision of Bhagavat Gita)

Dr. Antony Theodore
Imperfect Perfectness.

The world is imperfect.
But there is perfectness too.

I love this imperfect perfectness.

God should be a magician
to create a world of wonder
in imperfect perfectness.

Dr. Antony Theodore
Importance - Of - Sacrifice

“Yagnovai
Bhuvanasya
Nabhih”

“Sacrifice is
the mainstay
of the world.”

“Yagne Sarvam
Pratishthitam”

“It is sacrifice
that bestows all things.”

(According to Adhyaksha Anubhavananda Kesava Raya Sarma Mandapaka)

Dr. Antony Theodore
Important Ingredients Of Love.

It is important to
open one's heart and share
pain, joy, success, and failure.
Heart should be clear always.

Love is being honest
and knowing that
the other person feels
the same way too.

It is sharing and losing
one's inhibitions and knowing
that the person on the other
side will never be judgmental.

Dr. Antony Theodore
In - A - Disenchanted - Age

In a disenchanted age,
we need to rediscover
the glory of enchantment.

It is the glory of mystery.

There is more than
meets the eye.

Things are deeper,
richer, and higher
than we can ever
fully imagine.

Dr. Antony Theodore
In - A - Harsh - Season

I have been really seeking
God about some monumental
things our family is facing.
I have fasted. I have prayed.
I have read the Word of God.

What I have not done
is hear the voice of
God clearly.
It has been a
harsh season for me.

I long for God's presence
more than I long for
anything else and yet
I felt so lost.

Dr. Antony Theodore
In - A - Human - Shell

You are not a human, searching for a spiritual awakening.

You are a spiritual being in a human shell.

Dr. Antony Theodore
In - A - Spiral - Of - Destructive - Thoughts

Are your thoughts holding you captive?

Are you swirling in a spiral of destructive thoughts, such as I'll never be good enough.

Other people have better lives than I do. God couldn't really love me.

But she also knows we don't have to stay stuck in toxic thinking patterns.

Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God.

But when we submit our minds to Christ, the promises and goodness of God flood our lives in remarkable ways.

Dr. Antony Theodore
In - An - Urgent - Need

It was David that penned the words of this Psalm, who was calling on the Lord to protect him, and to help him speedily.

There are times when God’s help is a long time coming, but David had an urgent need that required immediate attention and his words reflected the urgency, as he cried out, “O Lord, I call upon You; hasten to me! Give ear to my voice when I call to You!”

(Referring to the Psalm 141 in the Holy Bible)

Dr. Antony Theodore
In - And - Through - Your - Tears.

In the moments
of sufferings
on a difficult season
of the events
of your life,

sit and reflect
what gifts was
God still giving you
in and through
your tears.

(Graphic: What-Can-We-Learn-From-Suffering. Biblical Christianity Google Bilder)

Dr. Antony Theodore
In Babylon,
the one language
everyone spoke
was confused,
to prevent them
from pursuing
doctrines of pride
and sin taught
and influenced
by the demons.

Dr. Antony Theodore
In - Bitter - Rivalry

The nature
of that old,
fleshly, self-life,
will remain
throughout my
total life-walk.

That old sin
nature will
remain in bitter
rivalry with my
new life in God,

which must grow
in grace and mature
in the knowledge of
the good news.

Dr. Antony Theodore
In - Every - Heart

Christ at my right,
Christ at my left,
Christ is keeping the defense,
Christ is setting the course,
Christ is giving the orders,
Christ is in every heart

Dr. Antony Theodore
In - Favor - Of - Timeless - Values

Marx launched a critique of abstraction and dehumanisation not in the interests of a particular social class.

It supported the triumph of the proletariat over the bourgeoisie.

It exhausted his moral project but in favour of certain, timeless, objective, values.

Dr. Antony Theodore
In - God's - Grace

We look back to Christ's sacrifice on the cross and His glorious resurrection.

And we know Him as our Redeemer, in Whom are the words of eternal life.

Through Christ, we are redeemed and by means of His Holy Spirit, we are regenerated. By God's grace we are born anew into His new and perfect creation.

Dr. Antony Theodore
In - God's - Infinite - Radiance

We often pose questions based on how we think the world should be like, rather than the way that it is.

"Why can't I see God?"

The answer is deceptively simple: we can't see God because our power of sight is far too weak.

We can see effects of God and know them as such, but we are blinded in the presence of God's infinite radiance.

Dr. Antony Theodore
In - God's - Wisdom

God in His wisdom
and grace gave us
this important picture
of world domination,
through a succession of evil
empires, dominated by Satan,
to purify our heart and
strengthen our faith.

He told us the end from
the beginning so that
everyone who has
setshope in God,
will purify themselves,
even as God is pure.

We have a supernatural
book written by almighty God,
communicating to us
God's redemptive plans
and purposes, and telling
us all we need for life
love and godliness.

Dr. Antony Theodore
In - Him - Whom - I - Trust

He is to be held in reverence for the awesome deeds He has done, which are manifest in the lives of all who trust in Him.

He forgives all our sins and heals all our diseases.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
In Hindu Vedic religion
there is only one
Supreme God which
exist at two different
levels of reality.

Vedas call it by
the name of "Brahman",
"Parabrahma",
"Paramatma".

Hindus worship
this Supreme God
both in personal
& impersonal form.

Dr. Antony Theodore
In - Love

When you
truly
find love,

You find
yourself.

Dr. Antony Theodore
In - Most - Painful - Moments

We can choose
to be thankful
for the gift of
life, no matter
how difficult
our path is,

because we are
assured that God
is with us in the
middle of it and
that He continues
to bring blessings
to our lives,
even in our
most painful
moments.

Dr. Antony Theodore
In - My - Silent - Prayer

In my silent prayer
I began to hear God
speak ever so gently.
I was just there.
doing nothing
exceptional and
certainly not fully
focused on God
and yet after months
of struggling I heard
him speaking.

Dr. Antony Theodore
In - Nervous - Moments

Seek God
in times of stress.

Praise God in pain.

Adore God in
the nervous moments.

Trust God in
terrible times.

At all times
thank God.

Dr. Antony Theodore
In - Our- Insufficiency

God's strength is made perfect in our weakness.

He knows that in our helpless state, His grace is more than sufficient for the need of the hour.

His strength is perfected in our insufficiency.

Dr. Antony Theodore
In - Place

It is a wide-ranging piece that draws on the key insights of a number of philosophers to elucidate what it means to 'be' in 'place'.

Dr. Antony Theodore
In - Righteousness - And - Justice.

Christ will gather
the captives
from the four
corners of the earth,
and plant them
in the beautiful land
He promised to Abraham,
Isaac, and Jacob.

On that 'Day'
He will set up
His millennial kingdom,
and rule and reign
in righteousness and justice.

Dr. Antony Theodore
In - Surrounding - Darkness

This statement
of faith standing
strong in the midst
of the surrounding
darkness shines
as a beacon to
all those suffering
under the consequences
of their own sin
and disobedience.

Dr. Antony Theodore
In - Strife - And - Animosity

Godly peace-makers
are indeed blessed
folk - who seek to
live peaceably with
all men, through prayer,
and to actively intervene
to make peace,
when strife and
animosity raises
its ugly head.

Dr. Antony Theodore
In - The - Darkness - Of- Death

For the believers,
the lighting of lights
in the church,
at home or on
the graves also
points to the
fundamental truth
of Christian faith:
Jesus Christ,
who through his
death on the cross
and his resurrection
overcame the
finality of death,
is himself the light
in the darkness of death.

(Graphic: A D saved to Pic 'n Verse,
Kuva&Jae Pinterest).

Dr. Antony Theodore
In - The - Death - Of - Jesus

Salvation is
in the death,
burial, and
resurrection
of the Lord Jesus
Christ alone.

It reminds us that
salvation is for
the glory of God alone,

and that our salvation
is the primary evidence
of the outpouring of
undeserved grace
and favour on all
who believe.

Dr. Antony Theodore
In - The - Eternal - Ages

Heavenly Father,
how I praise and
thank You for
the wonderful
works of Your
hand and the
awesome deeds
that You have
done for me.

Thank You that
Jesus came to redeem
me and to die in
my place, so that
I could be raised
into newness of life,
and live with You
in the eternal
ages to come.

Dr. Antony Theodore
In - The - Garden - Of - Gethsemane

Satan wanted to find something in Jesus.

Satan wanted to be able to get inside Jesus' mind in the same way he got inside Eve's mind.

That is what the Garden of Gethsemane was about.

It was the final struggle between Satan and Jesus.

(Graphic: Jana Hovancakova hat sich etwas auf Umenie gemerkt. Pinterest)

Dr. Antony Theodore
In - The - Mind - Of - Others

Paul's spiritual ambition, earnest expectation, and eager hope was to enhance and elevate Christ in the heart and mind of others.

He prayed that he would be emboldened to preach the gospel of God, according to the might of His great power, and Paul longed that the Lord Jesus would be glorified in his body - in thought, word, and deed whether by the life he lived or the death that he died.

Dr. Antony Theodore
In - The - Power - Of - The - Spirit

We are not to rely on our own strength but to live and move and have our being in the power of the indwelling Holy Spirit of God.

We are to die to self as we live for Christ, and so Paul gave us the admonition to live the same way that he lived and to imitate the way that he lived out his Christian life.

Dr. Antony Theodore
In - The - Powerful - Palm

Our great Shepherd
of the sheep will
not lose one of us,
however much
we stray from Him,
for we are protected
in the powerful palm
of His pierced hand
and we are covered
by the caring love
of our heavenly Father.

"I will never leave you
nor forsake you,"
is His ever-present
promise to each
one of His little flock.

Dr. Antony Theodore
In - The - Realm - Of - The - Heart

Satan works in the realm of the heart and ideas, in their individual as well as social forms,

to control the major structures and processes of human life upon the earth.

Dr. Antony Theodore
In - The - Sanctuary - Of - My - Soul

Lord, may my motto be:
Thou in me and
I in Thee!

How beautiful
is Your presence
within me,
in the inmost
sanctuary of my soul.

May my continual
occupation be to
retire into myself,
that I may lose
myself in You
and live with You.

I feel You so vividly
in my soul, that I
have only to
become recollected
to find You there
within me, and in that,
I find all my happiness.
(Great Saints prayed like this)

Dr. Antony Theodore
In - The - Spirit -Of - Elijah

Conqueringsin and death by his sacrifice on the cross was the mission of Jesus Christ.

His forerunner, John the Baptist, came in the spirit and power of Elijah, to call the nation to repentance and prepare the nation of Israel for the Kingdom of Heaven.

But the Jews rejected both John and Jesus.

Dr. Antony Theodore
In - This - Cacophony

Peace, everlasting peace:

is it even a possibility
within this present
cacophony of our society?

Is peace possible
within this shrill
and angry mess?

which is
apocalyptic,
apoplectic.
and apophatic?

Dr. Antony Theodore
In - Time- Of- Trials

Imagination
is the greatest gift
God has given us
and it ought to
be devoted
entirely to God.

Bring every thought
into captivity
to the obedience of God.

In the time of trials
giving your imagination
to God can increase
your faith in God
and the Spirit of God
will abide in you.

Dr. Antony Theodore
In - Togetherness

We do not realize how important they are in our life until for any reason they disappear.

Life is made of bits, instants and fleeting.

Friendship is very important.

In togetherness we live always in love and humility.

Dr. Antony Theodore
In - Touch - With - Feelings

A person who is in touch with his or her feelings will have a stronger chance of effectively leading those he or she is responsible for leading.

Dr. Antony Theodore
In - Touch - With - One's - Feelings

A person who is in touch with his or her feelings will have a stronger chance of effectively leading those he or she is responsible for leading.

Dr. Antony Theodore
In - Wisdom - And - Grace

But God in His wisdom and grace, did not leave my new life in Christ to overcome alone.

It is by faith that the world is overcome.

It is by faith that the flesh is overcome,

and it is by faith that the devil is overcome.

Dr. Antony Theodore
In - Your - Thought - Life

God knows how we are feeling and what we are thinking.

You do not need to hide your struggles in this area.

Instead, bring this to the Lord, God.

Pray that He allows you to see things that are affecting your thought life in a negative way and pray to be more positive in your thought life.

Dr. Antony Theodore
In A Masked Manifestation

Have you ever experienced your own masked form?

Sometimes I come to myself in a form of disguise.
At the present moment I do not realize that it is me.

But later in my reflections I believe that it was myself in a form of disguise.

I appear to myself in a masked manifestation.

Dr. Antony Theodore
In A Mystical Union

God - and the unity
of God with the soul
is so complete as to seem
incredible, since He is so
high Himself as to be beyond
the reach of intelligence.

The sincere seeker reaches
farther than heaven,
yes, farther than the angels.

We want to reach far,
far beyond measure
and yet we find that
all that to be understood
or to be desired is still not God,
but that where mind and desire end
in that darkness, God shines.

(To understand this, the reader may read Meister Eckhart: A Modern Translation by Raymond B. Blakney)

Dr. Antony Theodore
In A Universe He Placed me

God placed me
in a universe
that is something
like 100 billion
light years in diameter.

Then he populated it
with more than
10 billion galaxies.

That means that our
sun is just one of
1,000,000,000,000,000,000,000
stars in space.

What a magnificent God! !
How shall I ever thank you my God?
How shall I?

I break into tears
thinking of that.

Dr. Antony Theodore
In All My Weaknesses

The power of God
is resting on me.

In all my weaknesses,
i shall cry to my God

when I am insulted,
in all my hardships,
and tribulations

I shall not turn to men
but to my God
in whom I set my hope.

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

2 Corinthians 12: 9-10 of the Holy Bible.

Dr. Antony Theodore
In Anger, Keep Quiet

Never answer in anger.
Never talk in anger.

When you are happy
do not make any promise.
Your joy can turn into sadness
and relationship may break.

Do not take a decision
in sadness and dejection.

Dr. Antony Theodore
In Between Memory And Expectation.

We are always occupied with our past and future, our memory and expectation.

The present moment escapes our attention like a point in between our past and future.

Is it not an illusion of time, while the present moment is the most important of all.

Dr. Antony Theodore
In Contact With The Sweet Point In The Heart.

It is a great realization
to know that you are not false.

It comes from the consciousness
that You are true
to your own self
to others
to the world
and to the Universe.

This is a revelation
and a permanent joy.

Then you are in contact
with the sweet point in your heart.

This point is mystically beautiful.

This point is still.
It does not reach out for you.
But it never abandons you.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
In Deep Distress

Betrayed by his best friend,
David cried out in deep distress.

His soul was restless,
oppressed by wicked men and distracted by a multitude of threats from his evil enemies.

Overwhelmed by trouble, broken-hearted with grief, anguish and in deep emotional distress, sinking into a bottomless slough of despond and yet despite his overwhelming difficulties, David was enabled to turn his eyes on the Lord, and to cast his burdens.

He lived in deep faith, that God will never forsake him.

Cast all our cares upon God Almighty, for He cares for us.
In Deep Love

In a mystical search,
the mystic recognizes
the one who acts in his life.

He accepts him with deep love
and let himself be acted
upon by the great one
who acts in him and rules
over him with deep love.

Dr. Antony Theodore
In Diffidence I Hid Myself In A Cave

In fear, I hid myself
inside a cave in darkness.

In diffidence, I dared not
to look into the light.

I was a broken person.

Then He came to me.

He found me as He found
Gideon in the cave.

He found me as He found
the lost sheep among thorns.

I was carried on His shoulder.

(The Bible Story of Gideon -
In this Bible story, from chapter 6 of the book of Judges, Gideon is called upon to
save the people of Israel by leading them against the Midianites)

There was a man among the Israelites who did not want to worship any but
Yahweh. His name was Gideon, and one day as he sat threshing wheat by the
wine-press to hide it from the Midianites. An angel of the Lord appeared and
spoke to him, saying, "The Lord is with you, mighty man of valour and you
have been chosen to save Israel."

The next day Gideon took ten of his servants and went up to the hill on which an
altar had been erected to the false gods whom the people were worshiping. He
threw down the false altars and built an altar to God in the same place, and on it
he made a burnt offering to God.

(Gideon in the google)

Dr. Antony Theodore
In -Dreary - And - Desolate - Hour

The true value
of anything is
known only
when it is wanted.

For this reason
bright days must
be succeeded
by dark ones.

In the dreary
and desolate hour
we begin to know
the value
of the truth
communicated to us
on the bright day.

Dr. Antony Theodore
In Eternity, There Is No Hatred And War.

Sure, I have hopes
and I hope with those
who have hoped before me
and expressed their hopes in words.

For the life after death,
the resurrection,
I wish that hatred,
war and violence
are forgotten and eradicated.

I wish to be closer to God
than now, to be able
to really feel it,
not only guess it.

I want a little more
feeling and less thinking,
without being stupid.

My doubts shall not be
on my way anymore.
I will be always happy
in the eternity.

Dr. Antony Theodore
In -Every- Godly - Attribute

The only way we can imitate the immortal, omnipotent God is to look to Christ, Who is the image of the invisible God in every godly attribute.

Dr. Antony Theodore
In God Alone Shall My Soul Come To Rest.

When i devotedly turn
to the cries of my heart
and listen carefully,
then I feel that my heart yearns
for something greater than all I have
the eternal, the Almighty.

My soul Yearns and longs for God.
In God alone shall my soul come to rest.

(Graphic: Photobucket genovamaaa's collections)

Dr. Antony Theodore
In Irresponsible Syncretism

Loosing in irresponsible
syncretism is not good.

Comparing on the
basis of purely superficial
resemblances and without

serious study of qualitative
differences, proceeds to identify
all religions and all religious
experiences with one another.

It will assert that they are all
equally true and supernatural
and differ only in the accidents
of cultural expression.

This tendency is not good
for a serious interfaith dialogue.

Dr. Antony Theodore
In Light I Stood In My Nakedness

i stood before the light.

In my nakedness
i stood bare before
the light eternal.

God's light pierced
even my bones
my soul and my
whole being.

i loved to be in
God's presence
and never wanted
to return to the earth.

(Graphic: fore the light Pinterest)

Dr. Antony Theodore
In Love You Find Yourself

When you truly
find love,

You find yourself.

Dr. Antony Theodore
In Meekness And Humility.

Help me to receive your word
with meekness and humility,
without strife or envy.

Let your word be the light
to my feet and my path.

Help me to decide on the power
of your word and not on the counsels
of friends and past experiences.

Dr. Antony Theodore
In Moments Of Temptation

In temptations
call the name of the Lord.

Pray and meditate.

Gather the strength
to conquer the temptations.

Be sure, that you will
not be tempted
beyond your ability.

"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."

(1 Corinthians 10: 13 of the Holy Bible).

Dr. Antony Theodore
In My Daughter's Eyes.

In my daughter’s eyes,
I am a hero, strong and wise,
and I know no fear.

But the truth is that
I see who I want to be
in my daughter’s eyes.

My child shall remember me
for the feeling that I cherished her.
The material possessions
are trivial when you love.

A mother’s love for her child
is like nothing else in the world.
It’s fierce, forever protective.
It will not allow anything
to stand in its path.

Dr. Antony Theodore
In My Ending Is My Meaning.

The life of faith, the human, 
the religious, and spiritual world 
of the man who becomes 
God's own possession, 
who lives and breathes 
for God alone will proclaim:

In my ending is my meaning.

Dr. Antony Theodore
In My Joy And In My Distress.

I come to my God
in my joy and in my distress.

With the lighted oil lamp
I place my feet
on to your sanctuary
to love you and adore you.

Come to me in my joys and distress.
I cannot live without you.
All the experiences here on earth
will not last I know.

Even my sexual joys is doomed
not to last and I need you
my permanent lover.

Your pure love for me
shall never fade.

Dr. Antony Theodore
In My Sandalwood Garden

I built a small hut
In my sandalwood garden..
The wind fell in love with
my sandalwood trees.
Wind comes to visit sandals
every now and then,
in the morning, noon and at dusk.
The wind comes stealthily at night
to visit the lady love, The Sandal.

Why do I need a mansion?
I sleep in my small hut
peacefully, breathing always
the sandal perfume
which the wind steals from
his lady love.

Dr. Antony Theodore
In My Sleep I Murmur, "God Come To Me".

I went in search of God.

I went to the highest i could.
Behold! God was far higher
than i could ever imagine.

Is God abiding within me?
How can it be that i am a sinner.

My curiosity took me to
the lowest depths.
I looked for my God there
in the lowest depths.
Behold! God was still deeper.

I looked outside me.
He was beyond my farthest.

I looked within in search of him.
Behold! he was more inward still.

I am still in search of him
whom my heart loves.

In my sleep i murmur, "God come to me".

(Graphic: William Goldman's quotation)

Dr. Antony Theodore
In My Terrible Loneliness

You my God,
you are always
there to protect me

in my terrible loneliness,
in rain and wind.
in my utter poverty,
in my tears and sorrows.
I thank you my Lord.

(Graphic: Zully Castillo saved to Random 349
hay niños aqui)

Dr. Antony Theodore
In Not Finding God I Find God.

When i am not able to find you my God
i find you.

In not finding i find you.

Not finding God is positive.

At the bed of a cancer patient
i talked about God.
He got angry with me.
'Please stop this nonsense'.

i wanted to go away.
Then he turned and asked me
when will you come again?
I want your presence,
not your talk about God.

Before he died he told me
I found God in your loving presence.
I know and believe in God.
We can never understand God
with our arguments.
Human intelligence is too small for that.

That is why I did not want to hear you
talking about God.
In not finding God, God is present.

He died on my lap.
(Using the small 'i' is purposeful.
This is not here presented as a poem. i like to present ideas that may help a man
or a woman who seek the presence of God)

Dr. Antony Theodore
In Our Innermost

We hear in our innermost a resounding call to praise and worship God as Creator.

This grace is given to angels and the heavenly hosts.

This angel praise shall become ours in our worshipful praise and humble thanksgiving.

For, Lord God created us and redeemed us, from sin and condemnation.

Dr. Antony Theodore
In Pride, A Poet Loses His Gracefulness

In pride, a poet loses his graceful fineness

Humility is a God-given grace for a poet.

This grace comes from God along with the true inspiration.

Pride and egoism kills this grace. In pride, a poet loses his fineness and goodness.

Dr. Antony Theodore
In Quiescence Alone Can You Listen To His Eternal Voice.

Immerse deep in tranquility
surrounded now only
by unseen powers
which in tranquil quietude
weaves secret dreams
from what was, is, and what can be.

Plunge deep into the profound
blue ocean of silence,
to harken the inaudible
soft tunes and the rustle
of the wind and the leaves
and listen to the songs of the buds
bursting into full bloom.

Solitude waits at my door
calling me from afar:
'Come enter my house of silence.
In quiescence alone can you
listen to His Eternal Voice'.

(Graphic: redsky at night in rest)

Dr. Antony Theodore
In Seclusion With The Holy One.

Moses and Paul prepared
for their missions in seclusions
with the Holy One.

Jerome prepared himself
for his scholarly contributions
in a monastery and praised
the uncluttered view from the desert.

Solitude is only a means to an end.
It is not the ultimate end.

A readiness for the austere
life of the desert
and the vigorous inner
turmoil of the life
of the spirit is developed
in the silence of the desert.

(All references are from the Holy Bible)

Dr. Antony Theodore
In Self-Sacrificing Work For The Needy

Monastic silence and solitude are not necessary prerequisites for a divine experience.

There are many who serve God with great purity of soul and perfect self-sacrifice in the active life.

They are able to live in God's presence by devoting themselves to Him in self-sacrificing work for the needy and the poor.

Dr. Antony Theodore
In Silence Alone Can You Feel Me.

I remained on the island of mercy
all alone in silence.

Birds of joyful love
flew to me
around me
to feel my benevolent presence.

I saw my shadow on the lowly water.
The water was still,
so was my heart.

In the mystic atmosphere,
I felt His presence.
He told me:
Alone in silence can you feel me.

Dr. Antony Theodore
In Silence Everything Is New.

In silence there is no routine,
for in silence everything
is all at once; everything is new.

The seeker's attentive
expectancy in faith
brings him to the brink
of the insight of his
true self in God.

Dr. Antony Theodore
In Silent Love

Once i stood in silent love under the blooming tree in the night, on the shore of the peacefully flowing rivulet near my feet.

Looking up to the stars in little lucent sphere i murmured and asked God: will earthly love last long in eternity?

Dr. Antony Theodore
In Spirit You Are Pure Love.

In spirit,
you are unbounded
by time and space,
untouched by experience.

In spirit you are pure love.

Identify yourself with
your spiritual nature.
Love is your true nature.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
In Subtle Nuances,

In subtle nuances,
in feathery steps,
in the rhythm of melodies
ever new and unheard,
I shall dance and dance
calling you to my
secret cave of love.

(Graphic: sarathy bose saved to bharadham
22
Sharon:Pinterest)

Dr. Antony Theodore
In The Catacomb(S) Of Callixtus

In the Catacomb(s) of Callixtus.
(also known as the Cemetery of Callixtus)

A woman prayed in the third century.
Her picture is on the walls of the Catacomb,
covered the head with a veil
wearing a costly vestment
opening her palms like a shell
she lifts up her hands to God above,
a gesture which lifts us all up to God
as if she prays for all of us.

All women and men of all religions
have lifted up their hands
opening up the palms
to the Gods and Goddesses
of the antique age.

Here in the Catacomb stays a woman
in the underground dark cemetery
praying at the face of death and graves.

Hindus, Muslims, Christians
come, we shall lift up our hands
and open it like an open shell.

God, who is beyond all religions
will listen to our prayers for unity.

(There is the mural painting of praying woman
even now in the underground cemetery of the catacomb in Rom. This poem was
written after seeing it).

Dr. Antony Theodore
In The Beauty Of His Holiness

Revere the Lord God
in the beauty of His holiness,
for doing so will not
only influence this life
we are living today,
in a positive way,
but will enable us to
reap glorious rewards
in the eternal ages to come.

Dr. Antony Theodore
In The Calm Of Self - Surrender

Work done with anxiety
about results is far
inferior to work done
without such anxiety,
in the calm of self-surrender.

Seek refuge in the
knowledge of Brahma.
They who work selfishly
for results are miserable.

(Thoughts from the Hindu
classic Bhagavad Gita)

Dr. Antony Theodore
In The Common Centre Of The Hub We Meet.

Sitting in our deepest centre
we care not only for our souls
but also we care for all souls.

Each experience is a separate
spoke of the wheel.
They are unique spokes.

All these spokes meet in
the common centre of the hub.

Into that centre, we come
and reconcile ourselves
with all who came into our lives
with positive or negative experiences.

That is the purity of forgiveness.

Dr. Antony Theodore
In The Depth Of My Being.

Come and reveal yourself
In the depth of my being.

Draw me to you
to share your life
and your love.

Human beings
are formed
in your image.

Your love brings life
to me and to all
that is created
on this beautiful earth.

Dr. Antony Theodore
In The Depths Of Our Being.

God Almighty,
You reveal yourself
in the depths of our being.

You draw us to share
in your life and your love.

You formed us humans
in your image.

Please be near to us.
Be close to the world.
because the evil powers
hover over us every day.

But Your love brings life.
We live in this hope.

Dr. Antony Theodore
In The Depths Of The Night I Raised My Hands To You.

From the depths i cried to you my God and commented my spirit into your holy hands.

In the depths of the night i lifted my hands to you. In the morning you made me know your love.

You were a rock of refuge for me in the night. You released me from the hidden snares of my enemies.

My soul waited for my Lord and he heard my cry. My soul longed for my God and counted on his word.

My ears are attentive and i shall never be disappointed.

(as i wrote it, i was very much influenced by the Book of Psalms in the Holy Bible).

Dr. Antony Theodore
In The Desert Of The Heart

In the desert of the heart
a mystic emerges to be
more universal, breaking
the barriers
of limited thinking.

One explores the inner waste
of one's own being.

Only in a desert,
where created joys
are consumed
and reborn in God,
without the narrow
considerations
of social, political,
racial or religious groupings,
can a true contemplative
breathe freely and enjoy
that fountain of eternal waters,
which could truly quench
the most intense thirst.

He feels the strength
of the evolving unity
within himself enabling
him to embrace
the existence of diversities
behind which he perceives
the unity in God.

Dr. Antony Theodore
In The Emergence Of Life Within Life

In the emergence
of life within life
and of wisdom
within wisdom,
the mystic experiences
communion and relationship.

He repeats in his heart:

'You are in me
and I am in you
my God of the universe
and the lover of my heart'.

Dr. Antony Theodore
In The Encounter With Pain

Even though when I struggle and grapple through the ups and downs of life I will emerge stronger, more focused and vital.

In the encounter with pain, I am purified, emptied and renewed.

I die only to rise more hope-filled and grateful.

Dr. Antony Theodore
In The Experience Of Soul Love.

Understanding dawns
in the experience of soul love.

Understanding is precious.
Understanding nourishes
the sense of Belonging.

Where you are understood
you feel very much at home.

Being understood, you feel free
to release your self into
the shelter - cave of the
other person's soul.

Dr. Antony Theodore
In The Fire Of Love

It is the power of the will
which leads to detachment.

The voluntary poverty, chastity,
the poverty of the senses,
and obedience, when raised
to their highest term
istransmuted by
the Fire of Love.

This love is a pure
gift of God for the seeker.

Dr. Antony Theodore
In The Intensification Of Faith In Love, Mystical Experience Becomes Valuable.

Faith in God is higher and perfect than all knowledge. Mystical experience becomes valuable only in the intensification of faith in love.

It is in the humility of living faith our true greatness lies and the more simple our faith is, the closer it brings us to God.

Going out of ourselves is an act at the very summit of our being. Then, we are not moved by our own nature, but we are moved by God.

God is infinitely above us and yet dwells in the depths of our being.

Dr. Antony Theodore
In The Lotus Of My Heart.

God is the fountain of mercy.
He manifests himself
as the very incarnation
of beauty enrapturing
all of creation, animate
and inanimate.

He is the bee that dwells
in the lotus of my heart.

(After reading Aranyakanda,
the Hindu Sacred Scripture).

Dr. Antony Theodore
In The Lotus Of The Heart.

The Atman dwells
in the lotus of the heart.

In the centre of the lotus,
abides in joy, a tiny light.

This light is the aura
or radiance and charisma
of the being full of light
within each of us.

Atman = the eternal spirit.

(The wisdom of the Hindu Scriptures)

Dr. Antony Theodore
In The Perception Of Beauty.

In the perception of beauty
there is an identity and harmony
between the mind and the things.

When the experience of harmony
become so complete,

when the beautiful become so sublime,

a deep realization of that

leads the soul into true mystic state,

and touches the absolute.

Dr. Antony Theodore
In The Presence Of My Beloved.

In the presence of my beloved
There is no sin or virtue
Darkness or light
No philosophy or theology

There are only flowers and fruits without a tree
There is only the radiant shine.
There is no austere life.
There is no knowledge,
No place and space.
There is nothing but you.
Only you are present,
My beloved.

Dr. Antony Theodore
In The Realm of The stars

The earth
is not our home.

"Our real home
is the realm
of the stars.

Without a feeling
that we are spiritual beings,
we feel neither
in the star world
nor here on earth."

(Paul Margulies writes)

Dr. Antony Theodore
In The Secret Cave Of Your Heart

If you don't hear Him
in the secret cave
of your heart,
then your soul will cry.

You should know that
in the innermost folds,
there is a voice
speaking to you always.

This is not created
by anything that is corporal.

You should enter into
the inner caverns of your
being, in peace and quiet,
in the bolted space.

Then, close your eyes.
Sit and listen.

It is joyful peace.

The cool breeze
of being with God
will caress your face.

(Selah Works by Cindy Elsharouni saved to paintings, drawings and prophetic art
1k
Soaking in the tangible glory of God. Like heavy oil or honey covering you. The
weight of His glory is wonderful beyond words. Pinterest)

Dr. Antony Theodore
In The Silence Of The Depth Of Nature

In the silence
of the depth of nature
and against the infinity
of the cosmos,
the human consciousness
shines out as the
icon of intimacy.

It is in this symbol
of human consciousness,
the divinity in creation
comes nearest to itself.

The human consciousness
is thus, the icon of creation.

Every one of us also has
an inner face which is always
sensed, but never seen.

In our human journey
we strive always
to make this inner face
more and more beautiful.

Dr. Antony Theodore
In The Silent Shade

Pensive do I sit
in the silent shade
of wishes unfulfilled.

Dr. Antony Theodore
In The Stillness Of My Soul

In the stillness of my soul
I see my own reflection.

Dr. Antony Theodore
In The Storm Of Arrows In The Valley, I Carry Your Heart With Me.

In God is the breath of all mankind.
You are my breath when I pray to you.

My flesh yearns for you.

I carry your heart with me

in rain and in the sunshine
in snow and in hail
in the darkest clouds and typhoon
in the shower of stones
and in the flurry of blows.

In the storm of arrows in the valley,
i shall lift up my lowly heart
to you and shall not waver and fear.

You are with me always, oh my God.

(graphic: Souls on Fire | Mobile Balance
Mobile Balance -
I am a soul on fire.)

Dr. Antony Theodore
In The Unity Lies The Highest Good.

Since in virtue
I love peace and in vice
I hate discord, I note
that there is unity
in the one and division
in the other.

It seems to me that
the rational mind
the nature of truth
and the nature of the
highest good lay in that unity.

Dr. Antony Theodore
In The Valley Of Tears And Loneliness

From the valley i cried.
God heard my cry.

God came to the top of the mount
and called me 'come tome'.

How shall i come?
I am in the valley.

God disappeared.
Then i saw to my surprise
an angel flew down to me
in the valley of tears and
loneliness to take me
upon the angel's wings.

We flew and flew and flew.
We flew and flew..

Dr. Antony Theodore
In The Waiting Womb Of My Soul

All my words shall merge into
the living Word of God.
It shall be purified in the fire of love
in the furnace of my heart.

In the waiting womb of my soul,
God's word shall fall
like seeds in pure stillness.

It will germinate there
in a centering silence
like the pupa bringing forth
the colorful butterfly.

Conceived in love,
the spirit shall flow
from heart to heart
with the nectar of love.

(Graphic:

Dr. Antony Theodore)
In The Wilderness I Sit.

In the wilderness I sit
all alone
meditating on your wonders.

There is only the sky above.
The angels watch me when I pray.

Only in the aloneness
I can lift up my heart and my brain
to the Lord Almighty.

This aloneness
gives me strength.
It unites me with the Almighty God.
Let his Holy Name be praised.

Dr. Antony Theodore
In This Ocean Of Sadness

Can you listen to me my friend?
Can you listen to me
when I play on my flute
benevolent notes of love?
Can you listen to me my friend?

Do you hear the music of sadness?
Do you feel the sense of loss in my music?
Do you hear the tiny drops of tears
that fall deep down in my soul?

In this ocean of sadness
who will come to me to lift me up
when I play the music of love?

(i lost my beloved niece yesterday. Her name was Manu. She was only 34. she died of cancer at such a young age. i was present for her burial. flying back to Germany i could not contain the sadness and wrote this poem. please pray my dear friends. thank you. tony)

Graphic: Albinoni's Adagio.. from photo bucket. genovamaaa's collection)

Dr. Antony Theodore
In Time - And - Place

Justice can be incarnated in time and place.

But it is always in some way independent of historical circumstances and political institutions.

Dr. Antony Theodore
In True Love, There Is No Death.

When The Lord God appears
in his glory and power,
then we will be with him for ever.

Console all who suffer
with these ideas.

Words can comfort us.
Which words shall I use to comfort
the one who is in pain?
Which words can touch the hearts?

Love means to tell the other:
‚you will not die, you cannot die,
you live in my heart‘.

When we love, there is no death.

Your lover shall love you
from the heavens
in a new unbelievable way.

He will go along with you.
He is always with you.
His love encompasses you.

(It is the faith that soon after our death, God appears and takes you and me with him in paradise and will go along with us).

(Rosana Maia hat sich etwas auf Bloguinhas Paradise rest)

Dr. Antony Theodore
In Twinkling Delight

The soft moonbeams
fell in love with the earth.

I see in my dreams,
how the moonlight hugs
the earth in intimate love.

The angel of love pours down
the stardust in inexpressible love.

In twinkling delight,
my heart jumps for joy.

Dr. Antony Theodore
In Unimaginable Ways

May the universe
bless you in
unimaginable ways.

May the creator
of this magnificent
universe fill your
heart with
Love and mercy.

Dr. Antony Theodore
In Utter Quietude Of The Soul

In the hush that transforms all fear,
in the small and still whisper
i listen to you my God.

In utter quietude of the soul
i shall bid farewell to words.

In God's control i remain still.
i shall know then, what is bliss
in God's benevolent presence.

Dr. Antony Theodore
In Utter Silence

In utter silence
through the green meadows
i reached the small chapel.

There in the silence
i talked with God.
God was happy.
I was happy.
All the angels around me were happy

My mother in heaven
smiled from heaven.
I saw her smile in between
my murmurings to God.

I was filled with peace
which earth cannot give.

Dr. Antony Theodore
In Words Beyond

In words beyond
the power of speech
we want to raise
our voice
in words of peace.

Loosen our tongues
to sing your praise,

for unless you make us
sing your peace and love,
we can never do it alone.

Dr. Antony Theodore
In You I Am Always Secure.

Loving God
in you i am secure
contained and rescued.

I live to see that i am
accepted and loved
like the child by the mother,
like the brother by the sister.

Loving God,
we call you father.
In you, there is tenderness,
affectionateness and endearment.
I feel also your power.

In you, there is immensity
and boundlessness
because you are the Father
of all human beings.

In you there is no difference
between the races, colour or culture.

We learn from you love and justice.

My God, in you, i know
that i am always secure.

Dr. Antony Theodore
In Your Sleeping Tent

When you are selfish,
you are torturing your soul.

Harmony walks away from you.
Peace escapes from your house.

In your sleeping tent,
soft wind shall not sway.

Dr. Antony Theodore
In Your Weakness, My Strength Will Shine.

Keep your palms together
and pray silently.

Close your eyes.
Think of the Almighty God
who loves all, without partiality.

In your weakness, my strength will shine.
God promises me that every day.

I believe in these words.
I kneel down with lifted hands.

Pray always whenever you can
Pray more. Worry less.

Dr. Antony Theodore
Incline - Thine - Ear

O my God, incline
Thine ear, and hear;
open Thine eyes,
and behold our
desolation.

For we do not present
our supplications
before Thee for our
righteousness,

but for Thy great mercies.
O LORD, hear; O LORD,
forgive; O LORD,
hearken and do;

defer not, for
Thine Own sake,
O my God: for
Thy people are
called by Thy name (Cfr. Dan.9: 18-19 in the Holy Bible).

Dr. Antony Theodore
Incomparable Ar You.

Incomparable ar you.
You are unique.

Know your potential
Contribute it to life.

You enrich the lives of many
by discovering and offering
your potentialities to others.

Dr. Antony Theodore
Incomprehensible - God

Mystery of mysteries,
this incomprehensible God,
Who is high and lifted-up
has adopted all who believe
in the name of His Son,
as His own children,
and has laid out for us,
His eternal plan of salvation
within the pages
of His written Word.

Dr. Antony Theodore
Incomprehensible Spirit!

O mysterious
and incomprehensible Spirit!

In the depths of my heart,
there is only You

—You, for all time.

(source unknown)

Dr. Antony Theodore
Egoists are inconsiderate, raw and cold towards those around them.

They do not mind taking advantage of other people unscrupulously, as they suppress emotions such as compassion, consideration and empathy within themselves.

Dr. Antony Theodore
Increase My Love For You, My God

My God, from all eternity
You have gone before me
with Your infinite love.

Increase my love for You.

God has an immense desire
to work in your soul,
to lead you to sanctity
and to union with Himself.

Commit yourself into His hands,
despoiled of every attachment,
anihilated in your self-love,
entirely docile, malleable,
and adaptable to His action.

The Lord comes to your assistance
with purifying trials in order
to empty you of self,
to detach you from creatures,
to immerse you in true humility,
but at the same time, He helps
you to grow in selfless love.

Dr. Antony Theodore
Increasing -Creativity, - Attention

We know that spending time in nature can incite our well-being in multiple ways, such as by increasing our creativity, attention, and generosity.

These studies offer insight as to what dimension of our outdoor experience actually causes the benefits we reap.

Dr. Antony Theodore
Increasingly - Apostate

Zephaniah was a prophet from the royal line of David,

who warned the increasingly apostate nation of Israel of terrible times to come,

if they did not repent of their sin, and turn back to the Lord their God.

He warned that it will be a time when the Lord will utterly punish the sinful life.

Dr. Antony Theodore
Incredible - Gift

God has given humanity an incredible gift, and that gift is salvation, but it only comes as a gift of grace, through faith in His only Begotten Son, the Lord Jesus Christ, our Saviour

Dr. Antony Theodore
Incredible - Unfaithfulness

Prophets were raised up to warn the people to repent of their sin and return to the Lord, or suffer the consequences of their disobedience.

In the second chapter of Jeremiah is a condensed synopsis of Israel's incredible unfaithfulness, which is enumerated throughout the entire Old Testament history.

Dr. Antony Theodore
Incredible.

He didn't chant a mantra or wave a wand. 
No angels were called; no help was needed.
The raging water became a stilled sea, instantly.

Immediate calm. 
In a moment the sea went from a churning torrent to a peaceful pond.

He got up, rebuked the wind and said to the waves, 'Quiet! Be still!'

Then the wind died down and it was completely calm.

He said to His disciples, 'Why are you so afraid? Do you still have no faith?' — Mark 4: 39-40

Dr. Antony Theodore
A 17-year-old girl who was abandoned by her family after falling pregnant has given birth on a street in India, according to local media reports. The girl gave birth on the side of the road in Chandil, a town in the state of Jharkhand in eastern India. She was said to have been less than 100 meters from a health center. A video published purportedly shows the girl hunkered down with her baby in the street as cars and motorcycles pass by. The newborn, whose umbilical cord is still attached, is pictured crying as it lies wrapped in its mother's dress.

Insensitive,
Cruel.

Women passed by,
saw a woman struggling
on the street to give birth.

They did nothing..
They did nothing.
They did nothing.
Women? ? ?

She is poor.
She is ugly.
She has no home.
She has no food
or water.

umbilical cord not cut
the child cries on the street.
and the people pass by
even women pass by
cruel is this nation
insensitive, the people.
brutal, carless,
loveless.
Umbilical cord is still attached,
crying as it lies wrapped in its mother's dress.

Are we human beings
or devil's children?
Do we have mercy in us?
Do we have love in us?

God, your poor die on the streets.
God, your poor give birth on the streets.
God where are you?
Humans where are you?

Dr. Antony Theodore
Indifference To Pleasures Of Senses

Cultivate exceeding devotion
to the holy feet of God (Brahman).

Pay careful attention to one's own
special duty in this world.

The fruit of loving devotion
will be indifference to pleasures
of senses and dispassion giving rise
to a delight in God's worship.

(The teachings of the Vedas)

Dr. Antony Theodore
Individual - Characteristics

Although we are all individual people and have diverse backgrounds, different experiences, varying gifts, unique abilities, and individual characteristics, we are all one in Christ.

(Ref. to 1 Corinthians 12: 12)

Dr. Antony Theodore
Individual - Responsibility

The responsibility we need is both individual and collective,

aiming to bring the social forces that keep people in bondage under a common external control.

Dr. Antony Theodore
Individualism And Mass Society

The thought of humanism leads us to personalism and individualism.

We observe individualism as belonging to the mass mentality of modern society.

The characteristic of the mass society is that it is terribly individualistic and it isolates each individual subject from his immediate neighbor, reducing his relationship to a state of impersonal, purely formal and abstract one.

Dr. Antony Theodore
Individualism As The Epitome Of Egocentricity.

The characteristic of the mass society is that it is terribly individualistic.

It isolates each individual subject from his immediate neighbor reducing his relationship to a state of impersonal, purely formal and abstract one.

Individualism as understood in modern society is the epitome of egocentricity.

Since the renaissance, individualism has been an excuse to irresponsibility.

Pseudo spiritual individualism divinizes material success.

The individual hides from his natural unity with all mankind.

The tendency of conformism kills the singular traits of each being.

Thus, many are incapable of authenticity.

Dr. Antony Theodore
Individualism, The Epitome Of Ego-Centricity.

Individualism as understood in modern society is the epitome of ego-centricity.

Since the Renaissance, individualism has been an excuse for irresponsibility.

Dr. Antony Theodore
Individuel - Identity

Ist die Existenz
der menschlichen
Seele, die über
den Tod hinausgeht,
nur ein Glaube,
eine nachgewiesene
wissenschaftliche
Tatsache oder
ein Gegenstand
wissenschaftlicher
Kontroversen?

Wenn Menschen
keine individuelle
Identität haben,
die nach dem Tod
fortbesteht,
was bedeutet dies
für das Leben,
die Leistung und
das moralische Verhalten?

In Englisch in a nutshell
Is the existence of the soul that lives beyond death, a simple faith, or is it proved scientifically. If a human being does not have an individuel identity, how about a moral life. Is there a meaning at all to live here on the earth.

Dr. Antony Theodore
Individuelle - Seele

Wenn der Mensch keine individuelle Seele oder keinen individuellen Geist hat, der nach dem Tod überlebt, gibt es auch keine moralische Rechenschaftspflicht des Individuums nach dem Tod.

Der einzig rationale Ansatz wird zum eigenen Eigeninteresse und Vergnügen.

Darüber hinaus wird das Leben zu einer sinnlosen Übung, um in Staub und Asche zu enden.

In English in a nutshell

If there is no individual Soul or an individual mind, there will not be a moral accountability of the individual after death.

The only rational approach is then forself-interest and pleasure.

Dr. Antony Theodore
Individuelle- Rechenschaftspflicht

Wenn es keinen
individuellen Geist gibt,
gibt es auch kein Leben
nach dem Tod und keine
individuelle Rechenschaftspflicht
nach dem Tod.

Dies sind spirituelle Ideen,
die Grundlage aller sozialen
Ordnung und Moral,
und wir verstehen
diese Dinge nur, weil
Gott zu Menschen
gesprochen hat.

In English in a nutshell.

If there is no soul,
there is individual judgement
after death. This is the spiritual principle
which came to mankind through God's intervention.

Dr. Antony Theodore
Indwelling Holy Spirit

We have the indwelling Holy Spirit of God, who guides us into all truth, convicts and corrects us, chastises and trains us.

Thus we shall mature in the faith and live a fruitful life that honours the living God.

Dr. Antony Theodore
Inevitable - Givens

There are a lot of inevitable givens in life, including suffering, pain, unfairness, disloyalty, infidelity, and so on and so forth.

Why it happened to me we pray and cry before the Almighty One. We do not find a reason for such happenings in life.

Relying on God becomes then difficult. This is the mystery of life and prayer.

Dr. Antony Theodore
Inexplicable - Urge

"Human beings cannot live without challenge.

We cannot live without meaning.

Everything ever achieved we owe to this inexplicable urge to reach beyond our grasp, to do the impossible, to know the unknown."

(Anonymous, The Upanishads).

Dr. Antony Theodore
Infancy Is A Divine State.

Baby face is the face of paradise.  
In celestial light  
are we bathed  
before our birth.

Infancy is a divine state.  

God is our home.  
Naked we come from celestial glory,  
bare and innocent,  
nothing to hide,  
radiant innocence  
where angels and mothers kiss.

Holy is the life of a baby.  
Baby face is the face of paradise.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Infinite - Abyss

There is an
infinite abyss
in the heart of
each of us that
can be filled
only by God.

Dr. Antony Theodore
Infinite - Value

Christ's blood is really and always of infinite value because it is an infinite and eternal Person with God the Son.

He never severs himself from the humanity he received from his mother, even if that humanity might for a time be severed from the world in death.

Dr. Antony Theodore
Infinite Becoming Finite

Every Advent,
Christians ponder
a singular event:
God becoming man.

An incredible thought,
one that seems
completely impossible.

After all, how can the
infinite become finite?

How can finite language
capture truths about
an infinite God?

(The season of Advent is the preparatory weeks before Christmas. Devote Christians observe these days in fasting and prayer).

Dr. Antony Theodore
Infinite Dimensions

God is infinite intelligence
moving at infinite speed
through infinite dimensions.

Look o Poets! ! !
in the vast expanse of consciousness.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Influence - Human - Beings

The psalms sing
of your love,
the prophets
proclaim them
and we - experience them.

The poor on the earth
look up on you.

Give them benevolent
hands that they may give.

Influence in your might
lovely hearts of human beings
to give and find happiness
in giving freely.

Dr. Antony Theodore
Influence Others

It is the wish
of the Almighty God
that where I am
there should be
also the people
whom God gave Me
to take care of them
here on the earth.

When we are in heaven
after our journey on earth,
they should be with Me.

They shall then behold
the glory which God
gives every good soul
who leads a good life
in love and righteousness.

Leading others to pure love
is my divine call.

Dr. Antony Theodore
Influenced By The Discipline

Let the entire world be inspired by the teachings of the eternal pathway of truth in all religions.

Let all be influenced by the discipline and the pursuit of true happiness.

Dr. Antony Theodore
Influencing - Away - From - The - Truth

Do not allow
a religious,

intellectual,

or cultural bias

to influence us
away from the truth.

Dr. Antony Theodore
Influencing - Presence

Even when the human person of Jesus is not physically present, it is nevertheless always exercising an influence over us.

Even physically, Jesus is influencing us in the communication of grace, that we can truly feel His presence in our decision making and in all our actions.

Dr. Antony Theodore
Inlets - Into - An Ocean

Individual minds have inlets into the ocean of universal mind.

Many great poets received some of their great ideas from a source outside themselves.

Dr. Antony Theodore
Innate - Abilities

Talents are innate abilities which are characterized by a strong biological background.

Talents do somehow come natural to a person.

They may or may not necessarily evoke feelings of energy, joy, or authenticity.

Dr. Antony Theodore
Innate - Desire

All animals, human and non-human possess an innate desire to know themselves and their surroundings.

They know their needs and how to satisfy them.

They sense the dangers threatening their lives, their resources sustaining their lives.

Dr. Antony Theodore
Innate - Property

It is an innate property of human reason to ask why things are as they are, even though the answers which gradually emerge are set within a horizon which reveals how the different human cultures are complementary.

Dr. Antony Theodore
Inner - Courage

“A man with outward courage dares to die;

a man with inner courage dares to live.”

Ref: Lao Tzu, Tao Te Ching

Dr. Antony Theodore
Inner - Sanctuary

All my artistic inspirations come from inner sacred space.

I most often find it in my own inner sanctuary which I can enter through the stillness of personal prayer and meditation.

Dr. Antony Theodore
“Fire is His head, 
the sun and moon 
His eyes, 
space His ears, 
the Vedas His speech, 
the wind His breath, 
the universe His heart.

From His feet the Earth 
has originated. 
Verily, He is the 
inner self of all beings.”

Anonymous, The Upanishads

Dr. Antony Theodore
Inner - Transformation

What is the path
of inner
transformation
that God intends
every man
to experience?

It should be The Path
to Restoring the
Heart of a Man.

What is the
ancient path
of becoming?

It is a question
we have to answer
in our spiritual life.

Dr. Antony Theodore
Inner - Turmoil

In the blistering heat of the noonday sun,

... together with her inner turmoil from the baying dogs, and a pounding heart of trembling fear,

... the little panting hind's longing for a waterhole,

... is compared with the gaping need in the heart of a believer, yearning for his God.

(Ref. Psalm 42: 1 of the Holy bible)

Dr. Antony Theodore
Inner And Deep-Felt Joy Is A Sign.

Every one of us
have an inner life
that can develop into
a contemplative life.

Our contemplation
leads us to ecstatic joy.

Inner and deep-felt joy
is the sign that meditation
grows into its summit.

Some mystics call it
acquired contemplation,
or the prayer of simple regard.

Under the guidance of God's Spirit,
it develops into the God-given
contemplation that rises
through purification into the
Mystical or Spiritual Marriage.

(Graphic: Reconnect with Your Inner Joy - The Golden Space Malaysia joy-session-e1509733918886)

Dr. Antony Theodore
Inner Comfort Of Hugs

When she hugs me
and takes my face to her breasts
the comfort is in my mind
and not in my body.

Love goes beyond words.
True love has thousand colours.

It is the magic of life.
It is like the fluttering wings
of the little butterfly
when it is about to land
on a flower that dances in the wind.

Dr. Antony Theodore
Inner Harmony

There is an inner sun in me
radiating in and through.

It depicts my inner harmony.
It manifests love
and spreads light
all around me.

It gives me light in my eyes,
a smile on my lips
and joy in my heart.

Harmony helps prayers sublime
to reach the heart of the Highest
Eternal, Never ending and Unseen One.

He conquered me with his love.
He smiled at me and mystified my soul
with his affection and love.

Now I live only for Him,
the Lover of my soul
and the Lord of the universe
chanting all along His praises on my lips.

Dr. Antony Theodore
Inner Non-Physical Space

Our words hide God from us.

Get away from all our conceptions of God.

The true way to the real self and the realization of God is in the depths of intuitive perceptive faculty, in the inner non-physical space of the soul.

(Reaching for the Sky)

Dr. Antony Theodore
Inner Power And Greatness.

The greatness of a man
is in his attitude
and in his inner power.

Someone sits in you,
inside you to tell you
fight back and never
leave away when you suffer.

Dr. Antony Theodore
Inner Turmoil

You suffer inner turmoil
and moods at times
especially when you feel
misunderstood, and your
sensitive nature makes
you feel hurt and offended.

You cannot tolerate
drudgery and monotony.

You long for freedom
from restrictions and for
expression of your qualities.

In all these moments
I am with you to help
You out of your turmoil.

Dr. Antony Theodore
Inner Voice

There is a voice within you
which no one,
not even you,
have ever heard.

When you speak from that deep inner voice,
You are speaking from your unique
inner tabernacle of your own presence.

Sense the beauty of this inner voice.

(I published this poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time with this second name)

Dr. Antony Theodore
Inner Wakefulness

Meditation is a state of intense inner wakefulness.

Dr. Antony Theodore
Innermost - Caverns - Of - Silence.

There is a silent sanctuary in you. it is the holy of holiest in you.

Dare to enter into your innermost caverns of silence.

Dr. Antony Theodore
Innocence Is Still In Tact.

Underneath everything
that you think and feel,
Innocence is still in tact.

Time cannot blemish your essence,
or your portion of spirit.

Do not lose sight of this essence.
Do not mistake yourself
for your experience.
Published on October 16, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Innocence Is Still Intact.

Underneath everything
that you think and feel,
Innocence is still intact.

Time cannot blemish your essence,
or your portion of spirit.

Do not lose sight of this essence.
Do not mistake yourself
for your experience.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Innocent Joys

Looking at the shooting stars
I wished a kiss from you.
I have thirst for forbidden tastes.

Shall we hold hands and sit
on the shore of this rivulet
to dream of castles and fairies?

You are a scented flower;
Oh, how I love to kiss your petals.

I am a big bird
and I carry you on my wings
to the land of spring blossoms.

Shall I pour honey on your tongue
and may I lick it from you?

When you giggle
I shall laugh.
When you smile
shall I pinch your nose?

Come let us run on bare feet
on the green grass
racing each other.
I shall then allow you to win the race.

That will be my joy when I go to sleep;
You and me and You win always.

Dr. Antony Theodore
Innocent Love

Innocent is my craving for you.

I adore you when I love you.

Dr. Antony Theodore
Innumerable Parallels Of Gandhiji

Gandhiji illustrated the Gandhian way with innumerable parallels from the Christian tradition, while fully recognizing his Hindu dharma basis, and concludes that the awakening of the Indian mind in Gandhi was not simply the awakening of a distinctly Hindu form of interior life.

It was for the entire world.

Hence Gandhi's message was valid for India and for himself as it represented the awakening of a new world.

Dr. Antony Theodore
Inscribed - In - The - Conscience

How can your explain
the value or importance
of life, their love
and goodness
if there is no God?

Value is necessary
for survival of the humans.
The sense of values
is a gift of God
inscribed in the
conscience of humans.

Dr. Antony Theodore
Insecure Feelings

When you rely on God,
insecure feelings
are few and
far between.

Worry wanes.
Peace reigns.

Your relationships
become rich and vital.

You are less defensive,
more caring, generous,
and attractive for
all the right reasons.

Dr. Antony Theodore
Insecurity

Abuse of earthly goods consists of using them as a security for the next day.

Worry is always directed toward tomorrow.

But the goods are intended only for today in the strictest sense.

It is our securing things for tomorrow which makes us so insecure today.

It is enough that each day should have its own troubles.

Dr. Antony Theodore
Insights - Into - Consciousness

Many of Kant's ideas that have not been influential are ideas about the consciousness of self.

Kant achieved remarkable insights into consciousness of self.

(But many of these insights appeared only about 200 years later).

Dr. Antony Theodore
Inspirational - Sayings

“You are the only one who can limit your greatness.”
Or, “Make your optimism come true.”

You see such inspirational sayings everywhere.
Do they help?
Do they work?
They are on posters.

For a deeper cause
Of inspiration you need faith,
a Faith that protects
and gives the feeling,
some one greater
is caring for me.

Dr. Antony Theodore
Inspired - Anthem

The Psalmist,
loved the Lord,
and wrote an
inspired anthem
with a deep and
personal love.

"Your Word is a lamp
to my feet and a
light for my path."

"Oh, how I love Your Word!
I meditate on it all day long."

"The unfolding of Your
Words gives light;
it gives understanding
to the simple."

(Reference to Psalm 119
of The Holy Bible).

Dr. Antony Theodore
Inspired - By - God

Every word is
inspired by God
and no prophetic
writing stands
alone, for the
Word of God
is its own
interpreter.

Dr. Antony Theodore
Inspired - By - Political - Systems

The legal
or social order
is inspired by
philosophical
and political systems
which call for
strict control,
if not a monopoly,
of the state over society.

Such inconsistencies
must end, so that
believers will not find
themselves torn
between fidelity to
God and loyalty
to their country.

Dr. Antony Theodore
Every word is inspired
by God and no
prophetic writing
stands alone.

The Word of God
is its own interpreter,
and every passage
should be understood
according to its
plain meaning.

One should know
its historic and
cultural context
and all Scripture
ought always to
be examined
alongside every
other Bible passage
that bear witness
to the same subject.

Dr. Antony Theodore
Inspite - Of - The - Warnings.

The peace we have with God through faith in Christ; the blessed hope we have in Jesus, when He comes to take us to be with Himself and the incomprehensible peace of God that governs our hearts, when our minds are focussed on Him,

will be unavailable to those who lead a sinful life, inspite of the warnings.

Dr. Antony Theodore
Instinct -Of - Survival

Some hold the belief that morality is a peculiar feature of the human species.

Social order arises from the instinct of survival, common to all living beings. It serves the protection of the species from young age onwards.

Dr. Antony Theodore
Institution - Of - Sacred - Mysteries

This sacrifice 'may also be interpreted more spiritually as the true evening sacrifice that our Savior the Lord entrusted to the apostles at supper on the evening when he instituted the sacred mysteries.

Dr. Antony Theodore
Instruction - For - The - Man - Of - God

There is no more beneficial activity than reflecting, pondering and contemplating the Word of God, which is nourishment for the soul; rest for the weary; peace for the troubled; comfort for the afflicted, and instruction for the man of God.

Dr. Antony Theodore
Instruction In True Wisdom.

Approach someone who has realized the purpose of life.

Ask him with reverence, humility and devotion.

He will instruct you in true wisdom.

Once you attain it you will never be deluded.

You will see all creatures in the True Self and all in God.

Dr. Antony Theodore
Integral - Approach

Can right thoughts
and right actions

not be brought
together in an integral
approach that closes

the gap between
knowledge and will?

Dr. Antony Theodore
Intellect Is Not Itself The Essence Of Truth.

In virtue i love peace.  
In vice i hate discord.  
There is unity in one  
and division in the other.

The rational mind,  
the nature of truth,  
and the nature of  
the highest good  
lay in this unity.

The intellect must  
be enlightened  
by the supreme light  
to be a partaker  
in the truth.

Intellect is not itself  
the essence of truth.

Light in me your lamp O God,  
fill me with your light  
and enlighten my darkness.

Dr. Antony Theodore
Intellectual - Pride

Your intellectual pride,
your self sufficiency,
your selfishness
will inhibit His
coming into your heart.

When you depend
upon your powers,
you will be easily discouraged.

Depend on God, when you
try to do good things.

Dr. Antony Theodore
"Those whose Intelligence has been stolen, worship materialistic things and the demi-gods."

(meaning the false gods).

(Ref. to Bhaavad Geeta, Chapter 7 verse 20).

Dr. Antony Theodore
Intense - Grief

Have you ever experienced such intense grief that you didn't think you were ever going to experience the joy you once had, in the same way again?

Has there ever been a time in your life where you were so depleted of strength because all you did was worry which caused you to not want to get out of bed?

Go into the silent presence of God.

Dr. Antony Theodore
Intense - Inner - Wakefulness

“But absorption does not mean unconsciousness. The outside world may be forgotten, but meditation is a state of intense inner wakefulness.”

(Anonymous, The Upanishads).

Dr. Antony Theodore
Intense Sense Of Divine Absence.

The consciousness which enjoys
the sense of divine presence
in a mystical experience,
now suffers under an equally intense
sense of divine absence.
The senses are cleansed and humbled
and the energies and interests of the self
are concentrated upon transcendental things.

Dr. Antony Theodore
Intently - Listen

Listen intently
to the Word of God
read it out loud.

Reflect on it
with every
passing day.

Meditate upon
it, morning by
morning and
store it up in
your heart
at the close
of each day,

for you will
come to the
understanding,
that the Word
of God is living
and powerful
and abides
forever and ever.

Dr. Antony Theodore
Interceptor - Missiles

We marvel at the awesomeness of interceptor missiles which can compute in a flash the point of interception of another missile and be there at the correct instant to make contact.

Just think of the human brain, how wonderfully it acts every moment

Dr. Antony Theodore
Interest In The Truly Transcendental

The homing instinct of birds, cannot be denied nor adequately explained.

So also the mystic's interest in the truly transcendental cannot be explained properly.

Transcendental consciousness, its perceptions and admonitions dominate and light up his daily life.

The lover of God receives intuitional consciousness of the Absolute.

Dr. Antony Theodore
Interfaith Dialogue

A most important aspect of this inter-faith dialogue, is the special contribution that the contemplative life can bring to the dialogue, not only among Christians, but also between Christians and the ancient religions of the East, perhaps even between Christians and atheists.

Dr. Antony Theodore
Inter-Faith Dialogue

A most important aspect of the inter-faith dialogue, a poet argues, is the special contribution that the contemplative life can bring to the dialogue, not only among Christians, but also between Christians and the ancient religions of the East, perhaps even between Christians and even atheistic thinkers.

Dr. Antony Theodore
You may feel as though a million hurdles stand on your way to experiencing God's love, guilt, shame, blame, perfectionism, legalism, inadequacies, hurts. But be assured that nobody has or ever will earn the love of God.

Each of us is undeserving.

But when we open our hearts to receive it and continually walk with God to experience it, our internal dialogue forever changes.

Dr. Antony Theodore
Internal - Struggle

The learned priest and scholar is unable to conceal he internal struggle and changes taking place within him. His confidence and certainty have been tamed. Hearing the cries of a dying child has changed him.

(Refering to the novel Plague of Albert Camus)

Dr. Antony Theodore
Internet - Changes - Brain - Function

(This is not a poem,
but a useful information for all our poets in PH)

"The key findings of this report are that high-levels of Internet use could indeed impact on many functions of the brain.

For example, the limitless stream of prompts and notifications from the Internet encourages us towards constantly holding a divided attention which then in turn may decrease our capacity for maintaining concentration on a single task," said Dr Firth.

(Dr Joseph Firth, Senior Research Fellow at NICM Health Research Institute, Western Sydney University and Honorary Research Fellow at The University of Manchester, combined the evidence to produce revised models on how the Internet could affect the brain's structure, function and cognitive development).

Dr. Antony Theodore
Interpersonal Behavior

Help others understand the essential components of harmonious, fulfilling social bonds, thus growing and strengthening their support networks and protective buffers. Promoting healthy interpersonal behavior.

(Graphic: Tina Tina saved to ArtsyInterpersonal BehaviourPinterest).

Dr. Antony Theodore
Interpreting - Holy - Scripture

It is very clear that no prophetic scripture came to be written through the whim or imagination of the writer and no reader has the authority to interpret any scripture according to their own personal impulse or inclination.

Dr. Antony Theodore
Interpreting - Silence

Interpreting silence requires a lot of information about what sort of person you're dealing with.

It deals about the person's cultural background, sorts of social norms he or she recognizes and respects in their lives.

It is about his or her views about what behaviors, both verbal and non-verbal, to communicate with others, about his or her general style of interacting with other people.

Dr. Antony Theodore
Interrelationship

This interrelationship of every aspect of the human body is used, by Paul, to illustrate the beautiful way that each member of the body of Christ is important to the whole, and should function and interact with all other members.

Dr. Antony Theodore
Interreligious Dialogue

Interreligious dialogue is very important to favor a common commitment to recognizing and promoting the religious freedom of each person and community.

Dr. Antony Theodore
Interwoven With The Entire Cosmos

The belief that a benevolent God created the cosmos and that man was part of this creation makes always sense.

(The anthroposophist Rudolf Steiner (1861-1925) taught that we are interwoven with the entire cosmos, also through the physical structure of our body)

Dr. Antony Theodore
Intimacy

The wonder of the mystical life is that you experience intimacy in your spiritual way. It is an intimate experience.

(Graphic: Intimacy and Spirituality, Metaphysics. com Pinterest)

Dr. Antony Theodore
Intimacy - Is - A - Celebration

Sexual intimacy is the celebration of covenant.

Having sex within marriage is a physical way of celebrating the vows we made within marriage. Sexual intimacy within marriage is, in some ways, similar to a sacrament.

Dr. Antony Theodore
Intimacy - With - God

Sexual intimacy within symbolizes that our intimacy with God is meant to be passionate and vulnerable, and it requires giving of ourselves.

Dr. Antony Theodore
Intimacy Has No Limit In The Soul.

The soul is a presence of the divine world.
It cannot invent itself.
The soul holds the echo of primal intimacy.
This original echo whispers with every heart.
Intimacy has no limit in the soul.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Intimate And Personal Communion

The mystic for whom intimate and personal communion has been the mode under which he best apprehended Reality, speaks of the consummation of this communion, as the Spiritual Marriage of his soul with God.

It is its perfect and permanent form.

Dr. Antony Theodore
Intimate Communication With The Mystery.

The seeker is sustained by a deep mystery of silence, of incomprehensibility of God's will and God's love and that mystic feels that he is personally called to live in more intimate communication with that mystery.

Dr. Antony Theodore
Intimate -Knowing.

Our romantic and sexual longings compel us not just to have sex, but to pursue covenant.

We were created for more than a sexual relationship.

We were created for committed love and intimate knowing.

Dr. Antony Theodore
Into - A - Bottomless - Pit

We are going down
and traveling through
the rabbit-hole
and fall down
very deep into
a bottomless pit.

Living in the modern
world seems so.

We've gone down
the rabbit-hole, and
the worst part is
the feeling that we
haven't remotely
touched bottom yet.

Dr. Antony Theodore
Into - A - Spiritual - House

One of the most durable materials you can use to build a house is brick or stone.

These solid materials, stacked on top of each other, can provide a warm home for a family.

They can withstand the elements on the outside while keeping the warmth on the inside.

Built on the right foundation, it will stand the test of time. Peter uses this as an analogy to the church. You are being built up into a spiritual house.

(Refr. to ??1 Peter? ?2: 5)

Dr. Antony Theodore
Into - Captivity

Israel was conquered by Babylon and taken into captivity.

Since that time, even her captors had been defeated by the Medes and Persians.

Israel was truly in a bad spot with most of her brightest sons serving this foreign power.

We know how Israel got into this situation, but how does anyone get out of such an overwhelming situation?

Dr. Antony Theodore
Into - Higher - Space.

Evolving into higher space.
Even in the daily routine
keep a peaceful mind,
direct your thoughts
into a peaceful momentum.

live in that inner peace.
Slowly you will emerge
as a person who
evolves into
a higher space.
(Graphic: Cosmic Love ideas, Pinterest)

Dr. Antony Theodore
“Behold, the devil is about to cast some of you into prison, so that you will be tested, and you will have tribulation for ten days. Be faithful until death, and I will give you the crown of life.

Living faithfully for the Lord, does not exempt us from persecution.

All who live godly lives will suffer persecution.

'Do not fear what you are about to suffer,' Fear not and stand firm in the faith!

Dr. Antony Theodore
Christian contemplation becomes a kind of sleep of death when we descend the abyss of our miseries in search of the Lord of Life.

We do not do this to beat ourselves up or torment ourselves or accuse ourselves.

We do this to find the Suffering Servant who has gone before us into these places and transformed them into springs of life.

Dr. Antony Theodore
Into - The - Light - Of - God

That we are loved
in our weaknesses
is the power
that can topple
the kingdom of
darkness and
it transfers us
to the Kingdom
of Light of Christ.

Unwavering trust
that we are loved
in the midst of
our weakness
encourages us.

Dr. Antony Theodore
Into - The - Mystery - Of - Christ

When we enter by prayer into the mystery of Christ's death and allow our own existence to be shaped by His suffering for our sake, we also accomplish our greatest work.

Our friendship and union with Christ is perfected.

Dr. Antony Theodore
Into - Those - Abysses

To say that the Son of the Most High has descended in hell is to proclaim that He has gone down into these abysses and embraced them as our Savior and as our Friend.

Dr. Antony Theodore
Into His Purposes And Essence

God's wondrous ways lead to questions, to asking and seeking.

They send us on a quest to discover his depths of wisdom, knowledge and ever loving heart.

It's not something we observe to gaze upon His wonder, but it calls us onward, into His purposes and essence.

Dr. Antony Theodore
Into The Cave Of Dreams.

See!
your wings are carrying
you into the secret
cave of dreams.

Fly with the angel
of happiness
to enter into
the cave of dreams.

(Graphic: happy angels pinresttumblr com  pinterest)

Dr. Antony Theodore
Into The Garden Of My Heart They Flew.

From the horizon
they flew down,
the birds of love.

They flew to my heart,
in the garden of my heart
to settle there to teach me
how to love in this mad world.

Their beauty attracted me.
So I listened to the chattering
of these lovebirds who were keen
to teach me the joys of love.

They told me about the beauty of God,
God's angels and saints
in the world of eternal sunshine.

Birds from that world of love
told me: Love and love alone can
bring you to the world of beauty
from which we flew down to your heart.

I simply believed it and remain
in meditation, drinking in
the beauty of the world of love.

Dr. Antony Theodore
Into The Gentleness Of My Heart

Into the gentleness
of my heart I invite you
to come and smell me
and touch my smile.

Dr. Antony Theodore
Into The Inmost Being.

The mystical sense
transcends the emotional,
intellectual and volitional life
of ordinary men.

God leads the mystic
to enter into the inmost being.

It is a returning into one’s own self.

Dr. Antony Theodore
Into The Inner Sanctuary Beyond Analytical Reflection.

A mystic wants to enter
into the heart.

He wants to penetrate
the deepest psychological
ground of one's personality.

It is the inner sanctuary
where self-awareness
goes beyond analytical reflection.

It opens out into mystical
confrontation with the Abyss
of the Unknown, yet present.

God is more intimate to us
than we are to ourselves.

(Building You Inner Sanctuary &gt; You Can SOAR
A Ministry of Recovery & Restoration &gt;
&quot;

Dr. Antony Theodore
Into The Threshold Of Your Mind

A real teacher
leads you to
the threshold
of your own mind.

He helps to see
and grasp,
then to express
the wisdom
that enters
into you
in His presence.

He never forces
you to enter
into his house
of wisdom.

Aso a true poet
leads the reader
to the threshold
of the house of poetry
that is in you.

Dr. Antony Theodore
Into The Tunnel Of Light

When i die
the Spirit of God
will lead me
through the tunnel
of light
into the light eternal
where i will become
one with my God
for whom my being
yearns lovingly
with all my might
now at the present
livingmoment.

(Graphic: Ruth saved to Imágenes Profeta pinterest.)

Dr. Antony Theodore
Into The Unfathomable Mystery

A mystical poet sincerely
searches for the universal truth.

By openness to Buddhism,
to Hinduism, and to these great
Asian traditions, the Christian poets
stand a wonderful chance of learning
more about the potentiality
of the western traditions
because they have gone,
from the natural point of view,
so much deeper into the
unfathomable mystery of God.

Dr. Antony Theodore
Into Your Sanctuary I Gaze

My flesh pines,
my soul thirsts
for you my God.

I gaze to you
in the sanctuary
to experience
your kindness.

My lips shall
always
glorify you.

(Reference to Psalm 63 of the Holy Bible)

(Graphic: Arantxa Abdala Payro saved to Quotes Pinterest)

Dr. Antony Theodore
Intra-Trinitarian - Missions

The Council teaches that mission should be undertaken towards all peoples, religious or secular.

The Council established a doctrinal heart to missiology which is based on the intra-trinitarian missions within God.

Dr. Antony Theodore
Intrinsic - Existence

In Buddhism, the duality of matter and consciousness, the so-called mind-body problem, is a false problem given that neither of them has an intrinsic, independent existence.

Dr. Antony Theodore
Intrinsic - Meaning

The world lacks intrinsic meaning.

The fate of our times is characterised by rationalisation.

It is characterised by intellectualisation and, above all, by the disenchantment of the world.

Dr. Antony Theodore
Intrinsic - Value - Of - Human - Life.

The sanctity of life is used by those of us who oppose technologies or practices that we believe violate the intrinsic value of human life.

Dr. Antony Theodore
Intrinsic- Evil

Abortion is a grave, intrinsic evil with life principles that invariably have negotiable pragmatic applications that human dignity demands and the morals that that the conscience teaches.

Dr. Antony Theodore
Intrinsic Relationship

Know that there is an intrinsic relationship between communion and death to self.

This can be analogously applied to the experience of contemplative union with God.

Dr. Antony Theodore
Intuition

Intuition is seeing through the eyes of the mind and the soul.

Dr. Antony Theodore
Intuition Is......

Intuition is
seeing
through the eyes
of the mind
and the soul.

Dr. Antony Theodore
Intuitional Consciousness Of The Absolute

Mystic's centre of interest
becomes God.
The intuitional consciousness
of the Absolute
in temperaments
of the unstable
or artistic types,
becomes sometimes
ungovernable.

It constantly breaks through,
obtaining forcible possession
of the mental field
and expressing itself
in the psychic phenomena
of ecstasy and rapture.

Dr. Antony Theodore
Intuition And Communication.

Poetry is a record of experience. The poet sets out to communicate something that transcends fact or opinion.

An obscure intuition is expressed by a combination of words and structures.

Dr. Antony Theodore
**Invaluable - Tool**

Spiritual books are designed to be an invaluable tool for guiding and organizing yourself to help you on your journey to become a spiritual leader.

Integrate your spiritual reading program well with your busy schedule.

Dr. Antony Theodore
Investing - The - Value

The world
of objects
lacks value.

It is modernity's
autonomous subject
that invests
the world
with the
value it has.

Dr. Antony Theodore
Invincible - Will

Jesus' will was invincible, but the victory was not without a great struggle.

Indeed, He sweated great drops of blood from withstanding Satan's effort to turn Him away from the Cross.

Dr. Antony Theodore
Invisible Attributes

God's invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made.

For what can be known about God is plain to all humans, because God has shown it to them.

Dr. Antony Theodore
Invisible Cords

Are you confident of the invisible cords of union with God after our death?

Are you sure, there is no separation between the soul and the loving God?

Dr. Antony Theodore
Invisible Light Of Heaven

Invisible light of heaven
is in everybody.

If we could see it,
we would see the billions
of points of light
coming together in the face
and blaze of a sun that would
make all the darkness
and cruelty of life
vanish completely.

Dr. Antony Theodore
Invisible Source

Source Invisible,

I bow before life.
It is spontaneous reverence
before the sacredness of life.

I want to touch being itself.
It is spontaneous desire.

I wonder at the sacredness of being.

My awareness of my being
is like bubbles at a spring
throbbling up from the bottom.

Did you see – the source is invisible
transcendent and infinitely abundant.

Dr. Antony Theodore
God's invisible attributes,
His eternal power and divine nature

has been clearly seen
by every man, through
the witness of creation.

But the foolish ones,
elated from the ego,
refuse to glorify God.

Our praises are
our gratitude to God.

God justly deserves
our never ending praises.

Dr. Antony Theodore
Invite The Divine Light

Invitethe divine
light into your being.

The highest order
is love and love is light.

In this light
you bathe yourself
and then you will know
your highest self.

Dr. Antony Theodore
Invite The Light

Invite the Light
to illuminate
your inner core.

Let the light
burn away
the self doubt
giving way to
self acceptance,
until unconditional
self love happens
in your inner recesses.

Dr. Antony Theodore
Involving - In - The - World

The most salient characteristic of human beings is not the ability to contemplate the world rationally and logically and make perfect choices and calculations about reality.

but the ability to become involved in the world, developing the skills required for acting effectively in worldly situations.

Dr. Antony Theodore
Irrory Of The Ego

Whoknows about
the origins of the world?

When did thecreation happen?
No one knows.

Who cansurvey the creation
from the lofty skies?
Can a human being do it?
None shall be able.

Whoknows
anything for certain?
No human being.

Even then, our Ego
claims full knowledge.

It is the greatest
irony of the Ego.

Dr. Antony Theodore
Is - The - World - Absurd?

Do such times of pandemic and experiences show that the world is absurd and that there is no God?

In the novel, Plague of Albert Camus, in the second major part, Camus describes the Church's organized response to the advancing plague: a special week of prayer that would conclude with a sermon by Father Paneloux, a Jesuit priest of some notoriety.

Dr. Antony Theodore
Is - Your - Dream - Big - Enough?

Dream a lot.
Dream big.
Is it big enough?

Nothing shall stop
you from achieving
your goals.

Do you have a clear
purpose and aim in life?
Do not settle for less.
You are called to be great.
Believe in yourself.
Believe in God who created
you for greater things.

Dr. Antony Theodore
Is It By Your Understanding That The Hawk Soars?

Anyone who thinks
they have a solid grasp
of life should try designing
and making something
remotely comparable to
a hawk or an eagle.

Flying toys with flapping wings
don't even come close.
Those things are made
on assembly lines, part by part,
only to fall apart with repeated use.

Job was reminded
of his smallness
when asked by his Creator,
"Is it by your understanding
that the hawk soars
and spreads his wings
toward the south?"
"Is it at your command
that the eagle mounts up
and makes his nest on high?" (Job 39: 26-27).

It makes us humble
thousands of years later.

(Graphic: Wingsdomain red tail hawkflying Pinterest)

Dr. Antony Theodore
Is It Not Seductive To Act As A Big Shot?

Act like a big shot.
You are always admired.
You are somebody.
Is it not seductive?

To sit always on the top,
you are up there,
you can play with your influence,
you can manipulate human beings.
Is it not evil?

To act as a loving man
and play with others
with the intention
of lustful satisfaction?
Is not alluring?

And yet there was one
who refused to do so,
who lived differently.

Instead of profiting from power,
he served the poor and downtrodden.
Instead of relationship games,
he spread respect and trust.
Instead of circling
around oneself,
he opened himself to God-
Jesus of Nazareth.

Dr. Antony Theodore
Is It Possible To Have A Pure Heart?

Will you do it for me my God?
I need a pure heart.

My heart was stained
marked, wounded
and my heart was not pure.

Can I be pure inside?
Unless you do it for me
I shall never be pure completely.

Make me clean o my God.
I need forgiveness.
I need mercy.
Set me free
from all my bondages.

Dr. Antony Theodore
Is Not Life Itself A Miracle?

What will it be tomorrow
or the day after,
is beyond our grasp.
We do not know the future.

What was, has passed away
and can not be changed anyway.

What remains
is the wonder
of this moment.

I approach this moment
with a smile
and a good positive thought
enchanted in a definite way.

Is not life itself a miracle?

Each of us is born naked
and is being gifted from day to day.

Every new day offers opportunities
to learn and to grow.
Every new day is a gift.

Dr. Antony Theodore
I see the angel walking to me.
It is the angel of light.
It is the angel of beauty.

Look! Can you see?
Or only i see it?

The angel is coming to me.
The angel of beauty and light.

Do you think o poetess
that the angel will speak to me?

What will the angel say?
How shall i answer?

(Graphic: wheel of Born in Hokkaido, Japan, Takaki is a digital artist who works on beautiful fantasy and fare tale characters. As a young child, she was fascinated by birds, the beautiful creatures with wings...Brandy Key saved to Art I Like Pinterest)

Dr. Antony Theodore
Issues - Of -Character

The rational tradition raises issues of character, social justice, and the appropriate habitus for living well so as to bring morality back within our compass.

Dr. Antony Theodore
It is my wish that you enjoy and experience sincere and limitless love!

I love all of you!

Dr. Antony Theodore
It is Not Unreasonable

It simply is not unreasonable to conclude that divine silence in and of itself indicates a lack of love or goodness on God's part.

Such a conclusion is based on unwarranted assumptions about the degree to which divine modes of revelation must resemble human modes of perception and understanding.

Dr. Antony Theodore
It - Is - So - Great - That...

It is all because
I love you.

My Love for you
is so great that
I gave up heaven
to come to earth
as a helpless baby.

It is so great that I
lived in the dust
and sin of this world.

And it is so great that
I died on the cross
to save your soul.

There is no other
friend like Me!

Jesus speaks to you now.

Dr. Antony Theodore
It - Tears - Me - Up

Today a therapist
colleague who
does remarkable
work with military
men and women
suffering post-traumatic
stress disorder
lamented he cannot
see enough people.

We are losing too
many to suicide.

It tears me up
I cannot help more.

Dr. Antony Theodore
It - Vibrates

Your mindset
is shifted to such
a high level
that it vibrates
on a frequency
that resonates
with the beauty
of my love.

Dr. Antony Theodore
It - Will - Weigh - You - Down.

Elite marathoners
run with very little
clothing on their bodies.

They obsess over
the weight of their
shoes because they
know any extra
weight will weigh
them down.

The same is true
for Christians.
We can't be
cumbered with
the worries of this
world or entangled in sin.

We need to be lean
and light to reach
the finish line.
If you are light
on motivation,
look to those who
have run before you.

Dr. Antony Theodore
It Blows, Bruises And Burns Us.

The disappointments and struggles
that we face everyday
knock, blow, bruise and burn us.

But it shapes us anew.

We see the struggles of others
in a different light.
It makes us compassionate.

Dr. Antony Theodore
It Echoes And Reechoes In Eternity.

What we do in life
echoes and reechoes in eternity.

You will be able to hear
these echoes in your life
here on earth if only
you keenly listen to it.

This should be your
motivation when you
are still living here on earth.

Dr. Antony Theodore
It Is A Profound Truth.

We are created for love
in the very depths
of the human soul.

It is a profound truth.

This spiritual vision
of human nature
has prevailed
against all odds.

Dr. Antony Theodore
It Is A Special Mental State.

Genuine inspiration
is a special mental state.

We feel our words
and descriptions
are born from elsewhere
beyond the human phenomena.

We are only then instruments
of a supernatural power
working in and through us.

(Finding Your Inner Peace - Add Haiti
Helping to Bring Peace, Love, and Happiness
meditation-peace)

Dr. Antony Theodore
It Is A Suprarational Intuition

A genuine aesthetic experience
is a suprarational intuition
of the hidden perfection of things.

It’s mode of apprehension
is that of a relationship.

It reaches out to grasp
the inner reality by a kind
of affective identification with it.

Dr. Antony Theodore
It Is All A Matter Of Appearances

The annihilation
is only apparent.

It is all a matter of appearances
as seen through the eyes
of the false self.

What is annihilated
is our false self.
It is our external self
made absolute.

Dr. Antony Theodore
It Is Both 'either Or'and'neither Nor'.

The paradox in a mystical experience extends to the creations of conditions conducive to the ultimate experience.

it is not a matter of theology of light or darkness, affirmation or negation, immanence or transcendence.

It is both 'either or' and 'neither nor'.

Man's participation is both active and passive, but the control does not lie with him.

It is the cloud of unknowing into which we fall back, when we think of God.

One can only experience the presence of God.

This experience lies beyond expression.

Dr. Antony Theodore
It Is Easy To Give What Is Left Over.

It is easy to give from our abundance.
It is easy to give what is left over.
But giving out of our own poverty
demands great faith and charity.

Experiencing the pinch of losing
makes us men of faith and goodness.

In releasing our materiality
wrapped fast around us
We become free to forge
bonds of love and solidarity.

This is sacrifice and this becomes
a tangible expression of God's love
in the world and our trust grows
in making our decisions strong.

Dr. Antony Theodore
It Is God's Idea

All creatures below man correspond to the pattern God has in His Mind.

A tree is truly a tree because it corresponds to God's idea of a tree.

A rose is a rose because it is God's idea of a rose wrapped up in chemicals and tints and life.

(Inspired by Bishop Fulten J Sheen)

Dr. Antony Theodore
It Is Grace In Amorous Art.

It is grace
that emerges
in amorous art.

It is plentifully full
beyond conception.

It is the grace
of the lover's heart.

Smoldering fires
are the norm
of the heart
of the creative lover.

The dancing flames
and those flaring blazes
seen in a flash
of the winkel of the eyes
extinguish in the
veiling darkness.

The artist's skill
sleeps in peace
perhaps with a tear
of fulfillment.

(Graphic: dancers are the athletes of GodEinsteinpinterest)

Dr. Antony Theodore
It Is His Very Self, Created In Us.

God loving
and knowing himself
in us not as vessels
of his knowledge and love
but as his very love
and knowledge,
his very self,
created in us as persons.

Dr. Antony Theodore
It is love calling love.

Love flings open a door
that, larger life may rush in
to unite itself with the soul.

He is no farther than the door of your heart.
There He stands patiently for the one
who opens the door and let him in.

He can hardly wait for you to open up.
He longs for you a thousand times
more than you long for him.

The opening and the entering are a single act.

(Graphic: Saved from
)

Dr. Antony Theodore
It Is Love Calling To Love.

The spiritual pilgrim goes because he is called. He wants to go and must go if he is to find rest and peace.

It is love calling to love.

Love flings open a door in order that the larger life may rush in so that it and the soul become one.

He is no farther than the door of your heart.

Dr. Antony Theodore
It Is Midnight My God.

I pray to you lord
now in silence.

All around me,
the nature is sleeping.

It's midnight my God.

I am here awake
to converse with you.
You are in the heavens
but you are here also.
You are immanent
and ever near to me.

But sometimes
you seem to be so far away.
I am sure, in my darkness
you will come to me as light.
In my sadness you are
my comforter.

Dr. Antony Theodore
It Is My Soul's Quest

Day and night i crave for you.
The Eternal and Merciful
is my goal to reach.

It is my soul's quest
to reach him one day.

It is the joy of my soul
It is the joy of my being.
I live here on earth
to achieve these moments.

(Graphic: god born in our soul_zpsprohb7lb)

Dr. Antony Theodore
It Is My Wish

It is my wish
that you listen to me
without judging me.

I wish that you trust me
without expecting anything.

I wish that you protect me
without exerting pressure.

I wish that you see me
without seeing you in me.

Dr. Antony Theodore

The object of faith is the truth.
Ideas and words are not
the food of intelligence, but the truth.

It is a truth that assimilates and
not a truth that is assimilated.

It is not an abstract truth
that feeds the mind alone.

The truth that a spiritual man
seeks is the whole truth,
reality, existence
and essence together,
which can be embraced and loved.

One comes to illumination
by the grace of God in faith.

Dr. Antony Theodore
It Is Pure Joy

It is fire.
It is warmth.
It is peace.
It is love.
It is harmony.
It is mercy.
It is pure joy.

(Frank O'Hara's "Meditations in an Emergency": A Poem for Our Moment - Cultural Weekly)

Dr. Antony Theodore
It Is The Consummation Of The Mystical Formation

The image of God
is potentially
complete and whole
in every individual soul.

The destination that lures
the mystic through darkness
and poverty of spirit
is the consummation
of the mystical formation
in which the subject
and object become one
and the disciple is perfectly
conformed to the Master.

Dr. Antony Theodore
It Is The Heart Which Leads Us To The Absolute.

It is the heart and never the reason
which leads us to the Absolute.

Mystical literature glow
with this intimate and impassioned love
of the Absolute which transcends
the dogmatic language.

“There in the lucky dark,
none to observe me, darkness far and wide;
no sign for me to mark,
no other light, no guide
except for my heart-the fire, the fire inside!”


Dr. Antony Theodore
It Is The Mystery Of The Unfathomable.

Contemplate on the clouds.  
See and learn from it.

All the elements of nature 
teach us about the eternal being  
from whose creative hand  
every element flows.

Meditate on the clouds.  
Clouds are like dreams.  
They take us to a dreamy world  
and then leave us in reality.

We understand and do not understand  
the designs of the wonderful nature.

It is the creator's wisdom  
It is the mystery of the unfathomable.

(art, beautiful, clouds, color - image #651199 on )

Dr. Antony Theodore
It Is The Spirit That Reaches The Heart Of love.

The intellect
thinks and measures.

The mind grasps
giving you the power
to express from the depths.

But it is the spirit
that reaches the heart
of life and love.

Dr. Antony Theodore
It Is Unquestionable Trust.

Fidelity to a commitment requires constancy, courage, dedication, perseverance, and even heroism if needed.

What is creative fidelity?

My behavior will be completely affected by this act embodying the decision that my commitment will not again be questioned.

We have to check out fidelity to any commitment we have made.

It is unquestionable trust.

Dr. Antony Theodore
It Is You Whom I Adore

You who formed my inmost being
You who entered the womb of my mother
You whose breath gave me life
You who opened my eyes
to see the first light,
it is You whom i adore
in the innermost recess of my heart.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
It Shone On Me Like Diamonds.

I was in the valley
in the silence of the night.
There was no moon.

In pitch darkness, I walked
all alone thinking of my death.

Suddenly angels came down
with a basket full of stars.

They all smiled together
pouring down
the shining stars on me.
It shone on me like diamonds.

(Graphic: FMBoard saved to Other Boards
17
Belles Images Takaki 2 - Créations Armony, Pinterest)

Dr. Antony Theodore
It Stood Forth.

With joy-filled certainty
the psalms of the holy Bible
sing:
'By the word of the
Lord the heavens
were made, and
all their host by
the breath of his mouth' (Ps.33: 6):

and again, 'he spoke,
and it came to be;
he commanded,
and it stood forth' (Ps.33: 9)."
It Surpasses All Our Imagining

Goodness fills
all our powers
helping us to see
God's continual working
in all manner of things
is done so perfectly well,
so wisely and so mightily
that it surpasses
all our imagining
beyond all that
we can explain
or even conceive.

Dr. Antony Theodore
It Will Not Heal!

My hearts’ wounds are healed
Without a stain are they healed.

But it pains me somewhere.
But it pains me deep down.
Somewhere in a corner, pain breathes..

And I remembered
the wisdom of the wise man:
"The wounds of the heart
shall not be healed."

Dr. Antony Theodore
It Wounds My Inner Core

A winged and holy thing
once flew into me.

Every flutter of its wings
wounds my inner core.
And I begin to sing
sweet songs of eternity.

Dr. Antony Theodore
Ivory - Tower

Living in an ivory tower,

living apart from the world as remote intellectuals,

we do not become better Human beings.

Never forget that we exist in the midst of a living world.

Make the most of being, leading an authentic life becoming an active part of the creative universe.

Dr. Antony Theodore
Jenson, - A - Notable - Theologian

Jenson seems to be the most notable theologian of the Twentieth Century.

Even though he does not have the prominence of Karl Barth, the subject of his own doctoral research, gives us a decisive thinking and relevance to Christian life and thought.

Dr. Antony Theodore
Jeremiah -Wrote - Words - Of - Faith.

The weeping prophet of Israel,  
who grieved over the shocking  
demise of Jerusalem  
and lamented over the  
ruins of David's golden city  
wrote in deep faith and hope:

"You drew near when  
I called on You, "  
Jeremiah declared.  
"You said, "Do not fear -  
Do not be afraid! "  

Lamentations 3: 57 of the Holy Bible (NASB)

Dr. Antony Theodore
Jeremiah, - The - Prophet

Jeremiah lived
in the midst of
a world at war.

The northern kingdom
had been enslaved
by Assyria, and the kingdom
of Judah had fallen into
gross apostasy,
which would shortly
result in divine punishment
the Babylonian exile.

The Times of the Gentiles
began with this invasion
into the beautiful Land,
by Nebuchadnezzar,
and also, it was the
starting point of Israel's
prolonged, worldwide
dispersion, when Jeremiah
spoke all his prophetic words
inspired by the Spirit of God.

(Graphic: Rebecca saved to Religion and me. Jeremiah. Pinterest).

Dr. Antony Theodore
Jesus - And - John - The - Baptist

Although John
the Baptist
had come as
the voice crying
in the wilderness,
preparing the way
of the Lord God,
and although many
believed in Him
and were saved,
John was not able
to complete his mission.

Similarly, the Jews
failed to recognise
who Jesus was and
why Jesus came
and they refused
to believe in His name.

He paid the complete
price for sin through
His horrible death
on the holy cross.

Dr. Antony Theodore
Jesus - Revealing - Himself

I AM the Door
of the Sheepfold.

I AM the Light
of the world.

I AM the Bread
of Life.

I AM the Resurrection
and the Life.

Dr. Antony Theodore
Jesus' - Yoke

Those who follow
Jesus' commandment
tirely, who let
Jesus' yoke rest
on them without
resistance, will
find the burden
they must bear
to be light.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart; and you will find rest. For my yoke is easy, and my burden is light."

Matthew 11: 25-30

Dr. Antony Theodore
Jesus And Blind Bartimaeus.

What should I do to you?
What should I do to you?
Jesus' question to the blind Bartimaeus.

I wish to be able to see again.

What should I do to you? - Jesus' question to me.

I want to be healthy again.
I want to be able to laugh again.
I want to see someone again.
I wish peace in the house.

What should I do to you? - Jesus asks louder

I want to be able to believe again
I want to hope again.
I want to experience love.
I wish for new eyes, faithful eyes,
hopeful eyes, eyes of love.

What should I do to you?
I wish the experience of deep faith.
My faith must help remove my blindness
to see all that you want you to see
from yesterday, today and always.

(Graphic: What Can We Learn From Blind Bartimaeus? - Bible Way Mag)

Dr. Antony Theodore
Jesus Is Beyond All Religions

Jesus is not a Christian
Jesus is not a Hindu
Jesus is not a Muslim
Jesus is not a Buddhist
Jesus is not the monopoly of any religion

Jesus is universal.
Jesus is beyond the Religions.
Jesus is eternal.

Jesus died on the Cross
Jesus died a terrible death
To lift up the whole creation
Into the benevolent presence of
Truth and only Truth
Who is God the Almighty.

This universal Jesus, I love.
And convinced
That Jesus loves me.
It is my consolation
And I live joyously
Singing my own psalms
Coined in prayer
And murmur it day and night
And I smile a beautiful smile.

This faith makes me happy
and it is true
I am happy always.

(I am presenting an idea and did not care much about the poetic quality here).

Dr. Antony Theodore
Jesus Is The Light Of The World

Everywhere people
are stringing lights
on their rooftops
and windows,
wrapping strands
around bushes and trees,
lighting candles
and burning fires.

This is the time
of year the world
witnesses to the coming
of the very One
who said of Himself:

I am the Light of the World.- (St. John 8: 12 in the New Testament of the Holy Bible)

Dr. Antony Theodore
Jesus Listened To His Emotions

In John's Gospel we are told that Jesus was moved with the deepest emotions.

Jesus listened to his emotions.

(Reference to St. John 11: 33)

The gospels give us a picture of the beloved Child of Abba that he was a man exquisitely attuned to His emotions and uninhibited in expressing them.

Dr. Antony Theodore
Jesus Saw In Love The Proof Of Faith

He was there, where people fought and suffered,
where people did not give up hope
where poor, disenfranchised, and those who were abandoned by the rich, met.

He was in the midst of strangers and enemies.

He suffered from the lie and the falsity.

He stayed true and saw in love the proof of faith.
He spoke words that his friends could not forget.

Dr. Antony Theodore
Jesus' Yoke

Those who
let Jesus' yoke
rest on them
without resistance,
will find the burden
they must bear
tobe light.

In the gentle pressure
of this yoke they
will receive the
strength to walk
along the right
path without
becoming weary
sad or indifferent.

Dr. Antony Theodore
Jewish Kabbalah

Jewish Kabbalah
is a set of esoteric teachings
meant to explain
the relationship between God,
the unchanging, eternal,
and mysterious Ein Sof
(???? ????, &quot;The Infinite&quot;),
and the mortal and finite
universe (God's creation).

It forms the foundation
of mystical religious
interpretations within Judaism.
(Reference to Wikipedia).

Dr. Antony Theodore
Jingle-Belling Ourselves Into Jolliness

During Advent,
if we care to hear,
the messages offered,
they have to do
with salvation history,
prophecy, darkness,
light, Our Lady in her splendor,
the angels in their myriads,
the impending Incarnation,
the Second Coming of Christ.

If we are jingle-belling ourselves
into jolliness prematurely,
we will miss the heavenly
messages that God
wants to convey to us.

(The season of Advent is the preparation time
which has a duration of 4 weeks for Jesus
Christ to be born in the Manger.
Christians must prepare for it
in fasting and prayer.)

Dr. Antony Theodore
Advaita Vedanta emphasizes Jivanmukti, the idea that moksha (freedom, liberation) is achievable in this life in contrast to Indian philosophies that emphasize videhamukti, or moksha after death.

Dr. Antony Theodore
John The Baptist

John preached at the river
Jordan inviting all to come.

Other prophets
lived and preached
among the people.

But John went to the river.
John wanted people
to walk through
the desert and cross it
in scorching heat.

He wanted them
to be lost
in the wilderness
to speak to their
own innerst core
in the silence
of the desert.

Their hearts spoke
to them insilence.

They knew their sins
beforethey reached Jordan.

Prophet John baptised them
in the baptism of the
forgiveness of sins.

Their inner being
were cleansed
in the waters of baptism.

Look deep into yourself.
Count the dark spots
in you and repent.
God calls you now.
(John the Baptist, (born 1st decade bce, Judaea, Palestine, near Jerusalem—died
28-36 ce. Jewish prophet of priestly origin who preached the imminence of God’s
Final Judgment and baptized those who repented in self-preparation for it; he is
revered in the Christian church as the forerunner of Jesus)

(Apart from Jesus Christ, John the Baptist is probably the most theologically
significant figure in the Gospels. As was the case with Jesus, his birth was
meticulously recorded (Luke 1: 5-25) . His entrance into the world was marked
by angelic proclamation and divine intervention (Luke 1: 57-80) . John's birth not
only parallels that of Jesus, but echoes the momentous occasion of the birth of
Isaac to Abraham and Sarah (Gen 17: 15-22; 21: 1-7) . John is clearly a pivotal
figure in the salvation history of God.)

(Graphic: Mike Gilbertson added it in Pinterest)

Dr. Antony Theodore
John The Witness

John the Baptist could more correctly be called John the Witness.

Filled with the Holy Spirit while still in the womb, he lived for God.

He was the forerunner of Jesus Christ.

He had the spirit and power of Elijah.

Through repentance and the forgiveness of sins all are called to return to God Most High.

(Sieglind Elinger saved to beheading of St. John the baptist.)

Dr. Antony Theodore
Jonathan was closer than a brother.
He had saved David's life and sworn to protect his children.

Saul is God's chosen. God's anointed. Yes, he had hounded David.

He had badgered David. But he was still God's anointed.

Both are dead in the battle.

Dr. Antony Theodore
Joseph And His Pregnant Wife

There is the story of Joseph.
I can well imagine how
it must have fought
and rumbled around in him.

There was his male
sense of honor,
there was the suspicion
that another man must
have had something
with his future wife
that she becomes
pregnant without
his knowledge.

Then the angel came
in the night
andspoke to him
that the child is
from the Holy Spirit.

(Nothing is impossible for God.
Jesus Christ is of divine origin.
This is the story of Christmas.)

Dr. Antony Theodore
Journey - Not - Predictable

This journey through
life's twists and turns
is not predictable.

This voyage is not
laid out in a uniform way.

It does not happen
in a consistent
or predictable way,
as we would desire,
but the Lord gives you
His precious reassurances.

He knows you
and He cares for You.

Dr. Antony Theodore
Journey - Of- Discovery

All religions should follow this journey of discovery of the ultimate truth about human life.

It is the pilgrim way of religions along the paths of the world to proclaim that Jesus Christ is "the way, and the truth, and the life" (John 14: 6 of The New testament).

Dr. Antony Theodore
Joy - In - Faith

I think people like Nick are so compelling to us because we all want to know the secret of their joy.

It is a joy that does not depend on physical perfection or a life that follows some specific formula for success.

(Nick Vujicic is 33 years old. He was born with an extremely rare congenital disorder known as Phocomelia, which is characterised by the absence of legs and arms.)

(Graphic: Nick Vujicic with his wife, Google Bilder).

Dr. Antony Theodore
Joy - In - The - Infinite

"There is no joy in the finite; there is joy only in the Infinite."

(Anonymous, The Upanishads)

Dr. Antony Theodore
Joy - That - Transcends - Suffering.

They hold out
the possibility
of unshakable joy
that transcends suffering.

For many of us,
joy is at a very
low simmer.

(Nick Vujicic is 33 years old. He was born with an extremely rare congenital disorder known as Phocomelia, which is characterised by the absence of legs and arms.)

(Graphic: Nick Vujicic with his wife, Google Bilder).

Dr. Antony Theodore
Joy Is Contagious

God is my consolation.  
Why should I be anxious?  
Anxiety takes my smile away.

Joy is my dress which I try to wear every morning.  
I smile knowingly because a happy heart is cheerful.

Hatred crushes the spirit.  
I want to love all those who hate me.

I want to dream deeply of peace and love.  
I want to express great joy.  
Joy is contagious

Dr. Antony Theodore
Joy-Giving - Light

We implore
the coming of Christ
who will bring the
grace of eternal light.

Finally, at this hour
we join with the
believers of the
Earth in calling
upon the 'joy-giving
light of that holy glory,
born of the immortal,
heavenly Father,
the holy and blessed
Jesus Christ.

Dr. Antony Theodore
Jubilant - Song - Of - David

It recalls the many times the Lord protected David from His enemies and it rejoices in the way He displays the might of His power.

And perhaps the climax of his jubilant song is captured in this verse, where he writes:
"The LORD lives, and blessed be my Rock; and may the God of my salvation be exalted." Psalm 18,46

Dr. Antony Theodore
Judgement - Of - Noah's - Flood.

Once Satan
had tempted
man to sin
and seized
dominion over
the world from
Adam, he
Immediately
began to
infect the
human race
with every
flavour and
colour of evil,
which finally
resulted in
the worldwide
judgement
of Noah's flood.

Dr. Antony Theodore
The Spirit of the living God
is able to judge the deepest
thoughts and intentions
of the heart of every man.

Every spoken word
from the lips of Christ
are Life and Truth.

All the written words
of Scripture give
wholeness and health
to those who believe.

It is vital to take
His Word deep into
our hearts and keep it.

Dr. Antony Theodore
Judging - The - Mountain - Of- Esau

The deliverers
will ascend Mount
Zion to judge
the mountain of Esau,
and the kingdom
will be the Lord's.

The message from
Obadiah is a
thumbnail sketch
of all the prophetic
writings in Old
Testament Scripture,
which outline God's
wrath against a
Christ-rejecting
sinful world.

(Obadiah 1: 21 of the Old Testament)

Dr. Antony Theodore
Judging Others

Blessed are those
who are able to
cope with the defeats
because they will
build human bridges.

Blessed are those
who first judge themselves
before judging others
because they can
hope for God's blessing.

Dr. Antony Theodore
Judgment

God says
I am who I am,
and you are who
God says you are.

Paul said,
"I care very little
if I am judged by you
or by any human court;
indeed, I do not even
judge myself.

My conscience is clear,
but that does not make
me innocent. It is the Lord
who judges me.

(Ref.1 Corinthians 4: 3-4).

Dr. Antony Theodore
Jump Off The Porch If You Want to Fly

Real commitment comes before
I know how everything is going to be.

So listen to your heart and dare to be
what you want to become.

Without jumping off the porch
the bird will never learn to fly.

Without jumping out of your heart's silence
You are not going to learn to love.

The divine essence waits inside everything
unless the desire to be whole is serious.

Dr. Antony Theodore
“Just - As - In - A - Dream”

As I look deeper
into those
sparkling eyes
I see back to
the past and
remember my
secret longings
of body and soul.

I never revealed
it to anyone
and now you
appear before me
just as in a dream.

Dr. Antony Theodore
Just - Passing - Through

Does your life testify:

This world is not my home,
I'm just passing through?

Dr. Antony Theodore
Just By Being In Its Beauty.

All of life is seen as God sees it.  
All of life is seen simply as it is.

We see the Presence  
of God in all that is.

Each thing becomes  
a symbol of a relationship  
with God just by being  
the thing it is, in its beauty.

Dr. Antony Theodore
Just To Float It Away

I light a lamp now
just to float it away
in the river of mercy.

(jld web added to pinterest)
The Maha Kumbh Mela is the largest religious gathering on earth, and takes place
every 12 years on the banks of Sangam, the confluence of the holy rivers Ganga,
Yamuna and the mythical Saraswati)

Dr. Antony Theodore
Just Want To Send You A Hug

Just want to send a hug
your way
to say that I love you.

In Sunshine and in rain,
in snow and heat,
i like to come to you
to hold your hand.

In all you do and enjoy
may God's grace be upon you.

So smile the day away 'my sweet heart'.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Justice Shall Flourish

Justice shall flourish
and fullness of peace
shall remain for ever
when God comes.

O God, with your
judgment endow us
with your justice.

Dr. Antony Theodore
Kant's - Model - Of - The - Mind

In general structure, Kant's model of the mind was the dominant model in the empirical psychology that flowed from his work.

Then again, it became dominant after a hiatus during which behaviourism reigned supreme especially in cognitive science.

(Behaviourism reigned supreme (roughly 1910 to 1965).

Dr. Antony Theodore
Kant's - Work - On - Epistemology

It is noteworthy, however, that Kant's work on epistemology, which led him to his ideas about the mind, was a response to Hume as much as to any other philosopher.

Dr. Antony Theodore
Karl - Barth's - Definition - Of - Eternity

In contrast to traditional views, Karl Barth defines eternity with reference to the central Christian doctrines of the Trinity and incarnation.

Eternity is understood, then, not merely in its difference from time but as the life, order, and movement of the Father, Son, and Spirit.

Dr. Antony Theodore
Karma And Its Meaning

The meaning of Karma
is in the intention.

The intention
behind the action
is what matters.

Those who are motivated
only by desire for the
fruits of action are
miserable, for they
are constantly anxious
about the result of what they do.

(Karma in Hindu scriptures mean the actions and the intention)

Dr. Antony Theodore
Keep - Asking - Questions.

Those living in
the blissful ignorance
of sensory contentment
are genuinely non-plussed
by the philosopher.

'Why do you
keep questioning?'
they ask.
It was
Einstein who
insisted that the
important thing in
life is to keep
asking questions.

Dr. Antony Theodore
Keep - Them - From - The - Evil

When Christ prayed for His disciples on that night that He was betrayed, He prayed,

"I do not ask You to take them out of the world, but to keep them from the evil one.".

The devil may do his worst, but we can stand on the promises of God through the tough times we will inevitably face.

God's word promises that He will keep us, as we go through the difficulties and dangers because His grace is sufficient His strength is perfected in our weaknesses.

Dr. Antony Theodore
Keep Away From Temptations.

If you are dieting,  
don't keep junk  
food lying around.

Make no provision  
for your temptations.  
Turn your phone off  
while you are working.  
Get rid of all distractions.

"Keep your way  
far from her,  
and do not go  
near the door  
of her house." —

(The verse speaks of  
the door of an adulteress (The Book of Proverbs 5: 8 in the Holy Bible).

Dr. Antony Theodore
Keep Commandments

Walk in God's ways
and keep His statutes,
commandments,
feasts, ordinances,
and testimonies.

Act always
according to all that
is written in the
Holy Books of
spiritual Literature.

Success is thus ensured
in all your undertakings.

Dr. Antony Theodore
Keep The Relationship With God Intact

Be kind.
Live with heavenly motives.
Be pleasant.
Be loving
Keep a smile.
Be honest and sincere.
Do not deceive.
Cheating kills your joy.
Give the best you have.
Keep the relationship with God intact

Dr. Antony Theodore
Keep Us Secure In Your Love.

God of the universe,
we worship you.

God, ever close to us,
than we ourselves
are close to our body
and mind and soul,

keep us secure in your love.

From this world of uncertainty,
lift us up to your cosy lap.

Dr. Antony Theodore
Keep Yourself Motivated

Keep yourself motivated
Rescue yourself from
Weak thoughts that
Will cripple you.

You need not be busy
but always productive.

Remember the best way
comes after the hardest.

Your attitude is more
important than
your abilities.

Be joyful.

Dr. Antony Theodore
Keeping - God's - Word

 Whoever keeps His word,
 truly the love of God
 is perfected in him.
 This is My commandment,
 that you love one
 another as I have loved you.

 God is love,
 and he who abides
 in love, abides in God,
 and God in him.

 Dr. Antony Theodore
Keeping Time With The Great Rhythm Of The Spiritual Universe

The mystic acquires the art of fellowship with the 'great life of the All', and draws strength and joy.

He begins to keep time with the great rhythm of the spiritual universe and feels that he has found his place.

Dr. Antony Theodore
Killing - The - Prophets

In great distress
of heart, the Lord
Jesus cried out,
"Jerusalem, Jerusalem,
who kills the
prophets and stones
to death those who
have been sent to her!

How often I wanted
to gather your
children together,
as a hen gathers
her chicks under
her wings, but you
were unwilling!

Dr. Antony Theodore
Kind - Compassion

The Bible insists that widows are to be treated with respect and kind compassion.

They should be cared for, given protection, offered support, and no one should treat them unjustly or take advantage of the lonely widows.

The Law of Moses addressed many issues relating to widows and their needs, such as the harvesting law of gleaning, and the importance that justice was meted out to anyone who abused or neglected widows.

Dr. Antony Theodore
Kindle A Raging Fire

God,
kindle a raging fire
in my darkness.

Pour down your rain of love
in my continuing dryness.

Dr. Antony Theodore
King - And - Priest

HolyScripture
dictates that
the Lord JESUS
is to be a King-Priest
forever, after
the order of
Melchizedek.

Dr. Antony Theodore
King - Nebuchadnezzar's - Dream

Daniel gives us
a timeline stretching
from Judah's exile
and Israel's dispersion,
to the second coming
of Christ, to set up
His millennial kingdom on earth.

Daniel was enabled
to understand and
interpret King Nebuchadnezzar's
dream, of a great statue,
with a golden head,
which revealed a big
picture of 'the Times
of the Gentiles',
which began with
Judah's exile from
Israel and will continue
until Christ's second advent.

(Reference to the Book of Daniel of The Holy Bible).

Dr. Antony Theodore
Kingdom - God - Is - In - You

Sacred Spaces
evoke feelings
that not only
heal and inspire
but also help
us discover our
higher selves
and our oneness
with the Creator.

(Ref. to Luke 17: 21, "... For, behold,
the kingdom of God is within you")

Dr. Antony Theodore
Kingdom - Mysteries

Jesus proclaimed
the principles of
the kingdom of God
to the disinterested masses,
to prepare the little flock
of believers for a different
message and ministry,
by teaching kingdom
mysteries to His committed
disciples, through parables.

Dr. Antony Theodore
Kingdom - Of - God - And - Innocence

But the short-sighted
disciples rebuked
these parents for
bothering the Lord.
However, this
angered Jesus greatly,
and we read that

He said, "Leave the
children alone,

and don’t try to
stop them from
coming to Me,

because the kingdom
of heaven is made
up of little
ones like these."

Dr. Antony Theodore
Kings - Shepherds - Salvation - Plan

The events in the Bible speak of battles and bravery that took place in the far distant past.

Some describe kings who were brought low or shepherds, who were elevated to positions of high authority and great responsibility.

We discover how God's plan of salvation was set in motion six thousand years ago.

Dr. Antony Theodore
Kinship - Of - Our - Souls

How deeply
rooted am
I in these people?
Outwardly I have
the characteristics
of my ancestors;
There are also
Recognizable
similarities in
my personality.

But the external
similarities or
the same traits
are not important
for my everyday life.

What makes me
take root in people
is above all the
kinship of our souls
and hearts, the
affection for one
another and the
life we live together.

(Graphic: candles-on-cemetery-souls-day
-600w-161316500 Shutterstock)

Dr. Antony Theodore
Kinsman - Redeemer

He was Son of the most-high God.
He was kinsman - Redeemer of humankind,
and He came to earth to pay the price for the sin of the world.
"Therefore, holy brethren, partakers of a heavenly calling, consider Jesus." This is the challenge that every one of us is given. "Consider Jesus, the Apostle and High Priest of our confession." (Ref. to St. Paul's letter to Hebrews 3: 1.)

Dr. Antony Theodore
Kiss On The Corner Of The Soul

The Spirit speaks through the eyes.
The little butterfly of the heart
kisses the little corners of the soul
and rediscovers the smiling innocence.
The Spirit speaks through the eyes.

Dr. Antony Theodore
Kiss The Forehead In Compassion

Filled with pure compassion
Kiss the forehead
between the eyebrows.

A sense of security
and comfort is born
in the one whom you kiss.

It shall remain and shall grow.
This is the power of pure love.

(Graphic: TC Esmeray Fidanboy saved to GÜNAYDIN... pinterest)

Dr. Antony Theodore
Kneel Down And Pray

Sip down the essence of inspiration
And glorify this wonderful morning.

Walk into the gates of the holy Ones
And kneel down to pray
To the Almighty.
'Oh lift me up from my sinful world'.

I lift up my mind and heart
And repeat I am sinful
Come and lift me up
On to your loving chest
Press me soft on you.
And make me feel that I am cured.

Dr. Antony Theodore
Instead, to do battle successfully, we must first gather our intelligence.

To defeat the enemy, we must know the enemy. To fight successfully, we must understand his strategies.

To be victorious, we must first understand the true darkness and depth of the depravity we face.

We talk about spiritual warfare but have not considered who or what we are truly fighting against.

Dr. Antony Theodore
Know - The - Lord

Know the LORD. 
He is God!

It is He who made us, 
and we are His; 
we are His people, 
and the sheep 
of His pasture.

Enter His gates 
with thanksgiving, 
and His courts 
with praise!

Give thanks to Him. 
Bless His name.

(Ref. to Psalm 100: 3-4)

Dr. Antony Theodore
Know - Yourself

The admonition ‘Know Yourself’ was carved on the temple porta at Delphi, as testimony to a basic truth to be adopted as a minimal norm by those who seek to set themselves apart from the rest of creation as human beings, meaning to say human beings know themselves.

Dr. Antony Theodore
Know- My - Anxious - Thoughts

Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.


Dr. Antony Theodore
Know That You Are Love.

Love is the essential reality.
It is the purpose of life.

Experience love in yourselves.

Meditate and find the love living in your heart.

Know that love is in you.
It is born in you.
It lives in you.
God makes you loveable.

The strength to give this love to others comes in meditation.

That is the joy of the wonder, you will see working in you without your own knowledge.

Forgive yourself.
Forgive all others who offended you.
Then you receive the strength to know that you are love.

(Graphic: nevershoutnever - i love you more than you will ever know. Pinterest)

Dr. Antony Theodore
Know The True Nature Of Your Soul

O seeker, know the true
nature of your soul,
and identify yourself
with it completely.

O Lord, (may we attain)
the everlasting consciousness
of Supreme Light and Joy.

May we resolve
to dedicate our life
to the service of humankind,
and uplift them to Divinity.

(From the Yajur Veda, the great HinduScripture)

Dr. Antony Theodore
Know Your True Self

Know your true self.

All we need is love.
The purpose of life is love.

To love,
to be loved.

This love is within us,
because we are love.

Know your true self.
Then you will know that you are love.

Dr. Antony Theodore
Know, That It Is Time.

Know that it is
time to be honest,
time to get real,
time to deal with
the broken heart
and broken soul.

Promise to yourself:
"I shall never be a
slave to patterns
and thoughts
that are killing me".

Have the courage
to live a new life.

Dr. Antony Theodore
Knowing - The - Reality

We do not know what it was before our senses and our mind worked on it.

We only know what it was after our senses and mind worked on it.

(Thinking of Immanuel Kant)

Dr. Antony Theodore
Knowing God By Communion.

As the mystic grows
in his earnest aspirations
to reach God,
he knows God by communion,
and this direct intuition
of the Absolute
kills all lesser cravings.

He possesses God
and needs nothing more.

Having eyes set on eternity,
his consciousness steeped in it,
he can well afford
to tolerate the entanglements of time.

Mysticism is an entirely spiritual activity.
Its aims are wholly transcendental and spiritual.

Dr. Antony Theodore
Knowledge - Gap

Aquinas's view of how we know gives us a crucial insight relative to the problem of the knowledge gap concerning God's existence.

The knowledge gap is a natural consequence to our way of knowing as embodied souls.

(Reference to Thomas Aquinas, (Summa Theologiae).

Dr. Antony Theodore
Knowledge - Of - God

Knowledge of God is claimed by adherents of several religions,

the metaphysics of God becomes a significant field of philosophical research.

The similarities and dissimilarities among the various conceptions of God invite serious Investigation.

Dr. Antony Theodore
Knowledge - Of - The - Self

“He who is rich in the knowledge of the Self does not covet external power or possession.”

(Paramananda, The Upanishads)

Dr. Antony Theodore
Knowledge And Enlightenment

Once a student asked her Guru

"What is the difference between one who has wisdom and knowledge and someone who is enlightened?"

The Guru responded immediately:

"It is very easy, the one who has wisdom and knowledge is the one who carries a candle in the darkness and lights the way.

The one who is enlightened has become the torch itself;"

Dr. Antony Theodore
Knowledge Of The Ideal Beauty Is Innate In A True Poet.

Synthesis of mystic graces and aesthetic sensitivity enables a poet to transcend the rational and intuit the whole through prehension rather than comprehension.

In a true poet the knowledge of the ideal beauty is innate. He knows it intuitively in intellectual ecstasy.

He knows it at the highest level of conscious being even without ideation.

(Innate Beauty Quotes: top 12 quotes about Innate Beauty from...

Innate Beauty Quotes Pictures 3)

Dr. Antony Theodore
Knowledge of our spirits and knowledge of the world are mutually enlightening and empowering.

Dr. Antony Theodore
Knowlege - Pain - Pleasure

There is both pain and pleasure in knowledge.

When knowledge concerns serious matters,

the withholding of knowledge leads

not only to the pain of unsatisfied desire

but to a righteous anger.

Dr. Antony Theodore
Know the Nature Of Joy

Where there is joy
there is creation.

Where there is no joy,
there is no creation.

Know the nature of joy.

(Veda Upashads).

Dr. Antony Theodore
Krishna - Consciousness

Its core beliefs are based on the Vedic scriptures, mainly the Bhagavad Gita and the Bhagavata Purana, and the Gaudiya Vaishnava tradition.

It had adherents in India since the late 15th century and American and European devotees.

Dr. Antony Theodore
Labour - Of - Love

The believers display
the work of faith,
labour of love,
steadfast hope in
the Lord, and joy
in the Holy Spirit.

Despite the many
tribulations they
underwent, it is
something
we should seek
to emulate

Dr. Antony Theodore
Labrynth - Of - Suffering

Forgive always

or else you
will be lost
in a labrynth
of sufferings.

Dr. Antony Theodore
Lack - Of - Faith

The Savior upbraids
the priests and scribes,
because even though
they witnessed the
conversion of
persons deep in
sin by the preaching
of St. John the
Forerunner of the Lord,
still they did not believe.

Dr. Antony Theodore
Lamenting - A - Tragedy

However, while
Job dealt with
unexplained evil,
Jeremiah lamented
a tragedy entirely
of Jerusalem's making.

Dr. Antony Theodore
Language Is Not Adequate

Speaking of God
our language is
not adequate
to capture all
of the truths of God,
but it does allow us
to begin to understand
and describe God.

Dr. Antony Theodore
Lasting - Change

Don't be hoodwinked
by the inspirational
industrial complex.

Long-lasting
and life- transforming
inspiration
has to arise from
a deeper place.

True and lasting
change is an
inside job that
has nothing to
do with performance.

Dr. Antony Theodore
Lawlessness

The mystery of lawlessness is already at work.

Only he who now restrains will do so until he is taken out of the way.

Resist temptations. Pray and work for your holy life. (Refer to: 2 Thessalonians 2: 7)

Dr. Antony Theodore
Laws - Of - The - Society

There were laws on idolatry, sorcery, the disadvantaged in society, money, property, and lending laws.

God set before the nation a range of legal laws including, employment law, the treatment of servants, murder and manslaughter laws, and laws dealing with violent assault. (Ref. to. In Exodus 21 of the Holy Bible)

Dr. Antony Theodore
Laziness - And - Guilt

I pull my hand from under the covers and reach over and feel for my alarm clock.

I know I shouldn't, but I hit snooze again. The negative emotions wash over me like an extra layer of sheets in my otherwise cozy bed.

Dr. Antony Theodore
Lead Me Out Of The Dark Relics Of Myself.

Even when sometimes
I am not completely
with and by myself
you make me conscious of it.

You believe in me
even if I am quite far
and away from you again.

God, you open the eyes
of the blind people
and take prisoners
out of their dark dungeons.

Open my eyes too
and lead me out
of the dark relics of myself.

Dr. Antony Theodore
Lead Me To The Throne Of Light.

When the spring rains came
I stood at the doorsteps
of my little hut in the woods.

I saw my moist heart
glistening in the mild rain drops.

I am waiting here to be suckled
oh invisible little fairy.

Leave imprints on me, in me.

Fill my eager mouth
with the pot of potion
of living romance.

Suckle the nectar
of my lonely heartflower.

Leave it wet by your soaking lips.

See my sorrowful heart
and lead me to the
throne of light.

(Graphic: What Does the Bible Say About the Kingdom of God?
Pinterest
From a throne in heaven, light shines on the earth. What is the Kingdom)

Dr. Antony Theodore
Lead Me to Immortality

From delusion
lead me to truth.

From darkness
lead me to light.

From death
lead me to immortality.

(The Upanishads)

Dr. Antony Theodore
Lead Us from The Unreal To The Real.

O Brahma, lead us
from the unreal to the real.
O Brahma, lead us
from darkness to light.

O Brahma, lead us
from death to immortality.

Shanti, Shanti, Shanti, Om.

(From the Brhadaranyaka Upanishad of the great Hindu scriptures)

Dr. Antony Theodore
Leading - To - The - Truth

In a time
where the
world is
searching
for answers,

it is our duty
to lead human
beings into
the truth.

It is the call
of the poets
at the present
holy moment.

Dr. Antony Theodore
Lean Down From Your Sanctuary On High.

Oh! The Almighty One,
The One who endures for ever,

listen to the prayers of the helpless.

Lean down from your sanctuary.
Listen to the groans of the sick.
Heal the sick who pleads before you.

This is my prayer at midnight.
Look at me your servant
kneeling down before you.

(Graphic: Picture My Thoughts by Myra Johnson)

Dr. Antony Theodore
Leaning on God's promises

These times are a challenge and an invitation, an invitation to lean on God's promises and to plunge even more deeply into the work of prayer and redemption, beginning in our own souls and extending to Christ's Body all over the world.

"Let us not grow weary of doing good; if we do not relax our efforts, in due time we shall reap our harvest." - St. Paul writing to the Galatians 6: 9 in the Holy Bible.

Dr. Antony Theodore
Leaping - Within - Me

My heart began
to leap within me.

I have been in and experienced things that others have not had the privilege of experiencing.

I also realized that when the spirit was moving it was easy.

I felt anointed.

Dr. Antony Theodore
Learn From The Religious Epics Of The Ancient World.

The Ancient Aliens Civilization
of the Anunnaki of Mesopotamia,
India's Indus Valley
and the Hindu Vimana
Ramayana and Baharata Epic Poems

teach us a lot about humans
to be always devoted to God
and lead a moral and peaceful life.

Learn from all the epics of the world
and try to lead a spiritual life.

(Graphic: Ronel Wheeler saved to Spirit God

Indus Valley India Anunnaki Vimana Epics Pinterest)

Dr. Antony Theodore
Learn To Listen To The Pain.

Learn to listen to the pain.

Body is a bridge
that carry us from our inner life
to the outer world.

Pain often gives us insight
as to where the bridge
is experiencing the most stress.

Pain lets us know
where we might crack,
where our lives need
to be reinforced and rested,
in order for us to keep bringing
our inner and outer lives together.

When we suffer from deep and acute pains,
learn how to hold on and let go.
Learn how to endure.
It means learning to let the pain go through.
without denying its hurt.
Learn to listen to the pain.

Dr. Antony Theodore
Learning To Pray

Learning to pray,
learning to open
ourselves to God,
is like anything else:

it needs practice
and it takes time.

There is no accomplishment
of any worth that we know of,
that you can attain merely
by desiring to have it.

Learn to persevere
and practice prayer.

Dr. Antony Theodore
Least - Worthy - Of - Sinners

Paul considered himself
as the least-worthy
of sinners and certainly
not deserving of salvation.

Yet it was by grace
that God looked down
at this legalistic man,

who was ravaging the church,
entering house after house
and dragging off men and women;

putting them in prison
and mercilessly persecuting
the body of Christ
and use him as His apostle
to the Gentiles!

Dr. Antony Theodore
Leave - Behind - Every - Obstacle

But the young man's question is not yet fully answered.

When he tells Christ that he has kept the commandments since his youth,

Jesus challenges him further to leave behind every obstacle and "come, follow me;"

(Matt.19: 21).

Dr. Antony Theodore
Leave The Shadows Behind You.

You are following your shadow.
What a sad life?

Follow the Sun.
Your shadows will follow you.

Dr. Antony Theodore
Leaving - The - Family - Of - Satan

We have moved from
the kingdom of darkness
into the kingdom of light.

Our filthy covering of sin
has been replaced with
a robe of righteousness.

We have been transferred
from an earthly position in-Adam,
to a heavenly positioned in-Christ.

We have left the family of Satan
to become an eternally
adopted child of God
and joint-heirs with Christ.

In Him we are seated
in heavenly places.

(Graphic: Manuela Kohnen saved to Tanz Lobpreis -Pinterest)

Dr. Antony Theodore
Left - Exposed - And - Naked.

Without the water of life, that streams into our hearts from above, and provides health and healing for the whole man, we too would be nothing more than a spiritual corpse that is left exposed and naked, with nowhere to hide.

Dr. Antony Theodore
Galatians is one of the most important denunciations of legalism in Scripture.

It denounces justification by works of the law,

insists that salvation is by grace through faith in Christ alone.

(Cfr. Galatians 1,24)

Dr. Antony Theodore


Lengthening- Shadows

If we have intentionally set out on the journey of faith, we will find out that we will pass through beautiful and consoling hours of broad daylight, the muted dusk of aridity, and experience the soft, melancholic fading of twilight.

We may hesitate then, uncertain of ourselves and of God as the shadows lengthen and obscure our familiar way-steps.

(About Mutter Theresa of calcutta)

Dr. Antony Theodore
Lesson - Of - Love

"If I give all
I possess to
the poor and
give over my
body to hardship
that I may boast
but do not have love,
I gain nothing;"

(Ref: 1 Corinthians 13: 3
in the New Testament
of The Holy Bible.)

Dr. Antony Theodore
Let - My - Heart

Let my heart
rise up to the
world of the divine
when i love
here on earth.

(Graphic: Tessa Castleton
saved to Cool artPinterest)

Dr. Antony Theodore
Let - Nothing - Disturb - You

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:

God never changes.
Patience obtains all things
Whoever has God lacks nothing;

God alone suffices.

Dr. Antony Theodore
Let - Us - Love

The world would be so different if everyone were good enough and loved each other.

Sometimes I am stressed and sad and when I meet a loving person, I leave the place in love and optimism.

People who can simply love and care are beautiful people who are the light of this world.

Let us love. God bless you.

Dr. Antony Theodore
Let Go And Surrender

Relax yourself
to fall on the path
in which God wants you to be.

Let go.

Surrender.

This is meditation.

Dr. Antony Theodore
Let God Be The Water Of Your Soul.

Are your insides starting to shrivel?
God tells: Then Drink me! ! !

Internalize God. Ingest God in you.
Welcome God into the inner
and outer workings of your life.

Let God be the water of your soul.

I need God's work, God's energy,
God's lordship, and God's love.

Make a prayer for the thirsty heart.

God, i am thirsty, i want to drink from you.
I can do all things through the Almighty,
who gives me the needed energy and strength.

I receive your love now at this moment.
Nothing shall separate me from you.

(Graphic: Spiritual Sheet Music by Glen Shulfer | Glensong Music
Glen Shulfer
Lord, My Soul Is Thirsting For You ~ Psalm 63 by Glen Shulfer)

Dr. Antony Theodore
Let Him kiss me with the kisses of His mouth.
It is the soul thirsting for God.
She is held by the bond of love to Him.
Of all the sentiments of nature
this love is the most excellent.
She kisses Him who is the principle
and fountain of love - God.

Are there any expressions equally sweet
to signify the mutual affection
between God and the soul?

They have one inheritance,
one dwelling place,
and they are one flesh.

So the soul is the Bride.
and the Bridegroom, God

(From the Holy Bible
Song of Solomon 1: 2 Let him kiss me with the kisses of his mouth)

(Graphic: Mary O saved to Let love be Sincere
Let him kiss me with the kisses of his mouth— for your love is more delightful
than wine. ~ Song of Songs 1: 2 Join us on facebook: Ruby Wives

Dr. Antony Theodore
Let Love Abound.

Be kind to one another, tender-hearted, forgiving each other.

Let love abound.

Am I plagued by negative attitudes, overrun by stress, and lacking in kindness?

Am I patient and loving?

One small act of kindness can spark a change more significant than we could ever imagine.

Our joy can change a negative atmosphere into something glorious.

Spread kindness and positivity to those around you.

Dr. Antony Theodore
Let Me Be Lost In The Splendour Of Your Face.

Sing praise,
play music.
Rejoice o hearts,
seek God's face.

Think of God's wondrous deeds.
Learn to know God's signs.

God,
turn my heart
to your glorified throne.
Let me be lost in the splendour
of your beautiful face.

(I know God has no face but still..............)

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Let Me Light A Candle

Let me light a candle
for freedom and peace.

The quarrel does not
seem to end.

On this day of sadness
I light a candle of courage.

Against fear and hopelessness
I want to kindle a candle.

Dr. Antony Theodore
Let Me Wake Into Thy Light

Touch and enliven my awareness. 
Enter into my deep silence. 
Breathe in me consciousness thine 
and let my depths wake into thy light.

Dr. Antony Theodore
Let My Meditation Be Acceptable

Let the words of my mouth
and the meditation of my heart,
be acceptable in the sight of my God.
My God is my Rock and my Redeemer.

(The Reader may refer to Psalm 19 of the Holy Bible)

Dr. Antony Theodore
Let Not 'the Evil' Enter You.

Transcending the events
of the past is a divine act.

Heal deeper, your soul needs it.

Remember, your thoughts
and emotions can be an
instrument in the hands
of the cunning devil
to make you fall into deep mire
and fill you with sadness.

Protect yourself.
Protect your energy.
Master your thoughts.
Control your emotions.

Your body and all that belongs
to it, is a part of the temple of God.

You are divine in your core.

Let not 'The Evil' enter you.

Dr. Antony Theodore
Let Not A Downcast Spirit Own You.

A downcast spirit
shall not live in you.

All that kill your real
happiness is not from God.

God has forgiven you
at the moment of repentance.

If devil persuades you
to live with a downcast spirit
it is a sheer waste of time.

Simply believe in the
complete forgiveness of God.

Dr. Antony Theodore
Let Not Your Heart Be Troubled

Jesus told his confused disciples just before He was to walk to the cross, "Let not your heart be troubled.

You believe in God.
Believe also in Me.

Dr. Antony Theodore
Let Us Smile And Laugh.

Children laugh at least
five hundred times a day;
adults may be a few times.

I want to give praise during my life time.
I will not be a dead person among the living.

Our presence, our body language
and words must radiate the message
that we are delighted to be here.

We are the happy bearers
of God's message of love.
Let us smile and laugh
and believe that life is a celebration

Dr. Antony Theodore
Let Your Flower Bloom In Full.

Make the best out of yourself.

Find the best version of yourself.

Your friends can get into your depths only as long as they have gone to their own depths.

Heal yourself.

Let the bud inside you bloom in full flower.

Then you will attract others.

Dr. Antony Theodore
Let Your Heart Take Courage.

"Wait for the LORD;
Be strong and let your
heart take courage;

Yes, wait for the LORD."

David's psalms begin
with great lamenting
and cries to the Lord
for help or vindication,
but inevitably concluding
with great optimism.

They are words of
encouragement.
There emerges
a heart that hopes.

There emerges
dependable hope
in the Lord.

It is always
a declaration
of trust in the God
of his salvation.

Reference to the Psalm 27: 14 of the Holy Bible.

Dr. Antony Theodore
Let Your Life Be A Poem

my dear poet,
my dear poetess

let your life be a poem.

Dr. Antony Theodore
Let Your Religion Be A Love Affair

With all the power of my being
I shall bless God’s holy name.
My soul, do not forget the gifts of God.

God pardons all your iniquities,
redeems you from destruction,
crowns you with kindness and compassion.

God Heals all your sicknesses.
He will not chide you.
He does not deal with you
according to your sins.

God will not remember the sins
Because God is love.

From morning’s first light
to evening’s last star,
always remember
how special you are
because God thinks of you.

Let your religion be less of a theory
and more of a love affair.

Dr. Antony Theodore
Let Your Secrets Become My Dreams

Little sparrow of my heart,
tell me your secrets.
Murmur it in my ears when I sleep
Let your secrets become my dreams.

Dr. Antony Theodore
Leugne, Die Seele Nicht

Um jedoch die Existenz
der Seele zu leugnen,
haben die Menschen
den gleichen Status
und die gleiche
Position wie jede
andere lebende
oder nicht
lebende Materie.

Die Implikationen
dieser Ansicht
sind weitreichend.
Es bedeutet,
dass der physische
Tod das Ende
der individuellen
Existenz ist.

In english in a nutshell

Do not deny the existence of the soul.
Denying the soul means that the physical
Death is the end of the individual
Existence.

Dr. Antony Theodore
Liberating - From - Tomorrow

Only those who
put tomorrow
completely into
God's hand
and receive fully
today what they
need for their lives
are really secure.

Receiving daily
liberates me
from tomorrow.

Dr. Antony Theodore
Liberating The Oppressors

Gandhi wished to liberate
the oppressors themselves
from their blind
and hopeless dependence
on the system which
kept things as they were,
and which consequently
enslaved everybody
both spiritually and materially.

Dr. Antony Theodore
Life - After - Death

We find the why
of the evil
and the life after death
in the writings of
Confucius and Lao-Tze,
and in the preachings
of Thirthankara
and Buddha.

Dr. Antony Theodore
Diligently learn how to put your whole life in conversation with the Risen Lord within tradition of spirituality.

The wisdom of great saints and mystics will help you discover how to surrender your pride and appeal to God with humble trust, and how prayer addresses your deepest human needs.

Dr. Antony Theodore
Life - Is - A - Preparation

A greater part of the greatness, we see in great men and women stems from the virtues they continued to develop even when, isolated,

There might have been times, when these thought it was useless to practice noble virtues.

We have to learn lessons from the great that we see our life as a preparation for the unexpected events in our lives where we are called to help those who are sick and are needy.

Dr. Antony Theodore
Life - Of - Religious - Communities

In a number of countries, a constitutionally recognized right to religious freedom exists, yet the life of religious communities is in fact made difficult and at times even dangerous.

Dr. Antony Theodore
Life - Of - The - Poor

Life can be
very difficult
for many of these
poor people.

Most are living
in extreme poverty,
with little or no access
to clean water, medical care
or other basic needs.

We shall help them
and pray for them.

(George Angelus saved to OrphansPinterest)

Dr. Antony Theodore
All areas of life areDistinctively under Christ's rule.

This insight was developed systematically in the Twentieth Century by the two Christian philosophers, Dirk Vollenhoven and Herman Dooyeweerd, both professors at the Free University of Amsterdam which Kuyper founded.

Dr. Antony Theodore
Life A Mystery

Have you ever experienced conflicting emotions or feelings within yourself?

Did they seem to embody such opposites that you wondered how they could co-exist in the same body?

Life is a mystery. We can never fathom its depths.

Dr. Antony Theodore
Life- Happens - For - You.

Life doesn't happen to you. Life happens for you.

Let go of all resistance. Be grateful for everything you have in life, and do not focus on the things that you don't have.

Dr. Antony Theodore
Life- Is - Sacred

March for life,
witnessing to
this great gift
of God and
its inviolate
sacredness.

Dr. Antony Theodore
Life is a Battle

Life has been compared with a battle and rightly so.

Each day comes up with a new set of challenges which we must meet.

One can just not shy away from the problems if he has to survive.

He has to meet challenges with courage.

(Sam Veda, spiritual classic of India).

Dr. Antony Theodore
Life Is A Celebration.

I am the singer who sings to the dance of life
My songs shall be every soul’s delight.

Come, dance to the rhythm of life.

Forget the past.

Burn the sorrows to the roots.

Pick up the stars of joy.
Crown with it yourself
And dance to the drums of never ending joy.

Life is a celebration.

Dr. Antony Theodore
Life Is A Constant Challenge

Life is a constant challenge.

The future of your family, your success in business, your personal growth, through human relations, all are challenges you face.

Accept this challenge.

Forget what lies behind but strain forward towards what lies ahead and continue the pursuit.

God is with you and will lead you on, from darkness to ever-shining light.

Dr. Antony Theodore
Life Is A Mystery. Wake Up! ! !

Sufferings and evil
Torture and destruction
Hunger and death
Natural catastrophe, why?

You can use religious and other formulas
But you will never find an answer.

Life is a mystery.
Your thinking mind cannot make
sense out of it.
Wake up! ! !

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Life Is Love And Love Is Life

This expression that
life is love and love is life
is very ancient
pronounced by ancient seers.

But we have lost contact
with this love in the modern age.

Our distractions like
sexual attraction,
running after money,
unstable emotions,
religious dogmas,
are very strong in us
having strange roots.

Return to our true nature
in the experience
of the true spirit.

Dr. Antony Theodore
Life-Changing - Self-Talk.

Inspiration has its place.
But ultimately inspiration
that comes from the
outside is synthetic.

It won't last for long.
It has a shortlife
when it comes to deep,
life-changing self-talk.

It may be helpful,
even necessary at times,
but it's not enough.

You need faith
in a greater power
who cares for you.

Dr. Antony Theodore
If you are struggling
and feel distant from God,
He tells you that
He can revive you.

The key to both of
these conditions
is where your heart is.

The prideful heart
is focused on himself,
and the struggling
heart is often
focused on his problems.

To be set free from
both conditions,
your eyes need
to be on Jesus.

Dr. Antony Theodore
Lift - Your - Vibration

There is a healing factor for people who are down and feeling low.

Listen to the frequency and absorb the love comming from the kind souls moving around you unawares.

It will lift your vibration and bring you into light and love.

Dr. Antony Theodore
Lifting - The - Struggling

God will bring down
the prosperous
and will lift the
struggling one.

Trees often
Symbolized
Countries
or nations.
In Israel's history.

Prosperous nations
often oppressed
Israel, and God
send a word of
encouragement
to His people.

(Ref: Ezekiel? ?17: 24)

Dr. Antony Theodore
Light - And - Love

With light
and love, always
we can achieve
a lot in our lives.

Dr. Antony Theodore
Light - Bearers

We share the knowledge and experience of transmutation with the world.

Thus we become light bearers.

We keep shining like a lighthouse to a wandering ship.

Dr. Antony Theodore
Light - In - Our - Darkness

Loving God,
when our strength
slackens and
we are afraid
of being a
burden to others,
you attract us
with the warmth
of your light.

Then your light
drives away
the darkness
and we go on with
renewed confidence.

Then your son,
Christ Jesus
will give our
life new meaning.

Lord, please be
the center and
the goal of our life

Dr. Antony Theodore
Light - Of - God's - Presence

Jesus was offering these hard-hearted men the light that comes from God's presence,

the light that produces eternal life,

but they resisted His invitation, and remained dead in their sins.

Dr. Antony Theodore
Light - Of - Life

While meditating
on the wise sayings
of spiritual leaders
of the world, no one
dared to say this
as Jesus proclaimed:

"I am the Light
of the world;
he who follows
Me will not walk
in the darkness,
but will have
the Light of life.

(Ref: John 8: 12)

Dr. Antony Theodore
Light - Of - Lights

He breathes His sanctifying-life into the one that trusts Him as their Saviour, who saves from sinful life and gives pure joy.

For God is the Light of lights, and there is absolutely no darkness in Him.

Dr. Antony Theodore
Light A Candle Today

Israel was under
the control of the Seleucids.

They were forced
to worship idols
or give up their lives.

In this time of darkness,
when all hope seemed to be lost
a light burned brightly.

Much like the Chanukah candles
a group of rag-tag
Jewish survivors
banded together
and fought back,
overcoming impossible odds.

It was God's
Deliverance.

So when we light
a candle in our darkness,
we're reminded
of the miraculous power
of God Almighty.

We're also reminded
of the role we can play
following the footsteps
of the Messiah
of being a light to the world.

Dr. Antony Theodore
Light A Flame

Light a flame
in your heart.

Let me see you
through the flame.

Come to me through
the flame until
you and me burn.

(Graphic: burning-flame-fire-background-vector-899563 How to Choose a Fire Safe | Fire Safe News | Safe + Vault

Dr. Antony Theodore)
Light And Fire

To spread light
where you stand now
you have to have
burning fire in you.

Spreading light
for others
is your call.

(Graphic: All is Well Yoga hat sich etwas auf All is Well Yoga School~ Life in Awe
gemerkt. pinterest)

Dr. Antony Theodore
Light Came To Wipe My Tears

Under the blue sea
deep down
i sat in a cave.

Cried the whole night
till a beam of light
came to wipe my tears.

("i" is purposely written in small letters)

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Light Emanates From Love

There is only one God
from whom
all love and light emanates.
God is wisdom and innocence.

You are getting light
and warmth from the sun.
You enjoy it every day.
But you can never
become a sun
however much you may desire.

Love is giving
in its nature.
Love is sharing.
This sharing love
spreads the light
in all directions
from your person
when you begin to give.

Unshared love
is no love at all.

(Graphic: lance n
lance n saved to
painting
85
Original Abstract Painting - The Swing - Acrylic Contemporary Impasto Art
Palette Knife - Swing Painting Sunset Painting Acrylic Painting Here you buy
directly from the artist. Size: 65 X 40 cm. (26 X...
More.. Pinterest)

Dr. Antony Theodore
Light In My Hiding Place Of The Heart.

I am in search of the light shining in the innermost nook and hiding place of my heart.

Dr. Antony Theodore
Light Is The First Painter Of The Universe.

I imagine that light
was the first painter of the universe.

Intense light makes
every thing most beautiful.
Even the most frail things shine so beautiful
when light spreads its wings on them.

The dark and the dingy corners of life
brightens up in heavenly shine.

Deep down in our own self
we are in search of wholeness.

The blackness will stir
and eventually go away.
God will remain in us
as a shining point of light.

Light is the first painter of the universe.

Dr. Antony Theodore
Light Is The Nature Of The Soul.

I imagine that
the soul in its natural identity
is a potentially lucid crystal
left alone in the realm of darkness.

It remains perfect in its own nature.
But when the light shines on it
it is transformed into light
and seems to lose itself
in the splendor of a higher nature.

It is the nature of light
that is inherent
and dormant in the soul.

(How to Pick the Best Shooting Mode among Auto, S, A, Manual in any Situation
- Phowd
)

Dr. Antony Theodore
Light The Light Within You.

We are called to light the light
and depart from the
forgetfulness
that fills us with darkness.

Soul is persistent
in cleansing itself
in the inner level
to help shake off
the so-called drunkenness.

Dr. Antony Theodore
Light-Imagery And The Spiritual Marriage.

It is of course, arguable that the whole of this light-imagery is ultimately derived from the Prologue of the Fourth Gospel: the Gospel written by, just as the imagery of the Spiritual Marriage is supposed to be derived from the Song of Solomon.

But it must be remembered that mystics are essentially realists, always seeking for language adequate to their vision of truth: hence the fact that they have adopted this imagery is a guarantee that it represents something which they know and are struggling to describe.

Dr. Antony Theodore
As a sign that we feel connected to our loved ones beyond death, we light candles at the graves of our relatives and friends.

Some of them live on in us, and at the same time we feel that some of us who were not loving to us are not remembered in love.

(Graphic: angel-white-flower-burning-candle-600w-1229263090 Shutterstock)

Dr. Antony Theodore
Lighting -The - Darkness

Every human being who has said, yes to God, will know that there is a dimmer switch in God's hands and that there is a reason that Mother Teresa would write:

"If I ever become a saint, I will surely be one of darkness.

I will light the light of those in darkness on earth." (About Mother Theresa of Calcutta)

Dr. Antony Theodore
Like - Incense

We also recall
the redemption
through the prayer
we send up
'like incense in
the Lord's sight,'
and in which
'the raising up
of our hands'
becomes 'an
evening sacrifice'

(Ref. to Ps 141: 2)

Dr. Antony Theodore
Like - Manna

Gather the silent moments like manna.

I sit alone,
at night
at the river bank
near a flower tree.

I see the shades
of the leaves dancing
in intimate silence.

I raise my heart
and my limbs
to the one
who created me,
my Lord and my God.

Dr. Antony Theodore
Like - The - Foundation - Of - That - Banyan - Tree

If I inwardly glorify myself
then everything of around
me will be glorified
like the foundation
of that banyan tree

God! yes; gave all powers in me (human),
but sometimes I (human)
deny it transcendentally- I think.

And of absolute poverty
is the pure glory of God in us.

Beautifully glorified the mystical
love under the mercy of God;
great and expressive
point of nothingness,
absolute poverty but
all in the door of God
is glorious existence.

(A poem written
from dear poet Mahtab Bangalee's comments)

Dr. Antony Theodore
Like - The - Gentle - Rain

Like gentle rain,
let the skies
dropdown to us
love and justice.

Let the earth open
and salvation
bud forth.

Let justice
also spring up.

(Ref. to Isaiah 45)

Dr. Antony Theodore
Like - The - Songs - Of - The - Rain

Like the songs of the rain
like the soft wind's murmur
like the fragrance of the rose
I wish to keep in my heart
the love that you share
with me in times of sadness.

(KikiLotta Art saved to Witchy ??? Pinterest)

Dr. Antony Theodore
Like A Cloud

Free in heaven
like a cloud,
shifting form,
always moving
through the expanse
of infinite space.

It is wisdom,
timeless wisdom.

Dr. Antony Theodore
Like A Crystal Of Love

God is in us.

It asks plenty of questions
to come to this faith.
One may say:
perhaps God is in us.

But I will surely affirm
God is in me and in all of us.

Now it is for us to make
God shine in us,
in our ways,
in our lives.

Experience the Holy Spirit
of God, working in us
to make us pure
like a crystal of love.

Dr. Antony Theodore
Like A Pebble Tossed Into A Pond

Music is the element through which the mystic lovely conveys.

Didactic tone and vocabulary becomes foreign to his needs of communication.

It is simple intuition that comes so natural to him than speculative analysis.

The effect of music or a poem is like that of a pebble tossed into a pond that sets in motion ever widening circles spiraling out from the point of contact.

(Karunesh Call of the Mystic Beautiful Relaxation Music - YouTube)

Dr. Antony Theodore
Like Sparrows In The Nest

Like eagles in the cliffs,
I slept in the arms of my God.

Like sparrows in its nests,
I chattered in the presence of my God.

Like a wounded dove,
I shivered in his presence and wept bitterly
until I had no tears.

Dr. Antony Theodore
Like The Migrating Birds.

Like the migrating birds,  
man has a homecoming instinct.

In the heart of hearts he knows  
that this world is unreal.  
His unrest deep down in himself  
makes him look for the Otherworldly.

So the pilgrim seeks  
the City Unseen.

The Mystics are  
the path-finders of the Spirit  
blessed with spiritual intuition.

They tell us about absolute beauty  
that lives in the City Unseen.

Dr. Antony Theodore
Like Theflame Of A Lamp In A Windless Place

"When meditation is mastered,
The mind is unwavering like the
Flame of a lamp in a windless place.

In the still mind,
In the depths of meditation,
The Self reveals itself.

(Quotes fom the great Hindu spieital classic Bhgavat Gita)

Dr. Antony Theodore
Lingering - Attention

What the Internet
is Doing to Our Brains is;
we're physically
losing our attention.

We lose our ability
to give anything
lingering attention.

The spiritual crisis
here is that saints
down through the ages
reported that lasting
transformation and
deep contentedness
come from giving God
our lingering attention.

Dr. Antony Theodore
Listen- To - The - Simple - Call

A hurried person
cannot respond to
Jesus' simple call

"Come to me,
all you who are
weary and burdened,
and I will give you rest.

Take my yoke upon
you and learn from me.

Dr. Antony Theodore
Listen To The Call Of Your Own Mystery.

To be natural is to be holy.

To be natural is to be at home
with your own nature.

Listen to the call of your own mystery.

Acknowledge the integrity of your solitude
and settle into its mystery.

(I published this Poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. I published for a long time in
this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Listen To The Resounding Call Of God

Without knowing we are sinking in God's grace, every minute and every second of our life.

God's love is poured upon us in abundance. Open the heart and the mind and the hands.

God loves us and wants to live in our hearts.

He calls us from the top of the mountain. In the valley where we are, his call resounds. 'Come to me my son, come, my daughter. I want to build my home in your heart.

Listen to the resounding call of God Echoing and reechoing in the valley of the soul.

Dr. Antony Theodore
Listen To The Rustling Of The Rain.

Listen to the rustling of the rain.
Observe the force of the rain
on the leaves of the trees.

The trees suckle the blessings of heaven.

Observe the influence
of the rain on the birds.

See how the earth absorbs the rain,
how life emerges from dry dust.

Look at the leaves
the fresh young little sprouts
which unfold in joy to life.

Glimpse and glance at the skies
from where the rain comes,
where to does it go.

Follow the raindrops
in their journey.
Think of the origin
and it's destination.

Look at the raindrops
falling on the dry ground,
on the trees and barks
on the roofing tiles.

Observe how the raindrops
are not in the form of drops
as it flows down from heaven
and then loses itself on the earth.

(This was a simple meditation this morning on the rain)

(Graphic: Lucyna A. Smykowska saved to RAIN. Pinterest)
Listen To Your Deeper Self.

Our need for love
gives tremendous power
to the opinion of others
and they manipulate us.

It requires tremendous
constant heroism
in being who we are
especially when
misunderstood and ill treated.

Listen to your deeper Self.
Be yourself.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Listening To The Whispers Of Love

Listen dear! ! !
Do you hear the call of the universe?
Do you hear the whispers of love?

In the world of the spirit
is distance an issue?
Is time a barrier?

When two souls call to each other
the angel of love murmurs and smiles.

Then the angel will blow the trumpets
to help the two to find each other
and hold the hand of the divine will.

(Graphic: Beth Herschberger saved to Kids painting NightPinterest)

Dr. Antony Theodore
Little Are Our Pleasures

Little are our pleasures.

But we enjoy more than the rich kids
who always go in the car
and protected by their rich parents.

We are poor.
But we are happy.

Poverty becomes
a grace and a gift
that creates simple joys
that make us smile in the rain
under the green banana lief.

Do you come O rich kid
to enjoy with us?

Little are our pleasures.

(Graphic: Angela G Flores saved to My passion.. Pinterest)

Dr. Antony Theodore
Little Point Of Nothingness

This little point of nothingness
and of absolute poverty
is the pure glory of God in us.

Dr. Antony Theodore
Little Robin Sang With Flutteringwings

Little robin sang:
Give me the crumbs
that you let fall under the table.

Pick it up and save it for me.
When I fly to you
fluttering my little wings,
give me those crumbs
for my little beaks.

In return I shall sing a song for you
and flutter with my wings in love
when I see you sitting alone.

Dr. Antony Theodore
Livable Stories

Which story is able to incorporate the insights from other stories in a way that makes sense?

Which story is most livable?

Which story corresponds with our observations, experiences, and history?

Dr. Antony Theodore
Live - Abundantly

God gives this message:
Your future is in My hands;
I release it to you day
by day, moment by moment.

Therefore, do not worry
about tomorrow.

I want you to live
this day abundantly,
seeing all there is
to see, doing all
there is to do.

Don't be distracted
by future concerns.

Leave them to Me.
Each day of life is
a glorious gift.

Dr. Antony Theodore
Live - Life - And - Prosper.

You are living
right now.
Life is too short
to worry about
what you do not have.

Live life and prosper.
Nothing is impossible.
Do not be so realistic
as not to be crazy.
Be yourself.

Do not care about
what others think.

If you let that
affect you, you
will never be happy.

Dr. Antony Theodore
Live - Now

Keep kalm
Be yourself.

Trust in yourself
live in this
present moment.

Dr. Antony Theodore
Live - To - The - Fullest

We all have this.
No giving up
on ambitions,
no giving up
on dreams,
no giving up
on your true
loved ones.

You have
the power to
be positive.
Let us live
to the fullest.

Dr. Antony Theodore
Live And Enjoy Now

Enjoy your time now. because you live only now and today.

Tomorrow, you cannot bring back yesterday and later comes earlier than you ever expected.

Dr. Antony Theodore
Live For Love And Truth.

Lovelif.
Love truth.
Live for love and truth.
In love you become
a different human being.

In love you want others
to become great and powerful.

Dr. Antony Theodore
Live In The Religion Of Love

I work on the enlightening of my self.
I shall not ask for the approval of anyone.

True enlightening comes only from God.
God has no religion and no dogmas.

God is love and love alone.

This is my consolation.

Get away from the problems of religions.

Live in the religion of love
and spread it all around the world.
It is my poetic call.
It is a divine call.

Dr. Antony Theodore
Live In The Way Of Devotion

Listen to the words
of the holy Scriptures
if you seek happiness
here and hereafter
and keep it safely,
deepliin your heart.

Live in the way of devotion
and never stray away from it.

Dr. Antony Theodore
Live The Religion Of Love

I work on the enlightening of my self.
I shall not ask for the approval of anyone.

True enlightening comes only from God.
God has no religion and no dogmas.

God is love and love alone.

That is my consolation.
Get away from the problems of religions.

Live in the religion of love
and spread it all around the world.
It is your poetic call.
It is a divine call.

Dr. Antony Theodore
Look to this day, 
for it is life, the very breath of life.

In its brief course lie 
all the realities of your existence; 
the bliss of growth, 
the glory of action, 
the splendor of beauty.

For yesterday is only a dream, 
and tomorrow is but a vision.

But today, well lived, 
makes every yesterday a dream of happiness, 
and every tomorrow
a vision of hope.

Look well, therefore, to this day.

(From the Ancient Sanskrit wisdom)

Dr. Antony Theodore
Live Your Life

Regardless will
the people judge you.

Don't live your
life trying to
impress others!

Live your life so,
YOU are impressed!
At the end of the day,
YOU are the only
person who will
live with YOURSELF!

(Written from the comments of the great poetess Marie Shine)

Dr. Antony Theodore
Live Your Love Story.

Live your love story at the deepest level by being spiritual.

The seed for your growth in love is your spiritual abilities.

See yourself with the eyes of love.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
"For you have been born again not of seed which is perishable but imperishable,

that is, through the living and enduring word of God." 

(Ref. to 1 Peter? ?1: 23)

Dr. Antony Theodore
Living - By - Acting

The coincidence of changing circumstances and changing selves gives us access to the truer sense of reality that exists beyond the contemplation, action divide.

It revalues the everyday lives of ordinary people doing the best they can,

developing their skills for living by acting in the midst of an endlessly creative world.

Dr. Antony Theodore
Living - In - A - Fallen - World

We live in a fallen world and not one of us is exempt from the difficulties and tragedies that stalk the path of every person that is born into this fallen race.

But through this beautiful truth, God is giving us a tiny glimpse into the eternal ages to come, when the old order is done away with, and God establishes a new heaven, and a new earth, under His perfect rule of law.

Dr. Antony Theodore
Living - In - A -Valueless - World

We are now coming face-to-face with the implications of Nietzsche's 'death of God' and Max Weber's 'disenchantment of the world.'

We live in an objectively valueless world.

We are loosing the moral framework that over-arched us and our society.

It places a great responsibility upon us to choose for ourselves and to create and live by our own values.

Dr. Antony Theodore
Living - In - The - Nihilistic - World

We live in the nihilistic world today.

It is the world with no values other than monetary values,

the world that recognizes no limits and thus can have no fulfillment.

It is the world that is transgressing planetary boundaries and sending us headlong to a catastrophe.

Dr. Antony Theodore
Living - Light.

I have a message that I would like to share with everyone.

This may sound a bit out of the way.

But it is true. If you sing to the Sun of love and give thanks, the Sun will answer you with stronger healing rays.

It is truly miraculous, and very divine.

The more you do, the more you will see, our life is giving out living light.

Dr. Antony Theodore
Living - Revelation - Of - His - Love

The guide for
the universal life
is not a set of rules:
Jesus' way of acting
and his words,
his deeds, and his
precepts constitute
the moral rule of
universal human life.

Indeed, his actions,
and in particular
his passion and
death on the cross,

are the living
revelation of his love
for the eternal God,
who is above all religions.

This is exactly
the love that
Jesus wishes
to be imitated
by all who follow him.

Dr. Antony Theodore
Living - Stones

Each disciple of Jesus Christ makes up the House of the Lord.

We are all living stones being put in place by the master mason, Jesus.

He is building His church, and your job is to offer acceptable spiritual sacrifices.

The work of the church is to be done by the people who have been made priests.

That is what Paul meant in when he said we are “living sacrifices.”

(Ref. to Romans 12: 1)

Dr. Antony Theodore
Living - Through - And - Beyond - Torture

The events of Christ's death and resurrection demonstrated to His followers and other observers that what Jesus said about the Kingdom and its availability was and is true.

To live through and beyond torture and the Cross in resurrection life shows the presence of God among men.

Dr. Antony Theodore
Living Differently With The Spirit Of God.

Look at the nature
and see the reign of God
in a fresh new way.

The reign of God is unique.
It is the lens through which
we discern the shape of our lives.

We move forward with a heart
centered on God's reign
and a vision of radical
transformation for all.

We may not be able to feed
all the hungry in this world.
We may not be able to bind up
all the wounds of the poor.

But we can with God's spirit
live differently caring for
the poor and the rejected
in our own little way.

Dr. Antony Theodore
Living In Self-Centered Spontaneity

A personalism that has nothing to offer but evasion, will not be a genuine personalism, since it destroys the relationships without which the person cannot truly develop.

The idea that one can seriously cultivate his own personal freedom merely by discarding inhibitions and obligations, to live in self-centered spontaneity, results in the complete decay of the true self and of it's capacity for freedom.

Dr. Antony Theodore
Living On A Completely Transcendent Level Of Consciousness.

A human being can live in every respect in his true human nature. He can be thinking and feeling and acting according to human nature and yet at the very same time he can also live on a completely transcendent and divine level of consciousness.

Dr. Antony Theodore
Living, - Powerful - Word

The Word of God
is not simply a
collection of so
many interesting
writings from antiquity,
but it is living and
powerful and has
been breathed-out
from the heart of
the living God to
enliven those who
trust in His name.

Dr. Antony Theodore
Long - Night

Granted, her darkness was exceptional for its depth and duration,

no one can compare her interior sufferings with one who was chosen to bear such a cross as a part of her apostolate.

In time, she would come to understand her long night as a special gift.

(About Mutter Theresa of Calcutta)

Dr. Antony Theodore
Longings

One fine morn I met a friend.
She was an Angel
With fluttering wings.
I loved her wings
Her face, her lips
Her eyes, her smile,
Her looks of Innocence.

I can swear
I loved her
more than the Pelican
loved its little ones.

One fine night
She stepped into my bed
Without the wings
Without a cloth.

I wept and wept
She knew not
I longed for
A love beyond the body.

Dr. Antony Theodore
Long-Term - Coping - Techniques

It can be helpful to speak with others, such as friends, family members, or a therapist, about anxiety or its causes.

Long-term coping techniques can help prepare someone for stressful situations and events.

They might make a person less likely to experience severe anxiety over time.

Dr. Antony Theodore
Look At A Dew Drop..... What More Do You Need?

Look at a dew drop on a rose petal
shining in the morning sun like a pearl.

Don't you see Something simple,
Undivided,
Unborn,
Eternal,
Boundless,
Independent,
Invulnerable,
Blissful
All-knowing?

What more do you need
To know that God is real.

Published on October 08, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Look At The Fiery Serpent

„Make thee a serpent
and set it up, on a pole
and it shall come to pass,
that everyone that is bitten,
when he looketh upon it, shall live.”
The LORD God said unto Moses (Numbers 21: 8).

I stand at the foot of the cross
and look at the old rugged cross.
I suffer seeing his sufferings.
I burst into bitter tears
and the angels
cry with me seeing
the blood that flows down
for me to heal me.

Those who dare to look
rooted in intense faith
shall be healed in truth.

For He is Lord and God.
He saves us all from
Hell and eternal loss
in and through his death.
Numbers 21: 9 | Bible quotes | Pinterest
Pinterest
Numbers 21: 9)
(Graphic:

Dr. Antony Theodore
Look At The Stars When You Walk On The Earth

Look at the stars
when you walk on the earth.

Imagine to become a star
that flies up from the earth
against the fierce winds
to achieve a place in the skies.

One day you will shine
in the night of the moonshine
on the mighty skies
where angels of goodness live.

Dr. Antony Theodore
Look At Your Depression

You step outside of yourself and look at your depression.

Do not identify with it.

Do not try to make it go away. Depression passes through you and disappears.

Think of the clouds. It comes and goes. It passes through.

Are you willing to let this cloud of depression come in.

Are you willing to observe it. It comes and goes. It passes through you.

Change your way of thinking while observing your depression.

You can be happy in depression.

Step out of yourself and observe.

Dr. Antony Theodore
Look Behind Your Praying Beads

Look! ! !
There is light
behind your praying beads.

It is the light of hope.

It is the light of God
waiting for you in your sorrow.

Pray, pray, pray always.

Look! ! !
There is light
behind your praying beads.

Dr. Antony Theodore
Look In..... Consciousness

(Meditating on God gives the greatest Joy and Peace).

God is infinite intelligence
moving at infinite speed
through infinite dimensions.

Look o poets! ! !
in the vast expanse of consciousness.

Published October 08,2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Look Seriously At The Problem Of Self

Try to eliminate all
bondage to the self.

The mind and heart
are to be filled
with the 'wholly other'.

Construct a more profound
and deep idea of poverty.

Poverty is to be conceived
as a function of solitude.

In such a practice of poverty
the seeker will be elevated
beyond the self to be united
with the „Eternal Self"; who is God.

Dr. Antony Theodore
Look! ! I Am On The Swing

I see just now
the mighty hand of God.

On God's fingers
are tied two strings.

It ends up into a swing.

look!
It is i who am sitting there
on the swing below.

Lovingly,
smilingly,
God moves His fingers
and i dance on the swing
according to God's
rhythmic movement.

Oh! ! ! how i love it.

(The small i is purposeful)

(Graphic: Wallpaper World saved to Pinterest)

Dr. Antony Theodore
Looking - Deeper

As I look deeper
into those
sparkling eyes
I see back to
the past and
remember my
secret longings
of body and soul.

I never revealed
it to anyone
and now you
appear before me
Just as in a dream.

Dr. Antony Theodore
Looking At The Face Of Perfect Love

When it reaches the higher levels of reality the consciousness finds itself possessed by the sense of a Being which is greater than the Self.

The mystic is then, so close in intimacy.

In the mystic, this union is conscious, personal and complete. The mystic looks upon the face of PERFECT LOVE and lost in this attraction, the transcendental consciousness dominate the normal consciousness and he surrenders himself to the embrace of Reality.

Dr. Antony Theodore
Looking At You In Dancing Meditation

Do you see my God?
i heard theology in the church today.
i do not understand a word-

But there is intense desire in me
to adore you and to love you.

So i dance for the blessings
you gave me in mylife.

i dance of the joy you give me.
i dance now in thanksgiving.

i love you my God more than anyone else.

(The small 'i' denotes my submission in humility in the presence of God who gave me all that i have and all that will be in my life?

Graphic: Sheri Bryant saved to Dancing in the rest)

Dr. Antony Theodore
Looking Deep Into The Apple Of My Eye.

The cosmic dancer
came, stepped,
and danced
in my heart.

I began to dance with him
to the rhythms
he gave in my dreams.

In the frenzy of the rhythm
I raised my lips to him.

He did not kiss my eager lips,
but danced and danced
looking deep into the apple of my eye.

Dr. Antony Theodore
Loosing - Secure - Footing

For some God
is a tyrant,
and they reject
Him as unworthy
of their love.

For others
God is a genius,
and when He
doesn't give
them what they
want, they either
pout or lose
their secure footing.

Dr. Antony Theodore
Lord - Heals - The - Sick

The Lord is the only one
that heals the sick.

He alone has the
power to save,

and HE is well able
to restore sick people
to good health,

in whatever way
He chooses.

Dr. Antony Theodore
Lord I Want Harmony.

Lord I want harmony.
Let peace flow into my soul.
I place my stress, my anxieties
and fear at your holy feet.

Please spell peace and calm
over my situations.

Now I spend a few moments
breathing in God's peace
and breathing out my stress.

(Graphic:

Dr. Antony Theodore)
Lord Accept This Lotus

Lord, accept
this offering of love.

i give you a lotus,
blooming flower of grace and glory
to you and offer it at your holy feet.

Lift me up from my darkness
and the dirt from which i try to rise
to become a beautiful lotus
to dance in your presence.

Dr. Antony Theodore
Lord God Are You Listening To Me?

Lord God
I am constantly talking to you.

Do you really listen to me?
Sometimes i doubt it.
Sorry for being like this.

But I am a simple human being.
I like to converse with you like this.

You like me more when i am simple and very open to you.
Is it not?

Help me to call on your holy name before I turn to ask for help from people here on earth.

Look! ! !
i am constantly conversing with you.

(Graphic: Rebecca Meyer saved to Paintings, Pinterest)

Dr. Antony Theodore
Lord Make Me Like Water To Quench The Thirst Of The Poor.

I wish to be like the water
that carries ships and boats
on its way to the human beings.

I want to bring goods to the poor.

I want to make the roots of the trees
wet and help the trees to carry fruits
that the poor on the banks will pluck
and eat filling their poor stomachs.

I want to live for the poor to feed them,
educate them, clothe them and love them.

Lord make like water.
help me to flow and flow to the poor.

Give me little waves that will smile
when I reach to touch the feet of the poor.

Lord make me like water
to quench the thirst of the poor.

Dr. Antony Theodore
Lord, God, Come Soon

Lord, come soon
into our sufferings,

Take the side of all
who are alone.

Come into the thoughts
of those who research
and advise
the hearts of all
who are poisoned
by the hatred of
many generations.

Come into the eyes
of those who
only see themselves.

Come into the minds
of all those
who threaten
to override anyone.

Lord, come soon
as the one who
lives in the midst of us
as the one who
completes us.

Lord, come soon!

Dr. Antony Theodore
Lord, -Iam - Happy

I know that you are
behind and very near.

You are in front,
above and in me.

Lord, I am happy!

Dr. Antony Theodore
Lord, Make Me Yours.

Lord, make me
the agent of your peace
when I have the power
to speak and influence others.

Use me for the weak and helpless.

Give me the ability
and great desire
to take care of those
who have gone astray.

Help me to stand by my word.

If I make a mistake,
I am ready to stand by
what I have done
and admit my faults.

When I expect forgiveness,
make me ready to forgive
without reservation!

Lord, make me yours.

Dr. Antony Theodore
Lord. When Will You Visit Me Again?

The way to my hut
was barren and bare.

Last night you came to me
My God visited me last night.

This morning, the way you came
is full of flowers and the scent
of your feet linger everywhere.

Lord. When will you visit me again?

Dr. Antony Theodore
Are you feeling happy?  
than, don't speak about it  
because you don't have to speak about it.

Why?  
Because Happiness is its own.

It does not need words.  
It does not even need to  
be thought about.

The instant you say  
"Iam happy",  
the innocence  
of happiness is lost.

Do not create a gap  
between you and  
the genuine feeling.

(Graphic: MASTERING THE ART OF JOY | Triumph 30 pinterest)

Dr. Antony Theodore
Losing Oneself in Irresponsible Thinking.

Losing oneself in irresponsible syncretism which, on the basis of purely superficial resemblances and without serious study of qualitative differences, proceeds to identify all religions and all religious experiences with one another, asserting that they are all equally true and supernatural and differ only in the accidents of cultural expression is an irresponsible way of thinking and not acceptable.

Dr. Antony Theodore
Losingsight Of The Vastness

The morning gives me
the smalll and feeble
light of the beginning.

It is going to break
through again and again
to become the great light
which will fill the earth
with magnificent glory.

It is a wisdom so large
and clear and we take
it for granted and normal.

We lose sight of the vastness
of the glory of light
that is hiding in the
small and feeble
light of the dawn.

(My favorite Wallpaper Pinterest)

Dr. Antony Theodore
Loss - Of - Moral - Meaning

Weber's 'disenchantment of the world' supposes that as scientific knowledge advances, revealing the world to be objectively valueless, moral meaning comes to be lost.

Dr. Antony Theodore
Loss - Of - Personal - Space.

Thanks to social media, everyone's life is open and accessible through Facebook, Twitter, Instagram.

Some of this has to do with the moment we live in and the obliteration of social boundaries.

We have created an assumption that you can enter and observe, or engage, with anyone, anywhere, anytime.

There are no boundaries.

We have created an assumption that we are entitled to enter anyone else's private space at any time.

It is very harmful.

Cell phones have been a major contributor to this loss of personal space.

Dr. Antony Theodore
Lost - Creation.

This gift of salvation
streams to mankind
from the Father-
heart of a loving God
Who knew that
the sinful race of
fallen humanity
faced a lost eternity
without the great
and costly gift of
His only begotten Son.
The sacrificial death
of the eternal Son
could alone pay
the price for the
sins of the world
and redeem
a lost creation.

Dr. Antony Theodore
Lost - In - A - Sweet - Slumber

My mind, is caught
by a sudden bliss.

It carried me
to a mountain
peak where the
playful wind
is lost in a
sweet slumber.

Dr. Antony Theodore
Lost - In - Our - Brokenness.

Grief doesn't come
and go in an orderly,
confined timeframe.

Just when we think
the pangs of anguish
have stolen their last breath,
another wave sweeps in
and we are forced to
revisit the memories,
the pain, the fear.

Dr. Antony Theodore
Lost In A Labrynth

Forgive always.
or else you
will be lost
in a labrynth
of sufferings.

Dr. Antony Theodore
Lost In Deep Penitential Love

Mountains come and hide me!
Rains, pour on in torrents,
so that no one sees me.
Eagles spread your wings
and hide me in the shade of your wings!
Rocks of the great mountains
form into caves that I may hide.
Who will hear the cry of my soul
lost in deep penitent love?

Dr. Antony Theodore
Lost In Ecstasy

Lost in ecstasy

In moments of ecstasy,
you raise yourself.

In moments of passion
and intimate love
a sense of being lost
overpower our consciousness.

Look! Then
you will see the face
of your angel
lost in ecstasy
like you struggling
in passionate love.

(Graphic: Homa saved to spirit pinterest)

Dr. Antony Theodore
Lost In Our Brokenness.

Grief doesn't come
and go in an orderly,
confined timeframe.

Just when we think
the pangs of anguish
have stolen their last breath,
another wave sweeps in
and we are forced to
revisit the memories,
the pain, the fear.

Sometimes we try to resist
the demands of grieving.

We long to avoid this fierce,
yet holy pilgrimage.

We fight against the currents,
terrified of being overwhelmed,
of being discovered,
of becoming lost
in our brokenness.

"He heals the brokenhearted and binds up their wounds". Psalm 147: 3 Holy Bible.

Dr. Antony Theodore
Lost In The Songs Of Devotion

Lost in the songs of devotion
i sit and think of you my dear poetess.

You sat at the feet of the Lord
bowed keenly
touched His holy feet,
your hair flowing down,
your sari covering your curves.

Your lips sang and moved in love and devotion
and i wept in my heart.

Tears flowed down in my soul.

i shall wait for the days when you again visit
the holy shrine and listen to your songs
of devotion to fill my soul with deep love.

Dr. Antony Theodore
Lost In our Brokenness.

In an orderly, confined time frame
Grief doesn't appear.

Just when we think
the pangs of anguish
have stolen their
last breath, another
wave sweeps in
and we are forced to
revisit the memories,
the pain, the fear.

Sometimes we
try to resist the
challenges of grieving.

We long to avoid this fierce,
yet holy pilgrimage.

We fight against the currents,
terrified of being overwhelmed,
of being discovered,
of becoming lost in our brokenness.

Dr. Antony Theodore
Lotus As A Symbol Of Eternity.

The lotus flower
is a symbol of eternity.

It is a symbol of purity,
plentiness and good fortune.

(In ancient sanskrit Hindu Scriptures
we see the lotus pictured as
white, pink, red and blue lotus).

Dr. Antony Theodore
Lotus Leaf In Water

One who performs
his duty without attachment,
surrendering the results
unto the Supreme Lord,
is unaffected by sinful action,
as the lotus leaf
is untouched by water.

(Bhagavat Gita as it is, 5.10)

Dr. Antony Theodore
Love

Lovebirds, o hold hands
till the warmth spreads all over.
Rub your little beaks
till you feel the silence of love.
Hug now and hug again
till the soft little feathers fall.
Cling together and dream a sweet dream
till the shy smile conquers the dream.

Dr. Antony Theodore
Love - All - Around

Speak kindly to yourself and others and smile even if the cry is right there.

Find love and satisfaction within You and be the light you need now.

So much love is all around us!

Dr. Antony Theodore
There are only two
Commandments
that he gives us:
Love God above all
and your neighbor
as yourself.

In my deliberations
I have found egoism
as the opposite pole
for our ability to love.

Dr. Antony Theodore
Love - God's - Word

Read God's word,
love God's word
and value it
more than your
daily bread.

Listen intently
to the Word of God
being read out loud.

Reflect on it
with every passing day.

Meditate upon it
morning by morning
and store it up in
your heart at the
close of each day.

Then, you will come to
the understanding
that the Word of
God is living and
powerful and abides
forever and ever.

Dr. Antony Theodore
Love - In - Immense - Proportions

In the dark night
of the soul, it is not
at all true that
this soul does
not love the Lord.

Whereas the soul's
love for God
is being developed
in immense proportions.

As awful as it is,
though, the darkness
of this spiritual state
is not an evil
but rather a grace.

It is a time of
visitation
although the
Divine Visitor
is silent, He is
closer than ever.

Dr. Antony Theodore
Love - In - Solemn - Trust

Lucky is he who wins
the first love of a
simple soul,
a girl in prime age.

Love begins
in solemn trust.

Pity on him who
misses the offer,
or throws it into the dust.

Ego kills real and true love.

(Graphic: Sandy W. saved to CoverPinterest)

Dr. Antony Theodore

Even if you have begged for it, 
or got unawares suddenly, 
love is very important 
in your life.

You shall never lose it. 
Love is a treasure.

It is better to have 
one loving heart 
than thousand beautiful faces.

Dr. Antony Theodore
Love is the only energy in the universe that man has not learned to drive at will.

This is the variable that we have ignored for too long maybe because we are afraid of love.

This force of love explains everything and gives meaning to life.

Dr. Antony Theodore
Love - Moving

I see love
moving into
my heart
to touch
the depths
of my heart.

Dr. Antony Theodore
Love - Of - Wisdom

Philosophy emerges, then, as one of noblest of human tasks.

According to its Greek etymology, the term philosophy means "love of wisdom".

Dr. Antony Theodore
Love - Originates - In - God

My friends,
we want to love
one another,
because love has
its origin in God,
and whoever loves
is born of God
and knows God.

He who does not love
has not known God;
because God is love.

(Ref. to 1st letter of John
in chapter 4 from verse 7).

Dr. Antony Theodore
Love - With - The - Heart

When you love
love with the heart and soul.

Then the perfume of the
most lovely flowers,

the softness
of the angelic touch,

and the colours of the rainbow
will live inside
ruling your heart.

Dr. Antony Theodore
Love And Desire For The Supernatural

Mysticism in essence, 
is the concentration 
of all the forces of the soul 
upon a supernatural Object, 
conceived and loved as a living person.

Love and desire are the fundamental necessities. 
All true mysticism is rooted in personality 
and is therefore fundamentally 
a science of the heart

Dr. Antony Theodore
Love And Fear

There are only two important things
In this world: God and fear.
Some psychologists express it so.
Some spiritual beings say it so.

There is only one good in this world: Love.
We can name it as happiness, God, joy, peace.

There is only one evil in this world: Fear.
There is no evil in this world
that cannot be traced to fear,
ignorance, fear, violence, anger.

(These are points to meditate).

Dr. Antony Theodore
Love And Spirit Meet In Your Center.

There is a center in the body
where love and spirit meet.

We call this the "heart";
meaning the centre.

Within this heart
is again a center
that experiences the spirit.

Spirit is experienced first
as the absence of what is not spirit.

Graphic: the vision and Art of Daniel B Holeman; Closeup of Purple Heart

Dr. Antony Theodore
Love And The Earthly Life

The One Crucified in Love
is the life
for all those who,
die to themselves.

They live no more
this earthly life.

(Graphic: Dante Merle hat sich etwas auf Passion of the Christ gemerkt.
pinterest)

Dr. Antony Theodore
Love Arrives

The ecstasies of a mystical love
enter into my heart made for the divine.
The pain and pleasure of the past
march with muffled drums.
Then i sit and pray 'Break the chains of sadness,
Love Eternal, come and save me'.

'O light of love kindle me.
Spread your wings of love
and fill my being in your light'.

It is the fire of love
that sets me free
and helps me to be brave.
Then i dare to do
'The impossible'.

Dr. Antony Theodore
Love At The Level Of The Self.

You always meet another person in love at the level of the Self.

You are free to love or reject and hate another, in the moments of deep interaction.

Repulsion or attraction, rejection or acceptance may creep in a relationship.

But you always meet another person in love at the level of the Self.

Dr. Antony Theodore
Love Attracts Love.

Love attracts love.
Light attracts light.

You attract the
enlightened ones,
if you are filled
with pure love.

If you are reading
this now, know that
you come across this
for a reason and
that you are not alone
and we all love you.

Dr. Antony Theodore
Love Blossoms

It is
in the simplicity
of the diction,
the profound love
and longing for
the poet's lover
blossoms with
passion within him
just like a flower
opening in the warm
rays of the morning sun.

(A poem written from the comments of the great Poetess MarieShine)

(Graphic: Charlie Rippey saved to Shannae DawnPinterest)

Dr. Antony Theodore
Love Brings New Perception

To be truly in love
brings new perceptions.

The sudden ecstasy
and bliss that makes
romance so sweet
can be understood
and validated by
every one who
experiences true love.

Dr. Antony Theodore
Love Calls You For Eternal Enchantment.

Be tender my sweet one, in real love.

Get deep down into the marrow
and know your beautiful self.

Do you feel, your fragile nature
gets the veins of divine strength?

Can you forget yourself,
that your beautiful and real self
may resurrect in you
in the freshness of eternal love?

Love calls you for eternal enchantment.

Do you hear the call of love?

(Graphic: Endymion's Eternal Enchantment / Release from a Karmic Cave
In Sacred Presence -
Endymion by George Frederic Watts,1872)

Dr. Antony Theodore
Love is ardent,
burning, gentle.

love is strength.

It envelops you
all the mornings
and evenings
in soft layer of
feathery wellness.

Love is soft.
It raises you
to the heights.

Love shoots its waves
in millions of variations.

Did you ever experience
such a heavenly love?

(Graphic: Hetal Shah saved to i love it.. Pinterest)

Dr. Antony Theodore
Love Compells Me

I believe in God’s loving presence
And faultless providence
More through love’s compelling experience
Than through faith’s vision of them.

Dr. Antony Theodore
Love Discovers In Humanbeings The Good Core Kernel

Love hopes everything
Hoffnung is another aspect of faith.
I wait for something beautiful
from the one whom i love.
I trust him.

I have hope for him
that he develops himself
and the goodness in him
becomes stronger.

Love sees in the depths.
She discovers in human beings the good core kernel
that wants to become a flower
in him, the sign of life, truth,
abilities, and possibilities.

Love trusts God
that God works wonders
in us and in those whom we love.

Dr. Antony Theodore
Love Does Not Condemn.

LOVE is slow to judge
and does not condemn.

Love does not only affirm
the other for the sake
of his performance,
but wishes the other the best.

Love accepts opinions of others,
is infinitely patient,
does not nag where
the other does not help.

Love does not criticize
behind the back,
says an open word
where it has to be,
do not tact for the
sake of your own benefit.

Love hopes everything.

Dr. Antony Theodore
Love Has Its Home In The Heart Of God.

Love has its home in the heart of God.

Love lives in heaven
in the heart of God.
Love flies down to
the human soul
to live there to
fill the human being.

Love knows the beauty of the moon.
Love travels along the starry world.
Love is in the beauty of flowers.
Love is in soft wind and very playful.

Love enlightens relationships.
Love shows how God looks like.
Love builds its home in the human
heart and carries it up to heaven
to the land of light after the last breath.

(Graphic: God'sBigShow: Beautiful Christian Music: Give Your Heart A Home...
God'sBigShow - Blogger
Beautiful Christian Music: Give Your Heart A Home - Steve Green)

Dr. Antony Theodore
Love Identified With Love.

The separate entity
that is you apparently
disappears and nothing
seems to be left
but a pure freedom
indistinguishable
from infinite Freedom,
love identified with Love.

Dr. Antony Theodore
Love In Action Has Meaning.

Love cannot remain by itself.  
It has then no meaning.

Love in action has meaning.  
Love leads to service of the poor.

It is not how much we do  
but with what kind of love we serve.

How much love we put in  
when we serve, qualify our actions.

It is a lifelong sharing of love.  
Then, love acquires infinite meaning.

Dr. Antony Theodore
Love Is At The “Core Of Your Nature”.

Fruit of Surrender is Ecstasy

Feel the peace
that enters you
when you trust that “love”
is at the “core of your nature”.

Look!
In this peace,
you perceive
a “Seed of Sweetness”
at the very center of the heart.

In a surrender to the Spirit,
with patience and devotion,
you nurture from this “Seed”
the supreme state of joy
known as
“Ecstasy”.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Love is at the heart of all creation. 
It continues to unfold 
drawing us ever more profoundly 
into the embrace of a generous God.

This love unbounded, deepens 
and develops over time.

It grows through seasons 
of darkness and light.

Dr. Antony Theodore
Love Is Eternal

Love is taken
from this world
to the next and
there we find
that love is
all that is.

Love is eternal,
of that I have no doubt.

(Written from the comments of the great poetess Marie Shine)

(Graphic: lucy saved to rumi Pinterest)

Dr. Antony Theodore
Love Is Faithfulness

To love means to be true,  
to love unconditionally  
means to give with  
all your heart to one,  
and only one.

Love is when you realize  
that he/she is the best thing  
that has happened to you  
and you want to cherish  
that person and the moments  
spent with him/her  
till death do you part.

Dr. Antony Theodore
Love is the universal force.  
Love is the extremely powerful force.  
Can science find an explanation to it?

Love governs all the other forces.  
Love is the force behind all  
the Phenomenon  
operating in the universe.

Love is the most powerful unseen force.  
Love is light that enlightens  
the receiver and the giver.

Love unfolds and reveals.  
For love we live and die.  
Love is God and God is love.

Dr. Antony Theodore
Love Is Most Sacred In Its Core.

Love is most sacred in its core.
So, when you let someone too near,
he or she becomes part of you.

In the sacred kinship of real love
two souls are deeply united.

When you love, you open your life
to the other breaking all your barriers.
Your protective shell breaks.
The person in love is given
absolute permission to enter
into the innermost temple
of your spirit making you feel:
that Love is most sacred in its core.

(Graphic: Bailey Essences hat sich etwas auf Opening Your Heart gemerkt.
Pinterest)

Dr. Antony Theodore
Love Is Our Deepest Nature.

Love is our deepest nature.

Each of us searches for love consciously or unconsciously.

Be still and let love discover you.

When love finds you
a new heaven opens for you.

Love purifies your heart,
your thinking and your ways.

Dr. Antony Theodore
Love Is Slow In Judging

Love does not judge,
Love affirms the other,
wishes the other the best,
can also accept other
opinions, is infinitely
patient and it does not nag.

Love does not
criticize behind
your back,
say an open
word where
it has to be,
do not use tactics
for your own benefit.

Love believes everything,
hopes everything.
Love never stops!
(after 1 letter of St. Paul
to Corinthians 13).

Dr. Antony Theodore
Love Is Spending Time Together

Love is talking.
It is about speaking,
telling and sharing.

After some time, people
restrict their conversations
to discussing bills,
children and pets.

This is a sure indicator
of things going downhill.
Bring the spark back
by starting a conversation.

Love is Spending Time Together

A few minutes spent together
every day keeps the boredom away.

Heavy work schedules
take up much time and effort,
so it is important to
get things into perspective.

Dr. Antony Theodore
Love Is Spirit.

All forms of love ultimately serve the search for God.

All experiences of love are an invitation to the cosmic dance.

God is the sweetest, most desirable lover, Whose touch the lover can feel on the skin.

Love is spirit.

Dr. Antony Theodore
Love Is Stronger Than Death

Every death is painful to accept.
Saying goodbye to a loved one
gives us intense pain in our hearts.

You cannot elude the pain of death.
You have to stand and face it.

But in the middle of death
hope fills your heart and soul.
'I shall be able to see him again'.

You can meet with the one who died.
The love you had for him
is not destroyed with death.

Love is stronger than death.
Love outlives the death.

You shall experience your love
in a different way when you meet
your loved one in the presence of God.

Then your love will be very pure
without any distortion of your heart
without the limitation of narrowness.

You can love him, as he is.
In this love you will become
one with him as never before.

Dr. Antony Theodore
Love Is The Nature Of The Soul.

We inhabit the kingdom of the Eternal
When we love and allow ourselves to be loved.

Love is the nature of the soul.

In the experience of intense love,
fear changes into courage,
emptiness becomes plenitude
and distance becomes intimacy.

Dr. Antony Theodore
Love Is The One And Only Answer.

Love is the one and only answer.

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every lofty being that inhabits it, love is the one and only answer.

(By Louise Docker from sydney, Australia - My heart in your hands, CC BY 2.0, Dr. Antony Theodore)
Love Is The Quintessence Of Life.

Each individual
carries within them
a small but powerful generator of love
whose energy is waiting to be released.

When we learn to give and receive
this universal energy,
we will have affirmed
that love conquers all,
is able to transcend
everything and anything,
because love is the quintessence of life.

Dr. Antony Theodore
Love Is The Sister Of The Soul.

We need the presence and shelter of love to transfigure our loneliness.

The cosmic loneliness is the root of our inner loneliness. Everything we do, think and feel is surrounded by nothingness. Hence we become easily fearful.

All of human life seems to stand under the shadow of nothingness. (Meister Eckhardt calls it 'umbra nihili').

Nevertheless love is the deepest language and presence of the soul. Love is the sister of the soul.

(You may refer to the spiritual wisdom of the Celtic world)

(Graphic: Dana Dodge saved to Rumi, Hafiz and Khalil Gibran Poetry Pinterest)

Dr. Antony Theodore
Love Is Your True Nature.

In spirit,
you are unbounded
by time and space,
untouched by experience.

In spirit you are pure love.

Identify yourself with
your spiritual nature.

Published on October 16, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Love Lives In You.

Love lives in You,
deeep down
in the innermost
recess
of your being.

Only in deep
mental silence
love will emerge
to become present
to your blessed person.

Dr. Antony Theodore
Love Loving In Freedom

It is love loving
in utmost joy and freedom.

Not two loves,
one waiting for the other,
striving for the other,
seeking for the other,
but Love Loving in freedom.

We are only who we are,
yet who we are
is God being God.

Such is the union
in mystical love.

Dr. Antony Theodore
Love Me Without Any Masks

A bunch of flowers
I give you my friend.

They are wildflowers
picked up softly from the nature
only for you my Lord of my heart.

We shall be always lovers of nature
and shall be every time natural
in our expressions of deep love.

I love it when you are yourself
loving me without any masks.

Dr. Antony Theodore
Love Of God Will Free Me.

If I am not fully free,  
then the love of God,  
I hope, will free me.

But I have to simply  
turn to him and this is  
important in my relationship

I have to turn to God  
daily and often,  
preferring His will  
and His mystery  
to everything  
that is evidently  
and tangibly mine.

Dr. Antony Theodore
Love Plays Silently In Innocence.

The dawn is born
In my heart now.

The cheerful, lively, vivacious
angels on winged horseback
are flying from the heavens
to my compassionate heart
filling with light and harmony.

It is the stardust of love and delight
that is sprinkled in my brain hitherto.

The angels talk to me in heavenly dialect,
while love plays in silence among flowers
among the innocent laughter of children.

The dawn is born
In my heart now.

Dr. Antony Theodore
Love Sees Your Deepest Mystery.

Sometimes, I sit alone watching the stars and think of the galaxies, millions of stars.

Yes, when love looks, it sees your deepest mystery.

Love leads me to eternity.
Love tends the garden of the heart's desire.

Love makes of each moment an eternity.
In love's Judgment shall we find grace.
Love seeks out the tears of hidden hearts.

Dr. Antony Theodore
Love Speaks In The Dream

In the dream, love speaks.

In a dream, Josef opens up.

In dreams, the dictation of our thoughts is turned off, the door of our heart is unguarded.

God can then speak directly to you, addressing things that you otherwise suppress or try to regulate too quickly, with the mind.

(In the Holy Bible, the story of Joseph' dream is pictured in the holy Gospel of St. Mathew.)

Dr. Antony Theodore
Love Until You Die

Lost in meditation
I sat at the foot of the Mount.
From the top of Mount Sinai
I heard this call
as the dawn burst into golden streams of light.

An unknown Voice told me
“I am the God of Moses,
love and love until you die”.

At your death bed
I shall come and lift you up
into the world of my Angels
and keep you near my heart
for all eternity.

I am love,
love pure.
Come my son
Love.

Dr. Antony Theodore
Love Your Dreams.

Love your dreams.
Love to dream.

Dance in the moonshine.
Sing on the seashores.

Fly with the wings of eagle.
Soar high in the skies.

Talk with the moon.
Talk with the skies
in their slow flight.

Sit on the rainbow.

Smile like a peacock's heart
when it dances unawares.

See the humble heart
of the beggar on the street.
Imitate his humility.

Feel with the poor.
Let your eyes drop
a slow flowing tear
when you feel with the poor.

Love peace and serenity.

(Graphic: mkb hat sich etwas auf Moonshine Wallpapers Hd gemerkt. Pinterest)

Dr. Antony Theodore
Love Your Graciousness.

In the presence,
in the here and now,
be self-forgetful.

Be ordinary
and simple.

Be what you are.
Be who you are.

Love your graciousness.

Dr. Antony Theodore
Love Your Soul In Lonely Moments.

Come with me and take rest
For a few minutes.

You need these moments.
Your body needs it now.
The body is a gift of God.

Give time to your heart.

Love your soul in lonely moments.

Be silent,
submit your intelligence
and your thoughts
to God and be happy.

Open your eyes
for the little things of life.
Listen to the song of the birds.

You need not prove
that you are great.

You are very great
in the eyes of God.
He loves you.

(Graphic: You are always special in God's eyes...... - Photobucket. Genovamaaa's collections)

Dr. Antony Theodore
Love Yourself Without Pride

Be silent,
be meditative,
be very prayerful.

It is a sign that
You love yourself
In the right way
without being
selfish or proud.

Dr. Antony Theodore
Love, - Your - Natural - State

You are born in love.

You come from love.

Love is your natural state.

Hatred and evil
are from the powers
of darkness
who likes to
devour you.

Dr. Antony Theodore
Love, Spirit, Self.

In Spirit you are infinite love.
Love is Spirit.
Self has the unbounded ability to love.
You are made of pure Spirit, pure creativity.
The source of love is beyond all illusions.
Love, Spirit, Self.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Love’s Characteristic Activity Is A Quest.

It is outgoing towards
an object desired,
which only when possessed
will be known.

When it is fully known,
it can be perfectly adored.

Intimate communion is its essence.

Love is related
to the eager outgoing activity.

Dr. Antony Theodore
Love is like a charm which blinds us to everything that exists except our lover.

In love we are fully awake. Passionate in our desire to fulfill our beloved's every wish and love him/her with all of our heart.

(A poem made from the comments of the great poetess Marie Shine, from Listowel)
(Graphic: Pablo Almendaro saved to Passionate DesiresPinterest)

Dr. Antony Theodore
Loving - Commitment

God makes covenants with people as an expression of his love.

Just as a man and woman enter into the marriage covenant as an expression of their loving commitment to one another and their pledge of enduring faithfulness, so God in love pledges himself to us and calls us to pledge ourselves to him.

He doesn't do no-obligation cohabitation.

God has only covenant partners. It's his nature.

His love is a faithful, committed, loyal, no-messing-around love.

Dr. Antony Theodore
Loving Others Was His Religion

Always there for others,
in their needs and worries.
In caring for others
And in loving the others
He found the fulfilment.
That was his religion.
He was a lovely
Human being
Loved by all.

(Many want such words to be written on their grab stone).

Dr. Antony Theodore
Lovingingod

Grilling sufferings, distance, time, nothing, it seems to me, will be able to separate our souls.

For we love each other in God, and in Him, there is no separation!

When married people say these words, respect them for they are living in God.

Dr. Antony Theodore
Lukewarm - And - Careless

But a believer who has become lukewarm and careless towards God or one that doubts the truth of His word needs to break up the fallow ground.

He needs to revisit God's word of truth and to root-out weeds of bitterness, legalism, unforgiveness, unbelief, disinterest or distrust so that the seeds of righteousness sown in our hearts can take root, as we grow in grace, to the glory of our merciful God.

Dr. Antony Theodore
Luminous - Emptiness

Liminal space is sacred space.

We are all being invited to show up in this time of radical unknowing,

This is a time of luminous emptiness and paradox.

We are being asked to both step up and take refuge, shelter in and connect.

Liminal space is sacred space.

Dr. Antony Theodore
Lust, Anger, Greed, Arrogance

"O Indra, destroy all those lustful people behaving like birds....
angry ones behaving like wolves....
greedy ones behaving like vultures....
enticed ones behaving like owls.....
arrogant ones behaving like eagles
and the jealous ones behaving like dogs."

(vision of Veda)

Dr. Antony Theodore
Lying on the top of The Mount

My soul
lies down
on the top
of the mount
looking deep into the void
to see the heart of God.

Dr. Antony Theodore
Made - By - Belief

Man is made
by his belief.

As he believes,
so he is.

(Reflections from Bhagavat Gita)

Dr. Antony Theodore
Made - For - Love.

Sexual desire is not a bad thing.

Although it may lead us to temptation and sin,

God has given us sexual desire to remind us that we were made for love.

Dr. Antony Theodore
Magical - Perception - Of - Yogis

We observe that remembrance, inference, and the magical perception of Yogis apprehend such things also as are not present at the time of apprehension.

Dr. Antony Theodore
Magnificent Wisdom.

The call to worship is given to the vast angelic host and the various heavenly beings, for all were created by the Almighty.

Through His creative hand and magnificent wisdom, all began their existence.

So we shall Praise The Almighty always and at all times.

Dr. Antony Theodore
Magnified - Significance

These wonderful words have not lost any of their deep impact in the difficult days we all are facing today.

Rather, as we meditate on these simple truths, we discover their significance is magnified and multiplied.

(Ref. to Psalm 23 of the Holy Bible).

Dr. Antony Theodore
Mahakaruna

The great compassion, mahakaruna, is the only true way for all nations and peoples of the world to survive.

Dr. Antony Theodore
Majesty - On - High

Redeemer is the one who made purification for the sin of the world,

after which He rose from the dead, ascended into heaven,

and sat down at the right hand of the Majesty on high.

Dr. Antony Theodore
Majesty -And -Might

Greater in might,
majesty,
dominion, 
and power
is God Almighty
who is above
all religions.
God's wisdom
goodness and grace
remains with us
because we are
called to become
His beloved children.

Dr. Antony Theodore
Make Beauty Out Of The Ashes O, My God.

Make beauty out of the ashes
O, my God.
Make me feel nothing but hope
for the year ahead.

Regardless of what happens,
I'm expecting God to do
some pretty amazing things.

Let my faith continue
to strengthen and grow.

God, awaken the passion
inside of me to live
for You and You alone.

God, set a fire
within me, a hunger
for more of God
and God's Word.

Lord, I pray for steadfastness.
Please steady my heart,
direct my steps and help me
keep my eyes fixed on You.

Cultivate within me
a deeper understanding
of God's love.

Fill me with
Your love until
I am overflowing.

Allow my life to be
a reflection of Your love
to everyone I meet.
Make Boredom Your Object Of Meditation.

Welcome to the real world of practice.

Boredom is one of the greatest obstacles. There is no magic way to vanquish it.

When boredom occurs, pay attention:
how does it feel to be bored?
Where does it reside in your body?
What thoughts are associated with it?
Make boredom your object of meditation.

Dr. Antony Theodore
Make Me Fruitful O Lord Of Heaven.

The fig tree that God planted
wanted to bear fruits in plenty.

But it could not and was sad.

In the midst of the night
all alone, it stood and prayed:
Lord God, who planted me,
I want to give you lots of fruits.
But my branches do not produce
fruits that you would like to eat.

Would you help me to be fruitful?

Please cultivate the ground around
me and fertilize me giving me water.

I am ready to produce as many fruits
as you would like to have from me.

It is my joy to be fruitful for you
and for all those who come to me.

Make me fruitful o Lord of heaven.

Dr. Antony Theodore
Make Me Lord, Powerful.

Through your strength and power
make me Lord, powerful.

Engird me with the truth.
Shield me with justice.
Give the readiness
to go and fight
for the sublime truths.

Help me to grasp the signpost
of the seemingly unsurmountable
holiness that will offer me peace.

Dr. Antony Theodore
Make Me New My God

Break me.
Blow me.
Burn me
and make me new.

Batter my heart.
Shake me.

Dr. Antony Theodore
Make My Eyes Radiant With Your Spirit.

Make my eyes radiant with your Spirit.
God,
Let my attention
be born from deep silence.

Make my eyes radiant with your Spirit.

Lead me to inner transformation.

Bring me face to face
With pure being,
Pure awareness,
Pure joy.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: Using God's White Light by Cherokee Billie)

Dr. Antony Theodore
Make Sex A Sacred Experience.

Make sex a sacred experience.  
The deepest moments of making love  
lead to the oneness beyond ourselves.

The eternal within me  
merges with all that is outside me.

In those moments of oneness  
We, as drops of spirit  
Merge with the ocean of the Spirit.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: courtesy to LONERWOLF)

Dr. Antony Theodore
Make Us Restless

Make us restless, 
good God.

Send us a Baptist.

Shake us up from 
our comfort zone.

Call us from 
our safe corners.

Dr. Antony Theodore
Make Your Life Worth Living.

Make your life worth living.

Look at nature. Observe and be lost in wonder.

Do a good deed.
Break a bad habit.
Learn a new skill.

Visit an interesting place.
Write a small poem on joy.

Do something good
for someone who
cannot thank you.

Take an important risk.

Search for the truth, for truth attracts the mind.

Have a holy curiosity always.
Smile, Smile, Smile.

Dr. Antony Theodore
Making - Sense - Of - His - Life.

We shall ask each other questions about ethics, rights, and responsibilities, about knowledge and belief, and discuss frankly the differences in the way each one of us try to make sense of his life.

Dr. Antony Theodore
Making - Visible

The body,
and it alone,
is capable of
making visible
what is invisible,
the spiritual
and the divine.

Dr. Antony Theodore
Making Our Body Valuable Enough To Be Offered To God

Sacrifice must complement man's life of prayer and renunciation.

By the renunciation of those things which impede prayer, a life, entirely given to prayer is made possible.

Such a life becomes, in its entirety, a sacrifice of praise to God.

The transformation in man towards divinity is effected by sacrifice and it unites him with God.

Sacrifice enables man to become detached from selfish interests and concerns and he begins to realize the union with God.

Sacrifice is really the culmination of asceticism

Dr. Antony Theodore
Man Can Be Alone With The Alone

Strike hard at the thick
cloud of unknowing
with a sharp dart of longing love.

One shall not give up.
The knowledge of God
is an experience of love.

Man can attain directly to Him by love.

We do realize obscurely
in mystical experience
that by love we reach Him
and hold him close.

Man can be alone with the Alone
lost deeply in intense intimacy.

(455 best Faith images on Pinterest | Words, Thoughts and Faith)

Dr. Antony Theodore
Man Has The Gift Of Self-Awareness And Choice.

Man is called to release
the creative energy
of life within him.

But man suffers from
the painful inner division.

Man suffers from the
existential dichotomy
of being within nature
and yet transcending it
because he has the faculty
of self-awareness and choice.

Dr. Antony Theodore
Man Is Made For More Truth

Man was made for more truth
than he can see with
his own unaided intelligence.

He is created
for more love than his will
alone can achieve.

He is called for excellence
in moral activity
than human will and desire
alone can ever achieve.

With God alone
can he reach the levels
of greatness to which he is called.

Dr. Antony Theodore
Man Is The Slave Of His Own Desires

For a man to be free
he must be delivered
from himself for the
tyrranny of man over
man is but the external
expression of each man' s
enslavement to his own desires.

For he who is the slave
of his own desires
necessarily exploits others,
in order to pay tribute
to the tyrant within himself.

Dr. Antony Theodore
Man Loves To Bow Himself To A Greater And Nobler Being

It is an unwritten law
in the consciousness
of a human being
that he loves to bow himself
to something immeasurably
greater and nobler than himself.
He loves to lose himself
in this greatness flowering in joy.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Man With The Lantern In Search Of Light

Are you a man with a lantern
going in search of light?

So wake up
to the lantern within you.

Open your eyes to God's dream,
unfolding through the incredible
power of the spirit of God.

God walks with you and me.
I want to cry out like the man born blind
"God I want to see".

I lift my gaze and acknowledge my brokenness,
the poverty and my needs
in the midst of the plenty.

(graphic: /commons/b/b6/Diogenes_looking_for_a_man_-__attributed_to_JHW_)
Mandala

Mandala: Sanskrit, in both Buddhism and Hinduism, a diagrammatic picture used as an aid in meditation or ritual; sometimes a symbol of the universe, or a representation of a deed of merit.

Dr. Antony Theodore
Mandala In Tantrism

In Tantrism, there are special liturgies for the initiation of devotees into the use of the mandala for worship, and the elements of the mandala are believed to be reproduced in the parts of the human body.

Dr. Antony Theodore
Manifest Your Glory Through Me.

Cleanse me from selfish motives
and every other nature of the flesh
that clings on to the machinations of evil.

Keep me clean and pure
to carry your treasure in me.

Manifest your glory through me.

Dr. Antony Theodore
Manifestation Of Love.

Jesus tells the young man:
If you would enter life,
keep the commandments.

Christ begins with the commandments because they are a basic manifestation of love for neighbor and God.

(Mathew.19: 17).

Dr. Antony Theodore
Manifesting Love

It is my wish
to accept my life as it presents itself
radiating the glow of the inner sun.
I live in light and manifest love.
I live in inner harmony, joy and peace.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Manipulative - Strategies

These individuals guilelessly deploy a range of manipulative strategies for personal gain through what the authors refer to as victim signaling.

(These people suffer from Machiavellianism (tendency to exploit others), and narcissism (grandiosity and self-promotion), the so-called "Dark Triad" traits of psychopathy (lack of empathy and morals).

Dr. Antony Theodore
Man's - Volition

The sovereignty of the Lord is not diminished because of man's God-given ability to make his own, free-will choices.

Conversely, man's volition and human accountability is not thwarted by the sovereign authority of God.

Dr. Antony Theodore
Man's Nature Touches The Absolute

There is an extreme point
at which man's nature touches
the Absolute: that his ground,
or substance, his true being
is penetrated by the Divine
Life which constitutes
the underlying reality.

It is our link with reality.

This is the marriage of joy
between the Soul and the Almighty.

Dr. Antony Theodore
Mantra - Meditation

The practice of mantra meditation, also known as kirtan, is prominent in the ISKCON movement.

Dedicated kirtan festivals are held annually around the world, such as the Sadhu Sanga Retreat in Boone, North Carolina.

Kirtan sessions are also held outside of temple settings, including at a local university "Bhakti Clubs," mantra lounges, and at a yoga health festivals.

Dr. Antony Theodore
Many - Mysteries

Paul spoke of many mysteries, including,
The Mystery of Christ and the Church,
The Mystery of the Gospel, The Mystery of Godliness,
The Mystery of the Rapture, The Mystery of the Kingdom
and The Mystery of Christ.

Dr. Antony Theodore
Many Things In His Life Are Illusory Or Impure.

The consciousness of a spiritual seeker points out many things in his life as illusory or impure.

His renunciation and detachment purification and its trials - all form the part of his intense aspiration to reach God.

I want to find this perfect and incorrupt substance in me.

This noble tincture is never found upon imperfect earth but only in innocent minds which seek The Almighty.

(Graphic: A noble soul has no other merit than to be a noble soul.
iz Quotes
A noble soul has no other merit than to be a noble soul. - Friedrich)

Dr. Antony Theodore
Marie Shine's Gaelic Translation Of 'i Am Your Baby, Mum'.

A Special Gift For You, Dearest... Gaelic Translation of 'I Am Your Baby, Mum'.

Marie Shine

Sa.,22. Dez.,23: 47.

Irish

Is Mise Do Mhac Leanbh, A Mhammaí.

Is mise do mhac leanbh, A Mhammaí.
Níor tháinig mé ar mo mháthair féin.
Tháinig aingeal Dé le do bhroinn ó na flaithis mighty agus chuir mé i do bhroinn naofa.

Níor tháinig mé ar mo mháthair féin; Bhí Dia ag iarraidh é sin a dhéanamh.

Bhí mé chomh sásta i mo uaimh nua grá, i do bhroinn naofa agus chod sé ansin síochánta.
D'amharc na h-uillinneacha.
D'ordaigh siad a choinneáil sábháilte i gcónaí till go rugfar mé ar aghaidh an domhain.

Chleachtaigh siad amhráin breithe neamhá a imirt ar a n-harpair órga ar mo lá breithe.

Nuair a bhí mé ag codladh i do bhroinn D'úsáid na haingil teacht ormsa.
Ní raibh a fhios agat, mo mháthair dearest.

Bhí áthas orm a rugadh mar do belovedchild.
Bhí mé ag gáire
Bhí mé ag canadh
Bhí mé ag iarraidh a imirt
Bhí mé ag iarraidh do bhainne cíche a tharraingt
Go dtí go raibh tú sásta.
Bhí mé ag iarraidh an aoibh gháire a fheiceáil ar d'aghaidh
Nuair a thógfaidh mé do bhainne ar fad ó do bhrollach grámhara.

Ba iad mo bhrionglóidí i do bhroinn, Mam.

Ach ar lá éadrócaireach
chinn tú a mharú.

Na diabhal sa Hades
chuala tú faoi do chinneadh.
Thug siad an druma is airde,
a bhí i rithim devilish.
Tháinig na diabhal go léir le chéile,
tháinig agus damhsa i gciorcail,
ag léim agus ag canadh.
Rince siad i láinte.
Rinne siad i gciorcail.
Rinne siad damhsa ar na toes.
Rinne siad ar a gcinn.
Bhí siad ag canadh na n-amhrán is fírinne
agus imir na drumadóirií diabhal.
Bhí an ifreann ar fad sásta
gur chinn tú a mharú.

Tá a fhios agat cé mhéad a d'iarr mé?
Tá a fhios agat cé mhéad aingeal a chuaigh?
An bhfuil a fhios agat conas a chuaigh an neamh ar fad
ar mo lá bháis i do bhroinn naofa?

Nóiméad sula ndearnadh morgáiste cruaidh orm
Chonaic mé an Dia Uile-chumhachtach ag caoineadh go míchuí.

by Marie Shine, Listowel, Ireland,
Dr. Antony Theodore
Market- Day - Of - The - Soul

Discovering our spiritual temperament is a means by which we can achieve the desired ends, knowing God and obeying His call on our life.

The Puritans called the Sabbath the market day of the soul,

a special day to care for our inner world and to spend extra time relating to our God.

Dr. Antony Theodore
Marriage - Is - A - Sacred - Act

Jesus also spoke about the tragedy of divorce, which started among the Jews during the times of Moses,

"because of the hardness of men's hearts."

The disciples understood from Christ's teaching, that marriage was a sacred act between a man and a woman, which should not be entered into hastily, heedlessly, or unadvisedly.

Dr. Antony Theodore
Marriage Covenant

When I married my wife, we each entered a marriage covenant in the sight of God and under the guidelines of Holy Scripture in which we made vows to each other.

God is the witness to our vows, and he holds us responsible if we neglect or break them.

A marriage covenant is far more than fine-sounding words in a marriage ceremony.

Dr. Antony Theodore
Marriage, - A - Binding - Union

Marriage should be undertaken reverently, seriously, and in the fear of the Lord.

We should consider marriage as a binding union and unbreakable pledge before the Lord, where two lives are so knit together in love, that they become united as one, such that the fruitful fulfillment of their hallowed union is the heritage and gift of children.

Dr. Antony Theodore
Martyrs Loved God More Than Their Lives.

I read about martyrs who loved God more than their lives.

They offered themselves to be persecuted for their conviction and faith.

I too will learn to believe following them and their lives.

I shall love my God as they loved till the last breath.

Dr. Antony Theodore
Massacre- Of-Millions

Throughout the history
of the earth,
evil dictators
have massacred
millions,
emperors have
instigated war,
and famines have
resulted in the
death of untold
numbers of men
and women.

Dr. Antony Theodore
Master - Your - Self-Talk

The more you
tune in to and
master your self-talk,
the more you
embrace just
how profoundly
significant you
are in the eyes
of your Creator.

You are becoming
healthy and whole.

Dr. Antony Theodore
Mastering The Art Of Letting Go.

With patience,
dedication and love,
you can master the art of letting go.
Then your reality will change.

Dr. Antony Theodore
Material - Chains

The chains
which bind us
to earthly goods,
the clutches which
hold the goods tight,
are themselves worries.

Dr. Antony Theodore
Matt Birk And Abortion

Why do you kill
330.000 lives a year?
Who can justify it?
Will God forgive such a crime?

While you might not recognize the name,
you probably watched him
play in the last Super Bowl
for the victorious Ravens.

Matt Birk turned down a
luncheon with President Obama
in protest of the President's
radically pro-abortion policies.

Dr. Antony Theodore
May - Your - Dreams - Come - True

As you listen
to this may
all your dreams
come true and
goals fulfilled.

Give me hope.
Love you all.
We are one.

Peace and love to all.

Dr. Antony Theodore
May God Be Born In Our Soul.

May God be born in our soul.

The soul shall be fruitful in God.

God steps into the soul. 
and the soul is possessed by God.

When God abandons the soul, 
it becomes fruitless.

(Graphic: )

Dr. Antony Theodore
May I Bring You Burning Incense?

When the dark skies bring you gloom
and cold rain
may I bring you sunshine?

When the robin sings
so melodious and beautiful
may I help you to dance
to an unknown rhythm?

When the soul calls you
to sit and pray in solitude
may I bring you burning incense?

When you are sick
may I come to you
with my healing touch
and enlivening kiss?

You are so dear to me.
I give myself to you.
That is my joy.

(This was published in Poetfreak under the name of Genovamaaa. Genova was
my beloved mother. She died at the young age of 38. I want to keep her name
alive as long as I am alive).

Dr. Antony Theodore
May I Embrace You?

May I embrace you first,
A tight and intense embrace
Before we enter into the dance
Of divine love?

You dance with soft steps
And slowly take me to sudden gusts
And I enjoy it like the Lotus
At the first rays of the Sun.

Then in a moment of deep love
You look into my eyes the shine of which
Shall I never forget.

You cradle my body.
Your lips are warm
And my eyes are filled with Joy.

I feel your whisper in my ears
My hairs love your fingers now.
And your lips begin to dance on me.

I forget all that is mundane
And fly to the heavens
To tell God
'I am now in divine love'.

Dr. Antony Theodore
May I invite you to my inner cave
deep down in my own self.
There we can be alone and be ourselves.

My inner cave is unique.
I confront my deepest feelings there.
It is the storehouse of my dreams and hopes.

I shall tell you of my unspoken fears.
I shall show you my hidden realm.
You can touch and heal me.

Come, see, feel with me and share with me
all your uncertainty and the colors of your emotion.

In this corner of my cave
we shall lie down in pure innocent hug.

When we sleep together
in healing hugs,
angels will come
to sing new songs of innocence.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Graphic: Pray for Healing |

Dr. Antony Theodore
May I Touch Your Life?

May I touch your life?

Like the dew drops touch
the tender leaves
on a beautiful dawn
I like to touch your life.

I saw you, in all beautiful colours,
in the garden,
in the blossoms,
in their vibrant nature.

In the soft wings Of the butterflies,
I saw you and my heart was overjoyed.

I saw my angel walking and flying
Flitting to and fro
With a happy heart,
Gentle, loving and kind.

I heard your softest whisper,
felt your presence and love.

Dr. Antony Theodore
May Our Friendship Bloom Into A Rose.

May our friendship bloom into a rose
in the loveliness
of joy and peace
serene and calm in moods.

May our friendship grow dear
as it unfolds every day.
It kindles in our hearts
the flames of happiness.

Light and life enters.
Fragrance fill our beings.
In the loveliness of the heart
gentleness and joy blossoms.

I sent you today this basket of flowers,
loveliness, calmness, peace, serenity

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: Friendship Blooming Flowers Spring)

Dr. Antony Theodore
May The Inner Being

May the inner being
of all the innocent
people, animals
and nature that
have died in the
natural catastrophe
rest in heavenly
peace. In Jesus name, Amen.

Dr. Antony Theodore
May We All Be Protected

May we all be protected
by God's loving power and strength.

May all people whom I like
and lovedearly,
be safe, healthy and happy
during the whole day.

I know that the power of prayers
directs my yearnings
in my heart,
where I seek to experience
the love of God,
that gives me inner
and physical healing.

Dr. Antony Theodore
Maymy Ear Bequick To Hear.

Help me to acquire
knowledge and understanding
and the wisdom to know
how best to utilise my
skills and all I have learned.

Open my eyes to see
wonderful things
in Your Precepts and may
my ear be quick to hear
Your voice and my heart
be ready to obey Your will.

Dr. Antony Theodore
Can we ever live without meaning?

Seeking the meaning and striving to fulfill this meaning is life in its entirety

Dr. Antony Theodore
Meaning - In - Human - Life

The key interrogatives of the search for meaning in human life

who, where, when, what and why are covered by this desire for knowledge for its own sake.

Human beings desire to know the answers to all these questions.

Dr. Antony Theodore
Meaning - In - The - Be-Ing

The human agents responsible for this be-ing may well struggle to articulate in rational terms the meaning they have found in their activities.

The meaning is in the be-ing, in the doing rather than in any disembodied thinking.

Dr. Antony Theodore
Meaning - Is - Made - In - Being

Human beings
at work and leisure,
in the things they do,
the things they
enjoy doing,

are playing their
part as members
of a meaningful universe.

It is in be-ing that
meaning is made,
as opposed to
being made-up,
from nothing.

Dr. Antony Theodore
Meaning - Of - Life

We find questions about life and after life in the writings of Confucius and Lao-Tze, and in the preaching of Tirthankara and Buddha; they appear in the poetry of Homer and in the tragedies of Euripides and Sophocles, as they do in the philosophical writings of Plato and Aristotle

Dr. Antony Theodore
Meaning -And -Reality.

Creation is not just
dumbly there.
It has a deeper
meaning and reality.
It reveals its Creator
and the glory of
Him who made it.

Hence we come
to appreciate something
of God in all He does
and has made.

The heavens declare
the glory of God;
the skies proclaim
the work of his hands (Psalm 19: 1).

Dr. Antony Theodore
Meaning Of Theuniverse,

The more comprehensible
the universe becomes,
the more senseless
it appears.&quot;

If we can see no
meaning for the universe,
how can we recognize
it for ourselves?

(The American physicist Stephen Weinberg said it.1933).

Dr. Antony Theodore
Meaning?

Does life have meaning?

What is consciousness?

Is man free?

What is the value of scientific and material progress?

Dr. Antony Theodore
Meaningful - Engagement

There is a self-made human world enclosed by Reason.

The rational universe is a very different notion.

Our meaningful engagement with the things of the world enjoins us to respectfully and responsibly disclose their values in reality.

Dr. Antony Theodore
Meaningful Life

NOBODY lives
a meaningless life.

EVERY life has a meaning,
a reason for living
that life, a purpose
chosen before birth
in the human world.

We have something
new to learn! Nothing
in life is meaningless!
Everything happens for a reason.

(Written from the comments
of Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Meaningful coincidences

When you encounter more and more meaningful coincidences and more synchronicities in your life, then begin to believe that these experiences will accelerate to the point where you actually experience the miraculous.

Dr. Antony Theodore
Measuring - Emotional - Intelligence

One way to measure emotional intelligence is by asking participants to identify the emotion displayed in a facial expression.

For example, participants are given a face (either a photo or a video) and are asked to indicate the extent that the different emotions are displayed in the face.

(Ref. to Sanchez-Gomez & Breso, 2019).

Dr. Antony Theodore
Measuring - Rod

Obviously, unless one is sure that the measuring rod is of standard quality, one cannot be certain whether the measurement attained by means of it is accurate or inaccurate.

Dr. Antony Theodore
Mediator

There is one mediator between God and man and it is Jesus Christ.

God in His goodness allows us to participate in that mediation,

just as a doctor cannot heal by his own power but administer and share in the healing power of the One Divine Physician.

Dr. Antony Theodore
Meditation

When meditation is mastered,
the mind is unwavering
like the flame of a lamp
in a windless place.

Bhagavat Gita

Dr. Antony Theodore
Meditation - And - Wakefulness

“Meditation is not reflection or any other kind of discursive thinking.

It is pure concentration: training the mind to dwell on an interior focus without wandering, until it becomes absorbed in the object of its contemplation.

But absorption does not mean unconsciousness.

The outside world may be forgotten, but meditation is a state of intense inner wakefulness.”

? Anonymous, The Upanishads

Dr. Antony Theodore
Meditation - As - A - Tool

It takes time
to master meditation,
but it can be a
helpful tool
for managing anxiety.

A single meditation
session significantly
reduced anxiety levels,
as well as decreasing
the physical stress
on the arteries.

Dr. Antony Theodore
Someday we will meet the Lord in judgment.

“For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad;” (Ref: 2 letter to Corinthians 5: 10 of St. Paul).

Dr. Antony Theodore
Melancholic - Fade - Of - Twilight

If we have intentionally
set out on the spiritual
journey of faith,

We will pass through
beautiful and consoling
hours of broad daylight,

the muted dusk of aridity,
and eventually experience
the soft, melancholic
fade of twilight.

Unsure of ourselves
we may hesitate then.

Unsure of God, as the
shadows lengthen,

we may fall on our
knees in adoration.

Dr. Antony Theodore
Melancholy's Notes

Ecstatic do I sit
here under the
slim and willowy tree.

The wind blows through
the slenderreed
playing melifluent,
melancholy's notes.

Dr. Antony Theodore
Melchizedek - And - Jesus

Coming to an
Understanding
of Melchizedek,

must have been
one of the greatest
confirmation to
Israel that Jesus

of Nazareth was
the true Messiah
and Son of God.

Dr. Antony Theodore
Melchizedek, - A - Key

Melchizedek,
perhaps more
than anything else
in the book of Hebrews,
was a key in helping
the Jews understand
the significance
of Jesus, and
accepting Him
as the Way,
the Truth,
and the Life.

Dr. Antony Theodore
Melodious - Klang

In the innermost recess of my heart, sits someone whom I do not know.

The songs of this unknown being echoes and reechoes in me and i wake up with whispers in my brain wondering about the sweet song and its melodious clang.

(Graphic: Mamma Grim gerettet, um für die Seele zu tanzenpinterest)

Dr. Antony Theodore
Memories - Of - Shared - Hours

We are familiar
with people who
have shared
preferences with
us and who have
seen the world
in a similar way
to ourselves.

People who have
accepted and
accompanied us
in love or whom
we have cared for
with love give
us support today too.

Memories of many
shared hours,
happy celebrations
and good conversations
are deeply rooted in us.
Graphic: Candles on the cemetery - souls day at town Ruzomberok, Slovakia Shutterstock)

Dr. Antony Theodore
Mental - Consciousness

The seventh aspect
is mental consciousness,
which associates
abstract concepts
to the first six aspects
according to Buddhism.

Dr. Antony Theodore
Mental - Functioning

An altered state of consciousness may be defined as a temporary change in the overall pattern of subjective experience, such that the individual believes that his or her mental functioning is distinctly different from certain general norms for his or her normal waking state of consciousness.

(Ref. to Charles Tart's terminology)

Dr. Antony Theodore
Mental - Imagery.

Asking the questions of Self-Enquiry like "Who am I;" while we are centered in the head can stimulate the mind and can make this process of inquiring nothing but mental imagery.

Dr. Antony Theodore
Mental- Misery

Dwelling on sensual things
Dwelling mentally on sensual things
breeds attachment to them.

From attachment craving comes.
From craving arises anger
When it is frustrated.

Anger produces delusion.

Delusion causes
forgetfullness of the self.

It causes mental misery.

(The Bhagavat Gita)

Dr. Antony Theodore
Mercy - Enters

We give alms,
we pray that
mercy might
enter into our lives.

It is especially
in small and hidden
sacrifices like renouncing
contention and hostility
in our marriages
and family life,
or even lovingly
bearing with each
other and not
taking offense in
a confrontation.

Dr. Antony Theodore
Mercy - Of - God

St. Thomas Aquinas
in his Summa Theologica
and St. Faustina
in her Diary tell us
that the greatest
of God's attributes
is his mercy.

This is no wonder,
since mercy is
the most powerful
and perfect kind of love.

Dr. Antony Theodore
Mesmerized-Enchanted

Why are we spending
four to six hours
a day on our phones?

Because we're mesmerized,
enchanted, addicted to
the Internet,
and all that's
available there.

We want to be
always informed.

We want to feel
connected.

If we have a
question about
anything google it
at once and we know.

Is it not meaningful
to take a break
from this madness
after information?

Dr. Antony Theodore
Mesmorized With External Voices

Mesmorized with external voices,
and the expectations of others,
we bury the inner voice of God's word
under a mount of proccupation.

God sends little birds of joy
that hover around us
seeking an inlet.
But we are shut up to them.

The God-sent birds of joy
sit on the roof for a while
and then fly away.

The 'joys' sought an inlet
and we did not open to it.

(Graphic:

Dr. Antony Theodore)
Metaphysical - Problems - Of - God

As Immanuel Kant said, the metaphysical problems of God, freedom, and immortality are unavoidable;

however, it is to begin investigating these concepts without first establishing the certainty of the tool or method used in investigating them. (Immanuel Kant (1724-1804)

Dr. Antony Theodore
Metaphysics Of God

Since knowledge of God is claimed by adherents of several religions,

the metaphysics of God becomes a significant field of philosophical research.

Dr. Antony Theodore
The metaphysical problems of God, freedom, and immortality are unavoidable;

however, it is also improper to begin Investigating these concepts without first establishing the certainty of the tool or method used in investigating them.

(View of Immanuel Kant (1724-1804)

Dr. Antony Theodore
Methodology - Of - The - East

The theological methodology of the East has been throughout very philosophical,
in the sense that it encouraged a free and critical approach to the knowledge of divine reality.

Dr. Antony Theodore
Migrating - Birds - Fly - High

Migrating birds take wing higher than the others for three reasons: They get a boundless view and more easily find their points of direction; they are out of the flight path of birds of prey and clear of obstacles; and their flight is accelerated due to the greater depuration of the atmosphere.

Dr. Antony Theodore
Mind - And - Sensuous - Reality

Meaning emerges from the interaction of the mind and sensuous reality, drawing out the value inherent in the world and in the human being.

Understand human beings as active members of a ceaselessly creative universe which has will, meaning, purpose, value, and consciousness at its heart as integral to its operation.

Dr. Antony Theodore
Mind - Body - Connection

It might be surprising to some, but studies have shown that positive thinking helps heart patients.

The mind - body connection is extremely strong.

Your thoughts can affect any physical pain that you have in your life.

Some people get severe panic attacks and blood pressure spikes that is initiated solely by their thoughts.

Dr. Antony Theodore
Mind - Cannot - Contain - The - Mystery

In this way, we give up the usual approaches to knowledge, because we realize that the mind cannot contain the mystery of the answer.

Dr. Antony Theodore
Mind - Magnet

Our mind is like a magnet.

if we think positively, we become positive in all our attitudes.

If we think negatively, we attract negativity.

We are shaped by our thoughts; we become what we think.

„When the mind is pure, joy follows like a shadow that never leaves;“(Sri Buddha).

(Reworked from the comments of Marie Shine, the great poetess of Listowel, Ireland)

Dr. Antony Theodore
Mind - Plans

The mind of a man may plan his way, but the Lord in His grace guides our steps.

Many plans may be hiding in the heart of a man, but our gracious God directs our way, for the counsel of the Lord will stand firm, forever.

(Refer to Proverbs 16: 1 in the Holy Bible)

Dr. Antony Theodore
Mind - Wandering

Let all know
that it is normal
and natural for
their mind to
wander off
into the past
or the future.

Let all be
instructed
to simply guide
the attention
back to the practice
when they notice
they have wandered
off, and to do so gently
and with compassion.

Dr. Antony Theodore
Mind is a garden.
You can grow their weeds
or thorns or make
it a wild,
dirty field.

You can also make
it a wonderful
place of beauty
and peace.

Dr. Antony Theodore
Mindful - Journey

The mindful journey envisioned by Plato's Line never eclipses the individual, for it is always the particular philosopher, a particular soul with a particular body which is progressing toward the top.

Dr. Antony Theodore
Mindfulness

Mindfulness has come a long way from its days as an obscure Buddhist meditation technique known only to monks and a few New Age enthusiasts to what it is now, one of the hottest new spiritual practices of our day.

It is being used by people of all ages, from all walks of life, for everything from gaining self-awareness and inner calm to treating anxiety disorders.

Corporate executives, Hollywood stars, medical doctors, teachers, secretaries, and even Priests are avidly embracing it.

Dr. Antony Theodore
Mindfulness - Means

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

(Written from the comment of the great poetess of Listowel, Marie Shine)

Dr. Antony Theodore
Miracle - Songs

Sing to me
the miracle
tone of Love,
the miracle songs
of connection
and relationships.

Dr. Antony Theodore
Miracles Of Grace

Be wide-eyed to recognize
the miracles of grace in our lives.

There are many echoes of a God
who longs to give God's self away.

Listen! ! !

Dr. Antony Theodore
Miraculous Event

The mighty prophet Elijah had witnessed a powerful, miraculous event: a standoff between good and evil.

God had destroyed the altar of Baal, a false god, along with a host of Baal's followers.

God had answered Elijah's prayer:

"that these people will know that you, O LORD, are God, and that you are turning their hearts back again";

(Ref. to 1 Kings 18: 37).

Dr. Antony Theodore
Miraculous Word

The Word of God is living, because He is the living God.

God breathes life into us and in Him are the words of eternal life.

The word of God is active.

It is dynamic and miraculous.

Dr. Antony Theodore
Missed Opportunities

I want totumble into bed
and mumble up a simple
prayer or two on my lips
mentally reviewing my day
from God's perspective.

I can be tempted
to discouragement
as I look back over
what sometimes seem
like missed opportunities.

Where did I miss
a good opportunity
to speak about the love
of God that shines in my life?

Where did I fail to do
a good thing for the poor?

I am sorry Lord God
for all these missed
opportunities of love.

Dr. Antony Theodore
Missing - The - Aspect - Of - The - Divine

Philosophy can
suffer great loss
in its quest for
unified
knowledge,

if it misses
on the important
aspect of reality
known as divine.

Dr. Antony Theodore
Missio - Dei

The twentieth century brought with it the decolonization of the global south, the deconstruction of modernity and the Enlightenment project, and the need to reimagine the nature of the church in this new context.

In the gathering of the International Missionary Council at Willingen began a conversation about an idea that came to be known as missio dei the mission of God.

Dr. Antony Theodore
Mission

Each human being has a mission, planned by the Eternal Father to reflect and embody, at a specific moment in history, a certain aspect of God's message.

Dr. Antony Theodore
Mission - And - Colonizing

Christendom developed a sense of missions as European nations began colonizing the rest of the world.

Colonial Christendom envisioned missions as the process of bringing non-Western heathen into Christendom for the purpose of saving their souls and ensuring for them a place in Heaven.

Dr. Antony Theodore
Mission - Of - Jesus

preach the Gospel
to the poor, heal
the brokenhearted,
proclaim liberty
to the captives,
and recovery of
sight to the blind,
set at liberty those
who are oppressed.

Dr. Antony Theodore
Misunderstanding - The - Message

The people of Israel expected their Messiah would be a mighty man of war, who would come like a conquering hero and bring the hated Roman empire to its knees.

It was from the point, in Christ's ministry, where priests and people misunderstood His message and ministry, that the style of His teaching changed from claiming to be Israel's King to be the lover of the poor.

Dr. Antony Theodore
Models - Of - The - Mind

Central elements
of the models of the mind
of thinkers otherwise
as different as Sigmund
Freud and Jerry Fodor
are broadly Kantian.

Dr. Antony Theodore
Modernity - And - Morality

In the name of modernity
Nietzsche,
thoroughly
rejected Platonic,
Aristotelian,
Kantian, and
Judeo-Christian
ideals.

Modernity can
generate its
own morality
but cannot offer
good reasons
to take its moral
theories seriously.

Dr. Antony Theodore
Modernity - And - Polytheism Of - Values

Weber described modernity in terms of a polytheism of values, a terrain of warring gods or irreducible subjective opinion, likes and preferences.

Modernity can generate its own morality.

But moralities in the plural cannot offer good reasons to take its moral theories seriously.

Dr. Antony Theodore
When we see ourselves
stripped naked of all
falsity and pretension
to face stark reality,

then we would come
to a moment of decision
that we might otherwise
cowardly evade, drifting
into a life of superficiality,
merely existing on the
surface of human experience.

Dr. Antony Theodore
Momentary Gratification Of The Senses

Momentary gratification
of the senses,
does not satisfy
the deepest needs of a seeker.

Losing oneself in the crowd
by immersing oneself
in the corporateness
of modern civilization
will fail to satisfy
one's inward longing.

Only when one plunges
into the depths
of one's own being,
he will begin
to find the sources
to pull his life together.

Dr. Antony Theodore
Monism Or Non-Dualistic Philosophy

Advaita Vedanta is one of the most studied and most influential schools of classical Indian thought.

Many scholars describe it as a form of monism, others describe the Advaita philosophy as non-dualistic.

Dr. Antony Theodore
Monitoring - One's - Own - Emotions

Emotional intelligence can be defined as an ability to monitor one's own and others' emotions, to discriminate among them, and to use the information to guide one's thinking and actions.

(Ref. to Mayer & Salovey, 1990 qand 1993)

Dr. Antony Theodore
Monk - Abbot - Agatho

There was once a monk who, like many followers of Jesus at the time, was looking for a deeper walk with God.

This monk, Abbot Agatho, fled to the desert.

The story goes that Abbot Agatho, was very much aware of his temptation to sin with his words.

So he put a piece of rock in his mouth for three years!

He did so until he learned to be silent or to control his lips.

("The lips of the righteous nourish many." Proverbs 10: 21)

Dr. Antony Theodore
Monodeism

The mind concentrated upon a higher object of interest, is undistracted by its own likes and dislikes; and performs efficiently the work that is given it to do.

In persons of feeble or diffuse intelligence however, this deep absorption in the sense of Divine Reality may easily degenerate into monodeism.

(This is a philosophical belief that posits that God exists as an uncaused First Cause ultimately responsible for the creation of the universe, but does not interfere directly with the created world.

Equivalently, deism can also be defined as the view which posits God's existence as the cause of all things, and admits its perfection (and usually the existence of natural law and Providence) but rejects divine revelation or direct intervention of God in the universe by miracles.)

Dr. Antony Theodore
Moon,    Come And Bathe Me

Love flows with perfect grace
like the dove that wants to fly.

I remember her embrace.

Hold me my desire oh my heart!

Moon, come and bathe me,
caress me.

As the feathers of a wing
cuddle together,
I want to cuddle with you
and gaze at your face
with golden light
shining in my eyes.

Dr. Antony Theodore
Moral - Malaise - Of - Modernity

Philosophy does its best work in the gap between the 'is' and the 'ought-to-be.'

In a very real sense, in the age of capitalist modernity, 'no lives matter.'

The radical point is that "all lives ought to matter." 

And that calls upon us to analyse and understand the forces that stand in the way of such a basic proposition.

The moral malaise of modernity needs to be related to the process in which social relationships become abstract, and impersonal.

Dr. Antony Theodore
More - Enlightenment

When you hunger and thirst, and when you actually cooperate with God, God’s Spirit will surely touch you and work within you, which will bring you more enlightenment, and give you more knowledge of reality, and be of greater help to your life.

Dr. Antony Theodore
More And More I See Myself As A Flute

More and more I see myself as a flute,  
a simple, hollowed-out reed.

God breathes through the flute  
'melodies eternally new'.

I am meant to be an instrument of God's own song.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as i live).

Dr. Antony Theodore
Christian humanism is therefore much more than the humanism of the Stoa and it is the full realization of man's dignity and obligations as son of God, as image of God, created, regenerated, and transformed in the Word made Flesh.

(Stoa=Stoicism is a school of Hellenistic philosophy founded by Zeno of Citium in Athens in the early 3rd century BC. While Stoic physics are largely drawn from the teachings of the philosopher Heraclitus, they are heavily influenced by certain teachings of Socrates. Stoicism is predominantly a philosophy of personal ethics informed by its system of logic and its views on the natural world. According to its teachings, as social beings, the path to happiness for humans is found in accepting the moment as it presents itself, by not allowing oneself to be controlled by the desire for pleasure or fear of pain, by using one's mind to understand the world and to do one's part in nature's plan, and by working together and treating others fairly and justly).

Dr. Antony Theodore
Mortality And Purity

Nothing in our mortal existence,
nothing of our mortal reality

can taint the purity of the human soul.

Dr. Antony Theodore
Most - Powerful, - Parenting - Tool.

Be convinced that prayer is what opens the door to God's abundant provision.

It is our best, most powerful, parenting tool.

And as our children see us depending on God for our family's needs,

they learn to look past our weaknesses or our failures and trust his promises as they grow.

Dr. Antony Theodore
Writings of Mother Teresa of calcutta reveals how she suffered in decades of darkness of the soul, startling all of us who assumed wrongly that under her luminous simplicity and peaceful, beloved face lived a soul steeped in struggle seeking consolations.

Dr. Antony Theodore
Motifs Of Unity And Identity.

These motifs of unity, identity, self-transformation and self-transcendence become a powerful and recurrent theme in the thinking of a mystic.

Dr. Antony Theodore
Motivated By The Heavenly Spirit

God, shine on others through us.

Let our examples be a witness of your glorious presence in us.

Give us the grace of sympathetic energy that others may feel it in them, when we work for them.

Let your love residing in us be evident to them that we are motivated by the heavenly spirit.

Dr. Antony Theodore
Motivational Patterns

The reality
is that the particular
combination of strengths
and particular arrangement
of motivational patterns
elucidates the uniqueness
of the individual rather
than concealing it.

Dr. Antony Theodore
Motivational Strength

One way to explore our individual uniqueness is through assessing our human strength or through understanding one's unique motivational strength which influences the decisions and the acts.

Dr. Antony Theodore
Motive - For - Our - Calling

O God who
show forth
your almighty
power most
of all by
sparing and
having mercy
we believe in you.

These words
provide us
with the motive
for our calling
upon God in
the hope of
receiving the effects
of his promises
of eternal happiness.

Dr. Antony Theodore
Motive - Of - Retribution

It is very rare
to find something
like total unselfishness.

Completely selfless
behavior is rare.

This would be pure
philanthropy,
without the ulterior
motive of retribution
through recognition,
praise or expectation
of the same selfless behavior.

Dr. Antony Theodore
Mountain - Environment

In the stormy
mountain environment,
those at home in
nature reports
a sense of growth,

but not satisfaction
with their lives,
and had hedonic feelings.

Dr. Antony Theodore
Mountainsolitude.

Search for the one
who is hiding
in this mountain
solitude.

Dr. Antony Theodore
Mournfulness

Dreariness,
dumps,
forlornness,
gloom, glumness,
heartsickness,
joylessness,
melancholy,
miserableness,
mopes, mournfulness,
oppression, sadness,
sorrowfulness,
unhappiness.

Dr. Antony Theodore
Mourning - To - Dancing

You have turned
my mourning into dancing;

you have taken off
my sackcloth
and clothed
me with joy,

so that my soul
may praise you
and not be silent.

O Lord my God,
I will give thanks
to you forever.

(Psalm 30: 11-12
of The Holy Bible).

Dr. Antony Theodore
Move Away From..

Get away from bad habits,
away from evil thoughts,
away from prejudice,
and away from complacency.

Turn towards what is good,
towards the other human beings,
towards openness to others,
towards the message of
The Almighty who leads us.

Dr. Antony Theodore
Move Forward

Just remember,
you have someone
in your back
to help you.

Keep moving
forward no
matter what.

If you are
having a bad
time, just remember
that you have
someone in your
back to help you out.

The Almighty! ! !

Bless all of you.

Dr. Antony Theodore
Moved By Love

The experience of union with God, transforms us into a new being, affecting every particle of one's being, attitude, and every act.

He is moved by love. He eats, drinks and all that he does, is done for the glory of God.

He is free to act freely, simply, spontaneously, from the depths of his heart. His love is immeasurable.

(UNDERSTANDING A COURSE IN MIRACLES Resources to Help the ACIM Student... Encounter)

Dr. Antony Theodore
Moving - Beyond

We move beyond the subject-object dualism that is the underlying philosophical assumption of the nihilistic self-made world to a vision of the world as a co-creation.

Human agents cease to be willful subjects and instead emerge as disclosers of meaning who creatively unfold the value of things in the world in which we play an active part.

Dr. Antony Theodore
Moving Away From The World Of The Senses

When you move away
from the world of senses,

When you are free from
attachment and aversion,

there comes the peace
in which the sorrows end

and you live in the
wisdom of the Self.

(The Bhagavat Gita)

Dr. Antony Theodore
Mozart And Death

"Since death is the true end of our life, I have made myself so acquainted with this true, best friend of man for years that his image is not nothing terrifying for me, but rather a lot of comforting and comforting! (Wolfgang Amadeus Mozart wrote in a letter to a friend three years before his death).

Dr. Antony Theodore
Msimangu is an Anglican pastor living in South Africa under apartheid.

He is very generous to a grieving older pastor, Steven Kumalo.

When Kumalo expresses deep, tearful gratitude for how generous Msimangu has been, he responds: "I am a selfish, a sinful and weak man, but God has put his hand on me. That is all."

These characters appear in the novel "Cry, the Beloved Country" by Alan Paton.

Dr. Antony Theodore
Much Better Than Your Own Plans

God is always fighting
a battle for you
even when you
do not see it.

God cares for you
even more than
you care for yourself.

God prepares a path
for you much better
than your own plans.

Dr. Antony Theodore
God will use you
to accomplish
greater things
than you imagine.

He will take you
to His side and make
you fight and achieve
what you never
dreamed of in your life.

The only condition
is this: Believe in God
who stands by you
than in your own weakness.

Dr. Antony Theodore
Muddleheaded -Love

You might even think
That your self will
is enlightened
by the Holy Spirit,
and you will therefore
refuse to abandon it
no matter what.

Thus, when people
are not in possession
of the truth, they are
very liable to think
that human impurities,
good intentions,
muddleheaded love
and human practices
all of which arise
from their self-will
are correct, and
that they conform
to the truth.

Dr. Antony Theodore
Mum, you make me smile.
When you kiss the sole of my foot
You make me smile.
When you kiss my little stomach
and look deep into my eyes
with such a great love
you make me smile.

When you tickle me always
and love to see me laughing
lost in your loving hands
you make me smile.

When I bite on your nipples
you are angry with me.
But even in that anger
there is tender love.
You make me smile Mummy.

You are my God
I shall know God
only through this love
that you give me day and night.

Your smile and playfulness,
your tender care,
gladness pure
will always remain in me
as the character of God.

You are a great Theologian
and a wise philosopher.
With your smiling ‘hi, hu, hum’,
humming and gigglng with me
You teach me the Philosophy of Love.
- -

Mummy my dearest
how can I see you again?
In the depths of the night
I open my window
and pray to the stars
"Please send me my mother
Only once if possible
Only once...., I pray to you

Heavenly stars ask God to send me
my mother dearest.

I want to smile with her again
I want to smile with her again”.
(My dearest Mummy died of cancer at the age of 38. Her name is Genova and i call her Maaaaaaa)

Dr. Antony Theodore
Mummy Please Do Not...

Mummy please do not take my breath away.
Mummy please do not destroy me in your holy womb.
Mummy please do not kill me.

I promise to you
that i will be your joy.

My smile will enlighten
your days and fill it with sunshine.
This is my promise to you.
Please do not kill me.

Many may advise you.
You will have your own arguments.
Many will induce you to destroy me.

Please do not listen to them.
I am yours. your love, your joy.

(Laura baker saved to her rest)

Dr. Antony Theodore
Music - Of - Your - Soul

Please be love.

Wake up and feel gratitude for being a human, in love on this earth.

Listen to the music of your soul.

Listen to the music and the birds outside your window on this fine morning.

Sit, meditate and be positive.

Dr. Antony Theodore
Music And Poems In Mystical Truths.

The mixed metaphors and contradictory expressions one finds in mystical literature demonstrate that not conceptual speech, but music and poetry rather, is the element through which we are best spoken to by mystical truth.

Dr. Antony Theodore
Music And The Mystic

Music is the element through which the mystic lovely conveys.

Didactic tone and vocabulary becomes foreign to his needs of communication.

It is simple intuition that comes so natural to him than speculative analysis.

Dr. Antony Theodore
Mutually - Dependent

Although we are individual members, we are mutually dependent.

As members of Christ's Body we are to work together in holy love and christian harmony.

Christ is to be made manifest to a broken and hurting world through the Body of Christ which is the community of believers for individually and collectively we are His witnesses.

Dr. Antony Theodore
My - Darkest - Hour

God, my God,
I am suffering.

I have plenty of doubts.
I cry in this dark night
standing all alone.

The thoughts that
you have left me,
kills me.

Is it true O God my God?

Have you left me?
Or is it a trial that
comes from devil
who speaks to me
in my ears, that
you have no interest in me?

I feel terribly alone.

Please tell me the truth.
Can you ever leave me?

This is my darkest hour.
Please do not leave me.

(Graphic: sam saved to paint. Prophetic art just for you. Pinterest)

Dr. Antony Theodore
My - Friend - Damien

Helping others!
Being a shoulder,
and a warm hug,
you are Christlike.

A cup of tea
for my friend
Damien who
sleeps in the
park at night.

The elderly friend
who needs a bit
of shopping.

What ever it is
and no matter
how small.

Tonight I feel
I have helped
in my small way.

I am glad to realize that,
and glad to realize
that out there in
the world and
beyond there are
others who feel
the same.

(Graphic: on-a-park-bench-in-tallinn-stock-image__1959792
google images)

Dr. Antony Theodore
My - Friend - Tiger

Come here
my friend
tiger.

All are
afraid of you.

But I am not.

May I tie you down
with my own strings
until you smile with me?

Sweekar Gulati saved to Creative Pinterest

Dr. Antony Theodore
The friendship I offer you is practical and down-to-earth, yet it is saturated with heavenly Glory.

Living in My Presence means living in two realms simultaneously: the visible world and unseen, eternal reality.

I have equipped you to stay conscious of Me while walking along dusty, earthbound paths.

Jesus speaks to you now.

Dr. Antony Theodore
As you might imagine, self-image is related to what you see when you look in a mirror, however, it goes much deeper than that.

Self-image refers to how we see ourselves on a more global level, both internally and externally.

Dr. Antony Theodore
My - Job - Is - To - Trust

(About Sister Faustina Kowalska)

She would offer to the Lord by a simple act of loving faith all her doubts, the pain of not feeling the Lord's presence or love, even the fear that God had rejected her and was angry with her.

Even though she felt this way, she chose not to believe it, not to live out of these feelings, but to live by faith in the Lord alone.

She believed the Lord knew what she needed, that He would not allow her to deal with more than she could handle. Her job was to trust in Him.

(Sr. Maria Faustina Kowalska died at the age of 33 in 1938, misunderstood by most of the religious sisters with whom she had lived her appreciated her kindness, hard work, and faithfulness to their rule of life, but many of her fellow religious also thought that she was delusional.

She believed that she was entrusted with the mission of making the Lord's mercy
known)

Dr. Antony Theodore
My - Love - For - You

Greater love has no one than this, that he lay down his life for his friends. You are My friends if you do what I command.

I no longer call you servants, because a servant does not know his master's business.

Instead, I have called you friends, for everything that I learned from My Father I have made known to you. (Ref: John 15: 13-15 in the New Testament)

Dr. Antony Theodore
My - Mind - Is - Harmonious

I am ready to believe in my ability to create healing and happiness.

My mind is so clear and harmonious.

I am ready to receive healing energy.

Dr. Antony Theodore
My - Roots In - You

My roots
are in you.

My roots
are in
you alone,

my Lord
and my
God.

I shall
drink from you.
i shall suck
the life's sap
from you.

Dr. Antony Theodore
My - Soul - Helper

God sent His eternal, 
permanently indwelling, 
life-giving Holy Spirit 
to become the 
guide of my life 
and my soul-Helper.

Dr. Antony Theodore
My - Soul - Yearns

No wonder
the psalmist
began to write,
"As the deer pants
for the water brooks,
So my soul pants
for You, O God,"
- sentiments to
which each of us
can often relate.

(Ref. Psalm 42: 1
of the Holy bible)

Dr. Antony Theodore
My - Strings - Of - Passion

I hear the eternal call
enkindling in my soul
the fire of love.

My beloved,
come to me now
dancing, to stimulate
my mind and body.

Increase my
cognitive strength,
my strings of passion.

With you I shall dance
till the rays of the dawn
break into our
dreamy world of love.

(This is the romance of the soul
with the Almighty)

(Graphic: Jane Pierce saved to Dance Your Soul. Pinterest)

Dr. Antony Theodore
My - Temple - Love

The love for my
temple made me drive
the traders out
of the temple
in Jerusalem.

Today I see not
only traders,
but prostitutes
and admirers of
all stupid thoughts,
and no one chases them away.

My son, my daughter, you should remember that you are the temple of God, and
a temple is a house of prayer.

Dr. Antony Theodore
My Being Dances Before You.

Lord God,
i offer my whole being to you.

In my prayerful steps,
my being dances before you.

From toe to the tip of my hands
I feel you when I dance.

You are the owner of my body.
You created, filling it with beauty.

My soul is thrilled when I dance
before you in your holy presence.

Dr. Antony Theodore
My Being Is A Source Of Joy

My being is given to me
not simply as an arbitrary
and inscrutable affliction,
but as a source of joy, growth, life.

Dr. Antony Theodore
My Body Will No More Be There.

When i die
I will tread on rosy paths.
God's angels will spread
the carpet of roses
for me alone.

Angels will surround me.
I will walk the path
to the gates of heaven.

God will hug me and kiss me.
Heavenly chore will sing.
Heaven's perfume will fill my soul
and my body will no more be there.

(Graphic: Romantic flower tunnel
Photo by JoyfulThailand on Getty Images)

Dr. Antony Theodore
My Call

To be myself is my call
Other than my own self
Never will I be.
It is futile and empty
to wish for another existence.

Dr. Antony Theodore
My Chest Was Tight

My chest was tight,
I could not breathe.

It was a Saturday night
after a busy week,
and I was excited
about everything
ahead of me.

Why could not
I catch a breath?

It was as if my
body was yelling
Something is wrong
and my mind was
racing to figure out
what it was.

in such situations
think of the words
of love and comfort
in the holy Bible.

God can solve all
your anxieties.
Believe it.

Dr. Antony Theodore
My Eyes See The Wonders

My eyes see the wonders of creation.
I want to celebrate with joy
every moment that is given to me.

The grace of God triumphsin me
it is granted to me freely by God.
My eyes see the fullness of mercy.

I climb up the holy mountain
to drink from the pure springs
that stream down into the valley.

I see birds flying in pure joy.
and the lovely peacocks dancing.
I see the dancing celebration of creation.

Dr. Antony Theodore
My Faith Demands Testimony

My faith lacks a goal
without the resurrection,

To believe does not only
make sense,
but also demands
a great deal.

It demands my testimony
and be it doubtful
in the word and in fact.

Despite all the difficulties,
I trust, trust those who,
have made their
experiences with God.

Dr. Antony Theodore
My Flesh Pines For You.

My soul thirsts for my god.
My flesh pines for you.

Allow me to gaze
toward you in your
holy sanctuary.

My lips shall glorify you.
With exultant lips
my mouth shall praise you.

(Pl. read Psalm 63. of the Old Testament in the Holy Bible)

Dr. Antony Theodore
My Free Will Leads Me To Sin.

It is this realization
that my free will
leads me to sin or to virtue,
that gives me the sense
that God is not responsible
for my sinful acts and thoughts.

In this deep felt thought
the light of the Great God
will shine on me unhindered.

I am the sole controller of my actions.
I am the only controller my thoughts.
I am the sole controller of my decisions.

This consciousness helps
purity
to spread its roots
to every heart.

God is love.
God is mercy
God is without sin.

I am solely responsible for my sins.

(Graphic: Yagmur Bulut
Yagmur Bulut saved to YAGLi BoYa
869
I didn't make this.. ives just recoloured it. Pinterest)

Dr. Antony Theodore
My Friend In The Prison And His Flute

I went to visit one of my friends in prison.

He smiled.
It was a lovely smile greeting me and thanking me.

He was lonely.
The days and nights are very long in a prison.

So he smiled.
His eyes shone with gratitude.

The he took his flute, began to play on his flute, his only companion who sends his heart lovely messages of comfort and heavenly graces.

As he played I thought he was praying.

He believed that the angels listen to him always when he played on his flute.

At night lovely fairies came to him to sleep with him.

Dr. Antony Theodore
My Glimpse And Glance Is After The Yonder

Look! !
There is a sea of light
falling on the hills,
then it enters into the valley.
Light in her desirous,
eager search after beauty
reaches the wild beautiful flowers.

I breathe the smell of glory.

The wind plays on the leaves
of the mighty trees in the valley
like an appetent lover full of mirth.

The early morning haze lies
like the spun yarn
waiting for the playful
hands of the lover.

The hazes of the dawn are
the feathers of the sun rays
flying softly in the soft, clear air.

My glimpse and glance is
after the yonder
spreading itself on
the remoteness of the land.

The silver-grey horizon
mirrors endlessness.
In marvel drinks my soul
the joy deep inside
and feels behind all knowledge
the presence of eternity.

Dr. Antony Theodore
My God Saw My Lonely Boat

My God saw
my lonely boat
from afar.

He flew down to me
to love me
to caress
and care for me.

In my lonely moments
I see him flying to me.

That is my consolation.

I shall never be left alone,
ever, never and I smile
a lovely smile that touches
the core of the heart.

Dr. Antony Theodore
My Heart Exhorts Me

Even in the night
my heart exhorts me.

I set the Lord my God
before my eyes on the throne.

My heart rejoices.
My body abides in confidence

for I am sure that God
will not abandon my
soul to the nether world.

Dr. Antony Theodore
My Heart Is Full Of Anxiety.

i am anxious Lord,
i am worried.

My nights are long,
my days hard and tough.

In my weariness and weakness
i lift up my hands and heart to you.

Do you see me praying?
Do you hear my silent cries?

i have no patience to wait.
When will you come to me
or will you not come at all?
or did you forget me?

Can you forget me?
El Shaddai, Lord God Almighty, come.

Dr. Antony Theodore
My Heart Is Outside Me.

When my Mum made the decision to become pregnant she began to love me. I am her own flesh and blood.

It was her decision, forever to have her heart go walking around outside her own body.

- 

Later as I grew up I asked my mum: “Tell me mum how did you feel?”

She answered me: “The joy, honor, gift, and privilege of being a mum is tremendous.

From the second I felt, the tiny, indelibly precious, delicious, almost indescribable movements, when I heard my child’s first heartbeat to experiencing the first breath, becoming a mum is truly a celebration of motherhood.

In grace and love I did everything seeing you my own flesh in my soul.

I saw heaven every single day when you smiled, played, rested on my breasts.

You are mine and felt, my heart is outside me.

Dr. Antony Theodore
My Heart Is Prompting Me Now

My heart is prompting me now
to seek your face.
I seek it Lord,
please do not hide from me.

My heart prompts me now
to listen to you my God and Lord.

I am calling you now.
Please listen to me
when my mumblings reach you.

Dr. Antony Theodore
My Heart Is Pure For You My Dear.

My lover who lives in me,

see me please if you can,
down from the
depth of my soul.

I need to be respected
because of my mind
and my purity
of body and soul.

My heart is pure for you my dear.

Dr. Antony Theodore
My Heart Is Torn

My heart is torn.
Where is the lovely moon today?
Where is the light falling on the flowing river?
Where are the melodies of the flute
which the shepherd used to play?
Where is the child which smiled all the way?
Where is the rose.. did it lose its colour today?
I hear only mourning women.
Did anybody die in the village?
Why is it all gloomy although the sun shines?

My heart is torn
My beloved, my heart is torn.

I need the oil of gladness.
Who will pour it into my grieving soul?

O God will you command an angel
to fly down into my misery
to embalm me with the oil of love?

I am so lonely.
I have no one in this busy world.

O come, O come heavenly beings,
hug me, kiss me, caress me and care for me.
For my heart is torn

Dr. Antony Theodore
My Heart Loves Someone Whom I Do Not Know.

My heart loves you
without my permission.

I sense that my heart has a lover.
My heart keeps secrets.
I sense it very often.

My heart loses itself in deep silence.
Then I know my heart loves
the one whom I do not know.

(This is a spiritual sense. Very often i sense that my being goes out of me to love God)

(Graphic: Ileana Rosenberg Popovici saved to Night in Days and Nights. Pinterest)

Dr. Antony Theodore
My Heart Reaches For A Spiritual Light

My heart reaches for a spiritual light
to understand my own self
and the universe at large.

'What is your religion? '
They ask me.
I answer always.
'All that leads me to the light
is the religion of my heart'.

Nothing glows brighter
than the heart awakened to the light
of love that lives within it.

(searching for spiritual light. collections of Genovamaaa in photobucket)

Dr. Antony Theodore
My Heart Rests In The Source

I do not possess
my being in myself
but only in Him from
whom it springs.

I acknowledge that
all the treasures of my
spiritual acts come
from God and my heart
rests in the source from
which all goodness flows.

By faith I find my
own true being in God.

Dr. Antony Theodore
My Heart Yearns For You.

I desire for you
in the midnight
when all sleep
around me.

I wake up with your thoughts
of love and intimacy.

It is in prayer I find you.
My heart yearns for you.

Dr. Antony Theodore
My Inner Space Explodes.

The womb of God welcomes me to a dance
to the play of the universe in pure silence.

I experience the intense vibrancy
and the sensation of peace.

The invisible energy is
running in and through my being.

My inner space explodes.

(This was published by mein Micropoet under the name of my beloved mother Genova Maaawho passed away at a young age. Published for a long time underthis second name. i write to keeher memory alive as long as i live).

Dr. Antony Theodore
My Intellect Must Be Enlightened

My intellect must be enlightened by another light in order to be a partaker in the truth.

I did not realize it before.

What I recognize as truth is not itself the essence of truth.

Come, O God of the universe light my lamp.

You will enlighten my darkness, and from your fullness I shall receive.

Dr. Antony Theodore
My Language

Poetry is my language,
the language of the heart and emotions.
It is the language
of all that is inexpressible.
It is the language of love
and pain.

Dr. Antony Theodore
My Life Is A Journey Towards God.

I know the one who holds my future.
Come what may, I shall face it.

God is my shield and my strength.
So I shall hold his right hand
and walk in the darkness sans souci.

God restores me always
and makes me a better person.

God can never fail me
he is the lover of my soul.

I count on him and walk forward.
My life is a journey towards God.

Experience is a brutal teacher.

I am still now and experience
his presence in me and outside me.

God alone is my consolation.

(Graphic: Karaoke My Guy (My God)- Sister Act * - YouTube)

Dr. Antony Theodore
My Life Is An Open Book For You.

My secret sins lie
in the light
of your presence.

I cannot hide anything
from you my God.

I confess all my sins.

You forgive me even
when i fail to confess.

Dr. Antony Theodore
My Love Is Free Of Charge

The false Lover told:
O, my love, you are mine
Make me a garland of golden flowers
And I shall give you the kiss of my lips.

The true Lover told
Give me nothing.
I shall give you the kiss of my lips
And the kisses of my heart.

My love is free of charge

Dr. Antony Theodore
My Lover Is Mine

In the lake of tranquility,
in enchanting silence,
swimming in timeless love
she surrendered, waiting for
the gushing spring of ecstasy.

With the yearning heart
and a hungry soul
she began to dance
breathing the fragrance
of her lover adorned with
jasmine buds and flowers.

She danced in feathery
steps like a fairy
to the rhythms
of her heart song.

Yearning for a glimpse
of the lover, she danced
in wild and slow steps
forgetting her own self.

Lo! Behold he comes
to kiss and hug her
till her soul blazed
in pure and eternal fire.

(It is the romance of the soul with God)

(Graphic: Lauryn Littlejohn, die für Tänzer gerettet wurde, sind die Athleten Gottes pinterest)

Dr. Antony Theodore
My Mother In The Chariot

Watching a glorious sunset,  
playful are the waves on my feet.  
Gold, red, yellow rays  
sucked me in delicate passion.

Their chariot of flames  
flew down to me.  
Flames around, all around  
golden blue and red.  
With gleaming eyes I saw.

Seven white winged horses  
flew into my presence at the shore.

I saw my mummy in the chariot,  
smiling like the morning sun.

My eyes opened as sunflowers do.  

With moonlit eyes  
pouring blooms of bliss on me  
she whispered softly.

In joy immeasurable  
her voice melted.  
In hugs and kisses  
she murmured in my little ears.  
‘You are my treasure, You are the apple of my eye’.  

She adorned me with the stars,  
blessed me with tenderness,  
filled me with treasures divine.

I was blissful,  
serene and desireless.

Singing a glorious hymn
pouring on me, her sweetest perfume,  
she touched my life from the chariot.

The chariot flew away.

Every dusk,  
and every night,  
I look at the stars  
and murmur:  
Twinkling stars!  
send my mummy again to me.

I sleep.  
Tear drops linger on my lashes.

(It is a pleasant vision of my dearest Ma (in hindi language we call mother so lovingly Maa) .  
i lost her when i was in the school. She had cancer and died at the age of 38. I yearn for her presence even now every day. it is a great loss i suffered and i will not be cured from the wounds that is created by her absence. When I see the sunset my heart raises itself to her chariot).

Dr. Antony Theodore
My noble supplication
at the throne of God
is my prayer.

I lift up my hands
and eyes and heart
to pray to give me
the strength to persevere
in good deeds in this
materialistic world.

Materialism kills all the beauty
of the soul and mind and heart.

Dr. Antony Theodore
My Own Soul Is Enclosed In God.

If we want to know
the nature of our soul,
and like to commune with,
and dalliance therewith,
we have to seek
in our Lord God,
in whom it is enclosed.

Dr. Antony Theodore
My Own Thoughts Overcast My „real I‟.

To encounter God
one should first
encounter one's own self.

I should be with „me‟ at first.

Am I with me always?

My thoughts wander to and fro.
I am not anywhere with my thoughts.
I am wandering always in my mind.

I have no contact with my own self.
I am not thinking,
but thoughts, think in and for me.

Thoughts assume an
independent existence in me.

They overcast my „real I‟.

The first achievement
of my prayer is
that I come into contact
with „my real I‟.

Dr. Antony Theodore
My Perception Of The Beauty

Every sunrise
is so beautiful
as we see it in our hearts.

Every human being is so precious
as we carry him or her in our hearts.

Our perception! ! !

(Graphic: rosinante saved to guten Morgen
518
Rosinante Your power of God. Pinterest)

Dr. Antony Theodore
My Prayer

Thank You, Father,
that I am Your child
and thank You
for the wonderful
gift of Your Holy Spirit,
Who is living within
my body to lead
and guide and
protect me.

Thank You that
no power in heaven
or hell can match
the greatness of Christ.

Dr. Antony Theodore
My Prayer Is A Sweet Aroma

My prayer is a sweet aroma
ascending to the face of God.

God resides in the holy of holies.

The aroma of my prayer reaches
His sacred presencefilling and
soaking my soul that flies to God
along with the sweet aroma
of my devote and humble prayers.

Dr. Antony Theodore
My Prayer Is My Incense

O LORD, I call to you;
come quickly to me.

Hear my voice
when I call to you.

May my prayer be
set before you like incense;
may the lifting up of
my hands be like
the evening sacrifice.

Set a guard over my mouth,
O LORD; keep watch
over the door of my lips.

Cfr. Holy Bible. Psalm 141 1

Dr. Antony Theodore
My Prayerful Wish And Confidence

I hold on to the search for my truth,
to the perfect fulfillment of my dreams
and to the certainty of my complete
ascension towards the Light.

It is my faith that I will succeed
in each aspect of my life.

I have faith that I will overcome my fears
and thus receive what is best for me.
I believe in everything that shines in me.

I am creative.
I do not get stuck in a routine.
I put my habits aside
and open myself to new experiences.

Everyday is different.
Life’s energy flows through me.

I believe in everything that shines in me.

Dr. Antony Theodore
My Religion Is Love.

My religion is love.
My country is the world.
All are my brothers and sisters.
There is no difference in me
in religion, culture, color, cast,
languages, dress, poor or rich.

Humanity is my world
which I always accept
in the name of the Creator.

Dr. Antony Theodore
My Sacred Secret

Buds are born in me
In deep meditation.
My heart sighs for the lord of my soul
And the buds bloom into flowers
Full of fragrance.
My soul loves him.

I compose a new song for him
In my cave.
And sing it all alone on my harp.
It echoes on the walls of my soul
And I smile
with the golden flame
of the little lamp of my cave.

In the depth of the silence,
It echoes and re-echoes in my soul,
the song of love
Which I sing
For him alone
whom my soul loves.

It is my sacred secret.
My soul loves him
more than everyone else.

Dr. Antony Theodore
My Sense Of Loss

(I lost my mother, my sister and my father)

I miss their laughter
and quick wit, fully
living life, each of
them loving me
in their own way.

I miss the chance
they each gave me
to enter into their
worlds to care for them.

Their absence leaves
a dark hole in my heart
that will not be
filled in this world.

I am grieving their loss
and it is taking time
to work through
what that loss
means to me.

Dr. Antony Theodore
My Soul

My soul breaks into flowers,
into a vast meadow of flowers.
My soul breaks into butterflies,
into soft-winged butterflies.
The tiny creature of beauty
flies and flies
in an unheard melody
that is sweetness beyond.

Dr. Antony Theodore
My Soul Is Calling Me.

(Divine Light is the source of my ecstasy. It is unbearable to turn away).

My soul is calling me
every hour of every day.
This has been always true.
But only now i know it.

It is unbearable
to turn away from the light
which is the source of my ecstasy.

I realize
any other possibility is false.

Published on October 06, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
My Soul Is Thirsty

This morning brings a new song
from beyond the world of the skies
where the angels and saints live.
This new song reminds me to pray.

The praying white swans I see
The chattering prayers of the sparrows I hear.

With gentle care
I kneel and thank with folded hands
drubbing the dogmas,
lost in my own cogitations
about God and the world beyond.

I walk through the mysterious path of flowers.
I chuckle quietly in stealth
when the angels count my footsteps.

Who can build a bridge from earth to heaven?

Deep in my innermost recesses,
my soul is thirsty
to attain the divine.

Who will quench my thirst?

Dr. Antony Theodore
My Soul Tries To Communicate

The voice of my soul
tries to communicate with me.

Our intuition will tell us
when the soul tries to speak.

This voice is always positive
and speaks of goodness.
Negative thoughts
and emotions will
not come from the soul.

Listen to the peaceful
voice of your soul.
Soul tries to communicate
with you at this present moment.

Dr. Antony Theodore
My Tears Are My Pure Gifts.

I collected my tears.
They were diamonds.

The whole night i cried.
Early morning I went
to the holy temple
to offer my tears
as my great offerings.

I have nothing else to offer.
My tears are my pure gifts.

(Luca June hat sich etwas auf faces rest)

Dr. Antony Theodore
My Tears Have Dried Up.

I want to cry but I cannot.

I searched for tears my tears have dried up.

Where are my parents? Where are my brothers? I am alone in this vast world of human beings.

Why is this world so cruel?

Has not God made it a paradise?

(Nuna Souhila saved to photos Pinterest)

Dr. Antony Theodore
My Thoughts Assume An Independent Existence In Me.

To encounter God,
first i should encounter myself.
I should be with myself.
Usually i am not with myself.

When i observe myself,
then i understand that
my thoughts Wander,
sway back and forth.
I am somewhere else
with my thoughts, not by myself.

With me i have no contact.

My thoughts rip me away
and lead me from my own self.

My thoughts assume an
independent existence in me.

I do not rule over my thoughts.
My thoughts rule me over.

How can i demand from God
that He listens to me
when i am not able to listen to myself?

(Graphic: Tiny Buddha
Making the Hurt Visible: How I Healed from Abuse and Learned to Listen to Myself)

Dr. Antony Theodore
My Thoughts Can Corrupt My Language.

My thoughts can corrupt my language.  
The way we communicate affects the way we think.

What are the words we use to express our faith?  
How do we relate in love?

Words themselves, and meanings behind those words can make a big difference in what we do and how we do it.

Does my language corrupt my thought?

Dr. Antony Theodore
Some people become
at times
a big challenge for us.

But our own imperfections
we may not often see.

We see the splinter
in the eye of the others,
but we do not see
the beam in our own eyes.

It is important to keep
a critical eye on my own life.

I gain by loving myself
and my own mistakes.

The one who dares to
question himself
and tests his life,
will meet God.

You suddenly realize
your own weaknesses
and the holiness of God.

It is a sign of a very deep
encounter with God.
God fills our lives in his love.

Dr. Antony Theodore
My Wish For Those Who Fall In Love.

Falling in love
Is the entrance point
To love's eternal journey.

From the first stirrings of romance
To the final stages of ecstasy,
May the Divine presence be with you.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive). (Graphic: 0000b1)

Dr. Antony Theodore
My flesh is pining for you.
My soul thirsts for you.
I gaze to you, to your sanctuary.
I know that your kindness
is beyond human imagination.

May I lift up my hands
to bless you, calling your
holy name with a soul
that desires to cling to you?

Cmp. Psalm 63 of the Holy Bible).

(Graphic: Sonja Galli saved to worship Pinterest).

Dr. Antony Theodore
Mylittle Angel Asifa

Mylittle angel Asifa
We all cry seeing
your dead body in the dust,
the stones with which they struck you to death
after strangling your innocent throat.

There is blood on Indian conscience.

In foreign nations, The great India
is known as a rape nation.

Is there no one to put an end to it?
Is there no one? ? ?

O mighty God where are you?

Dr. Antony Theodore
Myriads - Of - Angelic - Beings

Myriads of angelic beings, together with the four living creatures and the elders united their voices to sing "worthy is the Lamb that was slain to receive power and riches and wisdom and might and honour, and glory and blessing."

(Ref: Revelation 5: 12 of the Holy Bible)

Dr. Antony Theodore
Myself. No-Self

Myself.
No-self.
The self
is merely a locus
in which the dance
of the universe
is aware of itself
as complete
from beginning to end
and returning to the void.

Dr. Antony Theodore
Mystery

Mystery is something that lies undisclosed.

The usual attitude of the world is to solve it, get to the bottom of, or uncover it.

In the secular world, a mystery is something that baffles or eludes understanding.

Mysteries must be solved.

But the question remains can a human solve all the mysteries of the universe?

Dr. Antony Theodore
Mystery - Hidden

Body was created
to transfer into
the visible reality
of the world,
the mystery
hidden since
time immemorial
in God, and thus
to be a sign of it.

Dr. Antony Theodore
Mystery - Is - Given - To - Some

This mystery was not some kind of secret knowledge that only an elite few possessed.

Rather, it was given to Paul in order that he might deliver it to all Christians.

This mystery, the apostle explains, is "the mystery of Christ" (Ref. to Eph.3: 1-4).

Dr. Antony Theodore
Mystery Of God's Love

God gives to all things alike and as they proceed from God they are alike.

In God all things are equal and are God himself.

Dr. Antony Theodore
Mystery Of Lawlessness

The mystery of lawlessness was at work in the early days and it continues to be manifested today.

However, then as now, evil and lawlessness is currently being held back and suppressed, by the One Who restrains evil, the Holy Spirit.

Dr. Antony Theodore
Mystery Of Self, Transcending The Individual Ego.

The purpose of the symbol
is not to convey information
but to open unknown depths
of awareness enabling
the disciple to reach his own center,
his own ontological roots
in a mystery of being
that transcends his individual ego.

Dr. Antony Theodore
Mystic - Love.

I enter into a new world
of mystic love.
i enjoy every moment
i love,
i care,
i kiss
i caress.
It is heaven.

Graphic: Cosmic Love, Twin flame love, Pinterest)

Dr. Antony Theodore
Mystical - Contemplation

All those who follow Christ
symbolically 'put on'
Christ at their baptism.

It is only through
dying many times
over, as we endeavor
to carry our cross daily,

that we are gradually
taken up into Christ's
life and his Resurrection

where we begin to take
part with him, in him
and through him,
in his mystical
contemplation of God.

Dr. Antony Theodore
Mystical - Intuition

We should ask the essential question "Who am I?" without expecting a rational answer.

Rather, we inquire from a state of surrender to wonderment to a mystical intuition about who we really are.

Dr. Antony Theodore
Mystical Contemplation Is A Pure Gift Of God.

Human intellect alone  
is inadequate to reach  
the pedestals of wisdom itself.

Mystical Contemplation  
is absolutely beyond  
the reach of man's activity.

There is nothing he can do  
to obtain it by himself.  
It is a pure gift of God.

God gives it to  
whom He wills,  
when He wills,  
and in the way and degree  
in which He wills.

Dr. Antony Theodore
Mystical Thinking Is Not Counter To The Aristotelian Logic.

Mystical thinking is not counter to the Aristotelian logic of Thomism.

The way of darkness of the intellect requires a Via Amoris for the will.

In the darkness of doubt we ask many questions. In this darkness, some fall away into atheism.

On this dark way both intellect and will must ultimately be possessed and transfigured by the action of the grace of God.

These special inspirations Flow from the Spirit of God who is beyond all religions.

Even when the understanding is in darkness one must walk by faith, and in the obscurity of faith God unites Him to the intellect.

(Via Amoris = Way of love) (Thomism is the philosophical school that arose with the thoughts of Thomas Aquinas (1225-1274), philosopher, theologian. In philosophy, Aquinas' disputed questions and commentaries on Aristotle are perhaps his most well-known works.)

Dr. Antony Theodore
Mystical Union

God and the soul becomes
one single here,
one single now.

One cannot live without the other.
One cannot work without the other.

Dr. Antony Theodore
Mystical Union Remains Always A Mystery.

The mystical union
is affected by God himself.
One can only clear
the way of obstacles
and dispose himself
for the union.

Mystical union remains always a mystery.

Man is sustained
by a deep mystery of silence,
of incomprehensibility
of God's will and God's love.

The mystic feels
that he is personally called
to live in more intimate
communication with that mystery.

Dr. Antony Theodore
Mystics as natural explorers of eternity

Since there is an immortal spark
of the eternal fire in him,
he is implicitly a child of the infinite.

This belief, that it is real
and actual is the pivot
of the Christian position,
the foundation and justification
of mysticism, asceticism
and the whole machinery
of the self-renouncing life.

These natural explorers of eternity,
the transcendental faculty,
the eye of the soul,
is not merely present in embryo,
but is highly developed
and is combined with highly
emotional and volitional power.

Dr. Antony Theodore
Mystified Presence

I walked down to the rivulet
near the wild flowers
in our little village.

Sat under the flower tree
on this evening in the mild sun rays
of the setting sun.

Here we kissed for the first time.

You are not here now.
But I feel your mystified presence.

This presence is more than real
I feel your lips on my lips.
Your love spreading down
my whole being.

It is more than the real
You are here in ethereal
mystified loving presence.

I feel divine at this moment.

Dr. Antony Theodore
Naked - Self-Interest.

Marx refers to the reduction of relationships to monetary ties.

Personal worth and ties have been resolved into 'exchange value' and 'free trade'.

No other nexus is left remaining between man and man than naked self-interest.

Dr. Antony Theodore
Naked - We - Came

We came to this world as naked and empty-handed and we will take nothing with us at death.

Learn not to attach to material things before things start possessing us.

(Bhagavat Gita)

Dr. Antony Theodore
Naked I Stand In Moonlight

My heart soars free
and flies to the moon
for in moonshine i can pray.

Naked I stand
in moonlight
and wait for him
to come to me unawares
and kiss my whole being
in my utter nakedness.

Oh how I long for love’s touch
to pierce my inner soul.

Dr. Antony Theodore
Nature - Cares - About - You

One gets the most 
exuberant feeling 
when one touches 
a tree, with both hands.

Sit by a lake 
and to put your feet in.

Breathe in 
the sweetest air.

Truly, these are 
the actions that 
truly count, 
asthe tree, 
the water, and 
the air are alive 
and care about you.

Dr. Antony Theodore
Nature - Evokes - Awe

Do you feel at home in nature?

Do you feel nature evokes wonder?

Do you feel beauty in nature evoked wonder?

Do you feel nature evoked awe and respect?

Dr. Antony Theodore
Nature - Experience

This feeling of being at home in nature is also the most emotional aspect of the nature experience.

But the results varied depending on the setting of the natural experience.

Dr. Antony Theodore
Nature - Loves - Us

One gets
the most exuberant
feeling when one
touches a tree,
with both hands.

Sit by a lake
and put one's
feet in.

Breathe in
the sweetest air.

Truly, these are
the actions that
truly count, as
all three beings,
the tree, the water,
and the air are
alive and care
about you.

Nature will love
us if we take care
of the nature
in its wonder
and beauty.

Nature loves all of us.

Dr. Antony Theodore
Nature is Harmony.

Nature is Harmony.

Our Wisdom is powerless
before her simplicity.

Nature's womb
is the mind of God.

How can it be but harmony?

Dr. Antony Theodore
Nature Is The Symbol Of God’s Unconditional Love.

God gave the nature, the human beings and the animals countless fantastic, wonderful forms, colors, and uniqueness that everything shall become a cause of joy for all of us.

Those who understand the essence and character of nature has understood the beauty of the mind of God.

Nature is the symbol of God's unconditional love.

(Graphic: Pansy Khan saved to scenery.. Pinterest)

Dr. Antony Theodore
Nature Puts Me In Awe

The grass grows
as soon as you cut it.

I am astonished and in awe
how the nature grows
no matter what you do to it.

I like this reflection this morning
on nature and its ability
to put you and me in awe.

Dr. Antony Theodore
Near My Mother.

Eyes wide with amazement near my mother
I sat
On the roadside bench
moving the ground inside
in merciful love.

I watched alone.
The distant fields filled with flames
Of hatred and selfishness
condemned to burn to ashes
and be blown away by a fast wind
Into the valley of nothingness.

Dr. Antony Theodore
Need - For - Awareness

As well as having
an active conscience
we also need
consciousness.

We need to be
aware and able
to perceive that
what we do and
say may not have
an impact on others,

that we are kind
and gentle with
all those we meet
on our journey
through life.

Yes, we need to
speak our truth
and acknowledge
that 'the truth' is
different for everybody.

(Written from the comments
of the great poetess of Listowel, Marie Shine.)

Dr. Antony Theodore
Need - To - Believe.

Say to yourself
I will be who I am
and no one is allowed
to bring me down.

I promise you
that you will
have the best time
of your life you
just need to believe.

Dr. Antony Theodore
Need- Dreamers.

"The world needs dreamers and the world needs doers. But above all what the world needs most are dreamers that do." (Sarah Breathnach).

We need to dream the impossible dream in order to make it possible, to bring it to fruition, to make it a reality.

(written from the comments of Marie Shine of Ireland)

Dr. Antony Theodore
Negative - Or - Unhealthy

If you are not sure
what self-image is,
it is high time
you think of it.

Know more
about what it is,
how it differs from
other self-concepts
like self-esteem.

We should research
why self image
is so important
in human psychology,
and what we can
do when it's
negative or unhealthy.

Dr. Antony Theodore
Negative - Self-Image

Having a negative self-image can certainly influence self-esteem, and having low self-esteem is likely to be accompanied by a negative self-image.

But they are at least somewhat independent "self" aspects.

Dr. Antony Theodore
Negative - Self-Talk.

There are many psychological tricks and techniques to change your negative self-talk.

The key to changing your negative self-talk into the best kind of self-talk is to experience God's love deep down in your soul.

Dr. Antony Theodore
Negative Feelings.

Negative feelings are in you.
It is not in the reality outside you.
it is only in you.

When you are depressed
if you watch a peacock dancing
you dont see the colours of its feathers.

On a lovely and happy day
when you are in a good mood
if you watch the same peacock dancing,
you feel like dancing with the peacock.
You see the colours of the feathers well.

Negative feelings are in you.
It is not in the reality outside you.

Dr. Antony Theodore
Neglected - Widows

The Bible insists that they are to be treated with respect and kind compassion.

They should be cared for, given protection, offered support, and no one should treat them unjustly or take advantage of the lonely widows.

The Law of Moses addressed many issues relating to widows and their needs, such as the harvesting law of gleaning,

and the importance that justice was meted out to anyone who abused or neglected widows.

Dr. Antony Theodore
Nestling into
my solitary cave,
I kneelin prayer
with folded hands
believing my God
is here listening to me
when I murmur
to himin my own
simple and little way.

Dr. Antony Theodore
Neti, Neti, Neti, God Is Incomprehensible.

God does not die on the day
when we do not think
about a personal God
but on the day when we stop
to think of the wonders
God does in our lives
without our own knowing.

We shall never know God
in and through our intelligence.
We shall never know who God is.

We can only know who 'God is not'.

God is incomprehensible.
God is not the universe
He is not the sun or the moon
or the millions of stars
and planets or the firmament.

We can only say 'what God is not'.
Neti, Neti, Neti we shall repeat
like the Hindu monks of ancient days.

God is not this, God is not that.
We shall never know God.

Our modern problem is that
we humans know too much about God.

(Neti is a Sanskrit word denoting nothing, here meaning to say we do not know anything about God)
(Graphic: Illustration of 1 King 18: 38- God answering the prophet Elijah by sending fire to consume the sacrifice which the false prophets of Baal were unable to do...)

Dr. Antony Theodore
Never - Give - Up - On - Life.

I want to let you know that if your having a bad day or going through tough times, whenever you feel down, and depressed I just want to let you know never give up on life.

Dr. Antony Theodore
Never - Let - Go - Of - My - Hand

Remember that all
good things,
your possessions,
your family and friends,
your health and abilities,
your time, are
gifts from God.

Instead of feeling
titled to all these
blessings, respond
to them with gratitude.

Be prepared to
let go of anything
I take from you,
but never let go
of My hand.

Dr. Antony Theodore
Never - Separated- From -God's - Love

Spiritually, you were not created to be alone.

God invites you into a covenant, eternal relationship with Him, promising that we can never be separated from His love when we trust in Christ Jesus.

Dr. Antony Theodore
Never - To - Disown - The - Poor

Give me
the strength
never to disown
the poor or bend
my knees before
insolent might.

Give me the
strength to
surrender my
strength to thy
will with love.

(Ref: Tagore,
Gitanjali,36)

Dr. Antony Theodore
Never Be Idle.

Dream high.  
Work hard.  
Never be idle.  
Live with a purpose.  

You will live in abundance.  

Life will reward you back  
every tear  
that you shed  
with greater happiness.  

Never give up.  

The answers are in you  
imbedded in deep faith.  

Dr. Antony Theodore
Never Leave The Path Of Truth

Never leave
the eternal
pathway of
Truth to God.

It is better to leave
one's life in its pursuit

than to forsake it.

Dr. Antony Theodore
Never Outside God's Reach,

Never outside God’s reach,
we travel down a rocky road
through trials and tribulations.

Every trial is a means of
accomplishing God’s will.

God uses many resources
to direct our lives,
help our decision making
in good and the bad.

Remember, we are never
outside the reach of God.

Dr. Antony Theodore
Never Shall I Stray From Your Path

Whatever may come on my way
my heart shall not turned back;
my feet shall not stray from your path.

II have forgotten the name of our God
or spread out my hands to a foreign God,
please forgive me for this great sin.

It is in fear and intimidation
We look for help and fall into
the hands of a foreign God
or resort to sorcery and magic.

Weshall proclaim in the assembly,
,'You my God is the God of the universe
and shall never go away from your presence'.

Dr. Antony Theodore
Never Tired Of Watching You.

Always is Hewith you,
guarding and protecting you.
He is never tired of watching you.
Day and night he is thinking of you.
He is your lover, the lover of your soul.

5 &quot;The LORD watches over you—
the LORD is your shade at your right hand;
6 the sun will not harm you by day,
nor the moon by night&quot;.Psalm 121,5 and 6.

Dr. Antony Theodore
New - Intiatives

What emotional intelligence in the workplace looks like can be understood in the following examples.

Resilience is evident when new initiatives are introduced.

Flexibility is present.

Employees spend time together outside of work.

Freedom of creativity is celebrated and consistent.

Dr. Antony Theodore
New Self Image

You cannot develop
a new self image
if you are an unhappy
failure type person.

By pure self will
or arbitrarily
deciding to
become a new
person, you
will not achieve it.

There should be
some justification
which tells you
that your old
self image is wrong
and a new picture
is needed to develop
a new self image.

Dr. Antony Theodore
Ni Danka Ne, Mum, Poem By Abdul Basit Ismail
Translation Of I Am Your Baby Mum

Ni Danka Ne, Mum - Poem by Abdul Basit Ismail
Ni ne jaririnku.
Ban zo kan mahaifiyata ba.
Mala'ikun Allah sun sauka zuwa ga mahaifinka
daga manyan sammai
kuma sanya ni a cikin mahaifa mai tsarki.

Ban zo kan kaina ba;
Allah yana son haka.

Na yi murna a cikin sabon kogo na kauna,
a cikin mahaifa mai tsarki
kuma barci a can cikin salama.
Harsuna suna kallo.
Sun yi addu'a
don kiyaye ni lafiya kullum
har sai da za a haife ni a fuskar ?asa.

Suna yin wa?o?in haihuwar samaniya
su yi wasa a kan harpinsu na zinariya a ranar haihuwata.

Lokacin da nake barci a cikin mahaifa
Mala'iku sun kasance sun zo gare ni.
Ba ku san shi ba, ?ana na ?auna.

Na yi murna da za a haife ni
a matsayin ?aunatacce.

Ina so in yi murmushi
Ina so in raira wa?a
Ina so in yi wasa
Ina so in shayar da nono madara
Har sai kun yarda.
Ina so in ga murmushi a fuska

Su ne mafarkina a cikin mahaifa, Mum.
Amma a cikin mummunan rana
Ka yanke shawarar kashe ni.

Shaidan a cikin Hades
ji game da yanke shawara.
Suka kawo ?arar murya,
buga a cikin rudun shaidan.
Dukan aljannu sun taru,
ya zo ya rawace a da'irori,
tsalle da kuma wa?a.
Suna rawa a cikin layi.
Suna rawa a cikin da'irori.
Suna rawa a kan yatsun kafa.
Suna rawa a kan kawunansu.
Suna raira wa?o?i mafi kyau
kuma shaidan ya buga wasan.
Dukan jahannama yayi farin ciki
cewa ka yanke shawarar kashe ni.

Ka san nawa kuka?
Ka san yawan mala'iku da kuka?
Ka san yadda dukan sama ke kuka
A ranar da nake mutuwa a cikin tsattsarka mai tsarki?

Wani lokaci kafin an kashe ni da mummunan rauni
Na ga Allah Mai Iko Dukka yana kuka ba tare da wani taimako ba.

This is a translation of the poem I Am Your Baby, Mum by Dr. Antony Theodore

Abdul Basit Ismail
Topic(s) of this poem: crime, evil, god, heaven, helplessness, innocence, love,
mother and child, angels

Dr. Antony Theodore
Nietzsche - Rejected

On the grand conceptual schemes, Nietzsche thoroughly rejected Platonic, Aristotelian, Kantian, and Judeo-Christian ideals.

One cannot say that Nietzsche was right in believing in the vacuity of such grand schemes.

Dr. Antony Theodore
Nietzsche's - View

Nietzsche rejects the view that the good person is the opposite of the evil person.

His argument is that good and evil are just different expressions of the same basic impulses that we find in each and all.

Nietzsche thoroughly repudiates traditional morality in favor of a life-affirming approach that recognizes the perspectival nature of knowledge and the awful moral condition of the modern individual.

Dr. Antony Theodore
No - Blank - Universalism

It is nota blank universalism, but sees unity and diversity as two integral aspects of the same biopolitics.

There is no bland universal identity in which everything is in general and there is nothing in particular.

The universal is manifested in its concrete particulars, in Aristotle's phrase.

Dr. Antony Theodore
No - Conceit

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."
(Phil.2: 3 of the New Testament of the Holy Bible).

Dr. Antony Theodore
No - Fear

We do not need to fear what man can do to us, nor become unnerved by Satan's wiles.

We have an anchor for our soul and a strong tower in which to hide.

God promised to rescue us from every danger and distress, and that same promise of protection is our inheritance, for greater is He that is in us than he that is in the world.

Dr. Antony Theodore
No - God - No - Afterlife

This is the only rational approach if there is no God and no afterlife.

Is it possible, because of the creative intelligence of humans,

to overcome or subvert this rule of law.

Dr. Antony Theodore
No - Grumbling - No - Sighing

"Lord, give me a soul
to whom boredom is alien,
who knows no grumbling
no sighing and complaining,
and don't let that
I worry too much
about this something
that spreads so widely
and calls himself "I".

(A quote from a young preacher
who died in France
in the First World War,
when he was only 19 years old).

Dr. Antony Theodore
No - Longer - Assumed

Divine realities are no longer assumed, and Christianity is frequently seen as something we are morally compelled to move beyond. No longer are leading cultural institutions building on the foundation of Christian assumptions. (Especially in Europe and the United States)

Dr. Antony Theodore
No - Parallel - To - Him

“There is no parallel to Him, Whose glory is truly great.”

[Reference: Yajur Veda 32.3]

(By T OShanavas, M.D.)

Dr. Antony Theodore
Some say: Look,
I am just trying to
get through my life.

I know that's not
exactly what God
has in mind for me.

I have to grow
spiritually
seeking always
the glory of God
even in my struggle
to get through this life.

This world is not
our permanent home.

We are looking
forward to a home
yet to come.

(St. Paul's letter
to Hebrews, chapter13,
verse14.)

Dr. Antony Theodore
No - Shortcuts

In the easy way to kingdom, shortcuts are unwelcome.

We excavate before we build; we choose the lowest seat at the table.

It is a path filled with adventure and risk, joy and possibility,

and though few choose to take it, the invitation is available to all.

Dr. Antony Theodore
No sin is too great
that it cannot be
surrendered to
His mercy.

No failure is so
definitive that
the Son of the
Father cannot
show us how
His love is all
the more definitive
of who we are.

Dr. Antony Theodore
No - Unwholesome - Talk

Everyone should be quick to listen, slow to speak and slow to become angry.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

(James 1: 19, Ephesians 4: 29 of The New Testament of The Holy Bible)

Dr. Antony Theodore
No - Variation - Orshadow

Every good gift
and every perfect
gift is from above,

coming down from
the Father of lights
with whom there
is no variation
or shadow
due to change.

Of His own will
He brought us
forth by the word
of truth, that we
should be a kind
of first fruits
of His creatures.

(Ref: James 1: 17-18).

Dr. Antony Theodore
No Bird Can Fly Without Opening Its Wings.

No one can love without opening his heart.
No bird can fly without opening its wings.

There is no chance of lifting oneself into any space larger than oneself without revealing the parts we hold closest to our chest.

Entering a relationship without opening the heart is to jump of the roof without spreading the wings.

Baby birds hesitate the first time out of the nest. But once tasting the air, it opens itself and rise. Trust in the power of lifting ourselves by revealing what we hide.

Once revealed, all these emotions will become our wings.

Dr. Antony Theodore
No Duality Of Experience - Void.

No duality of experience - void.

Experience is full
because it is inexhaustible void.

No duality of experience - void.

It is uninterrupted exchange.

We are one.

Dr. Antony Theodore
No Gnosis Can Deliver Him From The Bondage Of The Pseudoself

We are called to release the creative energy of life within.

Man suffers from the painful inner division.

He suffers from the existential dichotomy of being within nature and yet transcending it.

He experiences the split between himself as subject and the world as object.

This painful confrontation can be avoided when one agrees to conform to the world.

But it is a form that does not fit.

He can put himself together only in the Almighty God. Thus the integration of the person is a gift of God.

No Gnosis can deliver him from the bondage of the Pseudoself.

Dr. Antony Theodore
Everyone is aware of the tendency of loose and irresponsible syncretism which, on the basis of purely superficial resemblances and without serious study of qualitative differences, proceeds to identify all religions and all religious experiences with one another, asserting that they are all equally true and supernatural and differ only in the accidents of cultural expression.

Dr. Antony Theodore
No Magic Tricks.

There is no magic trick to healing miracles and this wrong belief in the healing power of relics or shadows,

laid the foundation for many other aberrant doctrines to develop in religious circles, of all religions,

like the selling of religious artifacts; payments for indulgences and intercessions which set the stage for the dark-ages.

Dr. Antony Theodore
No Matter Of A Theology Immanence Or Transcendence.

The mystical experience
is not a matter of a theology
of light or darkness,
affirmation or negation,
immanence or transcendence.

It is both, 'either or'
and 'neither nor'.

Man's participation
is both active and passive,
but the control does not lie with him.

How am I to think of God himself?
The only answer I can give is: 'I don't know'.

Dr. Antony Theodore
No More Negativity.

Now, you're on the right path.

Thank God for your new vibrations.

Watch this over and over until it sinks in and share it with the people you want a better life for and heal and grow together.

You’re blessed and the new chapter of your life just started!

No more negativity.
No more sadness.

Dr. Antony Theodore
No One Can Imprison Your Mind.

All our troubles are not permanent.
The greatest enemy is fear.
Be passionately curious.
No one can imprison your mind.
How can anyone hurt
you without your permission.

Dr. Antony Theodore
No One Can Separate The Dancer From His Dance.

In every phenomenon
be it psychological or
physical innature,
there is always a dynamic
moment which
is understood as life.

one can say that this moment
is a universal revelation
which is usually apprehended
as the act of wisdom
which is the greatest power
that rules the universe.

This is the life of the universe.

The universe is the dance of God.
No one can dissociate and separate
the dancer from his dance.

(Graphic: Grace in Winter...contemporary ballet)

Dr. Antony Theodore
No One Gets Out Alive

A good friend wrote to me:

I am just 38.
I have been
diagnosed with
brain cancer.

I could last a
few years
if I am lucky.
But I am still
loving life
because life
is beautiful.

I am grateful
for everyone I love.

Life is just a
gift so enjoy it
and cherish it
every moment.

Nobody gets
out alive in any way.

Dr. Antony Theodore
No One Is Beyond Redemption

This is the ultimate destiny of all humankind. It is for all, those who have followed in the footsteps of Jesus.

No one is beyond redemption. No one is beyond being born again to enjoy the life of infinite loving that can be briefly glimpsed through human love.

Human love is the experience of the promise of the divine love which we will experience in heaven.

Dr. Antony Theodore
No One Replaces You.

You can do it
and only you.

No one replaces you.

Just believe
in yourself
forget the rest.

You will be successful,
wealthy, healthy
and loved.

You can overcome
any challenges.

You are blessed.
You are powerful.

just believe it.
May God
remove all
problems from
your life.

God bless you.

Dr. Antony Theodore
No Passive Observers Of Reality

We are not passive observers of Reality,

but creators as God is.

We are disguised by the mask of matter.

This mask hides our true nature.

(Spiritual and philosophical view of Vedas)

Dr. Antony Theodore
No Revenge, No Hatred.

The secret of being free
is not revenge or hatred.

Let things unfold
in their own way
and in their own time.

On your last days,
on your death bed
you will rejoice
over the moments
of love, smile
and forgiveness.

Dr. Antony Theodore
No Temptation Shall Overtake You.

No temptation has overtaken you that is not common to man.

God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

(Reference to the first letter of St. Paul to corinthians chapter 10,13).

Dr. Antony Theodore
No Trait Can Fully Define You.

No trait can fully define you.

Think of a bad trait in you and analyse whether you have the opposite quality also in you.

Thus break the grip of your conditioning.

Free your mind to see the larger picture about yourself.

No trait can fully define you.

Dr. Antony Theodore
Noêsis, - A - Restful - Gaze

It is a restful gaze,
a comprehensive vision
of some object of the mind,
a beholding that is
possible only because
the intellectual labor
of the previous stages
has been completed.

What is Plato getting at?
It is not so much that
he is simply advocating
a method of investigation
or discovery.

It is not, that is,
as if he is saying,
"If you want to grow in
your knowledge,
then you should
implement this method."

Dr. Antony Theodore
Noêsis, - A - Simple - Beholding.

Noêsis, from the Greek word for mind, nous, is distinct from reasoning (dianoia) in that it is not a process of synthesis and analysis.

Rather, it is as such a simple beholding.

Dr. Antony Theodore
Non-existence - Of - Consciousness

It is comparable
to a man blind
from birth
undertaking
to guide another
blind man.

You have no
right to maintain
the non-existence
of the antecedent,

non-existence
of consciousness

on reasoning
that there is
nothing to make
us apprehend
the non-existence.

Dr. Antony Theodore
Non-Acceptance.

Unacceptance of good in others is envy.
So accept the Good in others
and it will become inspiration...!

Unacceptance of things
which are beyond our control is anger.
So accept, then it will become tolerance...!

Unacceptance of uncertainty is fear.
So accept the uncertainty
and it will become adventure.

Unacceptance of person as he or she is, is hatred.
So accept the person unconditionally,
then it will become love...!

Learn that Resistance creates stress
Acceptance kills stress.

No one is perfect.
All are unique.

Dr. Antony Theodore
Non-Theistic - Belief - And - Morality

A non-theistic belief would teach us that all human behaviour is natural and we need not think of a theory of morality.

But the outcome of no real moral code and no moral accountability will help humans to override their moral consciousness which brings peacelessness and subsequent psychological disorders.

Dr. Antony Theodore
Normal - Fluctuation

This variability of experience is considered as normal fluctuation, while any state that is experienced to diverge significantly from it can be called an altered consciousness.

Dr. Antony Theodore
Dear friend,
if you are reading this,
I genuinely hope
you find love
within yourself,

not an egotistic
love that is reliant
on someone else,

but one that comes
deep within YOU -
the greatest love to exist!

Dr. Antony Theodore
Not - Grimly - Fatalistic

God didn't create us, just to die. He created us to live.

We are not to be grimly fatalistic.

We are to be joyful with hope, because we are saved, should we live accordingly.

Dr. Antony Theodore
Not - Ignoring - God

We are not to ignore
God when things
going well, or wander
away from Him
when more interesting
things come along our way.

We are to acknowledge
God at all times,
under all circumstances
and in all our ways,
whether pleasant
or difficult, joyous
or distressing.

Dr. Antony Theodore
Not - Limited - By - Time _Or - Space

God gives us this message:

I am perpetually with you, taking care of you. That is the most important fact of your existence.

I am not limited by time or space; My Presence with you is a forever-promise.

You need not fear the future, for I am already there.

When you make that quantum leap into eternity, you will find Me awaiting you in heaven.

Dr. Antony Theodore
Not - Meant - To - Fail

You are not a person
Meant to fail.
It is a wrong idea.
Change it.
You are born
To be successful.

Dr. Antony Theodore
Not - Tied - To - Circumstances.

We long for this
because deep
down we know
that our journey
throughout this
life is fragile,
inherently
without guarantee.

People like Nick
show us that
joy doesn't need
to be tied to
circumstances.

(Born without arms or legs, Nick Vujicic
is a painter, swimmer,
skydiver, and
motivational speaker) .
(Graphic: Nick Vujicic wirth his wife, Google Bilder) .

Dr. Antony Theodore
God works in
and through us.
From the way
we treat our
fellow human beings
one could be
forgiven for
believing that
God does not exist.

Our world is
ravaged by war,
man against man,
woman against woman,
child against child.

The poor are dying
of hunger and thirst,
the naked remain so,
negativity circles
our world and the
cries of human distress
ring in our ears.

God has NOT
abandoned us.
WE have abandoned Him!

(Written from the comments of the great poetess Marie Shine of Listowel)

Dr. Antony Theodore
Not Conceptual Speech, But Music.

The mixed metaphors and contradictory expressions one finds in mystical literature demonstrate that not conceptual speech, but music rather, is the element through which we are best spoken to by mystical truth.

Dr. Antony Theodore
Not Only To God But In God.

The mystic journey is prosecuted not only to God but in God.

He has entered the Eternal Order.

Moving through periods of alternate joy and anguish, as his spiritual self woke, stretched, and was tested in the complementary fires of love and pain, he was inwardly conscious that he moved towards a definite objective.

As a mystic, he comes to the realization, that this objective was no mere act of knowing, however intense, exultant, and sublime, but a condition of being.

Dr. Antony Theodore
Nothing - Attractive

There was nothing attractive about Him, nothing to cause us to take a second look.

He was looked down on and passed over, a man who suffered, who knew pain firsthand.

One look at Him and people turned away. We looked down on Him, thought He was scum.

But the fact is, it was our pains He carried our disfigurements, all the things wrong with us.

Ref: Isaiah 53: 2-5)

Dr. Antony Theodore
Nothing - Can - Ever - Pull - Me - Out

Father of all grace and mercy, I praise
Your name for Your wonderful words of comfort and Your promise that nothing can ever pull me out of Your hand.

Thank You that You will restore me and lead me along life's path, for the honor of Your holy name.

Dr. Antony Theodore
Nothing - Can - Separate - Us

Degenerative diseases
might give witness
to a vacant look
or lack of recognition
but nothing
can separate us
from the love of God
and no one has
the power to sever
our fellowship with
our heavenly Lord.

Dr. Antony Theodore
Dear God,
please help me
to overcome
my jealousy
and feel loved.

Nothing and no
one is mine.

But one day
maybe I can
feel belonged
to something
someone,
or somewhere.

Maybe, then
I can be fully and
unconditionally
loved.

Dr. Antony Theodore
Nothing - Is - Permanent

Nature teaches us about change.
We have to understand that nothing is permanent in our lives.

Even our mere existence on Earth is just temporary.

(Reflections from the teachings of Bhagavat Gita)

Dr. Antony Theodore
Nothing - Is - Unforgivable

No sin is too great
that it cannot be
surrendered to
God's mercy.

No failure is so
definitive that
the Son of the
Father cannot
show us how
His love is all
the more definitive
of who we are.

Dr. Antony Theodore
Nothing - Wrong

There is
nothing wrong
with me.

I am loveable.
I am hard working.
I am an achiever.

I like this world
created by
The Almighty.

I am happy
To live here.

Dr. Antony Theodore
Nothing Is In My Hands.

I say to myself.
I work hard for my bread.
Why should I thank God?

What would have been
if a drought or flood
destroyed all the harvest?

If you became sick?
or met with an accident?

i realize
nothing is in my hands.

God I thank You.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Nothing Is Permanent Here.

Uttered words should not control you.

Words uttered by others about you will pass.

Nothing is permanent here. So do not give undue concentration on the uttered word.

Sit back and observe that everything is passing.

True power emerges in you when you are detached.

Dr. Antony Theodore
Nothing Is Permanent.

Nothing is permanent.

When we accept it
no loss can rule over us.

At the face of change,
in richness and poverty,
in success, failure
and a break down
we will remain calm and composed.

Nothing is permanent here on the earth.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Now Near Your Grave, I Stand

Your love gave me warmth
It made me feel like being me.
Your love gave me power.

The music in me kept playing
many lovely romantic songs.
We kissed in the rain.
Then you hugged me
pressing me to your chest.

Once you made me awake.
You drove in the midnight
on the beach road when all
the stars blinked and sent
rays of blessings on us
hugging and kissing in the car.

How can I ever forget
those lovely romantic moments.

Now near your grave, I stand
with a blooming flower in my hand.

At night I look up the mighty heavens
and pray: 'keep my lover safe
O mighty God, in your protective hands'.

(Graphic: 212 best In love quotes images on Pinterest | Beautiful quotes on... Pinterest)

)

Dr. Antony Theodore
Nurturing - Healing

I have positive thoughts
which help me to
nurture healing.

I opt for my health
and well-being.

I am happy and
my innate immune
system is strong,
intelligent and is
a more committed
protector of my body.

I offer you today
my positive thoughts.

If you like it you may
accept it freely from me.

Dr. Antony Theodore
Nurturing - The - Principles

We should be concerned
to establish the institutional,
moral, psychological
and relational

infrastructure for
nurturing the

principles of virtue

which is considered
to be innate.

Dr. Antony Theodore
O - Wisdom

O Wisdom of our
God Most High,
guiding creation
with power and love,
come to teach us
the path of knowledge.

Dr. Antony Theodore
O Bounteous! ! !

O bounteous,
selfless one,
compassionate
to the lowly,
in whom all
beauty dwells,

You are beyond
cause and effect.

You always eradicate
the fearful sins
born of the mind.

(Wisdom up on reading
Ramayana, Lanka Kanda).

Dr. Antony Theodore
O Hear Him Within You.

Hear him within you.
He speaks in infinite love.
He lifts the veil of the soul
to enter into your inmost recesses
to speak to you in endearing terms.

O hear him within you.

God is permanently in love with you.

Dr. Antony Theodore
O Poets And Poetesses Of Conscience Your Pen Is Mightier Than All The Injustices

O poets and poetesses
of conscience
would you please write
about Asifa Banu
the eight-year-old innocence
of Kashmir who was
raped and murdered.

A heinous crime,
blood on Indian conscience.

Do not forget that
the pen is mightier than
all the injustices
that holy earth can contain.

If you do not write about it loud
you will be set to task
before the holy throne of God.

O beloved poets of Poemhunter
we are called to write
against all injustices.

It is our sublime duty
before God and human beings.

Dr. Antony Theodore
O Simple Ones, Learn Prudence.

If you are immature
or lack discipline,
you don't have to spend
the rest of your life
living that way.

God knows that I am
far from being mature
or wise, but I am asking
him for direction and for wisdom.
I know that He is blessing me.

"To you, O men, I call, and my cry is to the children of man. O simple ones, learn prudence; O fools, learn sense." — From the Book of Proverbs 8: 4-5 in Holy Bible.

Dr. Antony Theodore
Oak - Tree - Hidden - In - The - Seed - Acorn

To be made in
the image of God
is to have a seed
planted deep
within us.

Just as the giant
oak tree is hidden
in the seed of
the acorn,

that seed marks
us for a destiny
to become the
kind of man
who can be entrusted
with this most central
and sacred of tasks.

Dr. Antony Theodore
Obedience - To - God

Daniel is praying
a very eloquent and
beautiful prayer.

Israel had experienced
many trials and tribulations.

This is not to say that
the people of Israel
had not brought most
of these on themselves.

At times, the people of
Israel would follow the Lord.
They would obey the laws
and precepts of God.

The Lord's blessings would
be upon His people in
honor of their obedience to Him.

Thus we see the importance
of obedience to God,
which is conveyed in the
Word of God time and time again.

Know ye not, that to whom
ye yield yourselves servants
to obey, his servants ye are
to whom ye obey; whether
of sin unto death, or
of obedience unto righteousness
(Reference to Rom.6: 16 in the New Testament?)

Dr. Antony Theodore
Obey - God's - Commandments

To acknowledge
the Lord God is
to know Him and
to have intimate
fellowship with Him.

It is to trust what
He says, believe
His Word and obey
what He commands.

Dr. Antony Theodore
Object - Of - Knowledge

All that is
the object
of our
knowledge
becomes
a part of
our life.

Dr. Antony Theodore
Objective - Values

By what means we could come to know of the intrinsic values,

and what possible relevance they could have to our existence,

if there is no inherent meaning and objective value.

This is a big question.

Dr. Antony Theodore
Objectively - Valuable

We hold the world
to be objectively valuable,
see human beings as
a part of this world
and not apart from it,

and affirm the unity of
subject and object
to steer clear of the
Cartesian subjectivism
that characterises
modernity.

(In philosophy, the Cartesian Self, part of a thought experiment, is an individual's mind, separate from the body and the outside world, thinking about itself and its existence. It is distinguished from the Cartesian Other, anything other than the Cartesian self.

Subjectivism is a label used to denote the philosophical tenet that "our own mental activity is the only unquestionable fact of our experience." The success of this position is historically attributed to Descartes and his methodic doubt.)

Dr. Antony Theodore
Observances Of Lent.

Almsgiving, prayer,
and fasting shall purify me.

It is a time of self-denial,
a time of fasting and abstaining.
It is a time of prayer in intensity.

It is the primacy of charity or love,
It is the primacy of the common
good over the individual good.

This is the opening of our actions
to a more dedicated universal love.

(Season of Lent is the name of the fasting season in churches)

Dr. Antony Theodore
Observe Yourself

This morning i stood up before the mirror.
Mirror told me:Always observe yourself.

Let not the shine in your eyes fade.
Keep a clean conscience and your eyes will shine.

Fill your heart with the light of love.
Then your eyes will shine always.

Let your heart smile
and your eyes will smile too.

Be always in contact with the Almighty.
When God lives in you
your eyes will always shine.

I thanked my small mirror in my room
and began to smile in love.

Dr. Antony Theodore
Observe Yourself.

Come home to yourself.
Observe yourself.
It is delightful to observe
One's own beautiful self.

Then illusions begin to crumble.
You begin to know things that
cannot be described.
Then life will become effortless.

This is called happiness.

(We all live in illusions, self made or the illusions of the society that you accepted without critical thinking. It is very difficult to be aware of illusions and call illusions by name. It is then one can conquer it. That is the moment of happiness)

Dr. Antony Theodore
Observing - Mental - Activities

Meditation is simply a task of becoming aware of the present moment.

We can be aware of one or more presence; moments that anchors simultaneously like the breath and bodily sensations and the sense of observing mental activities.

Dr. Antony Theodore
Occuring Transformation Of The Personality

In the beginning of the mystic life, one supresses the ordinary self and this is a special psychological system.

A new personality is established with a new method of feeling and action.

The transformation of personality which occurs, abolishes the primitive consciousness of selfhood and substitutes for it a wider consciousness.

Dr. Antony Theodore
Many great thinkers of all ages have believed that man's stored information is not limited to his own memories, of past experiences, and learned facts.

There is one mind common to all individual men.

We can compare our individual minds to the inlets in an ocean of universal mind.

Dr. Antony Theodore
Oedipus

In Oedipus Rex, the masterpiece by Sophocles upon which Aristotle based his aesthetic theory of drama in the Poetics and from which Freud derived the Oedipus complex.

Oedipus calls upon anyone who knows the murderer of his father Laius to step forward to reveal the truth. Tiresias claims to know but refuses to help when asked by Oedipus.

Dr. Antony Theodore
Of - Innocent - Love.

Broken from
my past experiences
of lovelessness
and hatred,
I have been
frantically searching
for ways to
slow down my
racing mind.

I feel insecure.
I need someone
to take me
to the world
of innocent love.

Dr. Antony Theodore
Off-Track - And - Erroneous.

How, then, can you rebel against all bad things?
If you do not understand the truth or know what it means to put the truth into practice, and if your eyes are clouded and you have no idea which way to turn and can therefore only do things based on what you think is right, then you will commit certain acts that will be off-track and erroneous.

Dr. Antony Theodore
Oh Hear Him Within You.

God Speaks of his infinite love
for you personally now at present.

Oh hear him within you.

It lifts up the sky of the soul
with the expansion of light,
among white shining clouds
shaping new heights and new depths.

Oh hear him within you.
Lend your ears in keen attention.

Dr. Antony Theodore
Oh Nightingale, Nightingale
Oh Nightingale, Nightingale
Would you sing me a song full of melody?
The poet asked.

‘Mellifluous’ do you mean?
The Nightingale asked
“Yes” said the poet with a smile.

“I have forgotten all my songs”
The Nightingale answered

Why? The poet asked.

“My heart is full of sorrow.
I cannot sing now
I have forgotten all my songs.
Would you forgive me my dear Poet? ”
said the nightingale in a voice full of sadness.

The poet was so sad
That he began to write songs
to bring the nightingale to sing in joy.

(Making others happy is our divine call. How many people did you make happy today?)

Dr. Antony Theodore
Oh! Penetrate My Soul

Oh! Penetrate my soul
Penetrate me and make me complete.

Take me by hand from
the world of dreams
to the world real,
full of charming smiles.

Look deep into my soul.
Go deep inside my soul
until you find the endless depths.

Travel to conquer
the unconquerable depths.

O be mine!
I know the comfort
of the mind and soul.

Oh! It rains in me.
I am truly happy.

Dr. Antony Theodore
Oh! How I Yearn For You

You are my eternal sun.

You are the light of my soul.

Oh! how I yearn for You.

My heart flies to you
without my permission
into the heavenly abode
of your love and light.

(Graphic: Rick and Valerie Mundell saved to Of The Sea 223 Lua. Beautiful Sunset. Pinterest).

Dr. Antony Theodore
Oh, I Can'T Cry!

Oh, if only I could cry after being loved.
In the vast world of many
I have no one to love.
And no wonder that I can't cry
Because I was never loved.

Dr. Antony Theodore
There are many seeds that sprout in drizzling rain on the fertile soil.

There are some secrets of love that will be enkindled only on the oil lamp of the soul.

(Graphic: Aspiremag net transforming your relationship keeping your lamp filled. Google Bilder)

Dr. Antony Theodore
Old Demons Breath And Spits Venom

History is threatening
to repeat its tragedies.

Old demons breath and spits
venom everywhere
especially in the minds
of the vulnerable.

New ideologies are manipulating religions.
Many follow the devil's cunningness.

We should work hard to ensure peace.

It should be our utmost priority.

(Graphic: Rozalia Varga saved to Vise.... pinterest)

Dr. Antony Theodore
On - Calvary's - Cross

It is to be a time when God will bring such severe distress upon men, that they will grope about as if they are blind.

The coming judgement that faces these people, is because they have sinned against the Lord.

Sin in the sight of God is shocking, because the price that was paid for sin is the precious blood of the Lord Jesus, which was shed on Calvary's cross.

Dr. Antony Theodore
On - The - Floor - Of - Purification

Grace of God facilitates
The broken relations
On the floor of purification.

(Written from the comments of Varsha M.)

Dr. Antony Theodore
On - The - Frontlines

There are lessons for those of us currently asking what can we do, as we wait, and worry, take care of ourselves and our children, our businesses, our safety, and our family?

We can answer with the call to greatness.

Everything in our own lives has been a preparation for this hour.

Some of us, may find ourselves ready, and on the frontlines, directly fighting the physical and spiritual war.

Most of us will feel, at least to some degree, that this is our time.

(Written now in the context of covid19 crisis)

Dr. Antony Theodore
On - The - Passover - Night

God was true to
His promises to
Abraham, Isaac,
Jacob, and Israel,

and they were
rescued from slavery,
redeemed by the blood
of the lamb on
that first Passover night.

They were brought
out of the land of
Egypt and the bars
on their yokes,

that had enchained
them for so long,
were shattered,

and once more
they were free
to walk upright
and in freedom.

Dr. Antony Theodore
On - The - Plateau

The experience is broader for the people on the plateau.

In addition to keeping warm and dry, they skied for long distances.

The physical exertion and distance covered allowed them to feel connected to nature in more complex ways, both hedonic and eudaimonic.

Dr. Antony Theodore
On - The - Sidelines - Of - Life.

We all know those who appear to be on the sidelines of life.

Some are injured from others' hurtful words, and some have just given up because it is too hard.

For those who have given up, there is one common trait.

They are more concerned about the things of their life than they are running the race.

The weight of it is too much and they just stopped.

Dr. Antony Theodore
On - The - Throne

The believers
had to be taught
that Jesus was
their great High
Priest and Israel's
King, from the house
and lineage of David.

He was greater
than Aaron and
greater than David.

He was greater than
Moses and greater
than Abraham,
and after He rose
from the dead,
He passed into the
heavens, to sit
on the throne of
His Father in heaven.

Dr. Antony Theodore
On - The - Vast - Sky

Like the birds
I spread my joy
on the vast sky.

The night has fluttered,
streamed and fluttered.

I am delighted
and cheered
at the light now.

It is such a wonderful day.

(Graphic: Donna Eskind rettete den fliegenden Vögel
#birds #flying #sky #sunset #photography AMPinterest)

Dr. Antony Theodore
On - Your- Cosy - Lap.

Oh how much
I searched
for you my God.

My heart was restless
until I slept
on your cosy lap.

(Graphic: Holly Calabro
saved to Boosty Pinterest)

Dr. Antony Theodore
Passion fruits,  
purple and shiny,  
velvety blue wild olives,  
ingky violet flowers  
wild berries and blackberries  
stimulated my taste buds  
oh! I remember,  
those were the sweet days  
when we went to school.

The years have gone by.  
Big buildings peep up to the sky,  
mended, cobbled lane  
has disappeared.

Motor cars and  
the proud owners  
fly past on the road  
where we walked  
in our childhood.

I wonder what the kids do now  
on their way to school

Dr. Antony Theodore
On Nakedness

Truth is naked.
The moon is naked.
The Elephant is naked,
so is the ant
the tiger,
the butterfly,
the monkey.

Adam and Eve were naked
and all in paradise.
So was the creation
because
truth was always naked;
It is and it will be.

As years went by
Humans invented dress,
learned thus to hide the truth.

Capitalists made an industry,
calculated the profits;
Advertised how good it was
to cover the naked truth.

They created slaves;
Made use of the poor workers
in the third world countries
to create dresses of all kinds and fashions.

They saved themoney in the banks
all over the world.

Alas! oneday the capitalist
suffered a heart attack and fell.

The banks profited from his money;

The miserable dress makers
In the factories remained poor
and died in their misery.

Truth is naked
Truth was naked
Truth will always be naked.

Dr. Antony Theodore
On The Banks Of The River

I sat on the banks of this river.
Wanted to throw a stone
to see the never ending ripples.
But did not, for fear that I might kill
the joy of the tranquil waters.

In a moment I fell into a trance.
It was a beautiful vision
of God appearing on the tranquil waters.

I saw my God, I saw my God.

Can you tell me, how my God looked like?

Dr. Antony Theodore
On The Hearth Of God's Infinite Love.

Every soul is like a live coal,
burned up by God on
the hearth of His Infinite Love.

(Such fire imagery has seemed to many of the mystics
a peculiarly exact and suggestive symbol of
the transcendent state which they are struggling to describe).

Dr. Antony Theodore
On The Level Of Immediate Intuition

On the conceptual level, where logic and rationality are in command, the mystical experience may admit of doubt.

In fact, it may perhaps admit of nothing else but doubt.

But on the level of immediate intuition it admits of no doubt.

This is a level in which an experience impresses itself upon us directly without ambiguity.

Dr. Antony Theodore
On The Lips Of Passionate Desire.

In the twilight of tenderness would you come and kiss me on my lips of passionate desire.

Dr. Antony Theodore
On The Path "To" Love.

Doubt reflects the ego
bound in time and space.

Love reflects God,
Eternal Divine Essence.

This is the ultimate promise
on the path to love.
You will walk in the light of Truth
beyond any truth
your mind presently knows.

Published October 17,2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
On The Rainbow Mountains I Fell In Prostration.

On the rainbow mountains, i sat
and thought of the wonders of creation.

I looked up and saw in my mental eye
the creator, the most beautiful God.

Then i knelt down on the rainbow mountains
and adored the One who is in my soul and everywhere.

He is in the blade of grass, in the skies,
on the mountains, in a butterfly, and in an ant.

I fell down in adoration and in prostration
until the morning rays kissed my face and lips.

Graphic: World Rainbow mountains - Wanderlust Magazine
Wanderlust Magazine)

Dr. Antony Theodore
On The Shores Of Life

Alone in mild light
i wander
on the shores of life.

i am alone but not alone.

The Eternal watches me
in indescribable love.

i am waiting on these shores.

One day the Eternal will come
to take me to Him.
Then my life will be fulfilled.

('i' is not written in Capital to show humility and the lack of Ego)

Dr. Antony Theodore
On The Soft Petals

On the soft petals
of the lotus flower
you sit in peace.
Slowly your being
raises itself
to the intimate
inner peace realm.
You are away
from the mundane.
(Graphic:Lotus MeditationSue Halstenberg Pinterest)

Dr. Antony Theodore
On The Top Of The Misty Mountains

On the top of the misty mountains
I sat in utter peace and inner joy.
I pierced through the skies
to see heavenly beings coming down.
I waited and waited in the morning
till the day came to bow down
in myriad colors and sprinkled
in my heart and on my body
the sense of the joy of the colors.

I had a longing never to climb down
and to sit there day and night
to watch every dawn and dusk.

I am sure, on one fine mystical moment
God will come down from the heavens
to show his benevolent face
to this yearning heart.
God, don't you know that
I have such a longing for you

Dr. Antony Theodore
On This Forest Path.

These creepy crawlies
are magical.
I hear occult cries
on my way, all alone
on this forest path.

The silky webs
of the wild spiders
stealthily waiting
to get a victim on
the silky web
to jump into
and conquer it..

these I observed
on my way to the school.

It was fun.
Happy are the days of childhood.

Dr. Antony Theodore
On This Seashore

This dawn
I stand
on this seashore.

I think of you my God
the ruler of my soul.

You are there on the other shore.
You are the light of my life.

I have a new song on my lips
singing praises of your wonders.

I have nothing else in my life.
You are my source and my destination.
Oh! how I wish to be in your arms.

Dr. Antony Theodore
On -Time

As human beings we are 'time limited'.

Our Ego knows this and makes us aware of it every so often through being time aware.

When we die our Ego dies and it knows that so it focus's on time a lot by providing us with distractions.

(written from the comments of the great poetess Marie Shine of Listowel)

Dr. Antony Theodore
On Your Knees You Become Great

The merciful are quiet
They are not conspicuous
and do not attract the attention of others.

They don't make a lot of fuss.
They don't aspire for fame.

They bow and bend down
to those who need them.

They stand with the poor and needy.
They are near them,
not above them.
They make them stand erect
in their dignity as human beings
in the honest and upright stature
in the image of God.

The merciful are quiet.
They don't desire for a position.
They like to be with
the poor and the rejected.

The kingdom of God roots itself in them.
In them the kingdom of God will grow

The human being is never so great
as when he is on his knees.

Dr. Antony Theodore
One - And - No - Second

"He is One
and one
remains alone;

There is no
Second God."
One - God

If we take God to mean the Supreme Personality of Godhead, then logically there can only be one.

You cannot have two Supreme People.

However the Supreme Personality can appear in unlimited ways, each different but still simultaneously the same.

Like infinity, this is actually inconceivable, but it is acceptable, if we credit God with being omnipotent.

(From the thoughts of Murari Das, 41 years, studies and practices Bhakti yoga).

Dr. Antony Theodore
One - With - Him

All who have trusted in Christ for the forgiveness of sin and life everlasting are one with Him, identified with Him, heirs of God and joint heirs with Christ, for we are part of His Body - not only in this world but also in the ages to come.

Dr. Antony Theodore
One Cannot Escape The Cravings For God.

One cannot escape the cravings for God.
There is the clear light of reason
and the steadfast mind.

When the natural love of the soul
is united with this reason and light,
there emerges a passionate desire
for this harmony that comes from the love of God.

It is the point at which you experience
that you cannot escape the cravings for God.

Dr. Antony Theodore
One Cannot Take The Ego Into The Presence Of God.

One cannot take the Ego into the presence of God.
Ego is powerless and useless in the world of the Unknown.
In the world of the Unknown love has to lead you.

Following the path of love leads you to eternal bliss.
But love leads you to the Uncertain.

Ego needs certainty.
Love cannot give it.
So Ego and love will be in conflict through out this life.

In the life after, Ego has no place.
Only love shall rule and reign.

(Graphic: The Smart Fish. Your mental focus determines God's presence in...
Maxing Out On God's Love500 × 332Bildersuche
The power and presence of God in your life is love. If you don't focus on God's love, you never experience his presence and power.)

Dr. Antony Theodore
One-Flesh - Intimacy

Paul makes a direct connection between marriage and the one-flesh intimacy between husband and wife as a reflection of Christ and the church.

Paul says this is a "mystery," which means we can't grasp the fullness of this metaphor.

(Reference to: St. Paul's letter to Ephesians 5: 21-33 in the New Testament)

Dr. Antony Theodore
One-Flesh - Union

Throughout the Scripture, the one-flesh union of marital sex,

sexual infidelity
and sexual immorality

are used as pictures to describe Christ's relationship with the Church and our call to be faithful to our covenant with God.

Dr. Antony Theodore
One-Minute - Pause

The Holy Scripture offers you wisdom to help you recover, heal, and focus on what matters most by way of simple, ready-to-implement practical, steps.

Take a one-minute pause, benevolent detachment, kindness, getting outside, and step back from technology.

It is high time.

Restore your life.

Peace of mind is the „treasure‟.

Dr. Antony Theodore
One-Quarter - Scottish.

Though often viewed
as a quintessentially
German philosopher,
Kant is said to have
been one-quarter Scottish.

Some philosophers
(often Scottish)
hold that 'Kant'
is a Germanization
of the Scottish name
'Candt', though many
scholars now reject the idea.

Dr. Antony Theodore
Ongoing - Plan - Of - Redemption

All, however, contribute to the effective functioning of the Body of Christ.

And God is no respecter of persons, for all have their own unique role to carry out in God's ongoing plan of redemption.

(Ref. to 1 Corinthians 12: 12)

Dr. Antony Theodore
Ongoing - Power - Of - Sin

Christ not only releases us from the penalty of sin and Satan that enslaved us before our salvation, when He paid the price for our sin on the Cross, but He also offers us freedom from the ongoing power of sin.

Dr. Antony Theodore
Ongoing - Unveiling

The Lord our God
is unknowable
and yet in a wonderful
way, He has made
Himself known
to the children of men.

He started to reveal
Himself to Adam
at the dawn of time
and thus began the
ongoing unveiling
of Himself to humanity.

Dr. Antony Theodore
Only - The - Body - Dies

In death only the body dies, the spirit within the person lives on and our loved ones are ALWAYS with us.

They don't leave us and one day we are reunited with them again.

We miss their physical presence but must be consoled that all their pain, restless nights are over and they are at peace.

(written from the comments of Marie Shine, the poetess of Listowel, Ireland)

Dr. Antony Theodore
Only Being Is.

Only being is.

Existence and non-existence, time and space deceive man, and it is only when he is able to become oblivious to them that he can be illuminated.

Dr. Antony Theodore
Only In A Mutual Death.

In a real love-relationship,
the two persons become one
only in a mutual death.

Dr. Antony Theodore
Only In A Total Union

As human beings, we shall
find our fulfillment
not in any thing
but only in a total union
and identification
with God in love.

Dr. Antony Theodore
Only In The Rain Of Tears.

I have seeds in my soul.
It will burst into flowers
only in the rain of tears.

I have seeds of love in my soul.
It will fall into fruition
only in the fire of burning intimacy.

(Flowes of my soul - Form & Bronze
Form & Bronze
Exhibition «Flowers of my soul» Pinterest Genovamaa’s collection)

Dr. Antony Theodore
Only Supernatural Possesses Reality.

All life, all phenomena
are the endless modifications and expressions
of the one transcendent object.

When our vision and our idea of things
tend to agree more and more
to that Eternal idea,
we get closer to the Reality.

The Eternal idea is the Thought of God.

We find supreme unity
in the Thought of God
where all the appearances
that make up the world of science,
metaphysics and art converge.

In this sense it can be said
that only Supernatural possesses Reality.

Dr. Antony Theodore
Only The Divine Is The Real.

Only The Divine is real.

The achievement of Reality and deification, are then one and the same thing.

Is it not wonderful to think of a human being becoming deified.

Dr. Antony Theodore
Only The Thoroughly Detached.

Only the thoroughly detached
is free and the unitive state
is essentially a state
of free and filial participation
in Eternal Life.

Dr. Antony Theodore
In our struggle to know God,
we want to reach far-
far beyond measure
and yet we find that
all that is to be understood
or to be desired is still
not God,
but that where
mind and desire end,
in that darkness

God shines.

(Human brain is incapable of knowing God.
We struggle through our prayer life to attain God's nearness. But if God does not appear in our darkness,
we shall never know God. This yearning in prayer and contemplation is what we can do. We want to experience God's presence. Unless God himself gives, we shall never achieve our goal here on earth).

(Graphic: Pinterest: Ana Dulcigno saved to Noche LÁMINAS VINTAGE, ANTIGUAS, RETRO Y POR EL ESTILO....)

Dr. Antony Theodore
Onlyhappiness Be Your Companion.

From your eyes
radiate blessed light
like two candles at the
windows of your house
which lure the poor
to seek shelter there
in the stormy night.

Be rich in blessings,
slow in anger,
fast in friendship.

No misfortune shall touch you.

Whether poor or rich,
elegant or clumsy
let only happiness
be your companion.

(Graphic: Beautiful Kids Smile Quotes
MomJunction
Images Of Smile Quotes)

Dr. Antony Theodore
Ontoecology

Ontoecology refers to the creative universe as a rational and intelligible order which is an entire space of meaning.

It is a purposive universe, the world seen as becoming, in which the beingness of Being is located within the total network of unfolding purposes.

Dr. Antony Theodore
Ontological - Assuredness

Rather, it is more as if he is providing a description of how the human mind already works, how it actually functions, given its structure.

Philosopher Corneulius Castoriadis calls this trust "ontological assuredness." Or "The Discovery of Imagination, in a World in Fragments.

Dr. Antony Theodore
Open - To - The - Promptings

What sort of a person should I be?

What sort of direction should our lives take?

Surely we should be careful to make ourselves ready and be open for the promptings of the Holy Spirit.

We should be holy in words and deeds.

But also, we should do all we can to share the good news of the Gospel of Grace and truth to those who do not know it.

The good news of Christ is the power of salvation to all who believe.

Dr. Antony Theodore
We're talking about opening your heart and allowing the sweetness of God's love to be experienced.

This is more about your heart than your head.

It is what John Wesley was getting at in pondering God's love when he described his heart as being "strangely warmed." (John Wesley)

Dr. Antony Theodore
Open The Horizons Of Our Minds

God of light, 
from whom every good gift comes, 
send your spirit into our lives 
like the power of a mighty tempest 
and by the flame of your wisdom.

Open the horizons of our minds 
to speak in words beyond 
the power of human speech.

Without your spirit, 
no one can raise his voice 
in words of grace and peace.

Dr. Antony Theodore
Opening Unknown Depths Of Awareness

Communion is something that the deepest ground of your being cries out for.

It is something for which a life time of striving would not be enough.

Communion with God comes as symbols evoking an encounter with the Almighty One.

The purpose of the symbol is not to convey information but to open unknown depths of awareness enabling the seeker to reach his own center, his own ontological roots.

Dr. Antony Theodore
Opening Unknown Depths Of Awareness

The purpose of the symbol
is not to convey information
but to open unknown
depths of awareness

enabling the disciple
to reach his own center,
his own ontological roots.

Dr. Antony Theodore
Opening Unseen Human Poverties

Each new word of prayer
offered by faith in God
makes space for God
to be born and opens
unseen human poverties
and miseries to Divine
Peace and Glory.

(Michael Puschmann saved to Bill Gates FoundationsPinterest)

Dr. Antony Theodore
Openness To The Ultimate Truth

Openness to the ultimate truth, devoid of narrow-mindedness will always help a seeker of truth.

This kind of sharing is necessary in order to improve the quality of the monastic life of all religions and even to help in the task of monastic renewal in all monasteries in a world where true seekers and mystics live.

Dr. Antony Theodore
Opinion

Opinion, however, is not knowledge.

It is not truth.

Everyone has a right to their own opinion, but not to their own truth.

The notion of truth is more than subjective and more, even, inter-subjective.

Dr. Antony Theodore
Opinion -And - Truth

Offering opinion as truth and knowledge,

invites us to check the errors from the human point of view.

It presumes that people know the difference between right and wrong.

And that presumes the existence of the objective framework that we might have discarded.

Dr. Antony Theodore
Opinions - Are - Like - Ears

Opinions are like ears; everyone has two of them.

It is true. Everybody usually has two opinions on the same subject, and they usually contradict one another.

If someone asked you about Jesus, what would you say?

Would you tell them that He is the Son of God who came to the earth to forgive your sins?

Dr. Antony Theodore
The question is often asked why are there two such opposing descriptions of the 'Day of the Lord', and the simple answer is that there are two parts to this 'Day'.

It begins with the 7 year Tribulation period, when God's wrath is poured out on a Christ-rejecting world, but concludes with the thousand year millennial rule of Christ.

(Ref. to Amos 9: 11)

Dr. Antony Theodore
Opposing - The - Gospel

There were those who opposed the gospel of the grace of God and sought to discredit the teachings of gospel.

In the book of Galatians, Paul was so angry with the legalists who had crept in, and were twisting the gospel of Christ, that he cried out, "Let them be accursed. A curse be on anyone who teaches a false gospel." (Ref: Romans 16: 19)

Dr. Antony Theodore
Optimists And Pessimists

Optimists and pessimists are everywhere.

The traits of both are part of our own selves.

Pessimists take the gloomiest possible view of human condition.

They are captives of the good old days.

They are not creative. They regard all efforts as doomed to fail.

Optimists look to the bright side of things. They are creative and dynamic.

They have confidence in the presence of a loving God who guides, guards and defends always.

Dr. Antony Theodore
Oracle - Of - Balam

When Balaam raised his eyes and saw Israel encamped, tribe by tribe, the spirit of God came upon him, and he gave voice to his oracle:

The utterance of Balaam, son of Beor, the utterance of a man whose eye is true, The utterance of one who hears what God says, and knows what the Most High knows, Of one who sees what the Almighty sees, enraptured, and with eyes unveiled.

(Rfr. to 1 numbers 24: 2-7)

Dr. Antony Theodore
To attain the original image in God, absolute detachment is the way.

Read many writings both of philosophers and sages, of the Old and the New Testaments, and of all sacred scriptures of the great religions of the world and earnestly and with all diligence seek the best and the highest virtue whereby man may come close to God and wherein he may once more become like the original image as he was in God when there was yet no distinction between God and himself before God produced creatures.

No other than absolute detachment from everything that is created can a human being attain the intimate nearness to God.

Dr. Antony Theodore
Our - Armor - Is - Rusty

We are untrained
in our weaponry,
our armor is rusty,
and we are out of shape.

The strife is fierce
and the warfare long,
and, being confused
by the tricks of the
enemy, we often
lash out against
the wrong foe.

Dr. Antony Theodore
Our Bodies, A Living Sacrifice

(About Sr. Faustina Kowalska)

This kind of faithful love
is what we mean when
we say "offer it up."

This humble attitude
gave Jesus the space
He needed to
accomplish
great things.

It is through our union
with the Cross of Christ
that mercy comes, not
only into our lives, but
into the whole world.

The Lord uses
our trials to
extend his mercy.

Because of her faithfulness,
the whole believers are
blessed with a greater
awareness of the
inexhaustible mercy of God.

This is what it means
to offer our bodies
as a living sacrifice (Romans 12: 1-2
of The Holy Bible).

(Sr. Maria Faustina Kowalska died at the age of 33 in 1938, misunderstood by
most of the religious sisters with whom she had lived her appreciated her
kindness, hard work, and faithfulness to their rule of life, but many of her fellow
religious also thought that she was delusional and d, she claimed to have
received several revelations from the Lord, sometimes involving direct
commands, all of which concerned his divine believed that she was entrusted
with the mission of making the Lord's mercy known. Through living a life of sacrificial love for the Lord, the absurdity of Sr. Faustina's claim has become an occasion of hope for the world). 

Dr. Antony Theodore
Our - Conceptual - Grasp

There is a real world which both informs and escapes our conceptual grasp and institutional control.

This world is a ceaselessly creative universe, and we are active members of it.

Dr. Antony Theodore
Our - Consciousness

When two Atoms join it creates a molecule, which gives life to us

When we die our molecules die, our atoms separate, but do not die, its the same with our consciousness. We are pure Energy.

(Ref. to wikipedia. is the smallest particle of an element which generally cannot exist in the free state. atom does not get decomposed in a chemical reaction. atom is made up of some fundamental particles, i.e. electrons, protons and neutrons.

ule is the smallest particle of the substance which can exist independently. 2.A molecule can get decomposed in a chemical reaction. 3.A molecule is made up of atom of similar or different elements).

Dr. Antony Theodore
Our - Fidelity - To - One - Another.

We have to speak
out about our fidelity
to one another.

Alcohol and drug
abuse, racial justice,
the welfare of
working men
and women and
persons with
disabilities,
civil freedoms,
capital punishment,
adolescent pregnancy
and world peace
are just a few of these.

Dr. Antony Theodore
Our - Hidden - Moments

As His children,
we are called
to imitate our
Father in heaven.

We are to be like Him
in thought, word,
deed, and motive.

We are to follow
His example and use
Him as our role model
for our inner life,
and our hidden moments.

Dr. Antony Theodore
Our - Identity

Since we are the sons of God, we must become the sons of God.

As we grow in our understanding of this identity,

we are able to bring our strength rather than our need for validation to the world.

We become the kind of person who can prevail in any circumstance, and we recover deep and lasting joy.

Dr. Antony Theodore
Our - Mind

Our mind is our best friend and also our worst enemy.

The mind isn't you. But it's a tool that you must master and use it well.

What is the little voice that chatters inside your mind?

Listen closely and don't let it sabotage your success.

Dr. Antony Theodore
Our - Miseries

Our hidden poverties, miseries, affections, voids, inadequacies, failures, weaknesses, frustrations and disappointments are not places that God avoids or pretends does not exist.

Dr. Antony Theodore
Our - Sinful - Nature

The root of our
sinful nature,
sucks its strength
from worldly
desires and
fleshly ego.

It 'lusts' against
the new spiritual
life, in you.

Dr. Antony Theodore
Our - Sinful - Ways.

Jesus traveled the hills of Galilee and Judea during His ministry,

He taught the word of God, healed the sick, gave sight to the blind, and even raised the dead.

In every way, He demonstrated God's love for us and his desire to heal us spiritually as well as physically.

Jesus opened the way for us to have eternal life, by delivering us from our sinful ways.

Dr. Antony Theodore
Our - Strength - Resiliency

Our lives are actually
meant to be one
united existence with God.

Apart from this,
where will we get
our strength,
our resiliency?
especially in this
mad modern time.

"I am the vine,"
Jesus said,
"you are the branches";
(John 15: 5 of the Holy Bible).

Dr. Antony Theodore
Our - Testimony

Paul did not glory
in his apostolic
appointment but
pointed us to Christ.

May the testimony
of our own lives
glorify God and
not ourselves.

May we live, lives that
point others to Christ
and not to ourselves

so that others may
see that our salvation
is by God's grace
and not our own merit
and glorify our
Father in heaven.

Dr. Antony Theodore
Our All Knowing Mentality

Why is it difficult to think that God is greater than our hearts and intellect.

Our all knowing mentality and the super ego cannot accept a God. It does not go with our thinking system.

Think of our dignity as a human being and stand humble before the great God.

All that we are come from God.

Dr. Antony Theodore
Our Being Is In God's Being In Contemplation.

Christ is the focal point
for a christian contemplative
because Christ's power lies
not in force or law but in love.

The christian's worth is defined
by the love of Christ.
We are creatures of love
because our being is
in His being and our
spirit is rooted in His spirit.

Dr. Antony Theodore
Our Existence As A Relationship With God.

We are called to know Him by virtue of our existence as a relationship of perfect likeness to the Father.

The insight is that we are the insight.

The insight is that there is nothing to acquire, for there is no one to acquire it.

Dr. Antony Theodore
Our Existence Is A Created Capacity For The Union With God.

Our very existence is a created capacity for perfect union with God.

The symbol evokes our true identity.

Our union with God is our person.

It is who 'we are' and not any 'thing' we know.

It is precisely our identity that emerges from our false self or from all that we supposed that we were.

Dr. Antony Theodore
Our -Filthy - Rags

Our sins were
washed away
by His precious blood.

The filthy rags of
our fallen humanity
were exchanged
for His spotless
robe of righteousness.

Dr. Antony Theodore
Our ultimate identity is hidden in the secret of God's identity.

This insight arises as an obscure yet deep realization in faith.

We become a question which God alone can answer.

Dr. Antony Theodore
Our Innocence Is Our Great Gift.

Dancing on the lanes of
the cobbled village ways,
feeling the magic of the forest

away from the eyes of my parents,
I walk stealthly like a little thief
plucking cashew mangoes
and the wild beautiful flowers.

In the school, I went to my friend
and gave her the cashews
and the flowers I picked up.

She smiles.. and the joy of this smile
is still lingering inside my soul.

Our innocence is our great gift.
(Purposely mixing up the present tense and the past tense).

Dr. Antony Theodore
Our Lives Are Full Of Thee

God is the only reality,
and we are real only
so far as we are
in His order,
and He is in us.

Our lives shall be real lives,
because it is full of Thee.

Dr. Antony Theodore
Our Natural Scientific Thinking

We are caught up in our natural scientific thinking.

All that cannot be proved is unreal.

All that limits itself in the intellectual seeking and can be proved by reason are acceptable.

These are the thoughts spread by the so called enlightened.

The age of consent and responsibility teaches us so, in the modern world.

For many the Almighty power of God is not acceptable.

No one believes in a wonder. The time of wonder is gone. Wonder do not respond to reason.

But still faith teaches us: Nothing is impossible for God. God is All-mighty.

Dr. Antony Theodore
Our Own Barriers

What keeps us from the fullness of who we are called to be and from blossoming into the gift God intends us to become?

Fears both real and imaginary, inner snarls, and discord turn us in on ourselves and blind us to the goodness within our brokenness to see the beauty in us and in the creation.

Anything or anyone that does not bring us alive is too small for us.

Dr. Antony Theodore
Our Spitefulness Adds To The Evil In The World.

Remember! ! !
We ourselves contribute to violence and terrorism in so far as we, in our ordinary lives, act in anger or fail to forgive.

Our small expressions of selfishness and our petty acts of spitefulness contribute to the evil that explodes in the horrendous actions we witness in our world today.

Conversely, every act of ours that is kind, forgiving and generous flows out and blooms in the great experience of peace and justice.

Dr. Antony Theodore
Our -Territory - Is - Ourselves.

Our self-interest rules, outweighs.

We are territorial. Our territory is ourselves.

We will defend it at all costs, increasingly, without knowing what we are defending.

And it is not all selfishness.

Much of it is instinctual survival,

but without thought, without Truth.

Dr. Antony Theodore
Our True Self Actualizes Itself

Our true self actualizes itself as a self, made to become perfectly like God.

This self-actualization of ourselves as one with God is experienced as a mystical death.

This experience of self-emptying is a manifestation of freedom; the freedom of being subject to nothing and therefore to live in All, through All, for All, by Him who is All.

Dr. Antony Theodore
Our Uniqueness

We can only feel at home in the universe if we recognize our unique meaning.

Every human being is unique.

That is the beauty of God.

Uncreated are we not.

Dr. Antony Theodore
Our Voyage Has Not Come To An End.

Insuffering and pain, 
anxiety and disillusionment, 
grace beckons us to put our 
trust in God Almighty.

Suffering is an opportunity 
for grace to work in us.

Sufferings call us to 
greatness, provoking us 
to stretch our perspective.

There are new melodies 
that break forth from the heart 
reveling new wonders of life.

Listening to it, will teach us 
our voyage has not come to an end.

(Graphic: Iris Garcia 
Iris Garcia saved to Quotes I Love Pinterest)

Dr. Antony Theodore
Outpouring - Of - Knowledge - From - God

Angels achieve their intellectual perfection in knowledge of things through a direct outpouring of knowledge received from God.

Dr. Antony Theodore
Outside - The - Limitation - Of - Matter

He is beyond
time and space
and outside
the limitation
of matter and
natural laws.

He is Who He is;
He is all we need
and in Him, we live
and move and
have our being.

Dr. Antony Theodore
Overcoming - Satan

There is no indication anywhere in the Scriptures that Jesus was afraid to suffer and die.

He was not trying to avoid the Cross.

Jesus was overcoming Satan.

Once this was accomplished and the way to the Cross was clear, Jesus was as serene as anyone you can imagine.

Dr. Antony Theodore
Overcoming - Selfishness

An egoist embodies all the works of the flesh in himself.

But as soon as we accept Jesus Christ as Savior and Lord, he lives in our spirit.

If we allow this new part of ourselves to make the decisions, we can overcome selfishness.

Dr. Antony Theodore
Overcoming -Doctrines.

Reality can overcome all letters and doctrines.

It can overcome all theory and expertise.

The more, the sense of the reality influence the thinking, the more they truly love God, and hunger and thirst for His words.

Dr. Antony Theodore
Overcoming Sloth

Overcoming sloth
is just as overcoming
boredom and distractions.

Examine sloth.
What does it feel like?
What triggers it?

Watch it and see
that it is not constant.
It comes and goes.

Don't condemn yourself
for the sloth that conquers
you once in a way.

Don't feel guilty.
Just return to normal
life of activities.

Dr. Antony Theodore
Overflowing - In - Our - Hearts

While John saw this heavenly choir in his vision, you and I will be joining in that wonderful chorus of praise, which will overflow in our hearts forever and will re-echo throughout the eternity of eternities.

Dr. Antony Theodore
Overpowering - The - Enemy

As children of God
we have overcome
the enemy of our
soul, through faith

The Holy Spirit of
Goddwell in
our mortal frame
and empowers us
with His grace and
sufficient strength.

Greater is HE
than the defeated
enemy of our soul,
who is in the world.

Dr. Antony Theodore
Overwhelming - Heart

This is adoration.
I bring my weak,
fearful, anxious,
and overwhelmed
heart to God.

Then I pronounce
the words to God

that touches my heart
from the Holy Bible

and I believe that
my fragile heart,
meets my God there.

It is Finding
the unseen
beauty of a
Hidden Life in God.

Dr. Antony Theodore
Pain - And - Loss.

Given the time and setting of the novel, PLague of Albert Camus, Catholicism is of course a major theme.

Yet, Camus challenges his Catholic readers to look squarely at the emptiness that accompanies our most painful losses.

Unlike abstract treatments of the problem of evil, Camus directs us to the concrete personal lives that make us feel the pain and loss.

Dr. Antony Theodore
Forgiveness is so much more than the wrong that occurred.

It also includes getting over the pain inside and the fallout on the outside.

For some people, the hurdles are too significant.

The thought of forgiving sends them into depression or fits of anger.

This is bitterness, and the longer it is allowed to remain, the harder it will be to come out.

People have died from the health issues associated with it.

Dr. Antony Theodore
Pain - Of - Uncertainty

Emotional pain
is acute in and
across our world
during these days.

The pain of
uncertainty,
fear, isolation,
irritation,
and disappointment
eats away our joys.

Dr. Antony Theodore
Pain Is A Path To Harmony.

Our hearts and bodies
often give us messages
that we fail to recognize.

Bodies are bridges
that carry us from
our inner world
to the outer world.

The pain that we undergo
gives us insights
to find where we are
at the most vulnerable.

Pain makes us aware
that we might crack,
where our lives need
to be reinforced
to come to peace and rest.

Thus pain leads our
our inner and outer lives
more and more together.
Pain is a path to harmony.

Dr. Antony Theodore
Panting, - Weary - Soul

It is the thirsty, panting, weary soul, that in recognizing their spiritual deficiency, is overwhelmed with a deep craving for God's streams of living water.

It is the man or woman who has reached the end of their tether, that gasps for the still pools of deep refreshment that no one but the Good Shepherd of the sheep provides for all those who are His. (Ref. to Psalm 42,1 of the New testament)

Dr. Antony Theodore
Paper Boat And My Ecstatic Mood

When I was a child,
I used to make paper boats.
I was so happy to see when
the little waves of the pond
took my boat away into the middle.
I clapped my hands and called mummy
to see my boat on the waves of the pond.

Mummy came to me and we both were happy.

Today I saw my paper boat again.

My boat called me to get in.

I got in and it took me
to the world of the moon.
Oh! ! !how ecstatic was it.

(Graphic: Irina Smelovsky saved to Digital Background Pinterest)

Dr. Antony Theodore
Parable - On - The - Talents.

"I tell you that to everyone who has, more shall be given, but from the one who does not have, even what he does have shall be taken away." 

This passage comes from the end of the parable on the Talents. Three servants were given Talents by their master, who was going away on a long trip. The first servant was given five talents, the second was given two talents, and the third was given one.

During the master's absence, the first two doubled their talents while the third one buried his.


Dr. Antony Theodore
Parables - And - Revelation

Parables were often used by Jewish rabbis to illustrate a point or clarify their teaching, but Jesus used them to conceal the truth from those who would not believe.

Jesus used parables to provide revelation and understanding to those who would believe, while making His words unintelligible and incoherent to those whose heart was hardened against Him.

Dr. Antony Theodore
Paradoxical Form Of Self-Realization

Contemplation is the highest and most paradoxical form of self-realization, attained by apparent self-annihilation. This self-annihilation is in no way self-destruction.

Dr. Antony Theodore
Parasitical - Infection

It becomes God that your mind is occupied with.

Do not indulge in worries.
It may become the idols of your mind.

It is parasitical infection when you are anxious.

It will infest your mind like a virus which makes you sick.

Trust in me my child

Break free from the bondage to be refreshed in my benevolent presence.

Dr. Antony Theodore
Partial - Knowledge

Partial knowledge,
at best, leads
only to a partial
freedom and
a partial life.

But if ignorance
is not bliss, then
neither too is
knowledge in itself.

Dr. Antony Theodore
Passing Through The Center Of His Own Soul

The mystic poet enters into himself
to pass through the center of his own soul
and lose himself in the mystery
and secrecy and infinite transcendent
reality of God living and working within him.

This journey inward has a destination
beyond personal identity.

Dr. Antony Theodore
Passionate - Aim

Although his passion was to preach Christ crucified and to bring as many lost souls into a saving knowledge of his Lord and Saviour, Paul also knew that to be derived from the fleshly joys was to be present with the Lord.

Whether in heaven or on earth, Christ is my portion and I am content.

Living for Christ, whether in heaven-above or in the earth-beneath are both filled with great advantages when love for our Saviour and serving Him is our sole ambition and passionate aim.


Dr. Antony Theodore
Passionate - Way

We physically give each other our bodies in such a vulnerable and passionate way,

mirroring how we have vowed our entire lives to each other.

Dr. Antony Theodore
Passionate Love

Do not try to understand me.
You may lose your mind
trying to understand me.

Just love me
passionately.

Dr. Antony Theodore
Path - Of - Unreality

„When man strays
into the path
of unreality,

the Sages declare
that he destroys
himself; because

he who clings to
the perishable
body and regards
it as his true Self

must experience
death many times.&quot;

(Paramananda, The Upanishads)

Dr. Antony Theodore
Path -Of - Unreality

„When man strays into the path of unreality,

the Sages declare that he destroys himself; because

he who clings to the perishable body and regards it as his true Self

must experience death many times.";

(Paramananda, The Upanishads)

Dr. Antony Theodore
Patience

When going after the dream of life, we have to develop patience.

Stay focused. Be balanced till we reach our prized goal.

Dr. Antony Theodore
Paul - And - Persecution

The good news
taught in this world
is not from
any human source.

It came by direct
revelation
from God.

Paul then gave
a detailed description
of how he persecuted
the church of God
beyond measure
and tried to destroy it
as a demonstration
of God’s amazing
grace towards Paul.

Dr. Antony Theodore
Paul's - Conversion

After his conversion on the road to Damascus, Paul was given a mystery to proclaim to the world, a body of content that was delivered with new clarity to the apostle by the Lord Jesus Himself.

Dr. Antony Theodore
Paying Tribute To The Tyrant Within Oneself.

For the man to be free,  
he must be delivered from himself.

The tyranny of man over man  
is but the external expression  
of each man's enslavement  
to his own desires.

For he who is the slave  
of his own desires  
necessarily exploits others,  
in order to pay tribute  
to the tyrant within himself.

Before there can be any  
external freedom,  
man must learn to find the way  
to freedom within himself

Dr. Antony Theodore
Peace - As - My - Goal

God give me the grace
to set peace as my goal.

Help me gather the pieces
of my life and build around
this goal to attain peace.

The joy that you gain
is tremendous.

Dr. Antony Theodore
Peace - Making

Peace-making is not
the attitude that cries
'peace at any cost,
and do nothing,

nor are peacemakers
those who march around
carrying banners or
sit around selfishly

seeking their own
well-being with little

interest in the distress;
discomfort or discordant
lives of others.

Dr. Antony Theodore
'Blessed are those who make peace', Jesus says in his Beatitudes.

Christ, our peace, make us peacemakers and messengers of his peace.

Christ, our peace, give us strength and imagination for reconciliation with one another.

See the unfortunate disputes and strife of our time and give us all unity and peace at your will.

May the bliss of God fill us and the peace of God rule our hearts.

Dr. Antony Theodore
Peace Is Our Treasure And Our Responsibility.

The new threat is "advancing nationalism".
Patriotism is the exact opposite of nationalism. 
Nationalism is a betrayal of patriotism.

By putting our own interests first, 
with no regard for others, 
we erase the very thing that a nation 
holds dearest, and the thing that keeps 
it alive: it's moral values.

Peace is our treasure and our responsibility.

Dr. Antony Theodore
Peace- Of- God - Within.

Man seeks after empty happiness and longs for peace in a world at war.

But the child of God, who is blessed to be reconciled to God has peace with Him through the forgiveness of sin.

He has also the peace of God within.

Dr. Antony Theodore
Peacemakers

Peacemakers are not
the people who simply
want peace or long for peace.

They are not the
governments that
pass laws on peace,
or legislators who
write policies on
peacekeeping.

Peacemakers are
those whom the Lord
God uses to bring
reconciliation to a
fallen world.

Dr. Antony Theodore
Peering - Into - Nothingness

In the starless
center of the spiritual
journey, the saints
tell us to expect
something called
the "Dark Night."

After months of aridity
St. Elizabeth of the
Trinity would find
herself entering
a crushing darkness,

the place of a soul
peering into her
own nothingness

and encountering
only a gaping hole
where God should be.

Dr. Antony Theodore
Penance - And - Penance

Prayer and works of mercy are both wonderful and necessary practices.

However, if we do not practice self-denial of things that gratify the senses,

then we miss the point when we practice penance as a preparation to take part in the life of the cross of Jesus.

Dr. Antony Theodore
Penetrate That Darkness Above You.

Our search shall be covered
with a cloud of forgetting.

Step on it resolutely
and enthusiastically
with a devout and kindling love,
and try to penetrate
that darkness above you.

Dr. Antony Theodore
Penetrating - Eyes

God's penetrating eyes
search out all the
dross that is
rooted in the
fallen soul of man.

His Word of Truth
exposes everything
in me that is not of
Christ: my-self;
my-hypocrisy;
my-insincerity
and my-unbelief.

Dr. Antony Theodore
Penetratingly - Piercing

So penetratingly
piercing is the Word
of God that it has
the ability to separate
the soul of man
from the born-again spirit,
just as the butcher's
razor-sharp blade
slices the joint of
meat from the marrow-bone.

Dr. Antony Theodore
Perceiving - Yourself

Self-image is how you perceive yourself.

It is a number of self-impressions that have built up over time.

These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.

Dr. Antony Theodore
Perceiving Yourself As Spirit

If you develop
the ability
to perceive
yourself as spirit,

you shall not only
feel love
but you will be love.

Dr. Antony Theodore
Perceiving yourself.

Self-image is how you perceive yourself.

It is a number of self-impressions that have built up over time.

These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.

Dr. Antony Theodore
Perception - And - Belief

What you perceive
is what you believe.

If you let negative
thoughts take over
your mind, you
may feel unhappy,
depressed and miserable.

If you feed your mind
with positive thoughts,
you become happy.

The beauty is that
our mind is under
our control.

Be the master
of your own minds.

(Graphic: Wandtattoo Happiness )

Dr. Antony Theodore
Perceptions Of Reality

Self-image is based on our perceptions of reality, that it realizes itself in a lifetime and continues to change as we do.

We are able to influence our own perceptions and create a new image.

Dr. Antony Theodore
Perceptive - Knowledge

In the case of perceptive knowledge originating from sensation, there is indeed this limitation, that it causes the apprehension of such things only as are actually present.

But this limitation does not extend to cognitions of all kinds, nor to all instruments of knowledge.

Dr. Antony Theodore
Aristotle made the point that if you have, in a perfect democracy,

a small number of very rich people and a large number of very poor people,

the poor will use their democratic rights to take property away from the rich.

Aristotle regarded that as unjust, and proposed two possible solutions:

reducing poverty, which is what he recommended or reducing democracy.

Dr. Antony Theodore
"Every good and perfect gift is from above."

God wants us to come to him with our needs; our prayers.

St. James says Our prayers are "powerful and effective".

(Ref. to James 5: 16).

Dr. Antony Theodore
Perfect - Harmony

All in me
are in perfect
harmony.
I am in
perfect harmony.

My body
knows how
to heal.

I can do what
I set out to do
because my
health is
important to me.

Dr. Antony Theodore
Perfumed - Forgiveness

Once a disciple asked his Guru, would you give me a definition for forgiveness?

The Guru smiled and said:

Forgiveness is the fragrance, that crushed petals of a beautiful flower spreads in crushing pain.
(Anonymous)

Dr. Antony Theodore
Perishable - Nature - Into God's Glory

I will one day exchange this perishable body because of my faith in God, for an imperishable one.

This is sown a perishable body of flesh and blood, which will one day be raised an imperishable and glorious body in the reality of God.

Dr. Antony Theodore
Permanent - Residence

The Spirit of God has taken up permanent residence in the hearts of all His children and we have become the dwelling-place of the all-powerful and all-mighty.

God of love is all-knowing, all-gracious God.

Dr. Antony Theodore
Permanent Climate Of Divine Kindness

From the beginning of time
grace of God has been
woven into the fabric of our universe,
into the lives of all humanity.

The earth is crammed with heaven.
Every common bush is afire with God.
The love of God is universal.
God is determined to bless humanity.

When the sun shines on people,
Where birds gather seeds
without ploughing and harvesting,
where untended wild flowers
burst into bloom on rocky hills,
know in your heart and mind,
it is the permanent climate
of divine kindness

Dr. Antony Theodore
Perpetual - State - Of - Anxiety

If we knew everything
about the inner workings
of the systems,
governments,
and corporations
that run our world,
all those forces which
cast their shadows
on the wall and
beguile us with illusion,
then the result
might well
be a perpetual
state of anxiety.

Dr. Antony Theodore
Persecutor - Becomes - Preacher

Paul detailed the time
he spent in Arabia
and Damascus,
and that 3 years
after his conversion
he travelled to
Jerusalem and
spent 15 days
with Peter and James.

At first, Paul was
not even recognised
by some well-established
churches in Syria and Cilicia.

They did not know
Paul personally,
but they kept hearing him.

He who once persecuted us
is now preaching the faith
which he once tried to destroy

and they kept glorifying God,
for what had happened to Paul.

Dr. Antony Theodore
Perseverance In Tribulation Brings Proven Character

Just as total darkness can't hold
back the light of a tiny flame,
so does even the smallest increment
of Hope provide joy and purpose.

Faith is the assurance of things hoped for.

Tribulation brings perseverance;
and perseverance brings proven character;
and proven character brings hope.

That is the cool thing about Hope.

Dr. Antony Theodore
Perseverance.

Perseverance is the radical principle of every one who is truly great.

Little is accomplished, because little is attempted.

Little is attempted, because difficulties are magnified.

Leave away your fear and jump into realistic actions.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Personal - Chamber

The heart is that extensive personal chamber of our innermost mind.

It is the place in which to store the Word of God.

It is our heavenly treasure, through time and into eternity,

where moth and rust will not spoil and thieves can never break in to steal it.

Nothing is of greater importance; nothing has more dynamic power, and nothing compares with the eternal value of hiding God's word in our hearts, meditating, ruminating and memorizing its content.

Dr. Antony Theodore
Personal - Encounter

There are times in our lives when God knows only a personal encounter will do.

Elijah had walked with God and knew him personally.

God's mantle of power and his hand of protection had sustained Elijah through many dangers.

Now, just like a horse who had been knocked down, brutally wounded while protecting the one he loved, Elijah's spirit lay bared and bleeding.

(Graphic: Amor Leon saved to BIBLICAL CHARACTERS, Pinterest)

Dr. Antony Theodore
Personal - Self-Consciousness.

In both East and West, we may trace a journey which has led humanity down the centuries to meet and engage truth more and more deeply.

It is a journey which has unfolded within the horizon of personal self-consciousness.

Dr. Antony Theodore
Personal - Shepherd

While David was a young herdsman who discovered that Lord was his own, personal Shepherd, who provided for his every need, gave him peace in his heart and sustained his soul, he grew up to be a man who loved the Lord.

(Ref: Psalm 23 of The Holy Bible)

Dr. Antony Theodore
Personal Holiness

Personal holiness
is an argument
that the world listens to
in the midst of war,
natural calamities,
poverty and cruelty.

This world is full of evil.
The devil dances on housetops.

See it and listen to the call of holiness.

Dr. Antony Theodore
Personalism And Individualism

Personalism gives priority to the person. Personalism and individualism must not be confused.

Personalism gives priority to the person and not the individual self.

To give priority to the person means respecting the unique and inalienable value of the other person, as well as one's own.

A respect that is centered only on one's individual self to the exclusion of others proves itself to be fraudulent.

Dr. Antony Theodore
Personalities - Differ

As personalities differ from person to person, the creation of emotional intelligence also varies accordingly.

Anyone who has ever worked in a toxic work environment can attest to the importance of increasing empathy in this space.

Dr. Antony Theodore
Personalizing Or Projecting.

When we place things that happen in us onto the world around us it is called projecting.

We attribute our fears and frustrations to others.

Rather than to accept my own anger I see others as angry.

No one can avoid personalizing or projecting.

Some are aware of it, others are not.

Discover one's own true self. Then we can change the world around us.

Dr. Antony Theodore
Pervaded by The spirit

The whole universe
is pervaded by
by the Spirit
of the Almighty God.

I fall down in prostration
and adore the holy feet
of this Almighty Power.

Dr. Antony Theodore
Meditation - Poem by Anna Banasiak

The heart beats faster and faster louder
sounds words and thoughts quiet down
I drift off to the islands of childhood
body and soul are still muted
they float on the other side
thoughts merge with water
I swim deep into myself
wandering without tips
for transformation
I drift off
getting ahead further
deeper and deeper
heart beats more slowly
becoming quieter

German translation

Das Herz schlägt schneller und pocht lauter
und lotet Worte und Gedanken ganz ruhig aus
Ich lasse mich treiben zu den Inseln der Kindheit
Körper und Seele sind bis jetzt stumm
Sie treiben auf die andere Seite
Gedanken gehen im Wasser auf
Ich schwimme tief in meinem Inneren
und gleite ohne Schwierigkeiten
in eine Verwandlung
Ich lasse mich treiben und treiben
und mache weitere Fortschritte
tiefer und tiefer
Das Herz schlägt immer langsamer
und wird immer ruhiger

(this poem was translated by Peter Tweer into german as instructed by antony theodore)
Dr. Antony Theodore
Philanthropic Ideas

If there is no God
there is no afterlife.

Philanthropic ideas
or any concern
for the common
good or any regard
for social order
based on the
rule of law,
are based solely
on theism and
individual
accountability
after death.

Dr. Antony Theodore
Philosophical - Enquiry

In effect, every philosophical system, while it should always be respected in its wholeness, without any instrumentalization, must still recognize the primacy of philosophical enquiry, from which it stems and which it ought loyally to serve.

Dr. Antony Theodore
Philosophical - Investigation

Bearing in mind the great loss that philosophy can suffer from, in its quest for unified knowledge, if it misses on this important aspect of reality known as divine, it becomes imperative for philosophy to set itself to investigating the various sources, nature, scope, and method of knowledge, especially in relation to God.

Dr. Antony Theodore
Philosophical - Pride

The temptation to identify one single stream with the whole of philosophy shows us clearly that we are dealing with a philosophical pride which seeks to present its own partial and imperfect view as the complete reading of all reality.

Dr. Antony Theodore
Philosophical - Responsibility

It becomes imperative for philosophy to set itself to investigating the various sources, nature, scope, and method of knowledge, especially in relation to God.

Dr. Antony Theodore
Philosophy - In Making

The true philosophy is possible if we succeed in nurturing the innate principles of virtue and if the truths on which the happiness of mankind depends could be established.

Dr. Antony Theodore
Philosophy - Of - Non-Theism

In contemporary society, the philosophy of non-theism is preferred in school and university systems and supported by theories of human origin that exclude God from any explanation.

Since God cannot be personally and directly observed, divine existence and spirituality fall outside the popular definition of science and are usually not considered suitable for classroom study or discussion.

Dr. Antony Theodore
Picturing - In - Your - Head

What you see
when you look
in the mirror and
how you picture
yourself in
your head
is your self-image.

Dr. Antony Theodore
Piercing the veil of illusion
is the task of spiritual life
in any and every religion.

Discovering the spirit
in everything is possible
only if one dedicates his
life to tear the veil
of illusion to go beyond
reaching the abode of the Real.

Dr. Antony Theodore
Piercing Through The Irrelevance.

We are called by the voice of God, 
by the voice of that ultimate being, 
to pierce through the irrelevance.

The mystic is called to transcend 
familiar and conventional patterns of 
religious thought and action.

Without an encounter with God 
we shall never discover 
our deepest freedom.

God and Self exist, 
together at the center of The Being.

Dr. Antony Theodore
Pikuach - Nefesh

The term pikuach nefesh refers to the belief stated in Jewish law that preserving human life should overrule any other religious considerations.

Dr. Antony Theodore
Pilgrim's Intense Desire

Love draws all things to their home in God.
The Mystic becomes conscious of the mutual desire existing between man's spirit and the Divine Spirit.

This is the universal law on which all mysticism is based.

This natural intense attraction, then, once he is aware of it, will draw the pilgrim irresistibly along the road from the Many to the One.

Devotion embraces the whole contemplative life.

Dr. Antony Theodore
Pin Me To The Holy Cross

Break my heart oh God
so that I may hold on to you.

Pin me to the holy cross
so that I may learn to forgive.

Dr. Antony Theodore
Pits - Have - No - Easy - Exit.

(Joseph - In - The - Old - Testament)

Joseph's journey started in a pit, despised and sold by his own brothers.

He was a man who learned that pits have no easy exit.

But, with God, we can get through them.

God gets us through.

He remains with us in the depth of the pit into which we have fallen.

(Holy bible, Book of Genesis 37: 1-11) They saw their chance when they were feeding the flocks, the brothers saw Joseph from afar and plotted to kill him. They turned on him and stripped him of the coat his father made for him, and threw him into a pit.... Judah, the strongest, thought twice about killing Joseph and proposed that he be sold.

Dr. Antony Theodore
Plaintive - Pleading

David's heart
turnes to pray,
as in so many of
his other writings.
"Be gracious to me,
O God, for man has
trampled upon me.

They fights all day
long and oppress me."

David's plaintive
pleading was a cry
of help to the Lord.

Dr. Antony Theodore
Plans - Of - Our - Inner - Being.

The psalmist tells us to delight ourselves in the Lord and He will give us the desires of our heart.

For when our heart is turned towards our heavenly Saviour, His perfect desire will become the perfect plans of our inner being.

Dr. Antony Theodore
Plant -Your -Love

Good God,  
your love  
makes us live.

Plant your love  
in our hearts,  
so that peace  
among us humans  
can grow  
more and more.

Dr. Antony Theodore
Platonist - Aristotelian - Harmony

We shall situate this politics of an active citizenship within a form and forms of the common life within a Platonist, Aristotelian, Thomist, Hegelian, Marxist understanding of a purposively ordered and scaled universe of ascending themes and powers, a unitary summum bonum in which everything is in its proper place to make for a well-tempered harmony

Dr. Antony Theodore
Play On Your Harp My Angel Of Love

Play on your harp
my angel of love,
my guardian angel.

Come down from the white skies
to walk with me here on earth.

Play on your harp
my angel of beauty.
Fill my heart and soul
with mellifluous melodies.

Lift up my heart
to the presence of God
so that i may be lost
in meditation of the goodness
and kindness of my eternal lover.

Come to me my beloved angel

Dr. Antony Theodore
Pleasant Surprises Of Your Inner Being.

Have the courage
to spend and days
all alone without talking.

Then your inner mind
will open itself
to talk with you
leading you to
pleasant surprises.

Dr. Antony Theodore
Please Be Reconciled To God.

Here and now!
come back to God
God asks for our repentance
and showers on us God's graces.

He grandshis forgiveness
requesting to us so humanly,
not with an attitiude of power.

There is no pressure
and compelling
no threat and violence.

God lifts his holy hand
to us to lift us up
from the mire and dirt.

God hopes to work
and complete in us
the work of reconciliation.
Let us fulfill the request
of the Lord of these forty days.

(Forty day of fasting and penance is call of God to imitate Jesus Christ in the desert to purify us and to come back to God).

Dr. Antony Theodore
Please Call Me When You Are Depressed.

I am the fairy of light.
Please call me when you are depressed.

When your heart is
filled with darkness
and you are depressed
please call me.

I shall fly down to you
at once and fill your
heart and soul
with God's light.

Then you will smile,
I am sure.
Then we will smile
together filling
this world with
the light of our smile.

(Lisa a Young saved to Cartoonpinterest)

Dr. Antony Theodore
Please Do Not Reject My Smile! ! !

May i send you a smile today
It does not cost you anything.
It is my morning gift to you
because i think of you.
You are so important to me.

It will comfort you
and gladden you.
It will console you.
You are so important to me.

I want to send my smile
to the rich and the poor
to the sick and to the healthy
to young and old
and people of all beliefs.

You know,
My gift of this smile is free.

Will you accept my smile?
Please don't reject my smile.
It can give me great pain
deep down in my heart.

You are so important to me.

Dr. Antony Theodore
Pleasurable Activities Of Blessedness.

Did you ever notice
how dripping water
changes stone slowly.

In such a way
be willing to be dropped,
willing to reach, to serve
the needy and the poor,

will change your life.

They become pleasurable
activities of your blessedness.

Dr. Antony Theodore
Please Get Into My Shoes

I lost so many things
in my life, that were
very important to me.

I made false decisions
and I was sorry for it later.

I learned a lot.

with all these positive,
and negative happenings
of my life, I know now
that these are the things
which made me the
person that I am.

To understand me,
please get into my shoes
with which I travelled
my way in this life.

Only then, you will understand
my thoughts and actions
and the way I am today.

I am only a human being.
I committed mistakes.

I learned from it always.

Today I stand before you
as a new human being.

Dr. Antony Theodore
Poet And His Spiritual Search

Spiritual search enables the poet, a fuller growth, creativity, and fulfillment.

Integration through Asian Wisdom makes us remarkable poets.

Dr. Antony Theodore
Poet- Priest Is Transcended By His Work.

Art can form and spiritualize man's consciousness. Such a poet is willing to be transcended by his work.

The union of priest and poet are among the highest human possibilities and states that the Perfect Priest and the Perfect Poet are one.

Both are concerned with the connection of the interior and exterior elements of life.

Dr. Antony Theodore
Poet’s Intuition

Poets intuitively recognize the suggestive quality of symbols, their links with the truth and have borrowed and adapted them to their own art of translating Reality into terms of rhythm and speech.

But ultimately they owe their origin to the mystics or to that mystical sense which is innate in all true poets.

In the last analysis, it is the mystical experience they try to describe.

Dr. Antony Theodore
Poetess Mary Shine's Experience

A couple from Co Cork passed away from cancer within minutes of each other after 32 years of battle and Mary Forde both died in their sleep at Bantry General Hospital on Monday. The pair were both battling cancer, with Mary recently moved from Cork University Hospital so she could be with her husband in her final moments. They were laid to rest in a joint funeral service in Drimoleague on Monday. Mary's brother-in-law Richie Fitzgerald said their passing almost seemed like fate. He told The Echo: "Mary rallied and rallied. She had been diagnosed with cancer before but this was a short battle. In the end, they both died in their sleep within 40 mins of one another. We're not sure if that was meant to be, but it looked that way."

sent to me by Poetess Mary Shine

Dr. Antony Theodore
Poetry And The Affective Way.

Poetry with its primary appeal
to the affective rather than
the cognitive faculties,
is a form of music.

Just as contemporary musicians
have achieved effect
and evoked response
through experimental forms,
including overt dissonance,
the modern poet has launched
out to find ways of breaking
through the walls of pseudosophistication,
even resorting to nonform.

Thus the value of poetic expression
is immense on the way of mystics.

Dr. Antony Theodore
Poetry, Music, And Non Form.

Poetry with its primary appeal to the affective rather than the cognitive faculties, is a form of music.

Contemporary musicians have achieved effect and evoked response through experimental forms, even resorting to nonform.

Dr. Antony Theodore
Poets Are Called By The Almighty

A real poet has to be
a living expression
of the love of God;
being all things to all men
for the sake of God.

Love is the chief motivating force.
Love is above all things
and is the sum total
of mystical thinking.

True love helps a poet
to systematize his own thought
to seriously and consciously
attempt to direct others
in and through his verses.

Nothing so intensifies a man's scholarship
as the burden of directing the mental
and spiritual growth of others.

This is exactly the vocation of a poet.

This self-felt responsibility surely intensifies
the poet 's own inner exploration and study.

Dr. Antony Theodore
Poets Are Successors Of Prophets

A genuine aesthetic experience
is a suprarational intuition
of the latent perfection of things.

A Christian poet and for that matter
all the poets are successors of prophets
in all religions and history.

The poetic instinct supports
and enlarges the mystical experiences.

Dr. Antony Theodore
Poet's Journey To Mahakaruna

The poet's prayer is:
Help me not come back
without having settled
the great affair of my seeking.

Help me to find
the great compassion,
mahakaruna.

I am going home,
to the home
where I have never
been in this body.

(A spiritual poet and seeker, searches for Mahakaruna, the great compassion in his writings, readings and in meditation. So he cries out to the Eternal Being, ohh let me not come back without experiencing Mahakaruna)

Dr. Antony Theodore
Poets Of Poemhunter
do U See My Smile

The tropical sunkisses me
on both cheeks today
as I go talking and chating
to the butterflies
on the way to my school.

I feel the warmth and the cold
of the forest leaves.

I hear the music of the leaves
when the wind blowson them.

I imagine they are lovers,
the trees, the leaves and the wind.

I want to be the wind
and fly along so many leaves
and make them dance when
I come and make them smile.
Do you see my smile now

my dear poets of Poemhunter? ?

Dr. Antony Theodore
Poet's True Way

A true poet wants to finding his true way, to rediscover for himself and for all, themahakaruna, the great compassion.

Dr. Antony Theodore
Poetsofpoemhunter, Do You See My Smile Now?

The tropical sunkisses me
on both cheeks today
as I go talking and chatting
to the butterflies
on the way to my school.

I feel the warmth and the cold
of the forest leaves.

I hear the music of the leaves
when the wind blows on them.

I imagine they are lovers,
the trees, the leaves and the wind.

I want to be the wind
and fly along so many leaves
and make them dance when
I come and make them smile.

Do you see my smile now,
my dear poets of Poemhunter?

(Childhood memories)

Dr. Antony Theodore
Pointing To

Indeed, there is a sacramentality to all creation.

Nothing is simply and dumbly itself; it points beyond and above, to Him who made it.

The physical is but a manifestation of something and Someone higher.

After a long list of the marvels of creation, is this magnificent line: Beyond these, many things lie hid; only a few of God's works have we seen (Sirach 43: 34 of the Holy bible).

(Graphic: Christy Marinelli Mercurio saved to Nature Bible Quotes Pinterest)

Dr. Antony Theodore
Pointing To The Silence

The artist's role is not to teach or preach or produce but only to find the truth and be in harmony with it and to point beyond all objects into the silence where nothing can be said.

The life and work of the artist and the mystic are consummated when they are integrated with his person and ultimate reality into an organic, spiritual whole.

Dr. Antony Theodore
Poison And Nectar

Sorrow or joy,
loss or gain
are governed
by our past actions.

The inexorable ways
of destiny -the effects
of action are known to God
alone, who dispenses all
rewards, both good and bad.

God's decree dominates
overall including the
process of creation,
maintenance and
dissolution,
even over poison
and nectar
which destroys
and restores life.

(Words of Kausalya)

Dr. Antony Theodore
Poisonous- Feelings.

I seek guidance
and support
from the divine
as I take each
day to process,
release and detach
from all negative
poisonous feelings.

I can not stop crying.
Please help me to heal
and to forgive myself.

Dr. Antony Theodore
Polytheism- Of - Values

Weber described modernity in terms of a polytheism of values, a terrain of warring gods or irreducible subjective opinion likes and preferences.

Dr. Antony Theodore
Pondering - A - New - Promise

With Jesus as a guide,  
the Christian  
ponders anew  
the promise of Christ:

"You will know  
the truth, and  
the truth will  
make you free";  
(John 8: 32) .

Dr. Antony Theodore
Pondering - On - The - Blessings

We ponder on the blessings of this life
the eternal life
we have in Christ,
and the abundant life that He has
given to all
who believe.

May we bless the Lord at all times and exalt the God of our salvation, for He is our Rock as well, and He is and our strong Tower.

He is our Good Shepherd and our Blessed Hope.

Dr. Antony Theodore
Pools - Of - Love - And-Mystery.

Now,
in this night,
when the stars
twinkle in my heart
gazing
into your
eyes
gave me the
consciousness
of such deep
pools of love
and mystery.

Dr. Antony Theodore
Portraying-The - Carnage

The world is only
too familiar with
the four horsemen
of the Apocalypse.

Books have been
written, poems
have been penned,
and pictures have
been painted in
an attempt to
portray the carnage
that is to befall
the world during
the great and
terrible Day of the Lord.

(In the context of Corona virus
and the ongoing deaths, every where
in the planet, the four horsemen
of the Apocalypse make us think).

Dr. Antony Theodore
Posing Problems

The highly
developed
computer
brain
cannot pose
problems to itself.

It has no
imagination
and cannot
set goals
for itself.

Dr. Antony Theodore
Positive - Elements

Objectively, as a whole, there are many truths, found in the religions.

The only response to sin is to preach Christ, who redeems the sins of the world.

This teaching does not take back what has been said about the positive elements that act as a preparation for Christ, but contextualizes these elements within the dramatic framework of the history of salvation.

Dr. Antony Theodore
Positive - Meaning - Of - All - Religions

All religions on earth enjoy a positive meaning in God's one plan of salvation for all human beings or in the language of the Letter to the Ephesians in the one "recapitulation" of all things in Christ (Ref. to Eph.1: 10)

Dr. Antony Theodore
Positive Belief

Positive belief can help a person overcome his present limitations by improving his outlook of life.

A person's empowering beliefs can help him succeed as long as he remains motivated and passionate about his own targets and aims.

Dr. Antony Theodore
Pounding - Heart

He is the fountain of life and He
is the well-spring of satisfaction
for the weary soul.

He is the God of comfort and the
Prince of peace,
Who alone can calm every pounding
heart and still
every fearful thought.

The living water that sustains
the soul of a man
only comes from God,
Who alone can satisfy the
exhausted saint.

Dr. Antony Theodore
Pour - Out - Your - Hearts

When I am afraid,
I will trust in You.
In God, whose word
I praise, in God I trust;
I will not be afraid.
What can mortal
man do to me?

Trust in Him at all times,
O people; pour out
your hearts to Him,
for God is our refuge.

(Psalm 56: 3-4; Psalm 62: 8)

Dr. Antony Theodore
Poured - Out - Like - Dust

In His fierce anger,
the Lord will cause
the lifeblood of
these sinful men
to be poured out
like dust on the ground,
and their flesh will
cover the earth
like animal dung.

Dr. Antony Theodore
Pouring - Out - His - Spirit

God in His grace,
is not angry forever,

and after this 'Day',
He will pour out
His Spirit on all flesh,

who will recognise
their faults and
turn to Christ
for salvation.

Dr. Antony Theodore
Poverty Taught Me All These.

Poverty is beautiful.

We are more important than things,

more important than riches,

and more important than ambitions.

Poverty taught me all these.

Dr. Antony Theodore
Power - Greater

Every human being
Has access to a power
Greater than himself.

Dr. Antony Theodore
Power Is Perfected In Weakness

St. Paul prays in the midst of difficulties and prays to which God answers him:

"No, my grace is sufficient for you, for power is perfected in weakness."

Paul goes on to say, "I will gladly boast of my weakness as the doorway through which the strength of God enters my life."

God is present in your life when you are in sorrow.

Dr. Antony Theodore
Power To Control One's Own Self

Give me the power
to control myself.

You have taught me
'Self-control is strength'.

Help me, Lord of my soul
that my emotions not overpower
my ways of intellectual pursuits.

Give me the power to
control myself in all ways.

Dr. Antony Theodore
Power To Transmit Something Beyond Meaning.

A poem conveys a meaning, but it also has the power to transmit something beyond meaning.

A mystic incorporates the thought of others into his mosaic, enriching their thought and his own.

Dr. Antony Theodore
Powerful - Teaching

Three thousand people were saved on the day of Pentecost, and so powerful was the gospel that Peter, and the other apostles taught, that the numbers of Christian converts grew with each passing day.

Not only did they preach the good news of Christ's death, burial, and resurrection, and open up the Old Testament scriptures to the people of Israel, but they also healed many sick people, in those early days after the death of Jesus.

Dr. Antony Theodore
Powerful - Unseen - Existence

I AM
the powerful word

dr. body is not me
it's sure! yeah

I Am
from this
the world is created

I Am
from this
the universe is blooming

I Am
the powerful unseen existence
make alive the blooming universe,

(Written from the comments of poet Mahtab Bangalee)

Dr. Antony Theodore
Powerful - Word

Jesus is the radiance of God's glory and the exact expression of God's perfect nature.

He is the one Who sustains all things by His powerful word.

Dr. Antony Theodore
Practical Sanctification

Practical sanctification is a vital part of our spiritual growth.

Progressive sanctification is part of our spiritual development, where we are being conformed, day by day, into the image and likeness of the lovely God who cares for us.

Dr. Antony Theodore
Think of the cultural background of hurry and offer yourself a beautiful vision of the spiritual practices of silence and solitude, the day of the Lord, simplicity, and slowing.

Dr. Antony Theodore
The pragmatists' focus on transitions and transformations, getting movement underway, is correct and forces us to think ethically about transitions strategies.

It is not just action we need, but the right actions for right reasons based on a correct diagnosis of our problem.

Dr. Antony Theodore
Praise And Blame Are Alike

They who regard praise and blame as both alike

and claim me as their only possession,

all such abodes of virtue and living masses of bliss

and all such saintly souls are dear to me as life itself.

(The words of Lord Rama)

(Spiritual wisdom up on reading Uttarakanda Kanda).

Dr. Antony Theodore
Praise God In The Heights

From the furthest reaches of the universe to the outer extremities of the entire creation, comes this all to glorify the holy name of the Almighty.

Praise God from the heavens.

Praise Him in the heights!

Dr. Antony Theodore
Praise Yahweh from the heavens.
Praise ye Him in the heights.
Praise Him all His angels,
Praise Him all His host.
Praise Him sun and moon,
Praise Him all ye stars of light.

Praise Him you heavens of heavens, and you waters that are above the heavens.

Let them praise the Name of Yahweh, for HE commanded and they were created. He set them there forever and ever and gave a law. and not one transgresseth it.

Reference to Psalm 148 of the Holy Bible.

Dr. Antony Theodore
Sing praises to the Lord and give thanks to Him in all things.

In everything, by prayer and supplication, make our requests known to God, and we do it with thanksgiving and praise, so that the peace of God will guard our hearts and minds in Christ Jesus our Lord.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
Praises for the Creator

God's creation is acknowledged by the creatures.

They praise the greatness of the creator God.

God spoke the world into being and provided permanence and stability to all He made.

He established laws and principles that govern the world.

He has allotted periods of time and fixed immovable boundaries.

God has placed limits in each element of creation and holds it together by the might of His power.

Dr. Antony Theodore
Praising Tongue

A magnificent song of praise bursts forth from the heart at this beautiful dawn.

I summon together the hosts of heaven, with all those that dwell on the earth, to worship God Almighty while God alone deserves my praise.

I extol His holy name and glorify Him with exultant shouts and great rejoicing of the heart.

This morning becomes thus worthy of life and love because I begin this day with praises on my tongue.

(Graphic: Jasmine Miller wurde für Christus gerettet. Pinterest)

Dr. Antony Theodore
Pray - And - Give - Thanks

Rejoice at any time!
Pray without ceasing!
Give thanks for everything,
because that is what
God wants from you.

(REF. TO THE LETTER OF ST. PAUL
1 Thessalonians 5: 16 ff.)

Dr. Antony Theodore
Pray - For - The - Poor

Walk humbly
and treat others fairly.
But most of all, pray.

Pray for healing,
and pray for all.
Remember to pray
especially for the
needy and the poor.

Dr. Antony Theodore
Pray - Without - Ceasing

Over and again we are exhorted to pray without ceasing and to give thanks to our heavenly Father in everything for this is the will of God in Christ Jesus concerning us.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
Pray Secretly

I pray to my God
very secretly.

i enter into my room
sit alone or kneel
lift up my hands
to my God
and pray for so many
of my friends who are sick
who are lonely
and who struggle in life.

Such secret prayers
are the secrets of my love
to my God and
to my neighbor.

Pray always.
Pray incessantly.
God is pleased with you
when you lift your heart
and thoughts to Him.

(Graphic: Miriam Neubert saved to Pray Amen Pinterest)

Dr. Antony Theodore
Prayer - And - Happiness

Using a simple approach to prayer, you'll learn how even ten minutes a day can change your life into happiness.

Learn how to set up your own sacred prayer space, discuss the common obstacles to prayer, and seek practical ways to overcome them.

Read stories of others who are seeking to orient themselves to God through prayer.

Dr. Antony Theodore
Prayer - For - Blessings

Let us ask God
for his blessings,
for ourselves
and for the people
we care about.

God's blessings
be on us
to protect us
on our ways.

God's blessings
be on us to
encourage us
to try new things.

God's blessing
be on us that
we may be
safe in him.

God's blessing
be in us
that we seek
him with our hearts.

May God who
loves us bless
and accompany us.

Dr. Antony Theodore
Prayer - In - Faith

This day I array myself with
The power of Christ's Birth
and Baptism;
The power of his
Crucifixion and Burial;
The power of His
Resurrection and Ascension;
The Power of His
coming to Judge
on judgment day.

(We shall all pray earnestly
for all those who are suffering
from Corona virus and all those
who have succumbed to this virus
and their bereaving families)

Dr. Antony Theodore
Prayer - In - Love

I like to pray
for a child's faith,
personalizing the
prayer by inserting
their name in the verses.

Our prayers should
be established in
love and have
power to grasp
how wide and
long and high and
deep is the love
of Christ, to know
this love that
surpasses understanding,
and be filled to the
measure of all
the fullness of God.

(Ref. to Ephesians 3: 17-19)

Dr. Antony Theodore
Prayer - In - The - Twilight - Hours

David was a man after God's own heart, because he loved the Lord and trusted Him.

His thoughts were ever towards the Lord and he compared the prayers he offered in the twilight hours to the smoke of sweet-smelling incense of the evening sacrifice.

(Refering to Psalm 141: 2 of the Holy Bible) .

Dr. Antony Theodore
Prayer - Is - An - Invitation

Release our children
to the Lord and pray
with thanksgiving
no matter what
the present circumstances
are or what the
future looks like,
knowing that God
has everything
under control,
that he has good
plans for our kids,
and that prayer is
his invitation to us
to partner with him
in accomplishing
his purposes in their lives.

Dr. Antony Theodore
Prayer - Is - Valuable

When others may regard prayer as unimportant or as a last resort, God considers it as the most important.

Your prayer is valuable and God expects that you raise your arms to Him.

Prayer is active, and it is godly action.

Therefore, pray as if your life's healing is dependent on it.

Dr. Antony Theodore
Prayer - Of - Praise

Write out a prayer of praise declaring that you know He is able to keep that promise in your life.

Dr. Antony Theodore
Prayer - Of - Repentance

Daniel prayed a prayer of repentance.

He acknowledged that the ways of the Lord were not followed.

He praised the Lord for who He is and what He had done.
He begged God to hear the prayer that he prayed.

He did his best to remind God that these were His chosen people.

He asked the Lord to give them the mercy that they so desperately needed.

Dr. Antony Theodore
Prayer Becomes Our Silent Sinking

In the intuition,
our prayer becomes
our silent sinking
in the sea of being
that is at once
God and ourselves.

Dr. Antony Theodore
Prayer Buds In The Virgin's Womb.

With the birth of the word in me
prayer buds began to bloom.

Prayer buds are in the Virgin's Womb.
Prayer is born from the mystery of God.

Dr. Antony Theodore
Prayer Is An Incense

Prayer is an incense that ascends to God.

It is simply pouring out of the deepest thoughts, desires, wishes of our hearts in the presence of a loving God.

When the warmth of God's love melts and enters into our spirit, it causes our prayers to ascend to God the Almighty like the incense which I offer on his holy altar.

Dr. Antony Theodore
Prayer Is Incense

May my prayer
be counted as
incense before You;

The lifting
up of my hands
as the evening offering.

(Refering to Psalm 141: 2
of the Holy Bible).

Dr. Antony Theodore
Prayer Leads To A Radical Transformation Of Consciousness

Prayer, as the distilled awareness of our whole life before God, is meant to lead us to a radical transformation of consciousness in which all of life becomes a symbol.

Dr. Antony Theodore
Prayer Links Souls Together.

Prayer links souls together.  
Shall we make plans  
to "meet" our distant  
loved ones after death  
before the throne  
of the Almighty?

Shall we then be lost  
in the power of God's  
light to merge with God?

Dr. Antony Theodore
Prayer -Of - Desperation.

It was the sons of Korah who penned this beautiful song.

The suffering, pain, misery, and distress they were evidently experiencing from the hands of their enemies, brought them to the precipice of despair, but it also caused them to cry out to the Lord a prayer of desperation.  
(Ref. Psalm 42: 1 of the Holy bible)

(While the psalm is attributed to the "sons of Korah", the text is written in the first person singular. The psalm can be divided into two parts, each ending with the same line (verses 6 and 12 in the Hebrew, Wikipedia).

Dr. Antony Theodore
Prayer To My God

God,
Seal my smile with your sunshine,
Cover be with the tenderest of greens
Pour the pure oil of rose
On to my head
Kiss me on my forehead
Hug me so close
Until I forget myself.

Dr. Antony Theodore
Prayer, A - Love-Offering

But his prayer was also presented as a love-offering to the Lord, a sacrificial prayer and offering of praise, and David wanted his sacrifice of prayer and praise to be holy, and acceptable to the Lord.

"May my prayer be counted as incense before You," he pleaded, "May the lifting up of my hands be like the evening offering."

(Refering to Psalm 141: 2 of the Holy Bible).

Dr. Antony Theodore
Praying - A Blessing

Solomon prayed
a blessing over
the entire nation,
and blessed the
Lord God before
the whole congregation.

He reminded
the people that God
did not dwell in
houses made
of stone, for
He is the great
and mighty God
of the universe
and Creator of all things.

(Ref. to 2 Chronicles 6: 30)

Dr. Antony Theodore
Praying - Mind - In - Crisis

It is essential for us, at all times and above all in times of crisis, to have access to our churches and chapels, temples and mosques.

It is essential for us to engage in public devotions and prayers, so that we know God's closeness to us and remain close to Him, fittingly calling upon His help.

Without the help of God, we are indeed lost.

Dr. Antony Theodore
Predispositions.

Encourage everyone
to discover one's own
predispositions.

Perceive and understand
that it is for your own benefit
and for the benefit of everyone.

Make the best out of
your predispositions.

Do not complain about it.
Accept it and make
virtues out of it.

It is an opportunity.

Dr. Antony Theodore
Preferring - The - Tranquility

Rather than
stand up
and be counted,
many might well
prefer the tranquility
and contentment
of the world of illusion,
the cosy world in
which reality is as
the puppet masters
say it is and individuals
prefer not to question.

Dr. Antony Theodore
Preferring God’s Will And His Mystery

If I am not fully free,  
then the love of God,  
I hope, will free me.

The important thing  
is simply turning to Him  
daily and often, preferring  
His will and His mystery  
to everything that is evidently  
and tangibly mine.

(Reference to „Spiritual Direction and Meditation“ by Thomas Merton).

Dr. Antony Theodore
Preferring His Will And His Mystery

If I am not fully free,
then the love of God,
I hope, will free me
turning to Him
daily and often,
preferring
His will and
His mystery
to everything
that is
evidently
and tangibly mine.

Dr. Antony Theodore
Pre-Incarnate - Appearance

In many other ways, Melchizedek is identified as a type of the Lord Jesus.

Indeed, the sudden appearance of this enigmatic, King of righteousness, who was Priest to Almighty God, could have been a pre-incarnate appearance of Christ.

Dr. Antony Theodore
Prepare - For - The - Dark - Hour

We ought to be prepared
for the dark hour;
so that, though it be
dark, there is something
so blessed, so exceptional,
pouring its comfort
and sustenance on our
souls, that, after all,
the dark and dreary hour
becomes a more really
festive time to the heart,
because of the virtues
of the truth made
known, which was
so happy and exhilarating.

"And the God of all grace, who called you to his eternal glory in Christ,
after you have suffered a little while, will himself restore you and make you
strong, firm and steadfast.11 To him be the power for ever and ever.
Amen". 5,10 of the New Testament of the Holy Bible)

Dr. Antony Theodore
Preparing A New Theophany.

Prayer can only
be welcomed as a gift
and requires that humble
reverence without which
no love is ever possible.

The ability to love and to pray
are closely connected.

Every prayer offered in
faith also carries God.
Whenever a heart says "yes" to God,
he or she prepares a new theophany.

Dr. Antony Theodore
Presence - As - A - Mystery

God’s presence
in the soul
of all human beings
of all religions
shall always be
a mystery which
shall live in you
and influence your
prayer life and
all actions of
service for the poor.

Dr. Antony Theodore
Presence Of Evil

The search for
the presence of evil
and the reasons
appear in the poetry
of Homer and in the
tragedies of Euripedes
and sophocles.

Dr. Antony Theodore
Pride - Shall - Not - Take - Root

We need to be very careful about letting pride take root in our hearts.

If this is the case, then God is going to humble us by bringing us low.

Dr. Antony Theodore
Pride And Iniquity

Your iniquity is the cause of your downfall.

Remain humble and pray, take all iniquity away so that we may have happiness again and offer you our words of praise.

Dr. Antony Theodore
Pride Of Middle Age

We take credit for our successes.
We become self-righteous.
But God praises us for our faithfulness and not for taking credit for our successes and talk with pride.

(Matthew 25: 21 New International Version (NIV)
21 "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'")

Dr. Antony Theodore
Pride Of Youth

In our young age we think we can do anything.

Self-esteem proponents encourage this.

Such pride leads to destruction.

Unless it is based on diligence and skill, the road leads to the fires of hell.

Dr. Antony Theodore
Prideful - Rejection

The land, which was stolen from the people of God and divided among the nations will be fully restored, and in the final section of his discourse, we are presented with a picture of the terrible consequences, for those that rise-up haughtily against the God of the universe, foolishly renounce His Word, and pridefully reject His gracious offer of salvation.

(Ref. to Obadiah 1: 21)

Dr. Antony Theodore
Primary - Consciousness

But even more fundamental than all these states and aspects is primary consciousness, what is called the continuum of the luminous fundamental consciousness.

Dr. Antony Theodore
Primary Appeal Of Poetry Is To The Affective

Poetry with its primary appeal to the affective rather than the cognitive faculties, is a form of music.

Contemporary musicians have achieved effect and evoked response through experimental forms, even resorting to nonform.

Dr. Antony Theodore
Prince - Of - Peace

As the attributes
of the God of Abraham,
Isaac, and Jacob
continued to be
revealed to His
chosen people,
as the years rolled by,
so each of God's
revealed characteristics,
was one more beautiful
picture of the
coming Messiah,
the Mighty God
and Prince of Peace,
who would also
be the one who
would heal His
people Israel,
the nation whom
Isaiah described as
being sick,
'from the crown
of their head to
the sole of their foot'.

Dr. Antony Theodore
Privilege - To - Be - With - God

Thank You for
the privilege of
being used in
the world as a
witness of the
Lord Jesus Christ
and to do the work
that You have already
prepared for me to do.

Root out all that is of Me,
and replace it with
the sweet nature
of the Lord Jesus,
as I carry out the work
that You have prepared
for me to do,
in the power
of the Holy Spirit.

Dr. Antony Theodore
Problem Of Faith And Reason.

The power of the intellect
to arrive at union
with God is even
less than that of
ascetic techniques.

The relation of faith
and reason is
one of the perennial
problems encountered
by the philosopher
and theologian.

How far may a man trust
his senses, and to what
extent can he trust
his intellect to discern Reality?

Dr. Antony Theodore
Process - Of - Forgiveness

The logical question is how do you begin the process of forgiveness?

The truth is that you've already started by reading this. As you move through this process, you will see that forgiveness can involve drawing boundaries for yourself and simply figuring out what that boundary is.

The biggest aspect will involve going through the impact the betrayal had on your life.

Dr. Antony Theodore
Process - Of - Sanctification

Remember, we are to continue day by day in this process of practical sanctification.

Step by step along the path towards the goal of Holiness,

Little by little, we are being conformed into the image of God.

Dr. Antony Theodore
Proclaim the message
of grace to a lost world,
so that men, who are dead
in their sin and estranged
from God, may know the truth.

Let them be saved by grace
through faith in the Almighty
and find peace with and in God.

This world should be reconciled
back to the all caring God
and we are called to be
His peacemakers.

Dr. Antony Theodore
Proclaiming - The - Certitudes

It obliges the believing community to proclaim the certitudes arrived at, albeit with a sense that every truth attained is but a step towards that fullness of truth which will appear with the final Revelation of God:

“For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully.”

(Ref. to the New Testament 1 Cor 13: 12).

Dr. Antony Theodore
Profound - Awareness

A humble prayer calls down fire from above, and as we learn to live a life rooted in prayer, this heavenly fire grows into a profound awareness of the presence of God.

This is the deepest purpose of prayer, and making this journey is essential for reaching the heights of holiness for which we were made.

Dr. Antony Theodore
Profoundly - Significant

The more you tune in
to and master your
self-talk, the more

you embrace just
how profoundly
significant you are
in the eyes of your Creator.

You are becoming
healthy and whole.

(Healthy Me, Healthy Us
by Drs. Les and Leslie
Parrott).

Dr. Antony Theodore
Promises - In - God's - Word

Write down a list of all that God has promised you and add to it all the new promises you discover in His Word.

Which of God's promises is most important to you and your faith right now?

(Begin with Psalm 121)

Dr. Antony Theodore
Prompting - And - Inspiring

The Spirit not only prompted and inspired holy men of God, to script His message to humankind, but He continues to prompt and inspire all who search its pages diligently with a desire to discover the truth within its pages and an ear that is submitted to the Spirit's leading and guidance.

Dr. Antony Theodore
Pronouncing - Abundant - Blessings

It was after the children of Israel were redeemed from Egyptian slavery that God revealed Himself to His people, and pronounced abundant blessings on them, if they would hearken to His voice and obey His commands:

"I am the LORD your God, Who brought you out of the land of Egypt, so that you would not be their slaves," He reminded them, "I broke the bars of your yoke and I made you walk erect."

(Leviticus 26: 13 of the Holy Bible)

Dr. Antony Theodore
Proofs - Of - Divine - Revelation

Truly, miracles are meant as proofs of divine revelation. We have all heard of the miracles wrought by Jesus: raising the dead, giving sight to the blind, wholeness to the lame, food for the multitudes.

They are proofs of divine revelation.

Dr. Antony Theodore
Prophetic - Scripture

No prophetic scripture came to be written through the whim or imagination of the writer and no reader has the authority to interpret any scripture according to their own personal impulse or inclination.

Dr. Antony Theodore
Prophetic - Tradition - Of - Judaism.

When we hear
the words from
the book of Isaiah,
they seem
familiar to us:
What the prophet
said about himself
at the beginning
of the book of Isaiah,
we know from
the mouth of Jesus:
He uses the words
of the Prophet to
tell everyone
who he is.

Jesus thus places
himself completely
in the prophetic
tradition of Judaism.

His identity and
his mission are
inextricably
linked with tradition.

(Graphic: Ana StPaul saved to
Awestruck CatholicPinnersLounge Pinterest)

Dr. Antony Theodore
Prophetic-Interpretation

Scripture, which
is a prophetic
interpretation of reality,
starts us on our
great journey by initiating
us into many of
the mysteries of God
and His creation.

But even Scripture
does not exhaust
the mystery of all things.

It merely sets us
on the journey
ever deeper,
ever higher.

Dr. Antony Theodore
Prostrate There In The Inner Space

Step into your inner cave.
Pray to God Almighty
who lives in the unknown and unseen.

Pray to the One who sees
your being in wholeness.

Prostrate there in this inner space
in utter humility.

(The Cave of Fire - Story and Meditation - Crystalinks)

Dr. Antony Theodore
Protect - Me - Today

Against the false
seer's enchantments,

Against paganism's
dark laws,

Against heresy's
false standards,

Against idolatry's deceits,

Against spells of witches,
and smiths, and druids,

Against every knowledge
that binds the soul of man.

Christ, protect me today.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
Proud - Puppets - Of - Satan

God, I thank you
that a day is
coming when You
will bring to nothing
the proud puppets
of Satan, who have
enslaved world,
rejected Your offer
of salvation, and put on
a necklace of rebellion
and pride.

Increase my understanding,
I pray, and keep me
looking for Christ's
coming into my heart.

Dr. Antony Theodore
Providential - Power

Some view God as a kind of force that can be found in everything.

For them, God is not a personal being, but more like a providential power, that is not interested in rules or details but only in the big picture of things.

Dr. Antony Theodore
Providing - Insight

Paul provides insight into the circumstances that identify a widow in need and gives the distinctive characteristics that can be found in widows who are genuinely deserving,

"Now she who is a widow indeed, and who has been left alone, has fixed her hope on God and continues in entreaties and prayers night and day.";

Ref: 2, Tomothy.)

Dr. Antony Theodore
Pseudospiritual Individualism

pseudospiritual individualism
divinizes material success
and propagates the myth
that every man has
an equal opportunity
to attain whatever goal
he sets for himself.

Therefore, no one needs to
feel responsible for others.

The individual hides
from his natural unity
with all mankind.

The tendency of conformism
kills the singular traits
of each being.

As a result many
are incapable of authenticity.

Dr. Antony Theodore
Psychological - Hollowness.

It boasts of candour and urbanity, for which we are indebted to the enlightened spirit of this age. There is a psychological hollowness.

Dr. Antony Theodore
Psychological Pain

Emotional pain
HAS to be dealt
with in order
for healing to
take place.

Shneidman,
stated that
psychological pain
is caused by
frustrated
psychological needs.

For example,
the need for love,
autonomy,
affiliation,
and achievement,
or the need to
avoid harm, shame,
and embarrassment.

Such problems
have to be dealt
with and healing
will result.
(Written from the comments of the poetess of Listowel Marie Shine)

Dr. Antony Theodore
Public - And - Private - Moments

People were very aware that there were public moments and private moments, public spaces and private spaces.

All that is completely gone now.

(All these modern communication possibilities has made us somehow inhuman and ignoble)

Dr. Antony Theodore
Pulsating And Initiating The Emancipation Of Life.

Self forgetting
dancing in God's Presence

is pulsating and initiating
the emancipation of life itself.

It is the cosmic heritage in all creation.

Dr. Antony Theodore
This powerful, punchy message indicates what will happen to all God's enemies globally.

A day is coming when all Israel will be saved.

God's people will be fully restored to their promised land, and Christ will be enthroned as King of kings and Lord of lords, upon Mount Zion's holy hill.

(Ref. to obadiah-1-21)

Dr. Antony Theodore
Puppet - Master

Some view God
as a puppet master,
causing all
the good and
all the bad
in the world.

They are elated
when good things
happen but
devastated when
tragedy strikes.

Dr. Antony Theodore
You are today
where your thoughts
have brought you.

Be clean and pure.
Let no impure thoughts
influence you.

you will be tomorrow
where your
thoughts take you.

Dr. Antony Theodore
Pure - Concentration

"Meditation here is not reflection or any other kind of discursive thinking.

It is pure concentration: training the mind to dwell on an interior focus without wandering, until it becomes absorbed in the object of its contemplation.

Dr. Antony Theodore
Pure - Reason

The unavoidable problems set by pure reason itself are God, freedom, and immortality.

Dr. Antony Theodore
Pure - Selflessness

Love can give
the strength
for this behavior,
but often only
as long as love
meets reciprocal love.

Pure selflessness
is very rare in
our structure of
society, which
encourages performance
and competitiveness.

Dr. Antony Theodore
Pure Awareness

Our true nature is
pure awareness,
pure spirit
and pure creativity.

Reality streams from us.

But we have the choice
to emanate love
or non-love.

Dr. Antony Theodore
Pure Consciousness

The consciousness of Being is an immediate experience that goes beyond reflexive awareness.

It is not 'consciousness of'

but pure consciousness,

in which the subject as such disappears.

Dr. Antony Theodore
Pure intimate love
is like a pure diamond,
blazing with the invisible
light of heaven.

Dr. Antony Theodore
Pure Love

I saw your lips, wet with desire.

But we did not kiss.

I saw your yearning fingers trying to touch mine.

But we did not touch.

I heard the rhythms of love in your heart at my presence.

But we did not hug.

Dr. Antony Theodore
Pure Romance

Bring your harp.
Sing a song of love.
Dance to its rhythm.
I want to get back
the lost grace of my life.

When you sing and dance
before me in innocent gestures
grace shall fill my veins.
Sing to me and dance in tunes
of pure romance.

(I published this poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. Published for a long time with
this second name)

Dr. Antony Theodore
Pure Surrender Of Selfhood

One essential preliminary to reach God is the pure surrender of selfhood where Ego needs have no place.

Dr. Antony Theodore
Purelove

Beyond the wrong
and the right
let me travel
into the world of love
where your being is
ever present before me
filling with love pure.

Oh
beyond the wrong
and the right
let me travel.

Dr. Antony Theodore
Purification Is The Path To The Mysteries.

Purification is the path to the mysteries.

Descend into our nothingness
to examine the foundations
of all possible human experiences.

This gives us the ability to understand,
evaluate and criticize the poets,
the visionaries and saints.

There is a world of reality
in our own selves.

Discover it.

Dr. Antony Theodore
Purified By A New Awareness

Allow ourselves
to be purified
by a new awareness
of God in prayer.

The faith that animates
the contemplation knows
that the God's presence
is always new, always
bringing newness
into the world as a foretaste
of what is to come.

God wants and wills that
we might have life to the full.

But we must be ready for this gift.

He reveals His glory that we
might thrive in praise of it.

Do not allow ourselves
to be distracted by the cares
and anxieties that weigh down
taking us away from the presence of God.

Dr. Antony Theodore
Purify The Doors Of Perception.

The spirit lies beneath
the layers of sensations.

Cleanse all that obscures the Spirit.

Purify the doors of perception.

Then you will find
the center in your own body
where spirit and love meet.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Purifying The Heart Of Every Created Image

The only really valuable mystical experience is a deepening and intensification faith and love by the gifts of the Spirit of God.

It is an intensification that only simplifies our faith and makes it more clear by purifying it of every created image and species.

Dr. Antony Theodore
Purity - Of - Your - Thoughts

If you care for
the purity of your heart
and purity of your thoughts,
it will take you to
a whole new world.

Above all that, you
wake up a whole
new person, refreshed,
revitalized, and reborn.

Check your thoughts.
Remain in purity.

Dr. Antony Theodore
Pursuing - Reality

Those who do not pursue reality, and have no knowledge of reality, are likely to pursue that which is supernatural.

They can be easily tricked by esoteric teachings.

They may feel empty in their search, and their lives will suffer from lack of meaning.

Dr. Antony Theodore
Pursuing God's Call.

We experience sexual urge through our own lives in many ways.

Sexual desire invites us to pursue covenant.

Our bodies remind us that we were not meant to be alone.

Dr. Antony Theodore
Putting - Fear- To -Flight

Faith in the truth
of God's word
should be the watchword
of every suffering saint,

for faith in God's promised
word puts fear to flight.

As we trust God's word
so our faith in Him is
strengthened and secured.

Dr. Antony Theodore
Gog is a leader, 
who has yet to be 
identified on the 
world scene, but in 
His wisdom and power, 
God manipulates his 
evil schemes to perfect 
all that the Lord has 
purposed for His people 
and the world at large.

"I will turn you about and put hooks into your jaws," is God's warning to Gog and His brilliant strategy... "and I will bring you out, and all your army, horses and horsemen, all of them splendidly attired - a great company with buckler and shield, all of them wielding swords."

The Lord will allow Gog 
to undertake his evil attack, 
but his evil plan will not 
succeed for GOD is in control!

(Reference to the story of Gog in the Book of Ezekiel in the Holy Bible).

Dr. Antony Theodore
Quarantine - Has- A - Purpose

Quarantine has
a purpose not only
against the virus,
but also for ourselves.

The selfishness,
the ambition,
the cruelty,
the jealousy,
the hatred,
all that negativity
in our souls
and hearts
were killing
us as as a society.

Please, clean
your heart and mind.

Now is the time! ! .

Quarantine has a purpose.

Dr. Antony Theodore
Quench My Thirst And Longings

I built a cave,
lit an earthen lamp,
sat there praising your holy name
all night through
and fell at your unseen feet
in benevolent adoration.
When will you appear
to quench my thirst and longings?

(This was published by mein Micropoet under the name of my beloved mother Genova Maaawho passed away at a young age. I published for a long time underthis second name. I write to keepher memory alive as long as i live).

Dr. Antony Theodore
Quest - For - Meaning

These questions
of the origin of evil
and the quest of
life after death
appears in the
philosophical writing
of Plato and Aristotle.

They are questions
which have their
common source in
the quest for meaning
which has always
forced the
human heart
to search for
right answers.

Dr. Antony Theodore
Question - Of - The - Meaning

Among the resources to generate greater knowledge of truth is philosophy, which is directly concerned with asking the question of life's meaning and sketching an answer to it.

Dr. Antony Theodore
Question - Of- Intuition

We can love, admire, and embrace the question of intuition regarding our existence.

Consequently, it will slowly cease to have a rational, objective, conscious character.

Dr. Antony Theodore
Questioning - Spiritual - Perceptions

From the age of twelve, the child may gradually begin to doubt and to question spiritual perceptions previously taken at face value as seen reflected in nature and experienced emotionally in the giving and receiving of love and caring.

Dr. Antony Theodore
Quiet - Despair

The underlying anxiety which pervades such a society can never be a blissful state.

There is a saying that most people lead lives of quiet despair.

Seeing the light and living by it may take courage, but it offers an alternative to such a wasting of life.

Dr. Antony Theodore
Rabid -Secularism

Our falseness,
the fakeness
of a growing
anthropocentrism
pounds its way
to an angry, rabid
secularism; or to,
even among believers,
acceptance of a
grave distortion
of Truth, or to
indifference,
to lukewarmness,
and a prejudicial
view of one's
own holiness.

Dr. Antony Theodore
Radiance - Of - Glory

Jesus of Nazareth
is the radiance
of the Father's glory
because He is the
Second Person
of the Trinity.

He is the exact
representation
of the Father's nature
and upholds all
things by the word
of His power.

And when He had
made purification
for our sins,
He sat down at
the right hand of
the Majesty on high,
for He also said:
I AM - the Good Shepherd,
and I lay down
My life for the sheep.

Dr. Antony Theodore
Radiate God's Love

If you depend on this knowledge that God loves you more than you love yourself, and if this faith overpowers all your actions and thoughts, then you will always radiate God's love.

You will find great consolation in it.

Dr. Antony Theodore
Radiating - Vitality

I trust myself.
I trust in my self-healing powers.

Every cell in my body radiates vitality.

I treat my body gently and lovingly.

Dr. Antony Theodore
Radiating God's Spirit

Give us your spirit
to be able to love
all and also our enemies.

Help us to spread
your new good news
to the poor and the needy.

Penetrate our body and soul
so that it may radiate only you.

Dr. Antony Theodore
Radicalsurrender

God asks for our radical surrender and self-emptying, our stripping ourselves of any pretense that we have or are anything good apart from God.

God will come through for us and give us graces to cooperate with Him in extraordinary ways.

He will call us to be magnanimous and great-hearted and plunge into the work of redeeming this world for God.

Dr. Antony Theodore
Raging - Fire

An earthquake
split the ground,
followed by a
raging fire.

With each act
of nature, perhaps
Elijah braced
himself to be
swallowed up,
blown away,
or consumed by
the hands of
this powerful God.

(Ref. to 1 Kings 19: 1-3).

(Graphic: Parker Beck saved to
The Bible in Domain of the Gods pinterest)

Dr. Antony Theodore
Rain And Diamonds

God of love, your rain fell on 
my open palms, bare 
and became diamonds.

(Graphic: Amadelia Grace saved to Pluviophile..)

Dr. Antony Theodore
Rain On Me, My God Rain On Me

Rain on me, my God
Rain on me.

Make me naked.
Pour your rain
on my body
in my soul
on and in my heart
and in my intellect.

I want to be wet
with You, my God.

Rain on me my God rain on me.

Dr. Antony Theodore
Raindrops And The Ocean.

Raindrops, O raindrops,
fall down without regret,
pour down in plenty.

Remember in exchange
you gain the ocean
in all its magnificence.

In the loving hands of the sea
you are always secure.
Are you not proud and fortunate
O raindrops of heaven?

On the way to the ocean
you become an artist
of excellence drawing
perfectly the vibgyor colours
of a beautiful rainbow.

You hide all the hues in you
o shining rain drop.

You bless God.
You praise God.
You fall from God's hands
down to the sea
to be glorious for ever.

(Graphic: I. A saved to tempêtesPinterest..raindrops and rainbow

Dr. Antony Theodore
Raise Your Consciousness.

Raise your consciousness.

Begin on a path to a higher form of thinking.

Share something deep and meaningful to others.

Begin to exist from within the heart.

Dr. Antony Theodore
Raise Yourself To God

When in a village,
we tend to think,
that the whole landscape
unified by the church
and its heavenward spire,
seemed to say:
this is the meaning
of all things; we have
been made for no
other purpose than
that men may use us
in raising themselves
to God, and in
discontent with
the modern society.

Live and drink from
the fountains of
spiritual search.

Dr. Antony Theodore
Raising - Standards

Raise your standards to the life you want to live.

Do not live in an emotional state if you don't want to be in an emotional state.

Dr. Antony Theodore
Ramblings - Of - The - Depressed

The contents of Ecclesiastes sound like the ramblings of a depressed man, interspersed with little glimmers of hope and injections of joy here and there.

At other times it appears to contradict other passages in Scripture, causing some to question its legitimacy, as an integral part of the Scriptures.

However, it must never be forgotten that these are the reflections of Solomon, as he approached the end of his life. And there is much that we can learn from its pages for all scripture is written by inspiration of God and is profitable for our learning.

Dr. Antony Theodore
Rational - Tradition- And - Morality

The rational tradition can be redeemed, but it requires a closer examination of the social, institutional and psychological grounds of morality and moral action.

This is like a world of Arnold's ignorant armies clashing by night.

Dr. Antony Theodore
Rational, - Existential - Questions

We must learn to ask rational and existential questions of the competing grand narratives in our world today.

Which story about the world is most coherent on its own terms?

Dr. Antony Theodore
Raw - Emotions

Our conversation with God needs to start with our raw emotions, and yet, so many of us try to hide this fear.

It seems so simple, but the kind of honest conversation with God does not often make our task easier, especially in a time of crisis.

We live mostly unaware of how much fear drives us.

Dr. Antony Theodore
Rays Of Love

May the rays of love
shine through your heart.

May the divine thoughts
of love shine through your words.

Dr. Antony Theodore
Reach Purification

In meditation
you learn to be with your heart
to be aware of its spiritual meaning.

Reach purification by releasing
all that is repressed.

Listening to your heart
without manipulation or judgement
leads to pure attention.

(This was published in Micropoet under the name of my beloved mother
Genova Maaa who passed away at the young age of 38. I published for a long
time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Reaching Out To The Inner Reality

Reaching out to the inner reality
is the call of God to a poet.

One who cares to listen to it
becomes a real poet and a prophet.

Eradication of all that is non-spiritual
from him, becomes his divine duty.

It is only then his prophetic call
becomes clear and his voice
will have a celestial tone
that affects all his listeners.

Dr. Antony Theodore
Reacting - To - Life

You are worthy.
You are powerful.
You are unique.
You are strong.
You are special.
You can choose
how to react to life.

Dr. Antony Theodore
Many of us commit to some form of spiritual reading, but we find that our book choices are sporadic and often based on a whim rather than following a purposeful plan.

Delve deeper into a relationship with God by meditating on the written word while organizing your reading around the pillars of your Faith: morality, and prayer.

Dr. Antony Theodore
Ready to Confess

Recognise your own limitation.

Be ready to confess, your weaknesses before the Almighty.

Do not engage in carnal desires.

Do not indulge in fleshly pursuits, tarnishing a life given by God Almighty.

Be a beacon of light and truth.

Dr. Antony Theodore
Reality - Is - Unbearable

Later, however,
his book, A Grief Observed,
chronicles his thoughts
following his
wife's death.

Lewis' account
of his anguish
and spiritual
disorientation
is palpable.

It is enough to
bring tears to
the reader's eyes.
"Reality, looked
at steadily,"
he wrote,
"is unbearable."

(Refering to the novel
Plague of Albert Camus)

Dr. Antony Theodore
Reality - Of - Darkness

The woman who seemed to be a living embodiment of the love of God once wrote in a private letter, "Love the word it brings nothing.

I am told God loves me and yet the reality of darkness and coldness and emptiness is so great that nothing touches my soul.";

(About Mother Teresa of calcutta)

Dr. Antony Theodore
Realization Of The Truth Of The Scriptures

Realize the truth of the scriptures; learn to be detached and to take joy in renunciation. Do not get angry or harm any living creature, but be compassionate and gentle; show good will to all.

(Inspirational quotes from the Hindu Spiritual classic Bhagavat Gita)

Dr. Antony Theodore
Realize Your Own Beauty

You are such a wonderful gift.
Do you feel deep in yourself
that you are a great gift?

It is high time to realize your own beauty.
Zest for life and lust for life and living
should you discover in your own self.

Do you say yes to your own beautiful self?
See the sparkling and twinkling stars.
They say yes to themselves.
Do you say yes to your own beautiful self?

Open yourself to the gleaming and glowing sun.
Say yes to every new day
for life is a gift from the Almighty God.

Dr. Antony Theodore
Realize Your Possibilities.

All the possibilities of your human destiny are asleep in your soul.

You are here to realize and honour these possibilities.

When love comes into your life, unrecognized dimensions of your destiny awaken and blossom and grow.

The soul needs love as urgently as the body needs air.

Dr. Antony Theodore
Realizing That I Am Love

Realizing that I am love
is a universal realization.
You can see that
it is cherished in every
spiritual tradition.

We come to the realization
that all relationships
are simply and clearly
a relationship with God.

Dr. Antony Theodore
Really Sublime Is This Life.

Really sublime is this life. 
Achieving and pursuing goals 
ready to meet any kind of fate, 
we go forward with courage 
to face the broad field battle.

Life is earnest and goals are true. 
We fight till death, come what may. 
In such minds, God the Almighty 
showers his graces and powers.

Dr. Antony Theodore
Reason - And - Faith

Faith in God
and other religious
philosophical ideas
are considered
peculiar characteristic
delusions of the
human species
contributing something
to the complexity
of human evolution.

Non-theism, as
an intellectual
conclusion rather
than an emotional reaction,
is based upon the notion
that only the observable
can be known or relied upon.

Dr. Antony Theodore
Reasons - And - Causes

We need more than
the intellectual virtues.

Knowing is not enough.
We need to take into
consideration what
follows practically

from applying these
principles, particularly
when it comes to
to look for the
real reasons
and causes.

Dr. Antony Theodore
Rebecca Barlow's Christmas Prayer For You.

A Christmas Prayer for You  
By Rebecca Barlow Jordan on Dec 20, 2018 08:30 am

As Christmas draws near, may our hearts also draw closer to the One we celebrate—it's all about Jesus. And despite the fears, the tears, and the challenges that invade our world daily, we can experience the joy and peace He came to bring. That's my wish for you this year, that not only will Jesus be the center of your Christmas celebration, but that you will know His joy and His peace, this Christmas, and always!  
A Christmas Prayer for You - Peace, joy, good will- if you're craving those things to be a reality in your life this year at Christmas, here's a Christmas prayer for you.  
My Christmas Prayer for You

I hope you'll read this Christmas prayer I wrote and accept it as my prayer-wish for each of you this Christmas. Take time this year to make prayer a part of your Christmas traditions, wherever you are.

Over two thousand years ago a band of shepherds heard some startling news from angelic visitors: "Be not afraid;" "good news of great joy;" "peace on earth and good will." Seriously? But that was then, and now is now. Is that joy and peace still available? If you're craving those things for your life this year, no matter where you are, here's a prayer for peace and joy to be a reality in your life this year at Christmas:

Lord, in a season when every heart should be happy and light, many of us are struggling with the heaviness of life—burdens that steal the joy right out of our Christmas stockings. Crazy weather disasters strike at unsuspecting areas, ravaging peaceful homes and interrupting the lives of unsuspecting residents. Tragedy arrives as innocent victims suffer, and an inner voice whispers, "Be afraid!" "We need your peace, Jesus.

Lord, we still carol the wonderful message, huddled beneath winter caps on snow-covered porches, or from churches, led by enthusiastic musicians or choir members. Yet we confess that our hearts are too often filled with wonder of a different kind: wondering when the bills will be paid, when the terror will stop, when rest will come. Will it ever? Is the message still true? In a world where worry, not peace, prevails, stir up that good news again. This Christmas, make it real in our hearts. Never have we needed Your joy and peace more than now.
Thank You for the gift of Jesus, our Immanuel, the Word made flesh. Forgive us for forgetting—that Your love never changes, never fades, and that You never abandon the purpose for which You came: to save us from our sinful condition, and to give us life eternal, the joy of relationship with a holy God. Your birth—and Your death—sealed Your promise to us forever.

For those whose hearts are battered by sorrow or broken relationships, for those whose lives know only conflict and confusion, for those whose bodies are tired and tested beyond their ability to endure this year—precious Savior, draw them close to You. Let them know You are still the same Jesus who was born of a virgin, not in a hospital but an animal barn, laid in a manger of hay. You are still the One sent by a heavenly Father who offered not condemnation for our sins, but love and forgiveness—and daily, divine fellowship.

We not only need Your peace and joy; Lord, we crave it. You've promised rest for the weary, victory for the battle-scarred, peace for the anxious, and acceptance for the brokenhearted—not just at Christmas, but every day of every year. Release the joy in us that's been crushed by pride, wrong priorities, or world events. Tear down the strongholds that have held us captive far too long. Extinguish the flames of apprehension that rob us of a calm, quiet spirit. Show us again the beauty of that holy night so many centuries ago.

Your name is still called "Wonderful," "Counselor," "The Mighty God," "The Everlasting Father," and "The Prince of Peace." As Your children, we cry out for a fresh filling, and a new awareness of Who You are. We choose by faith to make the "good news of great joy" a reality in our own lives, so others can see us as lighted trees of life, pointing to You this Christmas.

We know one day every knee will bow and every tongue will confess that You are Lord. And we also know that peace on earth can only come when hearts find peace with You.

You are still our Joy and our Peace. You are no longer a babe in the manger, but You are Lord of lords and King of kings. And we still celebrate You as Lord—this Christmas and always.

Jesus, You are worthy of our praise! King of kings and Lord of lords, we celebrate You this Christmas.

Day-votedly Yours,
Rebecca

"Glory to God in the highest, and on earth peace, good will toward men!

" (Luke 2: 14, KJV) .

"Do not be afraid. I bring you good news that will cause great joy for all the people" (Luke 2: 10, NIV) .

This post first appeared on Crosswalk.

My dear poet friends. I saw this post in Crosswalk and wanted to share with my very dear poet friends.

This is not written by me. Rebecca Barlow Jordan wrote it.. Thank you. God bless you always.

Dr. Antony Theodore
Rebelling - Against - Yourself

If you do not understand
the truth, you will
not be able to discern
your state of being.

You will want to rebel
against yourself
but will have no idea
how to do it or what
you are rebelling against.

Dr. Antony Theodore
Rebellious - Tendencies

The ultimate solution to rebellious tendencies is submission to God's authority over you.

Intellectually, you rejoice in God's sovereignty, without which the world would be a terrifying place.

But when God's sovereign will encroaches on your little domain of control, you often react with telltale resentment.

The best response to losses or thwarted hopes is praise: The Lord gives and the Lord takes away. Blessed be the name of the Lord.

Dr. Antony Theodore
We are to recall that His mercies are new every morning and great is His faithfulness. And so they concluded their song by praising God, in the knowledge that He would deliver them from all that would harm them, and provide all they needed for life and godliness.

Dr. Antony Theodore
Receive - Goodness

There is so much love.
There are people who love you
and whose lives you have made a difference too.

Keep strong.
Keep going.

Let go of anger, bitterness.

Receive goodness, receive Love, receive strength from the Source.

Don't give up, because God loves you.

Dr. Antony Theodore
Receiving - Consolation

The people
who caused
you the harm
knowingly
are gone

and you shall
never meet
them in life.

You do not
find an answer
to your complaints
and find an answer
to your question, Why?

Even then, go to
Jesus and tell
Him everything
in tears and you
are sure to be consoled.

Dr. Antony Theodore
Reckless - Words

Reckless words
pierce like a sword,
but the tongue
of the wise
brings healing.

(From the Book of Proverbs 12: 18
of The Holy Bible)

Dr. Antony Theodore
Recognition - Of - The - Helping - Jesus

With all the anticipation
for Christmas,
Advent wants to
help us, to recognize
this Jesus in
the midst of us today.

Jesus appears
in our lives
as a fellow human
being who wants
to help us in
our dire needs

and as the savior,
who sees our needs
and wants to save
us in his own way.

Dr. Antony Theodore
Recognizing The Presence Of God In The Creatures.

Whosoever knows
and loves the nobility
of the freedom of the Almighty
cannot bear to love
the Almighty alone,
he and she must also
love God in the creatures.

By a faithful endurance
of the Purgative Way
dthis power to recognize
the presence of God
in the creatures
is acquired and it is
a characteristic
of the illumination.

Dr. Antony Theodore
Reconcile Yourself With All In This World.

Simplicity  
patience  
and compassion  
are the greatest  
treasures of your life.

Be compassionate  
and loving towards  
your own beautiful self.

It will teach you  
to forgive  
and pardon  
all those evil doers  
whom you came across.

Reconcile yourself  
with all in this world.

Dr. Antony Theodore
Reconciliation

As human beings we have peace with God, through faith, and have been made ministers of reconciliation, so that fallen sinners may be reconciled back to God and gain true peace in their heart.

Dr. Antony Theodore
Recovering From Alcoholism

The many steps
of recovering alcoholics.

The first is to admit
they are powerless
to help themselves
and their lives have
become unmanageable.

The second was to come
to believe in a power
greater than their own
which could restore
them to sanity.

The third was to turn
their lives over to God
as they understood him.

These steps are to be
amplified
and emphasized
to understand
the need to face up
honestly to past faults
and try make amends
to those they had
caused so much suffering.

Dr. Antony Theodore
Recovering The Original Unity.

The imperative task
for the modern man,
is to recover the original unity.

This lived unity
is attained through
self-transformation
and transcendence
and thus one is able
to be everywhere
in the world by
hiddenness and compassion.

Dr. Antony Theodore
**Redeeming - Light**

Christ is that gracious
Light, that streams
eternal love into
the broken lives
of Adam's fallen race,

and He is the
pure Light,

the redeeming
Light, Who speaks
new-life into the
one who is dead
in trespasses and sins.

Dr. Antony Theodore
We are struggling with staggering troubles and worries than ever before.

More than ever, we need the hope of Jesus.

God is in the business of redeeming the broken.

Do you crave for some hope during these tough times? Then this is the message you need.

God loves you. God cares for you.

Dr. Antony Theodore
Redefine Human Nature In Positive And Godly Terms

Feeling of safety,  
self-confidence,  
full of self-esteem  
and deep-felt love  
for self and others,  
deeply appreciative  
of what life brought to them,  
constantly in a state of wonder  
year in and year out,  
life appears fresh and alive.

They are the self-actualized.

Redefine human nature  
in positive and godly terms.

Dr. Antony Theodore
Redemption - In - World - History

With humanity under his direction, Satan used people to torture Jesus.

His goal was either to see Jesus die in the beating or to provoke Jesus into asserting His miraculous powers against those who were harming Him.

In either case, Jesus' progression toward the Cross, and the radical act of redemption in world history, would be prevented, and Satan would continue his rule.

Dr. Antony Theodore
Refering - To - Melchizedek

For two entire chapters, the writer to hebrews refers to Melchizedek, who was King of Salem and Priest to the Most-High God.

He reminds them that this great king-priest, met Abraham, blessed him, and gave him bread and wine.

Dr. Antony Theodore
Reflecting - The - Eternal - Beauty

We are under His employment and we have a responsibility to do as He tells us and He will fashion and form us into the image and likeness of His beloved Son, until we reflect Christ's eternal beauty.

Dr. Antony Theodore
Reflecting - Up - On - God

Can there ever be a heart that truly, honestly, and carefully reflects upon God's greatness,

that does not cover their face with a mantle

and recognize they are treading on holy ground?

Dr. Antony Theodore
Reflecting On The Essentials Of Life

We want to reflect on the essentials of our lives.

The renunciation of certain things chosen by us can help us to become free and open for God and our fellow human beings in need.

we want to dispose of consciously what makes us unfree and dependent.

Dr. Antony Theodore
Refrain from Uttering

If your words will
offend a poor man,
do not utter a word.

When you would
be ashamed of
your words later,
keep your mouth shut.

When you are about
to tell a real lie
and you know
that it is a real
temptation
against the truth,
do not utter a word.

Dr. Antony Theodore
Regain The Lightness Of The Being.

Release all grudges
and all unforgiveness.
Think of those things that hurt you
and of all things that upset.

Refrain from words that destroys.
Utter only positive words.
Regain the lightness of the being.

Turn the situations causing resentment
as ideal opportunities
to work on the inner self.

Release all grudges
and all unforgiveness.

Dr. Antony Theodore
Regard Every One, As An Angel

Regard every one
as an angel
of purity and meekness.

Do not concentrate
on the weakness of others.

Do not find fault with others.

Consider yourself
as one who is to be criticized.

Such a humility will make
you a great spiritual being.

Dr. Antony Theodore
Some health conditions may increase anxiety. For example, someone with chronic pain might experience regular anxiety.

Dr. Antony Theodore
Regular - Meditation

It is not hard to experience fear, discouragement, depression, anger, doubt and general negativity.

I have found that regular meditation has created for me a special &quot;sacred space&quot; to which I can retreat and let the world and its persistent symptoms fall away.

Dr. Antony Theodore
Reinvent And Reclaim Religion.

The world seems to be spinning out of control.
In the name of God bombs are detonated.
Subordination of women,

killing in the holy name of God.

Religions failed.

Religious Routinism,
dogmatic teachings devoid of vision and soul,
dogmas without a relation to real life,
religious extremism,
mindless repetition of prayers.

Religion becomes slowly irrelevant.
It does not appeal to the young.

Reinvent Religion
to meet the needs of modern life.

The world is on fire.

So reinvent religion.
Reclaim religion.

Offer faith of all kinds
as a hopeful counter-narrative
to the numbing realities of violence,
extremism and pessimism.

Dr. Antony Theodore
Reject - Evil

My enemy
the Devil
seek my downfall
and the downfall
of those I love.

Help me withstand
all forms of evil
and to submit to
You in all things.

Dr. Antony Theodore
Rejection

We silently
carry in our hearts
lot of pain.

We are rejected.

Rejection is so painful.

Even those whom
we trusted cheat.

The terrible memory
of such experiences
are haunting us.

Touch our silent hearts
full of sorrow with your
ever loving hands and heal us.

(Graphic: Sonja Rotha gerettet, um Gebete - Gebete Pinterest)

Dr. Antony Theodore
Rejection - Of - God

Despite Israel's Old Testament idolatry, their rejection of God's promised Messiah, and their leader's blasphemy against the Holy Spirit, Amos was moved by the Spirit of God to offer hope, and he prophesied.

In the Day of the Lord I will wall up its breaches.

During the Day of the Lord. I will also raise up its ruins, and rebuild it as in the days of old.

(Ref. to Amos 9: 11).

Dr. Antony Theodore
Rejection - Of - Their - Messiah

Despite the prophesied
destruction of the
Temple due to Israel's
apostasy, the fallen
house of David which
has been brutally
scattered to the
four corners of
the earth since
the rejection of
their Messiah,
will be raised up again.

Its broken walls
will be lifted up,
its ruined buildings
will be rebuilt,
and the beauty
of its former glory
will once again be restored.

Dr. Antony Theodore
Rejoice!

We are called to celebrate our faith with joy.

But is the joy also seen in us human beings?

"Rejoice!"

These are the words of the prophet Isaiah.

But do we have a reason to be happy? There are so many who have nothing to laugh about and whose life looks bleak.

Do we come to terms with it? Or are we trying to bring light in the life of human beings who are in sorrow?

Dr. Antony Theodore
Rejoicing - In - God

On many occasions and in some of his other writings David repeated the same theme, of rejoicing in God and exalting His holy name.

(For instance, in Psalm 21 he wrote, "Be exalted, O Lord, in Your strength. We will sing and praise Your power," while in Psalm 57, we read, "Be exalted above the heavens, O God. Let Your glory be above all the earth.")

Dr. Antony Theodore
Rejoicing - With - The - Truth.

„Love is patient,
love is kind.
It does not envy,
it does not boast,
it is not proud.

It does not
dishonor others,
it is not self-seekin,
it is not easily
angered, it keeps
no record of wrongs.

Love does not
delight in evil
but rejoices
with the truth.
It always protects,
always trusts,
always hopes,
always perseveres.";

(Ref: 1 Corinthians 13: 4-7
in the New Testament
of The Holy Bible.)

Dr. Antony Theodore
Relationship - Problems

I was offering her
an olive branch
as I opened up
to praise her.

But a cold, untrue,
crass, cutthroat,
nasty, and
breathtakingly
savage
like reaction
came from her.

When I couldn't
shake the pain
of this conversation,

I eventually laid
the whole thing
out to God like
it was my last resort.

Dr. Antony Theodore
Forgiveness is
the release of
resentment or anger.

Psychologists teach
Forgiveness doesn't
mean reconciliation.

One doesn't have
to return to the
same relationship
or accept the same
harmful behaviors
from an offender.

But release the
resentment
and anger
from you.

Dr. Antony Theodore
Releasing - Pain

What do we do with that pain?

How can we get it out in a way that releases us and brings wholeness and healing?

Tell Jesus.

Dr. Antony Theodore
Religions - As - Mediators

Since religions are based in some sense on the person and work of Christ, they must be seen then as mediators that participate in the universal presence of Christ, who is the one, universal mediator, and his Holy Spirit.

Dr. Antony Theodore
Religions Shall Not Divide The Humanity.

God’s commandments are not difficult.
One who obeys the commandments enjoys continuous mental peace.
He is like a rock unmoved in sufferings.

Every human being is begotten by God.
A man or a woman who overcomes the world enjoys the victory over the world and stands firm in the tribulations.

God’s spirit is the truth.
The Spirit of God bears witness to all our actions, words and thoughts since we are the children of God.

No Religion shall divide us because God is beyond all Religions.
Stand firm united with the Almighty, the mighty creator of the universe.

Dr. Antony Theodore
Religious - Conceptions

If you always focus on reality, your life philosophy, religious conceptions, and natural character will be expunged according to the work of God.

Dr. Antony Theodore
Religious - Pluralism

Theology of religious pluralism is an inclusivist one.

It is inclusive pluralism.

Dr. Antony Theodore
Religious and Monastic Traditions.

Communication
in depth, across the lines
that have hitherto divided

religious and monastic traditions,
is now not only possible

and desirable,
but most important

for the destinies
of Twentieth-Century Man.

Dr. Antony Theodore
Religious-Minded Men

Stephen's words
cut straight to
the heart of
these religious
minded men.

They started
to gnash on him
with their teeth,
and they picked
up rocks to
stone this godly man.

(Ref. to the murder
of St. Stephen
in the Acts of the
Apostles 7: 57 of he
New Testament)

Dr. Antony Theodore
Relying - On - The - Wisdom- Of - God

Depend and believe
more on the wisdom of God
than on the logic of this world,
although this wisdom appears
to many as more of a foolishness.

St. Paul calls himself a "fool".

He proclaims a crucified one
as the savior of the world.

Some contemporaries
therefore considered him "crazy".

But Paul had recognized
a mystery of God
that could no longer
be explained with human logic.

Dr. Antony Theodore
Remaining Humble

When we know more,
we become more humble.
It is the rule of inner nobility.
In the absence of inner emptiness
We tend always to remain humble.

Dr. Antony Theodore
Remaking Of The Consciousness

The mystic wholly remakes
his consciousness,
and opens up
new paths for
the inflow of that
'Triumphing Power'
which is the very
substance of the
Real and in virtue
of this total regeneration
is transplanted into that
Universal Life,
which is yet not
alien but his own.

Dr. Antony Theodore
Remember

Remember your compassion, O LORD and your kindness are from of old.

In your kindness remember me, because of your goodness, O LORD.

(Ref. toPsalm 25: 4-5).

Dr. Antony Theodore
Remember Dharma, Tao And Self-Transcending Awareness.

Remember that to achieve the unitive knowledge, to realize this supreme identity, is the final end and purpose of human existence.

Remember that there is a Law or Dharma, which must be obeyed, a Tao or way, which must be followed, if men are to achieve their final end.

Remember that there is of I, me, mine, that can make a man selfish, and that consequently the Tao is a Way of humility and compassion, the Dharma a Law of modification and self-transcending awareness.

Remember all these.

Dr. Antony Theodore
Remember The Cradle

Remember the cradle
in which you were lying
when your mother
sang lullaby to bring
you to peaceful sleep.
Go to that world
of joy and calmness.
Remain there.

Dr. Antony Theodore
Renewed - Like - The - Eagle

Our youth is renewed like the eagle, when we reverence our God in the beauty of holiness.

The Lord executes wonderful acts of righteousness and justice for all that are oppressed.

In His grace, He has revealed His ways to the children of men.

Dr. Antony Theodore
Renewing The Human Life Through Self-Emptying

We, human beings not only
passively receive
in us the grace of Christ,
but we actively renew
in our own life the self-emptying
and self-transformation
by which God became man.

Dr. Antony Theodore
Renounce - The - False - Make-Up

To yourself you seem of little worth, but in reality you are precious.

Insofar as you forsook Him whose image you are, you have taken on the colors of strange images.

But when you begin to breathe in the atmosphere wherein you were created,

if perchance you embrace discipline,

you will quickly shake off and renounce this false make-up which is only superficial and not even skin-deep.

(Graphic: Milu Mon saved to K A F K A • memorablePinterest)

Dr. Antony Theodore
Renounce Youself.

Renounce youself.
Be a follower of mine.
Willingly take up your
cross and follow me.

Sufferings has meaning.
It purifies you and helps
you to lift up your eyes
and heart to God pleading
for love and acceptance.

You become holy and loving
when you accept yourself
as a sinner in deep humility.

For anyone who wants
to save his life will lose it;
but anyone who loses his life
for my sake, that man will save it.


Dr. Antony Theodore
Renouncing - Ego

Do not envy.
Create the sense
of the feeling
that we are all One.

Detach yourself
from everything
and renounce
your Ego.

If you renounce
your ego,
you can be
really Free.

Dr. Antony Theodore
Renouncing prestige

Blessed are those who overcome their prejudices because they will not experience enmity.

Blessed are those who renounce their prestige because they will not be short of friends.

Dr. Antony Theodore
Renunciation And Detachment

When the spiritual consciousness grows,
his consciousness shows many things
in his life to be Illusory or impure.

His renunciation and detachment,
Purification and its trials,
all form the part of his intense
Aspiration to reach God.

(Quote:  Guru Nanak's teachings)

Dr. Antony Theodore
There are two types of renunciation: false and proper
(vairagya dui prakara—phalgu o yukta)

eka-dina jijnasilena gosani sanatana
"'yukta vairagya' kare bale prabhu karuna varnana

eka-dina-One day, sanatana
gosani-Sanatan Goswami jijnasilena-asked,
"kare bale-&quot;What is 'yukta vairagya'-proper renunciation?

prabhu-O Lord, varnana karuna-please explain [it].

One day, Sanatan Goswami asked, "What is proper renunciation? O Lord, please explain it.

mayavadi bale, 'saba kaka-vistha-sama
visaya janile nyasi haya sarvottama'

mayavadi-Illusionists bale-say, 'nyasi janile-'If a sannyasi considers saba visaya-everything material kaka-vistha-sama-to be equal to crow's stool, [then] haya-they are sarvottama'-the best of all.'

"Mayavadis say, 'If a sannyasi considers everything material to be crow's stool, then they are the best of men.'

(Cfr. toSRI?SRI?PREMA-VIVARTA: CHAPTER NINE
Proper Renunciation)

Dr. Antony Theodore
Repent - And - Come - To - God

Though the prideful
Pharisees, the bigoted
scribes and the
blinded leaders
of Israel rejected
their promised Messiah,
there were those
who responded to
the voice of one
crying in the wilderness.

Repent of your sin.

Turn back to God

for the kingdom
of heaven is near.

Dr. Antony Theodore
Repent - And - Trust

The mystery was not only given by Christ but is also about Christ.

The mystery is equivalent to the gospel in essence.

The mystery is the good news of salvation, declaring that men and women can be forgiven of their sins and made full citizens of the kingdom of God when they repent and trust in Christ Jesus alone for salvation.

Dr. Antony Theodore
Repentance And Faith

Despite repenting of their sins, many had yet to believe in Christ for the forgiveness of their sins, and life everlasting.

If salvation is to be gained, a man must simultaneously turn to Christ as he or she turns from the sinful ways.

Dr. Antony Theodore
Reprove A Wise Man

This one is hard to swallow, 
but it's very important.

It can be hard to take 
correction from someone, 
especially when they are 
younger than you 
or lack experience.

However, a wise man 
will stay humble 
and listen to 
what anyone has to say.

"Do not reprove a scoffer, 
or he will hate you; 
reprove a wise man, 
and he will love you." 

(From the Book of Proverbs 9: 8 in the Holy Bible).

Dr. Antony Theodore
There are many
who live for a
noble cause.

A friend of mine runs
a home rescuing
trafficked girls.

The government
facility is overcrowded,
and they asked
him if he could
take eleven girls.

My friend
had room for
only five.
He was really sad.
It was heartbreaking
to reject them.

A noble cause
can make you very
sad and depressive.

Dr. Antony Theodore
Resentment Or Grudges

If someone has wronged you but repented, do not dwell on what they did to you.

Move on and give them another chance; you will reap the benefits.

"Hatred stirs up strife, but love covers all offenses." — From the Book of Proverbs 10: 12 in Holy Bible

Dr. Antony Theodore
Above all, Jenson presents the resurrected Jesus, in an uncompromising and challenging representation of the apostolic kerygma in a way which calls for a radical regrounding and reshaping of our worldview.

Dr. Antony Theodore
Residing - In - Peace

I am grateful
for the possibility
to reside in peace
within myself,
to realize my
soul's deepest
desires in being
conceived here
on this blessed
Mother Earth.

Dr. Antony Theodore
Resist - The - Evil - One

The persecution,
pain, imprisonment,
mocking, and satanic
sifting, may bring
some saints of God
to the point of death

but the crown of life
awaits these suffering
servants. The devil
may come as a tempting
angel of light to lure
us into sin or we
may encounter him
as a roaring lion,
but whichever guise
he chooses to wear,
let us never forget
that as we submit
to God, we can resist
the evil one - and he
will flee far from us.

Dr. Antony Theodore
Resisting - The - Holy - Spirit

Inspired by the Holy Spirit,
Stephen gave the most anointed monologue,
which covered strategic points in Israel's history accusing them of rebellion and unbelief.

His extended speech culminated in a strong allegation.

His accusers were stiff neck men, who were uncircumcised in heart - and always resisted the Holy Spirit of God.


Dr. Antony Theodore
Resisting -Satan's - Wiles

Give me the wisdom
to resist Satan's wiles
and flood my heart
with Your perfect peace
that passes understanding.

Help me, Father,
to listen more
earnestly to Your
still small voice,
and to remember
that greater is HE
that is living in me
than the defeated
enemy, Satan, who
isin the world.

Dr. Antony Theodore
Resounding - Worship

The seven-fold glories
in this verse are
sung in resplendent
praise and worship
to the Lord Jesus Christ,
Who is the precious
Lamb of God.

It is in praise of
Him that this
wonderful chorus
of rejoicing and
worship will resound
throughout the universe.
(Ref: Revelation 5: 12)

Dr. Antony Theodore
Respect For All Forms Of Life

Gandhi’s vision
of holistic development
and respects for
all forms of life,
non violent conflict
resolution embedded
in the acceptance
of non violence
both as a creed
and a strategy
were an extension
of the ancient
indian concept of,
Vasudhaiva Kutumbakam.
(Vasudha = the earth, eva=indeed,
kutumbakam =family) Wikipedia.

Dr. Antony Theodore
Responding- To - Inadequacy

Hurry suggests
that we respond
more to inadequacy,
fear, and guilt
than to our
actual needs,
and the needs
of others.

Dr. Antony Theodore
Responding-To - My - Need - For - Solitude

At least once a week,
I will want to spend
some time going
on a prayer walk
through the woods.

On a regular basis,
I will need to
make sure I am
continuing to study.

Perhaps I will
need to
more teachings or
order more books.

Also, I should begin
respecting my need for
discipline and solitude.

Dr. Antony Theodore
Responsibility

The Mosaic Law had laws to do with animals and theft, personal responsibility and restitution, rape, dowry laws, and laws touching on a woman's virginity.

Dr. Antony Theodore
God does not withhold man's responsibility for the choices he takes nor does it deny man's accountability for the actions he undertakes and the words he speaks.

This verse is highlighting the importance for every child of God, to use our God-given free-will to choose wisely. (Refer to Proverbs 16: 1 in the Holy Bible)

Dr. Antony Theodore
Restful Awareness, Intuition And Vision

Despite the turmoil that makes faith in God harder than ever every level of revelation still exists.

Develop the innate ability to see with the eye of the soul.

Two voices are heard in us every day, the one believing in the dark, and the other believing in the light.

Restful awareness, intuition and vision leads to light.

Clothed in love and serenity the brain discovers that it can escape the prison of its old reactions, rising to a new higher level to perceive the God of love.

(Graphic: InnSaei (The Power of Intuition)| Rubin Museum of Art InnSaei (The Power of Intuition)Special Screening

Dr. Antony Theodore
Restoration - And - Resurrection

Sending
unconditional
love and light
to all who suffer
from corona virus.

May God send
the highest
energies of healing,
restoration and
resurrection
to our planet.

Dr. Antony Theodore
Restore Me To Life.

Come quickly,
give me assistance.

Set me free.
Do not be long in coming.

You are the God of
everlasting goodness.

Forgive me.
Restore me to life.

Dr. Antony Theodore
Result Of Inner Radiance

Attractiveness
and magnetism

of man's personality
is the result of

his inner radiance.

(Yajur Veda,
spiritual Classic of India).

Dr. Antony Theodore
Resurrection And Eternity.

I think and I want to believe.
I want that. I am sure.

But some things
are just hard for me.

How should I imagine
a resurrection,
a life after death?

How can I believe
in a future world?

I try to think of eternity.
Eternity can only be boring.

I always lived in time.
Will I be able to cope up
with the eternity?
Will I run away from the eternal?

Dr. Antony Theodore
Resurrection Leads To A New Beginning.

Despite all the wars, sing the songs of peace.
Despite all the fears of the future
be active today to build up what you can.
Despite of all the darkness of the soul
ignite lights of hope.

Despite repeated falling,
despite all enslaving powers
have the courage and hope for freedom.

Despite all the sufferings of the world,
and all death in everyday life,
believe we will live again in heaven.

(Graphic: Resurrection Fanpop The Jesus club)

Dr. Antony Theodore
Resurrection -Of -The -Body

The concept of the future resurrection of the body, is affirmed in scriptural texts.

It will occur at the time of the Lord's "coming".

(1st Letter of St. Paul to Corinthians.15: 23).

"Then comes the end, when he shall deliver the kingdom to God..." (v.24).

Dr. Antony Theodore
Return To The Intimate Roots Of Our Own Being.

Love is the chief motivating force of life. Love is above all things.

All of us want, or need, to be loved.

The need for love is the most basic of human impulses.

We cover this need with patterns of self-protection or images of self-reliance.

But it is always present, whether hidden or visible.

In human relationships, we seek for love project our need on to parents, partners, friends, lovers.

The denial of love causes wounds that we carry with us.

This unmet need haunts us, driving us into addictions or self-destructive patterns.

If our need for love is met we feel nourished in the depths of our being.

We have to return to the intimate roots of our own being.

And here we discover
that the source
and answer to
this primal need
is not separate from us,
but part of our own
essential nature,
our own true being.

Lovers don't simply meet.
They're in each other all along.

(Mother and Newborn- 2048 × 1367Bildersuche)

Dr. Antony Theodore
Returning - In - The - Clouds

He will return
in the clouds,
raise up the fallen
generation
wall up its breaches,
raise up its ruins,
and rebuild it as
in the days of old.
Jesus is the One
Who will rebuild
the temple of God,
and He will rule
and reign
forever and ever.

Dr. Antony Theodore
Revealed - To - The - Apostle

Apostle Paul understands his mystery as the mystery of Christ or the mystery involving Jesus.

Puritan commentator Matthew Henry writes that "it is called the mystery of Christ because it was revealed by him, and because it relates so very much to him."

It was the revelation of Jesus Christ that puts this mystery into Paul’s stewardship.

Therefore, our Savior revealed it to His apostle by the Holy Spirit.

(Ref. to Galatians 1: 11-12)

Dr. Antony Theodore
Revealing - Words - From - The - Mouth

We put too much value into what people have to say.

The problem is that there is so much chatter that you have to say something outrageous to get noticed.

Jesus said what comes out of the mouth, defiles a person and reveals what is in his heart.

Dr. Antony Theodore
Revealing Symbols.

It evokes a greater emotion when the suggestive quality of the symbols are greater and it conveys more truth.

Symbols try to reveal the utmost resources of beauty and passion.

It brings with it hints of mystery and wonder. It appeals to the desirous heart and the intuitive sense of man.

Spatial imagery inseparable from human thinking and human expression facilitates the description of a spiritual experience.

Dr. Antony Theodore
Revelation - Of - God's - Nature

God slowly started
to reveal each
of His attributes,
in different ways,
to various people.

It was an unveiling
of His nature,
a revealing of
His attributes to
human-kind,
and a gradual revealing
of His plan of redemption.

It was a revelation
that started at the
doors of Eden,
and a truth that
culminated with
the coming of Christ
and the revelation
of Jesus, the Son of God.

Dr. Antony Theodore
Revelation - Of - The - Divine

In the view of rational fideism, it is faith supported by reason and reason supported by faith that leads to a knowledge of divine reality.

Ultimately, it means that neither reason nor experience in their own capacities can know God except through a revelation of the Divine Himself.

Dr. Antony Theodore
Revelation- Of - The - Divine

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of the Divine Himself.

Dr. Antony Theodore
Reverberating In The Mind

The whole mantram AUM
indivisible, interdependent,
goes on reverberating in the mind.

Established in this cosmic vibration,

the sage goes beyond
fear, decay, and death
to enter into infinite peace.

(From the Prashna Upanishad, the great Hindu Scripture)

Dr. Antony Theodore
Reverential Fear

Oursanctification began the moment we firstbelieved, and enjoy all the benefits of sonship.

We are also being called to develop an inner attitude of reverential fear of the Almighty, which produces in us, the humility of heart and willing obedience to God' word and advices.

Dr. Antony Theodore
Reviving - Water-Pool

Without the reviving
water-pool,
the little deer
would be
overwhelmed
by its craving
thirst, or
overtaken
by the deadly
attack of the
cruel enemy.

Dr. Antony Theodore
Reviving Our Awareness

Symbol revives our awareness
of what we already know
and deepens our awareness.

Instead of establishing
a new contact by a meeting
of minds, it revives our awareness
of what we already know,
and deepens our awareness.

Dr. Antony Theodore
Reward And Punishment

According to our deeds,
God punishes or rewards,
as they are good or bad.

God weighs them
in the scale
of judgement.

The one who acts
reaps the fruits
of his own actions.

(Such is the vedic principle).

Dr. Antony Theodore
Rich - And - Wise - Ideas

I feel inspired
by the rich
and wise ideas
that I read in
religious texts.

It helps to boost
the energy of
positive thought
among us all.

I am Feeling
gratitude in
my heart for Life
here and now.

Dr. Antony Theodore
Rich - In - Knowledge

“He who is rich
in the knowledge
of the Self does
not covet external
power or possession.”

(Paramananda, The Upanishads)

Dr. Antony Theodore
Riding - On - A - Donkey

"Rejoice greatly, 
O daughter of Zion! Shout, 
O daughter of Jerusalem! 
Behold, your King is 
coming to you;

He is just and having salvation, 
lowly and riding on a donkey, 
a colt, the foal of a donkey.";

„For you did 
not receive a spirit that makes 
you a slave again to fear, 
but you received the Spirit 
of sonship. And by him 
we cry, "Abba, Father.";

Reference to: Zechariah 9: 9 and 
Romans 8: 15 in the Holy Bible

(The Christians remember how 
Jesus came to Jerusalem on a donkey 
on the Palm sunday)

Dr. Antony Theodore
Right - And - Wrong

Some who do not believe in a superior power governing our hearts say:

There is no right and wrong, no morality, and no integrity.

The idea of right and wrong is purely a belief having no obvious scientific evidence.

Dr. Antony Theodore
Right - Track - Of - Love

Now you are
on the right
track of love.

Listen to the tone
of this pure love
over and over
until it sinks in
and share it
with the people
whom you want a
better life
for healing
and growing together.

Dr. Antony Theodore
Rights - In - The - Modern - Age

The modern age speaks easily of rights, of human rights, individual rights, the rights of different groups and minorities.

A public realm in which individuals join together to establish the way in which they determine to treat each other.

But, time and again in history, we have seen how political institutions and law fail to exercise such self-constraint, to the detriment of the freedom and dignity of human beings.

Dr. Antony Theodore
Ringing The Bells Of Love

Early this morning
in your temple where you live,
I stand before your holy shrine
ringing the bells of love.

Would you come down from your holy shrine,
my lover of my heart to look at me.
I need only your eyes to see me now.

I was dying with longing the whole night
sleepless was I on my cozy bed.

Before the morning cock crows
I came to you to your holy shrine
to tell you that I love you
more than anyone else in this world.

I die with longing for your presence.
I need only your eyes to see me now.

Dr. Antony Theodore
Ripened - Fruit

Think of the fruit that has ripened on a tree.

At some point you do not have to pull and break the branch to get the fruit.

Just touch it and it falls in your hands.

Life's decisions should be like that. Let it ripen in you.

Dr. Antony Theodore
Rising - From - The - Graves

Those who believe in the dispensation of grace will be carried in joy into God's presence.

For a day is coming when the trump of God will sound, the voice of the archangel will shout, the dead in Christ will rise from their graves and we that are alive and remain will be taken up with them, to be with the Lord forever.

Dr. Antony Theodore
River - Of - Delights.

Precious is God's steadfast love.

Come and take refuge in the shadow of God's wings.

You give us to drink from the river of your delights.

You are the fountain. Life is in You alone.

(Those who are interested may refer to Psalm 36: 7-9 in the Holy Bible).

Dr. Antony Theodore
Compassionate mothers used their children for food.

Even the city's roads mourned over its condition.

Jeremiah could not help but acknowledge the abject state of this city, piled with rubble.

(Refer to lamentations 4: 10, 1: 4.)

Dr. Antony Theodore
Rockbottom Experience

Often when an alcoholic
hits 'rock bottom',
they become serious
about changing their
lives by surrendering
and dedicating their
lives to God through
hard work,
by practicing
new habits.

Dr. Antony Theodore
Hundreds of thousands of people live in Kutupalong in southeastern Bangladesh. How many are they exactly? No one seems to know exactly: 500,000? 700,000? 830,000? And no, actually they do not live there, they vegetate. They belong to the ethnic group of the Rohingya and have fled here from murder burners, rapists, torturers in Myanmar. With the hope that someone helps them. But there is nobody who helps.

There are only mud, simple huts made of bamboo and plastic sheets and the fear of flooding. There is misery in the largest refugee camp in the world.

Wait, there's someone who helps: Organizations like UNICEF are there to support the many, many refugees. They organize food and medicines, clean wells, help with the construction of huts, erect ditches and ramparts against impending floods. Unicef's staff filmed the camp with a drone. It reminds me of an apocalyptic scene. But please look for yourself.

All the people who have to vegetate in these camps deserve our attention and compassion. And the helpers of organizations like Unicef deserve our admiration.

Dr. Antony Theodore
Rolling Down The Beads

Pray always.
Roll down the beads
of your prayer garland.

Pray always.
Utter words of praise
And glorify God.

Then tell God
Of your sorrows
Rolling down the beads

Dr. Antony Theodore
Romance is
my way
to reach
the divine.
i search for
the divine
presence
i am mad
after the
presence of love.
(Love is God)
Graphic: Custom Twin Flame Energy
Painting by NeferDivineGoddess on Etsy

Saved by Jessica Gallegos Pinterest)

Dr. Antony Theodore
Romance And Spirit.

The ecstatic feelings in romance, 
the sense of timelessness of being 
are really spiritual.

Romance and spirit 
are both states of inner truth.

(This was published by me  in Micropoet under the name of my beloved mother Genova Maaa  who passed away at a young age. Published for a long time under this second name. i write to keep her memory alive as long as i live).

Dr. Antony Theodore
Rooted In God In Endless Love.

For our soul sits in God
in every rest
and our soul stands
in God in sure strength.

and our soul is kindly
rooted in God
in endless love.

Dr. Antony Theodore
Roots - As- A - Sybmol

Roots are a good symbol of the condition of our hearts.

When we are tapped into streams of living water, we thrive; when we aren't, we shrivel up.

Are you now in the streams of the living water.

Dr. Antony Theodore
Rose, Are You Jealous?

Pretty rose tree, pretty rose tree
Why don't you give me a rose today?

The rose showed me only her thorns.

Are you jealous that I have another rose
fixed on my coat button?

My pretty rose tree kept silent,
showed me only her thorns,
looked at the chattering sparrows around
not caring for my presence.

Pretty rose, pretty rose
are you jealous that I have another rose
fixed on my coat button?

Dr. Antony Theodore
Rosy-Cheeked, - Fiery - Preacher

A stocky, rosy-cheeked, fiery preacher, 
Fr. Paneloux's admonition to the suffering congregation was direct and clear: "Calamity has come on you, my brethren, and...you deserved it."

The horrors of the plague were, like the biblical Exodus, divine judgment. God had "grown weary with waiting" for them to surrender their lives to him.

(Albert camus fools the response of The priest and preacher).

Dr. Antony Theodore
A friend who is a successful businessman explained to me how the rules of corporate loyalty have changed:

“They expect you to be available anytime, day or night, because of this,” he said, holding up his phone. “They can text you, call you day and night.

You are now considered to be available at anytime, all the time. Those are the new rules.”

Dr. Antony Theodore
Rumination - To - Self-Harm.

Research in psychopathology in general, and personality disorders in particular, is limited in its ability to provide an empirical understanding of this cycle from emotion dysregulation to rumination to self-harm.

Dr. Antony Theodore
Run-And- Not - Be - Weary

It is as we walk in step
with His perfect will
that we discover that
we can run and
not be weary,
walk and not faint.

The confidence we have
in Him, is that He will
never leave us,
nor forsake us.

Dr. Antony Theodore
Running - Away - From - Grief

Grief, as painful
a season as it is,
is a necessary part
of our healing.

To run from grief
is to run from the
very thing that can
quell the pain of our loss.

Grief is in itself, a medicine.
Grief cleanses the anguish
from our souls and sets
us back up on the path
of life so we can dance.

Dr. Antony Theodore
Running-So-Fast

We're running
so fast, buried
under so much,
harried, haggard.

Just compare
your average
week with the
description that
a life yoked to
God is "easy and light" (Matthew 11: 30 of the New Testament of the Holy Bible).

Dr. Antony Theodore
Sacred - Human - Life

Human life should be valued and considered as sacred and God-given.

Due to these attitudes towards the sanctity of life, Jews believe that only God can give life, and only God should take life away.

Dr. Antony Theodore
Sacred Windows

We are the sacred windows
in the making.

When the sun floods it,
it is a breath-taking experience.

Place yourselves in the light
and see each other
from the inside
how light changes you
to become wonderful beings.

(Graphic: sylvia dejon saved to light artPinterest)

Dr. Antony Theodore
Sacred- Wonder

All the searching
for who we really
are gives rise to
a sacred wonder
or astonishment
because it escapes
any sort of understanding.

Dr. Antony Theodore
Sacrifice - And - Life

"Yagnovai Sutarmanowh"
"Sacrifice is the bark (boat) that enables one to live well.".

"Yagnena Va Deva Divangatah"
"Only by means of sacrifice, the gods attained heaven;"

Dr. Antony Theodore
Sacrificial - Death - Of - Jesus

The entire life and sacrificial death of Jesus, was the perfect example of a sweet-smelling savour ascending to His Father, as He presented His prayers in the morning and lifted His heart to heaven at the time of the evening sacrifice.

(Referring to Psalm 141: 2 of the Holy Bible).

Dr. Antony Theodore
Sadness

Sadness is not a good sign. Do not allow it to remain long in your soul.

Sadness prevents the Holy Spirit to influence you.

Dr. Antony Theodore
Sadness Is Not A Good Sign

Sadness is not a good sign.
Do not allow it to remain
long in your soul.

Sadness prevents
the Holy Spirit
to influence you.

Dr. Antony Theodore
Salvation - By - Grace

I realise that adding anything to the simple message of salvation by grace, through faith is an affront to You and the devaluing of Christ's finished work on the cross.

Give me the wisdom to discern when legalists are teaching another gospel.

Expose any false teaching and prevent me from being influenced away from the truth of the glorious gospel of grace.

Dr. Antony Theodore
Salvation - Is - By - Grace - Alone

Galatian confirms
the reformers' premise that the

Bible is the plumb-line
for truth, with Scripture
being the sole authority

in matters of faith
as it relates to
the salvation of
the soul.

It stresses that
salvation is by
grace and through
faith alone.

(The epistle to the Galatians
in the Holy Scripture).

Dr. Antony Theodore
Salvation - Of - The - Spirit

God has given humanity an amazing gift, and that gift is salvation, the salvation of the spirit, the salvation of the soul, and the salvation of the body, which was procured through the shedding of Christ's blood in payment for the sins of the whole world. "For by grace you have been saved through faith; and that not of yourselves, it is the gift of God." (Ephesians 2: 8 of the New Testament)

Dr. Antony Theodore
Salvation Comes Through Faith.

Salvation does not come by observing the laws or religions.

Salvation comes through faith.

Faith is a free gift of God.

All those who are religious are free in God to love.

This is the freedom for love.

Then we may sit and ask: Do we need the ramifications of love and its application to life situations known as religious laws and customs?

Laws are needed, but their observance should always be guided and motivated by love.

Dr. Antony Theodore
Sanatan Dharma

Sanatan Dharma is without beginning and does not have a founder.

Sanatan Dharma means Eternal truth.

It is transcendental of history, unchanging, indivisible and non-sectarian.

(This is from the teachings of Hinduism).

Dr. Antony Theodore
Sanctifying

Blessed are those who begin to sanctify themselves already at the breakfast table because they will find meaning in everyday life.

Dr. Antony Theodore
Sanctity Of Human Life.

A "consistent ethic of life" requires attention to a spectrum of issues, including not just obvious offenses against life such as abortion and euthanasia, but just war, capital punishment, human trafficking, the plight of the poor, and workers' rights.

This world is in moral danger.

Dr. Antony Theodore
Sanctuary - Of - Your - Soul.

The tabernacle is
a sanctuary of your soul.

Please imagine the
secret of the living
tabernacle of your soul.

Feel my presence
in your own soul.
-

My presence fills the
entire sanctuary
of your place of worship.

My holy angels are
afraid to move in
the sanctuary,
the saints approach
the sanctuary trembling.

As long as you don't
learn to fear my
presence in the sanctuary,
my presence in your
soul will remain a
secret. My son
understand this
and fear God.
(Graphic: Adriele Gulino saved to Tattoo IdeenPinterest)

Dr. Antony Theodore
Sat - Cit - Ananda

The Vedas have
the concept of
God as body-less
as well as
sat-cit-ananda.

We, the parts
of the Supreme Being,
have a body which
is material.

Material means
which undergoes
Birth, Old Age,
Disease and
finally Death.
God does not have
to undergo such a process.

(Reflections as we read Vedic texts)

Dr. Antony Theodore
Satan - And - Jesus

When Satan confronted Jesus, he did not pick Him up and throw Him off the pinnacle of the temple.

Nor did he turn the stone into a loaf of bread and stuff it in Jesus' mouth. He did not have the power to do that.

He had to appeal to Jesus and then wait for Jesus' response.

What was that response? It was not, "Who do you think you are? Do you know who I am? I am the Son of God,

Jesus responded with the Word of God.

Rather than speak on His own behalf,

He used the Scriptures to respond to Satan.

He spoke them directly to him, using the authority of God's Word to defend Himself against Satan's attempted deceptions.

All three temptations received the same response:
"It is written. It is written. It is written."

(Graphic: Jeffrey Zwartjes hat sich etwas auf Stuff I Dig gemerkt. Pinterest)

Dr. Antony Theodore
Satan - Fights - Against - Goodness

Everything rested upon
Satan's defeat of Jesus.

If Satan could prove
that it was impossible
for a flesh-and-blood
human to do the
will of God, he would
have defeated God's
great project that
began with Creation.

He would have shown
that the idea of creating
an even more glorious
universe by bringing
God's church to fullness
was impossible.

(Graphic: Arlene Gomez hat sich etwas
auf Quotes to live by... gemerkt. Pinterest)

Dr. Antony Theodore
Satan - Is - Never - Far - Away

Satan did not argue back. 
He simply left Jesus alone 
at least temporarily. 

We are told that after 
the final temptation 
in the wilderness 
"(the devil)departed 
from Him until an 
opportune time";

We are not told when, 
but the implication is 
that he came back. 
Indeed, you can be 
sure that Satan was 
Jesus' constant 
companion during 
the days of His flesh. 
He was never very far away. 
(Ref: Luke 4: 13) .

(Graphic: Susanne Bischoff hat sich etwas auf Bibel Zitate, Verse, Sprüche 
gemerkt)

Dr. Antony Theodore
Satan Exists.

Evil exists. 
Satan exists. 
He tempts human beings. 
This is true.

We are fighting always with the angels against the mighty power of evil.

The Lord of darkness want us to be his servants.

But we shall refuse always and fight with the sword of the powerful word of God and show the devil our power which is born of pure love.

Dr. Antony Theodore
Satan In The Garden

Satan wanted to be able to get inside Jesus' mind in the same way he got inside Eve's mind.

That is what the Garden of Gethsemane was about; it was the final struggle between Satan and Jesus.

From the beginning of Jesus' earthly life, Satan had tried to destroy or deflect Him.

And in the final hours before the Cross, Satan tried to break Jesus down by pressuring Him with the hopelessness, in human terms, of what Jesus was attempting.

Dr. Antony Theodore
Satan Tempts With Procrastination

God never tires
of forgiving us;
we are the ones
who tire of seeking
his benovolent heart.

Satan tempts with
procrastination through
the days of probation.

Delaying repentance today
is your choice and satan
steals happiness from you.

Dr. Antony Theodore
Satan Told

Live more and more.

Pave a way for insatiable lust.
You have transcending powers.
Plunge into your own supremacy.

Take your rose higher and higher.
Enjoy knowing no bounds.
So did Satan tell the men.

But you forget.
You are not going high

but deep down in the mire.

(Ella Bennett saved to glampinterest.)

Dr. Antony Theodore
Satan's - Kingdom - On - Earth

Satan has an agenda
of creating a community
of free beings who
have the power to
act contrary to God
and to undergo
temptation.

Satan is busy serving
those evil purposes
on earth as part
f creating satan's
kingdom on earth.

Dr. Antony Theodore
Satan's -Clutches.

God in His grace
and mercy sent
His Son into the world,
that through faith
in Him, the world
may be saved
redeemed from the
slave-market of sin
and saved from
Satan's clutches.

Dr. Antony Theodore
Satan's- Cruel - Bondage

It is the same God
Who showed His
faithfulness
to Israel in Egypt,
Who has rescued
us from Satan's
cruel bondage.

He is the same Lord
Who redeemed us
from the slave-market
of sin and rescued us
from the fetters
that enchained us.

He is the same
precious Saviour
Who died to set us
free from slavery
to sin and the
chains of death.

Dr. Antony Theodore
Satan's Prayer.

Once Satan built a Synagogue.
He wanted to pray
with lifted hands and noble words.
With beads on his lips he prayed.
But there was no inner melody in him.
And the angels could not hear him.

A poor little child
from the poorest village
lifted its eyes and sighed.
Its inner melody
sounded and resounded
in the mighty heavens all over.

Dr. Antony Theodore
Satisfying - Relationships

You will be able
to enrich yourself
by positive relationships.

Equip others
to create and
nurture rewarding,
satisfying relationships,
enriching their social
connections to increase
their overall quality of life.

Dr. Antony Theodore
Saved - By - Grace

It is you and me,
who are saved
by grace through
faith in Christ,

who are directed
to examine our
faith, by reflecting
on the person,

work, roles, and
responsibilities of
this unique, and
holy Person, in
Whom we have
placed our trust.

Dr. Antony Theodore
Saving - A - Human - Life

If a human life
is in danger of
ending, then
all other teachings
in the Torah
are overridden
and all other
laws are put
aside to ensure
everything is
done to try
and save
the human life.

Dr. Antony Theodore
Paul was praising God for saving his soul from damnation and setting his feet on the pathway to peace with God which was only by grace, through faith in Jesus Christ, but he did not want the Galatian believers to put themselves back under the Law, as the Jews were teaching.

Dr. Antony Theodore
Saving - Her - From - Stoning - To - Death

In the pure light of truth, God shines in the hearts and consciences of everyman who believes in Him.

Jesus was able to expose the hypocritical sin that was lurking within every man, elder, scribe, and pharisee that stood before Him that day of accusing the woman.

(Refering to the Gospel text in which Christ saves the woman caught in adultery.)

(Graphic: Laurinda Martin saved to Church of Jesus Christ General Conference Messages.)

Dr. Antony Theodore
Saving - Significance

Aquinas's reflections teach us a lot on the universal headship of Christ, that is, his role as head of the human race, in order to claim that Christ has saving significance not only as the head of the Church but as the head of all human beings. (Refering to the great theologian Thomas Aquinas)

Dr. Antony Theodore
Saving -Significance

The Saving significance
of the person and work
of Jesus Christ
is in some sense also
available through
his Spirit to
non-Christians,
and even the irreligious,
just as they are,
so there is no need
for them to be explicitly
converted to Christ.

Dr. Antony Theodore
Say No To Material Wealth

There will be some times in life that you will have to say no to wealth or material possessions in the name of wisdom.

However, if you seek wisdom above all else, you will eventually reap the rewards.

"The beginning of wisdom is this:
Get wisdom,
and whatever you get, get insight.

Prize her highly,
and she will exalt you;
she will honor you if you embrace her.

She will place on your head a graceful garland;
she will bestow on you a beautiful crown." — The Book of Proverbs 4: 7-9 in the Holy Bible.

Dr. Antony Theodore
Say Yes To The Surprises

Say yes to the surprises that thwart your plans, destroy your dreams, give your day a completely different direction, perhaps even your life.

They are not coincidences.

God has a plan for you. Believe in it.

Nothing happens to you without God’s knowledge.

Dr. Antony Theodore
Scattering Darkness

The light of God
is scattering
the darkness
of hatred and sin.

Form our lives
in your truth
our hearts in
your love and
renew your life
within us.

Dr. Antony Theodore
Sceptre - Of - Righteousness

In every event
we recognise
God's hand
of blessing
and His sceptre
of righteousness,
guiding every event
for the benefit
of His people and for
His greater glory.

Dr. Antony Theodore
Science - And - Computer

Science Can
build
the Computer
but Not
the Operator

Dr. Antony Theodore
Scripture - Promised - Jesus

Jesus came
to the lost sheep
of the house of Israel
as the Good Shepherd.

He came to save His
people from their sin.

He was the One Whom
Scripture promised
would come to set up
His kingdom of peace
and prosperity on earth.

Dr. Antony Theodore
Search - For - Fulfillment

We all search for happiness. We all ask ourselves what life is all about.

We search for fulfillment and try to discover what makes life worth living.

"What good deed must I do, to have eternal life?" a rich young man asked Jesus.

(Ref: Mathew.19: 16 of the New testament).

Dr. Antony Theodore
Search - For - Meaning

The more human beings
know reality and the world,
the more they know
themselves in their
uniqueness, with
the question of the
meaning of things
and of their very
existence becoming
ever more pressing.

Dr. Antony Theodore
Search - For - The - Truth

If people are
to understand
the truth, and
to clearly see
the truth, and
if, furthermore,
they are to
enter the truth,
and put it into
practice, they
must actually
train, actually
search, and
actually hunger
and thirst.

Dr. Antony Theodore
Search - Me, - O - God

Search me, O God,
and know my heart;
test me and know my
anxious thoughts.

See if there is any
offensive way in me,
and lead me in the
way everlasting.

(Ref. Psalm 139: 23-24
of The Holy Bible).

Dr. Antony Theodore
Searching - For - A - New - Idea

Searching for a new idea, or an answer to a problem is similar to searching memory for a name you have forgotten.

You know that the name is there, or else you would not search.

The scanner in your brain scans back over stored memories until the desired is recognized.

Dr. Antony Theodore
Searching For A Perfect World

Throughout the Mystic's life, one searches for a more perfect society either in the past, the European Middle Ages, or in the non-western world, Asia.

Dr. Antony Theodore
Searching For The True Way

We all seek for our true way.

We may wait for years wondering which is my way.

We fool around a lot until we find our spiritual consummation and culmination.

This is the day of satisfaction when we shall fall down in prostration before a God who is beyond all religions and human concepts of God.

Dr. Antony Theodore
Searching For The Universal Truth

A seeker sincerely searches for the universal truth.

A mystic believes that by openness to Buddhism, to Hinduism, and to these great Asian traditions, a mystic stands a wonderful chance of learning more about the potentiality of christian traditions.

Dr. Antony Theodore
Secret - Cave

Be Love.
BeLove, inside
the secret cave
of your heart.

Be courageous
and bold.

Your reward
will be infinite.

Send Love for all
the humanity
at large and for all
who suffer now.

Dr. Antony Theodore
Secret - Of - Satisfaction

Every bad happenings
in my life became an experience.

All that was wonderful
I accept it in gratitude.

I am happy with the simplest
things and events of my life.

Dr. Antony Theodore
Secret - Sigh - Of - The - Poor

James Madison feared that a growing part of the population, suffering from the serious inequities of the society, would secretly sigh for a more equal distribution of life's blessings.

If they had democratic power, there'd be a danger they'd do something more than sigh.

He discussed this quite explicitly at the Constitutional Convention, expressing his concern that the poor majority would use its power to bring about what we would now call land reform.

Dr. Antony Theodore
Secret - Sighs

Not one secret
sigh that crosses
the portals
of our minds,

nor one stabbing
pain that cuts deep
into our hurting
hearts is missed
by our gracious
God of love,
for He is our
great God of
comfort and
Lord of life.

Dr. Antony Theodore
Secret And Serene Energy

We shall pray for
that serene,
secret flame
of God's energy,
the psychic strength
to pour into the
minds of the people
the love of God,
we meet every day.

Faith in God
shall never be
extinguished in
the heart of
the so-called
non believers,
because God
is at work in them
through our presence.

Dr. Antony Theodore
Secret Language

My heart has a secret language.
It has no alphabets.
It is the song of my dance
and the dance of my dreams.

Dr. Antony Theodore
Seductive World

Separate yourselves from fond affinity with the filth of this seductive world system.

All such unnatural bonding of purity with evil should be discarded with equal revulsion and tenacity.

Dr. Antony Theodore
See With The Real Eye

Close all your eyes
in you
and see with the real eye.

Dr. Antony Theodore
See Your Beauty

Learn to see your own beauty
in the presence of God in intimate prayer.
Then you will become your own idol.

Dr. Antony Theodore
See Your Own Beauty

Learn to see your own beauty
in the presence of God in intimate prayer.
Then you will become your own idol.

Dr. Antony Theodore
Seed - Of - Sweetness

You feel peace when you are able to believe love is the core of your nature.

There is a seed of sweetness at the centre of the heart.

In this state of mind you will experience patience and devotion.

This leads you to the supreme state of joy.

Dr. Antony Theodore
Seeds - Of - Compassion

The angel of God
scatters seeds
of compassion
into my lowly heart.

Dr. Antony Theodore
Seeds, Flowers And A Smile

From every one of the seeds you sow
let there be beautiful flowers.

The colors of those flowers
may reflect itself in your eyes
to bring forth a smile on your face.

Dr. Antony Theodore
Reading - The - Spiritual - World

There are some beautiful people with the gift of seeing the spiritual world while they walk around in the physical world.

Seeing the spiritual world is a rare Gift.

Dr. Antony Theodore
"He who sees all beings in his Self and his Self in all beings, he never suffers; because when he sees all creatures within his true Self, then jealousy, grief and hatred vanish."

(Upanishads)

Dr. Antony Theodore
Seeing The Backpacks

Do you have the gifting
of seeing people's
backpacks.

Everyone has a
backpack, he says.

It refers to
their burdens.

Such lovely
human beings
have the gift of
seeing their
burdens as
backpacks,
they carry
around with them.

Dr. Antony Theodore
Seeing The Unseeable

Leave the threshold
of selfishness
and you will see
the Unseeable.

Dr. Antony Theodore
Seeing the Presence Of God In Everything

All of life is seen as God sees it.
All of life is seen simply as it is.

We see the Presence
of God in all that is.

Each thing becomes a symbol
of communion with God
just by being the thing it is.

God becomes his ALL

Dr. Antony Theodore
"Seek Him everywhere
All is within His speech.
He knows all things.
Full of Wisdom,
He determines
What ought to be done,
He is our recourse,
All powers are vested in Him
He fulfills all our aspirations.
He is the source
Of all our nourishment and vigor,
Intelligence and strength."

[Reference: Rig Veda 1.145.1]

(By T OShanavas, M.D.)

Dr. Antony Theodore
Seek the Lord
and His strength;
seek His presence
continually.

(1 Chronicles 16: 11 of The Holy bible)

This is not merely
a suggestion.

He designed us
to live with Him.

That's where
we find health,
wholeness,
and fulfillment.

Dr. Antony Theodore
Seek - Reality

Everything that is not God's words is vacuous, non-existent, and unsound.

The Holy Spirit is to guide people into the words of God.

If people are to pursue entry into reality,

then they must seek reality, and know reality.

Dr. Antony Theodore
Seek - The - Presence

Seek the presence
Of God within you.

Then you will be
Able to find yourself.

Be in the presence
of God, who loves you
beyond measure.

Dr. Antony Theodore
Seek God's Nearness And Presence.

We hear so many
different voices in us.

So many claims,
contradictions hog us.

Help us differentiate
the many different spirits
to decide what is
really good and healthy
for our inner life.

Give us an attentive
and listening heart
at the beginning
of the time of penance.

Help us to trust your voice
and follow your words.

(In the churches, 40 days of fasting and penance
has begun to prepare for the passion and crucifixion of Jesus the Christ).

Dr. Antony Theodore
Seek It You Do Not Find It.

seek it you do not find it.
Stop seeking,
it is there.

Once you become aware
of yourself as a seeker,
you are lost.

But if you are content
to be lost you will be
found without knowing it.

Precisely because
you are lost,
you are nowhere.

Dr. Antony Theodore
Seeking - Divine - Intervention.

David knew that no one but God could save him.

He also knew he was a child of God and the Lord's anointed king, and so David expressed his need for divine intervention.

Dr. Antony Theodore
 Seeking - His - Presence

If we will seek
His presence even
in our miseries,
He who is the
Truth Himself can
teach us how to
offer these most
difficult parts of our
personal existence,

so that instead of
such things damning us,
the Good Shepherd
can lead us out of
them and onto
higher ground.

Dr. Antony Theodore
Seeking - The - Universal

There is a side to the Platonic quest for the universal that returns us to the singularity of those seeking the universal.

Dr. Antony Theodore
Seeking A Direct Existential Grasp.

In a mystical experience, the division between subject and object disappears.

One does not look at God as an object nor look at oneself as an object.

The man who knows God in the full mystical sense loses interest in divine or self-objectification.

The mystic seeks to gain a direct existential grasp, a personal experience of the deepest truths of life and faith, finding oneself in God's truth.

One can only clear away the obstacles and dispose himself for the union.

Dr. Antony Theodore
Seeking Consummation

A mystic seeks
spiritual consummation,
and a culmination.

It is ecstatic
and the seeker
attains a sense
of his destiny.

Dr. Antony Theodore
Seeking God And Reasoning

Although it may be good
at times to consider
the kindness and worthiness of God,
and it may be enlightening
and part of contemplation,
nevertheless, in this work,
reasoning should be cast aside.

Dr. Antony Theodore
Seeking Intimacy With God

The God-given desires
of which the spiritual
masters speak
are attainable
for a simple
human being
who leads a
simple ascetic life.

Contemplative life
is simply a life
which directly
seeks intimacy
with God Almighty.

Dr. Antony Theodore
Seeking The Source Of Authentic Peace.

A mystic seeks no kind of mastery except the mastery of self.

He seeks no kind of knowledge except the intuitive knowledge of God at the depths of his being.

All else is superfluous.

The life of prayer establishes contact with the source of all life and with the only source of authentic peace.

Dr. Antony Theodore
Seeking The Truth Keeps Me Joyful

The ego tells me a lot.
My thoughts wander.

All that my intellect
tell me, may not be true.

I can be misguided by my ego.

Whatever happens in my life
make me rich in experiences.

I believe that there is
infinite love around me
in my soul and in my existence.

There is nothing to fear
when i always seek the truth.

Dr. Antony Theodore
Both research
and experience
have suggested
that one hindrance
people face with
forgiveness is

the idea of
being seen as
"weak" and

saying that
what the offender
did is excusable.

Dr. Antony Theodore
Self - Constructs

The interest has remained steady in "self" constructs, but most of the attention has been aimed at self-image's cousins: self-esteem, self-concept, self-worth, self-efficacy, self-confidence.

As such, there isn't really one unifying self-image.

Dr. Antony Theodore
Self - Harm

If you know someone with borderline personality disorder, you are undoubtedly aware of how disabling this cycle of events can be.

When the self-harm can take extreme forms, the individual may go so far as to make a suicide gesture or attempt.

Dr. Antony Theodore
Self - Regulation

There are five main areas of this emotional intelligence.

They are self-awareness, self-regulation, motivation, empathy, and social skills.

(Reference to Daniel Goleman's work in emotional intelligence).

Dr. Antony Theodore
Self - Revelation - Of - God

Divine transcendence does not mean that he is so far from and other than his creation that we are not able to understand his self-revelation in the Scripture or relate to him in any way.

Divine immanence is the description of his kingly control and authority;

because he rules over creation, he is present throughout the whole creation, especially to his people, in a personal and covenantal way.

Dr. Antony Theodore
The sinner
who is ashamed
of his sins

is nearer to god
than all self
righteous persons
who think that
they have not sinned.

Dr. Antony Theodore
Self Beholds The Self

In the depths of meditation,
The Self reveals itself.

Beholding the Self
By means of the Self,
An aspirant knows the
Joy and peace of complete fulfillment.

(Quotes from the great Hindu spiritual classic Bhagavat Gita)

Dr. Antony Theodore
Self-Discovery

My God
What do I see?

I never knew
that I was so
fine and beautiful.

I did not know
that I am such
strong a being.

(Self discovery.
Very often we do
no know how great
and worthy we are.)

(Graphic: Helena salminen
saved to crochet desing Pinterest)

Dr. Antony Theodore
The greatest of artists
suffer pangs of doubt
and failure of inspiration.

Poets are co-creators, i believe.

Self-importance can halt
progress for a long time.

In magical moments of true inspiration
the poet stands apart
from the process of creation
and allow it to happen.

Dr. Antony Theodore
Self_Esteem

Self-esteem
is something
we need to
realize our dreams.

So work for your
self-esteem and
nurture it always.

Without it you
will never be able
to achieve your aims.

A good self-esteem
is at the core of success
in your journey
towards achievement.

Dr. Antony Theodore
Self-Compassion?

What is your response at the word 'self-compassion'? Was your response positive or negative? Journey in self-compassion is an interesting one.

We feel every emotion from guilt to comfort.

I have wondered if self-compassion was self-indulgent.

But I know now self-compassion is necessary for a healthy mental life.

Self-compassion is giving ourselves the kindness and care we would give to another.

Dr. Antony Theodore
Self-Concept

Self-images seem to be the same as self-concept. They are strongly associated.

Self-concept is a more descriptive idea than self-image.

It indicates how you see yourself. What are your thoughts about yourself, and how you feel about yourself.

Self-image helps one to create a proper and true self-concept.

Dr. Antony Theodore
Self-Enquiry

Some mystics are of the opinion, that Self-Inquiry is the most sacred of the sacred.

Indeed, it is a revolutionary method in spirituality.

This practice is unique because what is essential in any spiritual practice is to try to bring back the running mind and fix it on one thing only.

Dr. Antony Theodore
Self-Esteem

Self-esteem
is something
we need to
realize our dreams.

So work for your
self-esteem and
nurture it always.

Without it you
will never be able
to achieve your aims.

A good self-esteem
is at the core of success
in your journey
towards achievement.

Dr. Antony Theodore
Self-Image

Self-image is how you perceive yourself.

They are self-impressions you yourself built up in the course of time.

These self-images can be very positive.

It gives confidence in thoughts and actions.

It can also be negative, making the affected person very doubtful of his or her capabilities visions and ideas.

Dr. Antony Theodore
Self-Image - Theory

One of the earliest mentions of any type of theory about self-image came from renowned psychologist Morris Rosenberg.

(His 1965 book Society and the Adolescent Self-Image was one of the first in-depth explorations of the concept)

Dr. Antony Theodore
Self-image and self-concept are strongly associated, but they're not quite the same thing.

Self-concept is more overarching construct than self-image.

It involves how you see yourself, how you think about yourself, and how you feel about yourself.

In a sense, self-image is one of the components that make up self-concept.

Dr. Antony Theodore
Selfin The Chariot

Know the self
to be sitting
in the chariot,

the body to
be the chariot,

the intellect
the charioteer,

and the mind
the reins.

(Veda Upanishads)

Dr. Antony Theodore
Selfish - Toddlers

Have you ever noticed how selfish toddlers can be?

Their favorite word is "mine!"
They don't like sharing,
and if someone takes their toy, they will often hurt the person.

Teaching them to ask for forgiveness can be straight-up comedy.

Learning to forgive others when they have done something wrong is even more difficult.

Dr. Antony Theodore
All the disorder and corruption
and malady of our nature
lies in a certain fixedness
of our own will, imagination,
and desire, wherein we live to ourselves.

We are our own center and circumference.
The Self has to learn to cease
to be its 'own center and circumference',
to make that final surrender
which is the price of final peace.

Dr. Antony Theodore
Selfishness- Is - Contagious

Selfishness is contagious.
When everyone only
thinks of themselves,
kindness and love
will soon go downhill.

Egoism diminishes
when you have empathy
and treat other people
the way you want
to be treated yourself.

Dr. Antony Theodore
Selfishness.

"The donkey thinks of itself first!"

With that the egoist is condemned to a certain extent!
But what exactly is an egoist?

The extreme egoist is not satisfied if he has a lot.

He always wants more than the others, and he feels strong rivalry with his fellow men.

Dr. Antony Theodore
Self-Made - Truths

The sense of the good and bad becomes the self-made truths of the self-made human world.

Hence anyone can say anything they like, their views defended by the right everyone has to their own opinion.

Dr. Antony Theodore
Send Me Celestial Beings

I sit on the shore and watch
the vibrant movements
of the mild waves
dancing on their way
to the shore to touch my feet.

Light of my heart,
I see your sweet smile
from the blue skies.

Send me celestial beings
to sing with me
a song of praise
making my heart
purer and purer
here in this mundane life.

Dr. Antony Theodore
Send Me Rainbows When My Heart Is Like A Dry Stream Bed.

Let your soul come alive.

When you light up,  
the whole world  
benefits of your light.

Learn to master your fate.  
How you master your fate  
is more important than fate itself.

God, fill my mouth with laughter,  
help my tongue to sing for joy.

When my heart is like a dry stream bed,  
send me rainbows and pouring rain.

I carry sacks of seeds of sadness.  
Help me to return with joy in fullness.

(Graphic: The Oakland Press Blogs: Earth's Almanac: Mother Nature :)

Dr. Antony Theodore
Sending - Unconditional - Love

I Send unconditional
love and light to you.

May God send
the highest energies
of healing, restoration
to you and in you.

May the souls
of all the innocent
animals, people,
and nature that
have died in the
wildfires rest in
heavenly peace.

(Written after reading
about the wild forest fire.)

Dr. Antony Theodore
Sense - Of - Closeness

Those who accept the existence of God most readily are often those who have begun to observe the wonders of nature.

they begin to create a sense of closeness and caring with family and friends.

Dr. Antony Theodore
Sense - Of - Rejection

Being unwanted
Sense of rejection
is most painful.

Being unwanted
is terrible.

The thought
I am unloved,
and not cared for
will kill you.

It is suffering.
It is much more than
having nothing to eat.

Dr. Antony Theodore
Sense - Of - Worth

Until we fill
the abyss with
God's love, until
we feel it deep
in our beings
our sense of worth
and significance
becomes illusive.

Dr. Antony Theodore
Sensing - The - Truth

The more the sense
of thereality
influence you,
the clearer their
knowledge of
the truth, and
the greater
their understanding
of God's will.

Dr. Antony Theodore
Sensing The Light Touch Of God's Hand

As persons, we are a communion with God.

As a supreme symbol of God, the seeker senses the light touch of God's hand and waits in silence.

In silence, there is no routine, for in silence everything is all at once.

Everything is new.

Dr. Antony Theodore
Sensing The Mysterious

At the base of
ture art
and true science
there is always
the sense of the mystery.

There is tremendous joy
in sensing the mysterious.

Dr. Antony Theodore
Sensing, - Reasoning, - Intuiting

We can define human beings as sensing, reasoning, intuiting, beings, embodied minds embedded in a social and ecological environment.

Knowing and being thus proceed together when minds interact with the world.

Dr. Antony Theodore
Sensuous - Human - Activity

It is 'sensuous human activity, practice' that counts when it comes to changing and knowing the world not abstractly and intellectually.

(Ref: Marx, Thesis I)

Dr. Antony Theodore
Serene - And - Imperturbable

The saints of the old
were not only
overwhelmed
to witness the
sublime virtues

and profound
mystical teaching
of the Gospels

lived out in the
daily lives of
the Christians,

but other
virtues too,
so prized but
rarely practiced
in the Greco-Roman
world in which
they lived.

Dr. Antony Theodore
Serenity, - Peace, - And - Calmness

I am beginning
to understand empirically that for me, there is no separation from the ineffable reality.

I seek unity, serenity, peace, calmness and all attributes of love.

Since I know that this is possible within myself, it is possible for all of humanity.

Dr. Antony Theodore
Series - Of - Dualisms

Examine the modern age in which the natural law and common good came to be lost through a series of dualisms, subject and object, mind and body, fact and value, knowing and being.

Dr. Antony Theodore
Serious Dialogue

A poet should enter into dialogue with all that is pure, wise, profound, and humane in every kind of culture.

But there should be no syncretism, indifferentism, the vapid and careless friendliness that accepts everything by thinking nothing.

The dialogue should be serious.

Dr. Antony Theodore
Serpent -Slithers - And - Hides.

It dozes, satiated
and smug in the
underground
caverns of the heart.

There Smaug himself
the great reptile,
he lies in wait.

To understand the enemy,
we must first understand
that, like every serpent,
he slithers and hides.

He is not obvious,
and he wears many disguises.

He is not easy to identify.

Dr. Antony Theodore
Serving - The - Truth

This mission
of the world religions
to serve the ultimate truth
on the one hand
makes the believing
community a partner
in humanity’s
shared struggle to
arrive at truth.

Dr. Antony Theodore
Set - Apart - For - God

We are set apart
for His own possession.

We are set apart
for His own glory.

Our motto
is Holiness.

His life is to be seen
in every part of our
new life in Him.

Dr. Antony Theodore
Set Apart

Our holiness
is our being
set apart by God,
set apart to God,

set apart for
His own possession,
Set apart for His
own greater glory.

We are intentionally
sanctified at the
point where we
are born from above.

Dr. Antony Theodore
Set Free From Condemnation

Christ's perfect righteousness becomes our outer garment.

It is grace that has brought about this truly amazing transformation and it is grace that has provided God's wonderfully free and undeserved favour.

It is God's amazing grace that made us alive in Christ and by grace alone, through faith alone.

In Christ alone we are set free from condemnation and eternal separation from our Creator.

Dr. Antony Theodore
Sexual - Betrayal

The despair of
broken vows
and sexual betrayal

is a metaphor of
the spiritual reality
of breaking our
covenant with God.

Dr. Antony Theodore
Sexual - Complementarity

Contemplate on the sexual complementarity of man and woman.

Explore the nature of marriage, celibacy and virginity.

Dr. Antony Theodore
Sexual - Integrity

This is why
sexual intimacy
is reserved for
the covenant
of marriage,

why male and
female matters,

why sex is under
such spiritual attack
in our world and

why it's worth it
to pursue sexual
integrity and
sexual healing.

Dr. Antony Theodore
Sexuality - As - A - Holy - Symbol

Everything God has created for us here on earth has a spiritual purpose, revealing something about God.

Our sexuality was intentionally created as a holy symbol or analogy reflecting how God loves us.

Dr. Antony Theodore
Shadow - Of - His - Wing.

Such comforting words provide solace for the soul and inject the will to press on, knowing that God is gracious and faithful and He will avenge His people and protect us under the shadow of His wing.

Dr. Antony Theodore
Shall We Climb Up On The Rainbow?

In the shades of the rainbow
shall we hide like little fairies
wondering about the signs of God?

When the angels sleep
shall we climb up on the rainbow?
and dance there on the top
to be lost in colours
of intense love.

Dr. Antony Theodore
Shall We Swim To The Other Shore?

Come we shall swim, have no fear.
I am with you always.

Come we shall swim to the other shore.
Then when we reach the shore
I can help you to climb
up on the rainbow with me.

We will be in light, in colors, in joy
in peace, in smiles, and shall we kiss
when thousand angels look at us.

Do you come with me my love?

Dr. Antony Theodore
Shapes And Colors

Very vivid shapes and colors appear in me as well as the feeling of floating.

I thank the world for I am and you are fed to our souls by innocent love, that is shared so naturally and effortlessly in this world by people whose hearts are filled with true love.

Dr. Antony Theodore

The fundamental elements of knowledge spring from the wonder awakened in them by the contemplation of creation.

Human beings are astonished to discover themselves as part of the world, in a relationship with others like them, all sharing a common destiny.

Dr. Antony Theodore
Sharing - The - Gospel.

In the first century, Christianity was viewed as something new.

As it entered the Roman world and beyond, the societies it came into contact with were pre-Christian.

This remains the same still today, when missionaries go to unreached people groups to share the gospel.

Dr. Antony Theodore
To love as Jesus loved, is to become like Jesus, in life.

It is the life of grace that enables weak human beings to act beyond their limitations.

It is not possible for anyone to imitate Christ through his own power.

Dr. Antony Theodore
Sharing In Openness

Sharing in openness
with other faiths
is necessary
to improve
the quality of our
own monastic life
and even to help
in the task of
monastic renewal
which is very necessary
and healthy in spiritual life.

Dr. Antony Theodore
Sharp Consciousness.

The sense of the Presence of God, which the mystics express is not simply a metaphor. It is a sharp consciousness.

Innumerable declarations of the mystics prove it. It is a well-known though usually transitory experience in the religious life.

Dr. Antony Theodore
Shatter Your Illusions.

Shatter your illusions.

See! Everything you have thought that you have built up shakes and crumbles before your mental eye.

Freeing yourself from illusions is very very painful.

It is the first noble step on the path of awakening.

Shatter your illusions.

Dr. Antony Theodore
She Builds Me Up In Pure Love

My lover is not embarrassed
to cry with me
when I hurt him
or laugh with me when
I make a fool of myself.
.. 

My love never hurts my
feelings or make me feel
that I am not able,
but rather she builds me
up to show how very
special and great I am.

Dr. Antony Theodore
She Danced To The Rhythms Of Melodies Unheard.

I saw in the night
a fairy
dancing in wondrous light.

I yearned to run to her.

But my steps faltered.
I could not move.

She danced to the rhythms of melodies
unheard.

Oh! How sweet it was.

I wept bitterly when she vanished.

Dr. Antony Theodore
She Hugged The Saviour.

He looked at her.
They wanted to stone her to death.

Cruelty in devilish forms! !

Jesus gave her his hand.

His hand is the hand of deliverance.
His hand is the hand of redemption.

His hand saves you and me
from all our sins.

He proclaimed:
'Throw the first stone at her
if you have never sinned'.

She smiled, she cried,
she jumped, she danced.

She hugged the saviour.

Dr. Antony Theodore
She Was Just Silent.

To the spring
I asked:

Wherefrom,

Whereto

You come and go?

She was just silent.

Dr. Antony Theodore
Sheer - Gift - Ofgrace

Martin Luther
with John Calvin,
and Ulrich Zwingli
led the movement
in the Sixteenth
Century for
the reformation
of the church based on
the rediscovery of
the integrity
of the biblical
message of the
good news of Christ's
sheer gift of grace
in his death
on our behalf
as the sole
basis on which we can
be made right with God.

Dr. Antony Theodore
The awakening of the transcendental consciousness is a disturbance of the equilibrium of the self, which results in the shifting of the field of consciousness from lower to higher levels.

It is the necessary beginning of any process of transcendence. This awakening is an intense form of the phenomenon of conversion.

(Graphic: Bilder von Artist Kirk Reinert)

Dr. Antony Theodore
Moses had to build a curtain between the sanctuary and the ark so that the most sacred space was separated from the rest.

God promised his presence and as proof of it, he created a shimmering light and thereby made the sanctuary holy. (Ex 29,43).

Isaiah saw the room filled with angels singing: God's glory fills the whole world.

Six-winged angels covered their faces with the wings before the presence of God.

(Graphic: Geneva Steptoe-Robinson saved to Art pinterest)

Dr. Antony Theodore
Shock And Anger

We can intellectualize what forgiveness is as long as we want, but it is a process that takes time for most.

When betrayal and miscommunication inhibit our ability to forgive, it is normal to feel those feelings.

Shock and anger often comes before forgiveness.

Dr. Antony Theodore
Show - Good - Will - To - All

"SHOW GOOD WILL TO ALL
Be fearless and pure;
ever waiver in your
determination or
your dedication
to the spiritual life.

Give freely.
Be self-controlled,
sincere, truthful,
loving, and full of
the desire to serve.

Realize the truth
of the scriptures;
learn to be detached and to
take joy in renunciation.

Do not get angry or
harm any living creature,
but be compassionate
and gentle; show
good will to all.

Cultivate vigor,
patience, will purity;
avoid malice and pride
Then, you will achieve
your divine destiny."

Quoted from Bhagavad Gita,
the great Hindu Scripture.

Dr. Antony Theodore
Show Us Your God

"If someone asks us show us your God! ",
Then we would have to answer:

„Look at our life and come to us to share prayer and meditations with us.

See how we take care of our fellow human beings in need.

See, how we deal with conflicts, with our own and someone else's guilt, how we try to make peace with our enemies, then you know who our God is.

Dr. Antony Theodore
Showing - Forth - His - Mercy

God is Love
and so his effects
in his creation
show his love
at its utmost;
that is, they
show forth his mercy.

Dr. Antony Theodore
Sigh-Of - Guilt

This is the morning
I am supposed to
get up early to
work out before
anyone else gets up.

It's still pitch black outside.
I'll get a head start
on my day if I just
sit up right now
and swing my legs.

I take a deep
breath and sigh.
It's a sigh of guilt
because I know
exactly what I am
about to do.

Dr. Antony Theodore
Signature - Strengths

Although every person has certain signature strengths, it is argued that most people are not truly aware of the strengths they possess.

It is suggested that this lack of awareness originates in different factors.

Dr. Antony Theodore
Signposts

When we are in a strange area, we are grateful for every signpost.

In faith, too, we always need someone to show us the way so as not to lose sight of the essentials in the multitude of everyday life.

Dr. Antony Theodore
The many signs, wonders, and miracles He performed, authenticated His claim to be Israel's Messiah.

Prophets of old recorded the signs He would perform and presented Israel with numerous prophecies, so they would be sure to recognise Him, when He arrived.

They were to acknowledge Him as Lord and crown Him as King of kings.

Dr. Antony Theodore
Silence - The - World - Around - You

The emotional
demand of stress
can build up
over time,
and if you need
an unshakable peace,
you have to learn to
silence the world
around you.

Then you will find
a way to return
to your happy
center in you,
no matter
what effort
it takes.

Dr. Antony Theodore
Silence Can Be A Very Powerful Instrument.

Correct your boys and girls. 
They will delight your soul later. 
They will give you comfort 
and you shall then rejoice.

Do not get angry and shout. 
Your silence is very powerful 
When you rely on God 
and try to discipline your children.

Dr. Antony Theodore
Silently I Wait

He gently touched me
With his caring hands.
And in his eyes there was a glow
Which fired my soul.
I get untiring wings
Whenever I think of his love.
I sit motionless
At dusk
And think over how great his love was.

Silenty I wait
For him to appear
In me, deep down in my soul.

Dr. Antony Theodore
Sin - Is - A - Violation

But our first parents
turned away from God,
and the human race
hasn't been right since.

Sin is a violation
of the way things
should be, a violation
of a fundamental law.

That law was designed
by God to make us happy.

Think of how it would be
if everyone in the world
lived up to that law.

Unfortunately, we all turn
away from God's law.

In doing so,
we turn away from Him.

We are caught
in a cycle of sin.

Try as we might,
we can't break free,
not on our own.

We need God.

Dr. Antony Theodore
Sin - Is - Present

Sin is a constant
of the human condition.

It's all around us.
It's inside us, too.

We are all sinners.
Sometimes our sins
are written large,
like adultery or murder.

Sometimes they
are buried in
our own selves.

But they're always there.

Dr. Antony Theodore
Sin - Of - The - Mankind

All mankind have sinned, having transgressed the law of God.

Therefore, they devise various ways and means as to how to escape the wrath of God, and live.

(Adhyaksha Anubhavananda Kesava Raya Sarma Mandapaka)

Dr. Antony Theodore
Sin Is The Root Of Our Spiritual Ruin.

Sin was the cause of man's downfall and spiritual death is the result.

Sin was the root of our spiritual ruin, and separation from God is the bitter fruit of a man's disobedience.

Sin was the cause and the result is a race of men born spiritually dead in trespasses and sins, without hope and without God.

But God made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

It is Jesus Christ. Praise His holy name.

Dr. Antony Theodore
Sin Shall Not Reign In Us

The kingdom of God cannot exist alongside the reign of sin.

If we wish God to reign in us, sin shall never reign in our mortal body.

Rather we should mortify our members which are upon the earth and bear fruit in the Spirit.

(cf. St. Paul's letter to Colossians 3: 5 and Romans 6: 12):)

Dr. Antony Theodore
Sincerity

From the genuine innermost self flows out sincerity.

Let your actions be formed by honest seeing and sincere feeling.

Dr. Antony Theodore
Sinful - Disobedience

Think of man and woman before the Falling into sinful disobedience loosing the joy of paradise

after the fall, and at the resurrection of the dead.

Dr. Antony Theodore
Sinful - Lust

Before we were justified in the eyes of the Lord, by faith alone, in Christ alone, we were also participants in the sinful lusts of the flesh and the haughty pride of life.

And because of these very things, the wrath of God will descend on all the sons of disobedience.

Dr. Antony Theodore
Sing The Song Of Celestial Love,

Sing the song of celestial love, O singer!
May the divine fountain
of eternal grace and joy
enter your soul.

May Brahma, (the Divine One),
pluck the strings
of your inner soul
with His celestial fingers,
and feel His own presence within.

Bless us with a divine voice
that we may tune the
harp-strings of our life.

(From the Rig Veda the great Hindu Scripture)

Dr. Antony Theodore
Sing To Me A Love Song

Would you sing to me
a love song.
I am all ears for you.

Would you murmur in my ears
words of everlasting love.

Dr. Antony Theodore
Singing - In - Praise

We shall come
to the setting
of the sun
and shall see
the evening star.

Then shall we
sing in praise
of God, Father,
Son, and Holy Spirit.

Dr. Antony Theodore
Singing - Songs - Unheard

Stop
and sit still
till you experience
the wind from all
sides blow into you
and they begin to sing
songs unheard
into your mental ear.

Dr. Antony Theodore
Singular - Soul - And - The - Universality

Think of the
the space between
the intimacy of
singular soul and
the universality
of the forms.

Dr. Antony Theodore
Sinking - Down

I watch how the night falls.
I watch how the day bids farewell.

I watch how silence conquer me
in the depths of the night.

Oh! how i sink down
into a world of peace.

Dr. Antony Theodore
Sins Are Like Snakes

Sins are like snakes
that I hid inside a casket
and hid it inside my body.

My mind and intellect
knows the sin, hiding in me.

I want God's best more than
I want the temporary
pleasures outside His will.

Sin feeds a dangerous cycle
of misplaced desire,
defiance, disobedience
and destruction in my life.

When I give in to sin,
I sign up for eventual suffering.

It will eventually end in weeping.

Dr. Antony Theodore
Sit Back And Observe

Developing an emotional reaction to all that is said to you, is deadly.

Sit back and observe everything that happens in your life and every word that is said to you without involving in any of these.

All things pass away like the clouds and you sit in the blue firmament to watch without involving in any of these in your life.

Only then you will succeed in life. Do not be attached to anything.

Dr. Antony Theodore
Sit- In - Peace

Help yourself
just to relax
and forget
all problems.

Take time
to sit in peace.

Close your eyes.

Listen to meditative
music and pray
silently.

It will calm
your mind.

Dr. Antony Theodore
Sitting - Quietly

I am just sitting quietly, attempting to dial back into his presence.

It was astounding how many things presented themselves in a matter of about five minutes.

My brain is overloaded.

How can I ever escape the world of informations so that i may enjoy real peace in silence.

Dr. Antony Theodore
Sixth - Sense.

In order to transcend sensory functions one needs to have sixth sense.

Everybody has it to some degree but not every body is aware of this and many of those who are aware do not wish to use it, perhaps through fear of what they do not understand.

(Written from the comments of the great poetess of Listowel Marie Shine.)

Dr. Antony Theodore
Skeptical Age

Why is it that people don't just believe Christianity is false, or assume it isn't good?

How can followers of Jesus effectively communicate the biblical story of his grace and redemption in today's skeptical, divisive, and technologically saturated world?

How should Christians be respectful of unbelievers, all the while remaining focused on Jesus?

Dr. Antony Theodore
Skies Come And Go. Watch It.

blessed are we
When we believe
that we are blessed.

happy are we
when we believe
happiness is our birthright.

There is no life
without problems.
problems are never permanent.

look at the skies
it comes and goes.
so also in life
nothing is permanent.
Everything comes and goes.

Dr. Antony Theodore
Skill - Of - Emotional - Regulation

Getting to grips with our positive and negative emotions can help us to navigate all kinds of situations in a balanced way.

Understanding how our emotions impact us, those around us, and how we interact with our social world requires the skill of Emotional Regulation

Dr. Antony Theodore
Slave-Market - Of - Satan

Christ's finished work on the Cross gave every member of the human race the opportunity to be bought back, from the slave-market of sin and Satan, and to become free to live the rest of our life in total dedication to Christ.

Dr. Antony Theodore
Slaves - Of - Sin

Before we were saved,
we were slaves of
sin and sons
of disobedience.

We were at enmity
with God, slaves
of Satan, and under
God's terrible
condemnation.

Dr. Antony Theodore
Sleep Baby Sleep

Sleep baby sleep
May I sing a lullaby.

I am your mum now.
I am your dad now.
I am your angel of love.

I shall protect you always.
You are safe in my hands.

I shall hug you softly.
You can sleep on my chest.

Sleep baby sleep

Dr. Antony Theodore
Sleep In Peace

Sleep in hope.
Sleep in peace.
Sleep in grace.

Every night
go to bed
with God
and the angels.

Sleep in peace
my friends always.

This is faith.

(Johnny R. Powell Pinterest)

Dr. Antony Theodore
Sleep In The Arms Of God

On the banks of Ganges
I sat in a serene and sombre mood
Looking at the playful water
as the wind like a great artist
draws playful lines and circles
On the water.

The wind
tickles the water
and it laughs although I can't hear.
When the water laughs
And jumps, it moves
In lines and circles
And then rushes swift to the shore.

I sit there at the shore
With my feet in the water
And watch the lines and circles
Reach and kiss my feet
In reverent love.

The wind is playful today
And comes to my lips
With a cold feathery touch
And caresses my hair and I feel alive.
It tells me about the sweet words
Uttered by lovers on the shore
Sharing their intimate feelings.

Tonight I shall dream
Of the symphony of the dancers
And as in a fairy tale
The lovers will come on this shore,
Kiss a thousand kisses
Tell love stories,
Smile and lie on the lap of each other.

I wish you, lovers of this shore
Bliss, serenity and peace.
Sleep here lovingly
The night through.
Let the glorious moon
Pour its mild heavenly light on you.

Sleep together lovingly in the arms of God.

Dr. Antony Theodore
Sleep Very Well

Sleep very well,
my loved one
of my heart.

I am here beside you
wrapped around you
like the roots of a tree.

I am here with you
like a kangaroo
keeping you safe
inside my cosy pouch.

(Graphic: Evi Pinger saved to Süße rest).

Dr. Antony Theodore
Smile

Humility and nobility
live together.

There is a smile
on their lips.

It is a smile of peace
and contentment.

Dr. Antony Theodore
Smile - Intensity

Awe walkers even displayed a greater smile intensity in the photos over the span of the eight weeks.

(Awe walks are a part of the research program conducted by some professors at the university)

Dr. Antony Theodore
Smile - On

The world is full of creativity and you have become one of the main center pieces.

So, smile on. Keep pushing towards the light.

It is waiting for you.

Dr. Antony Theodore
Smile Always From Your Depths.

Resentment is poison for the body and soul.  
Free your mind from all that is negative.  
Fill your soul with love.  
Forget and forgive.  
Smile always from your depths.

Dr. Antony Theodore
Smile Always On Your Way

Let go the material world.
Open yourself to the Higher Consciousness.
Become aware of one’s own greatness.
Sense that your are important
because you are a child of God.

So do not feel inferior.
Believe in yourself.
Believe in life.
Accept yourself completely.
Love yourself as you are.

You have a mission in the universe
to spread love and kindness.
Live this mission fully.
Smile always on your way
of fulfilling this heavenly call.

Dr. Antony Theodore
Smile and be happy always.
By worrying what will you gain?

Take time and do things
that makes you happy.

You cannot conquer the world.
But you can conquer yourself.

Be selective.
Do things that is possible for you.

Do even the little things
that makes you happy always.

Smile and the whole world will smile with you.

Dr. Antony Theodore
Smile Spread Into My Being.

I smiled
till my heart
could not contain it.

It spread into my eyes.
It spread into my lips.
It spread into my being.

This moment of joy
I cherish always.

(Graphic: Aino Karjula saved to )

Dr. Antony Theodore
Smiling In The Rain.

God showers raindrops on me.
God knows that i am crying.
God wants me to smile and laugh.

So he sent me raindrops.
i believe that God does it purposely
to make me happy in my sorrow.

God, you know, i enjoy it.

you see me dancing in the rain.
Oh how can i ever thank you
for all the love you show me.

i always believe that you watch me.

Thank you Lord of my heart.
i have no one in my heart.
my heart's cave is free for you alone.

Come and rest a while in my heart.

(Graphic: Thea saved to Amore, Romantik, Pinterest)

Dr. Antony Theodore
Smiling On The Death Bed.

See the invisible.
Feel the intangible.
Strive hard to accomplish.
No time to be wasted,
but find time to relax.

Then again perform
according to your inner call.

Then you will achieve
The impossible.

This is your calling
to leave the indelible
mark of your existence.

Die a sweet death
smiling on the death bed.

Dr. Antony Theodore
Snare - Of - Conceptualization

When an answer becomes impossible to be formulated, in our search, we will free ourselves of the snare of conceptualization.

Only then, we will be able to access the totality, that Spiritual Heart Consciousness awakens in us.

Dr. Antony Theodore
So - Insensitive

Someone comes in and you are out of the house!

There is someone living with you and you throw him out of the house.

Someone wants to communicate and you cut him off!

So insensitive are you?

Dr. Antony Theodore
So - Uncaring

There comes someone to you and you do not care to see him.

Someone approaches you, and you are in a mood to welcome him!

Someone knocks at your door and you are lost in slumber.

So uncaring are you?

Dr. Antony Theodore
So Compassionate To The Afflicted

You who are
so compassionate
to the afflicted,
have mercy on me
and take away
that differentiating
sense which causes me
to do what I should not
and pass my days
in merriment
mistaking woe
for happiness.

(Wisdom up on reading
Ramayana, Lanka Kanda).

Dr. Antony Theodore
So Shall It Be To You

God looks
at you in love
and comfort you.

He gives you peace,
health of the body
and the salvation of the soul.

It is the wish of the Lord.
So it shall be in
time and eternity.

So shall it beto you.

Dr. Antony Theodore
Soaring - On

They will soar on wings like eagles.

One who puts his strength and rely on the hands of God will soar on.

It is faith in God and in oneself that lifts you up to the mighty heavens.

Dr. Antony Theodore
Social-Media And Anxiety

There's all
the troubling
research showing
direct correlations
between social media
use and rising
levels of anxiety
and depression;

Envy plays a great role.

But the deeper issue
is that our media
consumption has taken
away all our time
that we used
to read a book,
or take a walk,
or listen to music.

Dr. Antony Theodore
Socratic - Assumption

Plato proceeds from the Socratic assumption that the unexamined life is not worth living.

The person who never reflects on what he or she ought to be doing to lead a good life worthy of human beings is not living a life that is worth living.

Dr. Antony Theodore
Solid - Foundation

We should have a solid foundation of love to stand on.

Healthy people plant their feet firmly on a deep and confident sense of worth that is built by God's love.

Dr. Antony Theodore
Soliloquies.

Lofty in the white shining skies,
I sat inside my moving palace
and was lost in soliloquies.

Dr. Antony Theodore
Solitude

Lead me by my hand
O, mother solitude
Into thy loving womb
Of solitude interior,
Into the anguish unknown,
Where praying buds
blossom into flowers divine.

Dr. Antony Theodore
Solitude Is My Mother

Solitude is my mother.  
I converse with her  
in moments of aloneness.

Tune your mind  
to the waves  
of the Divine.

Love silence.  
In silence  
you can hear  
His voice.

Then act with power  
and you will achieve.

(Gospel: wishful thinking added to Pinterest )

Dr. Antony Theodore
It was as solomon stood before
the altar of God
in the presence
of the whole
assembly of Israel,
that Solomon
offered his prayer
of dedication
to the Lord.

It was a reminder
to God, of the many
precious promises
He had made to
His people, Israel,
and the king humbly
prayed that God
would be faithful
to carry out and
complete, the good
work that He had
begun with His people,
so that the
name of the Lord
might be glorified.

Dr. Antony Theodore
Solution - In - Metaphysics

For Kant, there must be a rigorous critique of pure reason.

These unavoidable problems set by pure reason itself are God, freedom, and immortality.

The science which, with all its preparations, is in its final intention directed solely to their solution in metaphysics;

Dr. Antony Theodore
Solving Puzzles And Problems

Patients are presented with several emotional problems, which they are required to solve.

This is akin to how intelligence is tested.

(Ref. to Sanchez-Gomez & Breso, 2019).

Dr. Antony Theodore
Some - One - Out - There

Just remember,
there is always
someone there
to love you.

You may not
notice them
all the time,
but there is
always someone
out there looking
out for you.

Dr. Antony Theodore
Some Do Not Know It

Some people do not know how important it is that they are just there.

Some people do not know how good it is to just see them.

Some people do not know how comforting their kind smile works.

Some people do not know how pleasant their closeness is.

Some people do not know how much poorer we would be without them.

Some people do not know that they are a godsend.

(Graphic: Pinterest. Elizabeth Barnes saved to Our Beautiful World/ beautiful photography
12k
A Nice swan! She looks absolutely faboulus)

Dr. Antony Theodore
Some Live Always In Tombs.

Let go of our fears and anxieties.  
Then we begin to see more clearly.  
We gain positive energy to deal  
with our demanding reality.

So I choose to bid farewell  
to my dingy tomb-like existence  
and to everything that constrains me  
from stretching towards the light.

Many are accustomed to the tomb  
that they find solace in it.  
They prefer to be unhappy  
In their familiar situations  
than to risk the unfamiliar.

Dr. Antony Theodore
Some Sorrows Are Like That.

Some sorrows
are like that.

You cannot tell anyone,
your mind and soul
cannot bear it either.

Some sorrows
are like that.

Dr. Antony Theodore
Sometimes - Am - I

Sometimes
I am shocked,
frightened,
nervous.
I am in stress.

Sometimes
I am proud,
confident
and joyful that
we are trying
to build a
castle from afar.

Sometimes
It worries me
that our
fatigue may
be unproductive.

That will bring aching
and heart breaking
pain, fear and suffering.

(Trying to build a spiritual
castle in all earnestness
can bring us into real doubts
of darkness, fear and sufferings).

Dr. Antony Theodore
Sometimes Silence Is Golden

There are many
who deserve your silence,

Do not waste your words
beforesuch people.

Very often your silence
is golden and is of great value.

Dr. Antony Theodore
God alone is deserving of such reverence and great glory, and in verse after verse of this joyful psalm, he pours forth praise and adoration, as a sacrifice of praise to our Father in heaven.

With each successive verse, we discover more superlative songs of celebration, that rejoice in the richness of God's goodness, the greatness of His power, the wonders of His mighty hand and the glory of His majesty.

(Reference to the Psalm 104 of The Holy Bible).

Dr. Antony Theodore
Songs Of My Pain

My soul is the home
of a wounded butterfly.

It sings in prayer
at dawn and dusk.

Heal not my wounds!

Let my songs be born
from the pain of my wounds.

Dr. Antony Theodore
Sonship - As - Epicentre

Whatever else we encounter when we engage the life of Jesus, we encounter a person living fully as a son.

Sonship is the epicenter of Jesus' life, and it is the epicenter of ours.

(Rom.8: 15 in the New Testament).

Dr. Antony Theodore
Sorrow - And - Grief

In the midst of tragedy or loss, the Christian life often feels the most lonely.

When bearing the weight of sorrow or grief, companionship may seem too far off to be of any help.

Dr. Antony Theodore
Sorrow Purifies Your Heart

How shall I comfort you?
I have not lost anyone
whom I loved, like you.
Sadness has not conquered me
as you experience now.

But I know the sadness
for the sake of a loving person.
I know how it can take abode
in my heart filling with sadness.

I know how the sorrow
can take possession of me.
Then no words of comfort will help.
It does not reach the heart.

Allow your heart to accept the sadness.
It purifies your heart.
It frees you from the clod in your throat
It is the expression of your love
for the one whom you lost in death.

(Graphic: Buxra hat sich etwas auf Dibujos realistas gemerkt. Pinterest)

Dr. Antony Theodore
Sorrow Sleeps In Those Eyes

Your face tells me
the sorrow so deep
in your mind and soul.

I want to love you.
Give you everything you want,
food, clothing, love
care and concern.

When you are sick
I shall look after you
and teach you
wonderful things
about a loving God
who come to the poor
through human beings.

Dr. Antony Theodore
Soul - And - Body

The human soul
is a spiritual substance
that is by its nature
ordered to be joined
to a body (ST I: 55: 2).

As such, the powers
of our souls have
a degree of dependence
on the body, including
our intellectual powers.

So our intellects
achieve their perfection
"from bodies, and through bodies"—otherwise,
there would be
no reason for our
souls to be united
to our bodies
(ST = Summa Theologia
of Thomas Aquinas I: 55: 2).

Dr. Antony Theodore
Soul - In - Despair

The sons of Korah had learned that when our soul is in deep despair, we are to remember the Lord and remind ourselves of His past goodness.

They Remembered God's never-failing goodness and began to rejoice in the promises of God.

(Ref. Psalm 42: 1 of the Holy bible)

Dr. Antony Theodore
Soul - In - Desperation

It is a soul
in desperation
that pants after God.

It is the inner man
that is dry, and
fearful, and unable
to flee from the
pressures of life
that pursue us
unrelentingly,
that discerns
their need of God.

Dr. Antony Theodore
Soul Cannot Invent Itself.

The soul is a presence of the divine world.

It cannot invent itself.

The soul holds the echo of primal intimacy.

This original echo whispers with every heart.

Intimacy has no limit in the soul.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Soul Friend

In the depth of our hearts, we yearn for a soul friend.

In the love of a soul friend we stay as persons without masks or pretensions.

The superficial lies, the functional untruth and half truths of acquaintance fall away.

You can be as you really are. Understanding dawns in the experience of soul love.

Understanding is precious. Understanding nourishes the sense of Belonging.

Where you are understood you feel very much at home.

Being understood, you feel free to release your self into the shelter - cave of the other person's soul.

(Graphic: Jacopo_Tintoretto_-_Visitation_-_WGA22645 Google) Spiritual friendship.

Dr. Antony Theodore
Soul Or Atma Is Within.

Only the one, who has become Krishna himself, can say what Lord Krishna was trying to say in Bhagavat Gita.

No one else can.

What did Lord Krishna mean?

When a person dies, what is it that leaves when people say, "He left the body?"

That, which leaves, is the 'real thing' and whatever is left behind is the 'packing'.

What you see with your physical eyes is the packing and the material.

(Soul or Atma) is within.

Dr. Antony Theodore
Soul-Lifting- Message

Do you know this God who knows you?

He knows your name.

And He can't wait to get you home.

This is the ever-recurring, soul-lifting message of Heaven.

Dr. Antony Theodore
Soulmate

My soulmate is on his way, he is kind, gentle, honest, and funny.

He makes me feel like a queen, is always down for adventures, and makes me feel safe. I know for a fact he is on his way!

(Living in imagination and hope to find the right soul mate)

Dr. Antony Theodore
Soul's - Deepest - Desires

I feel inspired today
by these beautiful
roses dancing in
the soft wind.

Help others
to boost the
energy of
positive thought.

I am Feeling gratitude
in my heart for Life
here and now,

for the possibility
to reside in peace
within myself,

to realize my soul's
deepest desires.

(Written after going
to the Rosegarden
in the Westfallen Park,
Germany)

Dr. Antony Theodore
Sounds - And - Music

Sound in nature
becomes music in you.

A song that you sang all alone
becomes your dance.

Your thoughts become
your meditation.

They are the wonders
of your life that changes you.

Dr. Antony Theodore
Sounds - Like - Fiction

In Ezekiel, we are introduced to a fierce, godless ruler called Gog, who comes from the land of Magog in the farthest reaches of the north.

He is the prince of places called Rosh, Meshech, and Tubal and he is an evil dictator, who will control a powerful army, that is composed of multiple squadrons of soldiers from many nations and different regions.

and he is a proud and arrogant man who opposes God and all that is good.

It may sound like fiction but is a biblical fact.

(Ezekiel, Chapter 38 is the thirty-eighth chapter of the Book of Ezekiel in the Hebrew Bible or the Old Testament of the Christian Bible. This book contains the prophecies attributed to the prophet/priest Ezekiel, and is one of the Books of the Prophets. This and the following chapter form a section dealing with "Gog)
Source - Of - Authentic - Value

We need to build recognition of the source of authentic value in the world into our projects and designs in order to be responsive and responsible.

For it is the value that has an independence of us and thus which always exceeds our control.

Dr. Antony Theodore
Source - Of - Godness

Call all, in virtual community during this time of global crisis.

We shall draw from the wellspring of perennial wisdom in all sacred scriptures of all religions of the world.

Let us unite to restore sanity and balance in our own souls and strengthen ourselves to be a source of goodness in this struggling world.

Dr. Antony Theodore
Sow - Seeds - Of - Love

Sow seeds of love
in your life every
day so that you
may reap its beauty
and sweetness
throughout your life.

Love will
transform
your life!

(Written from the comments of the great Poetess Marie Shine)

Dr. Antony Theodore
The little space within the heart is as great as the vast universe.

The heavens and the earth are there, and the sun and the moon and the stars.

Fire and lightening and winds are there, and all that now is and all that is not.

(Swami Prabhavananda, The Upanishads: Breath from the Eternal)

Dr. Antony Theodore
Spatio-Temporal - Processing

The functions
crucial for mental,
knowledge-generating
activity are
spatio-temporal
processing of,
and application
of concepts
to, sensory inputs.

Cognition requires
concepts as
well as percepts.

(Thoughts and ideas of Immanuel Kant)

Dr. Antony Theodore
Speak -Up

Speak up
for those
who cannot
speak for themselves.

Ensure justice
for those being crushed.

(Proverbs 31: 8 of the Holy Bible)

Dr. Antony Theodore
At creation,
God spoke the
world into being
through His powerful
Word and in the
fullness of time,
the Word became
flesh and dwelt among us.

The Lord first spoke
to man when He
walked with him
in the cool of the evening,
and His final revelation
to us is articulated
through the person
and work of Jesus Christ,
the incarnate Word.

He is the High Priest
of our confession,
who is God made flesh.

Dr. Antony Theodore
Special - Significance

Although certain Scriptures may hold a special significance for different people, no-one has the right to their own personal interpretation. All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness and must never be subjected to multiple interpretations.

Dr. Antony Theodore
Speech - Impediment

Jeremiah acknowledged
his many limitations
and used a possible speech
impediment,
a lack of learning
and his tender age
as legitimate excuses
to be released from
God’s demanding
and overwhelming
assignment on his life.

Dr. Antony Theodore
Spend Time In Silent Prayer.

Spend time in prayer
and prayer in silence.

In prayer
you will experience
that God calls you
to be in harmony.

Harmony and peace
are the results of private
and intimate prayer.

Spend time in silent prayer.

Dr. Antony Theodore
Spendtimein Silence

Deepen your prayer life
and you will grow in holiness.

Deepen your love for
one another
and you will serve
with love and care.

Spend time in silence
and you will receive
the grace to listen
to God and God's poor.

Dr. Antony Theodore
**Sphere - Sovereignty**

Calvin's distinctive
contribution
was the affirmation
of the Lordship of Christ.

It is over the
whole of life,
an insight taken up
in the Nineteenth Century
by the great Dutch
Calvinist thinker,
Abraham Kuyper
and stated as the
principle of 'sphere sovereignty'
that all areas of life
are distinctively
under Christ's rule.

Dr. Antony Theodore
Sphisticated - Mechanical - Brain

It cannot
determine
which goals are
worthwhile and
which are not.

It has no
emotions.

It cannot "feel."

Dr. Antony Theodore
Spinning Threads Out Of My Grief.

An unseen hand
spun threads out of my grief.
They were colourful threads.
I liked it very much.
The unseen hand
placed the colourful
threads on my breasts
and I slept peacefully.

In the depth of the night
the unseen hand pulled
the thread making me naked.

I did not feel shame.

Dr. Antony Theodore
Spirit - At - Work

How can Christians profess and proclaim faith in Jesus Christ as the one redeemer of all humankind, and at the same time recognize the Spirit at work in the world's religions and cultures?

Dr. Antony Theodore
Spirit - Led - Life

The head-knowledge and the Spirit-taught study becomes

the heart-knowledge of Spirit-led life.

Dr. Antony Theodore
Spirit - Within

See yourselves from the perspective of the spirit within.

It will help you to remember why you came here and your responsibilities to change this world in love.

Dr. Antony Theodore
Spirit of Awe.

Cleanse ourselves from all fleshly filthiness, moral impurity, and spiritual pollution.

Purify our hearts from all that is offensive to God.

Cultivate a spirit of awe, wonder and reverential fear of the Almighty.

Dr. Antony Theodore
Spiritual - Adultery

It was Israel to whom the prophet Hosea was writing these solemn words,

for individually, and as a nation, they had rebelled against the Lord.

They had followed after other gods,

committed spiritual adultery, strayed far from the God of their fathers, and

become estranged from the One Who chose them to be His own special inheritance.

Dr. Antony Theodore
We are not human beings having a spiritual experience; we are spiritual beings having a human experience.

We are not human beings striving to be Spiritual; we are already Spiritual Beings.

We existed in spiritual form before we were born into this physical world.

First and foremost, we are eternal Souls.

In the very quiet moments of our busy lives we can re-connect with this knowledge.

(Written from the comment of the great poetess Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Spiritual - And - Human - Awakening

We are spiritual beings trying to cope with a human awakening.

Dr. Antony Theodore
Spiritual - Life - And - The - Devil

Peter says our adversary
the devil is like a roaring
lion stalking about,
seeking whom
he may devour.

Paul tells Timothy
to endure hardship
as a good soldier
of Jesus Christ and
put on the full armor
of God and stand
firm against the
wily plots of the devil.

Dr. Antony Theodore
Spiritual - Metaphor

When we think about sexuality or have sexual questions, we need to view these through the filter of remembering the significance of the spiritual metaphor and the spiritual covenant with God and the partner.

Dr. Antony Theodore
Part of the problem with our faith today is that we do not truly believe in the spiritual reality.

In our world people maintain their sense of respectability by rejecting everything except what they can see in the natural world.

Dr. Antony Theodore
Spiritual - Reconciliation

Earthly Suffering,
all the ravages
associated with
this sinful environment
will be eliminated.

Physical Death,
death, as man's
final enemy,
will be destroyed.

Deceptive Teachings,
the deceptive doctrines
that have confused
and destroyed souls
will be vanquished.

Opportunity for Salvation,
the door of opportunity
for spiritual reconciliation
with the Creator
will be closed at the end
when all are redeemed
in the grace and love of God.

All those who are interested
may refer to these texts in the Holy Bible.

(Rev.7: 16-17; 21: 4).
(1 Cor.15: 26).
(Rev.20: 3).
(Mt.25: 10; Heb.9: 27).

Dr. Antony Theodore
Spiritual - Slumber

He would come as
the Horn of salvation
for the lost sheep
of the house of Israel.

He would come to
heal the nation
from their
spiritual sickness,
awake them from
their spiritual slumber
and remove the
blinkers from their
spiritual blindness.

Dr. Antony Theodore
Sacrifices have real spiritual value.

They have the power to crack open the world, to lay vulnerable the heart, so that men and women, friends and family, even strangers and enemies might remember their dignity: that they are loved by God.

Dr. Antony Theodore
Immanence is usually applied in monotheistic, pantheistic, pandeistic, or panentheistic faiths to suggest that the spiritual world permeates the mundane.

Dr. Antony Theodore
Spiritual Formation

Spiritual formation has created a seeming dichotomy between the idea of spiritual formation as the inner journey and as communal action.

Dr. Antony Theodore
Spiritual Life And Personal Discipline.

The spiritual life is a matter of personal discipline.

The most suitable environment for this pursuit is the desert.

In the desert is the oak of Mamre.

Here is the ladder which leads to heaven, and the encampments of angels which Jacob saw.

Here is the wilderness where the people purified, received the law, and then going into the land of promise, beheld God.

Here is Mount Carmel where Elijah abode to please God.

Here is the wilderness where the blessed John ate locusts and preached repentance to men.

Here is the mount of Olives, which Christ ascended and there prayed, teaching us how to pray.

(All are references from the Holy Bible)

Dr. Antony Theodore
Spiritual Life Is Not Mental Life.

The experience of faith
affects all the faculties
and yet transcends them all.

Spiritual life is not mental life.
It is not thought alone,
nor is it a life of sensation.

It is not merely a life of feeling,
nor does it exclude thought
and feeling but elevates all
in love and in faith.

Dr. Antony Theodore
Spiritual Marriage

In a spiritual marriage, the soul, or rather the spirit of the soul or the divine spark, becomes one thing with God.

Humility, intimacy, and love are predominant in this state.

God who is also spirit, has desired to show to certain souls how far this love can go.

Despite his infinite majesty, He condescends to unite himself so closely to the feeble creature.

In the spiritual marriage, the soul dwells always with God.

Dr. Antony Theodore
Spiritual Person

(Spiritual Person)

(God is invisible, beyond all human imaginations. God is ever present in you and
in me).

A spiritual person
is a good listener
of silent voices
and a sharp observer
of the Invisible.

Published on October 06,2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Spiritual Realization

The entire spiritual realization is here appropriated as one's epiphanic experience.

An epiphanic experience is a profound illumination of the inauthentic and authentic modes of self-identity.

Dr. Antony Theodore
Spiritual Seed.

Some see the Divine as a Transcendent Life immanent in the world and self.

There is a spiritual seed within them by whose development, one, moving to higher levels of character and consciousness, attains his end.

They will see the mystic life as involving inward change rather than an outgoing search.

Transformation of the Being or Regeneration are the watchwords here.

Dr. Antony Theodore
Spirituality Is A Way Of Life

Spirituality is a way of life
that you select to go with God.

It is not theology.
It is not philosophy.

To the most High
I want to relate myself.

So I need my own simple ways
to reach Him, talk to Him
and to express my love.

It has nothing to do with
any kind of religion
or modes of worship.

Dr. Antony Theodore
Spiritually - Impotent

They were not growing in grace and maturing in the faith.

They were not permitting the Spirit of God to lead and guide them in their Christian walk.

These believers had, in fact, adopted the way of the world and were spiritually impotent.

Dr. Antony Theodore
Spiritually Parched

Just as David found himself to be spiritually parched and in need of direction, so saints down through centuries of time, have turned to these words to bring solace, sympathy, healing, and hope in this broken world system. (Ref. to Psalm 23 of the Holy Bible)

Dr. Antony Theodore
Split-Second - Prayers

Simply apply discipline
in communicating
with people around you.

If they are silent,
pray before speaking
to them. If they are talking,
pray before responding.

These are split-second
prayers, but they put you
in touch with My Presence.

Dr. Antony Theodore
Spread Kindness.

Try to spread in love the kindness and mercy of God.

Such an attitude born from faith in the mercy of God brings lasting fruit in our lives.

Dr. Antony Theodore
St. - Paul's - Nights -Of - Suffering

I doubt Paul would have understood the impact his letter to the Philippian Christians, and his other epistles would have, on many millions of souls, down through the centuries.

Paul may have been confined to a prison cell, but his hope remained founded on Christ.

And God used his night of suffering to be turned into many mornings of joy, for those who have treasured the words he wrote.

"For to me, to live is Christ and to die is gain;"

(Reference to the Letters of St. Paul in the New Testament of The Holy Bible)

Dr. Antony Theodore
St. - Paul's - Passionate - Love

Paul had a passionate love for His Saviour. He wanted to exalt the Lord Jesus Christ in every area of life.

He wanted the beauty and magnificence of His wonderful Saviour to eclipse all else.

He rejoiced when the gospel of Christ was proclaimed and wanted to demonstrate that suffering for Christ in this life, would bring his Saviour great praise and glory.

(Reference to the Letters of Paul in the New Testament of The Holy Bible)

Dr. Antony Theodore
Consider the accent of realism
with which St. Augustine speaks
in the most celebrated passage
of the Confessions, where we seem to see a born psychologist desperately
struggling by means of negations to describe an intensely positive state.

St. Augustine writes:

“I entered into the secret closet of my soul, led by Thee; and this I could
do because Thou wast my helper. I entered, and beheld with the mysterious eye
of my soul the Light that never changes, above the eye of my soul, above my
intelligence. It was not the common light which all flesh can see, nor was it
greater yet of the same kind, as if the light of day were to grow brighter and
brighter and flood all space. It was not like this, but different: altogether
different from all such things. Nor was it above my intelligence in the same way
as oil is above water, or heaven above earth, but it was higher because it made
me, and I was lower because made by it. He who knoweth the truth knoweth
that Light: and who knoweth it, knoweth eternity. Love knoweth it” St.
Augustine, Confessions, Bk. vii Chp. xl.

Dr. Antony Theodore
St. Paul Took Leave Of God

Meister Eckhart writes:
St. Paul took leave of God
for God's sake and gave up
all that he might get from God,
as well as all he might give,
together with every idea of God.

Dr. Antony Theodore
If there is no God, how can we ever establish a standard of conduct in the society?

What about malicious acts of killing and wounding others knowingly and willingly? All that is evil is to be seen as evil in this world.

Dr. Antony Theodore
Standing - Firm

The mind of a man may plan his way, but the Lord in His grace guides our steps.

Many plans may be hiding in the heart of a man, but our gracious God directs our way, for the counsel of the Lord will stand firm, forever.

Dr. Antony Theodore
Standing At The Centre Of Its Own Humility.

That you may have
pleasure in everything,
seek pleasure in nothing.

That you may know everything,
seek to know nothing.

That you may possess all things,
seek to possess nothing.

In detachment, the spirit
finds quiet and repose,
for coveting nothing,
nothing wearies it by elation;
and nothing oppresses
it by dejection,
because it stands
in the center of
it's own humility.
For as soon as it
covets anything
it is immediately
fatigued and worn out.

Dr. Antony Theodore
Standing In The Gentle Rain

Standing in a gentle rain
I whisper to the little drops about simple things.

In the sky of my heart
there are clouds
that will bring again rain
into my lowly heart.

I shall try again to chat
with the little drops
about so many things
i do not understand.

Life and love is a mystery.

(Graphic: James Schuck saved to Rain)

Dr. Antony Theodore
Standing With The Lord Of History

The mystic does not
flee from history.
Neither does he try to create it.
But he stands in it
with the Lord of History.

Dr. Antony Theodore
Starting Anew With God

We have been forgiven by the blood of Christ.

With the grace and mercy shown to us, we are always able to start new with God.

When we repent, we are given full forgiveness of our sins because of the death and resurrection of Jesus.

Dr. Antony Theodore
States Of “pleasure And Pain”.

The mystics go through states of “pleasure and pain”. On its onward journey to reality these experiences of pain and pleasure are ‘constants’ of the transcendent life.

Taken all together, they constitute one continuous process of transcendence, the steady remaking of character in accordance with the independent spiritual world in which the mystic finds his consolation and inner comfort.

Dr. Antony Theodore
The last and final empire was represented in the statue's feet and toes, which were made of iron mixed with miry clay.

Daniel accurately described the statue the king saw in his dream.

It was a tall and dazzling figure of a man. This great image stood in front of him, and its appearance was terrifying.

Daniel told the king that HE - Nebuchadnezzar, represented the head of gold on the terrifying image.

He explained that God had placed the kingdoms of the world under his authority.

"The God of heaven has given you sovereignty, power, strength, and glory."

"Wherever people live, or wild animals, or birds of the air, God has handed them over to you and made you ruler over them all. Daniel concluded."
(Reference to the Book of Daniel 3 of The Holy Bible).

Dr. Antony Theodore
Stay - Alive

For someone
that needs to
hear this
right now,
I love you.

You are appreciated.
Your life means
a lot to more
people than
you know.

You are important.
You are special.
You are beautiful,
and if no one
else has said it
to you recently,
I love you.
Stay alive.

Dr. Antony Theodore
Stay - Strong

Remember no matter what is happening in your life right now, everything will be over and it will be okay and fine.

Just be patient and stay strong. we are not alone.

Dr. Antony Theodore
Stay Alive

You are important.
You are special.
You are beautiful,
and if no one else
has said it to
you recently.
I love you. Stay alive.

Dr. Antony Theodore
Stay Blessed.

Everyone is exactly
where they are
supposed to be.

Thank you for
remaining there.

May True
Love Find you,
and Peace and
happiness
become you.

Stay Blessed.

Dr. Antony Theodore
Stay Diligent In Fulfilling Your Calling.

God revealed a wonderful treasure in you. 
It is for you and for others at large.

God has called you to a mighty work.
God will fill you to overflowing
with even more along life's way.

Knowing You are with me,
I will weather the storms
and relax in dark times.

Finally, I ask for the
gift of patience
as I wait now in trust
for Your great treasures,
both here and in the life to come.

(Graphic: Gail Carlisle saved to God Loves You/ME
God loves you with a love that is increasing and overflowing... {each and every
day}.1 Thes.3: 12-13)

Dr. Antony Theodore
Stay With Us

We still have time
to comfort others
against all sadness.

We still have time
to correct and forgive
against all our fists.

There is still time
to live and love
in this great world.

Therefore, good God, stay with us!

Dr. Antony Theodore
When we do not forgive, it is easy to stay in the anger.

However, when we stay angry, we can avoid going into those harder places that involve the impact of the betrayal.

The same way a war veteran is traumatized in combat, a person can be traumatized by someone they cared about.

Staying in anger can kill your health.

Dr. Antony Theodore
Steadfastness - And - Endurance

There are the virtues that were extolled by the Stoics who set themselves up as the spiritual gurus of the ancient world into which Christianity was born.

In such a world it is only to be expected that the virtues of the warrior, courage, bravery, steadfastness, endurance, perseverance and the ability to remain dignified and uncomplaining even while suffering pain, torture, and death, would be praised above all others.

Dr. Antony Theodore
Steady - Hands

Now, together
on eagle's wings
we embark on
the work that God
and history have
called upon us
to do with full
hearts and
steady hands.
(Biden paid homage to his deep faith:
Citing Biblical verses and a popular hymn).

Dr. Antony Theodore
Steer The Course Of This Life Boat

God bestows to you
a human body.

It is a raft
to carry you
across the ocean
of mundane existence.

Steer the course
of this life boat
through the grace
of the Almighty
who is ever present
in you, to guide you.

Dr. Antony Theodore
I dare
to step into
the Unknown.

I Believe, you
my God are there
when i shall struggle
in the darkness
not knowing my way
forward.

You are there always
for me.
You are my treasure.

(Graphic: Sky Rye design - creative ideas for )

Dr. Antony Theodore
Stepping - Outside

It refers to
the ability
to entering
an observer
mode, from
which one
can step outside
of one's
immediate
experience.

Dr. Antony Theodore
God,
You wonderfully manifest
and accomplish the mystery
of your communion with us.

Build up for yourself
the temple that we are
and spread your energy
everywhere to grow
ever more and more
till we reach the fullness
of the vision of peace.

I like to step in to the
blessed temple of glory
to praise you day and night.

Graphic: ?????? ?????? saved to NATURE
62
Google+pinterest)

Dr. Antony Theodore
Steve Jobs And Abortion

55 million aborted.
Thousands die daily.
Who would they have become?

Steve job writes:

'My mother was only 23
When I was born in her womb.

She went through alot
to keep me alive.

So many forced her
to abort me in her holy womb.

She took a decision to love me,
to keep me in her womb.

Come what may, i will face it'.

Here I am Steve Jobs.

(Steve Jobs is a computer genius as you all know).

Dr. Antony Theodore
Chasing the money and working so hard your life passes you by isn't what life is all about. Sometimes you need to take a step back, breathe and re-evaluate things.

Steve Jobs Last Words -
I reached the pinnacle of success in the business world. In others eyes, my life is an epitome of success. However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to. At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death.

In the darkness, I look at the green lights from the life supporting machines and hear the humming mechanical sounds, I can feel the breath of god of death drawing closer...

Now I know, when we have accumulated sufficient wealth to last our lifetime, we should pursue other matters that are unrelated to wealth...

Should be something that is more important:
Perhaps relationships, perhaps art, perhaps a dream from younger days...
Non-stop pursuing of wealth will only turn a person into a twisted being, just like me.

God gave us the senses to let us feel the love in everyone's heart, not the illusions brought about by wealth.
The wealth I have won in my life I cannot bring with me.
What I can bring is only the memories precipitated by love.
That's the true riches which will follow you, accompany you, giving you strength and light to go on.

Love can travel a thousand miles. Life has no limit. Go where you want to go. Reach the height you want to reach. It is all in your heart and in your hands.

What is the most expensive bed in the world? - 'Sick bed'...
You can employ someone to drive the car for you, make money for you but you cannot have someone to bear the sickness for you.

Material things lost can be found. But there is one thing that can never be found when it is lost 'Life'.

When a person goes into the operating room, he will realize that there is one book that he has yet to finish reading 'Book of Healthy Life'.

Whichever stage in life we are at right now, with time, we will face the day when the curtain comes down.
Treasure Love for your family, love for your spouse, love for your friends... Treat yourself well. Cherish others. (This was published in Yahoo by 'Alex Sokurov'. I found it a wonderful note to those who go after wealth and finally cry at the deathbed).

love and love alone has meaning in this life.

Dr. Antony Theodore
Still Daring To Love

Can this heart be quiet?
Love lingers inside.

But afraid of hurts

Still daring to love,
still in hope
to meet the feathered queen
to touch the soft bed of wild passion.

Dr. Antony Theodore
Still, Small Voice From Within.

In my distress I cried
to my God for help.

God listened to the still,
small voice from within.

My cup overflows
with the unmerited favour
of God's goodness.

He raises me
from my brokenness.

Dr. Antony Theodore
Stir In My Nooks And Crannies

Stirr in my nooks and crannies

O eternal flame of love,
how I wait that you kindle in me
your fire of love?

Would you blaze down
my selfish seeking
to soothingly wound me again
till you reach the roots of my soul.

Touch me in my depths
in your ostentatious profundity.

Destroy the superficial display of affluence to lead me
to the freedom
of selflessness.

Stir in my nooks and crannies
and help me lie awake
in your loving presence.

Dr. Antony Theodore
Stirrings Of The Spirit Within

Ignoring or repressing our feelings is to fail to listen to the stirrings of the Spirit within our emotional life.

Dr. Antony Theodore
Stoical - Obedience - To - The - Gospel

The spiritual growth and maturity of the believers in Rome who were living in the hub of the Roman empire, was a tremendous testimony to their spiritual growth, which caused Paul's heart to rejoice over them with great joy.

Their stoical obedience to the gospel of Christ was being spoken of throughout the world. (Ref: Romans 16: 19)

Dr. Antony Theodore
Stones - Are - Useless - By - Themselves

It is easy to use metaphors like stones and houses to illustrate what the church is like.

It is taking those metaphors and applying them to real-life where the challenge comes.

No one stands alone but is a piece of the whole. When you go it alone and don't participate in the church, you leave yourself isolated and ineffective.

Stones by themselves are useless. When you choose not to participate in the church, you leave a hole where you are supposed to be.

Dr. Antony Theodore
Stooping Down To Me

The whole night
i prayed on my knees.

Then i prostrated
before your holy shrine.

In the darkness of the midnight
i looked at the oil lamps
and prayed to you.

Suddenly i saw you
stooping down to me.

(The small iis purposely written).

Dr. Antony Theodore
Stop - Thinking - Too - Much

"Stop thinking, and end your problems. 
What difference between yes and no? 
What difference between success and failure? 
Must you value what others value, 
avoid what others avoid? 
How ridiculous!

(Philosophy of Lao Tzu, Tao Te Ching)

Dr. Antony Theodore
Stop Thinking And Start Looking. We Need To Wake Up

If one reaches the point where understanding fails, this is not a tragedy.

It is simply a reminder to stop thinking and start looking.

Perhaps there is nothing to figure out after all. perhaps we only need to wake up.

Dr. Antony Theodore
Store The Secrets Of Your Soul

The bird sings
and the morning light pours in.
Wake up my little one
the time of lullaby is gone.

Take your rose
in your little hand
and walk in the path of light
leading to the never ending light.

Seek for a place
where you can store up
the secrets of your soul
of joy and pain.

Come and ring the bells
that sound into the depths of the soul
where you can hear the call
of the one whom your heart loves.

Dr. Antony Theodore
Storing-Of-The-Inner-Secrets

The heart is that private place where inner secrets are stored, and personal treasures are carefully hidden from the stare of all, but our nearest and dearest.

But no companion is so cherished and no individual so dependable, as the precious Saviour of our soul

Who loves us with an everlasting love and gave His life so that we might live.

Dr. Antony Theodore
Story - Of - Paradise - Lost

By tapping into the script people are living by, we find aspirations that will only be fulfilled by discovering the true story, the story of paradise lost and regained through the sacrifice and redemption of the conquering King.

Dr. Antony Theodore
Story Of My Tears And Dreams.

I collected my tears
In a dry coconut shell.
You know They glittered in the sunshine.
My tears are diamonds.

I gathered my dreams
In a thin plastic bag
And kept it under my armpit.
You know my dreams have the golden color.

I ran as fast as I could
To the King's Palace.
I want to sell my tears and dreams
for my mother is dying.
no money for medicine
for i am poor.

The Guards waved their swords.
I begged 'please allow me'.

On the courtyard, I stood, i the beggar of mercy.
And the princess came down to me.
Why are you here?
My mother is dying
I like to sell .....
What?

My tears. You know, they are diamonds.

I brought my dreams too. You know they are golden.

My mother is dying..... i cried...

Princess burst into tears
Hugged me.
It was so intense.
She caressed my hair.
Her beautiful hands ran down my face.
Touched my lips wet with the salt of my tears.

www.PoemHunter.com - The World's Poetry Archive
The King saw, came down
Swirled his mighty sword.
My head rolled down.
Did the head of the princess roll down too? ??

I still remember how sweet her hugs were
How lovingly she touched me.
How she looked into my eyes with passion.
You know how I still remember it?

Dr. Antony Theodore
Strange - Christianity

In the context of evangelisation, Christianity is seen as new, and perhaps even strange and dangerous, but it has not been tried and tested.

These conditions produce certain challenges for the church, but they're familiar challenges.

The church has been working within a pre-Christian context in missions and evangelism from the beginning of the time of preaching.

Dr. Antony Theodore
Straying - From - The - Truth

Having been endowed with wisdom, wealth, fame, and nobility, this royal son of David strayed far from the truth and dishonored the Lord, Who blessed him mightily.

However, he finally recognized his folly and concluded that life without God is futile, false, and fruitless.

As Solomon reflected on the choices, in his search for the meaning in life, his conclusions help us to focus on what is beneficial; set priorities wisely and not to crave for the passing pleasures this world has to offer.

Dr. Antony Theodore
Strength And Weaknesses.

strive
to improve
your own
capabilities.

Understand yourself.

Think of your strengths
and weaknesses.

Work hard to enhance
your abilities only
in the positive direction.

Dr. Antony Theodore
Strengthening - The - Character

Human beings
are social beings,
living their lives
in relation to others.

In strengthening
our own character,
we also make a
positive contribution
to the lives of
others' and the
society we live in.

Dr. Antony Theodore
Strengths - And - Skills

A pre-existing capacity to feel and to think and behave is distinguished from other kinds of strengths, such as skills or talents.

Whereas strengths are assumed to come natural to a person, skills are learned through training or experience.

Dr. Antony Theodore
Strengths - Blindness

This is the taking-strengths-for-granted effect

Another reason for this so called strengths blindness can be ascribed to today's culture. It is argued that people's awareness of strengths is biased by significant others, such as teachers, family, and friends, who mainly focus on a person's weaknesses rather than on the promotion of his or her strengths.

Dr. Antony Theodore
Strengths - Estrangement

It is also said many factors in life may lead to a strengths estrangement, leaving the individual alienated from his or her own strengths, which in turn may result in a disconnection between the individual and his or her own character strengths.

Dr. Antony Theodore
Stress Management

Managing stress using a variety of methods is one way to reduce overall anxiety levels.

Stress management might include regularly practicing meditation or slow breathing exercises.

A healthful lifestyle that includes a balanced diet, regular exercise, and good quality sleep can help improve people's mental well-being.

Dr. Antony Theodore
Stretching - Into - New - Experiences

There is a time and a place for stretching into new experiences,

but few of us want to experiment with something new every now and then.

I am not suggesting that we feed our minds only what we want, thus risk shrinking them.

Dr. Antony Theodore
Stretching - Out - His - Hands - Of - Love

The Lord Jesus never swept aside these little ones that were brought to Him for His blessing.

Rather, He stretched out His hands of love and blessing to them, knowing their innocent little hearts reflected back the deep love He had for them.

It is a godly love that the Lord Jesus has reserved for His own dear ones.

Dr. Antony Theodore
Strike At The Cloud Of Unknowing

Strike hard at that thick cloud of unknowing with a sharp dart of longing love.

Come what may don't give up.

Love and love alone is the way to God.

Dr. Antony Theodore
Strive Constantly

Having found the source of joy and fulfillment, they no longer seek happiness from the external world.

They have nothing to gain or lose by any action; neither people nor things can affect their security.

Strive constantly to serve the welfare of the world; by devotion to selfless work one attains the supreme goal of life.

Do your work with the welfare of others always in mind.

(Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

Dr. Antony Theodore
Striving For Perfection

"Amongst thousands of persons, hardly one strives for perfection; and amongst those who have achieved perfection, hardly one knows me in truth. (7,3)"

(Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

Dr. Antony Theodore
Struggling - For - Survival

At the very heart of our respect for human life is a special and persistent advocacy for those who depend on others for survival itself.

Dr. Antony Theodore
Struggling - To - Navigate

For those who struggle to navigate their way around how they emotionally react to their own emotions and those of other people it can be devastating.

Dr. Antony Theodore
Struggling With Self-Worth?

Are you struggling with self-worth?

You are a child of God.
God helps you now.

God brings in you self worth.

Self confidence is given to you now at this blessed moment.

Breath in, believing in God who takes care of you.

You are never too weak for God to instill his courage and love in you.

Just believe.

Dr. Antony Theodore
Stuck - In -Spiritual - Babyhood.

Living in their worldly carnality, they were producing dead works of the flesh, which God will never accept.

These saints were not being progressively sanctified, but were stuck in spiritual babyhood. (Ref. to Revelation 3: 5)

Dr. Antony Theodore
Study - Of - Politics

Historically, beginning in the civilization of the ancient Greeks, the study of politics first emerged as a rigorous method of assisting man in this quest for the good life.

Dr. Antony Theodore
Studying Vedanta

will surely help
a western mystic
to ascent to all that
his heart craves for
a mystical union
with God the Almighty.

Dr. Antony Theodore
Stupor - Of - Self-Sufficiency.

Difficult times
can jolt you into
awareness of
your need for God,

whereas smooth
sailing can lull
you into the
stupor of
self-sufficiency.

Dr. Antony Theodore
Sturdy And Fragile.

Sanctity of life
is a notion
simultaneously
sturdy and fragile.

It is sturdy
because it
cannot be erased
entirely from
human consciousness
and has withstood
numerous ferocious
challenges.

It is fragile
because it is
all too easily
set aside,
rationalized away,
or rejected.

Dr. Antony Theodore
Subconscious Guideposts

A person's beliefs are the subconscious guideposts that shape how a person thinks, decides and acts in different situations.

Our subconscious mind is responsible for forming and enforcing our beliefs.

The conscious mind is the armored sentinel that makes sure that our subconscious beliefs are enforced well or lead to a criticism to get those ideas rejected or accepted.

Dr. Antony Theodore
Subject To Illusion.

If all possessed
the same perfect
wisdom, tell me,
what would be
the distinction
between God
and the individual?

The arrogant soul
that identifies itself
with a particular
psycho physical organism
is subject to illusion.

(Thoughts from Uttarkanda).

Dr. Antony Theodore
Subjective - Experience

We shall focus our definition on the subjective experience of a state of consciousness and its deviation from a normal waking state.

This is altered mental state.

Dr. Antony Theodore
Subjectivism - And - Objectivism

The answer of where does the value lie, steers a path between subjectivism and objectivism.

In subjectivism value is a creation of the subjective will.

In objectivism, value lives inside the external world alone.

Dr. Antony Theodore
Sublime - Science

We shall highlight
social relations,
friendship and sincerity
as lying at the heart
of sublime science
of simple souls,
the implicit virtues
of you and I.

Dr. Antony Theodore
Submissive -And -Playful

In silence lies
the deep valley
waiting for her lover
submissive and playful.

(Graphic: Avenly Lane Travel blog | Travel Inspiration | Beautiful Places)

Dr. Antony Theodore
Subservient - Tomelchizedek.

When greeted by Melchizedek, after defeating the four kings who enslaved his nephew Lot,

Abraham gave Melchizedek a tithe of his wealth.

This was a gesture of submission and honour, and it further demonstrated that both he and his future offspring, including Aaron, the whole Levitical priesthood, and all the sons of Israel, were subservient to Melchizedek.

Dr. Antony Theodore
Such A Call Is Divine Mystical Call.

Reading the teachings
of the Fathers,
holy scriptures
of the world religions,
the Rheinish mystics,
the English mystics,
the Spanish mystics,
the Hindu mystics,
the Sufi mystics,
and the study of
existential philosophy
and modern psychology
will result in an inner experience
which will affect the whole life
and all those who come into
contact with you.

Such a call is divine mystical call.

The one who listens to it
and works hard will become
a mystic whose works
will be a joy for all
those who seek God.

Dr. Antony Theodore
Sudden Awareness Of A Change

A mystic on his way,
in his meditative life
gets sudden, astonished
awareness of a profound
change effected
in his own personality.

A mystic calls it
the rapturous
consummation
of his love.

Dr. Antony Theodore
Suffering - Deeply

The Almighty has mercy on these people who suffer deeply.

He desires to seek, seek your heart and your spirit.

He wants to bring you food and water and to awaken you, so you are no longer thirsty, no longer hungry.

Dr. Antony Theodore
Suffering - From - Anxiety

I suffer from anxiety,
social anxiety,
depression
and loneliness.

I do not have many
dreams, but when
I do, it will always
be the same type
of dream where
I will be in a room
and everybody is
against me,

disregarding me
nd not letting me
be included in anything.

Turn to God now.
God will help you
to feel that you are always
welcomed and you are
included everywhere.

Be sure it is going
to happen in your life
if you only believe.

Dr. Antony Theodore
Suffering - To - Attain- Joy

Just as Paul patterned himself on Christ,

so these dear believers patterned their lives on the men who brought them the gospel,

who were imitating the lovely Lord Jesus.

Just as Christ suffered on our account,

for the joy that was set before Him,

so we are to suffer for His sake for the joy we find in Him.

Dr. Antony Theodore
Sufferings - And - The - Cross

The disciples were not weakened by suffering, worn down, and embittered.

Instead, they suffered, by the power of him who supported them.

The disciples bore the suffering laid on them only by the power of him who bore all suffering on the cross.

As bearers of suffering, they stand in communion with the Crucified.

They stand as strangers in the power of him who was so alien to the world that it crucified him.

Dr. Antony Theodore
Sufferings - Make - Us - Stronger

Suffering makes us stronger,
better people.

There is no way around suffering.

We have to experience it,
live it, go through it in order to come out at the other end healed.

Jesus suffered an agonising death as did all those who were crucified in that era.

It is my belief that if he came to the world again today, the same thing would happen to him, but in a different way.

People have not changed down through the centuries, sadly!

(Written from the comments of Marie Shine, poetess of Listowel, Ireland)

Dr. Antony Theodore
Sufferings Are Like Narrow Passes

Sometimes a journey
through the mountains
mirrors the journey
through our lives.

Our sufferings are like the dizzying
heart-Wrenching narrow passes
through the ancient rocks.

We simply move on
until we cannot
journey further.

And in accepting
our humanity as it is,
the peak appears before us.

Dr. Antony Theodore
Sufferings Lead You To God.

Sufferings lead one to God.
Such people attain a great
sense of the spiritual life.

Without meditation,
without contemplation,
without a life with a monk
or in a monastery,
they reach the Divine.

This divine experience
born from the sufferings
remain with them for life.

Such a life is true.
Such devotion is pure.

Dr. Antony Theodore
Sufferings?

Why is there suffering, 
war, and hatred?

We seek clear 
answers and not 
merely abstract thoughts.

Dr. Antony Theodore
Suffocating - To - The - Soul

People have
this unspoken
assumption
they can enter
your world anytime.

It is suffocating
to the soul.

There is no
breathing room.

Benevolent
detachment
is your way out.

Dr. Antony Theodore
Sun Is A Symbol Of God's Energy

Sun is a symbol of God's energy

Add the energy released
by the sun plus the sum
total of the energy released
by all the other stars
in the firmament
concentrated together.

Multiply that energy
by infinity and transpose
it into love,
into pure unadulterated loving.

This is the loving
that bonded God The Father
to the human beings
from all eternity
to draw us back into God
who first conceived us.

(Sun is a symbol for God's energy. Like most symbols they are no more than a shadow of the reality that they symbolize)

Dr. Antony Theodore
Sunset Leads Me To My God

Who can ever go away from God after seeing the beauty of nature.

God lives in nature. How can one say that this beauty is simply accidental.

A beautiful sunset that leads me to meditate on a God who paints the skies every evening so wonderfully well is my argument for my God.

Come Atheists come. see the beauty of nature and adore the Almighty God.

(Graphic: Emma saved to AtmosphärishPinterest)

Dr. Antony Theodore
Sunshine Told Me Love Yourself Just As I Love My Own Shine.

When i loved myself
I came to the realization
that God love me as i am.

I learned to be quite and still
and felt that life comes to me.

I came to see emotional pain
as a sign to check if i am in truth.

When i loved myself...
I learned to meet my own needs
without thinking that i am selfish.

I began to see the desires of my heart.
I felt feelings without a second thought.

When i do something amazing
i praised myself and felt
that i am a gift to the world.

....
You were ignorant and thought it pride when you loved yourself.

I am a flower. I cannot forget my scent.
I am colour.i cannot forget my colourful wings shining in the glorious sun.

In my search for meanings I found myself.

I found innocence in passion
and light in darkness.

Sun told me love yourself
just as i love my own shine.

(Graphic: What loving yourself means, really. | Yolanda Wysocki, MA, PCC | Pulse)
Dr. Antony Theodore
Superficial - Answers

Repeat with sincerity
the question "Who am I?"
as often as it is possible.

But, we must
not ask it of
the mind.

If we do,
we will just
receive superficial
answers connected
to that which we
already know
about ourselves
and our
memories of the past.

Dr. Antony Theodore
Superficial - Knowledge

Many know about
God's Son superficially.
They know about Him
intellectually, historically
or emotionally, but only
a few take the plunge
into real, God-honouring,
spiritual growth,
as laid out in
His written Word.

Dr. Antony Theodore
All the non-Christian religions, in varying ways, belong to the "People of God" in potentiality.

This potentiality is actualized on earth through supernatural faith in Christ and by baptism.

Dr. Antony Theodore
Superstitions, Sorcery

Certainsuperstitions, mysticism, sorcery, witchcraft, and other non-biblical practices started to be embraced in the fledgling years.

One such belief was that the shadow of a holy man; a fragment of his clothing, or even his handkerchief would bring about magical healing or good luck.

Dr. Antony Theodore
Supreme - Self - Is - Truth

The Self is everywhere,
within all things,
although we see it not.

There is nothing
that does not
come from it.

It is the truth;
it is the Self supreme.

(From The Upanishads)

Dr. Antony Theodore
Supressing - The - Truth

When God reveals himself "from heaven, " he reveals himself clearly, so that those who reject him have only themselves to blame.

For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.

Dr. Antony Theodore
Surprise Me

Holy Spirit,
surprise me
in the middle
of everyday life.

Hurry to meet me
when I set out to
discover the miracle within me.

Don't leave me
alone with my
deeplonging
for a great
wonderful
fulfilling life.

Dr. Antony Theodore
Surrender

We must surrender
to the quieting
of all regrets.

It is an innate
reflexive form
of meditation.

Watch a fly
rubbing its face.
So rub of all negatives.

(Graphic: Erzsébet Orvos saved to méhecske Pinterest)

Dr. Antony Theodore
Surrender The Ego To The Spirit.

When the romance
turns into commitment,
"Falling in love" is over.
Being in love begins.

Being in love
is a state of the soul
where the lovers
nurture through surrender.

Surrender
the needs of the Ego
to the true needs of the Spirit.

Then emerges
"True love" as if from nowhere.

That is the lovers' world,
the World of the Spirit.

Published October 17, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Surrendering - Your - Life

God delights to obligate
himself to people
he loves and come
through forever.

He promised himself
in covenant love
to Noah, Abraham,
Isaac, Jacob, David,
Phinehas, Levi,
the nation of Israel,
and the followers
of Jesus Christ.

If you have surrendered
your life to Jesus Christ,
you are in the most
wonderful, life-giving
covenant imaginable,
and if you remain
faithful it will be
your perfect satisfaction,
safety, and security forever.

Dr. Antony Theodore
Sustain And Restore Me.

Sustain and restore me.
I surrender myself
to the power of God.

Rebuild all my damaged areas.
Heal my body.

Touch my mind
and my emotions.

Make me whole.
I want to be happy.
Please touch me
with your holy hand.

I am sure i will be healed now.

Dr. Antony Theodore
Sweet - Fellowship - With - God

I thank You, heavenly
Father, that I have
peace with You through
the death of Christ, on the Cross.

I pray I may be a peace-maker
in the place that You have
put me, by maintaining
sweet fellowship with
You and by sharing the good
news of grace with all I may meet.

May I be used as
Your instrument of godly
reconciliation and peace-making,
in this distressed world.

Dr. Antony Theodore


Sweet Hummings Of The Sea

The heart of the sea hums
The love song that
I never heard off.

I want to fill the silent
nooks of my mountain
With these hummings of the sea.

Every dusk I fly
down to the shores
To collect these
sweet hums of the sea.

The whole night through
I fly back to my mountains

This flight with the hums
of the sea in my heart
gives me tremendous joy.

Dr. Antony Theodore
Sweet Tranquility, Come

Sweet tranquility, come
fill my breast and my breath,
sink me in your light of love.

Lead me from darkness to light.

Light is knowledge.
Light is wisdom.
Light is holiness.

When God danced the dance of creation
light was born from nothingness
destroying darkness.

Eternal God, give me this light.
Let this universe awake in your light.

Dr. Antony Theodore
Sweeter - Than - Honey

How sweet are Your words
to my taste, sweeter than
honey in my mouth.

I gain understanding
from Your precepts;
therefore I hate every false way.

-Psalms 119, verses 103 and 104
of the Holy Bible.

Dr. Antony Theodore
Sweeter Than Alldreams

Union with God
is sweeter than
emotional and
sexual comforts.

It is sweeter than
all dreams and illusions.

Dr. Antony Theodore
Sweetness - In- Love

Love is at
the core
of your nature.

This love is real.

Let go of all selfish
attachments
to experience
true love.

Dr. Antony Theodore
Swim In Silence If You Can

BE silent
Remain in silence.

if you can
then, swim
in silence.

Many truths will
then appear before
the great screen
of your mind.

Dr. Antony Theodore
Symbol, A Theophony Of Presence.

Only symbols can awaken our awareness of God. A symbol is any reality that comes to us emptied and filled with God.

We touch the symbol and it bursts into a theophony of presence.

For example, a moment of silence becomes a symbol when we prepare in deep love to experience the presence of Him whom our heart longs for.

Dr. Antony Theodore
Symbols Achieve A Higher Purpose.

Symbols deepen our awareness.

They are a means of simple communication. It achieves a higher purpose. It is ordered toward communion.

The symbol can achieve a higher purpose of going beyond practicality and purpose, beyond cause and effect.

Dr. Antony Theodore
Symbols Bursting Into A Theophony Of Presence

We touch the symbol
and it bursts into a
theophany of presence.

For example, a moment
of silence becomes a symbol
when we prepare in deep
love to experience the
presence of Him whom
our heart longs for.

Dr. Antony Theodore
Communion with God comes normally not as information but as symbols evoking an encounter with God.

Religious language may not be logical, but it is always symbolic.

It is always a symbol, a promise of the communion the disciple longs to discover.

Dr. Antony Theodore
Symbols in poetry are a means of simple communication.
It achieves a higher purpose.
It deepens our awareness.

Traditionally, the value of the symbol is precisely in its apparent uselessness as a means of simple communication.

It is ordered toward communion, not to communication.

Because it is not an efficient mode of communicating information.

The symbol can achieve a higher purpose of going beyond practicality and purpose, beyond cause and effect.

Dr. Antony Theodore
Symbols In Poetry Deepen Our Awareness.

Instead of establishing
a new contact by
a meeting of minds
in the sharing of news,
the symbol tells nothing new.

It revives our awareness
of what we already know,
and deepens our awareness.

What is 'new' in the symbol
is the ever new discovery
of a new depth and a new
actuality in what is and
always has been.

The function of the symbol
is to manifest a union
that already exists
but is not fully realized.

The symbol awakens
awareness or restores it.
Therefore it does not aim
at communication
but at communion.

Dr. Antony Theodore
Communion with God comes
normally not as information
but as symbols evoking an
encounter with the all-loving God.

Religious language may
not be logical,
but it is always symbolic.

It is always a symbol,
a promise of the communion
the disciple longs to discover.

The purpose of the symbol
is not to convey information
but to open unknown depths
of awareness enabling the
disciple to reach his own center.

Dr. Antony Theodore
Symbols awaken our awareness of God

When the mystic seeker opens himself out into the oneness that is God, for the first time his individuality remains itself and becomes itself.

Only symbols can awaken our awareness of God.

A symbol is any reality that comes to us emptied and filled with God.

Dr. Antony Theodore
Sympathy - And - Healing

Just as David found himself to be spiritually parched and in need of direction, so saints down through centuries of time, have turned to these words to bring solace, sympathy, healing, and hope in this broken world system.

(Ref: Psalm 23 of The Holy Bible)

Dr. Antony Theodore
Symphony - Of - Praise

This little verse is part of a symphony of praise, to the God of heaven and earth, for He is worthy of our adoration and worship.

We are being invited to join in a celebration of thanksgiving and praise to God for the breathtaking things God has done for us.

(Ref. to Psalm 66: 5). 

Dr. Antony Theodore
Symptoms - Of - Neurosis

With the astonishing technological developments of recent decades, we have limitless opportunities for entertainment and distraction.

We have an endless supply of images, information, entertainment, and stimulation at our fingertips.

Yet, despite all of this, the symptoms of neurosis persist.

The flow of things to which we cling and with which we fill our lives never really satisfies.

Dr. Antony Theodore
Symptoms Of Enlightenment.

You become conscious
that a transformation
is taking place within you
toward a higher consciousness.

You experience that
you stop worrying.

Nothing bothers you.
You are carefree.

You are filled with pure joy.
You become light-hearted.

Then you experience
that you encounter more
and more meaningful
coincidences in your life.

Many things happen at
the same time in your life.

This graceful experience grows
and accelerates to the point,
where you actually
experience the miraculous.

Dr. Antony Theodore
Tabernacle - And - The Covenant

"Have them make an ark of acacia wood—two and a half cubits long, a cubit and a half wide, and a cubit and a half high.

Overlay it with pure gold, both inside and out, and make a gold molding around it.

Cast four gold rings for it and fasten them to its four feet, with two rings on one side and two rings on the other.

Then make poles of acacia wood and overlay them with gold.

Insert the poles into the rings on the sides of the ark to carry it.

The poles are to remain in the rings of this ark;
they are not to be removed.

Then put in the ark the tablets of the covenant law, which I will give you;.

(Refernced to Exodus 25,10-16 of the Holy Bible)

Dr. Antony Theodore
Take care of me
against every poison,
against burning,
against drowning,
against death-wound,

that I may receive
abundant reward
here on earth
and after my death.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
Take - Off - Your- Sandals.

The Spirit himself
testifies with our spirit
that we are God's children.

"Do not come any closer, "
God said. "Take off your
sandals, for the place
where you are standing
is holy ground."

(Romans 8: 15-16
and Exodus 3: 5
of The Holy Bible).

(Graphic: The burning bush Moses Biblical art -Pinterest)

Dr. Antony Theodore
Take Away Human Beings From This Planet.

The Reality is all right.
The Reality is not problematic.
Problems exist only in the human mind.
Reality is not problematic.

Take away human beings from this planet.
life would go on,
nature would go on.

All beauty of nature,
the destructive tendencies
and voilence of the nature
would go on without humans.

Where is the problem then?

Human mind is the problem.

You are the problem.

Dr. Antony Theodore
Take It From Me And Give To The Poor

Like the splendour of the firmament,
the poor should rise from the dust of the earth.
Those who help the poor and the needy
shall be like the stars of heaven.

O God here is my allotted portion and cup.
You it is who gave me.
Take it from me
to give to the needy and the poor.

Give them. Let them eat and make merry.
Let them enjoy life and its glories.

Lord you are the God of the poor.
Take my portion and my cup
And give it to the poor.

Then show me your path to life.
Grant me the fullness of joy in your presence.

Dr. Antony Theodore
Did you know that
Jesus tells you
to take the worry
out of your life?
He tells us to
seek His kingdom.
??
And do not seek what you will eat and what you will drink, and do not keep worrying. For all these things the nations of the world eagerly seek; but your Father knows that you need these things. But seek His kingdom, and these things will be added to you. (Ref. Luke? ?12: 31)

Dr. Antony Theodore
Taking - The - Focus - Off

Awe walkers experiences suggest that when people are primed to experience awe, they feel simultaneously smaller and better.

In taking the focus off of themselves, they seem to get happier and they express a greater willingness to help others.

(Awe walks are a part of the research program conducted by some professors at the university)

Dr. Antony Theodore
Taking - Your - Sufferings - To - God.

Take that hard past,
that family pain,
that scoundrel,
that scandal,
that suffering to Jesus.

Let Him do what
only He can do.
Take your heart to
King Jesus and
to a few safe
friends who will
strengthen and
salve what's been
battered and make
you laugh in
spite of hard past.

Dr. Antony Theodore
Taking Inspiration From Sages

“We should take inspiration from learned-people and sages and put them into practice.”

“We should speak only after our thoughts have been purified and our mind and heart have become pure.”

Vision from Yajur veda

Dr. Antony Theodore
Talents To Be Productive

Often we can do
more than what is
normally common.

Our investments,
skills and powers
do not belong
in a fine hidden
treasure chest.

They are talents
to become very
productive to
vigorously put in
the effort, doing work
to accomplish good.

Dr. Antony Theodore
Talk - To - God - Always

Build your relationship with God.

Think about how much he loves you and what he would want you to do in different situations.

Talk to him every day through prayer.

Tell him what is in your heart and how much you appreciate the good things he has given you.

Dr. Antony Theodore
Talking With Pride

We take credit
for our successes.

We become self-righteous.

But God praises us
for our faithfulness
and not for taking
credit for our successes
talking with pride.

(Matthew 25: 21 New International Version (NIV)
21 "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'")

Dr. Antony Theodore
Tarnishing - Every - Society

Down through
the centuries,
insurrections,
anarchy, rebellion,
and lawless behaviour

has been working
to tarnish every
individual,
ev
every society,
ev
every nation,
ev
culture,
and every age.

Dr. Antony Theodore
Taste - The - Honey

There is a difference between having a rational judgment that honey is sweet and having a sense of its sweetness.

You can know honey is sweet because someone tells you, but you don't really know its sweetness until you've tasted it.

Dr. Antony Theodore
Taste The Goodness Of God In His Presence

Glorify God with me this morning.
Look towards God and be radiant.

The angels of God are encamped
around those who revere the Almighty.

Sit down in prayer and meditation.
Lift your hands up to God
and taste the goodness in His presence.

Find refuge in Him in the real sense.

(Graphic: , spiritual Life)

Dr. Antony Theodore
Teach Me

Make me to know your ways, O Lord;
teach me your paths.
Lead me in your truth,
and teach me,
for you are the God of my salvation;
for you I wait all day long.

Psalm 25: 4-5 of the Holy Bible.

Dr. Antony Theodore
Teach Me Your Ways

Your ways, O LORD,
make known to me;
teach me your paths.

Guide me in your
truth and teach me,
for you are God my savior.

(Ref. toPsalm 25: 4-5).

Dr. Antony Theodore
Teach Not A Flying Bird To Swim

O You Educators! ! !
Teach not a flyingbird to swim

Ask not a bird to burrow
It will break its wings and beak.

Force not the eagle
to swim like a fish.
Its world is the sky.

Teach not a bird to climb.
A monkey can do it better.

Train not the rabbit to fly.
Ask not the snake to walk straight.

Teach not the dog to sing
And ask not the squirrel to bark.

Let the peacock dance.
Ask not the hen to dance.

Train not the monkey to sing.
Nightingale will sing to you.

O You Educators! !
If only you knew
The creative potentials
Of the little humans
Entrusted to you! ! ! !

(As Educators we fail miserably in our schools and universities to understand the special creative capabilities of our students and to encourage them. We have to create a positive atmosphere and believe that each and every student entrusted to us is a unique child. Parents have greatness in them and very special talents. Parents should begin it in the family and teachers and Professors should continue to challenge and provoke them to get the best out of their uniqueness. It is our sublime duty to the younger generation).
Teach Us To Count Our Days

Teach us to count our days
Give us a heart of wisdom.

It is for your steadfast love
I long for when the first rays
of your sun, shine on my face.

Help me to rejoice and be glad.
Show your might and your work
to your servants that we are amazed
to know how powerful you are.

Let your glorious power become ours
when we work hard to spread your
message of love and strength to the poor.

Dr. Antony Theodore
Teaching - In - Parables

As soon as Jesus was alone,
His faithful followers,
共同 with the twelve,
questioned Him about
His teaching in parables.

Using a quote from Isaiah
the prophet, He told them,
"To you has been given
the mystery of
the kingdom of God,
but for those who
are outside,
everything will be
told in parables;..

Dr. Antony Theodore
Tear Away The Pages Of Yesterdays.

Let not your failures
influence you now.

Let not the darkness
of the by gone days
block the light of
this present moment.

Tear away the pages
of yesterdays.

The new page of life
is full of promises.

Dr. Antony Theodore
Tear Of Joy

When my songs
meet the light of the skies
would you dropp a tear of joy
for me o my God.

Dr. Antony Theodore
Tear Your Hearts, Not Your Clothes.

The Lord God commands:
Turn back to me
wholeheartedly with fasting,
weeping and wailing.

Tear your hearts, not your clothes,
and turn to the Lord your God!

For he is gracious and merciful,
patient and rich in kindness.

Gather the people,
sanctify the sanctuary!
Gather the elders,
bring the children together,
including the babies!
The groom leaves his
chamber and the bride
leaves her room.

Between the vestibule
and the altar, the priests
should sit in sackcloths and ashes
to pray to the Lord of heaven and earth:
Have mercy, Lord,
with your people,
and do not leave your
people in poverty and sin.

No one shall say:
Where is your God?
Then the Lord has passion
and mercy on his people.

(Graphic: Reference to: Book JOEL 2,12-18 in the Old Testament of the Holy Bible)
Tears And Rainbow

Only when
God's sunshine
go through
my tears,
there shall be
little rainbows
in my soul.

(Graphic: Ayeva Sese-Rekuah saved to Arc-en-ciel Pinterest)

Dr. Antony Theodore
In the forest
I heard occult cries.
But I walked all alone
believing in my God
who goes along with me
in my darkness and fear.

God is there with me.
He is my companion.

He listens to my tears.
Tears have voice
which God alone can hear.

Dr. Antony Theodore
Technologization

We come to grasp
that The world is so
intimately connected
through
rationalisation,
instrumentalisation
and technologization.

But the resultant
practical
human interchange
with nature and with
the techno-urban
industrial civilisation
that results from this
cannot be understood easily.

Dr. Antony Theodore
Technology

Technology is neither devil nor saviour, no more than any other human invention or tool.

Here, the argument addresses the relation between the real world and the self-made human social world, the world as more-than-human and the world as a social construction.

Dr. Antony Theodore
Tell - About - Your - Struggles

Smile with me.

Shall we send our beautiful smiles all over this magnificent world of God?

I love you more
When you are not afraid to say how you struggle through life and thus leave a positive loving message for those that need encouragement and healing.

Dr. Antony Theodore
Tell - Me - The - Secrets - Of -Your - Soul

Give me your hand
for your touch shall
bring salvation.

Looking into my eyes
tell me the secrets
of your loving soul.

Invite me into your
secrets cave of passion.

(Human love becomes
the way of expression
of the divine secrets
between the soul and God)

(Graphic: Quotes and
writings by Rajeshwari)

Dr. Antony Theodore
Tell - You - My - Feelings

I like to
tell you my feelings
without blaming
you for them.

I want to inform you
without lecturing;
help you without
offending you;
take care of you
without wanting
to upset you;
accept you
the way you are.

Dr. Antony Theodore
Tell Me Of Your Dreams My Love.

Come with me my love.

Let us climb the rainbow
till we reach the top of the bow.

Shall we sit there hanging our legs
and talk little things and laugh?

Tell me of your dreams
my love.

Let me smile with you.
being one with you
in your smile and in your tears.

Dr. Antony Theodore
Tempations Of Flesh

Temptations to flesh
will lead you away from God.

Mental peace will never by yours.

It leads to destruction.

Be a spiritual being.

“Whoever sows to please their flesh, from the flesh will reap destruction;
whoever sows to please the Spirit, from the Spirit will reap eternal life”.  
Galatians 6: 8 of the Holy Bible.

Dr. Antony Theodore
We have overcome them because of our faith in Christ, Who lives inside our mortal frame for did you not know that our bodies are the Temple of the Living God? .

Dr. Antony Theodore
Temporal - And - The Eternal.

The Scriptures

make
a distinction
between
the temporal and
the eternal.

The things that
are seen are temporal
but the things not
seen are eternal.

(St. Paul's 2 letter to the Corinthians.4: 18).

Dr. Antony Theodore
We have to emphasize that the universal significance of the Church as the seed, sign, and instrument of salvation must be brought out as clearly as possible.

The reason for this emphasis is that the "temporal dimension of the kingdom remains incomplete unless it is related to the kingdom of Christ present in the Church and straining towards eschatological fullness."

Dr. Antony Theodore
Temporality

Mystery is that which opens temporality and gives it depth.

It introduces a vertical dimension and makes of it a time of revelation, of unveiling

(vertical dimension is the relationship with God. Veryoften it happens in prayer and mystics speak of it.)

Dr. Antony Theodore
Temporary - Distractions

All that the world
now offer to us
are mere temporary
distractions
from the true
yearnings of the
human spirit.

St. Augustine,
profoundly aware
of the transitory
character of the
material world,
wrote:

"I found no place
in which I might rest."

(Confessions VII.7).

Dr. Antony Theodore
Temptation And Attraction

She danced to the silvery edge
in pretty cheerfulness.

In her was a new pink bud
waking up to the brim.

In solemn silence she came
gifting men a life of fleshly love.

She promised it and men fell.

The devil was happy.

(Sarah RoseNoelani saved to Photoshootpinterest)

Dr. Antony Theodore
Tender- Mercies

We have a wonderful God and throughout His Word we see over and again His loving-kindness, tender-mercies, and patient-endurance ever flowing out to His children and guiding us along the right pathway.

Dr. Antony Theodore
Tender-Mercy

The fruit of righteousness produced in man is only from God,

and that it is due to His loving-kindness and tender-mercy

that the trusting heart is able to partake of any righteousness.

Dr. Antony Theodore
Terrible - 'day - Of - The - Lord'.

Amos is one of many Old Testament prophets who spoke of the great and terrible 'Day of the Lord'.

Certain prophetic voices refer to the 'Day of the Lord' as the 'Time of Jacob's Trouble', when God's wrath is poured out on a God-hating, Christ-rejecting, sinful world.

(Ref. to Amos 9: 11)

Dr. Antony Theodore
We overcome the world and evil because of the testimony of our FAITH in Him.

We do not have to DO anything to overcome we are overcomers because of what Christ had done on our account.

Dr. Antony Theodore
Thank You, God That You Help Me.

There are times when i am so sad.
Then you comfort me.
There are times when i am angry,
then you make me peaceful.
There are times when i am dejected.
Then you make me happy.
There are times when everything looks hopeless.
Then you give me new hope.

Thank you, God, that you help me
when so many things in my life
go unexpectedly flooey and to a fall.

(This morning i prayed like d to share it with my PH friends. It is a very simple prayer).

Dr. Antony Theodore
Thanksgiving - Day

It is an opportunity
to pause and reflect
on the blessings
God has given us.

This year, especially with
the pandemic, economic uncertainty, the U.S. election, and plenty of other challenges,

we need to remind ourselves
of God’s blessings in our lives.

That way, as the Psalm says,
we can be filled with thanksgiving and joyful song.

("Let us come before His presence with thanksgiving. Let us shout joyfully to Him with songs." Psalm 95: 2).

Dr. Antony Theodore
That Is Pure Unity.

A seeker, neither gave
to God nor received
anything from him,
for he and God
were a unit.

That is pure unity.

Dr. Antony Theodore
The - Absence - Of - God

To suffer the absence
of the Father, says the
mystical St. John,
is the Lord's
greatest suffering.

It is a true spiritual
death, and we could say,
His pathway into the
abyss of human misery.

Yet in suffering this death,
St. John of the Cross
observes that Christ
accomplished his greatest
work: our salvation.

Dr. Antony Theodore
The - Active - Evil - Principle

We live in a world
under the care
of a wholly good
God with unlimited
power, who lacks
nothing and intends
only good for
His creation.

Why, then, is there
so much of evil?

What has gone wrong?
Many people believe
that the source of
these problems
rests with
humanity alone,
but we must
acknowledge
the activity of
Satan here.

Dr. Antony Theodore
The Answer Of The Tongue

The plans of the heart belong to man, But the answer of the tongue is from the LORD. (Refer to Proverbs 16: 1)

Dr. Antony Theodore
The big hand said to the small hand:

You little hand, I need you because I am gripped by you. I feel that because I can do a lot of things for you; because I can play, laugh and frolic with you; because I discover little, wonderful things with you; because I feel your warmth and love you; because together with you I can ask and thank you again. I ask you: stay close to me and hold me! Thank god that you exist. (Anonymous)

Graphic: Daily Dews of Hope saved to Daily Devotion pinterest)

Dr. Antony Theodore
The - Black - Cat - In - Us

Depression is pervasive and indiscriminate in whomever it afflicts.

How do we safely navigate the landmines of depression?

There are medications available to help alleviate its impact on us.

But pray for God's blessings on any and all medications before we take them, then it will be very effective.

Dr. Antony Theodore
The - Black - Dog

(About Winston Churchill)

But it was not a straight or easy path to that degree of preparation.

Biographers of Churchill often refer to his "wilderness years," basically the decade from 1929 to 1939 when military and political defeats made it appear that his days as a national leader were over.

Yet Winston spent that time in the wilderness following public affairs, keeping himself ready, often fighting discouragement and perhaps even depression.

(He called depression "the black dog").

Dr. Antony Theodore
The - Call - To - Serve

God knows the call
He has placed within
each one of us.

He knows the challenge
of this hour and this trial.

He has a great purpose
for this time in the world
this time, in which it is a
privilege to live.

He has made us ready
and, we can be certain
that, in ways that we
may have never anticipated
and thought of, He will use us.

(Thinking of the crisis of Covid19)

Dr. Antony Theodore
The - Candle - Whispered

The match asked:
"But do you want to stay cold and hard all your life without having lived fully?"

"But burning hurts and drains my strength," the candle whispered uncertainly and full of fear.

"It's true," replied the match. "But that's the secret of the calling: You and I, we are called to be light for all others.

What I can do since a match is little and small.

But if I do not light you up, there is no meaning for my life.

I am here to start fires.

Because you are a candle. You are there to shine and...
give warmth.

All that you
give in pain
and suffering
and strength
is transformed
into light.

You do not get
lost when you
are consumed.

Others will carry
your fire on.

Then the candle
stretched out
expectantly and said:

&lqout;I beg you, kindle
and light me! &quot;

Dr. Antony Theodore
The - Celebratory - Concert

The writer of this psalm appeals to the whole earth to participate in the celebratory concert, which honors our heavenly Lord.

The nations are urged to come and to see, and to join in a unanimous chorus of thanksgiving and praise, for the wonderful works of God, and all that He has done for the children of men.

(Ref. to Psalm 66: 5).

Dr. Antony Theodore
The - Chariot - Cloud

"The Lord wraps himself in light as with a garment; he stretches out the heavens like a canopy and lays the beams of his upper chambers on their waters.

He makes the clouds his chariot and rides on the wings of the wind.

He makes winds his messengers, flames of fire his servants."

psalm 104,2-4 of The Holy Bible)

Dr. Antony Theodore
The - Control - Tower

Christ is the Head of the body, and just as the head of a human body is the control tower which governs every internal organ and directs each external member to work together in synergistic harmony, so it should be with every member of the body of Christ.

Dr. Antony Theodore
The - Core - Cry

O come let us adore Him forever, is the heart-cry of the Psalmist, who sees continuous praise and continuing worship of the Lord to be the core cry within the depth of our inner being.

Dr. Antony Theodore
God made a covenant to Circumnavigate Satan's evil plan, and evil rebellion against God, and the Mosaic covenant between God and the human race.

God gave His people instruction on how to live godly lives. He gave them moral, and religious laws.

Dr. Antony Theodore
The - Creator - God

Christis in every heart
that thinks of me.
Christ in every mouth
that speaks to me,

Christ in every eye
that sees me,
Christ in every ear
that hears me.
Today I bind
unto myself
the Mighty Power
of the Creator God.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
Satan's aim was to prevent the redemptive act of crucifixion, the one thing that would open the doors to deliver humanity from the grasp of evil by demonstrating the power of good over evil and he brought all his demonic power to bear upon Jesus.

Dr. Antony Theodore
The sense of guilt prevents one from doing evil acts.

Selfish decisions that destroys the psychological health and the inner harmony

and the consequent struggle to keep the conscience at peace

shows in an explicit way that there is a God who demands harmony in human behaviour and sets moral laws in the individual life and in the order of the societal moral life.

Dr. Antony Theodore
The - Divine - Visitor - Is - Silent

As awful as it is, though, the darkness of the spiritual state is not an evil but rather a grace.

It is a time of visitation, although the Divine Visitor is silent, He is closer than ever.

Dr. Antony Theodore
The - Eternal - Jesus

Jesus is the eternal One,
Who not only goes
before them and is
with them, in every
difficulty they faced,

but He also comes
after them and will
never leave them nor
forsake them - and in

HIM are the words
of life eternal.

Dr. Antony Theodore
The - Eternal - One

Called to preach
and to serve the poor
they go forward
in this world.

Jesus is the eternal One,
Who not only goes
before them and is
with them, in every
difficulty they faced,
but He also comes
after them and will
never leave them nor
forsake them - and in
HIM are the words
of life eternal.

Dr. Antony Theodore
The - Faith - Of Stephen

We read that Stephen,  
full of the Holy  
Spirit, looked  
steadfastly up  
into heaven,  
and rejoiced  
to see Jesus,  
standing on  
the right hand  
of the Father  
in heavenly places.

These blinded fools  
"cried out together,  
with a loud voice  
and covered  
the ears with  
their hands,  
to block out  
the truth and  
rushed at him  
with one impulse, "  
and murdered Stephen.

(Reference to acts-7-57  
in the New Testament)

Dr. Antony Theodore
The Lord Jesus
was the One foretold
by prophets of old,
Who would redeem
His people from their SINS.

He was that promised
Seed of the woman,
Who would crush
the old serpents head
the one called
the devil and Satan.

But crucifixion,
cruel nails and
the triumphant cry
of IT IS FINISHED,
on the holy Cross
had to be announced
before the promised Holy Spirit
would start to be poured out
on the newly-born believers.

Dr. Antony Theodore
The - Four - Stages

The four stages
or phases or
segments on
the line
(from the bottom
to the top) are as follows:
eikasia,
pistis,
dianoia,
and noêsis.

(Dianoia (Greek: ???????, ratio in Latin) is a term used by Plato for a type of thinking, specifically about mathematical and technical subjects. It is the capacity for, process of, or result of discursive thinking, in contrast with the immediate apprehension that is characteristic of noesis. In Aristotle, knowledge is further divided into the theoretical (episteme) , and the practical, which includes techne and phronesis.

In Greek mythology, Pistis /p?st?s/ (??????) was the personification of good faith, trust and reliability. In Christianity and in the New Testament, pistis is the word for &quot;faith&quot;. The word is mentioned together with such other personifications as elpis (Hope) , sophrosyne (Prudence) , and the charites, who were all associated with honesty and harmony among people.[1]

The term eikasia (Ancient Greek: ???????) , meaning imagination in Greek, was used by Plato to refer to a human way of dealing with appearances.[1] Particularly, it is identified as the lower subsection of the visible segment and represents images, which Plato described as &quot;first shadows, then reflections in water and in all compacted, smooth, and shiny materials&quot;.[2] According to the philosopher, eikasia and pistis add up to doxa, which is concerned with genesis (becoming) .[3]

In Husserl's phenomenology, which is quite common, this pair of terms, derived from the Greek nous (mind) , designate respectively the real content, noesis, and the ideal content, noema, of an intentional act (an act of consciousness) . The noesis is the part of the act that gives it a particular sense or character (as in judging or perceiving something, loving or hating it, accepting or rejecting it, and so on) . This is real in the sense that it is actually part of what takes place in the consciousness (or psyche) of the subject of the act.
Ref. to Wikipedia).

Dr. Antony Theodore
The - Gap - Of - Knowledge

Now that we know
the knowledge gap
is something that is
natural to us as
rational animals,
it becomes clear
why it is not contrary to
God's goodness to not
forcefully bridge this gap.

Dr. Antony Theodore
The - Grace - To - Listen

Deepen your prayer life
and you will grow in holiness.

Deepen your love for
one another
and you will serve
with love and care.

Spend time in silence
and you will receive
the grace to listen
to God and God's poor.

Dr. Antony Theodore
The - Great - Tribulation

Songs have been sung, orchestras have fiddled, films have been produced, and preachers have proclaimed the happenings of the Great Tribulation when the wrath of God will be poured out on a God-hating, Christ-rejecting, sinful world.

Dr. Antony Theodore
The - Greater - One - Helps - Us

Of course, selfishness
does not go away easily.

The one who is greater
and lives in us helps us
to overcome it daily.

(Ref. to Galatians 5: 16).

Dr. Antony Theodore
The - High - Road - Of - Modernity

The danger of taking
the high road of
modernity is that
of reproducing
the very separations,
dualisms, and gaps
we need to overcome
to transcend
nihilism by
remaining
in prevailing
philosophical
presuppositions,
in particular,
the nihilistic
view that the world is
objectively valueless.

Dr. Antony Theodore
The - Holier - We - Are

The holier we are,
the greater.

Then we get the gift
to look at everything
positively.

Strive to lead
a life in holiness.

Only there
we have peace.

Dr. Antony Theodore
The - Hungry - Children

The faceless poor,
the hungry children,
the neglected elderly.

Human lives have
stood in jeopardy
for various reasons
and throughout
the world, and
our witness over
the years has
taken many forms
and defended
many victims.

Dr. Antony Theodore
The - Ignorant

Abiding in the midst of ignorance,
thinking themselves
wise and learned,

fools go aimlessly
hither and thither,

like blind
led by the blind.

(Katha Upanishad)

Dr. Antony Theodore
The - Impact - Of - Walks - In- Nature

Those who feel
at home
in nature cites
many dimensions
in their experience
narratives.

It reveals the impact
of "awe walks"
on who dare to meditate
and experience it.

Outdoor walks
help us to see
and experience
the presence of God.

They come to peace
and know what harmony is.

Dr. Antony Theodore
The - Just - Shall - Live - By - Faith

Like the epistles
to the Romans and
Hebrews, it quotes
the singular, most
noteworthy verse
from Habakkuk,
that prompted the great,
16th century, reformation.
"The just shall live by faith".

ians 1,24

Dr. Antony Theodore
"But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

So do not worry about tomorrow, for tomorrow will bring worries of its own.

Today's trouble is enough for today."


Dr. Antony Theodore
The - Lightning's - Flash

David was quick
to identify God's
authority over
the lightning's flash.

He acknowledged
His control in the
quaking of the earth.

He recognized
His power in the
darkness of the
waters and the
thick canopy
of clouds, and
David blessed
the Lord, as
he recalled
elements of God's
work in his life,
during his kingly reign.

Dr. Antony Theodore
The little hand once said to the big hand:
You, big hand, I need you because I am safe with you.

I feel your hand when I wake up and you are with me;
when I'm hungry and you feed me;

when you help me to grab something and build it up;
when I try my first steps with you;

I can come to you because I'm scared.

I ask you: stay close to me and hold me!

Thank God that you exist.

Graphic: God and iwallpapersmug saved to nature. )

Dr. Antony Theodore
The little pockets
of hope, glimmers
of joy and infusion
of encouragement
that percolates
throughout the book
of Ecclesiastes,

suggest that, had this
great king been a man
after God's own heart,
and remained true
to the Lord and humble
before Him, his
various experiences
in life may have been

very different from
the disappointments
he underwent in his
secular pursuits and
the futility he found
in the life he lived.

(Reflections on the book of
Ecclesiastes of the O.T of
the Holy Bible)

Dr. Antony Theodore
The little space within the heart is as great as the vast universe.

The heavens and the earth are there, and the sun and the moon and the stars.

Fire and lightening and winds are there, and all that now is and all that is not.

? (Swami Prabhavananda, The Upanishads: Breath from the Eternal)

(Aisha Painting Magazine in Paint Paint gespeichert Super Painting Abstrakte Techniken Acryl Ideen #Malen. Pinterest)

Dr. Antony Theodore
The - Lord - Lives

It is no wonder
that David opened
his hymn of praise,
proclaiming,

"The Lord Lives",

for all who believe
are transferred
from the kingdom
of death into His
eternal kingdom of life.

All who are credited
with righteousness,
through faith,
have the new
life of Christ
breathed into our soul.

Dr. Antony Theodore
The - Middle - Class

It's extremely unlikely that what are now called inevitable results of the market would ever be tolerated in a truly democratic society.

You can take Aristotle's path and make sure that almost everyone has moderate and sufficient property

It is what is called "middle-class."

Dr. Antony Theodore
The - More - I - Relax

The more I relax,
the healthier I become.
My mind is clear
and harmonious.

My feelings are
important messages
from my body.

Dr. Antony Theodore
The - Mystery - Of - Death

The length that
Christ went into
the mystery of death,
the depths to
which He suffered
his own separation
from the Father is
the pathway that
we must follow
until we find those
places where God
seems absent to us too.

Dr. Antony Theodore
The - Need - To - Forgive

Whenever you stand in prayer, forgive, if you have anything against anyone,

Jesus was never shy when He spoke on the topic of forgiving other people.

Here He tells us that if we are in the church worshipping and have not forgiven somebody, then we need to go and make things right so that God will forgive us.

Essentially what Jesus is saying is that we need to forgive others as much as we want God to forgive us. That's easier said than done.

Dr. Antony Theodore
The Only Limit Is You

You decide every moment in time.

There are Infinite possibilities.

You walk your own path, noone else's.

The only limit is you.

Dr. Antony Theodore
Spiritual perfection consists in the twofold way of charity:

service of neighbor and our direct quest for God's love.

Many of us discover ways to love our neighbor, but few achieve intimacy with God because we don't know how to prepare ourselves properly to reach this exalted goal of achieving complete intimacy with God.

The path is mapped out centuries ago by many religious monks and leaders of the world religions who were acclaimed masters of the contemplative life.

Dr. Antony Theodore
The - Poor - And - Our - Choice

It is We who
have been chosen
to go out of
our way for them.

The charity of
Christ and the
unsettling
imperatives
of his Gospel
compel us
on behalf of
neighbors
whose lives
are devalued.

(Reflection
on the Parable
of the Good
Samaritan of
the holy Bible)

Dr. Antony Theodore
The poor have no access to doctors.

No dental care to alleviate pain and save lives threatened by infection.

Eye care for people who are blind or have limited sight, giving them the ability to see by treating cataracts, trachoma and vitamin A deficiency.

Help changes their lives. It is our responsibility.

(Graphic: Joseph Cebula saved to The Injustices of Poverty- Pinterest)

Dr. Antony Theodore
The - Pope - And - The Cat

How long did I
preach about love?

I wrote wonderful
thesis on love
and published books.

But the cat taught
me life’s lessons.

I am happy that
I am able to offer
my lap at least
for a cat who
loves to sleep in love.

(Graphic: Ana St Paul
saved to THE WAY
THE CHURCH MILITANT Pinterest)

Dr. Antony Theodore
The Spirit also taught me that this tabernacle persists in our soul forever.

"When the seal angels come, they will mark each of my temples in which I live in abundance with the seal of blood.

They will pass the temple of evil people, which the enemy has already marked with his own seal."

(From the spiritual visions of Barnabas. Unterschrift Barnabas, neuer Visionär vom Dr. Antony Theodore)
The - Question - Of - Why

All need an answer
to the question of why.

The answer to it
will establish a
point or a purpose.

These inquiries
into the nature
of the causes
of things comes
forward in the
human exploration
of the world
life and its living.

This form the stuff
of science, philosophy
and religion.

Dr. Antony Theodore
The - Rationale

The rationale behind Aquinas's teaching is "there's no knowledge in the intellect that hasn't first come through the senses;"

(De Veritate, q.2 a. 3 arg.19 Thomas Aquinas)

Dr. Antony Theodore
The - Rock - Of - Salvation

JESUS is the Rock
of our salvation,
and whosoever shall
fall on this Stone
shall be broken
before the Lord
and that on whomsoever
that Stone shall fall,
will be ground to powder.

(i.e. the wicked ones shall be ground to powder in the satanic realm and those who believe in God's saving work will be accepted by grace through faith).

Dr. Antony Theodore
The - Sacred - Tent

In the Old Covenant, Moses was supposed to build a sacred tent because God wanted to meet people, want to live among them.

In the center of the sanctuary there was the Blessed Sacrament with the blessed container.

The holy tent was far more important than all sanctuaries, because God lived there, the Almighty God with his word.

A vibrating light indicated his presence there and sanctified the sanctuary.

(Graphic: Richard O saved to Colorful &/or Striking ArtPinterest)

Dr. Antony Theodore
The - Same - Pain

Always remember
we are going
through the same
pain that you are
feeling right now.

Be the best person
you can be, just be
yourself and block
out the negatives.

Stand up straight
keep your head up,
be confident and smile.

Dr. Antony Theodore
The sanctuary
is a house of
prayer, where
you get relief.

The sanctuary
is a place of
reconciliation.

45 When Jesus entered the temple courts, he began to drive out those who were selling. 46 "It is written, " he said to them, "'My house will be a house of prayer' [a]; but you have made it 'a den of robbers.' [b]"

Lk.19,45,46

Dr. Antony Theodore
Jesus and the disciples were in a boat crossing the Sea of Galilee.

A storm arose suddenly. Monstrous waves rose out of the sea and slapped the boat.

A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. — Mark 4: 37

Imagine yourself in the boat. It's a sturdy vessel but no match for these ten-foot waves.

The force of the waves dangerously tips the boat until the bow seems to be pointing straight at the sky, and just when you fear flipping over backward, the vessel pitches forward into the valley of another wave. They called out: „Teacher, don't you care if we drown? &quot; — Mark 4: 38

and the Master commanded and the sea became calm.

(From the Gospel of Mark in the New Testament of the Holy Bible).

Dr. Antony Theodore
The - Self - Is - Everywhere

Like the salt dissolves in water,

“It is everywhere,
though we see it not.

Just so, dear one,
the Self is everywhere,
within all things,
although we see it not.
There is nothing that
does not come from it.
It is the truth;
it is the Self supreme.”

(Eknath Easwaran, The Upanishads)

Dr. Antony Theodore
The - Sense - Of - Guilt

Do you ever struggle
with beating yourself up?
Too many of us do
from the moment
we roll out of bed.

I remember one
morning before I
decided to stop
beating myself,
lying in bed after
hitting the snooze button.

I had an ambitious
morning workout I planned.

But I wasn't ready yet.
So, still half asleep.

But thoughts of guilt
Creeps in already
In the morning.

What happen to your
Plans for this day.
You still sleep.

The sense of guilt

Dr. Antony Theodore
The - Silence - Of - The - Transcendent

If it's this difficult
to interpret the
silence of an
ordinary human person,

how much more
difficult is it to
interpret the silence

of an invisible,
transcendent,
infinite God?

Dr. Antony Theodore
The - Silent - Voice

While she
kept her inner
sufferings hidden,
her interior crucifixion
would reach such
a state that even
her vocation was
obscured and all
but unrecognizable.

Shaken to her core,
she once again
surrendered her call
to the silent voice
she had once heard so clearly.

(Written about Mother Theresa)

Dr. Antony Theodore
The - Silver - Line

Find the silver line
in the current
corona crisis.
see the families
that come together.
they laugh and play
in the kitchen garden.

They talk to each other.
Their eyes shine
with pure joy.

Dr. Antony Theodore
The - Sin - Barrier

The babe of Bethlehem,
came to tear down
the immovable barrier,
between a holy God
and fallen man
who is dead in trespasses.

He came to destroy
the immovable sin-barrier
and unbridgeable gulf
that was erected by SIN.

Dr. Antony Theodore
The - Sin - Of - The - World

I call this deeper
darkness the Sin
of the World,
for it is not simply
the evil things we've done,

but an evil that is twisted
in and around and
through the very
foundations of the world.

The Sin of the World
is an insidious parasitic
worm lodged deep
in the very viscera
of the world itself.

Dr. Antony Theodore
The - Smile - Of - The - Poor

Give until it hurts.
Getting deprived

of your wealth
and money is painful.

But spending money
for the poor
and needy gives you
tremendous joy.

God gave you money
to give to the poor.

The smile of the poor
is your glorious reward.

Dr. Antony Theodore
The Story Of Daniel

We find Daniel, along with three friends and other high-born Israelite youths, being placed on a training program in the court of King Nebuchadnezzar.

Daniel, together with Hananiah, Mishael, and Azariah, resolved to stay true to the God of Israel, demonstrating that he was a man after God's own heart.

As a result, God used Daniel to interpret a number of dreams and visions that provide us with a prophetic record of world history.

(Reference to the Book of Daniel Chapter 2,38. of The Holy Bible).

Dr. Antony Theodore
The tabernacle of David
will be rebuilt,
on that 'Day',
when Israel
acknowledges
Christ as King of
kings and Lord of lords.

Dr. Antony Theodore
The - Three - Elements

The - three - elements of a person's self-image are:
The way a person perceives or thinks of him/herself.

The way a person interprets others' perceptions (or what he thinks others think) of him/herself.

The way a person would like to be (his ideal self).

Dr. Antony Theodore
The - Thrilling - Tale

The redemptive plan of God and His purpose for mankind is the most thrilling tale ever to be told.

It is a true story that spans the history of the world.

It brings into focus heroic men and godly women.

It gives us an understanding of the evil schemes of the satanic realm and their attempts to counter God's plan of redemption.

And it helps to identify the wicked characters in the ongoing angelic conflict, a spiritual war between God and Satan, that has been raging in heavenly places for millennia.

Dr. Antony Theodore
The - Title - Of - Christ

'I AM'
is the title Christ correctly attributed to Himself, when He was challenged by that ungodly crowd of pious religionists and rude mobsters, and cause them to fall to the ground, when HE spoke the truth.

(„they drew back and fell to the ground‟;John 18,6. of the New Testament of The Holy Bible).

Dr. Antony Theodore
The - Troubled - Jeremiah, The - Prophet

It was in the thirteenth year of Josiah, king of Judah, that Jeremiah received his 'call'.

He was to act as 'conscience' to God's rebellious people and deliver warnings to the Gentile nations.

It was a daunting task that Jeremiah faced and he became very fearful as he considered the tremendous responsibility.

The young man pleaded with the Lord to release him from such a difficult duty.

Dr. Antony Theodore
The - Tsunami - Of - Media

The mad pace of life;
the complexity
of the world
and of people's lives,
especially the folks
we're trying to serve;
the tsunami of media
we receive every day;
the terrible effect of it
tell on our Psyche
and make us sick.

Prayer and meditation;
sit alone in peace
and raise your brain
to God Almighty.
This is the only answer.

Dr. Antony Theodore
The - Twisted - Serpent

It is that twisted serpent, called the devil and Satan that is the real enemy we face, in difficult times,

But greater is He that is in us than he that is in the world.

We are never to forget that our times are in God's hands, and until our work on earth is done He will keep us, no matter what difficulties and dangers prevail.

But those that remain faithful to the point of death have been promised a crown of life - and when HE is with us and surrounding us, who can fail!

Dr. Antony Theodore
The - Tyranny - Of - The - Urge

When I most crave rest,
as I do now
in the midst of
a global crisis,

I have to fight the tyranny of the urge to find it.

Dr. Antony Theodore
The - Universe - His - Heart

"Fire is His head,
the sun and moon
His eyes, space
His ears, the Vedas
His speech, the wind
His breath, the universe
His heart.

From His feet
the Earth has originated.
Verily, He is the
inner self of all beings."
The - Unseen - Watches

The Unseen
looks at me.

When my heart
is not clouded
i do hear his steps,
feel the
piercing, bright
watching eyes.

Dr. Antony Theodore
The - Way - That - I Behave

It is God's Spirit
that communes
with my human spirit.

He is the Source
that is leading
and guiding my
new-life in Christ
in the things that
I say, and the
way that I behave.

Dr. Antony Theodore
The way that we think will affect how we react to bad news and disappointments.

In trials our thinking can lead to depression or it can lead to us joyfully praising the Lord.

We have to make a practice of renewing our minds.

In moments of despair, a practice of renewing your mind will help you to turn the same trials that once led you to despair, lead you to praise the Lord.

Dr. Antony Theodore
The - Weed - And - The - Wheat

We heard:
God does not
ingrate too quickly.

God has patience.

What we call weeds,
what we rashly condemn
what we want to exclude,
God lets all that grow.

Weeds and wheat,
God has both in view.

God is always
patient with us.

The only thing that
counts for him is love!

Dr. Antony Theodore
The Why Of The Evil

Why is there evil?
What is there
after this life?

We find these
questions in the
sacred writings
Of Israel,
in the Veda,
and the Avesta.

Dr. Antony Theodore
The - Word - In - Our - Hearts

Hiding the Word
in our hearts is
the most powerful
antidote against sin,
the world, the flesh,
and the devil,
and is the greatest
influence to live
a holy and perfect life.

Dr. Antony Theodore
The - Word - 'mystery'

The word 'mystery'
in the Bible,
is not talking
about some
mystifying enigma
or something that
is esoteric or eerie.

A mystery in Scripture
is a truth that
has been hidden
from previous
generations and
is only made known
to whom God divines
to make it revealed,
by direct, divine
revelation, and
at God's appointed time.

Dr. Antony Theodore
The Roman soldier
and Temple guards
had come to arrest
Jesus, with swords
and staves and horses,
and our Lord identified
Himself as the Person
for whom they were seeking,
but He did so by using
the very name of God.
Jesus identified Himself
to this company of soldiers
and Temple guards
with the words spoken
to Moses at the burning bush
'I AM'. Jesus spoke the name
of the Lord God Almighty
used, with authority.

Medium Victoria the ten commandments. Moses. Google pictures

Dr. Antony Theodore
The 'tremendous Lover' Is Hunting The Separated Spirit.

There is the remorseless, tireless seeking and following of the soul by the Divine Life.

The inexorable onward sweep of this 'Tremendous lover' is hunting the separated spirit that flees him down the nights and down the days.

Our natural will is to have God.
The good will of God is to have us.
We may never cease from longing till we have him in fullness of joy.

The mystic vision is of a spiritual universe, held tight within the bonds of love.

(Graphic: Pierre Teilhard de Chardin, AZ Quotes)

Dr. Antony Theodore
The Ability To Love Is The Greatest Gift Of God.

Love is the ultimate answer.
Love is the only universal energy.
Love transcends.
Love conquers all.
If we want our species to survive,
if we are to find meaning in life,
we have to love.

The ability to love
is the greatest gift of God.

Dr. Antony Theodore
The Ability To See The Self

„In the stage of perfection
called trance, or samadhi,
one's mind is completely
restrained from material;
mental activities
by practice of yoga.

This perfection is
characterized by one's
ability to see the SELF
by the pure mind
and to relish and
rejoice in the SELF;

(Bhagavat Gita)

Dr. Antony Theodore
The Abode Of Eternal Bliss

God Almighty, you are
the abode of eternal bliss.

The beauty
of your form
is incomparable,
adepts and great sages
and poets hymn
your perfections.

Supremely unblemished
is your glory.

Delight of the faithful
and dispeller of their grief
and fear, quintessence
of wisdom and ever
unmoved by passion,
noble are you,
full of untold excellence,
sum of all spiritual
knowledge and reliever
of earth's burdens.

(Wisdom up on reading
Ramayana Lanka Kanda).

Dr. Antony Theodore
The Abode Of Spiritual Enlightenment

I want to go to the ground of my being.

It is going home.

I want to lose myself in mystical contemplation, in ecstatic faith.

My home is the abode of spiritual enlightenment.

Dr. Antony Theodore
The Absolute And Dynamic Aspects Of Truth.

The mystical consciousness
in its full development
is extended in two directions.

There are two fundamental ways
of apprehending reality.
It is the eternal and temporal,
transcendent and immanent,
absolute and dynamic aspects of truth.

They comprise the twofold
knowldege of God
who is both being and becoming
near and far.

They are pairs of opposites
Which ecstasy will carry up
into a higher synthesis.

Dr. Antony Theodore
**The Absolute Ground-Consciousness Of The Void**

Nirvana is not the consciousness
of an ego that is aware
of itself as having crossed
over to 'the other shore'.

But it is the Absolute
Ground-Consciousness
of the Void, in which
there are no shores.

Dr. Antony Theodore
The Absolute Of The Mystics Is Lovable.

Allow the mystic to live and look, then he will speak the language of immediate union.

It may not have the clarity of the arguments of the philosophers.

The mystic leaves the merely intellectual sphere of the philosopher and enters into an intimate personal sphere.

Hence the Absolute of the mystics is not dry but alive, attainable and lovable.

Dr. Antony Theodore
The Act Of Contemplation.

The act of contemplation
is for the mystic a psychic gateway.

It is a condition in which
he changes his field of perception
and try to obtain
the mystic’s characteristic outlook
on the universe.

Such an outlook
is not peculiar to any creed or race.
It is beyond all religions.

They have another
sort of consciousness,
another sense
beyond the normal qualities of the self.

Dr. Antony Theodore
The Act Of Creation Is The Essence Of god

Creation is the essence of God.

Actual creation can be done only by The Almighty.

This act of creation is beyond explanation.

For us, the art consists in grasping this.

The Almighty is The Creator.

How God does it cannot be known.

Who are you to ask God how God creates?

(Graphic: petra saved to Zeugnisse Wissenschaftler. Pinterest)

Dr. Antony Theodore
The Advaita Vedantins

The Advaita Vedantins, or just Advaitins or Mayavaadis, seek spiritual liberation through acquiring vidya, meaning knowledge, of one's true identity as Atman, and the identity of Atman and Brahman.

(Ref. spiritual books of the World Religions)

Dr. Antony Theodore
The Altar Of Conformity And Popularity

For the sake of popularity
and conformity,
do not sacrifice
the values that are
sacred to you.

Offering on the altar
of conformity
and popularity
is an ongoing temptation.

It will destroy the character.

Dr. Antony Theodore
The Angels Carry The Seal Of God.

My Mom told me
that angels carry
the seal of the living God.
They want to put the seal
on the forehead
of the servants of God.
- - -
Today I had a dream:

I saw a great multitude,
from every nation,
race, people and tongue
lining up before the
golden throne of "The Almighty".

Each had a white dove in the hand.

Then ...
God hugged
those who survived
the time of great distress
and withstood all temptations.

God made them wear
pure dazzling white robes
washed clean by the angels.

Then the angels came
and put the seal of God
on their foreheads.

I saw their happy shining faces
touched by angels and hugged
by the Almighty.

Dr. Antony Theodore
The Angels In Me Peep Out.

When my
inner being is unveiled
removing all external masks,
my covering gowns fall down in ease.

Then
the angels in me peep out.

Dr. Antony Theodore
The Angels In Us Fall In Love

When we both know
that the angels in us fall in love,
then we are in love.

Your angel hiding in you
love my angel hiding in me.

May I call it an intense love
experience, oh my dear poetess?

Dr. Antony Theodore
The Annihilation Of Selfhood And The Fulfillment Of Love

True mysticism is never self-seeking.  
It is not the pursuit of supernatural joys.

It is not the satisfaction of any high ambition.  
The mystic does not even seek the happiness of the beatific vision, the ecstasy of the union with the Absolute, or any other personal award.

Only with the annihilation of selfhood comes the fulfillment of love.  
(Graphic: craving of the soul from Genovamaaa's collections in photobucket)

Dr. Antony Theodore
The Annihilation Of The False Self Is A Transcendence.

Nothing real or genuine 
is annihilated. 
Rather, what is genuine  
is affirmed as our  
psychological, historical,  
social self and placed  
in its true relationship to God.

This annihilation of the false self  
is a transcendence  
which results in a transformation  
of the consciousness.

Dr. Antony Theodore
The Annihilation Of The Self

All the spiritual masters write about the annihilation of the self.

All outward works were established and ordained to direct the outer man to God and to train him to spiritual living and good deeds, that he might not stray away from the right path; to act as a curb on his inclination to escape from Self to things outside.

For the greater the delight in outward things the harder it is to leave them.

Dr. Antony Theodore
The Answer Is Yes And No.

Does a mystical experience admit of any doubt?

The answer is yes and no.

Where logic and rationality are foremost, in the conceptual level, it may admit of doubt. Mystical experience is so unrelated to reason as to seem perhaps irrational.

But in the level of immediate intuition, in which an experience impresses itself upon us directly without ambiguity, the level on which we experience reality as we experience our own being, it admits of no doubt.

The creation of conditions conducive to the ultimate is also a gift of the Almighty.

Dr. Antony Theodore
The Apprehension Of A Splendour

The awakening of the mystic sense
includes the apprehension
of a splendour without
an expansive, formless,
ineffable vision.

It is a snatching up of the self,
as it were, from knowledge
of this world to some vague
yet veritable knowledge of the next.

(The gallery for Peace On Earth Goodwill To All)

Dr. Antony Theodore
The Archetype For The Spiritual Ascent.

Whether he eats or drinks
or whatever else he does,
does all for the glory of God
(Reference to St. Paul's first letter to
Corinthians 10:31).

Such a person is free
to act "freely, simply,
spontaneously,
from the depths of his heart,
moved by love.".

The struggle of Jacob
with the angel is the
archetype for the spiritual ascent.

(Reference to Genesis 32:24-29 New International Version (NIV)
"24 So Jacob was left alone, and a man wrestled with him till daybreak.25 When
the man saw that he could not overpower him, he touched the socket of Jacob's
hip so that his hip was wrenched as he wrestled with the man.26 Then the man
said, "Let me go, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me.")

Dr. Antony Theodore
The Awakening Of The Self To The Divine Reality,

The awakening of the Self
to the consciousness of Divine Reality,
is marked by intense feelings
of joy and exaltation.

In the experience of the presence
of the Divine Reality,
the Self comes to the realization
of its own imperfection
and the manifold illusions
in which it is immersed.

Dr. Antony Theodore
The Awakening is Important

It is the communion
with God that constitutes
our own deepest reality.

As our true awareness grows,
as we see through the eyes
of the Person we really are,
we see with a new vision.

It is the awakening
that is important.

If one reaches the point
where understanding fails,
this is not a tragedy.

It is simply a reminder
to stop thinking and start looking.

Dr. Antony Theodore
The Awareness Of It Deifies Us.

We love God
with His own love.

The awareness of
it deifies us.

Dr. Antony Theodore
The Balancing Of Experience Over The Void

The charismatic integration of perception and experience enters into a mandala.

Everything we think or do enters into the construction of a mandala.

It is the balancing of experience over the void, not the censorship of experience.

Dr. Antony Theodore
The Baptist's Call

There were many
who had responded
to the Baptist's call
for repentance
and John told
the people to
believe in the One
Who would come after him.

Believe in the Lord
Jesus Christ and you
will be saved!

Believe in the Lamb of God
the Messiah, who takes
away the sins of the world.

Dr. Antony Theodore
The Beauty Of God Inspires Me

The light of God is in and around me.
The power of God guards me.

The life of God gives me a vision
to lead a life full of wisdom.

The beauty of God inspires me
to write poems full of life and joy.

Dr. Antony Theodore
The Beloved In Themselves

For some
the beloved is
entirely within themselves.

It is their soul
or the image of God.

It is a vision or a calling.

It is a solitariness
that blossoms into
the love for the One.

Their path of love
is internalized.

Such a love is also
a story of relationship
while the final realizations
are always the same.

(Graphic: The Re-Source Center, Empowering Sensitive Feminine Leaderspinterest)

Dr. Antony Theodore
The -Beloved- Within

For some
the beloved is
entirely within
themselves.

It is their soul
or the image of God.

It is a vision
or a calling.

It is a solitariness
that blossoms into
the love for the One.

Dr. Antony Theodore
The Bills I Have To Pay

At the end of my days here on earth
I shall be presented with a bill;

A bill for the sunshine
and the rustling of the leaves,
the soft lilies of the valley,
for the snow and the wind,
the bird flight and the
grass and the butterflies,
for the air I breathed
and the view of the stars
and of all the days,
the evenings and the nights,
for the dusk and the dawn.

Once it will betime for us
to leave this earth and pay.

When we are about to pay the bill,
The Lord God will come in and say:
with a smile: they were all my gifts.
It was a pleasure for me
to give you all those
In my freedom
as a free gift.
I am happy that you enjoyed.

Dr. Antony Theodore
The Bird Breaks The Egg, I Imagine...

(Like to experience the joy of the bird and the butterfly)

i imagine

How would it be
to experience the joy of the bird
that breaks the shell of its egg
and finds itself in a new world.

How would it be
to be a child that has found its way
out of the womb and sees
the light of the day for the first time.

How would it be
to be joyful like a butterfly
that flies for the first time
breaking the walls of the pupa.

can you tell me o my poets? ?? ??

Published on October 07,2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
The Bird Of The Dawn

The Bird of the dawn is
singing about my longings.

What a consolation
is it for my heart.

Dr. Antony Theodore
The Birds Found Me.

Poems steal away my sleep.  
And at midday I fall asleep  
under the beautiful leaves  
of a benevolent tree.

I dream of birds  
with golden feathers  
falling down into my soul.

They enter into the innermost recesses  
and find my secret store  
of melancholic songs.

And the small birds  
found me with my songs  
In my inner core  
and asked me to sing.

And I woke and smiled again.

Dr. Antony Theodore
The Birds Of Love Fly Down To You.

The birds of love
fly down to you
in utter obedience
and devotion,
when you receive them
in love
in patience
in kindness.

(Rajasthani ew - pinrest)

Dr. Antony Theodore
The Body Is A Robe

The body is a robe.

It is not my robe.

One day I will shed it,
repel and shove off
to fly to my eternal abode.

Dr. Antony Theodore
The Book Of Obadiah

The book of Obadiah rehearses, with powerful candor, God's hatred of sin and His righteous demand to turn back listening to the call of God.

It is call to change.

Dr. Antony Theodore
The Bounteous Love Of God.

God, your love is eternal.
You are exalted but you see
the poor from your throne.

You know the proud from afar.

Your enduring kindness lasts forever.
Who can ever fathom
the depths of the mind of God?

How inscrutable are God’s judgments?
How unsearchable his ways?

In his own unsearchable way,
God has planned a future
for each and every one of us.

I sit here and meditate on the depths
of the unimaginable love and care of God.

In sudden emotion and gratitude
I burst into tears and lie in prostration.

Dr. Antony Theodore
The Breeze Of The Dawn

They murmur
secrets to you,
the little sparrows
of the morning.

The breeze of the dawn
swings on your face
telling the secrets
of life and love.

Dr. Antony Theodore
The Broad And Easyway

No one who travels
a bad road ever arrives.

The Broad and easy
way of the world
leads to destruction.
Only the narrow trail
leads to truth.

(Reference to the words of Jesus, Matthew 7: 13-14 New International Version (NIV)
13 "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it.14 But small is the gate and narrow the road that leads to life, and only a few find it) .

Dr. Antony Theodore
The Burning And Active Desire

For a mystic,  
it is essential that his love  
and his determination,  
more than his thought,  
should be set upon Transcendent Reality.

He must have strong emotional attraction  
toward the super-sensual Object of his quest.

There should be the will  
to attain communion  
with that Absolute Object.

This burning and active desire  
must express itself  
by that definite and conscious concentration  
of the whole self.

This precedes the contemplative state.

Dr. Antony Theodore
The Butterfly, The Flower And The Snail

Once a butterfly, a flower and a snail met together.

The butterfly said: I am colorful and I can fly.  
The flower said: I bloom and I have fragrance.

The snail told simply and in a satisfying tone:  
I am satisfied with myself as I am.  
The thought God loves me as I am is enough for me.

I am very happy.

Dr. Antony Theodore
The Caged Bird Sings.

The caged bird sings.  
They are sad songs.  
They reflect the life of  
Joy and freedom  
which it has lost.

The caged bird sings  
from the sorrows of her heart.

Dr. Antony Theodore
The Character Of Love

Love is patient; love is kind.
She does not get excited,
she does not boast,
she does not puff up.
It does not act improperly,
does not seek its advantage,
does not provoke anger,
does not bear the evil.
(Leaning on the first sacred letter of St. Paul to the Corinthians)

Dr. Antony Theodore
The Chariot

I saw a chariot with fiery wings.
It flew and flew from the mighty white skies.

And came to me
the humble victim of cruel humanity.

From the chariot rose the Angel of fire
and called me with a smile

"Come my sweet innocent one
Everything that touches you shall burn you
until you burn eternally."

Dr. Antony Theodore
The Christian Mystic Believes That He Is Becoming Christ.

The mystic meditates
on Jesus and the images
of Him stirred by the historical witness
because he is what the
mystic believes he is becoming.

The Christian mystic stakes
his existence on the veracity
of the witness of the evangelists
that the Father and Son are one,
that He is the dispeller of darkness,
and that those who believe
are given the power
to become sons of God.

Dr. Antony Theodore
The Clouds Rain Down

The clouds rain down
on those who love.
Their hearts are filled
with the warmth of love.

Lift your minds in watchful hope.
God’s graces will fill you now.

Dr. Antony Theodore
The Colours Around Me

Do I see the colors around me,
or only dark, only gray-in-gray?

Do I feel the little signs
of growing and blooming around me?

Do I help so that something
can grow - in me, in the other?

Dr. Antony Theodore
The Consciousness Of Being Divine

When we live on earth
we are divine and human.

This consciousness grows
In us in prayer and meditation.

A life of silence helps us to know it.

We are divine beings of the earth.
It is indeed a supernatural state
that we experience in our earthly life.

Just as our own body
and Soul are one in us
is the human and divine
nature integrated and one in us.

Dr. Antony Theodore
The Contemplation Of Our Own Nothingness

The experience that the world provides is a life of vain hopes, imprisoned in the illusion of newness and change.

It brings us constantly back to the contemplation of our own nothingness.

Dr. Antony Theodore
The Contemplation Of Our Own Nothingness.

Man's mind is enslaved
by an inexorable concern
with all that is exterior,
transient, illusory and trivial.

Thus man is exiled from God
and from his inmost self.

The experience that the world
provides a life of vain hopes,
imprisoned in the illusion
of newness and change
brings us constantly back
to the contemplation of
our own nothingness.

(Graphic: It's Me, Too)

Dr. Antony Theodore
The Conversion From Sense To Spirit

The vitality and the efficiency of the conversion from sense to spirit depends on the vividness of the apprehension of the new reality.

The awakened subject is not merely to perceive transcendent life, but to participate therein.

In the process, the mind constructs from the general and ineffable intuition of reality, the personal and imperative concept.

Dr. Antony Theodore
The Core Ofecumenism

The very core of ecumenism is the dimension of friendship, spontaneity, and spiritual liberty.

(The term “ecumenism” refers to efforts by Christians to develop closer relationships and better understandings of religions in the world).

Dr. Antony Theodore
The Cosmos

For some, the cosmos is either an immeasurable and threatening space or a reality that existsthere.

one perceives it with an occasional look at the sky, full of surprise and wonder.

Dr. Antony Theodore
The Cravings Of The Soul

Mystical search is
"the satisfaction of a craving
impelled by the spur of necessity"
(A.E. Waite, Strange Houses of Sleep, P.211).

The soul that craves
to attain fullness of life
for which she was made
is unable to rest
in those symbols of the sensual world
which does not satisfy her.

The cravings of the soul is to lose herself
in ‘That’ which can neither be seen or touched,
giving herself entirely
to this sovereign Object
without belonging
either to herself or to others.

Dr. Antony Theodore
The Creations Of The Mystic, Artist And The Poet Are Products Of The Love Of God.

The mystic and the artist appears to be inseparably bound together. Both are committed to the passionate search for truth.

The real obsession of a poet's life is the divine search in the context of the real human life.

The Poet's synthesis of mystic graces and aesthetic sensitivity enables a poet to transcend the rational and intuit the whole through the pure aesthetic experience.

The knowledge of the ideal beauty is innate and is known intuitively in intellectual ecstasy.

Dr. Antony Theodore
The Crosses Of Tribulation And Perfection

When God wants to raise a soul
to perfection,
he then increases
the crosses of tribulation.

The more you are
afflicted, the more
you are loved.

Rejoice then, truly
in your heart
and accept all sufferings.

Dr. Antony Theodore
The Culture Of The Word

Words have tremendous potency
both positive and negative:
Words of praise and
affection bring us to life.

Words of ridicule and or bad news
can hurt us and make us sad.

What words did we hear
in the past week
which have done us
good, which have hurt us?

What words of edification,
comfort and love
came out of our mouth?
What about our own
culture of the word?

Dr. Antony Theodore
The Dance Of The Lord Of Universe

The Lord dances and diverts
Himself in the garden
of His creation,
and if we could let go
of our own obsession
with what we think
is the meaning of it all,
we might be able to hear
His call and follow Him
in His mysterious, cosmic dance.

(Graphic: Mike Daigle
Mike Daigle saved to Divine Intervention, A Happy Result of Pre-Praying 28
Centro Flor de Jasmim - Deus - Paulo Celso Ciranda)

Dr. Antony Theodore
The Dancer Becomes The Dance.

Forget the dancer.
Kill ego.
Go to the core of ego.
Become humble.
Break the ego.
And then you can
become the dance.

The dancer becomes the dance.
Call it prayer, meditation or
contemplation, whatever.

The dancer becomes the dance.

(Graphic: dance like a bird_zpsirioiox7)

Dr. Antony Theodore
The Dancing God

It is dance. Five mudras.

The dancing God

Embraces,
penetrates the Mother.

They are one motion,
one silence.

They are Word.
Utterance and return.

Dr. Antony Theodore
The Dark Storm In Her Soul

The dark storm was
gathering in her soul
breaking into
loud thunders.

I saw fear in her eyes.
She screamed loud.

There was no one
to hear her scream.

To be present when
others suffer
is our divine call.

(Graphic: Ruby hat sich etwas auf Zeichenvorlagen gemerkt. pinterest)

Dr. Antony Theodore
The Dawn Has Its Songs.

I am a night bird
seeking the first rays
on the horizon
eagerly waiting
eagerly waiting
for the daybreak.

You know,
the dawn has its songs.

(Graphic: bird at night | Moon shadow, Spiritual wallpaper, Moon
This Pin was discovered by Khandace Collins. Discover (and save!) your own Pins
on Pinterest.)

Dr. Antony Theodore
The Day Lost Forever

The tears of the poor
are too hot.
It will burn your face.
It will burn your hands.
It will burn your hearts.

If a day passes
without helping the poor
and the needy
and the rejected
and the discarded,
that day is lost for ever.

(Graphic:  
J saved to Word. Pinterest)

Dr. Antony Theodore
The Dazzling Dark And Welcoming Silence

This sense of mystery which is
so deep and intense that it
defies expression to be communicated.

The mystic's insights are illuminations,
revelations, full of significance
and importance, all inarticulate.

In the dazzling dark
of the welcoming silence
lie hidden, the intensity
of the mystic's relationship with God.

Dr. Antony Theodore
The Death Of A Loved One.

Death is so deeply personal
and stunningly final,
nothing can emotionally
prepare us for its arrival.

Nothing in life can prepare us
for the death of a loved one.

Whether death results from
a sudden accident or a
sustained illness,
it always catches us off-guard.

With every death,
there is a loss.

With every loss,
there will be grief.

(Consoling wisdom from Psalm: 34: 18 The LORD is close to the brokenhearted
and saves those who are crushed in spirit. Holy Bible).

Dr. Antony Theodore
The Death Of Jesus Christ On The Cross Is Historical

The work God does is creative.
God created the heaven and earth,
and all living creatures in it.

He formed Adam and Eve
and all human beings in His image.
God knitted each of us in our mother's womb.
Jesus the Messiah was sent from heaven
to shed his blood till the last drop
on the cross to save us from our sins.

He opened a way for us to be reconciled
to Him and adopted into His family.

God holds all things together.
In order to recognize God's Handwerk,
pray in an active, persistent manner.

Do not lose sight of the Lord.

When we combine these disciplines
with discernment and patience,
we will discover how God is working
in our lives and in our world.

(The death of Jesus Christ is historical.
Proof from NON-CHRISTIAN SOURCES
In regards to non-Christian sources, I mention Josephus (Antiquities 18: 3,
writing c.93 AD, citing Jesus' name, the method of crucifixion, and the governor
who ordered it, Pilate), Tacitus (Annals 15: 44, writing c.115 AD, mentioning
execution under Pilate), and a bit later, Lucian (b. c.125 AD in The Death of
Peregrine).

THE VERDICT OF MODERN HISTORIANS
John McIntyre, "The Uses of History in Theology," Studies in World
Christianity 7.1, 2001:
Even those scholars and critics who have been moved to depart from almost
everything else within the historical content of Christ's presence on earth have
found it impossible to think away the factuality of the death of Christ. (p.8)
Gerd Ludemann, The Resurrection of Christ: A Historical Inquiry, 2004:
Jesus' death as a consequence of crucifixion is indisputable. (p. 50)

In The Historical Jesus: The Life of a Mediterranean Jewish Peasant, 1999:
[there is not the] slightest doubt about the fact of Jesus’ crucifixion under Pontius Pilate. (p. 375)

(Graphic: Passion of Jesus Christ Music Video (GREEK) - YouTube by Mel Gibson)

Dr. Antony Theodore
The Deeds That Only God Knows

Quite unknown to other
men and women
you can do so many things.

There are deeds you can do
which are known only to God.
Such deeds give tremendous joy
for a man or a woman.

That is the secrecy of your heart,
a secrecy between you and your God.
You get the feeling that God is in you.
Such moments are wonderful.

Dr. Antony Theodore
The Deeper Prayer

Contemplation,
the deeper prayer
in which the soul
is drawn by God
is a type of anticipation
of the eternal intimacy.

And this prayer is
not only meant for religious.

A life of prayer and
mortification
prepares all
to receive a more
intimate experience
of God's love.

Dr. Antony Theodore
The Deepest Ground Of Our Being Cries For Communion

Words are so very essential to communion.

The failure to commune is despair.

Communion is something that the deepest ground of our being cries out for, and it is something for which a lifetime of striving would not be enough.

Dr. Antony Theodore
The Delicacy Of Awareness Descend Into Ordinary.

When a poet is affected
by self-importance,
the delicacy of awareness
descend into ordinary.

This departure is destructive.

On the spiritual plane
it is the danger
of losing connection
with the supernatural.

(deidre madsen,
Deidre Madsen’s Happily Inner After
List of Top 10+ Supernatural Powers & Abilities Humans Can Develop)

Dr. Antony Theodore
The Delusion Of The Bondage.

Upon awakening you clearly realize that all of the time, you spent in the process of freeing yourself from bondage.

You realize then, it was in itself, the delusion of bondage.

Dr. Antony Theodore
The Desert Experience And The Experience Of God.

The sufferings and the aloneness of the desert must be endured so that he may attain the knowledge and even the experience of the transcendent and inexpressible God.

It is the attention of the whole being which is called to task in the pursuit of the ultimate being.

It is the intimate union with God which a monk seeks for.

By the force of the subdued, instructed, and formed will, the mind is disposed to recollection and attention, and the attention is fixed on God by recalling thought when it wanders or reviving it when it fades away.

The desert experience which an earnest seeker should undergo is the preparation for the experience of God's presence.

Dr. Antony Theodore
The Desire Of The Soul  Towards Its Source.

The Mystic sees Reality as a living and personal object of love.

It is the eager and outgoing activity whose driving power is generous love.

The word love as applied to the mystics is to be understood in its deepest, fullest sense; as the ultimate expression of the self’s most vital tendencies.

Mystical love is the deep-seated desire and tendency of the soul towards its source.

Dr. Antony Theodore
The Desire To Contemplate Is Implanted In Us.

The desire to contemplate
the glory of God
has been implanted
in us by God himself.

Christ came, not just
to tell us that this is possible,
but to give us his love
here and now so that
this promise
can be fulfilled
beginning here on earth,
and it can be consummated
in heaven, not just briefly,
not just to the end of time,
but to eternity with God.

Dr. Antony Theodore
The Devil Was Angry

When i looked
like Christ,
the Devil was angry.

When i went to church
and lead a world life
he was very happy.

But the moment when
i began to think like Christ,
the moment when i began
to do everything like Christ,
when i cried before
Christ's presence,
the Devil was very angry
and disturbed me all the more.

Dr. Antony Theodore
The Devils Laugh At Our Ego.

We live with our inflated ego.

Our years come to an end
like a long and breathing sigh.

Like the fresh grass
in the morning,
that fades and
withers away
in the evening,
we perish in the grave.

Our ego brakes into pieces.

The devils laugh at our ego.

Dr. Antony Theodore
The Divine Essence

The knower catches
in the ecstasy of his heart
the full light of that
Brahman (that Divine Essence)

which is indescribable
—all pure bliss,
incomparable,
transcending time,
ever free,
beyond desire.

(From the great Hindu Scripture Vivekachudamani)

Dr. Antony Theodore
The Divinity Shines In The Birth

The healing presence of the Spirit of God at the core of a human being is like the process of a birth.

In this birth, the divinity shines so well in the depths of the being that it will become visible in the person who experiences it.

(Graphic: )

Dr. Antony Theodore
The Dynamic Of Our Relationship With God.

Faith is what we give to God, hope is what He gives to us.

This is the dynamic of our relationship.

Things can look bleak in our lives, but that's where hope lives.

The ideas of our minds and senses are inadequate to judge God's design and methods.

God comes to us when we least expect

Dr. Antony Theodore
The Earth Is Crammed With Heaven.

The love of God is universal but also specific.

We are drawn into the story of God's determination to bless humanity.

We are pilgrims here on the earth. Our real home is heaven.

The earth is crammed with heaven because we are heavenly beings living here on the earth only for a specific time.

Dr. Antony Theodore
The Ecstatic Bliss.

It does not render us senseless, when we experience the ecstatic bliss.

It heightens all the senses like never before and grips our whole being, mind, and heart, body and soul in the mystical and glorified body of Christ.

Nor are we at any time static, but always dynamic.

The ecstatic bliss that we enjoy simply goes on deepening and expanding in us according to our heart's capacity to receive it.

Dr. Antony Theodore
The Effect Of Sacred And Mystical Poems

The effect of sacred and devotional music or a mystical poem is like that of a pebble tossed into a pond that sets in motion ever-widening circles spiraling out from the point of surface contact.

Dr. Antony Theodore
The ego-self and its existence has meaning in so far as it does not become fixated or centered upon itself as ultimate, learns to function not as its own center but 'from God' and for the contemplative insight into the true self.

Dr. Antony Theodore
The Ego-Self Is Not Final Or Absolute.

The one who seeks
the unitive experience,
realizes that the ego-self
is not final or absolute.

It is provisional
self-construction
which exists,
for practical purposes,
only in a sphere
of relativity.

Dr. Antony Theodore
The Emergence Of The Transcendental Sense

The spiritual sense
lies below the threshold
of consciousness.
The mystics know it.

The spiritual history
means the emergence
of the transcendental sense
from within and its capture
of the field of consciousness
to open those paths to facilitate
the inflow of a larger spiritual life.

This will lead to the perception of a higher reality.

Dr. Antony Theodore
The Endless Bliss

The highest Self,
all endless bliss,
the unconditioned
limitless consciousness,

being realized,
whether through
the great texts,
or through Yoga,
in all experience
whatever—let one
lose himself
in the ecstasy
of Realization,

for he has forever
lost all touch
with bondage of
every description.

(From the great wisdom of Svarajyasiddhi)

Dr. Antony Theodore
The Enlightened State Is Indeed Real.

The enlightened ones
the illuminatives,
one and all of them
seem to assure us that
their apparently symbolic
name is indeed
a realistic one.

Dr. Antony Theodore
The Entire Thrust Of The Gandhian Way

Gandhi's theory on nonviolence is only a fragment in comparison to his whole moral philosophy.

The entire thrust of the Gandhian way is toward self-transformation, transcendence, and identification which is the indisputable, essential, and ultimate state of being for human beings.

Dr. Antony Theodore
The Eternal Aspect Of Human Nature

The eternal aspect of human nature is taught in Bhagavat Gita.

It transcends all individuality.

It goes beyond all changes in time and in space.

The Self is the immortal dweller in the human body.

(Bhagavat Gita
Several thousand years ago in north-central India, two people sat in a chariot in the midpoint of a great battlefield. One of them, the yogi Arjuna, knew that it would be not be long before the conflict would begin. So he asked Krishna, the Master of Yoga, what should be his attitude and perspective in this moment. And above all: What should he do?

There was no time to spare in empty words. In a brief discourse, later turned into seven hundred Sanskrit verses by the sage Vyasa, Krishna outlined to Arjuna the way to live an entire life so as to gain perfect self-knowledge and self-mastery).

Dr. Antony Theodore
The Eternal Self Calls

I hear the call
from the Eternal Self
to search for my spiritual
identity
to find full meaning for my life.

God Eternal,
give me intuitive knowledge
and the deepest
sense of Self
to know and grasp my call
that comes from you.

Dr. Antony Theodore
The Eternalsilence

"The eternal silence
of the endless space
fills me with terror."

(The mathematician and philosopher Blaise Pascal said it. (1623-1662)

Dr. Antony Theodore
The Evil Of Triumphalism.

Beyond the boundaries
of race, nation and faith
does God’s care extend
to the hearts of all who live.

May the walls which raises
prejudice between us,
crumble beneath
the shadow of your
outstretched arm O God.

The evil of triumphalism
strained religions
for centuries, brought
hatred and death,
cruelty and shame.

Beauty, truth and riches
of every religion
accepted in humility
will save humanity.

Seek God.
Do good.
Love and take care of the poor.

May the peoples praise you, O God,
May all the peoples praise you.

Dr. Antony Theodore
The Exemplary Acts That We Follow

"Whatever action is performed by a great man, common men follow in his footsteps, and whatever standards he sets by exemplary acts, all the world pursues."

Quotes inspirational from the great Hindu classic Bhagavad Gita.

Dr. Antony Theodore
The Experience Of Grace Within

God and self exist, together
at the center of being.
God's grace and Himself
are experienced within.

Now the grace of God,
pouring forth from God,
is an inward thrust
and urge of the Spirit of God,
driving forth our spirit
from within, and exciting
it towards all virtues.

Dr. Antony Theodore
The Experience Of Self-Consciousness.

There is an experience of Being underlying the subjective experience of the individual self.

This is totally different from an experience of self-consciousness.

It is completely non-objective. It has in it, none of the split and alienation that occurs when the subject becomes aware of itself as a quasi-object.

Dr. Antony Theodore
The Experience Of The Presence Of The Divine Beauty

The awakening of the self
to the consciousness of divine reality
is marked by intense feelings
of joy and exaltation.

In the experience of the presence
of the Divine Beauty,
the Self comes to the realization
of its own imperfection and the
manifold illusions in which it is immersed.

The state of purgation is of pain and effort.
Self takes to this way by discipline and mortification.

Dr. Antony Theodore
Mystical union is the experience of the unmediated apprehension of God in His essence which God chooses to give to an ardent mystical seeker.

Christian mystics hold Christ as the fountainhead of the new creation, as the chief agent of reconciliation and recapitulation.

There is a natural affinity of Christian mysticism and Eastern mysticism.

The mystical seeker experiences in himself an increased sense of intellectual and spiritual freedom going beyond the ideas of orthodox thinking.

In eastern thought, there is a perception of reality that penetrates the illusionary World of western materialism.

God’s essence provides for the core of human being whether in eastern or western mysticism.

Dr. Antony Theodore
The Experience Of True Romance.

Intensity of bliss
is the experience of true romance.

Such experience of bliss is not a feeling.
It is a state of being.

It is a revolution
in the depths of the being
when romance dawns.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Expression Of The Inexpressible.

The mystic has always been confronted
with the problem of expressing the inexpressible

The intensity of the darkness
and the expression of the inexpressible
becomes a problem in thinking and portraying.

The mystic's insights erupt from
depths of truth unplumbed by
the discursive intellect.

Dr. Antony Theodore
The Face Of The Poor Is The Face Of God.

What we cherish in our hearts
and declare with the mouth
must be fulfilled in deeds.

As long as one child falls
asleep hungry at night,
my stomach should hurt.

When an elderly cannot bear heat
and have great fears over tomorrow
there should be a chill in my bones.

When a poor woman sits with a child
and begs on the streets for a bit of food
I should feel her pain and care for her.

The face of the poor is the face of God.

Dr. Antony Theodore
The False Self

In union,
the only
self that vanishes
is our false self.

It is the self
we thought
ourselves to be
that vanishes.

Our false self
is thus extinguished
in this realization.

Our social,
psychological,
emotional self
is given a new
freedom and
we become capable
of placing our
observable self
in its proper
relationship to God.

Dr. Antony Theodore
The Father Of The Donkey

In a small city, there occurred a serious car accident. 
So many people gathered around.

A journalist wanted to go in closer to make some photos. 
He could not because of 
the crowd.

So he called out from behind 
„I am the father of the injured. 
Please let me in;“.

The crowd moved and the journalist went in 
only to find out, the injured 
in the accident was a donkey.

Dr. Antony Theodore
The Fire Of Love In The Soul.

All men who speak
of the fire of love
know not well what it is.

For what it is, no one can tell,
except this can be told,
that it is neither bodily,
nor it is not bodily felt.

A soul may feel it in prayer,
or in devotion,
but he feels
it not physically.

This is no doubt to
no man or woman
who feels this devotion.

Dr. Antony Theodore
The First Step

Blessed are those
who are willing to take
the first step
because they
will find more
openness in themselves
than they thought possible.

Blessed are those
who can listen
to the neighbor
even if he or she
disagrees,
because they will
encourage compromise.

Dr. Antony Theodore
'The Flame Of Love Is Waiting For You.

We cannot fill up our emptiness
with objects, possessions and people.

We have to go deeper into that emptiness
to find beneath the nothingness
the flame of love waiting
to embrace and to warm us.

In and through the warmth
and creativity of love,
the soul shelters us
from the bleakness
of the bare nothingness.

Dr. Antony Theodore
The Flower In Me Looks For Light And Silence

The flower in me
Looks for light.

Me the flower,
 wants to bathe
in God's light.

It is in God's
mysterious silence
I like to live.

I find all my answers
in this silence with Him.

Dr. Antony Theodore
The Flower Seeds That Bloom Only In The Warmth Of Love.

There is in the depths
of the human soul
a glowing fire of love.

There are also flower seeds
which can bloom only in the
warmth of the fire of love.

Do you call it romance?
Do you call it love?
Do you call it the flight
of the willing spirit of love?

(Graphic: Poems For Boyfriend

You're The Reason I Smile)

Dr. Antony Theodore
The Flower, Bird And Melody In The Mind Of God

God has within Himself blueprints of everything in the universe.

As the architect has in his mind a plan of the house before the house is built, so God has in His Mind an archetypal idea of every flower, tree, springtime, bird and melody.

There never was a brush touched to canvas or a chisel to marble without some great pre-existing idea.

So, too, every atom and every rose is a realization and concretion of an idea existing in the mind of God from all eternity.

(Inspired by Fulton Sheen)

Dr. Antony Theodore
The Flute Cries Out. 'fill My Emptiness'

In painful emptiness
the flute cries out
give me a breath
that will fill my emptiness.

The breath came.
flew through the flute
filled its emptiness.

In smiling gratitude
the flute began to sing
and dance and make
others dance in flowing
rhythmic, fluent music.

Dr. Antony Theodore
The Fool Rejects Advice

Wise men take correction, they listen to what people have to say, and never stop getting wiser.

The fool rejects the advice of others.

"Let the wise hear and increase in learning, and the one who understands obtain guidance..." — (Book of Proverbs 1: 5 in the Holy Bible)

Dr. Antony Theodore
The Fool Said

While the heavens declare
the glory of God
and continue to display
His marvellous works,

the fool has said
in his heart,
there is no God.

Dr. Antony Theodore
The Force Of Truth Will Dazzle Our Eyes

Without caring for and perceiving the creative wisdom of God, the Almighty One,

we turn to the nature of the human mind.

But the false opinion that we hold concerning spiritual things will not permit us to discern the truth.

Yet the force of truth itself will dazzle our eyes.

Dr. Antony Theodore
The Forty Days Of Fasting

Trusting in you
and your closeness
I begin the forty days
of repentance,
just as Jesus spent
forty days in the desert.

Give me the strength
to understand this
time as a chance,
an opportunity to
find each other.

Give me an eye
for what's important to you.

Help me to do the good
with determination.

I want to start afresh
creating a new life for me.

Help me to know
what our fellow human
beings need, very specially
the poor in our society.

(The time of fasting for forty days begins for Christians now)

Dr. Antony Theodore
The Fowler Scatters Grains To Catch You

Many a time have you fallen into the snare of greed.

The bird-catcher scatters grains on the open field hiding himself behind a net.

You the bird in greed go in to pick up grains with your little beak

Beware: It is a trap.

The fowler will imprison you and cut your flying wings to keep you with him to cut your throat at a convenient time.

You will end up on his meal table.

Beware of your own greed.

The fowler will play with you, with your greed.

(Erin Rachele saved to GREED 62 Greed Pinterest)

Dr. Antony Theodore
The Fragrance Of Innocent Passion

When you come to me
stealthily in the night,
will you bring me
the fragrance
of innocent passion?

Dr. Antony Theodore
The Free Divine Germ In Man

There is a mutual attraction between
the spark of the soul,
the free divine germ in man
and the fount from which it came forth.

The homeward journey of man's spirit
Is due to the push of a divine life within
and the pull of the eternal divine.

The spiritual pilgrim goes
because he is called,
he wants to go, must go
if he is to find rest and peace.

(Graphic: Gabrielle Roth - Maps to Ecstasy)

Dr. Antony Theodore
The Fulfillment Is In And Through 'the Divine'.

There is no real fulfillment
of man's true vocation
in the order of nature.

With God alone
can he reach the levels
of greatness.

It is in and through
'The Divine'
one reaches
the real fulfillment.

Dr. Antony Theodore
The Gandhian Concept Of Ahimsa And Satyagraha.

Find incredible breadth, integrity, and unity in the Gandhian concept of ahimsa and Satyagraha.

Ahimsa implies complete self-purification.

This intensely active, purifying, inward force is grounded in Satyagraha.

Dr. Antony Theodore
The Gentiles And Jesus

To be Saviour of the Gentiles meant that Jesus first had to be sent to the lost sheep of the house of Israel whom God had called to be a light to the Gentile world.

God the Father confirmed Christ's Messianic claims when He spoke from heaven saying: this is My Son in Whom I am well pleased.

Dr. Antony Theodore
The Gift

Let me be free,
free from my own fissures.
A heart full of love
is a rare gift of God.

Dr. Antony Theodore
The Gift I Ask From God.

Tender caring hands
Sweet soft eyes
A heart that understands
Filled with a love that never ends
Seeing only the good;
Joy that wells up in the heart
That is the gift
That I ask from my God.

Dr. Antony Theodore
The Gift Of A Simple Surrender

A wondrous gift is offered
in the simple surrender
to the one who turns
away from sin.

He is perseverd in love
in the power
of the Almighty One.

(Graphic: Susanne Bergen hat sich etwas auf Glaube gemerkt. pinterest)

Dr. Antony Theodore
The Giggling Laughter Of The Little Ones

The innocent joys
and giggling laughter
of the little ones
touch our hearts.

For a moment
we look, watch
and get lost
in their happiness.

They are the sweet
moments of ecstasy.

They are the moments
the angels of God
show me true joy.

(Graphic: Harbily saved to Jeux
Remember to Be Like a Child. Pinterest)

Dr. Antony Theodore
The Glimmering Stars Appeared.

God breathed
and stars appeared
in the firmament.

It was a glorious scene.

God was very happy
to see the stars born
out of God’s breath.

Then God collected
the waves of the ocean
and stored up in
the caves of the sea
in its depths.

Revere Him.
He is the Lord of
the universe.

He is love eternal.

Dr. Antony Theodore
The God Who Is Love, Is Also The Lord Of History.

The process of the divinization is the life in the spirit that makes a man, a child of God and leads him to a permanent newness of life.

The God who is love is also the Lord of history.

We submit our freedom to the ultimate freedom and Spirit of God in love.

Human history should culminate in an apparition, manifestation and revelation of God in man.

Dr. Antony Theodore
The Golden Calves

Strike down the golden calves
and offer it to the fire
so that you may be born anew
into a world of freedom
for which your heart craves for.

Dr. Antony Theodore
The Golden Womb

The source of the creation of the universe is the golden womb.

It is called as the golden egg.

Hindu scriptures suggest a single creator of the universe.

(Refer to the sanskrit word Hiranyagarbha. The idea is also seen in the Bhagavata Purana, Rigveda 10,129)

Dr. Antony Theodore
The Good Shepherd

The creator of
the earth is
also our Shepherd
and wants us
to know we are
the sheep of His pasture.

With that knowledge,
it is easy to understand
why we should enter
His presence with
praise and thanksgiving.

Dr. Antony Theodore
The Grace Of God Manifested In Asia

The combination
of the natural techniques
and the graces
and other things
that have been
manifested in Asia
and the Christian
liberty of the gospel
should bring us
all at last to that full
and transcendent liberty.

Dr. Antony Theodore
The Great Teachings Of Sri Buddha

Understand the truth about suffering through right Understanding and right Thoughts.

Create the conditions to transcend suffering through right Speech, right Livelihood, and right Action.

Keep on the path towards awakening through discipline through right Effort, right mindfulness, and right concentration.

Dr. Antony Theodore
The Heart Center Reveals Itself Slowly.

In meditation
the heart center
reveals itself slowly
as it really is: in peace,
in subtle light and in silence
which calms your whole body.

Then the mind is full of joy.

Then we Live from
the center of the spirit.

Dr. Antony Theodore
The Heart Centre Reveals Itself Slowly.

In meditation
the heart centre will slowly reveal itself
as it really is: in peace, subtle light and silence
which calms your whole body.

Then the mind is full of joy.

Then we Live from the centre of the spirit.

(This was published in Micropoet under the name of my beloved mother
Genova Maaa who passed away at the young age of 38. I published for a long
time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Heart Goes Into The Unknown

It is human experience that in our moments of deep emotion, we plunge deeper into the reality of things than we can hope to do in hours of the most brilliant arguments.

Passion rouses not merely the mind, but the whole vitality of man and woman.

The heart, eager and restless, can go out into the unknown freely than the intellect.

Dr. Antony Theodore
The Heart Of The Discerning

The heart of the discerning acquires knowledge, and the ear of the wise seeks knowledge.

The value of wisdom is indescribable. It takes a wise man to understand the dangers of folly.

One should know the value of righteousness, the dangers of temptation and the fruit of godly living.

(The reader may refer to Proverbs 18: 15 of the Holy Bible).

Dr. Antony Theodore
The Hearts Of Sorrow Are Hidden

There are wounds
which no one can see.

There are wounds
which you want to hide.

There are wounds
which kill your mental health.

So be careful
When you walk over
the heart of beautiful people.

You will be held responsible by God.

Dr. Antony Theodore
The Hidden Contemplatives.

Monastic silence and solitude
are not necessary prerequisites
for this experience.
Many serve God
with great purity of soul
and perfect self-sacrifice
in the active life.

They are able to live
in God's presence
by devoting themselves
to Him in self-sacrificing work
for the needy, the poor and the sick.

They are the hidden contemplatives.

Dr. Antony Theodore
The Hiddenness Of God

No external work
of the individual
can penetrate
the hiddenness of God.

Even when one succeeds in
boring into his inward being,
his own effort can bring him
only into an empty void.

If you succeed in emptying
your mind of every thought
and every desire,
you may indeed withdraw
into the center of yourself
and concentrate on everything
within you upon the imaginary
point where your life
springs out of God,
yet you will not really find God.

No natural exercise
can bring you into
vital contact with Him.

Dr. Antony Theodore
The Higher Self, That Is Silent And Eternal.

Vedas equate
spirit with the Self.

The self is not the
everyday self
with its thoughts,
imagination, dreams,
struggles and pain,
wishes and needs.

It is the higher Self
that is silent and eternal.

Dr. Antony Theodore
The Holy Self Utters In Me.

I have ascended
higher than myself,
and lo! I have found
the Holy Self uttering
the holy word in me.

Now I hear the echoes
of those words he uttered
in me, echoing and rechoing.

Dr. Antony Theodore
The Holy Spirit is Founder and Finisher of all our peace - and imparts His eternal peace by His Spirit of Peace,

which flows out of us to others as we rest in Christ and permit His peace to flood our heart. "Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Do not let your heart be troubled, nor let it be fearful."

Dr. Antony Theodore
The Homeward Journey Of Man's Spirit

The spark of the soul is the true
divine germ in man.

It is the fount from which it came forth.

The homeward journey,
of man's spirit is due to the push
of a divine life within
answering to the pull
of the divine life without.

Morality leads to the frontiers
of the Absolute and even
gives it an impulsion to enter
into the abode of the presence of God.

Dr. Antony Theodore
The Hound Of Heaven (The Reality's Quest Of The Unwilling Self) .

In The Hound of Heaven, Francis Thomson described with an almost terrible power, not the self's quest of adored Reality, but Reality's quest of the unwilling self.

He shows to us the remorseless, tireless seeking and following of the soul by the Divine Life to which it will not surrender: the inexorable onward sweep of 'this tremendous lover' hunting the separated Spirit, 'strange, piteous, futile thing' that flees Him 'down the nights and down the days'.

This idea of the love chase, of the Spirit rushing in terror from the overpowering presence of God, but followed, sought, conquered in the end, is common to all the medieval mystics.

Dr. Antony Theodore
The Human As A Mirror Of God

The human being
is a mirror of God.

Our being
and God's being
are one.

(This is the view of Vedas)

Dr. Antony Theodore
The Human Faculties Are Elevated To A Divine Level

Humanity is possible only when the new man comes into being. The process of mystical transformation is a process of diffusion of the love of God in one's being.

The human faculties are elevated to a divine level when the Spirit of God infuses the love of God uniting the new being with the essence of God.

The transforming power of God influences man and he is dependent on this power to be really human.

Dr. Antony Theodore
The Human Quest

The human quest
for meaning, then,
takes the form of
truth-seeking,

which can be
identified as utility,
autonomy and
solidarity, simplicity
and authenticity,

things requiring an
institutional, moral
and social infrastructure
for their realization.

Dr. Antony Theodore
The Humble Handmaid Mary Knew The Mystery

Filled with wonder,
the humble Handmaid Mary
first conceived
in her heart by obedience
would soon be heard and seen
in the shadow of the Almighty.

(Thoughts on the Christmas day)

(Graphic: Josiane Benoot saved to anges Pinterest)

Dr. Antony Theodore
The mystic is in love with the Absolute
not in any idle or sentimental manner,
but in that deep and vital sense
which presses forward at all costs
and through all dangers
towards union with the object loved.

The desire of love
and the desire of knowledge
correspond to the two eternal passions
of the self, representing
the hunger of heart and intellect
for ultimate truth.

Dr. Antony Theodore
The Hunter Loves My Beautiful Feathers.

I am a bird.
I have lovely feathers.
I attract many.
I am beautiful.

There are many
who come after me
to hunt me down.

God, my Lord
will save me from
the hunter's sling.

I will not be ruined
while God protects me.

His wings are my shield.
I shall ever be faithful
observing the law of God.

I please my God always.
This is my life and I am happy.

Dr. Antony Theodore
The Ideal And The Real

There is, actually, only one person in all of humanity of whom God has one picture and in whom there is perfect conformity between what He wanted her to be and what she is, and that is Mother Mary, the blessed mother of Christ.

Dr. Antony Theodore
The Identity-Giving Relationship

The identity-giving relationship with the living God emerges from communion rather than informative communication.

God is person. The mystic also is a person. Therefore, all is presence and communion.

Dr. Antony Theodore
The Identity-Giving Relationship Emerges From Communion.

It is precisely our identity that emerges from our false self or from all that we supposed that we were.

The identity-giving relationship with the living God emerges from communion rather than informative communication.

God is person. The mystic also is a person. Therefore, all is presence and communion.

Dr. Antony Theodore
The real distinction between the Illuminative and the Unitive Life is that in Illumination the individuality of the subject, however profound his spiritual consciousness, however close his communion with the Infinite may be, remains separate and intact.

His heightened apprehension of reality governs rather than obliterates the rest of his life and may even increase his power of dealing adequately with the accidents of normal existence.

Dr. Antony Theodore
The Illusionary Self Paralyzes.

The illusionary self paralyzes.  
It obscures reality.

Dissolution of the false self  
is the answer to all our problems.

Man is an exile in a world of objects,  
each one capable of deluding  
and enslaving him.

Man is held captive in the complex  
and painful network of loves and hatreds,  
desires and fears, lies and excuses.

Thus, the mind is enslaved by  
an inexorable concern  
with all that is exterior,  
transient, illusory and trivial.

So are we exiled from  
God and from his inmost self.

(Graphic: Melissa Birtwell saved to What Inspires Me.. Pinterest)

Dr. Antony Theodore
The Image Of God In An Inner Sanctuary

The depth of our soul contains,
in its freedom and intellectuality,
the image of God.

Freedom and understanding
are so to speak united in
that summit of the soul
which we call the spirit,
as though in an inner sanctuary
from which they come forth
to act in our every day life.


Dr. Antony Theodore
The Immortal Spark

There is an immortal spark
of the eternal fire in a mystic.

So he is implicitly a child of the Infinite.

This immortal spark
should be brought
to the conscious field,
by healthy discipline
out of its hiding place
deep down in the centre of man.

Then make it the dominant element in the personality.

Dr. Antony Theodore
The Incarnation Of The Genius Of Rhythm.

Poetry uses form to reveal and heighten a segment of human experience that gives meaning to a wide range of experiences.

Such art may be thought of as the incarnation of the genius of rhythm manifesting the living spirit of things with a clearer beauty and intense power.

Poetry is a record of experience.

The poet sets out to communicate something that transcends fact or opinion.

An obscure intuition is expressed by a combination of words and structures.

Dr. Antony Theodore
The Inconceivable

Meditating on the lotus of your heart, in the center is the untainted; the exquisitely pure, clear, and sorrowless; the inconceivable; the unmanifest, of infinite form; blissful, tranquil, immortal; the womb of Brahma.

(From the Kaivalyopanishad, the great Hindu Scripture)

Dr. Antony Theodore
The Individual Ego Gets Completely Emptied

In Buddhism
the highest development
of consciousness
is that by which
the individual ego
is completely emptied
and becomes identified
with the enlightened Buddha.

Dr. Antony Theodore
The Inexpressible  Mysterious Presence Of God.

The primary material of mystical experience is the subconscious spiritual perceptions.

When the self is established in the field of consciousness away from the mundane world, he is exalted to the higher levels.

There he may experience the inexpressible mysterious presence of God.

Dr. Antony Theodore
The Infinite Absolute and Human Intelligence

The infinite absolute
cannot be grasped or bound
by human intelligence.

In a mystical experience
the division between
subject and object disappears.

One does not look at God
as an object and one does
not look at oneself as an object.

Dr. Antony Theodore
The Infinite Wheel.

Each of us is a spoke
in an infinite wheel.

Though each spoke is essential
in keeping the wheel whole
no spokes are the same.

The rim of the wheel is our
living sense of community,
family, relationship.

But the common hub
where all the spokes join
is the one center in the infinite wheel
where all souls meet.

I am unique and I live out my uniqueness.
But when I dare to look into my core,
I see the one common center
where all lives begin.

Dr. Antony Theodore
The Innate Mystical Sense Of The Poets

Poets intuitively recognize
the suggestive qualities
of the symbols
and their links with truth.

They borrow and adapt them
in translating reality into terms
of rhythm and speech.

But they owe their origin to
that mystical sense
that is innate in all true poets.

Dr. Antony Theodore
The Inner And Outer Reality

Darkness can never extinguish fully the spark of light.

A healing prayer is a successful attempt to get rid of the disparity between the inner and outer reality.

When the inner light spreads all over the outer reality, we are healed completely.

Dr. Antony Theodore
The Inner Cave In Me.

There is an inner cave in you and me.
In this inner cave lives the „Real I“.
Our body is only a good cover.
Deep inside the being lives the Real I.

Only the Real I in me can contact God.
God contacts this Real I in me.

Often we don't feel that the Real I exist.
In our thoughts, we are everywhere
and not in the reality of our being.

Come to peace.
Come to Rest.
Sit in prayer.
Go deep into you.
There in the inner peace
you will meet with the Real I.

(May God give all the poets of Poem Hunter
this rare gift of inner peace and rest
to remain in contact with the Real I
in the inner cave of the being.)
(Graphic: Fire Caves II - concept by ANTIFAN-REAL on DeviantArt)

Dr. Antony Theodore
The Inner Eye And The Inner Flame

When the inner light in us
bursts into flames
we know who we are really.

When the inner eye is opened
we see ourselves
and the world differently

(Mushrooms Painting - What The Inner Eye Sees. by Natasha Robinson)

Dr. Antony Theodore
The Inner Self

The establishment
of the Inner Self
other than
the ordinary self
gives a power of life,
a centre of energy.

It is spiritual vitality.
This experience will
fill you with love
more and more
till the day of death.

Dr. Antony Theodore
The Inner Self Searches for Light

The inner Self
searches for light
and freedom
all the way.

The deepest levels
of human personality
attains light
and freedom
in these moments
of inner union.

Dr. Antony Theodore
The Inner Wasteland

The inner wasteland
is cared for
by God alone.

A poet should learn
to love God
in the wilderness
and then, the poet
can always look back
upon the time
in the inner desert
as the idyllic
time of his life
with God alone.

Graphic: Egypt, Sinai desert, sunset Stock Photo: 6789321 - Alamy
Alamy Stock photo)

Dr. Antony Theodore
The Innermost Space Of Silence.

Only when my whole being is silent, 
God will enter the depth of my being. 
God will be born in me 
in the innermost space of silence.

I begin to perceive and sense 
the presence of God 
in my secret inner cave 
in the deep silence.

In silence I descend in my own inner depths.

The way into the depths goes 
through the night of my darkness, 
through the night of my fear, 
through the night of my loneliness and solitude.

There I incline myself 
and lean towards 
the ground of my soul.

God's divine birth in me 
happens in benevolent silence.

Dr. Antony Theodore
The Innocent Joy In Natural Things.

It is the innocent joy
in natural things
the mystics of all
gazes and all faiths
agree that attracts them.

Poverty for a mystic
is utter self-stripping.
It is a complete detachment
in joy from all finite things.

By chastity he means
an extreme and limpid
purity of soul, virgin
to all but God:

By Obedience, it means
that abnegation of selfhood
that mortification of the will
which results in a complete
humility, a holy indifference
to the accidents of life.

Linked together these three
aspects of perfection are really one.

Dr. Antony Theodore
The Innocent Joys Of The Poor.

Poverty is holiness.
The innocent joys
that a poor boy and a girl
experience are golden
moments of love and grace.

The rich children
of the big cities
will never enjoy
such moments in life.

They are beautiful moments
which you can never buy
anywhere else in this world.

(Graphic: Inuta saved to wonder if..Pinterest)

Dr. Antony Theodore
The Instinctive Desire to Know the Truth

Man's nature disposes him above all to seek peace in the contemplation and love of the highest Truth.

All men are born with an instinctive desire to know the Truth and an instinctive desire for the supreme happiness which is the vision of God in heaven.

Dr. Antony Theodore
The Intellect Must Be Enlightened By God's Light

We all love peace
and in vice, we hate
discord, and we note
that there is unity
in the one and
division in the other.

It seems to us
that the rational mind
should understand first
the nature of truth,
and the nature
of the highest good
lay in that unity.

We do not know first,
that the intellect
must be enlightened
by another light
to be immersed
in the truth,
to experience
the essence of truth.

God Almighty,
please light my lamp.

Enlighten my darkness.
Then shall I receive
from your fullness.

Dr. Antony Theodore
The Intense Sense Of Mystery

The sense of mystery
is so deep
and intense, that it
defies expression.

It is communicated
in the dazzling dark.

In the welcoming silence
lie hidden, the eternal truths.

In the intensity
of their darkness
lay God's revelations.

Dr. Antony Theodore
The Intensity Of The Darkness And The Expression Of The Inexpressible

The mystic has always been confronted with the problem of expressing the inexpressible.

As William James would say, the God-experience defies expression, that no report of its contents can be given in words.

Dr. Antony Theodore
The Intrinsic Need For Christ, That A Christian Mystic Feels.

A true Christian mystic can never be freed from his deep need for Christ.

No one can dismiss the Man Christ from his interior life on the pretext that he has now entered by higher contemplation into direct communication with the Almighty God.

Dr. Antony Theodore
The Intuitive Knowledge Of God And The Mastery Of Self.

There is a battle in us, not with God, but with the exterior self.

With the power of God's love, Jacob transforms into the one who sees God.

A mystic seeks no kind of mastery except the mastery of self. He seeks no kind of knowledge except the intuitive knowledge of God at the depths of his being. All else is superfluous.

(Jacob's story is in Genesis in the Holy Bible Ch.32: 24-29).

Dr. Antony Theodore
The Invincible Hope Of The Cry.

The prayers of those who believe
stand in the midst of hardship
to shine brightly against the darkness.

This is the invincible hope of the cry.

(Graphic: Petra Vieten hat sich etwas auf Unique People gemerkt Pinterest)

Dr. Antony Theodore
The Invisible And The Intangible, Inundates With Its Fires

The subject experiences an ascent to the supernal plane of perception where, without veils, the theological mysteries in themselves and in their changelessness appear and in which the invisible and the intangible, inundates with its fires the dazzled and sanctified soul.

Dr. Antony Theodore
The Invisible Self Present In Me

It is clear to me now,
the purest endeavor,
the deeds that i accomplished
can be covered by a thick layer of darkness.

Only when i grow in the
Invisible Self
present in me, shall i fall into
the liquid sunshine devouring my darkness.

Then shall the universal light
reach my wounded core;

Only then shall i sense the healing rays.

Dr. Antony Theodore
The Invisible Threads That Tie Us To The World

Enter into your inner cave and you will feel that the world disappears.

When all else is forgotten, you will begin to know God.

We are all tied to the world by invisible threads of mental activity.

In deep silence, you will begin to lose more of these threads.

It is the first step to know God. These moments will fill you with true joy.

Dr. Antony Theodore
The Journey ' In ' God.

Only when the journey to God is completed begins the 'Journey in God'.

This is the essence of Eternal Life. It can have no end.

But none who attained the End ever came back to describe their adventurous journey.

So no one knows the length of the way and the intense beauty of the experience of the journey in the Almighty God.

For sure it is a journey in beauty in light in peace in love.

Dr. Antony Theodore
The Journey Of My Soul Has Begun.

The journey of my soul has begun.
My cup overflows.

My lyre plays in the silence of the night.
My flute has melodies unheard.

My spirit grows closer to God.

The lamp of glory burns in me
in the deepest caverns of my soul.

Watch me! !
I am going with feathery steps
to the world of the Saints.

(I want to welcome death. I am not at all afraid to die.
My greatest consolation is my faith in an after-life
in the world of God
where my cup will continue to overflow.
Look the journey of my soul has begun.)

Dr. Antony Theodore
The Joy Of The Union With God Emerges

The identity of the individual is determined by a host of historical, cultural, psychological and genetic factors.

When we lose our special, separate, cultural and religious identity, we are a step forward to lose ourselves in God.

It is then the joy of the union with God emerges in us.

Dr. Antony Theodore
The Joy Of Witnessing.

I have the great joy of witnessing people transformed by drinking the pure clear waters of the Holy Spirit.

They were consumed by the wealth of the richest teachings.

I have the privilege of watching young men being formed and fortified, coming back to the truth of God and themoral teachings.

Dr. Antony Theodore
The Just Live Eternally With God

The just live eternally with God,
on a par with God,
neither deeper nor higher.
All their work is done by God.

The awareness of the
identity-giving relationship
with God, is not an awareness
proper to the external self.

Dr. Antony Theodore
The King Led Me Into Light.

Clothed in fire and flame
sharing His splendour
He came, the Adorable.

Anguished and alone
i stood singing His praises
with a burning soul.

The King's eternal gates
opened for me.

The King led me into light.

Dr. Antony Theodore
The Kingdom Of God Is Within Us

"For the word of God is very near, in our mouth and in our hearts.".

Thus it is clear that he who prays for the coming of God's kingdom prays rightly to have it within himself.

It will grow and bear fruit and become perfect in us, in our hearts.


Dr. Antony Theodore
The knowledge of God is an experience of love.

Man's intelligence alone is incapable of comprehending God.

But man can attain directly to Him by love, and we do in fact, realize obscurely in mystical experience that by love, we reach Him and hold Him close.

Dr. Antony Theodore
The Last Wallet

The last wallet
you will ever need
is your good works
of love and service.

Your ability to forget
yourself in serving the poor
is your wallet that you need.

That alone will count at the end.

Dr. Antony Theodore
The Law Of The Unconscious

There is a law in the unconscious that whatever you avoid will come back and the more you avoid it, the more it comes back.

So do not resist an emotion. The best way to conquer it, is to enter it fully, embrace it, and see through your resistance.

Dr. Antony Theodore
The Life Of A Monk

The life of a monk
is a life of journey
in this temporal existence.

It is a journey through
doubts, struggles,
hope and mystery.

It is not a static
point or moment.

Dr. Antony Theodore
The Life Of Every Man Is A Mystery Of Solitude And Communion.

Private prayers evoke a sense of the potential oneness of God's love, solitude, and society.

We have to share this solitude of the heart that we receive in prayer.

The life of every man is a mystery of solitude and communion.

Solitude is experienced in the secrecy of his own soul where a seeker is alone with God.

He communicates his experience with others who share the same nature.

A seeker who has experienced it can reproduce this solitude in others. It happens in love and communion.

There, he experiences others as his own other selves. So a Hindu mystic would say: God is present in everyone and in everything in the created nature.

All human beings are God's 'other selves' isolated from him and yet one with him.

Only those who love the solitude with God and in God can experience this joy of oneness.

Dr. Antony Theodore
The Life Of Prayer And The Source Of All Life

The life of prayer establishes contact with the source of all life and with the only source of authentic peace.

The mystic earns to be totally free and to be totally free he must be delivered from his own self.

Today more than ever, man in chains is seeking emancipation and liberty. His tragedy is that he seeks it by means that bring him into ever greater enslavement.

Dr. Antony Theodore
The Light Of God's Truth

Let the light
of your truth
shine in the hearts.

Guide us to your
glorious kingdom of love.

May your love make us
what you have called us to be.

Dr. Antony Theodore
The Light Of Honesty

Honesty alone
shall enable us
to discover
the images of life
that shape us.

We shall place
ourselves
in light
to be able
to come alive.

Dr. Antony Theodore
The Light Of Men And Women

My heart is stirred to remember that Jesus came into the world to bring life that was "the light of men."

Because he walked among us, he knows the depth of every struggle, and every experience of brokenness or loss.

In his love for us, he overcame death and darkness so that I not only can see light but I should be light for others.

I long to reflect that light into the lives of others, as others have done for me.

Dr. Antony Theodore
The Light Of The Dance

There was a temple in the midst of the desert.
In the midst of the night
danced there the Angel of love.

The light of the dance
pierced the soul of darkness
and in the songs of the angel
danced the darkness
and gave way to the light of love
and it was dawn.

Dr. Antony Theodore
The Light That Inflames Our Hearts.

The whole world
around, the Christians
celebrate Advent again.

Advent means
"arrival of the Lord!"

At the same time,
our gaze points
both into the past
and into the future.

We expect the fulfillment
of the biblical promises.

We wait for something.
We expect something
and are not content
with what we see
and experience
now in this world.

Seekers are we,
interrogators are we.
We are also living
in great hope.

The Advent light should
not only create
a contemplative mood,
it is also a sign that
we are waiting for
the light that brings
us away from our darkness
and wants to inflame our hearts.

Dr. Antony Theodore
The Light inflames Our Hearts.

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Dr. Antony Theodore
The Linear Form Of Human Intercourse

It is a linear form of human intercourse in which each piece of information is given one at a time and leads up to some particular conclusion.

We cannot live without this one-dimensional mode of knowing.

But, of itself, it lacks the power to convey the deepest hopes and yearnings of human existence.

Dr. Antony Theodore
The Lion And The Sheep In Me

In my spiritual quest
there is a lion in me
and a sheep living in me.

When I preach about the cross
and the love that Christ preached,
the lion jumps into the forefront
which makes me preach in power.

The sheep helps to make me
fall into peace, joy and comfort
of the joy of spreading the holy word.

Let love and peace reign in all.

Dr. Antony Theodore
The Little Angel Strolled In Beauty,

Mellowed to that tender light
the little angel strolled in beauty,
on starry skies
cloudless climes,
on elysian fields,
the realm of beauty.

I felt the nameless grace on her face,
softly lightens her little eyes,
serene expression of delight,
love and surprise.

The angel of the Lord
took the wings of a beautiful butterfly
came to her sweet dwelling place,
serene, pure and full of grace.

On that cheek and over that brow
the angel kissed.
It is goodness pure
peace and beauty,
a heart so full of innocent love.

Dr. Antony Theodore
The Little Birds Sang

Behold! ! !
the great light dawns.
the little bird
sings from the branches
of the blooming tree.

The night was glad.
The small birds
came singing
to celebrate love
from their lovely
beaks in sweet voices.

When love rules
the hearts, it is
joy, pure joy.

(Graphic: Renate Lehmann saved to einfach nur schoenpinterest)

Dr. Antony Theodore
The Little Butterfly Is Like A Poet

I saw a little butterfly
playing on the flowers
in my garden.

It was so lovely.
I looked at it.
I watched how playful it was.

Butterfly forgot itself.

Butterflies are like poets.

They forget themselves
very very often.

(Graphic: Terri James
Terri James saved to beautiful angels).

Dr. Antony Theodore
The Little Fairy

The little fairy
Who fills my very essence
Sits in my depths and smiles.

I know within my heart
An inner spark that glows
Tries to spread and kindles
My whole being.

The little fairy rings the bells of my heart
And calls me for a venerable adoration.
I shall adore till the morning cock crows.

Dr. Antony Theodore
The Logical Formulation Of The Experience.

The Level of immediate intuition is the level on which we experience reality as we experience our own being.

In this level, there exists no doubt.

So it is futile for a man to insist on a logical formulation of the process or the experience.

Dr. Antony Theodore
The Lord Possessed Me

The Lord possessed me
long long ago.

From nothingness
I was poured forth
before the earth.

I was there when the Almighty
marked out the vault
over the face of the deep.

I was his delight day by day.

(Words in the Book of Proverbs.
God's wisdom is introduced as a person)

(Reference to The Book of Proverbs Cha.8: 22-31
in the Holy Bible)

Dr. Antony Theodore
The Lotus In Themuddypond

The lotus begins
as a bud
below the surface
in the muddy water.

The core remains
untainted regardless
of the environment
in which its life began.

None of the petals
ever touch the
the dirty water.

When it is ready to flower,
the bud pushes
through the water
and opens to kiss and hug
the sun's beautiful rays.

(Graphic: Blumenarrangements hat sich etwas auf Blumen Arrangements gemerkt)

Dr. Antony Theodore
The Love And Care Of My Mum

Simple joys we shared together.  
It was love and simply love.

I grew up in her care.  
She built up a heaven  
for me in our poor hut.

We ate together  
plantains and wild fruits.  
We drank tea from  
our earthen pot.  
We were healthy and happy.  
Mummy, I miss you.  
I miss you a lot.

Come to me to pour  
water on my body  
and clean me from guilt.

Now I am in a big city  
earning money  
selling myself.

In my lonely moments  
I think of your love  
And cry bitter tears.

Mummy, please come.  
Pour water on me  
to clean me from my guilt.

(Graphic: La Bella Bridal Accessories saved to Beautypinterest)

Dr. Antony Theodore
The Lover Of God Recognizes

In religion,
in pain,
in beauty,
in the ecstasy
of artistic satisfaction
and in many other things
that the Consciousness perceive,

the lover of God
recognizes at any rate
the fringe of the Real.

Dr. Antony Theodore
The Loving Cat And The Fried Fish

The cat and the fried fish

My mother cooks well.
She fried fish with different spices.
The smell of it filled the whole house.
Mummy kept the fried fish
on the kitchen table and went.

The cat smelled and came.
The cat came and saw,
sprang on to the kitchen table.

Suddenly God commanded
Do not touch it! ! !

Again the cat sprang
God commanded
Do not touch it! ! !

The cat could not resist
and reached the fried fish.
It was so tempting
and God commanded.
Do not eat the fried fish! ! !

The cat paused,
thought,
listened,
kept his tail down,
the head bowed,
stepped back.

In a decisive moment
the cat turned back
and went away pensive.

Being at peace now
the cat began to sing  Miaaaaawoooo
The angels heard it
and the heavenly choir began singing
in pleasant and varied notes:

Miahhaaa woooo Miaaaa woooo,
Miahhhaaaa woooo

The cat and God smiled.

'I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance' The Holy Bible (Luke 15: 7).

(When we have sexual temptations, God tells us 'Do not touch'. Would you become then the CAT in my poem?)

Dr. Antony Theodore
The Magnetic Pull Of The Soul.

' come to me, even if you have broken your vows a thousand times (Rumi) '.
Soul and God, greatest of all mysteries.

'Time' does not count at the level of the soul.
No one makes the soul journey faster or slower.
What counts is perception.

When the perception comes
awakening is inevitable.
The magnetic pull of the soul
will keep changing you.

Published on October 07, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
A mystic seeks no kind of mastery except the mastery of self.

He seeks no kind of knowledge except the intuitive knowledge of God at the depths of his being.

All else is superfluous.

The life of prayer establishes contact with the source of all life, the only source of authentic peace.

The mystic yearns to be totally free and to be totally free he must be delivered from his own self.

Dr. Antony Theodore
The Meadowbird

The meadowbird is flying around me.

Her flight pleases the universal soul ever present in everything that exists.

Dr. Antony Theodore
The Meeting Of The East And West

A seeker of truth
become sympathetic
and enthusiastic
for the whole of
the non-western world.

Such spiritual masters
concentrate
their chief attention
and pin their hope on Asia.

The meeting of
Eastern and Western
philosophy and mysticism
is a crucially important matter.

Dr. Antony Theodore
The Melodies Of Your Flute

O sweetheart
the melodies of your flute
have stolen my heart.

When your tunes reached my ears
I lost consciousness.
I felt i lost my body.

Was i in a trance? ?

I saw my God
playing melodious Ragas
of sweet romance.

On my bed i was mesmerized
and transfixed.

(Graphic: September melodies )

Dr. Antony Theodore
The Melody Of Her Life Is Played Perfectly

Most of us are a minus sign,
in the sense that we do not fulfill the high hopes that the Heavenly Father has for us.

But Mary is the equal sign.
The Ideal that God had of her, the model and the copy are perfect.

She is all that was foreseen, planned, and dreamed.

The melody of her life is played just as it was written.

Dr. Antony Theodore
The Metaphysical Mystic And Deification.

The metaphysical mystic, for whom the Absolute is impersonal and transcendent, describes his final attainment of that Absolute as deification, or the utter transmutation of the self in God.

Dr. Antony Theodore
A man of the spirit views contemporary decadence as a complex problem.

The modern civilization that man had constructed is a world of illusion that oppresses man's Spiritual nature.

It stifles the innate longing for the ultimate reality.

The modern city represents the mass that denies man the true identity and enslaves him in the pseudocorporateness of modern civilization.

In the century of man's greatest technological achievements man no longer needs God.

He builds there his fantastic protected cities of withdrawal and experimentation and vice.

The glittering towns that spring up overnight are no longer images of the City of God, coming down from heaven to enlighten the world with the vision of peace.

They are brilliant and sordid smiles of the devil, cities through whose veins money runs like artificial blood that leads to greater destruction.
The Momentary Experience Of Being One With Everything

Do you feel one
with the earth
with the sky
with everyone?

Do you feel ecstatic

and free in that state of mind?

This feeling passes.
It is momentary.

But it haunts you a lifetime.

Dr. Antony Theodore
The Monk And The Desciple

A disciple approached the monk
"I do not want to continue.

Observing the breath is
boring and dull for my brain.

The monk grabbed him by the hair,
shoved his head in water for minutes.

When he released the disciple, he asked;
"How bored are you now
in observing the breath?"

Dr. Antony Theodore
The Moon Poures Down Nectar

Look! ! !
The moon, tonight
pours down nectar.

My soul knows no
satiety as i drink
it in through the
pours of my heart
full of love for
the nature of creation
that is conceived
by my God for me.

(Graphic: the moon poures down nectar..google pictures)

Dr. Antony Theodore
The More God Purifies You...

The more the Lord purifies you,
the more your heart will be freed
from all dross and become capable
of concentrating all its affection upon Him.

Walk, then, in this way by accepting
purification in view of a deeper love,
and by orientating your whole spiritual
life toward the exercise of love.

(Graphic: Brandy Stockman saved to moon
948
Charlotte Bird- Pinterest)

Dr. Antony Theodore
The More We Refuse Mystery

The more we refuse mystery
The more we feel responsible for our failings.

The sense of the wrong we did
is a constant distraction
to commit ourselves
in the mystery of the present moment.

Do not turn your back to the mystery.

Mystery is real.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Morning Offering

Although God's love is infinite and infallible we can nevertheless receive it since we are sinful and not worthy.

Morning prayer is the most important prayer that anyone can make because it commits us to making every action in the forthcoming day into an act of love.

We make our Morning Offering before the day begins to offer everything into God's holy hands.

Dr. Antony Theodore
The Morning Rays

The morning rays travel
g all the way from the heavens
to bring me light, joy and peace.

I love to bathe in this light
which cleans my inner recess.
I belong to God and God is within
me, in my heart, loving me.

(Graphic: Prabhat save to Pics. Zen Pinterest)

Dr. Antony Theodore
The Murmurings Of Silence

Silence
is the language of God.

Let not the noise
drown your
inner voice.

At the center of
your being
there is silence.

Go there in meditation
and fill yourself
with the murmurings
of sweet silence.

Dr. Antony Theodore
The Mysteries Of Faith

Youshall understand
the mysteries of
faith, knowledge,
spiritual wisdom,
dispersion
as well as their
secrets and the
several distinctions
of devotion
only through
the favour of God.

(Thoughts from Uttarakanda)

Dr. Antony Theodore
The Mysteries Will Reveal Itself To A Poet

The mysteries will reveal itself to a poet.

He or she has to remain patient.

Work hard, think, meditate.

Be silent.

The mysteries will reveal itself to a poetic mind.

Dr. Antony Theodore
The Mysterious Cycle Of Life.

The mysterious cycle of life.

Observe the nature carefully.
Wonder about the mysterious cycle of life,
death, sufferings, deprivation and poverty.

The grain of wheat falls and dies
to produce an abundance of new life
which transcends itself
in both quality and quantity.

Think of the metamorphosis,
the post-embryonic change
in form of an animal
as when the larva of an insect
becomes a pupa and a tadpole
changes into a frog.

Metamorphosis is mysterious
development of life.

We go through the mystery of death.
In faith we know that death is a metamorphosis
and it will result in a glorious life in heaven.

Dr. Antony Theodore
The Mysterious Mystic Illumination

The mysterious mystic illumination appears to the illuminatives as a kind of radiance, a flooding of the personality with new light.

Over and over again they return to light-imagery.

They seem to assure us that it is realistic in true sense.

Dr. Antony Theodore
The Mysterious Silent Love

That mysterious silent love
felt in the soul,
is seen by a poet
with his heart.

His canticle of love
will not be dimmed
even when He suffers death.

Dr. Antony Theodore
The Mystery Of The Myths Of Light

I waited for words
in patient love
relaxing on this shore.

The poet never speaks
before he is moved.

In silence, in imagination
pure, I reach the source.

The mystery of myths
of light shine in my
darkness at my core.

My blind eyes
regain sight
and my deaf ear
hear now in this silence
of the wonderful moon.

(Graphic: Vee Hietsch saved to TravelPinterest.)

Dr. Antony Theodore
The Mystic And A Direct Existential Grasp

The man who knows God in the full biblical and mystical sense loses interest in divine or self-objectification.

The mystic seeks to gain a direct existential grasp, a personal experience of the deepest truths of life and faith, finding oneself in God's truth.

Dr. Antony Theodore
The Mystic And The Lover

The mystic’s outlook, indeed, is the lover’s outlook.

It has the same element of wildness, the same quality of selfless and quixotic devotion, the same combination of rapture and humility.

The mystic and lover, upon different planes, are alike responding to the call of the Spirit of life.

Dr. Antony Theodore
The Mystic Believes He Is Becoming Another Christ.

The mystic meditates
on Jesus and the images
of Him stirred by the historical
witness because he is what
the mystic believes he is becoming.

The christian mystic stakes
his existence on the veracity
of the witness of the evangelist
that the Father and Son are one,
that He is the dispeller of darkness.

Dr. Antony Theodore
The Mystic Envisions A Spiritual Universe.

Our natural will is to have God.
The God of love wants to have us.

We may never cease from longing
till we have Him in the fullness of joy.
Held tight within The bonds of love,
the mystic envisions a spiritual universe.
(Graphic: The Fullness of Joy - First15 First15)

Dr. Antony Theodore
The Mystic Finds Himself in God's Truth

The infinite absolute
cannot be grasped
or bound by
human intelligence.

In a mystical experience,
the division
between subject
and object disappears.
One does not look
at God as an object
and one does not look
at oneself as an object.

The man who knows God
in the full biblical
and mystical sense
loses interest in divine
or self-objectification.

The mystic seeks to gain
a direct existential grasp,
a personal experience
of the deepest truths
of life and faith,
finding oneself in God's truth.

Dr. Antony Theodore
The Mystic Way.

A true poet is a mystic.
The mystic is on his journey.

His outgoing quest is expressed
in the symbol of a pilgrimage
and it appears in mystical literature
under two different aspects.

One symbol is the search for the hidden treasure
which desires to be found
and the other is a long hard journey
towards a known and definite goal.

(Dante’s Divine Comedy is considered as a faithful
and detailed description of the Mystic Way).

O Poets! come!
Shall we journey together
and accept this mystical way
to attain the goal of our lives?

Dr. Antony Theodore
The Mystical Experience Is unrelated To Reason

Does the mystical experience admit of any doubt?

The answer is yes and no.

Where logic and rationality are foremost, in the conceptual level, it may admit of doubt because this experience is so unrelated to reason as to seem perhaps irrational.

Dr. Antony Theodore
The Mystic-Poet-Prophet

Poet is a prophet

He is the one who utters and announces news about man's own deepest trouble.

It is a manifestation of existential tension between 'what is' and 'what ought to be' or between the 'false' and the 'true'.

The mystic-poet-prophet cries in the wilderness to a doomed world.

Dr. Antony Theodore
The Mystic's Insights Are Illuminations And Revelations.

The mystic's insights erupt from depths of truth unplumbed by the discursive intellect.

These insights are illuminations, revelations, full of significance and importance, all inarticulate.

Dr. Antony Theodore
The Nature Of The Dialogue Of A Contemplative

The striking feature
of this dialogue is
no syncretism,
indifferentism,
the vapid and careless
friendliness that accepts
everything by thinking nothing.

Dr. Antony Theodore
The New Man United With God

Humanity is possible only when the new man comes into being.

The process of mystical transformation was a process of diffusion of the love of God in one's being.

The human faculties are elevated to a divine level when the Spirit of God infuses the love uniting the new being with the essence of God.

Dr. Antony Theodore
The New Year Is On Its Way To You.

The New year is on its way to you.
The New year makes us happy.

We are going to fulfill our dreams.
We live in hope to take part
in the creative activity of God.

The New Year brings happiness.
It is a new beginning of life
I promise to myself happiness
joy, peace, comfort and fulfillment.

I shall be a source of comfort
for the poor and needy
in this new and beautiful year.

(Graphic: Susan Heat saved to laughing & living Pinterest)

Dr. Antony Theodore
The Night Needs No Place To Hide

The communion with God through simple awareness of life as it is, is much like water that needs not get wet because it makes all things wet that touch it.

It is a mode of existing, which is much like the night which needs no place to hide, for it gives hiding to all who are in it.

Dr. Antony Theodore
The Noble And Illuminative Love

Love that comes from the Almighty
has no ambition, envy or jealousy.

This love is illuminative
and fills the whole being.

Love combines every quality
that is belonging to the higher Sphere.

The birth of all that is noble and good
are from real and pure love.

Beauty is born out of real love.
Humility is born out of real love.
Fineness and goodness
are born out of real love.
Charity is born out of real love.
All kinds of arts are born from real love.

(Graphic: d073e719242b9ade382db4deb656c96c- mothers-love-happy-mothers-dayRobin L. ?? saved to Beautiful Pics pinterest)

Dr. Antony Theodore
The Oceanof God

There can be NO separation between the soul and God, because God is the spirit within each body!

Just as the body is the covering for the soul, the soul is the covering for the spirit within.

Each of us is a spoonful of the ocean that is God.

(A poem written from the comments of the great poetess Marie Shine)
(Graphic: Lara M. saved to SoulPinterest)

Dr. Antony Theodore
The Old Self Image

One should be sure
that the old self image
is poor or erratic.

The desire to have
a new self image
should be based on truth.

Only when it is based
on real truth
he will develop a feeling
that he sees, and feels
himself anew
and realizes the
truth about himself.

This is a psychological
process to become
a new person.

Dr. Antony Theodore
The Old Sinful Nature Should Die.

Almighty God calls us for a lifetime of continuing conversion, turning away from self, with the intention of consecrating the rest of the life for God.

The subduing of the passions and the control of the senses are not intended as punishment or rejection of the natural order.

It is the death of the old for the sake of giving birth to the new.

Dr. Antony Theodore
The Older I Become

The older I become,
the more it becomes
clear to me,
that I have no time
to put on masks
to cover up my reality.

I have no time for conflicts
and dramas creating stress.

All that I need is a sweet home,
where I feel welcomed always,
good food served at the table
and friends in whose company
I am always very happy.

I want the holy altar
to lift my praying hands,
to sit in meditation
thinking of my after life
with God and his angels.

Dr. Antony Theodore
The One Who Has No Form.

My spirit becomes aware
of all the heights and depths.

i am in the realm of bliss,
i seek the one who has no form
submitting my will and thought.

i see the nature's dance.
so i seek the eternal dancer
from whom the dance of all beings began.
In God alone shall all our dance end.

Cross the secret ways of life and love.
Seek the goal of the ultimate reality.
In God alone shall we rest in joy immense.

(The use of the small 'i' is intentional).

Dr. Antony Theodore
The Oneness With The Being Of God

Meister Eckhart explains this oneness with the Being of God in the relationship of love.

In giving us His love God has given us His Holy Spirit so that we can love Him with the love wherewith He loves Himself.

Dr. Antony Theodore
The Ongoing Process Of Transformation.

The integration of the person
is the gift of God.
No gnosis can deliver
him from the bondage
of the pseudo self.

The call to change is a call
of creative self-realization
and development in the spirit.

Those who respond, enter
into an ongoing process
of great transformation.

The power within works
incessantly, reconstituting
the spiritual man,
who in turn participates
in the remaking of all that is.

Dr. Antony Theodore
The Ongoing Rapturous Bliss.

The ongoing rapturous bliss,
is expressed in the word ep-ecstasy
for the ecstatic bliss
in which we are more conscious
than ever before.

Continuous is it
and it goes on
in such a way
that we can finally
come to experience,
in some measure,
the immeasurable love
that bonds the Holy Father
to the Holy Son from all eternity.

(St Gregory of Nyssa, coined the word ep-ecstasy)

Dr. Antony Theodore
The Only Judge

God is the only righteous judge and His judgements upon all mankind, are inescapable and just.

Dr. Antony Theodore
The Orphans Find Compassion In You.

If you become the one
in whom the orphans
and the rejected
find compassion,
God will heal you
and love you
with all God's heart.

The rejected and discarded
belongs to the Almighty God.

Dr. Antony Theodore
The Owner Of My Heart

The lover of my soul
took me to the rainbow.
He painted my body all over
with the shining colours of the rainbow.
Then he hugged me so intimately,
looked into my eyes
and kissed me.

I love you, the owner of my heart,
my unseen lover.

(This was published by mein Micropoet under the name of my beloved
motherGenova Maaawho passed away at a young age. Published for a long time
under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Pain of Living with Bitterness

In the light of our new beginning, God commands that we forgive others and extend grace as we have been shown grace.

It is one of the hardest things we face in life!

The pain and hurt others cause us is real and great.

But, the pain of living with bitterness and unforgiveness can poison your soul and destroy you.

When we forgive others, we are releasing them to God and letting go of it's hold on us.

Dr. Antony Theodore
The Paschal Mystery
is Christ's work of redemption
accomplished principally by
his Passion, death, Resurrection,
and glorious Ascension,
by which Jesus passed from the fallen world of sin
to the heavenly world of the Father.

These four distinct elements — suffering, death, Resurrection, and Ascension — are the substantial reality standing beneath each of Easter's sacramental signs and symbols.

They are called "paschal" because they form, as it were, a bridge by which Jesus and those who belong to Him cross over, or pass over to a new heaven and a new earth (see Rev.21: 1 of the Holy Bible).

Graphic: When the soul is well, all is well: The humiliation of Crucifixion. Passion of rest)
The Passion Of The Mystic

The language of the mystics
with which they try to describe
the splendours of their love,
forces upon the unprejudiced reader,
the conviction that they are dealing
with an ardour far more burning
for an object far more real.

St. John of the Cross’s finite passions
are but the feeble images
of his infinite one.

Only this mystic passion
can lead us from our prison.

The desire of knowledge
may enlarge one’s vision
and help one to get out of the prison,
but it can never unlock the doors.

Dr. Antony Theodore
The Pearly Drops Of Goodness.

Peace calls me
to flow down into
the pearly drops of goodness.

Joy bids me to be calm
to listen to the songs of silence
all alone in deep meditation.

(Graphic: Sarah Carvajal saved to Fairies
103
Peace, by Asako Eguchi. Pinterest

Dr. Antony Theodore)
The Perception Of The Divine Reality Is Beyond Man's Ability

It is faith that informs and energizes human intelligence.

Only the experience of God can evoke commitment.

The perception of the divine reality is beyond man's ability.

Intuitively in faith, every man has the ontological ability to grasp God.

All man can do is to open himself to the illumination of God who is known only as He chooses to be known.

The soul may have intercourse with God only in the darkness and obscurity of a blind and naked faith.

Dr. Antony Theodore
The Permanent Climate Of Divine Kindness

The permanent climate of divine kindness
is expressive in the experience of beauty
and in any good beyond ourselves.

World is overflowing with God's grace:
where the sun shines on the good and bad,
where birds gather seeds freely
without ploughing or harvesting;
where untended wild flowers
burst into bloom on rocky hills.

God is essentially a God of grace,
of loving and caring compassion.

God understands our fears.
God persistently seeks access
to our hearts and wants to take abode.

Dr. Antony Theodore
The Personality Is Filled With Light.

After the conversion to God, the seeker is overwhelmed by the power of the Spirit of God.

The mysterious mystic illumination appears to them as a kind of radiance, a powerful flooding of the personality with new light.

Over and over again they return to light-imagery.

Going away from sinful ways leads the seeker to heavenly experience that lingers in him.

Dr. Antony Theodore
The Petals Unfolded

In the unfolding of petals
I saw a beautiful fairy
singing in delight
the song of creation
born out of tender love.

Dr. Antony Theodore
The Poet Constructs Myths.

The poet constructs myths that portray the fundamental problems of the inner man.

The poet translates abstractions according to the distinctive modality for free formation into representative Symbols.

Inner experiences are depicted in relation to life.

Artist and priest, both try to weave together the segments of human experience that flow through the consciousness.

Dr. Antony Theodore
Solitude spiritualizes the whole man,  
transforms him, body and soul  
from a carnal to a spiritual being.

The desert is the door to heaven.  
Your frail soul shall experience the miracle!  
The Almighty shall murmur in your soul.

Climb the safe mountain.  
On the top of the mount  
all alone with the Almighty,  
you shall converse with him  
in indescribable joy.

The Poet's commitment  
to the absolute is affirmed  
on the mount and in the desert.

Dr. Antony Theodore
The Poet Seeks Spiritual Consummation

A real poet seeks his own spiritual consummation, and a culmination.

Writing poems gives a poet wonderful moments of ecstatic experiences.

Dr. Antony Theodore
The Poet's Journey

A poet leaves the ground
with his own mantras
and a great sense of destiny.

A poet is on his search
of being on the true way
after years of waiting
and wondering and fooling
around without finding
the source and shore.

Dr. Antony Theodore
The Poet's Journey Inward Has A Destination

The journey inward has a destination beyond personal identity.

The poet mystic enters into himself to pass through the center of his own soul to lose himself in the mystery and secrecy and infinite transcendent reality of God living and working within him.

Our identity lies in the discovery of the ground of being.

(The Journey Inward)

Dr. Antony Theodore
The Poet's World Of Humor, Meditation And Irony.

The poet should not yield
to possible conceptualization,
but resort to literary
techniques designed
to expand the reader's consciousness.

The result will be a
mosaic of humour,
meditation, irony,
and fast-paced allusion.

The whole moves though
with hints of ambivalence,
from the center of the
poet's mysterious mind.

Dr. Antony Theodore
The Point Of Nothingness

For each of us there
is a point of nowhereness
in the middle of movement.

It is a point of nothingness
in the midst of being:
the incomparable point,
not to be discovered by insight.

Dr. Antony Theodore
The Point Of Nowhereness.

A mystic speaks of the point of nowhereness.

The seeker should be prepared to be content to be lost in this nowhereness.

Then he shall find himself without knowing it.

Dr. Antony Theodore
The Poor Are Merciful

Kindness has such a beauty
that touches the core of the soul.

God loves the poor
While the poor are merciful.

The act of kindness takes one
to the threshold of heaven.

Remaining on the waters of the earth
they take you to the rivers of heaven.

Dr. Antony Theodore
The Poor In The Valley Of Tears.

Be warm hearted.
Your smile is your heavenly invitation.

A human being without a smile
on his lips does not proclaim God.

Let your lips be opened wide,
and your smile be sweeter
when you see the sufferings
of the poor in the valley of tears.

Dr. Antony Theodore
The Poor Live In Mud.

With exultant lips
I call your holy name.
Lifting up my hands
I pray for the poor.

The poor are living in mud.
Help me to help them.
Give me a giving heart
and a smiling, consoling face.

In my search to find meaning
for life and all my activities,
I come to you for the gift of
dedication and perseverance.

(Graphic: Gaynor Newman saved to ChildrenPinterest)

Dr. Antony Theodore
The Power God Is With You.

„The power of God
is with you at all times,
through the activities of mind,
senses, breathing, and emotions,
and is constantly doing all the work
using you as a mere instrument;quot;

The Bhagavat Gita.

Dr. Antony Theodore
We do not value the power of touch.

The feeling of love that you convey through a loving touch is marvellous and beyond measure.

A smile, a kind word, a listening ear, the smallest act of caring, a wink, a gesture have the great potential to fill a sad and lonely heart with joy. Such an act is heavenly.

Dr. Antony Theodore
The Praying Dog

O! my friend,
You kneel on the way side.
Your dog kneels also
in devout prayer.

Does the dog know what is prayer?
He kneels because he knows
that his master is in union with God.
(I almost cried when i saw this picture)
Are there holy rays of prayer
going out of your bowed head
which the dog understands?

Love, devotion
prayer and faithfulness
go together.

The deepest longing
in you is love and prayer.

Affection towards human beings
and all that is in nature
and the love of God
go together.

Is it not a wonder
how prayer works?

(Maria del Pilar rodriguez Vargas saved to photos of hermosas pinterest)

Dr. Antony Theodore
The Predisposition Of Mind And Heart

The preverbal level
is that of the unspoken,
indefinable preparation.

It is the predisposition
of mind and heart.

It is a freedom
from automatisms
and routines and candid
liberation from external
social dictates.

It is a liberation
from conventions,
limitations, and mechanisms
which restrict understanding
and inhibit experience.

Dr. Antony Theodore
The Predisposition Of Mind And Heart.

It is faith that allows a symbol to come into its own.

It is the disposition of the mind and heart that counts.

This pre-disposition is the preverbal level.

The preverbal level is that of the unspoken and indefinable preparation, the predisposition of mind and heart.

Dr. Antony Theodore
The Present Moment.

Your own resolution to succeed
is more important than anything else.
Either I will find a way, or I will make one.

Execute the resolutions now.
The present moment is the most important.
Be bold and strong.
Believe in the power of the Almighty.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
The Preverbal Level.

It is faith that allows a symbol to come into its own.

It is the disposition of the mind and heart that counts.

It is the pre-disposition or the preverbal level.

Dr. Antony Theodore
The Primordial Rhythm Of Divinity Within The Heart.

It is the dance,
the primordial rhythm
of divinity within the heart.

The dancer forgets herself.
She is one with the divine.

oh! ! how lofty and noble
are these moments of dancing.

(Graphic: Grace Reed saved to Dancing through life.)

Dr. Antony Theodore
The Projections Of Ego

The projections of your Ego
is not in harmony with the truth.

Truth is God alone.

The life full of attachments
and aversions is often
the work of your ego.

Ego hides in you
and makes you do things
which gives you sufferings.

It leads you away from the truth.

Dr. Antony Theodore
The Promise Of Jesus

Jesus promises that if we truly love him then both he and his Father and the love who binds them together, will not only come to us but make their home in us, even in this life, so that His love will lead us on from earthly life to eternity.

Dr. Antony Theodore
The Propensity Towards Wholeness.

I am aware of my light
In this material world.

I have forged a perfect link
between the mundane
and the supernatural.

In my spiritual endeavors
I find propensity towards wholeness.

Look beyond what your eyes can see.
Look beyond all the illusions of the world.

Life is beautiful in its wholeness.
Creation is perfection.
See how wonderful you are.

(Graphic: Inner Joy stock image. Image of white, smile, people, happiness - 899623)

Dr. Antony Theodore
The 'pure Nothing'

The 'pure nothing' is the highest point at which God can work in us as God pleases.

Perfect detachment is without either lowliness or loftiness to creatures.

It has no mind to be below nor yet to be above.

It's mind is to be the master of itself, loving none and hating none, having neither likeness nor unlikeness,

The only thing it desires to be is to be one and the same, unmolested.

Dr. Antony Theodore
The Pure Self In Me

To accept myself as I am is my quest.

The Pure Self in me
is beautiful.

The inner light is in my pure Self.

When I become aware of it
my confidence grows.
I allow it to shine brighter and brighter
by listening to the murmurings of God.

Dr. Antony Theodore
The Purifying Process And Surrender Of A Mystic

The purifying process extends itself
to the very centre of I-hood, the will.
This is the spiritual crucifixion
so often described by the mystics.
It is the great desolation in which
the soul seems abandoned by the Divine.
The Self now surrenders itself,
its individuality and its will completely.

Dr. Antony Theodore
The Purple Mountain

Far away, to the north of Mount Sumeru, there is a most magnificent purple mountain of many majestic peak of gold, four of which were so lovely, that my soul was enraptured.

On each stood one spreading tree, a banyan, a pipala, a pakara, and a mango.

On the top of the mountain sparkled a beautiful lake, with jewelled flights of steps, which it was a delight to behold.

Its water was cool, limpid and sweet, its lotuses abundant And many coloured, flocks of swans Uttered the melodious notes and bees softly murmured.

On the splendid mountain dwelt that bird (Kakabhushundi) indestructible aeon after aeon.

(Wisdom stories up on reading Ramayana, Uttarakand. It is thought provoking in the spiritual level, Wikipedia).

(A request to all my Hindu PH friends, please correct me if I commit mistakes while writing on Hindu religious texts)

(Graphic: , BlackForest Photography Blog - Ideen, News, Bilder saved to Photography FavoritenPinterest)

Dr. Antony Theodore
The Quality Of Your Thoughts

Happiness, sadness,
hard times and good times,
all come and go.

Only have faith always.

Always think
the happiness
is dependent on
the quality of your thoughts.

Dr. Antony Theodore
The Rain And Silence

I listened to the rain
and became still.

Let my silence come to word.

Listen and listen.

Words born out of silence
will pierce the soul.

Dr. Antony Theodore
The Rational And Simple Ways To Reach God.

Different people take
different approaches
to their adherence to,
and practice of their belief.

There are some,
whose inclination
is to approach it
from their rational,
intellectual understanding.

They seek to learn
and use the language
of the forms of their belief.

These souls love
speculation
and clear notions.

But some use popular devotions
to reach the holy feet of God.

Dr. Antony Theodore
The Real And Original Source Is In Me

I feel delight today
in the ritual prayer.
Often it becomes monotony.
But some days, it opens
the window of my soul.

I experience the purity
of the unseen world.

It rains in me, the divine graces.

My eyes are open
to the light of love
from my own real
and original source.

(There is a divine source in my own being. In prayer and a life according to the conscience, this original source will emerge in me).

Dr. Antony Theodore
The Reality Alone

Only the Reality,
the Atman
can save me
from the bonds
of ignorance
and passion.

"Who but the Atman is capable of removing the bonds of ignorance, passion and self-interested action?"?
?AdiShankaracharya

Dr. Antony Theodore
The Reality And Illusion

The 'Reality' is that which exists within the sphere of the Almighty.

All else is temporary.
All else is thus an illusion.

Had there been no Big Bang
God would exist.

Even when the physical universe vanishes,
God would remain.

God is beyond all that is material.
God is perpetual being.
God is independent of materiality.

God alone shall we adore.

Dr. Antony Theodore
The Redwood Trees Talk With God.

I walked slowly
through the redwoods
where the trees
talk with God.

I murmured to the trees
leaning on them.

They took my heart
and my thoughts
and turned it into songs.

The redwoods sang
those songs in tunes
unheard.

It is true
the redwood trees
talk with God.

Dr. Antony Theodore
The Rhythm Of Your Heart

The way people respond
to your love
is their problem.
Why worry about it?

The rhythm
of your heart
is yours alone.

It dances to
your own beat.

It is theirs to respond.
It is yours to love
without conditions.

Love is a mystery.

Dr. Antony Theodore
The Right Or Wrong

There are many possibilities.

The right or wrong
or the virtue or sin
shift with each decision
you take, with each thought
and feeling and action.

Take decision.
Act accordingly.

Careonly for the greatness
and goodness and love
of your action which will
Influence you and others.

Dr. Antony Theodore
The -Rock - Eternal

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.
Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal.

(Isaiah 26: 3-4)

Dr. Antony Theodore
The Roots Hug And Kiss

The roots of the earth
hug and kiss secretly
and the sand is happy to see
those secret hugs and kisses.

The desire for a secret romance
wells up in their hearts
and the sand around the roots
begin to hug.
They are busy now
hugging and kissing
in royal romance.

The poet saw it,
was tickled and smiled.

(BBC - Earth - Why some trees evolved to live underground
BBC)

Dr. Antony Theodore
The Roots Of Freedom Is In God.

Freedom is a spiritual thing. 
It is a sacred and religious reality.

It's roots are not in man but in God.

For man's freedom, 
which makes him 
the image of God, 
is a participation 
in the freedom of God.

Man is free insofar 
as he is like God.

His struggle for freedom 
means, then, a struggle 
to renounce a false, 
illusory autonomy, 
in order to become 
free beyond and 
above himself.

Dr. Antony Theodore
The Roots Of The Trees Become One Enormous Root.

Each tree on the shore
appears to be growing
on its on, all alone
and independent,
not in any way attached.

But under the soil
of the shore
the roots of the trees
exist as one enormous root.

So also, the growth of our souls
are intimately connected
with all the souls around us.

Dr. Antony Theodore
The Rosary And The Satan

I prayed the rosary.

The more i prayed
the holy rosray,
the more i was
tempted by the devil.

(Graphic: Taralava saved to JesusPinterest)

Dr. Antony Theodore
The Rose Fell In Love With The Dawn

The rose once grew and fell in love with the morning rays of the glorious sun.

Waiting through the whole night she danced in joy when the morning gave birth to the dawn.

Mildest and the sweetest are the first rays.

Rose kissed the first rays and wished to plunge deep into the mild light of the rays she so loved.

When the evening came, the sun broke into colors unimaginable on the horizon to vanish in the sea.

The rose cried. Fell into depressive sadness.

The new dawn will come.

Live in expecting hope.

Wait for the new birth of the dawn with all its wonderful rays of light.

Wait for the dawn. Do not weep.

Dr. Antony Theodore
The Rose Is Smiling

The rose is smiling
All her petals smile.
The whole rose smiles.

Why does the rose smile?

Because rose forgot herself
in the presence of her Lord,
the Lord who kisses her heart.

Dr. Antony Theodore
The Sacred Alliance.

The sacred alliance.

Connect on a deeper level.  
Behind the facades hides  
the essential beauty  
of the individual nature.  
Connect on this deeper level.

That is the sacred alliance.  
It is the soul connection.  
It inspires us to expand  
and to confront all that  
might stand on the way.

(Graphic: LunaSol ????? saved to love is transcendent)

Dr. Antony Theodore
The Sacred At The Heart Of The Reality.

Every morning when I wake up
everything is born again.
It is the astounding grace-filled
world of color, shape and texture.

Every morning with its beauty
is a pure gift of God to me.

I thank the Almighty
for this amazing day,
for the nature,
for the sense of the infinite.

I gaze and see anew.
I open the eyes of my heart
and the eyes of my memory.

We see beyond and beneath.

In the whole panorama
of goodness and beauty
we recognize The sacred
at the heart of the reality.

Dr. Antony Theodore
The Sailor's Parrot Began To Cough.

A mariner had a sweet parrot.
He used to smoke cigars
and liked to pump out white smoke.
He enjoyed smoking.

One fine morning
the parrot began to cough.
Coughing became severe.

So the captain took it
to the Veterinary doctor.

The doctor tested it:
"Your parrot does not suffer from
psittacosis or pulmonary inflammation.

It is only imitating your cough;.

Self-discovery.

Dr. Antony Theodore
The Same Consciousness

Those wise ones who see that the consciousness within them is the same consciousness within all beings attain peace

(The Katha Upanishad)

Dr. Antony Theodore
The Seed Had To Fall

The seed had to fall on the ground
germinate, grow, to become a tree.

So I have to fall to the ground
in utter humility
so that the bud of my heart
may bloom into a wild flower
with the scent of the orient.

Dr. Antony Theodore
The Seeds Of Compassion In My- Lowly Heart

The angel of God
scatters seeds of compassion
into my lowly heart.

My heart lives and breathes
in the garden of harmony.

I see love moving into my heart
to touch the depths of my heart.

This is a moment of heavenly bliss.

Dr. Antony Theodore
The Seeds Of Love.

We all have the seeds of love in us. When the negative thoughts and feelings creep in, stop it at once consciously.

Live in love. Let the seeds of love bloom. Permanent joy will be on your face.

(Pub. In PH On 08.10.2015)

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
The Seeker Becomes'no Man'

Life awaits to be born
when the seeker becomes
no man', 'nowhere'.

Dr. Antony Theodore
The Seeker Of A Transcendent Absolute

The mystic of the impersonal type, the seeker of a Transcendent Absolute tends to describe the consummation of his quest in the language of deification.

The Unitive Life infinitely transcends the sum total of its symptoms.

In it he declares that he partakes directly in the Divine Nature and that he enjoys the fruition of reality.

Deification is a metaphor, an artistic expression which tries to hint at a transcendent fact utterly beyond the powers of human understanding, and therefore without equivalent in human speech.

Dr. Antony Theodore
The Seeker Senses The Light Touch Of God's Hand.

As persons we are
a communion with God.

As a supreme symbol of God,
the seeker senses the light
touch of God's hand
and waits in silence.

Perhaps there is nothing
to figure out after all.
Perhaps we only need to wake up.

Dr. Antony Theodore
The Self Dwells In The Heart.

Bright but hidden,
the Self dwells in the heart.

Everything that moves,
breathes, opens,
and closes
lives in the Self.

He is the source of love
and may be known through
love but not through thought.

He is the goal of life.

Attain this goal!

((From the Mundaka Upanishad of the great Hindu scriptures))

Dr. Antony Theodore
The Self Is A Real Experience.

The Self is a real experience.

It is not an ordinary experience
far removed from the real life.

It is as close to you as your breath.
The self is the source of love.
The self is secure in peace and tranquility.

Dr. Antony Theodore
The Self Is Beyond Cause And Effect

Those in whose hearts
OM reverberates
unceasingly are
indeed blessed
and deeply loved
as one who is the Self.

The all-knowing Self
was never born,
Nor will it die.

Beyond cause and effect,
This Self is eternal
and immutable.

When the body dies,
the Self does not die.

(From the Katha Upanishad, the great Hindu Scripture)

Dr. Antony Theodore
The Self Is Love's Source.

The Self is love's source. 
So it is more real than 
the things that block love, 
anger, fear, egotism. 

Self is secure in Peace, 
safety and tranquility. 

It knows only love 
because it experiences 
only love in its depths. 

Dr. Antony Theodore
The 'self' or 'persona',
the subject of virtues
that perfects itself
by good works,
that advances in the
practice of piety,
attains the experience,
that God is finally born
in the mystic seeker
in a higher sense.

Dr. Antony Theodore
The self-actualization of ourselves as one with God is thus experienced as a mystical death or complete emptying.

It can be compared to the complete emptying of the Buddhist spirituality.

Dr. Antony Theodore
The Self-Emptying Transformation

We not only passively receive in us the grace of Christ, but we actively renew in our own life the self-emptying and self-transformation by which God became man.

Just as the Messiah emptied Himself of His divine and transcendent nobility in order to descend to the level of man, so we must empty ourselves of what is human in the ignoble sense of the word, in order that we may become God.

(Trying to explain the meaning of „incarnation“ in Christian is God becoming man to save the humanity from sin)

Dr. Antony Theodore
The Sense Of Helplessness And The Dark Night.

The clearer and more manifest
are Divine things in themselves,
the darker and more hidden are they
to the soul naturally;
just as the clearer is the light,
the more it blinds and darkens the eye.

The more directly we look at the sun,
the greater is the darkness
which it causes in our
visual faculty, overcoming
and overwhelming us.

In a deep spiritual experience,
it appears that the Self
is in the dark, because
it is blinded by a Light
greater than it can bear.

Dr. Antony Theodore
The Shadow Of Evil

The shadow of evil
stalks behind goodness
to the last moment.

Only when goodness
is totally absorbed
into God's harmony
does the threat of evil
end once for all.

Dr. Antony Theodore
The Shepherd

Never forget that
the gentle Shepherd
of the lost sheep
of the house of Israel
is God incarnate.

He revealed Himself
to David as his Shepherd,
Who leads us beside
still waters; restores our
soul; guides us along
the path of righteousness,
and protects us in
the valley of the shadow of death.

Dr. Antony Theodore
The Sick

Blessed are the sick, the old and the disabled, because they will be comforted through loving humans who are inspired by Jesus Christ.

Dr. Antony Theodore
The Sinner Hugs Wrath And Anger Tight.

The sinner hugs Wrath and anger tight.
Does not know how it destroys him.
The vengeful will have no peace.

Forgive the injustice of your friend.
Pray for those who offend you.
In anger if you live
Can God ever forgive you?

Forgiveness liberates the soul.
It removes fear.
So it becomes a powerful weapon.

Remember your last days.
Set enmity aside.
Remember death and decay.
Cease from sin.
Overlook faults.
Do not hate.
Remember God is watching you.

Dr. Antony Theodore
The Sky Shines On The Horizon.

Where people help each other,
the sky shines on the horizon.

Where people forget old hostilities,
fill trenches and end quarrels,
there the sky shines on the horizon.

Where people go out of the way of hatred
and share time and bread,
there the sky shines on the horizon.

Where people forget themselves
and look at the others,
there the sky shines on the horizon.

Where people break through coldness
and rigidity with words and gestures,
there the sky shines on the horizon.

Dr. Antony Theodore
If the Son of Man came to seek
and to save that which was lost,
this was not merely
in order to re-establish
man in a favorable
juridical position with
regard to God.

It was to elevate,
change and transform
man into God,
in order that God
might be revealed
in man, and that all men
might become One
Son of God in Christ.

(‘Son of Man’ is a title given to Jesus Christ in the New Testament of the Holy
Bible)

Dr. Antony Theodore
The sense of insatiable desire, the sense of intense and inward personal relationship; so intense that it could only be compared with the closest link of human love, those deepest, most intimate secrets of communion - all these are suggested and symbolised in the poetry of 'The Song of Solomon' honouring that passion through which the human being is drawn to the Divine. The great saints took this symbolism, adopted and elaborated it to express their pure and ardent passion for The Absolute. They were essentially pure of heart and they knew by experience the unique nature of spiritual love and they thought that no one can express anything of that pure love of God better than through the symbolism of human love and consummation.

(Graphic: Song Of Solomon Pinterest - PinsDaddy)

Dr. Antony Theodore
The Songbird Sang

I wrote in pain
The songs of joy.

The songbird sang my songs
And I cried.
But they were tears of joy.

Dr. Antony Theodore
The Soul And The Flaming Iron.

A dark and black
piece of iron,
becomes bright
to become a piece of fire.

Behold it.

The penetrating fire
shines through the iron,
that it gives light.

The iron does not
cease to be iron
and the source
of the fire retains
its own identity.

Fire does not take
the iron into it,
but it penetrates
and shines through the iron.

It is iron as it was before,
and so also is the source
or property of the fire.

In such a manner
is the soul in God.
God penetrates
through the soul,
and dwells in the soul.

The soul may not
comprehend God,
but God comprehends the soul.
God does not alter it
from being a soul
but only gives
it the divine source□
and the glory of the Majesty.

Dr. Antony Theodore
The Soul Is Imperishable

Ragunatha enlightens Tara dispersing her illusion in Kishkindhakhanda.

The body is made of five elements, namely earth, water, fire, ether, and air.

This body is extremely despicable and abominable.

The mortal frame lies buried in eternal sleep before your eyes, but The soul is imperishable. For whom then do you lament?

(A Upon reading Kishkindhakhanda).

Dr. Antony Theodore
The Soul Is Plunged Into God

The highest power in man is love.
It breaks into God leading the soul
with all her powers and understanding
into God and unites her with God.

The soul is plunged into God
and is in the divine nature
receiving the divine life therein.

God keeps on creating man
in the image of love
out of his love for man.

Dr. Antony Theodore
The Soul Is So Infinite That Nothing Satisfies It.

The personality of a man or a woman
is a far deeper and more mysterious thing
than the sum of his conscious feeling,
thought and will.

There is an invisible root in you
from where all the spiritual faculties
generate as lines from a centre,
or as sparks from the fire.

This is your own unknown depth.

This depth is called the centre,
the fund, or bottom of the soul.

This depth is unity in itself.
It is the experience of the infinity of the soul.

The soul is so infinite
that nothing can satisfy it.

Dr. Antony Theodore
The Soul Love

The soul love

Reveal the hidden intimacies of life.
Share your innermost self,
your mind and your heart.

This gives you a sense of belonging.
It is the soul love.

It does not set limitations of space
or time in the soul.

There is no cage for the soul.
The soul is a divine light
that flows into you
and into your Other.

Such a bond between
friends is indissoluble.

No time or space can ever
severe or destroy it.
Such a love does not
even part in death.

Dr. Antony Theodore
The Soul Yearns More And More

The higher form of consciousness has been struggling for supremacy during the whole of the mystic way.

Realizing it, the soul yearns more and more for the presence of God.

Dr. Antony Theodore
The Soul, Time And Eternity.

Since God is a spirit,
the least thing that is spirit
is nobler than all material things.

The soul is created
as if at a point between time and eternity,
which touches both.

With the higher powers
she touches eternity.

With the lower powers
she touches time.

Thus, she works in time
not according to time
but according to eternity.

(A discussion can arise whether one can speak of higher powers and lower powers of the soul. This is written only to express the relation between time and eternity. Whenever we write about the soul, we are always trying to express something which is inexpressible in words. Words are not enough to express anything about God and the Soul. That is the human limitation). Also the Soul is described as She here just because of the absence of a good pronoun. Again the limitation of human language.

Dr. Antony Theodore
The Soulmate

A soulmate completes you.
A soulmate inspires you.
It is with the joy of conviction
the soulmate loves you.
No one forces him or her.
The soulmate makes you
develop into the person
whom you wanted to be.

Dr. Antony Theodore
The Sounds Of Silence And My Prayer.

Kneeling in the sands of Sinai
i cried out loud to my God.
Enjoying the sounds of silence
angles of heaven were around me.

The lifted hands in the midnight
are seen by my God i am sure.

My God is the God of all religions.
My God is the God beyond all religions.

I prayed: God unite all religions.
Help us not to be fanatics.
We kill others for the truth
that we hold to be true.

Truth is beyond all human conceptions.
God, you alone are the truth, the One God.

At night, immersed in meditation
i cry and call you, come to me,
give me a divine experience

(recalling an experience in the desert of Sinai)
(Graphic: )

Dr. Antony Theodore
The Space Of God In Us.

There is a space in us
that can be filled only by God.

In that space, if we put money,
possession, material things,
pride, sex, selfishness, hatred,
we are destined to be doomed.

We shall live without mental peace.

Dr. Antony Theodore
The Spark Of The Soul.

There is a mutual attraction
between the Spark of the Soul,
the free divine gem in man
and the Fount
from which it came forth.

The homeward journey of man’s spirit
is due to the push of a divine life within.

The pilgrim’s travelling self
is fulfilling a destiny,
a law of the transcendental life,
obeying an imperative need.

Dr. Antony Theodore
The Spark Of The True Being

The Divine Union
is man’s true end
and the spirit of man
is essentially divine.

It is capable of communion with the Almighty One.

There is the spark
of the True Being
and the eternal love
in everyone.

A true spiritual being
gets this grace to experience it.

Dr. Antony Theodore
The Spirit And Sensations

The spirit lies beneath
the layers of sensations.

Cleanse all that obscures the Spirit.

Purify the doors of perception.

Then you will find
the centre in your own body
where spirit and love meet.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Spirit Calls Us

The Spirit of God draws us
closer to the Almighty Presence

The Spirit returns us
into fellowship
with the Almighty
when we confess
our faults and guides
us into all truth.

The Spirit teaches us all things
and equips us in the
spiritual realm and
provides helps and
gives us comforts.

He anoints us with
His divine power
and bestows on us
spiritual gifts and graces.

God's Spirit also produces
the fruit of the Spirit
in the life of all
who are walking
in spirit and truth;
The Spirit also corrects
and chastens us when
we go astray and the
wonderful Spirit of God
has become our
ever-present help
in time of need.

Dr. Antony Theodore
The Spirit Of God Is Alive In All Religions.

If I affirm myself
as a Christian, merely
by denying all that
is Muslim, Jewish,
Protestant, Hindu,
Buddhist and all
other religions,
in the end I will find
that there is not much
left for me to affirm
as a Christian
and certainly no
breath of the Spirit
with which to affirm it.

Dr. Antony Theodore
The Spirit Of Tranquility.

God gives you
the spirit of tranquility.

If your thoughts lead you
to peacelessness,
fear and anxiety,
be sure, the devil
is at work in you.

Dr. Antony Theodore
The Spirit Sings

The lamp of glory burns in my soul
and does my songs inspire,
when the angels’ tongues sing words of love
dancing around the flame of glory.
My ears are winged
Feet seem haunted
The spirit sings
In a joy, holy and pure.

Dr. Antony Theodore
The Spiritual Life Of The Asians

We tend to blame
at various times,
jointly or individually,
human greed,
selfishness,
capitalism
and technology
for the failings
of western society.

The spiritual life
of the Asian society
is a means of taking
back the world to God.

Dr. Antony Theodore
The Spiritual Pilgrim Is Impelled.

The spiritual pilgrim goes because he is called.

He or she is impelled.

Oil poured out beneath water is raised up above the water. Water poured on top of oil sinks down beneath the oil.

Fire tends upwards; a stone downwards.

They are impelled.

The spiritual Pilgrim must go if he is to find rest and peace.

He or she is impelled.

Dr. Antony Theodore
(To be in alliance with God, you should become a partner with specific beliefs in the spiritual horizon).

Recognize,
You are at the centre of the creative process.
All your thoughts have consequences,
even the minute ones.

Accept responsibility for all that you do.

Identify yourself with a larger self of the Almighty
than the one here and now
in this limited physical body.

Dr. Antony Theodore
Robert Jermain Thomas was a man of zeal. He preached his first sermon at the age of 17, and later he was ordained as a pastor.

He was zealous to take the gospel to the people of East Asia, where most had never even seen a Bible. His wife, Carrie, shared his passion.

Dr. Antony Theodore
The Story Of A Missionary-2

I am writing about
Robert Jermain Thomas.

Sadly, Robert and
his wife had lost
their unborn baby,
and then Carrie
died within five
months of their
arrival in China
as missionaries.

They had been
prepared to face
anything together,
but now she
was gone.

Robert was so
grief stricken
that he stopped
being a missionary
for a while and
got another
job in China.

Dr. Antony Theodore
I am writing about Robert Jermain Thomas.

However, when he met two Christian traders from Korea, his commitment to spreading the gospel was renewed.

Few Koreans followed Jesus, and the leaders at the time hated people and ideas from other countries.

But Robert was more zealous for lost people than he was for his own safety.

Dr. Antony Theodore
I am writing about Robert Jermain Thomas.

When the two Korean Christians set out for their return trip to Korea, Robert joined them.

Officials threatened severe punishment for anyone who talked to foreigners, but some listened to Robert's preaching and accepted his gift of a Bible anyway.

Dr. Antony Theodore
I am writing about
Robert Jermain Thomas.

Later, Robert found
a way to take the
gospel to Korea
as a translator
aboard a Chinese
trading ship.

On a trip to Korea,
the ship's crew
fired cannons
on hostile Koreans
on the shore.

Fearing they
would lose the
battle and the
Bibles would
be lost, Robert
threw the Bibles
into the water.

He managed
to get some of
them to the
shore himself,
in his final
effort to reach
the Koreans.

But just after
he reached
the shore, he
was beheaded
by some angry civilians.
Dr. Antony Theodore
The Story Of A Missionary

I am writing about
Robert Jermain Thomas.

Years later,
missionaries
discovered that
Koreans had
come to Christ
after reading
the Bibles.

Today, about
one-third of
South Koreans
are Christian,
and Christian
missionaries
from South
Korea serve
God all over
the world.

Dr. Antony Theodore
The Story Of A Missionary

I am writing about
Robert Jermain Thomas

Robert's passion
for reaching the
people of East Asia
was more important
to him than even
his own life.

Sometimes
God is glorified
when Christians
die for their
faith in Him.

Dr. Antony Theodore
I am writing about
Robert Jermain Thomas

At other times
He is glorified
when He delivers
people from the
hands of their
persecutors.

No matter what,
we can trust that
our lives are
in His hands,
just at Robert
Jermain Thomas did.

(I am so taken up by the life of this great Missionary)

Lesson to learn:

Do not be slothful in zeal, be fervent in spirit, serve the Lord.&quot;
(Rom.12: 11)

Acknowledgement to
Our lives are in God's hands
Revelation Media
i have taken the whole story of this great missionary from
Revelation Media.

Dr. Antony Theodore
The Story Of Immacule'e Ilibagiza And The Pillar Of Light.

During the Rwandan genocide in 1994, she and seven other women were forced to hide and huddle silently together in a cramped bathroom two feet by four feet. It was horrendous experience of helplessness. They were vulnerable. But they trusted that God was so close to them. Her faith in God sustained her. It was a faith that felt the light when the night was so dark.

Immacule'e wrote: "I literally felt the fear pumping through my veins, and my blood was on fire. I struggled to form an image of God in my mind. I imagined two pillars of brilliant white light burning in front of me like two giant legs. I wrapped my arms around the legs, like a frightened child clinging to her mother. I begged God to fill me with his light and strength, to cast out the dark energy from my heart. I am holding to you my God, and I do not doubt that you can save me. I will not let go of you until you send the killers away. She became the hope of her six companions. She became a source of light in her tremendous faith in God and the killers went away.

Dr. Antony Theodore
The Story Of Ted Shawn

Ted Shawn was a young divinity student who was stricken with polio. He was terribly depressed and was in tears. One night sitting in room, he heard a voice from somewhere deep within him: "Ted stand up and dance and dance and dance and dance." He followed this call and slowly he regained the use of his legs and struggled and danced and miraculously he became one of the fathers of modern dance. Studying theology did not heal him. But listening to God in prayer and embodying the inner voice of God in his person did the healing.

Dance in all its forms, is Theology lived. He could not study theology but he lived theology in his steps. This leads us all to the inescapable act of daring to do the seemingly impossible, of daring to breathe in muscle and the call of God and believe again and again.

Whatever crisis we face, listen to the inner voice of God that speaks in and through our pain. If you can hear it and believe it, you will be reborn. It is a starling secret, that the best chance to be whole is to love and believe in yourself because God believes in you more than you yourself do.

Dr. Antony Theodore
The Story Of The American Indian.

An american red indian visits his friend for the first time in the big city.

At first he is quite confused by the crowd and noise, displays, cars and houses.

But then he suddenly stops and listens intensively to a noise and says to his friend: "Here crickets somewhere.. crickets."

The friend laughs at him and replies: "In this city noise, he can not possibly hear a cricket?"

Undeterred, the Indian goes after the sound and finds a cricket in an old ivy-covered house behind the ivy banks.

His friend says: "You Indians have an excellent ear!"

"No, " says the Indian, "I'll prove it to you."

He lets a small cent coin fall on the asphalt, which makes 'Kling' and lo and behold - within a few meters, people turn around for the cent coin.

"See! ! ! " the Indian says to his friend, "it only depends on what we focus on.

The falling of the coin, and the clinging sound.. shows that people attend to the sound of the coin, or said exactly, money is in their minds and they listen to the clinking sound of the little coin that falls on the asphalt.

The red indian friend teaches the truth:

"It only depends on what we focus on."

What is my focus?

How do I think?

What are my priorities in life?

Dr. Antony Theodore
The Strings Of A Violin

Creativity seems to demand flexible and measured tension.

If the strings of a violin are tuned too tightly or too loosely, they snap.

When the tuning is balanced It produces tender music.

(I published this Poemin Micropoet under the name of my beloved mother Genova Maaawho passed away at a young age. Published for a long time in this second name. I write to keep her memory alive as long as I live). musician-Lindsey-Stirling-violinist Hann Chan saved to Violine..Pinterest)

Dr. Antony Theodore
The Subconscious.

The Saint and the Beast are in our subconscious.

There in the subconscious
is the source of most of
man’s animal instincts
and also his most spiritual intuitions.

The best and the worst,
the most savage
and the most spiritual parts
of the character are in the subconscious.

(Modern psychology gives great importance to the subconscious).

Dr. Antony Theodore
The Submission Of The Singular Will To Thewill Of God Is The Crucial Test.

Create optimum conditions for cultivating mystical awareness of God's being in your life.

The consciousness sought is mystical in the sense of piercing the darkness and resolving the mystery.

Spiritual liberty can never be attained without perfect humility, obedience, and interior detachment.

The submission of the singular will to the will of God is the crucial test.

Dr. Antony Theodore
The Sun Shines In Your Heart.

Special people
can be known
when they let the glory
of the sun, shine in your heart.

Look for such people
and count on them.

(Graphic: Josef Bach saved to Winterwunderland
2k
Very beautiful  power of God: Pinterest)

Dr. Antony Theodore
The Sunflower Loved A Glowworm

Once,
the Sunflower fell in love
with a glowworm.

The tiny fly flew slowly
spreading tiny light
in the darkness.

The sunflower, even when
it adored the sun
kept in her heart
a love that is pure
for the glowworm of the night.

In the darkness
when the sun
went beyond the horizon,
she remained
dreaming of the glow worm
and hoped that
the tiny little firefly
will come and land
on the soft petals
of the sunflower one day.

She chanted a noble song
sang blessed melodies.

The fire of the heart
of the sunflower
burned in the silence of the night.

The sunflower
danced in the night
Imagining the beauty
of the glowworm.

One night, as
the sunflower slept
indeed came the glowworm,
landed on the soft petals
of the sleeping sunflower
emitting always light.

The tiny glow worm slept
on the soft petals
of the sunflower
that night.

Even in sleep
Glowworm gave the sun flower,
it's light
Free of cost, out of sheer joy.

And the God above
saw it and smiled.
The angels sang.
The saints played on their harps.

Dr. Antony Theodore
The Superficial Self And The Transcendental Powers.

The superficial self, knows nothing of the attitude of this silent watcher who dwells in the innermost.

The superficial self is wholly taken up by the world of senses and the constant messages she gets from the sense-world that she knows or understands nothing of the relationship of the real self and the unattainable object of all thoughts.

What the mystic does is to become deliberately inattentive to the messages and inclinations of the senses and thereby the mystic brings the ground of the soul or the seat of Transcendental feeling into the area of consciousness.

Once it is thus brought to the conscious level, it becomes amenable to the activity of the will.

Such losing to find appears to be necessary, if man's transcendental powers are to be brought to its fullness.

Dr. Antony Theodore
The Supernaturalization Of A Human Being

The universal was particularized in Christ, but that particularization must be personally appropriated and dearly actualized in each of us.

The cosmic Christ makes God present in us and it is in Christ all things hold together and the supernaturalization and transformation of all things takes place in and through Him.

Dr. Antony Theodore
The Supreme Grandeur

The supreme grandeur of the human person, is to be called to live eternally in intimate companionship with his God.

To be alone with God all alone, in an inexpressible contact with Him gives him tremendous joy.

Dr. Antony Theodore
The Sword Of The Spirit

The sword of the Spirit
shall wound you.
The sword of fire
shall burn you
the sword of the Spirit
shall purify you.

(Graphic: Marianne Ortega saved to Sword warrior
322
Sword of the Spirit Pinterest)

Dr. Antony Theodore
The Symbol - Of -He- Who - Is

It is the disposition
that allows him
to realize that all of creation
is a symbol of HE WHO IS.

Prayer, as the distilled
awareness of our
whole life before God,
is meant to lead us
to a radical transformation
of consciousness in which
all of life becomes a symbol.

Dr. Antony Theodore
The Symbol Of A Pilgrimage

The outgoing quest is expressed in the symbol of a pilgrimage and it appears in the mystical literature under two different aspects.

One symbol is the search for the hidden treasure which desires to be found and the other is a long hard journey towards a known and definite goal.

(Dante's Divine Comedy is considered as a faithful and detailed description of the Mystic Way).

Graphic: a_morning_pilgrimage_by_ninjatic-d6f8ecc

Dr. Antony Theodore
The Tears Of The Poor Are Too Hot.

The tears of the poor
are too hot.
It will burn your face.
It will burn your hands.
It will burn your hearts.

If a day passes
without helping the poor
and the needy
and the rejected
and the discarded,
that day is lost forever.

Dr. Antony Theodore
The Tempest Will Pass Away

Be calm.
Calm yourself.

The tempest will pass away.

Remember,
however you may try
you will not be able
to calm the storm.

So calm yourself.

Dr. Antony Theodore
The Thinking That Creates Problems

The manner of thinking
that creates a problem
cannot be the means
by which to solve it.

You have to get off
the way you think.

Dr. Antony Theodore
The Thirst To Seek And Find Is Also Grace

Mystic speaks of the point of nothingness where one sees the glory of God, who acts in our life.

It is in everyone.

But one should seek and find.

The thirst to seek and find is also His grace.

Dr. Antony Theodore
The Thoughts Of A Spiritual Seeker

A true spiritual seeker can definitely say that certain elements of Buddhism in culture and spirituality is by no means incompatible with Christian belief.

Dr. Antony Theodore
The Three Most Difficult Things

The three most difficult things for a human being are: not intellectual achievements or physical feats.

They are returning love for hate, accepting the excluded admitting that you are wrong.

Godliness shows itself in virtue.

Dr. Antony Theodore
The Ties Of Affection

The ties of affection
that binds a man
to his mother,
father, brother,
son, daughter
wife, body,
wealth, home
friends and family
are strong threads
which chain them.

Break those fetters
to become one with
the Lord of love.

28 Then Peter spoke up, "We have left everything to follow you!"
29 "Truly I tell you," Jesus replied, "no one who has left home
or brothers or sisters or mother or father or children or fields for me and the
gospel 30 will fail to receive a hundred times as much in this present age:
homes, brothers, sisters, mothers, children and fields—along with
persecutions—and in the age to come eternal life.".
(The Holy Gospel of St. Mark chapter 10,28-30 in the Holy Bible, New International
Version (NIV)

Dr. Antony Theodore
The Tiniest Fragment Of What I Can Know

We experience only the world that we filter through our minds.

Whatever I imagine is a product of my life experience so far.

The material world is a product of my awareness.

Dr. Antony Theodore
The Tiny Flame Inside My Soul

The tiny flame inside my soul
is growing and growing.
I feel the warmth and its flare.
It is deep down in me.
It is soft and steady.

It is growing into flames
It is bright now and makes me powerful.
It is my secret that I don't tell anyone.

Meditate, sit and be silent.
You can feel the flames in me.
It will one day become a forest fire.

The sparkle of dancing light in me
might burn you when you love me.
Love is the quintessence of life.
Without love, there is no life

(Graphic: )

Dr. Antony Theodore
The Tongue And Unkind Words

The boneless
two-inch piece of flesh
our tongue, in our mouth,
can be our best friend
or the worst enemy.

An arrow darted
cannot be retrieved.

So also word, once uttered,
cannot be taken back.

Harsh and unkind words
help no one, least of all you.

Dr. Antony Theodore
The Tortoise Taught Me.

Once I asked a rabbit.
You run about so fast.
You will have so much
in your mind to tell me
about this world of beauty.

But the rabbit could not tell me much.

Then I went to the tortoise.
"Would you tell me
about this beautiful world?"

The tortoise smiled
and told me a lot
about this beautiful world.

I learned a lot.

I see the beauty of nature
now, which I never noticed
in my fast and busy life.

(Graphic: Trust My Pet Sittersaved to pinterest)

Dr. Antony Theodore
The Tranqilman

"In the dark night
of all beings awakes
to Light the tranquil man.

But what is day
to other beings
is night for the
sage who sees.";

(Inspirational quotes from the spiritual classic of Hinduism
Bhagavat Gita)

Dr. Antony Theodore
The Transcendence And Immanence Of The Word Of God.

Those who believe are given the power to become sons of God.

The Word in the Father, is not only transcendentally removed at an infinite distance above us, but also and at the same time He is immanent in our world, first of all by nature as the Creator of the world, but in a special dynamic and mystical presence as the Saviour, Redeemer and Lover of the world.

Dr. Antony Theodore
The Transcendent Justification In Pure Being.

All the symbols and forms have their transcendent justification in the world of the pure being.

Art and mysticism attain it directly from this world of pure being.

Th poet expresses the inexpressible in extraordinary combinations of images, words, word-combinations symbols, structures, phrases, and ideas.

He creates a new wonder for the world to ponder on God, humans, and nature.

Dr. Antony Theodore
The Transcendental Emerges

The Transcendental emerges
A desire for completed life
is a characteristic
of human consciousness.

The Transcendental
emerges from its hiddenness
in the mystic
and it gradually becomes
the dominant factor in his life.

By his saving contact
with the Supreme and the Real,
the vital powers of love enhances in him.

Dr. Antony Theodore
The Transcendental Sense, An Integral Part.

The transcendental sense is such an integral part of the complete human being. It is affirmed by seers and mystics of Egypt, Greece, and India, the poets, fakirs, the philosophers, and the saints of all times and creeds and philosophy.

There is within us an immense capacity for perception, for the receiving of messages from outside; and a very little consciousness which deals with them.

- - - - - -

Even on the sensual plane, no one can be aware of more than a few things at a time.

These fill the center of our consciousness. Others retreat to the margin.

Transcendental matters are for most of us, always beyond the margin, because most of us have given up our whole consciousness to the occupation of the senses.

Graphic: The "CEO" of your brain, The Transcendental Meditation technique... 
Pinterest 
The "CEO" of your brain, The Transcendental Meditation technique exercises the critical prefrontal...)

Dr. Antony Theodore
The Transformation Of All In Christ

Christ was born and lived
in the world and died
and returned from death
and ascended to His
Father in heaven.

Through the glass of
His Incarnation, He concentrates
the rays of His Divine Truth
and Love upon us
so that we feel the burn,
and all mystical experience
is communicated to men
through the person of Christ.

The perfect blending
of the divine and human
in Jesus makes possible
the transformation of all
men into true sons of God.

Dr. Antony Theodore
The Transforming Experience Of God

The experience of union
is a transforming one,
affecting every particle
of one's being,
every attitude, every act.

"Whether he eats or drinks
or whatever else he does,
does all for the glory of God"

(St. Paul's letter to the Corinthians in the New Testament of the Holy Bible (1 Cor.10: 31).

Such a person is free to act.

Dr. Antony Theodore
The Tree Remains Firm In All The Tribulations

When we experience
the undercurrents of life,
do not shun them, but
accept them as a challenge.

Avoiding the difficult
aspects of life is a sort of
the escapism that helps us
to reach nowhere.

Instead, face it willingly.

Imagine a great tree
deeply rooted on earth.
It stays there in the worst storms.

Our sorrows and pleasures
are like the skies that
come and go in the wind.

But the tree remains there
firm in all the tribulations.

Dr. Antony Theodore
The True Inner Self

The true inner self,
the true indestructible
and immortal person,
the true 'I' who answers
to a new and secret
name known only to himself
and to God, does
not have anything.

This 'I' is not the kind
of subject that can
amass experience,
reflect on them,
reflect on himself,
for this 'I' is not
the superficial and
empirical self
that we know
in our everyday life.

Dr. Antony Theodore
The 'truth Shall Make You Free'.

The 'Truth shall make you free'.
But if the truth is to make
a man free, he must also
let go the hold upon
himself, and not retain
the semblance of a false self.

The false self is so powerful
that it keeps us as slaves.

Freeing oneself from
the false self can be done
only with the divine help.

( 8: 32 King James Version (KJV)
32 And ye shall know the truth, and the truth shall make you free.

Dr. Antony Theodore
The Two Natures, Human And Divine In Christ

Of course, the Living Christ, now enthroned at the right hand of the Father in eternity (according to the metaphorical language of the Scriptures) is indeed in a state of being in which He lived on this earth.

Though the two natures were not confused in any way, they were still completely one in Him, as completely as our own body and Soul are one in us.

Dr. Antony Theodore
The Ultimate Consummation Is Union

The ultimate consummation of loving, is union,
not just with another human being, but with all other human beings in the love that called us into being from all eternity for that purpose.

All that is true with human love is true of divine love but in infinitely greater measure.

Dr. Antony Theodore
The Ultimate Reality And The Poet

The poet's perception
and the final casting
into words and images
is the projection
of his experience
of The Ultimate Reality.

Dr. Antony Theodore
The Uncreated

The Uncreated is waste
and emptiness to the creature.

The uncreated is not something.
It is waste. Emptiness.

It is total poverty
of the Creator.
Yet from this poverty
springs everything.

Dr. Antony Theodore
The Universe Grasps Me

The universe grasps me
when I wander through
space in my imagination.

Then the space opens
its wide mouth
to swallow me.

you know,
I grasp it
through
my thought.

(Graphic: Garrett Haley Pinterest the overwhelming vastness of space)

Dr. Antony Theodore
The Unrest We Feel

You are a spiritual being.

Remember that fact.
God is within you.
Spirit of God lives in you.

While immersed in
worldly activities,
we feel an unrest.

This unrest
is the sign
that you are
a spiritual being.

Dr. Antony Theodore
The Unseen Hand

Everything has a reason.

Everybody comes to you
in an heavenly ordinance.

You and i do not  know it.

Don’t you feel
that an unseen hand
is always over you and me?

Dr. Antony Theodore
The Urge For Greater Enlightenment.

It is the urge for
greater enlightenment,
deeper spiritual consciousness
that will lead men and women
of all cultures and beliefs
to the East
to drink from the mighty
sources of Indian Wisdom,
Buddhism, Hinduism,
Jainism, and the various
ancient philosophical thoughts.

Dr. Antony Theodore
The Uttered Word Is So Very Powerful

Everyone knows,
from a well-spoken word
one can live for a moment,
for a day, for a week.

Uttered Word is so powerful.

There are words which
help us to shine in a new light.

The whole life is an encounter.

Think of the moments in which
we were very happy and filled
with life's energy.

Were those moments,
moments of an encounter?
Sometimes we are struck
by the wonder of the moment
of our encounter.

Sometimes we are in the state
of a strong emotional turmoil.

Deeply moved are we, in certain
moments of beauty and love.

In those moments of sweet
encounters, the uttered word
give us tremendous joy.

The word is so powerful.
It changes, it fulfills.
It becomes life.

And the moment
of listening to such words
becomes noble and sacred.
Cherishing these memories
we walk in joy and harmony.
(Graphic: carmen marroquin saved to Naturaleza
684
Luna azul. harmony, pinterest)

Dr. Antony Theodore
The Valley Of Dry Bones

Your own inner voices,
inner struggles,
experience of lack of love
that affects you deeply
and make you hard-hearted
can lead you to
a 'valley of lifeless bones'.

When the life seems bleak
and you don't feel
any kind of enthusiasm,
life drags on and on,
you reach the 'valley of dry bones'.

Then you have to pray.
Step to the Holy Altar of God.
Kneel down in deep humility.
Raise your hands and heart.
and pray with love and hope
in your tearful eyes.

Dr. Antony Theodore
The Vedic Texts Of India Teaches Illusion And Reality

The Vedic texts of India described the world and pictured it as Reality and Illusion.

Transient forces make Maya. Reality is of the Spirit.

Maya means Illusion)

(The Vedas (/ˈve?d?z, 'vi?-/; Sanskrit: ??? veda, &quot;knowledge&quot;) are a large body of religious texts originating in ancient India. Composed in Vedic Sanskrit, the texts constitute the oldest layer of Sanskrit literature and the oldest scriptures of Hinduism).

Dr. Antony Theodore
The Vibration

Look at the spirit from a soul's point of view, and not from a human's point of view.

Spirit exhorts us to be mindful.

Every single person has godly nature.

There exists that vibration, that God energy.

It is the light of God.

Are you shining in light? Each choice we make originates from either love or fear.

In every decision we make, we are moving towards one or the other.

Dr. Antony Theodore
The Visitation Of Mary And Elizabeth

She came to meet with her cousin Elizabeth
Maria the mother of Jesus Christ
They met, they held hands, smiled.
They talked looking into the eyes of each other
They touched and conveyed deep love and respect.

Their stomachs touched each other
John and Jesus met already then in the womb
John was taken up by joy in the womb
They smiled, prayed and submitted to the will of God.

They became the great mothers
of a Prophet and a Messiah himself.
They changed history and culture.
They influence the humanity even now.
They will influence human history till the end

(In the holy Bible, in the New Testament, this meeting of Elizabeth and Mary is described).

Dr. Antony Theodore
The Voice Beyond What Is Reasonable.

There is a voice that calls us beyond what is reasonable. We often experience deep healing in listening to that flicker of the spirit.

This is the voice of God asking us to face challenges.

It often speaks to us briefly in moments of deep crisis.

Sometimes it is so faint we mistake it for a whisper.

But taking it into the heart of our pain, it can often heal the paralysis of our lives.

Dr. Antony Theodore
The Voice Crying In The Desert

John the Baptist
came as a witness
to testify about the light.

"I am the voice of one crying
in the wilderness,
'make straight the way of the LORD'."

St. John shouted:

"Behold the Lamb of God!"

for Jesus is also the Lamb
that sits upon the throne
and Who has authority to
open the seven seals of Revelation.

Reference to the Holy Bible.

(Graphic: Charles Lyons saved to Great Art.. St. John baptises Christ. )

Dr. Antony Theodore
The Voiceless Mystical Song.

There exists a common beat  
between all hearts.  
It is the one voiceless mystical song  
our hearts want to sing.

O hearts in the universe, 
come together to find this song of life.  
Our hearts beating in unison  
shall sing it with all that is alive.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

GRAPHIC:

Dr. Antony Theodore
The Way

The first name for Christianity was 'The Way' because it was essentially a spiritual and a mystical journey which involved dying many times over.

Practicing the selflessness that enables a person to be filled with sufficient grace to be united with Christ is a long and painful process.

Dr. Antony Theodore
The Way From Shadows To Substance

The world is full of shadows
and the way from shadows
tosubstance is a long
and tedious way.

The interior turmoil
in this search for a way out
from the world of shadows
increases day by day in a poet.

We see a society worshipping
frustration and barrenness.

There is a growing
disenchantment with
the technocratic world.

Therefore opt for discerning
one's role in God's
historical process.

Dr. Antony Theodore
The Way Of Grace.

There is always in us
the ongoing struggle
between the good and the evil,

between the guardian angel
and the cunning devil.

When the devil wins in us
it is the earthly way.

When the angel wins
it is the way of grace.

Dr. Antony Theodore
The Well Spring Of Love Within The Heart.

There is an enriching fountain of love within each of us at the soul level.

To know what is love
You need not go outside of yourself.
There is the well spring of love within the heart.

(Graphic: Jean-Honoré Fragonard (1732-1806)

Description: An allegory on the theme of love. This painting has a riveting sense of drama, heightened contrasts of light and shadow, and a restricted palette redolent of nocturnal mystery—characteristics that indicate a new Romantic sensibility. Fragonard’s intimate allegories are among the earliest and most eloquent expressions of a new vision of romantic love as an all-consuming experience of near-mystical communion—a vision that was worlds apart from the blithe, libertine spirit of the Rococo era

Dr. Antony Theodore
The -Whispered - Plea

The prayer of helplessness
is the simple sigh
of the living soul,
which is breathed
into the heart
of the living God.

The whispered plea
of dependent helplessness,
rejoices the heart of God,
and His immediate
response is, fear not,
my child, I created you
and purchased you
I died for you
and I love you.

Dr. Antony Theodore
The Whole Heaven Is Watchin You All Time.

If your works are good
you shall not be forgotten.

All your goodness is written
in the book of life by angels.

Your guardian angel in heaven
counts all your good works everyday
and tell about it in the ears of God.

Do only good deeds.

The whole heaven
is watching you all time.

Dr. Antony Theodore
The Wind Blows Where It Will.

As for a man,
his days are like grass,
he flowers like the
flowers of the field.

The wind blows.
We do not know
from where did it come
whereto did it go.
You do not know
The place of the wind.

But God's love
is everlasting.

(Leaning on Psalm 102 of the Holy Bible).

Dr. Antony Theodore
The Winding, Twisting Roads Of Life

The winding, twisting roads of life
have their way of limiting our vision.

Insecurity, greyness, drabness
and dinginess of spirit
kill our spontaneity.

Freedom of the spirit is a gift
unbounded, graciously poured out.
But we allow ourselves to be crippled
and imprisoned.

God alone can stir us
and awaken in us
the fresh stirrings of divine life.

Dr. Antony Theodore
The Wings Are Not Tied

The bird is trapped.
The wings are not tied.

It flutters its wings
inside the cage

living always in
never ending hope.

Dr. Antony Theodore
The Wise Are Not Proud

The wise are willing
to receive instruction
rather than to being
unduly self-assured,
exhibiting pride.

They demonstrate
a gracious humility
rather that egocentric
pride and become
increasingly interested
in what they can learn
rather than trumpeting
what they already know.

Dr. Antony Theodore
The Word Easy Is Not In Your Vocabulary

There is no shortcut in life
Easy way is not yours.

The word "easy" is not in your vocabulary.

Work hard and be smart.
Live with goals
and determination.

Dr. Antony Theodore
The Word Romance Is Too Sentimental

The profound truth
that love is a mystery
is perfectly portrayed
in a true love experience.

However, the word Romance
is far too soft, too sweet,
too sentimental
to describe the
potent primordial passions
that draw the lovers,
together to become as one.

Dr. Antony Theodore
The Words Of Love

The words of love
which we express normally
articulates and communicates
deepened levels of intimacy and union.

Such words of love themselves
evoke occasions of this communion,
which is a mode of knowing
not wholly available to what
can be communicated in
quantitative, verifiable forms.

Dr. Antony Theodore
The World Is In Pain

The world is in pain,
so much pain that
it seems we would
need to block all
the evil out and
believe that all
is well to have
any hope for
a semblance
of safety and
sufficiency.

Dr. Antony Theodore
The World, Time And The Dance

This is heightened mystical awareness,

for the world and time are the dance of the Lord
in emptiness.

Hightened mystical awareness.

Dr. Antony Theodore
The Worlds Of Being And Becoming

The worlds of being and becoming
are the two stages of reality
which meet in the spirit of man.

In mystical experience,
the temporal plane is cut off,
and at the expense
of the lower kind of reality,
the eternal plane emerges.

Thus the sacrifice which mystics
make to attain the vision of truth
is self-fulfillment rather than self-denial.

Dr. Antony Theodore
The Wounds Of Our Sins

Our own weaknesses
cause discouragement.

Our own sinfulness
and guilt is ever before us.

Heal the wounds of our sins
that we afflicted on our own self.

Let your compassion
fill us with hope
and lead us through repentance
to the joy of the presence of God.

Dr. Antony Theodore
The Wrong View

It's easy to have the wrong view of ourselves due to:

Self-deception, thinking too highly or too lowly of ourselves.

The false perspective of others letting others judge us by externals.

Dr. Antony Theodore
Thebreeze

The breeze
of the Spirit
is light.

Enjoy it
in your inner core.

Dr. Antony Theodore
The ego-self is not final or absolute.
The seeker comes to the realization that his ego-self is not final or absolute.

A natural outcome of this realization is the existential acknowledgment of our own impending death.

The seeker experiences dread, emptiness, the dark night and the contemplative insight into the true self.

Dr. Antony Theodore
Theism - And - Morals

Theism is the sole foundation of moral behavior

Moreover, the venue for this judgment must finally be an existence after death.

Dr. Antony Theodore
The mystery of Thought.

Did you ever think of the mysteries of thought.

It is a great fascination for me. Thought is mystery, a mystery that presents itself in my brain without my permission.

Dr. Antony Theodore
Then We Know Love In Hearts

Then We Know Love In Hearts

When by chance
we see the migrating
birds in autumn
descending on a grove
of junipers to rest,
when we see
children in a moment
in their playfulness
and innocence,
then we know love
in our own hearts
lighting up in tremendous joy.

Dr. Antony Theodore
Then Will You Wet My Lips With The Kiss Of Your Soul?

I am on my way to you Lord.  
With faltering steps  
I dare to climb up to you.

You see me from above.  
I see you from below.

How shall it be when I reach you?  
Will you hug me?  
Will you kiss me?  
Will I remain there with you  
With a never-ending smile?

I don't wish too much.  
I only want your love.

Let it come to me  
in any way you like.  
I shall receive it as it is.

Then would you take me  
to the rainbow wings  
where you play hide and seek  
with those whom you love?

Then would you pour honey  
into my mouth and wet my lips  
with the kiss of your soul?

(Graphic: Karate 5907 saved to Phoenix/Jean Grey Pinterest)

Dr. Antony Theodore
Then Woman Must Be The Crown.

The Bible says:
Man is the head of God's creation!
If man is the head,
then woman must be the crown.

When God made woman,
He was finished with His creation.
Woman was the last creative act of God.
(You can make of that what you will!)

When Adam went to sleep,
angels made a surgery on his side
and woke up without a real rib
making the woman "the backbone".

In all sincerity, a godly woman
is the backbone of the home.

Without godly women,
their work, their influence
and their abilities,
we would have to shut
the doors of our homes
and declare the home
an unfit place to live.

Dr. Antony Theodore
The terms transcendence and immanence are common in the theological literature to designate two kinds of relationships between God and human beings.

In general, to say that God is transcendent is to say that he is exalted, above, beyond us.

To say that God is immanent is to say that he is present in time and space, that he is near us.

But the idea of immanence is helpfully summarized in the term 'Immanuel', God with us (Isa.7: 14; 8: 8; Matt.1: 23).

Dr. Antony Theodore
Theophany - - God Manifests.

Clouds, thunder, lightning
God comes from the Mount of Sinai,
the awe-inspiring presence of the Creator.

Sing a glorious tune.
Play on your harps,
dance in God’s presence
with a heart full of joy.

Theophany - - God manifests.

Glory of the Lord,
the pillar of the cloud.
The Lord comes down
to human beings

God appeared to Moses, Aaron, Joshua.
God answered Job out of the tempest.
God came to Moses in a burning bush.
Jacob wrestled with God.

Theophany - - God manifests.

Come let us adore him
Hindu, Moslem, Christian, Buddhist,
come let us adore together
The Almighty God who is beyond
all the Religions.

Fanaticism is the poison of the humanity.

Dr. Antony Theodore
There - Are - Many - Aholics

Flourishing in
your Calling,
is a great reminder
to us of how we
can truly bless
God and others
wherever we are.

God wants to
use us to bless
Him and others.

How would you
Define yourself
at different times
and different seasons?
There are so many
types of Aholics.

Are you a
gardenaholic
bargainaolic
writeaholic
familyaholic
encourageaholic?

Dr. Antony Theodore
There - Is - No - Rain

There is no rain
which did not come to an end.

There is no night
which did not
break into a dawn.

There is no storm
which did not stop.

There is no corona
that will not come to an end,
because God is with us.

(Christina Pulley saved to Rainy day Pinterest)

Dr. Antony Theodore
There - Is - Nothing - Beside - The - Self

A bhakta surrenders to God
and rests secure
In his protection.

A jnani knows that
There is nothing
Beside the self
and so remains happy.

One must adhere firmly
To either of these courses.

(Ramana Maharshi taught me
This wisdom)

Bhakta = Devotee
Jnani = a wise man

Dr. Antony Theodore
There - Is - Only - Movement

In the cycle of life, there are neither losers nor winners.

There's only movement, stages that we have to go through.

When you truly understand this, you'll be able to accept tough times and not be deceived by moments of glory.

(Reflections on the teachings of Bhagavat Gita)

Dr. Antony Theodore
There Are Two Pages In Me.

Again and again I feel
that I have two sides.
They are the different
pages of life that lives in me.

One page that works for the good,
and another who does what I
really do not want to do;
a page that wants to be
there for others
and another who thinks
only of himself;
a page that says: you are o. k.,
and another one who says,
you are impossible;
a page that wants
to accept the words of God
in the holy scriptures of
all religions and another
who strikes against
all the morals and ethics.

With both sides of my being
I turn to you my God.
You accept me as I really am.

Dr. Antony Theodore
There I Go For A Stroll

There i go for a stroll

There are fountains in our souls
deep down in the valley.

It seems it is deep and infinite.
There I go for a stroll.

Published on October 04, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
There I Shall Only Smile.

There is a land
in the world of God.

There are saints.
There are angels.
There are loving souls
flying all around.

It is the land where
I shall sit
and never talk.

I shall only smile.

Lord take me to that land.

Dr. Antony Theodore
There Is A „something‟ In The Soul In Which God Dwells.

Know then that God is present at all times in good people and there is a „Something‟ in the soul in which God dwells.

There is also a Something by which the soul lives in God.

But when the soul is intent on external things that Something dies, therefore God dies, as far as that soul is concerned.

(„This Something‟ is the noble agent oft he heavenly Father who is present in the innermost recess of the soul. This thought is from Meister Ekhart).

(Graphic: . Josie. . Josie. saved to Echoes of the Soul ?? rest)

Dr. Antony Theodore
There Is A Holy Lake

There is a holy lake
of God's activities.

It is a lake of merit,
a lake that destroys
all defilements
and always blesses
the soul granting
wisdom and faith,

washing away
the filth of ignorance
and illusion, by its
pure clearful waters
brimming with love.

(Reference to „The Holy Lake of Rama
By Sri Gowswami Tulasidas edited
By Chandra Prasad).)

(In my great desire to find
parallel texts to Bible in other
Holy Scriptures I am very happy
to present these texts).

Dr. Antony Theodore
There is a kind of delusion.
it is a delusion of consciousness.

Our efforts should be
to free ourselves from
this prison of
the delusion
of consciousness.

Dr. Antony Theodore
There Is A Land Where Dreams Dance

There is a land
where Dreams dance
in tremendous joy.

They dance on the angel's wings,
on the soft tail of the white dove.

They lie flat and sleep
on the dancing feathers
of the colorful peacock.

At the birth of the dusk
dreams fly down
from the heavenly caverns
to earth's sweet shore.

As the moon shines
they begin to dance
on the shining waters of
the mild flowing river,
in the secret village
where farmers sleep
and the sheep lie cozy.

Dreams dance
on the lips
of lovers
who spend the night
on the riverbanks
hugging and kissing
giggling and hissing.

Dreams come from heaven
to make love a dream.
God cares for you and me
he puts you and I in motion
of heavenly love.

(This was published in Starlite Cafe under the name of my mother Genova by
me).

Dr. Antony Theodore
There Is A Lover

There is a lover
who undresses your conscience.

There is a lover
who is in love with your mind.

He or she falls in love with your thoughts.
You are blessed
when you find this love of your life.

Your soul is in need of love.
The deepest longing in you is love.
Love is spiritual nourishment.

Dr. Antony Theodore
There Is A Net Of Color At The Edge Of The Mind.

The creative spirit strives to escape all forms of domination.

In the last analysis, the only valid witness to the artist's creative freedom is his work itself.

There is a net of color at the edge of the mind. This color spreads all over going out of the mind to paint all that his mind sees. The creative mind then rejoices.

Dr. Antony Theodore
There Is A Priceless Gem In You

Walk towards your inner core. There you will find a treasure beyond your imagination.

This treasure was always there for you. But you were entangled in many worldly matters.

You never took time to walk towards your inner core.

This is an inner journey. Walk and walk towards your centre to see the shining gem in your core.

Dr. Antony Theodore
There Is A Really Deep Well Inside Us.

There is a really deep well inside us.
I believe, in it dwells God.
Sometimes I am there too.

When stones and grit block the well,
God is buried beneath.
Then give me the desire
to dug God out of it.

When I miss God in my life
I know that God is hidden in my own well.

It needs courage to change myself
and go to the well inside me
to remove those stones that block
me from seeing and experiencing God.

Dr. Antony Theodore
There Is A Seed Of Sweetnes In You.

Love is at the core of your nature.

This love is real.

Let go of all selfish attachments to experience love.

You feel peace when you are able to believe love is the core of your nature.

There is a seed of sweetness at the centre of the heart.

In this state of mind you will experience patience and devotion.

This leads you to the supreme state of joy.

Dr. Antony Theodore
There Is An Echo Corner In The Heavens.

Moments after my death
I shall fly up and up
as we flew kites together
in our joyful childhood.

Listen to my laughter.
I will surely laugh
on my way to the heavens.
Listen to my laughter.

I shall acquire strong wings
to fly forever in the world unknown.

I shall send you my sweet smiles
In the rays of the morning sun.

I shall sing and send my songs
on the wings of the winds.

There is an echo corner
in the heavens.
There i will wait to hear your voice
echoed and reechoed
until it reaches my ears.

Be sure, my ears are tuned
to the mild sound waves
of your melodious songs,
sung on the earth for me.
(Recently i had a heart the hospital i wrote it).
(Graphic: manuela fanari saved to astratti hotobucket).

Dr. Antony Theodore
There Is Fear And Hate In Us.

There is fear in us.

We secretly or openly hate and fear our own selves.  
As a result, we hate one another and fear one another.

Begin to love ourselves.  
We have the divine nature hidden deep in our depths.  
Believe in it and love in real terms.

Dr. Antony Theodore
There Is Light In Me.

There is light in me.
There is God's spirit in me.

I am wonderfully created.
God made me capable.
I am called to create
my own reality in life.

I want to change my life.
I want to change myself
to achieve my goals
for which God intended me.

Dr. Antony Theodore
There Is No Delusionin Me.

The great sage speaks:

By God's mercy
I try to attain
the sacred
object of my life.

There is no
delusion
left in me.

I have realised
the greatness
of my God.

My Lord is the sum
of all knowledge
and innocent joy.

Dr. Antony Theodore
There Is No Doubt In The Level Of Immediate Intuition

The mystical experience cannot be reduced to logical formulation or adequately expressed symbolically.

But there is a conscious awareness of God, though it is ever tenuous and tinged with doubt.

On the conceptual level, where logic and rationality are in command the mystical experience may admit of doubt.

But in the level of immediate intuition it admits of no doubt.

Dr. Antony Theodore
There Is No Insight Other Than The Self

There is no insight
other than the self
we always have been,
yet did not recognize.

We see, hear and touch
the true self not by
mystifying everything
but by simply letting
each thing be.

Dr. Antony Theodore
There Is No Shortcut In Life.

You are happy
because your attitude
towards everything
is always right.

Attitude is always important.

Winning is not a secret
that belongs to a few.

The winner studies
the situation.
He makes himself
ready for any challenge.

He stays calm.
He remains strong.
He will never let anyone
destroy him on his way.

Winning is something
that we can learn.
There is no short cut to it.
Work hard and smart.
Live with a perfect aim.

Dr. Antony Theodore
There Is No Way That We Can Pay For Our Own Sin.

Many are bound by guilt. Some rightly live with it because they refuse to give up the sin that brought it on.

Others suffer the weight of guilt harboring shame.

There is no way that we can pay for our own sin.

Honestly identify the source of our guilt and confess before God.

We turn away from the wrong and choose to do right. That is real Repentance.

Confronting guilt in this way replaces the weight of shame in our hearts with joy and peace.

Through our witness, God may reach others who need their guilt chains broken.

Stop running, and face the source of your guilt.

It's time to end your captivity and start walking in the joy of God's blessing.

(Graphic: ARE YOU TOMENTED BY MEMORIES, BURDENED BY GUILT, EREN?)
There Is Only Presence.

Here there is only presence,
only gracious emptiness.
In discovering God
the seeker discovers himself.

Dr. Antony Theodore
There Shall Be No Day In Your Life.

There shall be no day
in which you have to say
"No none is there for me
who will give me a little bit of courage".

There shall be no day
In which you have to say
"There is no one who listens to me".

There shall be no day
in which you have to say
"There is no one for me
who will share his way".

There shall be no day
in which you have to say
"I do not feel the presence of God".

(graphic: pinterest)

Dr. Antony Theodore
There You Shall Stand With A Smile.

You sit and cry today
thinking of the people
whom you helped in need.

You cry because
the very same people
worked against you.
They became jealous
of you and broke you.

Wait patiently in prayer.

God will bring you to stand
In front of the ones who broke you.

There you shall stand with a smile.

Dr. Antony Theodore
These - Are - Not - Dark - Days

Each of us at a precise moment, was asked by Our Lord to step forth and make a decisive difference.

Throughout history, God uses, efficaciously, those individuals who have been made ready for His work.

These are not dark days.

These are great days, the greatest of days our earth has ever lived.

We must all thank God that we have been allowed, each of us according to our abilities, to play a part in making these days memorable in the history of our race.

We shall praise and pray for all those who work in the frontline, our nurses, and doctors and all in our hospitals who dedicate themselves to alleviate the sufferings.

(Thinking of the Crisis of Corona)
These - Comforting - Words

As we reflect
upon these comforting
words that we find
in them, the beloved
face of the saviour,
Who has become
our own Good
Shepherd appears
in the eyes of the mind.
And He continues
to lead each one
of us into the way
of everlasting grace
and peace,
righteousness, and love.

Dr. Antony Theodore
The soft Petals Of My Heart.

Light of my life,
my heart revels
as you kiss
the soft petals of my heart.
-
You came and touched my eye lashes
slowly in softness ever pure.

I sink in this
beautiful moment of love.

Dr. Antony Theodore
They - Broke - Their - Covenant

The Nation of Israel
was to remain
separated from
the un-consecrated
Gentile nations.

They even made
a covenant with
God to do everything
that He commanded them.

However, time and
again they broke
their covenant with
the Lord, and lusted
after foreign gods.

Dr. Antony Theodore
They - Fell - Back

He spoke the name
that God used to
identify Himself to
Moses so many
years before - when
Moses turned aside
to see why the burning
bush, on Mount Sinai,
was not consumed.

No surprise that as
soon as Jesus said
to them, 'I AM',
that they all went
backward, and fell
to the ground.

No surprise that
when Christ identified
Himself as the almighty
Creator of the universe,
that all who came to
arrest Him and accuse Him,
and fell down before Him.

Dr. Antony Theodore
They Are Ghosts In Me And In You.

They are ghosts in me and in you.

Ghosts cling tenaciously to life.
Superstition, Religious fanaticism, prejudice, egoism are ghosts

They are ghosts in you and me.
They are the ghosts of night and day.
They are armed with tooth and claw.

We are condemned to wage perpetual war
against such ghosts who live and feed on us.

Dr. Antony Theodore
They Are The Initiators Of Beauty And Wisdom

The mystical genius has an instinct for transcendental reality.
Seers and creators often possess this.
These people have a measure of illumination.

They are the initiators of beauty or of wisdom as the great mystic is the initiate of love.

In the illuminative state the subject gets a veritable foothold in the transcendental world.

Dr. Antony Theodore
They Lived In The World Of The Awakened.

Only in Awareness
you will know
that honor means nothing.

It is only a social convention.

The mystics were
never bothered about it.

Honor or disgrace meant
nothing for a prophet.
They were unaffected by it.

They lived in the world of the Awakened.

Dr. Antony Theodore
They smile and laugh,

They smile and laugh,
such a poetic joy.

Don't care the least
of what people say.
Opinions don't bother them.

They tell stories of their love,
share the thoughts about kids,
pray and recite a mantra or two.

They want to love till they die,
they want to smile till they die,
they want the closeness till they die.

They touch their skin
and laugh about the wrinkles.

Do you have teeth, they ask,
both together answer 'no'
and they smile and laugh
again and again and again.

Why do you laugh people ask,
"because elephant does not laugh"; they say and laugh again and again.

They just don't care what others say.

It is the worry of the young and the dull.

Dr. Antony Theodore
They Tell Me, I Am Totally Wrong.

A teenager once complained:
As a child, I wanted to be cuddled
and kissed by my dear ones.
But they gave me toys.

I looked for the company of people
and they made me sit in front of the TV.

I was looking for friendship
and they gave me money.

I was looking for love,
I was offered sex.

I asked questions
nobody answered it.

I started to think,
but no one accepted my thinking.
I began to doubt and expressed my doubts. They simply fooled me.

I searched for my own way
and shaped my thoughts
to find an answer to my doubts.

Now I think I found my way in life
and they tell me I am totally wrong.

Dr. Antony Theodore
They Want Only Happiness.

The humility and simplicity of happier people comes from their inner peace that remains in their minds.

They live joyously in that world of simplicity without caring for the material world.

They are simply happy. They want only happiness. They are content with little things.

Dr. Antony Theodore
Things - That - We - Cannot - Buy

Loving God, there is so much that makes us happy and joyful in life.

We can buy some things with money,

So much is not to be paid with any mount in this world.

The sight of the sunset, the scent of a rose, the smile of a child, the good-night kiss of a loved one, who can pay for it?

Good God, we thank you that we can hear, see, feel and feel so often how beautiful life is.

Let us remain attentive to what good things you have in store for us.

Dr. Antony Theodore
Things - We - Value

A rational reflection leads us to think of the things we value and consider why we think them valuable.

Dr. Antony Theodore
Things Illusory

Turn away from things illusory.

Go away from Mine-ness and Attachment.

Be devoted to things spiritual.

Forsake all worldly desires to commit youself to God Almighty.

Dr. Antony Theodore
Think Of The Ant And The Blade Of Grass

Sit outside, if possible, or near a window
and note the other forms of life around you.

Breathe slowly and think of the ant
and the blade of grass
and the birds and animals,
what these life forms can do
that you cannot.

Think of the pebble
and the dancing leaves
and the stone bench.

Center your breathing on the interior things
that you can do what they cannot.

Rise slowly, feeling beautifully human,
and enter your day with the conscious intent
of praying consciously that only humans can do.

During the day raise your heart to God
with great reverence and gratitude.

Dr. Antony Theodore
Think Of Your Loneliness

Think of the loneliness that is yours?
Can human company kill your loneliness?
It will only serve as a distraction.

There is an emptiness inside.
When the emptiness surfaces you turn on the Television,
turn on the radio,
look into your mobile,
Go into the crowd,
look for entertainment and seek distraction.

Loneliness is cured by getting contact with the reality.

Drop your illusions.
Drop what is unreal in you.

Dr. Antony Theodore
Thinkers, - Heralds - Of - Future

Thinking is a process of preparing at its best.

The great thinkers and poets go ahead and make ready and prepare.

It is a view which places thinkers in the role of representatives, messengers, or heralds of the future.

(Cfr. Heidegger)

Dr. Antony Theodore
Thinking

In the Christian thinking mystery refers to the fact that there are hidden dimensions in things, people, and situations that extend beyond their visible, physical dimensions.

Dr. Antony Theodore
Thinking - In - Story

Everyone naturally thinks in "story."

We organize our past through a story of our lives.

We daydream about how the future will play out via narrative.

Dr. Antony Theodore
Thinking - Of - Evil - Principle

Our understanding of how things are must include belief in the devil and knowledge of his character and intentions.

If you know enough about him and understand him,

you will find that you can have faith in the devil too.

People who engage in explicit devil worship understand this; they know it to be true.

Dr. Antony Theodore
Thinking Of The Ontological Roots.

A mystic thinks about
his own ontological roots
in a mystery of being
that transcends his individual ego.

The mystic does not
flee from history.
Neither does he
try to create it.
But he stands in it
with the Lord of History.

Dr. Antony Theodore
Thirst - For - Justice

'Let there be
a thirst for justice.
Let us be the nation
that we know we can be.

This is a
a nation united.
a nation strengthened.
a nation healed.

There was never,
ever been anything
we have tried
we have not been
able to do."

(Biden paid homage to his deep faith: Citing Biblical verses and a popular hymn.)

Dr. Antony Theodore
This - Minute - In - Time

During times like these, we no longer can pretend that we are not affected by fear.

This time of crisis gives us the ability to watch our own fears that subtly drive us, our thoughts, our decisions, and our way of framing life surface.

And if we talk to God from that surface, this minute in time can change for us.

(Facing Corona Crisis).

Dr. Antony Theodore
This - Story - Haunts - Us

Anyone lying helpless in that ditch is a neighbor.

We are all journeying down from Jerusalem to Jericho, and this story haunts us, for it flatly contradicts the strong persuasion so widely held today that our loyalties and our obligations are owed only to those of our choice.

(Reflection on the Parable of the Good Samaritan)

Dr. Antony Theodore
This Brings Me To Utter Humility.

My human limitations
leave me alone somewhere.

Then I feel like a crag
worn by an endless wind.
Regardless of the maps
that I drew so carefully well,
I arrive at what I have always had.

This brings me to utter humility.

Dr. Antony Theodore
This Change I Need To Grow.

Today I want to express my own Sinfulness and imperfections in the presence of the unutterable perfection of the Absolute Life.

I know now my own unrealness when judged by the transcendental standards.

My own remaking and regeneration is my primary interest.

It is the reading of those necessary psychological changes which I observe within myself.

This change I need to grow.

Changing yourself: Quotes | Stress & Energy management Stress & Energy management Changing yourself)

Dr. Antony Theodore
This Is A Call For Universalism.

Let God's face shine upon us.
May the nations be glad and exult.
God rules with equity.
May all the people praise You.

God utters:
'I shall bring you all to my holy mountain.
Make you joyful in my house of prayer.
No cast nor creed, color or nations, rich or poor.
No separation, no segregation'.

O Almighty,
accept our offerings and sacrifices.
We shall rejoice in your house.
It is the house for all people.

This is a call for universalism
against narrow minds and attitudes.
No "ghetto" mind can rule us.

God's abundant love is unsurpassed.
There is no "we are right and you are wrong".

We are united as One Humanity
of brothers and sisters of all kinds.
We are bound together by the Eternal Love.

Dr. Antony Theodore
This Is A Time Of Repentance

Ask yourself:
How often do I fast?
Who am I? Where am I?
Am I happy, truly happy?

God wants to give
my life a special direction.

Can I adopt a different
lifestyle which will
give me more peace.
It is time I reflect on
the essentials of my life.

How much can I renounce?
What are the things
I should renounce?

It may help me to
become free and open
for God and my
fellow human beings.

The fasting time
is an opportunity
in which I consciously
dispose of what makes
me unfree and dependent.

(In the churches people prepare by fasting prayer thinking of the crucifixion of Jesus Christ)

Dr. Antony Theodore
This Is Moment To Moment Mind.

Be aware of what is
going on just now
at this holy moment.

This is moment-to-moment mind.

It hears the birds singing,
the cat jumping,
the dog barking,
the cars going by,
the planes overhead
and the children playing outside.

To the clear mind
There is no such thing
as „noisy“:

It all just is.

(Juri Miller saved to)

Dr. Antony Theodore
This Is My Prayer And My Dream

Keep me in your heart safe.
In my sufferings I will think I am secure.

Sing to me songs eternal
and allow me to smile in grief and anguish.

Tell me stories of love.
Give me a kiss that is tender.

Keep me safe on your lap.
Sing me a lullaby.
Help me to dream of a rebirth in heaven.

In my new awakening
i shall hear angels singing.

They will then cover me with the kindest
embraces of sweetest harmony

Dr. Antony Theodore
This Is My Wish For You Today

May the flame of love glow in your heart.
May your life be filled with love
Hope and peace.

May you be content with the little joys
Which life provides every day.
May God touch you in a very special way.

Do not remember the one who hurt you yesterday
But remember the one who loves you today.

Let all the love experience be tender.
Let it satisfy your body and soul.

This is my wish for you today.

Dr. Antony Theodore
This Is Poet's Perception

Set a sound
beside those silences
that give the sound
it's glory.

Trap the shadow
and leave the light
that cast it.

Dr. Antony Theodore
This Is The Miracle Of Trust  (Pearl Divers)

Pearl divers search the deep in pairs
without scuba tanks and regulators.
One waits at the surface tending the lines
tied to the other, who soft-steps the sand
for treasures he hopes he will recognize.

He walks the bottom, watching the vegetation
sway and sways himself till she tugs the cord.
He ascents swallowing the little air left.

Aboard, on the sea shore
they talk for hours seeing what they have got
rubbing the rough and natural pearl.
They smile, they hug, they hold each other
In love and real, sincere happiness.

Poverty helps them to love.
Living and fighting for a livelihood
make them hug each other
in innocent love that the rich may envy.

There is no ego.
Only the other who
goes under water
is always in thought.

Next morning she jumps and dives.
He gives her up in prayer:
"Lord my love is under water.
Keep her safe in your hands."

She dives and fills the baskets.
He counts the time,
hands wrapped about her line.

This is love

www.PoemHunter.com - The World's Poetry Archive
This is the miracle of Trust.
(Once I visited India and met with the pearl divers. They are poor people. One stands on the shore. The other jumps into the ocean with a strong thread tied to his body. The one who is on the shore has a seventh sense and he or she lifts the other with the help of the thread in right time. It was astonishing. Ohhhh how they love. The poor and the simple have an art of loving which the so called rich and the sophisticated do not possess. I stayed with them sharing their simple meals and singing and dancing with them. I shall never forget it).

Dr. Antony Theodore
This Is The Mystery Of Union

„The Father and I are One‖.
Jesus proclaims in the holy Bible.

This is the expression of
the perfect union with the Almighty One.

In such a realization,
everything becomes
a potential symbol
making communion
with God possible.

This is the mystery of union.

Dr. Antony Theodore
This Is The Way Of This Mad World.

If you drive such an old car
you are marked as poor.

If you have never been
to a foreign nation,
you are postmarked as poor.

If you do not wear brand fashion
you are stamped as poor.

If you can not have a say
in special meetings
you are poor and unable.

If you do not stay fit
you will get a stamp of inability.

This is the way of the world.

But there are truly men and women
who do not want to show off
even if they are rich and able
thinking not to offend the poor
in your presence in rich clothes.

Dr. Antony Theodore
This Mysterious Language.

His eyes speak to me.
I do not hear anything.

But my eyes understand.

My heart understands
this mysterious language.

Dr. Antony Theodore
This Night Is Silvery

The night is silvery today
Come my love.
Let us hug and kiss.

I look into your eyes.
You look into my eyes.

You saw me in your eyes.
I saw you in my eyes.

The silvery night
made a garland of love.
I garlanded you.
You garlanded me.

This night is silvery.
Come my love.
Let us hug and kiss.

Dr. Antony Theodore
This 'sense Of The Presence'.

Modern psychologists
have laboured hard
to establish the pathological
character of this state
of consciousness: to find
a place for it in the domain
of psychic hallucinations.

The mystics, however,
who discriminate so much
more delicately than their
critics between true and false transcendental experience,
never feel any doubt
about the validity of this
'sense of the presence'.

(It is the experience of a true seeker of God,
that he experiences in him the True Sense of the Presence of God)

Dr. Antony Theodore
This Union With The Almighty Is Mysterious.

I am alone. Thou art alone.

Dispossession within dispossession.

Dispassion within dispassion.

Emptiness within emptiness.

Freedom within freedom.

This union with the Almighty is mysterious.

Dr. Antony Theodore
Every matter in our lives must be investigated.

All happenings must be thoroughly contemplated in accordance with God's word and the truth so that you know how to handle them in a way that conforms entirely with God's will.

Dr. Antony Theodore
Those - Who - Can - Love

Only those who can
love their neighbor
as themselves have
the strength to do so,
but again not from
themselves, but from God.

Dr. Antony Theodore
Those Sweet Memories

When you sang
the notes turned into little hearts.
They flew into the crimson skies.

When i sang, the hearts that flew up
came back to you as butterflies.

Dr. Antony Theodore
Those Wonderful Moments Of Love

Your sweet murmur
Echoes in my soul.
I like to ponder over
Those beautiful moments
Of sweet innocence.
The shine in your eyes,
The trembling lips in love
The colour of your face
And the telling gestures of your hands
And the movements of your limbs
I love to paint in my soul
Those wonderful moments
Of pure and innocent love.

Dr. Antony Theodore
Those, - Pitifully - Resentful

Jesus accepts
all who turn to Him.
The confused,
the pastors,
the homeless,
the incarcerated,
the wealthy,
the poor, the hurt,
the healthy,
the prodigal sons
and daughters
and the faithful
ones who are
pitifully resentful.

Dr. Antony Theodore
Thoughts

Be careful of your own thoughts.

Thoughts when uncontrolled can trouble you.

Dr. Antony Theodore
Thoughts Are Only Thoughts.

Let not negative thoughts rule over you.  
Thoughts are always thoughts alone.  
Let not your brain rule over you.

You rule your brain.

If your thinking faculty rules over you, 
You will be considered mad.

Let not your thoughts control you.  
Thoughts are only thoughts.

Dr. Antony Theodore
Thoughts Become Our Habits

Conversion of thoughts into words, uttered words getting converted into actions, repeated actions into habits, become our character.

Our character leads us to our destiny.

So, root out all negative thoughts from our minds, that ultimately can affect our destiny.

Dr. Antony Theodore
Thousand Suns

At the center of your being
the truth shines like a thousand suns.

(The Vedas, spiritual classic of India).

Dr. Antony Theodore
Threatened - By - Sin - And - Death

The disciples discovered in the Lord, great treasures and

they can speak words of hope to those who also find their own lives threatened by the power of sin and death.

Those who, the Deliverer saves from the hellfire that threatens their own hearts, they know what true freedom is.

If we persevere in our search for the Conqueror of Death even in the miseries of our lives,

the Lord of Life will come to us with His peace and offers to lead us home.

Dr. Antony Theodore
Accepting that there is more than that threatens their self-identity as proper, intelligent citizens of the modern world is very difficult for a so-called rational being.

Acceptance of a spiritual reality that governs him is very difficult.

Dr. Antony Theodore
Three - Components

There are three common components to forgiveness.

Gaining a more balanced view of the offender and the event.

Decreasing negative feelings towards the offender and potentially increasing compassion.

Giving up the right to punish the offender further or to demand restitution.

Dr. Antony Theodore
These are your greatest treasures.

"Simplicity, patience, compassion.

Simple in actions and thoughts, you return to the source of being.

Patient with both friends and enemies, you accord with the way things are.

Compassionate toward yourself, you reconcile all beings in the world."
Three Deep Cravings.

Man has three deep cravings of the self.
These are the three expressions of his restlessness.

Man has the craving in him
to be a pilgrim and a wanderer.
It is the longing to go out from his normal world
in search of a lost home.

The next is that craving of heart to heart.
It is the longing of the soul for its perfect mate,
which makes him a lover.

The third is the craving for inward purity
and perfection, which makes him an ascetic,
and in the last resort a saint.

Dr. Antony Theodore
Threescore - And - Ten

'Time' clearly
does not relate
to God and man
in the same way.

The psalmist declares
in describing God:

'From everlasting
to everlasting,
you are God' (Psa.90: 2 of the Holy Bible).

Yet, in the same context,
of man it is said:
'The days of our years
are threescore
years and ten' (v.10).

Dr. Antony Theodore
Thresholds Of Mystery

You come into rhythm and unity
with the music of the universe
when you listen with your soul.

Most important thresholds of mystery
are places of silence.

Listen to the music of your own spirit.

You listen when you worship in deep silence.

(I published this Poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. I published for a long time in
this second name).

Dr. Antony Theodore
Thrill And Enthusiam

Love, forgiveness, mercy, honesty, thrill and enthusiasm industry, morality, gratitude, civility, optimism, learning and faith are the ten virtues that heal us.

They help us to remain in true joy and peace.

Dr. Antony Theodore
Through - The - Corridors - Of - Time

Down through the corridors of time, we see a succession of evil men, like Gog, with the spirit of antichrist.

The enemy of our soul manipulates their minds to carry out attacks on God's people.

He uses evil rulers to deceive the world of the truth about God's goodness and grace.

Satan was a liar and a murderer from the beginning who used Cain to slay his brother in an attempt to destroy, 'the Seed of the woman who will crush the serpent's head'.

Ref: Ezekiel 38: 16)

Dr. Antony Theodore
Through - The - Holy - Portals

In meditation
i enter through
the holy portals
of higher self.
it is pure joy
it is pure love.

Graphic: Pin by mariar on Quotes in 2020Meditation Pinterest)

Dr. Antony Theodore
When we reject God, we are left free
to wander through the wilderness of life relying on our own abilities and our own power instead of His supernatural ability and all-powerful strength to keep and to save.

Dr. Antony Theodore
Through - These - Flames

As a sign that we feel connected to our loved ones beyond death, we light candles at the graves of our relatives and friends.

We have not forgotten their love.

We express our deep felt love through these flames of the candles.

(Graphic: Oscar Wilde saved to All Souls' Day Pinterest).

Dr. Antony Theodore
Through Contemplation, We Are Drawn Into Glory.

Through contemplation, we are drawn into glory.

God wants to enter into the soul of everyone. So he sent his Holy Spirit into the world so that it could enter into all who would receive it.

This love draws us into the mystical contemplation.

Through contemplating his glory, we would ultimately be drawn into that glory and majesty.

Dr. Antony Theodore
Through Muddy Paths

Lifedrifts along
through muddy paths
driven by illusion,
ensouled by time,
destiny, innate nature
and phenomenal existence.

Clear the way from mud
to paths of light
to see the heaven in you.

Dr. Antony Theodore
Through Perseverance

Blessed are those who, with a noble and generous heart,

take the word of God to themselves and yield a harvest through their perseverance.

Dr. Antony Theodore
Through Plagues And Bombs

Through Plagues.
holocausts,
famine,
sicknesses,
bombs
war,
concentration camps...
mankind lost millions.
and millions of human beings.

But through abortion
the human kind has committed
the heinous crime of
murdering more than
all that happened
in the world so far.

Dr. Antony Theodore
Through Pure Benevolence

What you suffer, suffer for love,
in the measure that your soul is humbled,
despoiled, and mortified,
it will also be clothed with charity.

They aim at deepening
your capacity for love;
not, certainly, a sensible love,
but a powerful love of the will,
which tends toward God
through pure benevolence,
independent of all personal consolation,
its sole pursuit being His glory and good pleasure.

(Graphic: Ardian Izal saved to Ardian
134
goddness.. Pinterest)

Dr. Antony Theodore
Through Selfless Service

"Through selfless service, you will always be fruitful and find the fulfillment of your desires;"

(Inspirational quotes from the spiritual classic of Hinduism Bhagavat Gita)

Dr. Antony Theodore
Through Your Inner Wounds

When your heart is wounded,
Do not pray for healing.

Through your inner wounds
God' grace and light will enter.

Dr. Antony Theodore
Thus I Become Harmony.

Darkness does not belong to me.  
So I don't get involved  
in the sadness  
or darkness around me.

Anger does not belong to me.  
Oppressive shall I never be.  
Hatred does not belong to me.  
Forgiving is my divine law.

I create a protective bubble.  
I center myself in it.  
In my bubble of love,  
I live in light.

Thus I become Harmony.

Dr. Antony Theodore
Thus Lead A Happy Life.

Forgive yourself
and the others
who offended you.

Smile sincerely.

Be true to yourself.

Do not wear masks.

Speak and think not so much
as to do good to the poor and needy.

Accept yourself and others.
Thus lead a happy life.

Dr. Antony Theodore
KarlBarth holds on to the ontological distinction between eternity and time.

Eternity is not time and time is not eternity.

Or, there is an asymmetrical relation between eternity and time.

Eternity is the prototype and time the type.

Time derives its existence from eternity.

Dr. Antony Theodore
Time - Consciousness

preoccupied
with the theme
of time,
we call ourselves
creatures of 'time.'

We keep
account of our 'time'
by looking into
our watches on and on.

How much 'time'
did he get, We ask
regarding
acriminal.

An old man or woman
sits and thinks

How much 'time'
do I have left
here on the earth?

Dr. Antony Theodore
Time - Goes - On

We sing that
time goes on,
and at the same time
lament that time has
stood still.

Our music
contemplates
this theme.

Dr. Antony Theodore
Time - Is - Fleeting

Life on earth is difficult, 
and our time is fleeting, 
but we have choices 
to make every day 
of our lives - in the 
relationships we make 
and activities we undertake.

May we ensure that the 
choices we make and 
the activities in which 
we are engaged are wise, 
and that Christ is always 
the third strand in every 
relationship and our 
heavenly guide 
in all our decisions.

(Reflections on the book of 
Ecclesiastes of the O.T of 
the Holy Bible)

Dr. Antony Theodore
Ultimately, the consummation of the divine purpose for history will occur.

'Time' is moving towards a goal which will be realized at the time of Christ's return.

In that connection, Paul affirms:
Then comes the end when he shall deliver up the kingdom to God.

(St. Paul's 1 letter to Corinthians 15: 24).

Dr. Antony Theodore
Time - To - Adore

The best time
to adore is
When I do not
feel like it.

Given the current
climate of our world,
many of us do not
feel like talking
to God right now.

It is not that we
do not see the value
of it or know its
significance,
but a last-minute
grocery run,
or a news scan
for several times
to see what is
happening in the world
or time to plan
the newly disrupted
day for our families
seems to take precedent.

Then, it is time to pray.
It will keep you calm.

Dr. Antony Theodore
Time - Waits - For - No - One

Regardless of what happens
in the human world,
one can be certain
and sure that time
will go on!

It will not stop because
a heart has been
broken or a loved one
has died or because
we treasure the
moment we have
and do not want it to end.

Time is life and life
goes on regardless.

(Written from the comments of the great poetess Marie Shine of Listowel)

Dr. Antony Theodore
Time- And - Relativity

Time is the relativity of events and without events time has no meaning.

Such activity is a stream of events, the relativity of which is our own personal record of what our minds tell us is 'time' 'passing'.

Time was created by human beings for control, eg:
Time to be at work, time for lunch, time to go home.

Without time our world would be in chaos!

(Written from the comments of the great poetess Marie Shine of Listowel)

Dr. Antony Theodore
Time Is More Linear Than It Is Cyclical.

Begin to ponder
the transitory nature
of our lives.

Think of the precariousness
of the society in which we live.

Then we will end up in
contemplative prayer.
It becomes an urgent need.

We lull ourselves
into thinking that
things have always
been a certain way
and therefore will
always stay the way
we imagine them to be.

But this is not the way life is,
and time is harshly more
linear than it is cyclical.

Dr. Antony Theodore
Time, - An - Illsion?

Might our
Perception
of time in
fact be an
illusion,
a phenomenon
created in our
brains that
has no ultimate
reality?

Dr. Antony Theodore
Time.

Time provides the historical framework in which things happen. Time has no innate ability in itself.

Time simply is. It cannot do anything.

Time is quantitative, and not qualitative.

Dr. Antony Theodore
Timeless - Are - The - Values

Values are timeless, fixed and eternal

but are creatively unfolded within the historical process through human praxis

within specific social relations.

Dr. Antony Theodore
Eternal life is not everlasting life. 'Everlasting' is still within time. Eternal means timeless - no time. What is timeless is beyond our comprehension.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Timelessness.

People are inclined to think that in Spirit never ending time means time without end, but it means timelessness.

There is no time in Spirit, it exists only in the human world.

I guess the Psalmist was referring to a lifetime of 70 years on earth.

To reach 70 years back then would be a major miracle, today it is quite normal.

"From everlasting to everlasting, you are God" (Psa.90: 2 of the Holy Bible).

The days of our years are threescore years and ten (v.10).

(Written from the comments of the great poetess Marie Shine of Listowel)

Dr. Antony Theodore
Tinged With Doubt

The mystical experience cannot be reduced to logical formulation or adequately expressed symbolically.

But there is a conscious awareness of God, though it is ever tenuous and tinged with doubt.

Dr. Antony Theodore
To - A - Non - Theist

Those who believe
in love, kindness,
and compassion,
are in fact,
vulnerable,
ignorant, and weak
as a non-theistic
view would show.

In this view
the definitions
of virtue
and nobility
and the superior
examples
of humanity,

are those who
excel in devising
the greatest
physical power.

A global conquest
and control, and
power driven acts
will be the
final result.

Dr. Antony Theodore
To - Affirm - The - Dignity

Mercy is love that suffers the misery of another to affirm his or her dignity.

This is one of the most beautiful ways a person can be like God.

This is the way of the Cross.

Dr. Antony Theodore
To - Be - Alone - With - God

As followers we want to serve God well as long as possible.

To do that, we need to tend to our spiritual nourishment and spend quality time alone in His presence.

What a waste it would be, if we do not care about our health while serving the holy Gospel.

Let us refresh our hearts, body and mind for God.

Dr. Antony Theodore
To - Be - Aware - Of

Becoming aware of the present moment.

It is at the heart of mindfulness practice.

Know what present moment awareness entails.

Clarify for yourself different aspects that one can become aware of.

Dr. Antony Theodore
To - Be - Born - Again

Unless one is born again, he cannot see the Kingdom of God. Christ said it.

(John 3: 3 of the New Testament of the Holy Bible)

Dr. Antony Theodore
To - Be - Formed - In - God

There is no circumstance of life that the Lord did not know, for He knew you before you were conceived.

Nothing you do surprises or startles the Lord.

He knows every step.

He knows the difficult situations you face,

and He uses each circumstance in His sanctifying process as you yield to Him, and as you allow Christ to be formed in you.

Dr. Antony Theodore
To - Become - Selfreliant

If rejection comes from a parent, then the sense of rejection is all consuming,
more painful than the pangs of hunger which assail the body as it assails the mind.

Outside of that type of rejection, rejection from others pales into insignificance.

We can use it to become self reliant, depending on nobody for anything.

It can make us stronger than we are.

(Written from the comments of the great poetess Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Every human being
is really engineered
for success
by the creator
personally for you
and God wants it
happen in you.

God will be the happiest
when you becomea very
creative and happy man.

Dr. Antony Theodore
To - Be-Joyful - In - Hope

Just as they became
imitators of both
Paul and Christ,

so we, as the Body
of Christ, are to
pattern our lives
on the Lord Jesus.

We are to be joyful
in hope, patient in
tribulation, and
persistent in prayer.

Dr. Antony Theodore
To - Bless - Or - Wound

Watch your words diligently. Words have such great power to bless or to wound.

When you speak carelessly or negatively, you damage others as well as yourself.

This ability to verbalize is an awesome privilege, granted only to those God created in God's own image.

You need help in wielding this mighty power responsibly.

Dr. Antony Theodore
To - Bring - Solace, - Sympathy

Just as David found
himself to be
spiritually parched
and in need of direction,

so saints down through
centuries of time,
have turned to
these words to
bring solace, sympathy,
healing, and hope
in this broken world system.
(Ref. to Psalm 23 of the Holy Bible)

Dr. Antony Theodore
To - Calm - Our - Minds

Meditation
is the best way to
calm your mind
and give you immense
peace of mind.

Sitting still
with eyes closed
our minds become
calm giving us inner
peace and consolation.

When eyes open,
we take in a lot
of images that stir
our minds and emotions.

(Graphic: beginners-guide-to-sitting in meditationgoogle builder)

Dr. Antony Theodore
To - Die - For - God - Is - Gain

Paul's motivation in life
was to elevate Jesus.

But when he wrote
these words, he was
incarcerated in a Roman
prison cell, with the sentence
of death hanging over him.

Even a Roman gallows
could not prevent him
from living for Christ,
and so he was able to
conclude, "and to die
for Christ is gain."

(Reference to the letters of Paul

Dr. Antony Theodore
Driven by the desire
to discover the
ultimate truth
of existence,
human beings
seek to acquire
those universal
elements of
knowledge which
enable them to
understand themselves
better and to
advance in their
own self-realization.

Dr. Antony Theodore
To - Do - Good

There is almost no single person who would deny that right and wrong exist on some level.

The inborn tendency to do good and to care for others especially in need is the rule of the love of the neighbour preached by Christ. Love God and your neighbour as yourself.

Dr. Antony Theodore
To - Do - The - Will - Of - God

Christ's food was to do
the will of the Father
Who sent Him and
we are to be like Him
and carry out His will
and purpose for us.

But there is so much
more to Christlikeness
than doing what He did.

We are to be transformed
into the image and
likeness of Christ

Dr. Antony Theodore
The higher the emotional intelligence, the more cooperation can be fostered.

Emotional Intelligence is the new smart way to get into relationships and to keep it in real joy.

Dr. Antony Theodore
To - God - Be - Glory

Every creature
in heaven and on earth
and under the earth
and in the sea,
and all that is in them,
Praise God Almighty
giving Him glory,
honour and might.

Everything belong to God.
God is the origin and reason
for all that is existing in the universe.

Dr. Antony Theodore
To - Hear - And - Obey

The Lord chose the tribes of Israel and the house of Jacob to be His own special people, and He made a conditional covenant with them on Mount Sinai.

They were sanctified to the Lord and became His consecrated people.

The nation of Israel was set apart as God's portion, not only collectively but individually.

Each generation was to be holy unto the Lord.

Each person was to hear and obey the holy law of the Lord God of Israel.

Dr. Antony Theodore
To - Know - Oneself

In the human heart, there is a desire to know himself so that, by knowing and loving God, men and women may also come to the fullness of truth about themselves.

Dr. Antony Theodore
To - Live - In - God's - Presence

To live in My Presence consistently, you must expose and expel your rebellious tendencies.

When something interferes with your plans or desires, you tend to resent the interference.

Try to become aware of each resentment, however petty it may seem to you.

Dr. Antony Theodore
To - Magnify - The - Lord

Paul's dear desire
was to magnify
the Lord and enable
the brilliance of the
glorious gospel of
Christ to shine out
over this darkened,
sin-sick world.

He longed that
those who were
dead in their trespasses
and sins would be
attracted to Jesus,
and find their great
salvation in His Person
and in His forgiving love.

Dr. Antony Theodore
To - Overcome - Fear

We shall pray for healing
emotional and physical pain,

for tissue healing and
immune system boost,

for overcoming fear
and nervousness,

for removing
negative energy.

Dr. Antony Theodore
To - Penetrate -And - Possess

Ask God to penetrate
and possess
the whole being
with God's divine light
flooding our souls
with fragrance.

Ask God to shine
through us that
others may feel
that God is present
in us mysteriously.

Dr. Antony Theodore
To - Plant - My - Feet

Loving Father
it is the desire
of my heart to
acknowledge You
in every way,
because I love You.

Thank You that You
are with me to lead
and direct in all
life's decisions
and to plant my
feet on the straight pathway.

Dr. Antony Theodore
To - Reach - Beyond - My - Grasp

Without a meaning
can I ever live?

I live with an unexplainable
urge to reach beyond my grasp.

I am always guided by the One
in whom I set my faith

Dr. Antony Theodore
To - Rest - And - Recharge

Even as the Earth groans
under the weight
of our collective
demands,

the political
climate is more polarized
than ever,

and the tyranny
of tasks in our everyday lives
may be making it difficult
to rest and recharge...

Then, shall we think
of these verses:

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”


Dr. Antony Theodore
To - Satan's - Chagrin

But to Satan's chagrin,
Jesus Himself was
in charge of the
events and people
involved in the story.

He had set His face
toward this goal
to achieve His end
of blowing open a
carefully prepared
but tiny cultural
enclave of redemption
and stepping upon
the stage of world history.

(„I, when I am lifted up from the earth [in crucifixion], will draw all people to
Myself“. — John 12: 32 New Test. o The Holy Bible)

Dr. Antony Theodore
To - Speculate

Through philosophy's work, the ability to speculate which is proper to the human intellect produces a rigorous mode of thought; and then in turn, through the logical coherence of the affirmations made and the organic unity of their content, it produces a systematic body of knowledge.

Dr. Antony Theodore
To - The - Gospel - Of - Grace

Paul's desire was to bring glory to God alone,
Who picked Paul up,
out of his own legalistic religiosity, and
brought him out
of darkness of the Law,
into His glorious light
of the gospel of grace.

(Paul was touched by Jesus and experienced conversion in Damascus)

Dr. Antony Theodore
To - The - Grave

Living in this materialistic world, we focus mainly on tangible material things.

We get so attached to material items.

We want a bigger house, a shinier car, and more cash in the bank. But what we forget is that we can never take all these things with us to the grave.

Dr. Antony Theodore
To - The - Ineffable - Mystery

Enjoying
the state of mystery
that stirs
in the spiritual heart,

a new attitude
is created, in which,

the intuition of
our Ultimate Reality
dominates and

we are in a state
of perpetual
surrender and
expectancy,

in an unconditional
openness to the
ineffable mystery
of the pure "I am;"

Dr. Antony Theodore
To - The - Pure - Presence

When we begin with the Self-Enquiry,

the emphasis shifts from a preoccupation of finding out who we are which, when first starting,

is done in accordance with our usual mentality,

with the rational mind to the Pure Presence of the Spiritual Heart.

Dr. Antony Theodore
To - Transform

We must allow God to use us to transform the world through the Holy Spirit alive in our souls, which are, at one and the same time, both human and spiritual.

Dr. Antony Theodore
To - Trust - In - God's - Love

My memory needle
pricks on my mind.
It gives me images

of the wonders of
the Almighty God
who blessed me with
joys and sorrows.

Through sorrows
God taught me
to trust in His care.

Dr. Antony Theodore
To - Your - Real - Home

This earth is not
your abode.

You walk through
in the company of angels.

A day will come
when your angels
will carry you on their wings
to your real home,
the abode of God.

Dr. Antony Theodore
To A Point That Sets Fire To The Spirit Of Man.

The mystery of Christ in the Gospels concentrates the rays of God's light and fire to a point that sets fire to the spirit of man.

Through the glass of His perfect human life, He concentrates the rays of His Divine Truth and Love upon us so that we feel the burn, and all mystical experience is communicated to men through the Man Christ.

Dr. Antony Theodore
To Accept Myself As I Am.

The Pure Self in me
is beautiful.

The inner light is in my pure Self.

When I become aware of it
my confidence grows.
I allow it to shine brighter and brighter
by listening to the murmurings of God.

God helps me to give myself
all the Respect, Love and Self-esteem.

I learn to love myself
to accept me as I am.

I am the being that I am
while God dwells in me.

Dr. Antony Theodore
To Battles - And - Sacrifices

We are sometimes called upon to battles and sacrifices that we are not prepared to make.

Yet that, too, is part of the overall trial.

These are not moments of resignation. But moments of virulent action.

Our Lord has entrusted us with this particular and present time, and we must be both worthy and brave in facing this hour.

(Written in the context of Covid 19 Crisis)

Dr. Antony Theodore
To Be A Neighbor

To be a neighbor,
the victim did
not need to be
kin or countryman
or someone to
whom the rescuer
had made a commitment.

(Reflection on
the Parable of
the Good Samaritan
of the holy Bible)

Dr. Antony Theodore
To Be Love Is Natural.

To be love
Is only natural
to a human being
understood in
spiritual terms.

Our journeying
away from love
is really unnatural
for a human being
because we are
created for love.

Dr. Antony Theodore
To Be Spared From Every Suffering,

To be spared from every suffering,
No, I do not wish that to you.

The future path of life
be laid on by roses for you,
No, I do not wish that to you.

That you never have to cry bitter tears
and never experience pain
No, I do not wish that either.

In tears, the heart can be purified,
be ennobled in suffering.

Pain and distress is good
to form a special togetherness in love,
whose smile will heal and bless you.

(Graphic: Una Gota de Fe saved to FOTOS PARA ARTES pinterest)

Dr. Antony Theodore
To Become The Quiet Presence

God beyond all religions,
give me the power
of grasping
that I may integrate,
thus helping me to blend
into a total wholeness
the quintessential ideas
of Buddhism and
Vedanta thought.

Help me to become
the quiet presence
that listens to you.

Dr. Antony Theodore
To Behold The Beauty Of God.

It is my great desire
to behold the beauty of the LORD
and to meditate in His temple.

Come to Worship the LORD in holy array.
Ascribe to the LORD the glory due to His name.

Your eyes will see the Almighty in His beauty.
Blessed are the feet of the one
who brings good news to generations.

They will receive garlands
of sweet smelling jasmine.

God will pour the oil
of gladness on them.

The mantle of praise and joy
shall be given to them.

So be an oak of righteousness.
Glorify the Almighty and ever loving God.

Dr. Antony Theodore
To Desire For A More Conscious Realization

A special grace is given to some that impels them to desire and seek a more conscious realization of the union with God.

In their search, they come to know the One by whom they have been found and is known.

Dr. Antony Theodore
To Embrace The Beauty In Its Entirety.

We live in a prison
of the delusion
of our own
consciousness.

Free ourselves from this prison.
Let our circle of compassion
become wide to all living creatures
to embrace beauty of nature
in its entirety.

Dr. Antony Theodore
To Experience The Universal Unity

To experience
the universal unity,
the mystic immerses himself in the spirit.

The mystic is convinced that
the reality lies beneath the surface,
the appearance of things.

There is a spiritual dimension
that invests matter with whatever
meaning and value it has.

Both the poet and mystic synthesize
the diffused experiences of life
into a discernible pattern.

Dr. Antony Theodore
To Grasp The Common Religious Aspirations

It is a matter of sharing and of walking together into contradictions to grasp the common religious aspirations of humankind and thus to fulfill its groping for transcendent experience.

Dr. Antony Theodore
To Inner Desert Frontiers

The poetic vocation calls a man to inner desert frontiers, in order to dip into the ocean of unexploited forces in him to draw from it a personal provision of grace and vision.

Dr. Antony Theodore
To Listen To The Cry Of The Poor.

Since Christ's death on the cross,
there lives a promise
and a hope in our lives.

His spirit prepares us
always anew to go
to other shores.

He gives us confidence
to try even the impossible,
to stay alert, to tell the truth
not to break a kinked reed,
not to extinguish a smoldering wick.

He commands us
to straighten up, the bent
not to leave the wounded alone
not to dumb a mouth and to
listen to the cry of the poor.

Dr. Antony Theodore
To Live In More Intimate Communication With The Mystery

Union is affected by God himself and it remains a mystery to the man.

Man is sustained by a deep mystery.

It is of silence, of incomprehensibility of God's will and God's love.

The mystic feels that he is personally called to live in more intimate communication with the mystery.

Dr. Antony Theodore
To My God Who Has No Face I Call.

This morning i love you my God.

In the night I climbed up the hill.  
The rocky way was not hard  
while I thought of you always.

You are my Lord and God.

My heart will not come to peace  
until I reach you my God and Lord.

This holy morning I reached the top.

I call you looking up to the heavens.  
I raise up my hands to you.

Do you listen to me my God?

Come and show me your face  
oh the faceless and body-less one.

(Graphic: Photographic Journey24_zpsttqlqkfy)

Dr. Antony Theodore
To Penetrate And Possess

Ask God to penetrate and possess the whole being with God's divine light flooding our souls with fragrance.

Ask God to shine through us that others may feel that God is present in us mysteriously.

Dr. Antony Theodore
To Please - God

When the eyes of our heart are focused on God The Almighty, in love, and all we desire is to know Him more, and to please Him in everything we do, then it matters not which path you take, for He will be there leading you, and He will be there guiding you, no matter what path you choose.

Dr. Antony Theodore
To Prostitutes, You Told: „don't Sin Again‟

Lepers were your friends.
You touched their wounds.
You healed them and hugged them.
Their skin creamed without blemish.

To prostitutes, you told: „don't sin again‟;
lifting your right arm to bless them.
They smiled in your presence
and they knew the beauty of love.

Your simple life is light to our paths
in this mad material world.
You fed the poor and cared for the needy
adorned with the feathers of kindness.

You are my Christ whom i adore
You are my Christ whom i love.

(Pinterest Genomaaa's collectionsWhy does Jesus say "Go and sin no more" when it is impossible?
Redeeming God
go and sin no more)

Dr. Antony Theodore
To Sing In The Secret Caverns

God chooses many poets
from this world
to go out
and sing poems
of love and purity
in the secret caverns
of the human soul.

Change human beings O poets.

God calls you
to sing his hymns
in this terrible world.

Dr. Antony Theodore
To Spread The Message Of Love

God needs people who live their salvation in this world in communion with and among themselves.

God needs people who spread His message.

Let us look for people like you and me, people with an open heart.

Let us look for people who engage in friendship with God.

Look for people who rely on God’s encouraging word: “Do not be afraid!”

(Graphic: KRISTINA no Pin Limit! I Am Just Me hat sich etwas auf True gemerkt.)

Dr. Antony Theodore
There were many times in David's life when he was alone, afraid, and in great anguish, and Psalm 56 was written when the Philistines had captured him in Gath.

The introductory note to the Psalm, tells us that this poignant little song was to, "The Chief Musician," and was set to, "The Silent Dove in Distant Lands."

(Ref: Psalm 56: 1)

Dr. Antony Theodore
To The Full Transcendent Liberty

The combination
of the natural techniques
and the graces
that has been manifested
in Asia and the Christian
liberty of the gospel
should bring us all
at last to that full
and transcendent liberty.

Dr. Antony Theodore
To The Green Valley Would You Come?

Would you come with me
to the green valley?

Shall we walk up
to the green hills
and then run down
together to the valley.

In your smiling eyes
I will see the dieties
dancing and reveling
in passionate romance.

Your presence gives me
immense joy in my soul.
Do you call this love?

Is it the love experience
that poets write
with a secret smile?

Shall we lie down here
on the green valley
in the mild light
and whisper words of love
of which the angels
will become jealous?

(Graphic: Antonia Ost hat sich etwas auf ??????? gemerkt.
150
??????????? Pinterest)

Dr. Antony Theodore
To The Inner Mount

God,
lead me to the garden of the soul,
to the inner mount,
to the inner cave
where you will talk to me
in the ears of my heart.

Dr. Antony Theodore
To The Most Beautiful Angels I Prayed.

I was very lonely today.

So i knelt down and prayed to the most beautiful angels.

I always believed that angels listen to me when I pray with a lowly heart.

Angels are busy killing the devils on earth.

So they sent tonight a lovely fairy to me with butterfly wings.

(Graphic: Lilac Lilac saved to Goddesses Twitter)

Dr. Antony Theodore
To The Only Country Of The Soul.

The mysterious Traveler
to the only country of the soul
is known by his detachment,
charity, humility and patience.

The ascetic life makes him perfect
in his knowledge of the goal
but deficient in the power of reaching it.

The second stage is attained
by the casting off his burden.
It is a total renouncement
where he becomes totally free.

The third step is to develop
the characteristic mystical qualities:
attraction, devotion and elevation.

In this elevated state of mind
the Pilgrim receives the gift of joy.
This joy is indescribable.

Dr. Antony Theodore
To -Think

We have lost our souls
to a cyber world
that does nothing
to enrich our
lives in God.

Dr. Antony Theodore
To Worship The God Of All

From the secret
and unspoken unity
in myself can eventually
come a visible
and manifest unity
of all religions.

What a wonder it would be
when people of all religions
come together to worship
the God of all
who is beyond all religions.

Dr. Antony Theodore
To Worship Together As One Humanity

Almighty God,
beyond all religious
concepts that separate
human beings from
human beings,
I call up on you
come and save us.

God you are One
and only One.

Give us the sense
and deep faith
to unite all in You
and worship together
as one humanity
in love and humility.

Dr. Antony Theodore
Tobecomesilent

Be in the noise,
walk along the
noisy street.

Learn to become silent.

Dr. Antony Theodore
Today - I - Rise

Today, I rise for battle with
God's Power guiding me,
God's Might upholding me,
God's Wisdom teaching me.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
Today I Sat To Collect My Tears

I sat to collect my tears
in an earthen cup
and hid it carefully
behind my smiling mask.

I hid my sufferings and grinned
at everyone on the way.

They thought i am happy
but it was a simple lie.

I hid behind my mask
my painful bleeding heart.

Everything is torn inside me.

They saw only my mask.

The memory of those who
cheated me purposely
carved my soul and heart.
I cried silently and prayed.

My prayer to christ was:

Thank you Lord for helping
me to join in your passion.

They crucified me and I bleed.

Today i want to pray:
„God forgive them‟, but
I am a simple human being.
Please give me your forgiving mind.

Dr. Antony Theodore
Today I Wait For You  O My God.

Last night I waited for you.
On my knees I remained
thinking of you my God.

Did you come to me
when I fell asleep
during my prayer?

When I woke up did I sense
the smell of the roses
which angels threw on your path?

When I got up did I feel that someone
came to me in my sleep
to cut away with the sharp sword
my selfish desires and thoughts?

Was it you who came?

Dr. Antony Theodore
Today I Yearn For Her Kisses.

In my childhood
I loved playing in the rain.
I sang songs in the rain.
My mom scolded me.

But oneday I took her
also with me in the rain.
She began to sing with me
and danced in the rain.
She hugged me in the rain
singing all the way.

These are my sweet memories
of my childhood with my beloved mom.

Today I yearn for her kisses.

(Graphic: Singing in the Rain | Tim Hopgood | Macmillan..google Bilder)

Dr. Antony Theodore
Tolerance - And- Patience

Do you think lightly
of the riches of God's kindness
and tolerance and patience,
not knowing that the
kindness of God leads
you to repentance?

Yes it is God's kindness
that saves us from
all inequities.

Dr. Antony Theodore
Tolerance And Love.

Do everything to enhance communication, understanding, tolerance and love.

This world is full of hatred and ego. make this world a world of love.

Dr. Antony Theodore
Tone - Of - Love

This tone of love
that I send you
will create
waves of love in you.

It can be used for
dealing with
relationship-problems
those in family,
between partners
and friends.

Dr. Antony Theodore
Too - Busy - For - Inspiration

We cannot attain to a vision, we must live in the inspiration of it until it accomplishes itself.

We get so busy with life that we forget the vision.

At the beginning we saw it but did not wait for it.

We rushed off into practical work, and when the vision was fulfilled, we lost the grace to see and understand it.

Waiting for the vision that tarries is the test of our loyalty to God.

It is at the peril of our soul's welfare that we get caught up in busy work and miss the fulfilment of the vision.

Dr. Antony Theodore
Too Concerned With Trivialities.

Someone who sits in my soul
is telling me that I am
too concerned with trivialities.

My life is losing itself
in trifles.
I am evading
my chief responsibility.

(This is an experience in prayer)

Dr. Antony Theodore
Totally Alone, Abandoned.

Elijah felt totally alone, abandoned, and afraid.

There, he heard from God and pleaded his martyr case before the Lord:

"I’ve been working my heart out for God because the people of Israel have abandoned your covenant,

destroyed the places of worship, and murdered your prophets.

I am the only one left, and now they’re trying to kill me;"

(Ref. to 1 Kings 19: 10)
Graphic: Amor Leon saved to Jesus Christ, pinterest)

Dr. Antony Theodore
Touch -Me

Touch me
to feel life in you.

Only when you go out
of your own self
to touch, to feel,
only then, you will
know what is love.

Dr. Antony Theodore
Touch The Soul In Love

In true love,
you experience the Spirit.

Then you touch the soul.
You touch the mind.

You touch the other's
spiritual faculties

and not the body.

(Graphic: i-love-you-quotes-for-himHenry Ward . google pics)

Dr. Antony Theodore
Touched By The Affection

Observe the animal world. Who is not touched by the apparent affection a female is able to give to its puppies.

But it shocks us when we see how cruel that same animal can be to other animals who are not her offspring.

Human love is not merely emotional.

It contains an element of insight.

Besides loving her children a mother also loves other children.

Dr. Antony Theodore
Towards - Greater - Happiness

A Utopian approach seeks to direct attention to a broader conception of the Good Life

and a consequent need to view society as a joint enterprise in which the notion of a collective good

can be expressed meaningfully, and can be seen to be expressed in progress

towards greater happiness, fulfillment, well-being, both material and spiritual and harmony.

Dr. Antony Theodore
Towards The Eternal Presence.

Our journey is toward
the very source of being,
toward the eternal presence,
toward oneness with the Mystery.

Dr. Antony Theodore
Towards The Intuition Of Reality

All the prayers,
all the enjoyment
of the silence of the heart
aims at and ends up
in a passionate striving
toward the 'direct
intuition of reality'.

Dr. Antony Theodore
Towards The Source

The journey of a poet
is toward
the very source of being.

A poet travels
to the eternal presence,
toward oneness
with the Mystery.

Dr. Antony Theodore
Towards The Very Source

My journey is toward
the very source of being,
toward the eternal present,
toward oneness
with the Mystery.

Dr. Antony Theodore
In Beyond Good and Evil, Nietzsche subjects past philosophies to withering criticism, taking apart the grand metaphysical systems of traditional morality as imprisoning the moral sense and sensibility of individuals, accusing people of blindly following dogmatic premises instead of engaging in a genuinely moral behavior.

Dr. Antony Theodore
Transcendence

The doctrine of Immanence is often contrasted with theories of transcendence,

in which the divine is seen to be outside the material world.

Dr. Antony Theodore
Transcendence And The Cosmic Dance

Self-transcendence
and the Hindu concept
of the 'cosmic dance'
in its eternality can be
united with the Christian
mystic experience
of grace and Christ-identification.

Dr. Antony Theodore
Transcendent - Entity

The concept of a transcendent entity as the source of morality and ultimate justice is an essential foundation of rational human life and functioning.

Without a transcendent authority or standard, the numerous pursuits and values of humans are merely peculiar delusions characteristic of the human species.

Dr. Antony Theodore
Transcendent - God

Divine transcendence and immanence are the related religious doctrines that while God is exalted in his royal dignity and exercises.

God is the controlling authority in his creation. (transcendence)

Dr. Antony Theodore
For Karl Marx, like his mentor Hegel, values are simply made-up, social constructions dependent upon the politics and the customs of time and place.

Plato repudiated this view in favour of a transcendental conception of justice, one that is independent of transitory human institutions.

Dr. Antony Theodore
Kant's work on the mind and consciousness of self is seen by some commentators as dependent on his idealism.

He called it transcendental idealism.

Dr. Antony Theodore
Transcendental Sense In The Depths.

Deep in man
he has a seat of spiritual consciousness:
the place where he meets the Absolute.

It is the germ of truth in his real life.
That is the seat of that deep
tранscendental feeling,
manifested mainly as faith.

This transcendental sense
is such an integral part
of the complete human being
that it is affirmed by seers and mystics
of Egypt, Greece, and India,
the poets, fakirs,
the philosophers and the saints
of all times and creeds.

(The word 'he' is used here as a generic term denoting man and woman).

Dr. Antony Theodore
Transcending - Sensory - Functions

There is a capacity for acquiring knowledge that transcends our sensory functions.

This extra sensory capacity can give us knowledge certainly of objective and of subjective states,

knowledge of matter and most probably of supra-earthly minds.

Dr. Antony Theodore
Transcending - Understanding

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your heart and mind in Christ Jesus.


Dr. Antony Theodore
Transcending The Stultifying Artificiality

We must keep our liberty awake,
ready at any moment to transcend
the stultifying artificiality
of common existence
with decisions that affirm
our inner, spiritual identity.

We are sons and daughters
of divine origin and progeny.

Dr. Antony Theodore
Transfigured - Passions

In order
to reach our
divine destination,
our passions must
be transfigured.

Our life’s journey,
crucially, must
encompass the
dimension of
human affection
elevating it
it into the divine.

Dr. Antony Theodore
Transform Me.

God’s Holy Spirit,
fill me with your presence
and transform me.
I want to be a new being.

The old is gone.
The new has come
because i am in your presence.

Dr. Antony Theodore
Transform Yourself First.

Transform yourself first.
How do you achieve that?

Through observation,
through understanding,
without interference,
without judgment on your part.
Because
what you judge, you cannot understand.

Simply observe.
Simply observe yourself.

Dr. Antony Theodore
Transformation

Let God transform you into a new person by changing the way you think.

Be joyful in hope, patient in affliction, faithful in prayer.

(ans 12: 2)

Dr. Antony Theodore
Transformation is a continuing process.

The degree and the intensity of the transformation depends precisely on our union with the Spirit of God, on the purity of the image within us.

Dr. Antony Theodore
Transformation Is A Continuing Process.

It means the complete, radical removal of everything in us, that is not capable of being divinized.

Transformation is a continuing process.

The degree and the intensity of the transformation depends precisely on our union with God's Holy Spirit, and on the purity of the image of God within us.

Dr. Antony Theodore
Transformation Of The Being

Some see the Divine as a Transcendent Life immanent in the world and self.

There is a spiritual seed within them by whose development, one, moving to higher levels of character and consciousness, attains his end.

They will see the mystic life as involving inward change rather than an outgoing search. Transformation of the Being or Regeneration are the watchwords here.

Dr. Antony Theodore
Transformational Mental Tool

Personal development can be a powerful and transformational mental tool.

You should have the inner motivation to follow it through.

It is a lifelong process.

After facing various challenges in life, self-development can be so powerful that it will make out of you a great person and change you for life.

Dr. Antony Theodore
Transformative - Grace

Through asceticism, you'll be drawn into that most prized form of prayer that transcends your efforts and allows for God's transformative grace to work more fully in your soul.

Dr. Antony Theodore
Transforming - Our - Mind

Often times we connect these spaces to physical, sanctified locations.

But, as the Savior suggested, some Sacred Spaces are not limited by such boundaries.

Any space becomes sacred when it transforms our mind and awakens our soul to discover the Kingdom of God, not only around us, but also within us.

Dr. Antony Theodore
Transforming -Existence

It depends on the extent to which knowledge is used to transform existence in such a way as to enable human beings to live full and flourishing lives.

Dr. Antony Theodore
Transforming Our Corner Of God's World

God calls us to transform
our corner of God's world
to cultivate it into a terrain
of justice and peace.

Too many live in parts of the world
where fear and violence,
hunger and death,
war and nuclear threats
are their daily food.

Distress, want, deprivation
rape, stealing away
all that is precious
to a human being....

Cruelty reign in our world.

What shall I do?
I shall transform my corner
of God's world and cultivate
it into a terrain of justice and peace.

Dr. Antony Theodore
Transgressing trials

Are our eyes opened
to recognize the signs
of God in our daily lives?

Are we able to transgress
our own trials and sufferings
to allow the timing and delay
of God’s promises
to increase our hope?

Dr. Antony Theodore
Transition - Time

Christ does not move immediately from one dramatic story to another.

There was transition time between those demands

Time to process what had happened; time to catch their breath before the next encounter.

That was the pace Jesus felt was reasonable for people engaged in important things and wanting a life with God.

Dr. Antony Theodore
Translation - Of "I Am Your Baby Mum" By Nikho Schin Valle

Nikho Schin Valle (Philippines ;)
To:
Dr Tony Brahmin
Date Time:
4/9/2020 4: 00: 00 AM (GMT -6: 00)
Subject:
Sir, this is the translation for your poem about the abortion It's the best that I can do but it would be better if you find a better translator because I am a bisaya and this is the best t
Ako ay iyong anak ina.
Ako ay di nanggaling sa aking sariling ina.

Ang mga anghil ng Diyos lumipad pababa tungo sa iyong sinapupunan
Galling sa makapangyarihang kalangitan
At nilagay ako sa iyong banal na sinapupunan.

Di ako nanggaling sa aking sariling ina
Ginusto ito ng diyos.

Ako ay masaya sa aking bagong kuweba ng pagmamahal,
Sa iyong banal na sinapupunan.
At ako'y natulog doon ng mapayapa.
Nanuod ang mga anghel.
Sila ay nagdasal
Para ako'y palaging ligtas
Hanggang sa ako'y isilang sa balat ng lupa

Nagsanay sila ng makalangit na kanta para sa pagsilang
Para tumugtog ng mga gintong alpa sa aking kaarawan.

Ng ako'y natutulog sa iyong sinapupunan
Ang mga anghel ay pumupunta sa akin.
Di mo lang ito alam, aking pinakamamahal na ina.

Masaya ako na ako'y pinanganak
Bilang iyong pinakamamahal na anak.
Ginusto kung ngumiti
Ginusto kung kumanta
Ginusto kung maglaro
Ginusto kung sumuso sa iyo upang mainom ang gatas sa iyong suso
Hanggang sa ikaw ay kuntento na.
Ginusto kung Makita ang ngiti sa iyong mukha
Habang sinisipsip ko ang gatas mula sa iyong mapagmahal na suso.

Yan ang aking pangarap sa loob ng iyong sinapupunan, ina.

Ngunit sa isang malupit na araw
Pinili mong kitilin ang aking buhay.

Ang mga demonyo sa impyerno
Ay nadinig ang desisyon.
Dinala nila ang pinaka maingay na tambol,
Tumugtog ng mala-demonyong indayog.
Ang lahat ng mga demonyo ay nagtipon,
Nagtipon at sumayaw ng pabilog,
Habang tumatalon at kumakanta.
Sumayaw sila ng naka hanay.
Sumayaw sila ng pabilog.
Sumayaw sila gamit ang kanilang paa.
Sumayaw sila gamit ang kanilang mga ulo.
Kinanta nila ang pinaka mabangis na kanta
At tumugtog ang mga demonyong tambulero.

Ang buong impyerno ay masaya
Na pinili mong ako ay patayin.

Alam mo ba kung gaano ako umiyak?
Alam mo ba kung ilang anghel ang umiyak?
Alam mo bang ang buong kalangitan ay umiyak
Ng araw na ako'y namatay sa iyong banal na sinapupunan?

Sa mga sandali bago ako'y malupit na pinatay
Nakita ko ang makapangyarihang Diyos na umiiyak at walang magawa.

Dr. Antony Theodore
Translation By Christopher Teale Of The Poem "I Am Your Baby Mum".

Dear ,

I'm sorry it took so long for me to get back to you about this request. I am an Engineering student, so time has been short while I've been studying. However, I did manage to translate the poem to the best of my abilities into Spanish, which is one of my two mother tongues. In the text below, I have copied my translation for you. I hope all is well, and that you continue to reach into people's hearts with your words.

Kindly,

Christopher

Yo soy tu bebé mamá:

Yo soy tu bebé mamá.
No vine por mi cuenta mamá.
Los ángeles del Cielo bajaron a tu vientre
y me colocaron en tu santo vientre.

Yo no vine por mi cuenta mamá
Así lo quiso Dios.

Era tan feliz en mi nueva cueva de amor,
en tu santo vientre
y en paz ahí dormí.
Los ángeles me miraban.
Ellos rezaban
para tenerme siempre a salvo
hasta que naciera en la faz de la Tierra
Practicaron con esmero canciones de natividad
para tocar sus doradas harpas en mi nacimiento.

Cuando dormía en tu vientre
los ángeles venían a mí.
Tú no lo sabías, querida Madre.
Estaba tan feliz por nacer
y tu amado hijo por fin ser.

Quería sonreír
Quería cantar
Quería jugar
Quería tomar tu leche materna
hasta que tú estés satisfecha
Quería ver la sonrisa en tu rostro
Cuando haya tomado toda la leche de tus amados senos.

Esos eran mis sueños en tu vientre Mamá.

Pero en un cruel día
decidiste matarme.

Los demonios del Hades
escucharon tu decisión.
El más sonoro tambor consigo trajeron,
y sus satánicos ritmos tocaron.

Todos los demonios se reunieron,
danzando en círculos vinieron,
cantando y saltando.
Haciendo filas danzaron,
haciendo círculos danzaron.
Sobres las puntas de sus pies danzaron
Sobre sus malvandas cabezas danzaron
Las canciones más salvajes cantaron
y los malditos tamborileros sus tambores tocaron.
Todo el infierno se alegró
Que habías decidido matarme.

Tienes idea cuanto lloré?
Tienes idea cuanto los ángeles lloraron?
Tienes idea cuanto el Cielo lloró?
El día de mi muerte en tu santo vientre.

En el instante antes de mi cruel asesinato,
vi al Dios Todopoderoso, impotentemente llorando.
Dr. Antony Theodore
Translation By Mary Skarpathiotaki Of Iam Your Baby Mum

Mary Skarpathiotaki (Thessaloniki Greece; Female; 50)
To:
Brahmin
Date Time:
12/19/2017 9: 33: 00 AM (GMT -6: 00)
Subject:
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Translation By Poetmetin Sahin Of "I Am Your Baby Mum"

From:
Metin Sahin (? isparta Turkey; Male; 75)
To:
Brahmin
Date Time:
10/17/2018 10: 29: 00 AM (GMT -6: 00)
Subject:
Re: Dear Poet Metin

DÜNYAYA GELMEDEN KATLEDİLEN -BEBEGIN FERYADI
WRITTEN BY....NY THEODORE...: : TURKISH TRANSLATION Metin ŞAHİN

ben senin sevgili yavrun..bebegin degil miydim ana...
bil ki ben kendeğimden gelmedim sana
tanrının melekleri
taa ulvi göklerden kanatlarını açarak geldi yanına
ve o kutsal rahişne yerleştirdi beni
ben sana kendiligimden gelmemiştim ana
bunu yüce tanrı istedi
çok mutluydum o sevgi dolu yeni sıgınagımda..yeni yerimde
o kutsal rahminde
orada...uyudum...mutlu ve hıuzurlu
melekler kolladı beni
dua ettiler bana
korumak için beni daima
yeryüzüne dogasiyadek
gelesiyyedek
dogum günümde söylecekleri şarkıları tekrar ettiler
söylediler..cennetten getirdikleri
altın harblerinin eşliğinde söylecekleri

senin o kutsal rahminde ben uurken
melekler swik sık ziyaret ederdi beni
sen bunun farkında degildin sevgili anam
dogacagım için çok mutluydum
senin sevgili çocuğun olarak
gülüm isterdim
şarkı söylemek isterdim
oynamak isterdim
aglamak isterdim
göğüslerinden süt emmek isterdim
kana kana
doyasıya
sen yeter deyinceyedek
o sevecen
göğüslerindeki bütün sütü tükettiğimde de
görmek isterdim yüzündeki mutluluğu...gülümsemeyi
senin rahmindeyken gördüğüm düşler...kurdugum hayaller buydu ana

oysa o ugresqluz...lanet günde
nasil da karar verdin beni öldürmeye...katletmeye

cehennemdeki şeytanlar
duydu bu düşünceni
getiirdiler en kocaman..en gürültülü davullarını
şeytanı danslarını oynadılar sevinçten
bütün şeytanlar toplandılar
birlikte halay çekerek oynadılar
halkalar..daireler halinde
şarkı söyleyip zipladılar
siralar halinde oynadılar
halkalar halinde oynadılar
ayuaklarının ucuna basarak oynadılar
taklalar atarak oynadılar başlarının üzerinde
en vahşi..en çılgın şarkılarını söyledi̇ler
davulları çalan şeytanlar da oynadı
bütün cehennem çığına dönmüştü mutluluktan sevinçten
beni öldürmeye..katletmeye karar verdiğinīnden

benim ne kadar ağladımı bilemesin
meleklerin de ne kadar ağladığını bilemezsin ana
bütün evrenin de ne kadar ağladığını da hiç bilemezsin
senin rahminde olduğum gün

vahşice öldürülmemden bir müddet önce
gördüm ki
beni o kutsal rahmine koyan yüce yaradanın bile gözlerinden yaş geliyordu
yüce yaradan ağlıyordu çaresizce

Dr. Antony Theodore
Translation By Shrouk Hammoud (Damascus Syrian; Female; 36) of "I Am Your Baby Mum"

From:
Shrouk Hammoud (damascus Syrian; Female; 36)
To:
Brahmin
Date Time:
10/15/2018 2:47:00 AM (GMT -6:00)
Subject:
Re: Re: Re: Dear Poetess

good morning dear Tony, here is your poem I have translated into arabic.

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What is the importance of a mother's love for her child? - Quora

Mother is a wonderful innovation from our almighty god, one day is not mother day but every day is mother day.)

Dr. Antony Theodore
Translation By The Poetess Houda Boukassoula Of I Am Your Baby Mum

From: Houda Boukassoula
To: Brahmin
Date-Time: 12/23/2017
Subject: Poem translation

Hi
You will find my translation of your poem I am your baby Mum into Arabic below. I heartily thank you for allowing me to take part in spreading this noble message. I would kindly ask you to tell me how to publish it in my collection of poem in PH.
Houda

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www.PoemHunter.com - The World's Poetry Archive
Translation In Spanish By Juana Cruz Of The Poem „I Am Your Baby Mum‟.

Translation in Spanish by Juana Cruz of the poem „I am your baby mum‟.

Yo soy tu bebe, mami.
Yo no decidí venir al mundo, mami.
Los ángeles bajaron del cielo y
Me depositaron en tu vientre sagrado.

Yo no pedí nacer, mami.
Dios lo quiso así.

Estaba feliz en mi nueva cueva de amor
En tu vientre sagrado
Y allí dormí en paz.
Los ángeles velaban
Y oraban
Para mantenerme siempre seguro
Hasta el día que naciera en la tierra.

Practicaban canciones angélicas de nacimiento
En sus arpas doradas para mi cumpleaños.

Mientras yo dormía en tu vientre
Los ángeles venían a verme.
Tu no lo sabías, mi querida mami.

Yo esperaba feliz,
Nacer como tu querido bebe.

Yo quise sonreír.
Yo quise cantar.
Yo quise jugar.
Yo quise mamar leche de tus senos
Hasta saciarme.
Yo quise ver una sonrisa en tu cara
Mientras yo me alimento
De tus amados senos.
Eran mis sueños en tu vientre, mami.

Pero un cruel día
Tú decidiste matarme.

Los demonios en el Infierno
Se enteraron de tu decisión.
Buscaron el tambor más alto
Tocaron sus ritmos más demoniacos
Todos los demonios juntos
Danzaron en círculos
Saltando y cantando
Bailaron en líneas
Bailaron en círculos
Bailaron en sus pies
Bailaron en sus cabezas
Cantaron las canciones más salvajes
Y los demonios tocaron.
Todo el Infierno estaba feliz
Que decidiste matarme.

¿Sabes cuánto lloro?
¿Sabes cuanto lloraron los angeles?
¿Sabes que todo el cielo lloro
En el día de mi muerte en tu sagrado vientre?
Un momento antes de que yo fuera cruelmente asesinado
Yo vi a Dios todopoderoso llorar inconsolable.

Juana Cruz Translated the poem
„I am your baby mum”; by Antony Theodore in Spanish.

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum' By Kostas Lagos Peristeri / Greece,

This is the translation of dr. Antony Theodore's poem 'I am your baby mum' by Kostas Lagos Peristeri, Greece,

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Dr. Antony Theodore
Translation Of 'i Am Your Baby Mum'... Devotional Creation In More Pure Form.

From: Sonia Deendayal (India ;)
Dear tony
I have translated your Epic Poem 'I Am Your Baby Mum' - devotional creation in more pure form. Thanks for opportunity for giving me chance of translation of epic 'I am your baby mum.
Have a nice day!
kind regards.
Dr. Antony Theodore
Translation Of 'i Am Your Baby Mum'..ou Madrazo
Ako'y Iyong Anak Ina From Phils

Ako'y Iyong Anak Inay -

ako pumaritong mag-isa
Pumanaoag akong mga anghel sa langit ay kasama
At sa iyong sinapupunan ako'y maiging ipinunla
Hindi ako pumaritong mag-isa
Ito ay ginusto ng may likha.

Ako'y balot ng ligaya sa bagong kanlungan
Sa sagradong kuweba ng iyong sinapupunan
Natutulog ng mapayapa at matiwasay
Habang ang mga anghel sa akin ay nakabantay
Sabay-sabay na nananalan
Hiling ay kaligtasan sa iyon piling.

Hangga't aking masilayan ang mukha ng daigdig
Awitin ng langit ay inihahandang isahimig
Kasabay ng tugtug ng ginintuang alpa
Upang sa'yo ay iparinig sa araw na itinakda
Habang nasa iyong sinapupunan nagpapahinga
Mga anghel paroot paritong bumabisita
Maging ito man ay lingid sa iyong kaalaman aking ina.

Ako ay sabik nang mailuwal
At maging anak na iyong pinakamamahal
Gusto kong ngumiti
Gusto kong kumanta
Gusto kong maglaro
Sumipsip mula sa iyong suso
Hanggang sa ako ay makuntento
Gusto kong masilayan ang iyong mga ngiti
Habang nakakanlong at ninanamnam ang gatas sa aking mga labi.

'Yan ang mga binuo kong pangarap
Na biglang naglaho nalang sa iisang iglap
Nang ang malupit na araw at dumating
At pinili mong sa iyong sinapupunan ako ay punitin.

www.PoemHunter.com - The World's Poetry Archive
Nay sa kaharian ng kasamaan ika'y narinig
Habang sinasasambit mong ako ay ipapunit
Tila may piyesta, malalakas na tambol
Nakakabinging tugtugin nakakapangilabot!

At lahat ng demonyo ay nagtipon
Sumayaw ng pabilog
Kumanta, tumalon
Sumayaw sa iisang linya
Sumayaw ng pabilog
Sumayaw ang kanilang mga paa
Pati narin ang mga ulo nila
Kantang nakakabasag-tenga
Mga tambol na nagbabadya
Ang buong impyerno ay nagdiwang, nagpakabusog
Habang ang mura kong katawan ay pilit dinudurog.

Aking ina batid mo bang akoy lumuha?
Pati na mga anghel na aking kasama?
Ang buong kalangitan ay nagdalamhati
Nung araw sa loob ng sinapupunan ako ay iwinaksi
At bago pa man ang munting hininga ko'y binawi
Ang Diyos ay nasilayan ng may luha sa kanyang mga pisngi.

This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum'. In Russian.. By Ekaterina M. Polischuk

Hello dear Antony,
I would like to sorry about the long time i didn`t write. I have translated the poem 'I am your baby mum'. It is in Russian. I thought about in what way it should be translated best. I wanted to create a ryme, nut it that case you would lose the meaning of the lines. that`s why I did the transtation which show the meaning close to the words you have written. It has some adoptations to our people minds but they don`t change the verse.

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Dr. Antony Theodore
Translation Of I Am Your Baby Mum In German By Peter Tweer

Mama, ich bin dein Baby

Mama, ich bin dein Baby.
Ich bin nicht in meiner eigenen Mama herangewachsen.
Gottes Engel flogen
vom mächtigen Himmelreich zu dir
und legten mich
in deinen heiligen Leib.

Ich bin nicht in meiner eigenen Mutter herangewachsen;
Gott wollte es so.

Ich war so glücklich
in meiner neuen Höhle der Liebe,
in deinem heiligen Leib
und schlief dort friedlich.

Die Engel beobachteten mich.
Sie beteten,
um mich immer sicher zu bewahren,
bis ich auf Erden geboren werde.

Sie übten himmlische Geburtslieder ein,
um sie auf ihren goldenen Harfen zu meinem Geburtstag zu spielen.

Als ich in deinem Bauch schlief,
kamen die Engel zu mir.
Das hast du nicht gewusst, meine liebste Mama.

Ich war glücklich, als dein geliebtes Kind
geboren zu werden.

Ich wollte lächeln.
Ich wollte singen.
Ich wollte spielen.
Ich wollte deine Muttermilch saugen,
bis du zufrieden warst.
Ich wollte das Lächeln auf deinem Gesicht sehen,  
wen ich deine ganze Milch  
aus deinen liebenden Brüsten saugte.

So waren meine Träume in deinem Bauch, Mama.

Aber an einem mörderischen Tag  
hast du beschlossen, mich zu töten.

Die Teufel in der Unterwelt  
hatten von deiner Entscheidung gehört.  
Sie brachten die lauteste Trommel  
und spielten höllische Rhythmen.  
Alle Teufel kamen zusammen  
und tanzten in Kreisen,  
springend und singend.  
Sie tanzten in Reihen.  
Sie tanzten im Kreis.  
Sie tanzten auf den Zehen.  
Sie tanzten auf ihren Köpfen.  
Sie sangen die wildesten Lieder,  
und die Teufelstrommler spielten.  
Die ganze Hölle war glücklich,  
dass du dich entschieden hattest, mich zu töten.

Weißt du, wie sehr ich geweint habe?  
Weißt du, wie viele Engel weinten?  
Weißt du, wie der ganze Himmel weinte  
an meinem Todestag in deinem heiligen Leib?

Einen Moment, bevor ich grausam ermordet wurde,  
sah ich sogar den Allmächtigen Gott hilflos weinen.

Dr. Antony Theodore
Translation Of I Am Your Baby, Mum- (Hindi) - Poem
By Shilpa Chaganti

Tumhara bacha hoon main, Maa
Main khud nahi aaya tha aapke pas
Khuda ke farishte rakh gaye mujhe aapke kokh me
Us adbhut Parlok se pariyon ka ansh chodkar

Me khud nahi aaya tha tumhare paas, Maa
Vo Khuda ki chahat thi..

Me khush tha apke pyar bhare dili, naram kokh me
Chain se sota tha me
Farishto ke loriyo ke beech.
Vo fariyaad karte roz
Meri sehat aur sukhi jeevan ke liye

Vo sone ki bansuriya aur veenao pe
madhur sangeet banate.. fir mere janam din ke
taal ko doharate apne divy suro ke sath

Meri pyari Maa.. Ye tum nahi janti thi,
Jab main tumhare kokh me soya rehta
Roz farishte mujhse milne aate

Aapki god me khelne ke sapne mujhe
Khushi se bhar dete
Me muskurana chahta tha
Gaana chahata tha
Has-kheln chahata tha
Aapka nirmal doodh peena chahata tha
Main apke chehre ki muskaan dekhn chahata tha
Jab main khelu aur bolu aur hasu

Ye sare sapne me sanjota tha me apke kokh, Maa

Fir ek din jab aap mujhe maar dena chahti thi
Yamlok ke sare danav aa pohunche mujhe lene

Vo jhoro se dhol taasho pe unche taal bajane lage

www.PoemHunter.com - The World's Poetry Archive
Sare daanav ek sath vaha the
Aaye aur ghoomte hue nachne lage
Gaate hue aur uchalte hue khusi manate
Vo naache gaate hue
Vo naache jhoomte hue
Vo naache pair thirkate hue
Vo naache sar ke bal
Joshile geet gaate hue
Jungli dhol taasho ke shor me
Sara yamlok khushi mana raha tha
Jab aapne mujhe maarna chaha

Ehsaas bhi hai tumhe kitna roya tha me?
Kitna roye the sare farishte mere liye?
Kitna roye parlok ke vaasi jab aapne
Mujhe apne kokh me hi maar dala

Jis pal meri jaan jaa rahí thi, main dekh raha tha
khud Khuda bhi bebasi ke ansu ro raha tha...

Shilpa Chaganti

Dr. Antony Theodore
Translation Of The Poem  I Am Your Baby Mum Into Tagalog In Philippines  By Abegail Kyla Bilan (Goa Philippines)

Almost done with the translation of the poem, Dr. Tony. I just translated it to Tagalog. Tagalog is much easier since the language is fixed

AKO ANG IYONG ANAK, INA

Ako ang iyong anak, Ina.
Na 'di galing sa sarili kong Ina.
Mga anghel ng Diyos ang nagdala
Sa sinapupunan mula sa kalangitan
At binuhay sa 'yong tiyan.

'Di galing sa sarili kong Ina;
Ninais ito ni Bathala.

Labis ang kaligayahan
Sa bagong kweba ng pagmamahal,
Dito sa'yong sinapupunan
Natutulog ng mahimbing.
Pinanonood ng mga anghel.
Habang nagdarasal
Na ako'y laging ligtas
Sa pagkapanganak dito sa mundo.

Nag eensayo ng mga awitin
Makalangit, sa'king pagdating.

Habang tulog sa'yong sinapupunan
Mga anghel, laging dumadalaw
Hindi mo alam, mahal kong Ina.

Masaya sanang ipanganak
Nang madama man lang.

Gusto kong ngumiti
Gusto kong kumanta
Gusto kong maglaro
Gusto kong dumede sa'yo
Hanggang sa ika'y matuwa.
Gusto kong makita ang 'yong mga ngiti
Habang dumeded sa'yo.

Ito lamang ang aking mga pangarap, Ina.

Ngunit sa isang kaysakim sa araw
Naisip mong patayin ako.

Narinig ka ng mga demonyo.
At agad na dinala ang pagkalakas lakas na tambol
Tumugtog ng maka-demonyo.
Lahat sila, nagkaisa,
Nagsilapitan, nagsisayawan, paikot-ikot,
Lumulukso at kumakanta.
Sumayaw sila nang nakapila.
Sumayaw sila nang paikot.
Sumayaw sila sa kanilang mga paa.
Sumayaw sila sa kanilang mga ulo.
Kumakanta ng pagkalakas lakas na mga awit,
Mga demonyong tumatambol
Kaysaya ng buong impiyerno,
Na pinili mong patayin ako.

Alam mo ba kung gaano ang aking pag-iyak?
Alam mo ba kung gaano ang pag-iyak ng mga anghel?
Alam mo ba kung gaano nagluksa ang buong kalangitan
Sa araw ng aking kamatayan
Sa iyong sinapupunan?

At sa isang saglit bago ako nawala,
Namasdan ko ang kaawa-awang pag-iyak ni Bathala.

Dr. Antony Theodore
it is translated sir: this is Farsi version of your poetry. until end of this week i will publish it in Iranian site of poetry. maybe Thursday or Friday...then i ll give an address that you can check it. and i have a suggestion for you... attach the farsi version of the poem to previous English form in site of poem hunter.
notice: the translation of this poetry also is poetical...adorned with rime and rhythm...in some occasions poetical rime couldn't be designed. i had to add some vocabulary to it. in relation to poem. these vocabularies come in crouches and it is some thing routine and normal in translation wright.

I Am Your Baby Mum - Poem by Dr. Antony Theodore
I am your baby Mum.
I did not come on my own Mum.
God's angels flew down to your womb
from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.
The angles watched.
They prayed
to keep me safe always
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

They were my dreams in your womb, Mum.

But on a cruel day
you decided to kill me.

The devils in the Hades
heard about your decision.
They brought the loudest drum,
played in the devilish rhythms.
All the devils came together,
came and danced in circles,
jumping and singing.
They danced in lines.
They danced in circles.
They danced on the toes.
They danced on their heads.
They sang the wildest of songs
and the devil drummers played.
The whole hell was happy
that you decided to kill me.
You know how much I cried?
You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.

Dr. Antony Theodore
Translation Of The Poem „i Am Your Baby Mum' By Ghazal Ebrahimzade.. Farsi Version - Poem By Dr. Antony Theodore

it is translated sir: this is Farsi version of your poetry. until end of this week i will publish it in Iranian site of poetry. maybe Thursday or Friday...then i ll give an address that you can check it. and i have a suggestion for you... attach the farsi version of the poem to previous English form in site of poem hunter.
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I wanted to play
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Dr. Antony Theodore

Dr. Antony Theodore
Jestem Twoim dzieckiem Mamo

Jestem Twoim dzieckiem Mamo.
Nie przyszedłem sam.
Boscy aniołowie
Z poteznych niebios przylecieli
I umiescili mnie w twojej swietej macicy.

Nie przyszedłem sam Mamo
Bóg tak chciał.

Byłem tak szczęśliwy w mojej nowej jaskini miłości
W twojej swiejej macicy
I spalem tam spokojnie.
Aniołowie patrzyli.
Modlili się
Zebym był zawsze bezpieczny
Zanim narodzisz się w obliczu ziemi.

Spiewali i grali niebianskie piesni
Na swoich złotych harfach na moje narodziny.

Kiedy spalem w Twojej macicy
Aniołowie przychodzili do mnie.
Nie wiedzielas tego, moja najdrozsza Mamo.

Byłem szczęśliwy ze sie narodze
Jako Twoje ukochane dziecko.

Chcialem smiac sie
Chcialem spiewac
Chcialem grac
Chcialem ssac mleko z twojej piersi
Az bedziesz zadowolona.
Chcialem zobaczyc usmiech na Twojej twarzy
Kiedy wypije calo mleko z twoich ukochanych piersi.
To były moje marzenia w twojej macicy Mamo.

Ale okrutnego dnia
Postanowilas mnie zabic.

Diably w Hadesie
Uslyszaly o Twojej decyzji.
Przyniosly najglosniejszy beben
Grajacy szatanskie ryty
Wszystkie diably zebrały sie
I tanczyły w kolach
Skacząc i spiewając.
Tanczyły w liniach
Tanczyły w kolach
Tanczyły na stopach
Tanczyły na głowach
Spiewały najdzikszą pieśń
A diabel bebniarz gral.
Cale piekło było szczęśliwe
Ze postanowiłaś mnie zabić.

Wiesz jak bardzo płakałem?
Wiesz jak wiele aniołów płakało?
Wiesz jak całe niebo płakało
Tego dnia kiedy postanowiłaś mnie zabić
W swojej świętej macicy?

Zanim zostałem brutalnie zamordowany
Widziałem jak wszechmocny Bóg nade mną płacze.

I Am Your Baby Mum - Poem by Dr. Antony Theodore
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I wanted to suck your breast milk
Until you were satisfied.
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A moment before I was cruelly murdered
I saw the All-Powerful God crying helplessly.

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum'.. By Dhiren Doley, Westbenngal

From:
Dhiren Doley (Kalimpong, West Bengal India; Male; 38)
To:
Brahmin
Date Time:
5/27/2018 11:42:00 AM (GMT -6:00)
Subject:
Re: Re: Re: dear poet
Dear Friend,

Following is the translation of the poem &quot;I am Your Baby, mum&quot;. You may share it in your link. I will share it on my facebook wall declaring that I have translated for your original poem.

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www.PoemHunter.com - The World's Poetry Archive
Dr. Antony Theodore
Transpersonal - Consciousness.

Awareness leads us beyond duality because the object of meditation (the "I") is ultimately revealed as the Subject itself.

This is known as transpersonal Consciousness.

Dr. Antony Theodore
All of the indicators of external success, influence, respect, wealth, are not always accompanied by happiness.

Realize that happiness is a skill, a honoured way of viewing the world, that does not automatically accompany the trappings of external success.

Dr. Antony Theodore
We understand that God has given us all we need for life and godliness, all the treasures of wisdom and knowledge are hidden in us to walk carefully in the ways of God.

Dr. Antony Theodore
Tremendous -Earth-Shattering - I - Am

Never was Christ's authority as God more openly displayed to an unbelieving world, than when He stepped forward, during their cowardly approach, under a cover of darkness, and answered with that tremendous, earth-shattering, awesome name - I AM.

Dr. Antony Theodore
Tremendous promises

No human mind can begin to fathom the enormity of such tremendous promises,

given to a sinful and rebellious race of fallen creatures,

who are estranged from their Creator,

who is eternally perfect and unchangingly holy.

Dr. Antony Theodore
Tribulation - And - Perseverance

Development of hope
in our lives is a process.

There are four elements:
tribulation, perseverance,
character and hope.

They work together
in three steps:

Tribulation produces
perseverance.
Perseverance produces
character.
Character produces hope.

Dr. Antony Theodore
Tried - And - True

Once we have discovered
what draws us into
God's presence,

we can explore
new areas of nourishment,

knowing there is always
something tried and
ture to fall back on.

Dr. Antony Theodore
Trimming - Of- The - Vine

Vines are always trimmed and pruned in winter so that they can bear fruit in due season.

There is no other way to prune a vine.

Pruning is very painful.

It is an art that must be done by hand and under its touch she remained supple and allowed God, unseen, to continue His deep and delicate work in her soul.

(Writing about Mother Theresa of Calcutta)

Dr. Antony Theodore
Think of a trinitarian reinterpretation of time.

The Father creates and preserves time as the theatre of covenantal relations.

The incarnate Son recapitulates time by retrieving the original purpose of created time, which is lost to fallen humanity, and by redirecting all time on the way to the eschaton;

while the Holy Spirit creates the time of the community as the correspondence to the fulfilling of time by the Son.

Dr. Antony Theodore
Trinity's - Winning - Strategy

We need to see clearly the profound wisdom of His chosen path toward his goal.

This was the Trinity's winning strategy to break down the rule of Satan, and with its accomplishment, Jesus stands quietly at the center of the contemporary world, as He Himself predicted.

Dr. Antony Theodore
True - Peace

True peace is not
found in a nine-step
meditation programme;

a walk in nature;
thinking about nice
things or relaxing on
a beach, although they
may provide certain benefits.

Nor is it discovered in
a psychiatrist's chair,
the massage parlour or
a cup of green tea with friends.

Blessings of peace come
from the Father of peace,
and the blessedness
of peace-making rests
on the Prince of Peace,

Dr. Antony Theodore
True - To - His - Promises

Although the Lord had to punish His people's infidelity, He remains true to His promises and remains faithful towards His people.

In His grace, He did not cut them off forever and was always ready to give those who would repent of their sins an opportunity to return to Him and receive His blessings.

Dr. Antony Theodore
True Beauty

Each human being
is perfectly imperfect.
There is nothing more
rare nor more
beautiful than a
human being, being

unapologetically themselves,
comfortable
in their own imperfection.

That is the essence
of true beauty!
That human being
shines from within!

(A poem written from the comments of the great poetess Marie Shine)

Dr. Antony Theodore
True God Is Beyond And Above All Religions.

In Spirit and in Truth
we shall worship God
The Almighty one,
my dear poets of
Poem Hunter.

Jesus Christ speaks to the samaritan woman in the New Testament of the Holy Bible.

„23 But a time is coming and has now come when the TRUE worshipers will worship the Father in spirit and in truth, for the Father is seeking such as these to worship Him.

24 God is Spirit, and His worshipers must worship Him in spirit and in truth."...(Gospel of St. John,4/23-24) .

My God is the God of all religions.
My God is the God beyond all religions.

Dr. Antony Theodore
True Happiness Is Uncaused.

Know that:
Uninterrupted happiness is uncaused.
True happiness is uncaused.
An 'awakened person' is happy.
You ask him "why are you happy?"
He will answer "why not?"

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
True Love Is A Give And Take.

True love is a give and take.  
Love is not greedy after  
the property of others.  
Jealousy and envy are alien to her.  

Love does not make a big show.  
She does not play up  
and does not push herself forward.  

True love is a give and take.  
This love does not  
seek its own advantage.  
She does not exploit the other.  
This love does not hurt the other.  
She does not get bitter  
and does not give in.  
This love does not  
tolerate injustice.  
She is only happy  
when everyone gets their rights.  

(leaning on the famous passage in the first sacred letter of St. Paul to the people of Corinth)

Dr. Antony Theodore
True Self

True self
is the created
capacity for perfect
union with God.

In an experience of union,
God identifies a created
life with His own Life
so that there is nothing
left of any significance
but God living in God.

Dr. Antony Theodore
True Self-Analysis Is Our Need.

We are products of our own environment.

Our thinking is mechanical. We do not think deep. We do not know what we really seek.

We do not know or analyse why we are not able to be happy.

We are robots made by our own culture, environment and society.

True self analysis is our need and art to become successful.

Dr. Antony Theodore
Truly Wonderful Am I In God's Presence.

I saw the radiance
pouring into me
and went in search of
'This Divine light'.

I find my true source.
I like to be with myself.

I become calm now.

Where is my inner garden?
Where is my inner space
of serenity, in which i like
to sit and meditate
to rediscover myself?

Truly wonderful am i
in God's presence.

The essence of my being is in God.

Dr. Antony Theodore
They were ready and willing to trust in the Lord joyfully, for their salvation.

In spite of the inevitable adversity that comes to all who believe in Jesus, we read that the Thessalonians also became imitators of us and of the Lord, having received the word in much tribulation and with the joy of the Holy Spirit.


Dr. Antony Theodore
Trust - Your - Intuition

Transform ourselves
to serve others.

It is sometimes
the most rational
choice to trust
your intuition.

Dr. Antony Theodore
Trust Not Our Own Rationality To Lead Us To Truth.

We cannot trust our own rationality to lead us to truth.

„A man should flee his senses, turn his powers inward and sink into an oblivion of all things and himself... Withdraw from the unrest of external activities then flee away and hide from the turmoil of inward thoughts, for they but create discord;" (Meister Eckhart, Sermons and Treatises, Vol.1, Sermon 1, translated and edited by M. O'C. Walshe, P.7).

Dr. Antony Theodore
Making up our mind about Christ certainly includes evidence about whether we can trust Christ.

Jesus is a historical figure and Christianity makes historic claims.

But what moves us to "decide" goes much deeper than simply following the evidence.

Dr. Antony Theodore
Tremendous benefits are discovered for the one that trusts the Lord with all their heart and does not lean upon their own understanding.

Trusting in the Lord is simply believing what God has said.

It is having faith in the incarnate Word of God and trusting all that the Lord has revealed to us in the written Word of God.

Dr. Antony Theodore
My Light shines most brightly through believers who trust Me in the dark.

Lord, please help me to let Your light shine through me when I am talking to others about my dreadful illness.

Dr. Antony Theodore
Trustworthy - Deliverer

To Moses and the children of Israel, He proclaimed:
I Am Who I Am, and by His mighty strength and gracious kindness He brought them out from their lengthy slavery, in the land of Egypt, at the start of their long trek through the wilderness.

And this great show of His omnipotent strength, divine power, and gracious love, was used by God for centuries as a reminder to Israel that He is the Lord their God and their trustworthy Deliverer.

Dr. Antony Theodore
Truth - And - Bliss

When you are calm
you are one with the
energy of the universe.

Infinite wisdom
truth and bliss
is our real nature.

Dr. Antony Theodore
Truth - And - Disposition

This is how people who have the truth, do things.

You can then really show others that your disposition has changed, and they will see that you certainly have done some good deeds with great satisfaction to yourself.

Dr. Antony Theodore
Truth - And - Grace - In - Religions.

Can the adherents of the other religions be saved?

If one answers yes, do the elements of truth and grace found in these religions mean that their adherents can be saved, not despite, but through these elements?

Dr. Antony Theodore
Truth - Is - One

"Truth is one,
but the wise men
know it as many;

God is one,
but we can approach
Him in many ways."

- rigveda, The Rig Veda

Dr. Antony Theodore
Truth - Known - As - Many

"Truth is one,
but the wise men
know it
as many;

God is one,
but we can approach
Him in many ways."

(vision of The Rig Veda)

Dr. Antony Theodore
Truth And The Power Of Love

Complete adherence
to the truth which is
undergirded by
the power of love
should be our motive.

Gandhi's spiritual system
included truth,
poverty, justice,
chastity, patience,
intrepidity, meditation.

Dr. Antony Theodore
'Truth' Is A Favorite Topic For A Poet.

Much against the passive, affective experience of the theologians of darkness, the theologians of light stress illumination.

It has intellectual form It is more palatable to the man of reason.

The thinkers of light giving importance to ordinary human knowledge tries to break through to the transcendent suprarational knowledge of truth.

'Truth' is a favorite topic for a poet.

In the 'way of negation', the poet goes beyond the human philosophical and religious knowledge in order to be free to be immersed in the pure presence of God, to experience authentic love.

(The two traditions in Christian history, the affirmative way, or the theology of light is placed side by side with the theology of darkness or the Via Negationis. Origin, Augustine, Bernard, and Thomas are included in this list of the 'theologians of light' and the representatives of the apophatic thinkers are Gregory of Nyssa, Pseudo-Dionysius, and John of the Cross.)

Dr. Antony Theodore
Truth Is One

"Truth is one,
but the wise men
know it
as many;

God is one,
but we can approach
Him in many ways.";

(vision of The Rig Veda)

Dr. Antony Theodore
Truth Is One.

Truth is one.

Sages call it
by various names.

It isthe one sun
which reflects
in all the ponds.

It isthe one water
which slakes the
the thirst of all.

It isthe one air
which sustains
all life.

Systems of faiths
may be different,
but God is one.

(Rig Veda,3000 BC)

Dr. Antony Theodore
Truth Lies In The Creative Wisdom

Perceive
that the truth lies
in the creative wisdom
of the Almighty One.

If we turn to the nature
of the mind,
all the false opinions
concerning spiritual
things will not permit us
to discern the truth.

Yet the force of truth
itself will dazzle our eyes.

Dr. Antony Theodore
Tug-Of-War

There is a tug-of-war raging in our souls and body between the forces of light and darkness right now.

Take your proper part in this spiritual battle so that you can win decisively, the war for your soul.

Overcome spiritual obstacles and achieve spiritual perfection.

Dr. Antony Theodore
Turn - To - God - And - Be - Safe.

God is the only God
and there is no other.

God announced
everything from
the beginning
and foretold
all from of old.

There is no just
and saving God
but the Almighty alone.

Turn to God and be safe.

Dr. Antony Theodore
Turn -From- Sin

Turn from sin
to good works,
and repent of sin
and embrace
Christ The Lord.

To regret
one's sin or to
become guilt-ridden
because of one's
wrongdoing will
save the sinner,
but turn to Christ,
the promised Messiah
of all holy times

Dr. Antony Theodore
Turn Into Love......Spiritual Goal Of Life.

Learn anew
to love and to be loved.

Love is a force
as real as gravity.

Being upheld in love
is intened as our natural state.

The union of self and spirit
is not only possible but inevitable.

Turn yourself into love.
That is the spiritual goal of life.

Published October 11, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Turn My Breath into A Song.

Lord help me to breathe
and then wake up
to turn my breath into a song.

I want to feel enormous appreciation
for the fact that I am here.

We are here as individual spirits
filled with consciousness.

I look and meditate on
the antelope and the ant,
at the worm and the butterfly,
at the dog and the bull
at the hawk and wild tiger
at the hundred-year-old oak
and the old islands which look up to the skies
shining in the sun like a lovely
oasis in the mighty ocean.

I understand now:
No other life form has
the Consciousness of being
that we humans have.

We are here as individual spirits
filled with consciousness.

Dr. Antony Theodore
Turning - Aside - From - False - Gods

Blessed is the man
who makes the
Lord his trust,
who does not
look to the proud,
to those who
turn aside
to false gods.

(Psalm 40: 4).

Dr. Antony Theodore
Turning - Their - Back - To - God

There were times also when Israel would turn her back on God, turning instead to false gods.

Many times these would be the false gods of the heathen nations that bordered Israel.

The Word of God is clear as to how God views this sinful practice of following false gods and about His opinions of those who push the message of them.

Dr. Antony Theodore
Twin - Crises

We should think of the twin crises of social dislocation and ecological destruction.

The social order stands on its own merits, independent of the issues of time and place.

It is an appropriate order for the good life, the life that human beings ought to lead as a condition of their flourishing and well-being.

Dr. Antony Theodore
Type - Of - Social - Intelligence

Emotional intelligence
or Emotional Quotient
is a type of social
intelligence that involves
the ability to manage
and monitor one's own
as well as other's emotions,
to discriminate among
them, and to
use the information
to guide one's
thinking and actions.

(Ref. to Salvoy & Mayer, 1990).

Dr. Antony Theodore
Ultimate - Demonstration

Christ chose cross as the ultimate demonstration of His love for us personally.

Too many people experience Lent as a reminder of their unworthiness.

Their self-talk tells them that they are 'bad'.

It can be a time of hidden shame and interiorly crippling.

It should be a time of the heart bursting wide open in loving awe of God and in response to the love poured out upon them from the Cross.

Dr. Antony Theodore
Ultimate - Purpose

It is a grace
which is given
for the ultimate
purpose of the
human person.

It is union with God,
a grace which
gets to the very
root of our
broken nature,

It removes
every obstacle
to union sweetly,
painfully.

All resistances
are obliterated
in this place
of purification.

Dr. Antony Theodore
Ultimate - Reality

Though not always meaning the same, the term ‘ultimate reality’ is also used in referring to God.

‘Reality’ refers to the ‘what-is-as-it-is-in-itself’.

Dr. Antony Theodore
Unabashed - Idolatry

Through disobedience
and unabashed
idolatry, God's
people were divided
into two, separate kingdoms.

Both the southern kingdom
of Judah and the northern
state of Israel, received
multiple warnings to
repent of their sins,
turn back to God,
and fulfil their
covenantal promise.

Dr. Antony Theodore
Unalterable

Birth and death,
all painful
and pleasurable
experiences,
loss and gain,
union with those
welove,
and separation
from them-
all these, my Lord,
are governed by
the laws of time
and destiny,
and are as unalterable
as the sequence
of night and day.

(Ayodhyakanda)

Dr. Antony Theodore
Unalterable - Word

To God's
unalterable word
every knee shall bend
and every tongue
shall swear.
Only in the LORD
are just deeds and power.
(Ref. to Isaiah 45)

Dr. Antony Theodore
Unaware -Of - The - Strengths

People are unaware
of the pure fact
that they possess
strengths because
they feel so
ordinary to
them that they
stay outside
their conscious
awareness.

Dr. Antony Theodore
Unbridgeable - Gulf

Throughout the passage of time, man has keenly desired to approach the unapproachable God.

Man has explored ways to seek Him out, to know Him, to communicate with Him, to understand Him but sin has erected an eternal, unbridgeable gulf between man and his Maker.

Dr. Antony Theodore
Unconditional - Love

Sending unconditional
love and light to you now.

May God send
the highest energies
of healing, restoration
and rebirth
to our planet.

Every day
you are born again
in the hands of
your loving God.

Dr. Antony Theodore
Unconditionally - Loved.

Dear God,
you are Almighty.

Please help me
overcoming my
jealousy and
feel loved.

Nothing and
no one is mine.

But one day
maybe i can feel
belonged to
something,
someone,
somewhere.

Give me the grace
to be fully and
unconditionally
loved.

Give me hope.

Dr. Antony Theodore
Uncoordinated - Actions

The crisis in the climate system can be presented as the unintended collective consequence of uncoordinated, individual, incremental actions, an overspill from the wilful projects of autonomous modern subjects.

Dr. Antony Theodore
Uncover - Your - Anger

Uncover
your anger by
exploring how
you have avoided
or addressed
the emotion.

Make the
decision to forgive.

Begin by acknowledging
that ignoring or coping
with the offense
has not worked,

and therefore
forgiveness might
be the best way.

Dr. Antony Theodore
Undeniable - All-Powerful - Spirit

We shall admit
and fall in humble
admiration of the
illimitable and undeniable
all-powerful spirit

who reveals
himself in the slight
details we are able
to perceive.

Our minds are
feeble and frail
to understand it.

Dr. Antony Theodore
Under - A - Veil - Of - Pretense

The mystery of lawlessness was already well established in the early days, and lawlessness continues to work its poison into the fabric of today's modern society.

Nevertheless, it is largely hidden by governments, nations, communities, and individuals under a veiled pretense of a shrouded morality.

Dr. Antony Theodore
Under - Stress - And - In - Anointment

You cannot be under stress and under the anointing at the same time.

As I thought about that, I began to realize that was exactly how I felt stressed about everything and anointed in nothing.

Dr. Antony Theodore
Under - The - Veil - Of - Politeness

Sincere friendship,  
real esteem,  
and perfect  
confidence  
are banished  
from among men.

Jealousy, suspicion,  
fear, coldness,  
reserve, hate,  
and fraud, lie  
constantly concealed  
under the human facade  
and deceitful veil  
of politeness.

Dr. Antony Theodore
In prayer and meditation
by the spontaneous
exercise of all his powers
under the dominion of love,
the mystic attains that Vision
of the Heart which is perhaps
more interior than the visions
of dream or ecstasy.

Dr. Antony Theodore
Understanding - Of - Being - That - Transcends

The only 'God'
that can 'save us'
now is an understanding
of being that transcends
our current understanding
which sees the 'being
of entities' as valueless
'objects' to be mastered,
used and exploited.

Being of entities
shall be seen as
'things' whose
meaning precedes
and exceeds our
conceptual grasp
and which is therefore
incapable of being
fixed permanently
by metaphysics.

(Reference to Heidegger's thinking.)

Dr. Antony Theodore
Understanding - Others.

You have to live your life as you want, no matter what others think, respecting and caring for all sentient beings, especially to the family, giving more love and understanding to others.

Dr. Antony Theodore
Understanding - The - Perceptions

Forgiveness is most important in any relationship, romantic or otherwise.

We assume people see life the way we see life.

However, there are as many perceptions as there are people in this world.

Dr. Antony Theodore
Understanding - The - Truth

Once people truly understand the truth, they can discern their states of being, see to the bottom of complicated matters, and know the appropriate way to practice.

Sure enough, the word of God has reaped results in many people.

Dr. Antony Theodore
Understanding Is The Reward Of Faith.

Return to the realities
that the symbols
were intended to signify.

Understanding is the reward of faith.
Therefore do not seek to understand
in order that you may believe.

But make the act of faith
in order that you may understand.

For unless you make an act of faith
you will not understand.

Man's knowledge is itself subjective
and shares in his finitude.

It does not just lack the ability
to comprehend God,
but it is capable of being an
obstacle to that attainment.

Dr. Antony Theodore
Understanding One's Own Self.

it is very difficult
to understand one's own self.

When you come to
the understanding,
accept yourself.

To be yourself
in an authentic sense,
you have to be
mentally strong.

Accepting oneself
is very difficult.

Dr. Antony Theodore
Learn the unforced rhythms of grace.

I will not lay anything heavy or ill-fitting on you.

Keep company with Me and you will learn to live freely and lightly.

Matthew 11: 28-30

Dr. Antony Theodore
Unimaginable - Good

We would be foolish
to think that evil
always wins the day.

The Bible vibrates
with the steady
drumbeat of faith.

Give the Lord time
to do something
completely unimaginable.

Dr. Antony Theodore
Union And The Divine Fecundity.

Union is the true goal of the mystical quest. It is the state of equilibrium of purely spiritual life characterised by spiritual joy and intense peace by enhanced powers, by intense certitude.

The mystics describe it under the symbols Of mystical marriage, deification or Divine Fecundity.

Dr. Antony Theodore
Unique - Function

Each has its own unique function, and yet every single body-part needs to interact with every other member, and work together synergistically in order to maintain a strong, healthy, functioning body.

Dr. Antony Theodore
Unique - God-Given - Qualities

Only after long suffering and doubt enduring the dark night of the soul they could receive and experience the gift of God's love, enabling them to generate all the virtues and all the unique God-given qualities that simply amazed and dazzled the ancient pagan world.

Dr. Antony Theodore
Unique Relationship

The most important thing for each of us is to develop our own unique and unrepeatable relationship with God wherever we are today.

Dr. Antony Theodore
Uniqueness

Each person is set into a unique, exclusive and unrepeatable relationship with God himself.

Dr. Antony Theodore
Unite Your Voices

The prime purpose of calling the heavenly host and angelic beings to unite their voices in praise to God and join together in this harmonious declaration of His eternal glory, is because He is Creator.

Dr. Antony Theodore
United - In - Love

As the body of Christ, we are to be united in love, to walk in the way of the Lord Jesus, and to live the same type of life that He lived.

The chosen followers Were called by God to open up the many mysteries and teach us the godly principles of walking in spirit and in truth.

Dr. Antony Theodore
United In Ontological Communion

If we draw close
to the roots of our
own existence,
to the naked
being of our self,
we will find ourselves
at that point where
God and ourselves
unite in ontological communion.

Dr. Antony Theodore
United- To - Christ

By being united
to Christ, we are
clothed in his
righteousness,
hidden in his purity,
and made alive
by his Spirit.

But not only that,
we are granted
his identity by
the grace of God.

And it's in this
granted identity
that we can boast.

Dr. Antony Theodore
Unity - And - Serenity

Is there any separation
for me from the
ineffable reality.

I seek unity,
serenity, peace,
calm, all attributes
of Love and
I know that
because this
is possible within
myself, it is possible
for all of humanity.

Dr. Antony Theodore
Universal - Mandate - Of - Mission

There are no exceptions
to the universal
mandate of mission.

Aquinas's key
concept of ordinantur
was used to designate
all non-Christians.

This usage sees
in the positive
elements within
the religions an
orientation (ordinantur)
towards the Gospel.

Dr. Antony Theodore
Universal - Mind.

Is There an infinite storehouse of Ideas, knowledge, and power?

Many great thinkers of all ages have believed that man's stored information is not limited to his own memories of past experiences, and learned facts.

There is one mind common to all individual men.

It is the universal mind.

Dr. Antony Theodore
Universal - Significance

Christ's saving significance is universal, constitutive, and decisive in God's one divine plan of salvation for humanity, but other religions can be accepted positively as part of this saving plan.

Dr. Antony Theodore
Universal Consciousness

We grow toward 
the full maturity 
of universal man.

We are witnessing the growth 
of a truly universal consciousness 
in the modern world.

This universal consciousness 
may be a consciousness 
of transcendent freedom and vision.

Dr. Antony Theodore
Universal Man And The Supramental Consciousness.

We shall respect,
Rabindranath Tagore's
concept of the 'universal man',
and the Indian mystic-poet
contemplative Aurobindo's
vision of the 'new man'
and the 'new consciousness'
and 'the supramental
consciousness'.

The Supramental Consciousness

„It is quite difficult to define the supramental consciousness in mental terms, for it is nonmental by definition, and it defies all our three-dimensional laws and perspectives. The word itself may mislead us, because it is not an epitome of human consciousness, but another type of consciousness. We might try to approach it by distinguishing two aspects, one of consciousness or vision, and one of power. But this means becoming caught in the mental trap again, because these two aspects are inseparable; this consciousness is power, an active vision. Often, when Sri Aurobindo and Mother tried to describe their experience, their remarks would echo one another in English and in French: Another language would be needed, une autre langue." (Excerpt from The Supramental - Mother and Sri Aurobindo)

Dr. Antony Theodore
Universal Presence

There is a tree
and I sleep under its shade
and the dreams teach me
of the One in me
and in the tree.

Dr. Antony Theodore
Universal -Scope - Of - God's- Plan

Our thoughts shall be raised to the facts of plurality of religions,

regarding the universal scope of God's plan of salvation mediated through the person of Jesus Christ and the Holy Spirit,

the salvific state of non-Christians and the irreligious, and correspondingly, the significance of other religions in the history of redemption.

(Reference to Gerald O'Collins, S.J., who addresses the questions).

Dr. Antony Theodore
Univocal Language

Clearly, our finite language cannot adequately express truths of an infinite God univocally,

because that would make God to be a finite being.

(When I say Leonardo da vinci is a man and Pope Francis is a man, I mean the word "man" in the same exact way even though I am referring to two different men. This is called the "univocal" use of language.)

Dr. Antony Theodore
Unknown To Humans

Wisdom flows
from a source
unknown to humans.

It is the great source
to which we raise
our hearts in need.

It is the mystery of prayer.

It is the mystery
without which
we cannot breathe.

Dr. Antony Theodore
Unless God Utters

Unless God utters
in you endearing words
of love and care,
speaks His own name
in your very center,
in the center of your soul,
you will know more
know Him
than a stone knows the ground
upon which it rests.

Dr. Antony Theodore
Unless He Utters Himself In You

Unless He utters Himself in you,  
speaks in the center of your soul  
you will no more know him  
as a stone knows the ground  
in bare moments where it rests.

Unless you receive the impelling desire  
to seek a more conscious realization  
of the union with God as a special grace  
you shall not know the one by whom  
they have been found and is known.

Dr. Antony Theodore
Unless He utters Himself in you,
speaks His own name in the center of your soul,
you will no more know Him than a stone knows the ground upon which it rests in its inertia.

Dr. Antony Theodore
Albert Camus' novel, The Plague, surged in recent months to the top of fiction best-seller lists.

The well-known French atheist author writes of a devastating plague in the French Algerian city of Oran.

Beginning with a harrowing description of rats dying across the city, the book chronicles the disease's gradual spread and the evolving human responses to widespread fear, quarantine, and death.

Its relevance to our times is unmistakable.

(Novel, The Plague (1947), of Albert Camus)

Dr. Antony Theodore
Unnecessarybragging.

There are in the world
three types of men:
those resembling the rose,
the mango and the breadfruit tree.

The one bears only blossoms,
the second both flowers and fruits
and the third only fruit.

The one talks,
the second talks and acts,
and the third acts,
but says no word.

Do not ruin your fame
by unnecessary bragging.

(Wisdom up on reading Lanka Kanda)

Dr. Antony Theodore
Unparalleled - Revelation

The main objective of the writer to the Hebrews is to provide the fullest, final, and unparalleled revelation of the Son of God, who is God the Son who came in the person, power, and performance of Jesus.

Dr. Antony Theodore
Unperturbed Mind

He whose mind
is unperturbed
amid calamities,
whose longing
for pleasures
has departed,
who is free
from attachment,
fear and anger,
is called a sage,
a man of steady wisdom.

(Vision of Bhagavat Gita).

Dr. Antony Theodore
Unplug

We don't stop anymore; not even for a moment.

If we have sometime, we're immediately on our phones.

It doesn't allow the soul to recover, renew, connect with God.

We can choose to stop during our day. We can unplug.

We can allow for meaningful pauses as transitions between one thing and another.

Dr. Antony Theodore
Unrepeatable Mission

Everyone has a unique message that they can share with the world.

Each person has a unique and unrepeatable mission to accomplish.

Dr. Antony Theodore
Unreserved - Subjection

What springs up quickly has no root.

- - -

The more you understand the nature and scope of the Word, the more will you see the demand it makes on you and how unreserved must be your subjection to it.

Dr. Antony Theodore
Unshaken

„When your discrimination
is not tossed about
by the opinions,

but abides unshaken
in soul - bliss,

then you will
attain final bliss
in union with God‟.

Bhagavat Gita 2: 53

Dr. Antony Theodore
Until Dawn Kiss My Singing Lips

Enter into his presence
singing and dancing.

Play on your lyre,
play on your violin.

O drummers come
drum us out of our caves.

We were dejected.
But now we will dance.

On your rhythmic beats
our body will revel
o divine drummers.

Give strength to my
faltering steps O Spirit.

I want to dance
in the silence of the midnight
until the first rays of dawn
kiss my singing lips.

Dr. Antony Theodore
Until He Sees The Light

The light filled human being
is a brotherly human being
who will never leave the lonely one.

He goes with him through the darkness
which he experiences at present
until he sees the light.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Untold - Blessings -Of - David

David had a long life which was filled with untold blessings.

As he reflected on his many victories, he found himself rejoicing that God had rescued him from his enemies on many occasions.

The Lord was the Rock in Whom David took refuge.

He was the Horn of his salvation.

The Lord had freed David from the cords of death and rescued him from the torrents of ungodly men.

David rejoiced in the God of his salvation.

(Reference to Psalm 18,46 of The Holy Bible).

Dr. Antony Theodore
Unveiling The Deep Things Of God.

Mary must have been amazed that the very vulnerability of prayer, even when only an infant's cry, would pierce the heart of the Father Almighty and unveil the deep things of God.

(Thoughts on Christmas)

(Graphic: Sarfaraz Shah Art saved to Sarfaraz Shah Favorite PaintingsPinterest)

Dr. Antony Theodore
Unwavering

“When meditation is mastered,
The mind is unwavering
like the Flame of a lamp
in a windless place.”

Bhagavat Gita

(Graphic: Cathi Nilchez saved to candle light fire. Pinterest)

Dr. Antony Theodore
There are millions of unwritten images.
They are like wings ever fluttering in me
behind closed walls.
It makes me wild, I want to fly.
Would you break these mighty walls?

Dr. Antony Theodore
Urge - To - Transcend- Evil

As long as man has the capacity to identify evil,

then he is likely to feel the urge to transcend evil

and seek goodness and beauty in his personal relationships, his artistic creations, his religious life and his social and political organization.

Dr. Antony Theodore
Use - Your - Imagination

Is your imagination stayed on God or is it starved?

The starvation of the imagination is one of the sources of exhaustion and sapping in a worker's life.

If you have never used your imagination to put yourself before God, begin to do it now.

It is no use waiting for God to come.

You must put your imagination away from the face of idols and look unto Him and be saved.

Dr. Antony Theodore
Using - Imagination

We can practice
the presence of God
in various ways.

We can use
external objects,
such as an image
or a crucifix which
we wear or put
on our worktable,
the sight of which
will often remind
us of God.

We also can
use our imagination
to picture in the inner mind
that the Lord is near me
and he will neverleave me.

Dr. Antony Theodore
Usurped - By - The - Dishonest.

These people find ways
to exploit the resources
needed by actual victims,
whose chances for fair
settlements could be
lowered when the
available funds are
usurped by the dishonest.

Dr. Antony Theodore
Utter Surrendering To The Infinite Will

When the being is utterly surrendered to the Infinite Will, permanent union with the ’Absolute’ takes place.

Before the whole self can learn to live on those high levels of union, it should be wholly transmuted in God and merged in the great life of the All.

The dependence on personal joys that can badly affect this union with God, must be done away.

Nothing has separated us from God but our own will, or rather our own will can cause the separation from God.

Dr. Antony Theodore
Transcendence is a convenient term to summarize these ways in which God is "above us." Some ancient and modern writers, however, have taken God's transcendence to mean something else: God is so far above us, so very different from anything on earth, that we can say nothing, positive, about him.

He transcends our language, so anything we say about him is utterly inadequate.

Dr. Antony Theodore
As King Uzzia became very powerful, his heart grew haughty and he went to the temple himself to incense on the altar which was very holy. The high priest followed the king with 8 brave priests and warned him that he had no right to incense the holy altar.

Only the priests of Aaron’s descent are entitled to do this. King Uzzia began to quarrel with the priests, the incense burner in his hand. At that moment the leprosy broke out on his forehead. Then he had to leave the temple immediately, because he was merely human and unclean.

(Uzziah was struck with leprosy for disobeying God (2 Kings 15: 5, 2 Chronicles 26: 19-21) in the Holy Bible. Thiele dates Uzziah’s being struck with leprosy to 751/750 BC.)

Dr. Antony Theodore
Vain - And - Futile

The oppression of secular society brings nothing but misery to a man, while the accumulation of wealth brings emptiness, unless there is someone with whom it can be shared in selflessness.

Despite his great wisdom, intellect, fame, and fortune, Solomon discovered all his privileges and accomplishments were vain and futile.

Dr. Antony Theodore
Valley - Of -Shadow

The “valley of the shadow of death” that the Psalmist speaks of is a common experience because suffering is all-too real for believers.

Yet, when our faith is tested, it is our faith that must stand up against the temptation to give in.

(Ref. to Psalm 23)

Dr. Antony Theodore
Valuable - Knowledge

This is knowledge as an end in itself, a knowledge which satisfies desire and thus brings pleasure to the knower through its acquisition.

It is deeper than a natural or social utility to knowledge but points to a kind of knowing that is valuable and desired for its own sake. This is Aristotle's view.

Acquiring the intellectual virtues is thus integral to the good life for human beings.

Dr. Antony Theodore
Value - Of - Human - Relationships

"Two are better than one", he observed. "for if someone can overpower a man who is alone, two can resist him and a cord of three strands is not quickly torn apart."

Amidst all the futility and foolishness that Solomon identified in his own life, he realized, the value in human relationships and the benefits of not being alone.

Two are stronger and two are more productive.

Two provide one another with warmth on a cold night, protection from an enemy's attacks and companionship instead of isolation.

(Reflections of the Book of Ecclesiastes in the O.T of The Holy bible)

Dr. Antony Theodore
Variability In The Wakeful State

As a working definition for neuroscientific research, it might suffice to presume that most people have a strong intuition concerning which variability in their everyday wakeful state feels normal to them.

Dr. Antony Theodore
Vegetarianism

Vegetarianism is one of the four tenets of ISKCON.

With respect to Bhaktivedanta Swami Prabhupada's focus on food distribution, many ISKCON devotees have opened vegan and vegetarian eateries based on the Vedic non-violent eating principles. These include the informal "Govindas" food chain,

Doughnut Plant,
Divya's Kitchen

and OmNom Enlightened Eating.
(Reference to wikipedia)

Dr. Antony Theodore
Venerable Adoration Of The Angel In Me

On scraps of petals
I poured out verses
for the angel in me to sing.

The stars twinkled
in ethereal blues and myriad colours.
The angel dressed in white gown
with flowing sleeves
and a golden crown
began to dance
to the heavenly tunes of my verses.

Like an adoring pilgrim
with love filled eyes,
I lift up my palms
filled with the milk of purity
and poured it on your blessed countenance.
The milk flew down
on the eyes, nose, lips, chin
and along the contours of your body.

It was a venerable adoration
beyond any reasoning.

In the pouring light of the soft morning sun
white clouds lie flat on the lap of the blue sky.

At dusk
I heard the whispers of the mild rain
and felt the gentle cool breeze.

Fill my heart O Angel
with the gentle music of a flute.
Touch my lips with a white feather.
Paint my eyelids with the golden rays of the dawn.
Make me lie on your holy lap
like dew drops clinging to the blooming rose.

(My adoration of the angel in me cannot be explained by human reasoning. In
the morning and at dusk I pray "fill my heart O Angel and make me lie on your holy lap."
My verses and the angel's song and dance and my adoration with the milk of purity are my expressions of a devotion of this inner reality in which I believe. I believe in an angel in me. Do you also believe? ? ? ?

Dr. Antony Theodore
Vengeful - And - Angry

White blood cells
are an integral
part of fighting
off diseases
and infections.

Lower white
blood cell count
is reported when
one forgives
completely.

These results
highlight
the importance
of forgiveness,
for you.

Don't allow your
mind and your
body to go
through another
day feeling
vengeful and angry.

Dr. Antony Theodore
Vibrating - On - A - High - Frequency

Your mindset
is shifted to
such a high
level that it
vibrated on
a frequency
that brought
you right here.

God, Almighty
has a way of
taking you
exactly
where you
want to be,

at the perfect
time and all
that is required,

is for you to
align your mind.

Dr. Antony Theodore
Vibration - Of - Love

To get closer To
become who
I am in my physical
appearance,

I try to overcome
abuse and pain.

I transmute
the negative energies
in me, to that of a
higher vibration of LOVE.

Dr. Antony Theodore
Vicious - Cycle

We have to recognize the futility of human attempts to ground our contentment and peace in the illusory things of this world.

Trying to obtain true and lasting peace from transitory things is a vicious cycle.

There is no rest in such things because the soul is yearning for something qualitatively different.

Some have likened these efforts to a river:

„All streams flow into the sea, yet the sea is never full.

To the place the streams come from, there they return again;".

(Ecclesiastes 1: 7 of The Holy Bible).

Dr. Antony Theodore
Victims - Of - The - Wars

Each of us thinks
of our deceased
ancestors, relatives,
friends.

But today we
also want to
pray for the
victims of the wars
and the unjust
violence on the
many battlefields
on earth.

We want to pray
for the dead
who otherwise
have no advocate.

Dr. Antony Theodore
Vigilance And Alertness

When Christ tells us that the fundamental obligation of every human being is vigilance and alertness, He is saying, in other words, that we must keep our liberty awake, ready at any moment to transcend the stultifying artificiality of common existence with decisions that affirm our inner, spiritual identity as sons and daughters of God.

Dr. Antony Theodore
Vigilance And Alertness.

The ongoing process of divinization calls for an ongoing vigilance and alertness.

The darkness of 'this world'its confusion, the routine, the mediocrity and the Inertia of every day existence with its distractions lead us away from the truth.

The fundamental obligation of the one who seeks the truth is vigilance and alertness.

Dr. Antony Theodore
Vigorous - Word

Word of God is vigorous and lively because the Spirit of the living God is the eternal Source of power, that moved holy men of God to pass on His supernatural message to us through the living Word of the living God.

Dr. Antony Theodore
Visible - Paths - To - Salvation

Jesus Christ
is revealer
and redeemer.

Jesus is unique
and universal,
but in practice
the visible paths
to salvation
have remained many

Dr. Antony Theodore
Visible Image Of The Invisible

Jesus is the visible image of the invisible God.

Dr. Antony Theodore
Vision Of The Eternal Light

Many mystics cried out like this.

0 grace abounding!
wherein I presumed
to fix my gaze
on the eternal light,
I was consumed
by the power of this sight.

Dr. Antony Theodore
Visualize Your Dreams

Visualize your wishes.
See all your wishes
in your silent moments.

In your meditation
you see it and desire
for it intensely.

Work hard for your dreams.

You are going to get it
with the help of God
if all your wishes are good.

Dr. Antony Theodore
Vivacious Are My Senses.

Love beams of moon
spread on me, warm light
of magical exuberance
filling me with ardent love.

Cheerful, cute, bright, lively
and vivacious are my senses.

Dr. Antony Theodore
Vivid - Remembrance

We can also keep a very vivid remembrance of God by using some truth of faith.

For example, I can cultivate the thought of the continual presence of God within me, and try to perform all my actions in honor of my loving God or else I can consider my duties as so many manifestations of the will of God and so unite myself to this divine will.

Dr. Antony Theodore
Vocal And Contemplative Prayer

Imagine a great classical archway
that rises on two sides
and meets at the center
in the keystone at the apex of the arch.

The left side represents vocal prayer,
the right side contemplative prayer
that begins with meditation.

In a balanced spiritual life
both grow and rise to perfection
simultaneously meeting
in the keystone which is God.

Both are essential in an
authentic life of prayer,
as can be seen in the life
of Christ and all the saints
in all religions which sought
contemplation and mystical union.

Dr. Antony Theodore
Voice Of God Comes From Within

God works in us from within outwards.
But all creatures work from without inwards.

Thus it is that grace and all the gifts of God, and the voice of God, that come from within, in the unity of our spirit, and not from without, by means of sensible images.

No external work can penetrate the hidenness of God.

If you succeed in emptying your mind of every thought and every desire, you may indeed withdraw into the center of yourself and concentrate everything within you upon the point where your life springs out of God.

(Graphic:The Word of God - My Truth images on Pinterest |Faith quotes and Godly woman)

Dr. Antony Theodore
Voice of Conscience

The sinners suppressed
the truth
in unrighteousness.

In spite of the overwhelming
evidence of God's handiwork
in the created world around them,

and despite the still, small voice
of conscience within,

man became willingly
ignorant of God.

When men indulged
in such gross idolatry,

self-indulgence and
self-deification,

God gives them over
to their depraved minds

and abandons them
to their sinful ways.

Dr. Antony Theodore
Waiting For The Lord

Walking on the Fog waves, 
i felt carried by the fog. 
I wanted to go to God 
and the fog knew it. 
So they carried me.

I walked and walked 
until I reached the pure white skies. 
They carried me and brought me 
to the gates of heaven.

There I waited and waited 
for those emotional moments 
when God will come down 
to receive me to lead me 
to God's sacred throne.

(Graphic: Fog Waves 8_) 

Dr. Antony Theodore
Wake Up From This Dream Of Separateness.

All is change  
in the world of the senses,  
But changeless  
is the supreme Lord of Love.

Meditate on him,  
be absorbed by him,  

Wake up from this  
dream of separateness.

(From the Shvetashvatara Upanishad of the great Hindu Scripture)

Dr. Antony Theodore
Waking - Up - Feeling - Loved

Waking up feeling good is the most amazing thing ever.

I do not remember the last time I woke up feeling happy.

In your depths believe that You are amazing.

You are everything you desire. You are what you seek.

The answers are within you.

Seek thyself first together with your God, who loves you beyond measure.

Dr. Antony Theodore
Walk - Away

All things
are not meant for you
in this world.

Learn to walk away
from things
that suffocate you.

Dr. Antony Theodore
Walk - Hand-In - Hand-With - Me

I am your best Friend,
as well as your King.

Walk hand in hand
with Me through your life.

Together we will face
whatever each day brings:
pleasures, hardships,
adventures, disappointments.

Nothing is wasted when
it is shared with Me.

Jesus speaks to you now.

Dr. Antony Theodore
Walk - Of - Faith

We have been promised, when we rest in Him and walk in spirit and truth, His peace will guard our heart and guide our path.

Our initial salvation brings peace with God but during our walk of faith through the journey of life we can enjoy the peace of God God’s continuous, divine peace in our heart.

Dr. Antony Theodore
**Walk In The Light Of Truth**

On the path "to" love.
Doubt reflects the ego
bound in time and space.

Love reflects God,
Eternal Divine Essence.

This is the ultimate promise
on the path to love.
You will walk in the light of Truth
beyond any truth
your mind presently knows.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: Walking in the Light)

Dr. Antony Theodore
Walk Into The Silent Desert.

Walk into the silent desert.
Pray in the depth of the night.

In the darkness of the desert,
sink yourself into nothingness.

Sit alone until you see the light
in your soul filling you with joy.

Dr. Antony Theodore
Walking - In - Spirit - And - Truth

The people lacked
any sign of godly living
and were not carrying
out the work that
God had prepared
for them to do.

They were not abiding
in Christ and walking
in spirit and truth,
and they were accused
by Jesus of being
spiritually dead
in their Christian life.

Dr. Antony Theodore
Walking - Into - Walls

When we just keep
falling further
and further below
the poverty line

and feel hopeless
and terrified,
ashamed and frozen,

walking into walls
disoriented and
filled with grief,
falling into a pit
of despair and fear,

Jesus weeps at the
very sight of you,
not tears of shame
but tears of joy.

He calls for you.
"Come to Me,
all of you who are
weary and carry
heavy burdens,
and I will give you rest."
(Matthew 11: 28 of the Holy Bible).

Dr. Antony Theodore
Walking - With - Destiny.

(About Winston Churchil)

Churchill was busy mapping out the location of ships, tanks, troops, and defense lines before the call to command the British forces fell on his shoulders.

As the command came, he surveyed the plan, and started giving hill was ready.

He said later of the moment in which he was called to lead the Western world in its most demanding confrontation with evil,

"I felt as if I were walking with destiny, and that all my past life had been but a preparation for this hour and for this trial."
(A life of preparation is our call and destiny to face all the challenges in our lives),

Dr. Antony Theodore
Walking Among The Sheep

Walking among the sheep,
watching how peaceful they graze,
thought of men and women
Who die because of worry.

Hatred brings peacelessness.
Egoistic attitudes kill peace of mind.

Make this world a place of peace.
Become humble and smile always.

Look at the sheep and learn
beautiful lessons of life.
(Graphic: Photographic Journey 17_zpsymlsdm5s (1))

Dr. Antony Theodore
Wandering - Far

Keep me,
I pray, from
wandering
far from You

and may all
I do, from
this day forward,
be to Your
honor and glory.

Dr. Antony Theodore
Wandering - In - The - Wilderness

We are on the journey of sanctification.

Christ leads us.

It is a voyage from this world to the next.

It is a pilgrimage to be taken one step at a time, a wilderness wandering where some steps must be retraced again and again.

Dr. Antony Theodore
Wandering - Into - The - Future And - Past

Let all know
that it is normal
and natural for
their mind to
wander off
into the past
or the future.

Let all be instructed
to simply guide
the attention
back to the
practice when
they notice
they have wandered
off, and to do so gently
and with compassion
so as not to give
themselves a hard time.

Dr. Antony Theodore
Want - To - Invite - You

I want to invite you
without making
any demands on you;
give you something
without making
any expectations;
to say goodbye
to you without
missing anything
that is essential.

Dr. Antony Theodore
Wanting - The - Whole - Heart

God not only
wants your
whole heart,
He wants
your heart whole.

God is not
satisfied
with a half-
hearted
offering.

Dr. Antony Theodore
Wanting to Give God a Greater Place

Do you recognize yourself among the souls who realize that the pleasures of the world are fleeting?

Do you want to give God a greater place in your life, wishing to draw near to Him, and yet wonder, simultaneously, if your desires are within reach?

Dr. Antony Theodore
Warnings - That - Affect - Our - Lives

The most thrilling stories to be told are those found in the Word of God.

Not only are they exciting and dramatic, but they are true. They teach us great lessons and provide us with valuable warnings that affect all our lives.

Dr. Antony Theodore
Watch Everything Inside And Outside.

Watch everything inside
of you and outside.

When something
is happening to you
see it, as if it were
happening to someone else,

with no comment,
with no judgement,
no attitude,
no interference
no attempt to change,
but only to understand.

So one can learn
to disidentify from oneself.

(Disidentifying oneself from everything that is happening inside and outside of us
is the psychological way to AWARENESS and CONTACT WITH REALITY).

Dr. Antony Theodore
Watching - Eye

God's Eye is watching over me,
God's Ear is hearing me,
God's Word is giving me speech,
God's Hand is guiding me,
God's Way is stretching before me.

(The singular 'is' is purposeful)

(Reflections on TheDeer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
Watching Our Face

Form the heart of the Transcendent
I like to jump to catch
A handful of rainbows
And decorate your face.

Then shall I stand a little afar
And watch your face.
Shining with pure joy.

Dr. Antony Theodore
Water Meandering Through The Forests

I wish to be like the water
that moves in the river.

I want to be like the water
that meanders through the forests.

I wish to be like the water
that make the fields fruitful
bringing everywhere life in full.

Dr. Antony Theodore
Waves Of Love

We receive grace
to expand souls,
to launch them
on the waves of love,
confidence, and
abandonment
into the hands of God.

Invoke to obtain for you
the knowledge
that makes saints
and gives the soul
so much peace
and happiness.

Dr. Antony Theodore
Ways To Attain Nearness to God.

Listen attentively
to the sacred scriptures
and keep it in your mind.

Be selfless in the service
of God and the poor.

Sing praises of God
with a faultless heart.

Repeat God's mystic name
with joy and endurance.

Adore, God according
to the sacred scriptures.

Live in control of yourself.
Practice virtues and detachment.
Live in a ceaseless pursuit
in the way of goodness and love

Dr. Antony Theodore
We - Are - Breathless

I think our eyes are often out of focus and not set at the right direction.

We have become breathless because the hunt for happiness often takes our breath away.

We lost our footing because sometimes we became guilty.

Dr. Antony Theodore
We - Are - Challenged

We are challenged
to consider Jesus.
As God's blood-
bought children
we are to consider
Jesus, the messenger
and High Priest
of our confession.

It is religious men
and women, who
are set apart by
a heavenly calling,
and challenged to
consider Jesus.

Dr. Antony Theodore
We - Are - Of - God

We are of God.
We are born of God.

We are bone of His
bone and flesh
of His flesh by faith.

Dr. Antony Theodore
We - Cannot - Forget

There are certain things in life that are too beautiful to be forgotten, such as the love of a mother.

We treasure her picture.

The love of soldiers who sacrificed themselves for their country is likewise too beautiful to be forgotten; hence, we revere their memory always.

But the greatest blessing that ever came to this earth was the visitation of the Son of God in the form and habit of a human.

We treasure the divinity of His Words in Sacred Scripture and the charity of His deeds in our daily actions.

Dr. Antony Theodore
We - Commit - Sin

When the beauty of
God is not treasured by you,
you commit sin.

When the presence of God
is not prized,
we all commit sin.

When we do not
esteem the wisdom of God,
we commit sin.

God alone is the truth.

When we do not acknowledge
The truth of God,
you commit sin.

Dr. Antony Theodore
We - Fall - Short

We do things
we shouldn't.

We are selfish,
arrogant,
sometimes even
cruel.

We use other people
for our own ends.
We fall short even
of our own low standards.

The Bible has a word
for this: SIN

Dr. Antony Theodore
We - Form - Caricatures

Haunted by fear of failure and taunted by what we lack, we form caricatures to deny our vulnerability and survive independently.

Yet the self-protective man is not the truest us.

The truest reality of the masculine soul is that we are inheritors of original goodness, magnificently crafted in the image of God.

Dr. Antony Theodore
We - Reap - What - We - Sow

The Bible is filled with truths on reaping and sowing, indeed the apostle Paul reminds us that 'we reap what we sow', either to evil or to good.

And like Paul, the prophet Hosea also recognized the deeper truth that is packed within these simple words.

Dr. Antony Theodore
We All Want To Love More.

We attain the realization
that our own powers of affection
and understanding
are worthy of some greater
and more durable objective
than that provided
by the illusions of senses.

Therefore man’s consciousness
is urged by the cravings
of feeling or of thought
trying to attain
the encounter of the Absolute
and it is always forced
to return to the sensory plane.

Dr. Antony Theodore
We Are A Supreme Symbol Of God

We are ourselves
a supreme symbol
of God as we are one
with God in the Spirit.

By a continual opening
of ourselves, and by
the resultant communion
with God, we as persons
are fulfilled existentially,
consciously and concretely.

Dr. Antony Theodore
We Are Attached To Our Ego

The Almighty one
lives in the perfection
of love and innocence.

No thought of anything
connected with evil
could enter the Eternal.

Human imperfection
and frailty causes in truth
our problems and sufferings.

We seek an outside source
for our sufferings.

We are attached to our ego
resulting in spiritual separation
from our higher self.

Yield humbly to the great one.

We are parts of a larger creation.
Angelica Silva saved to **Inspirações**
386
SCHMIER SCHMIER - Google+Pinterest)
(Graphic:

Dr. Antony Theodore
We Are Called To Be Visionaries.

We are called to be visionaries.

The final word of history
does not belong to war,
discord, or gloom,
but to peace, harmony and radiance.

Look for the sparkle in the ordinary.
Sense the mystery in life.
We are called to be visionaries.
Together we shall shape
the future of this world.

Remember when we have to step
into the darkness of the unknown,
believe that there will be something
solid for us to stand on
Or we will be taught to fly.

Dr. Antony Theodore
We Are Called To Embrace The Word Of God.

We are called to embrace
the words and messages of God
and allow it to resound in ourselves.

The messages of God are alive and active.
The words of God come from heavenly abode.
It shall not return without causing its effects
on the human hearts and lives.

It transforms human lives.
It heals the sick and set the psyche free.

I ponder over your messages and I am astounded.
You melt my heart through your words of love.

Your words are light in darkness.
It is like the dew upon dry branches.
In the bitter frost you kindle a raging fire
and will not allow it to be extinguished.

Dr. Antony Theodore
We Are Creatures Of Love

A human being's worth
is defined by the love of God.
We are creatures of love
because our being
is in God's being
and our spirit is
rooted in God's spirit.

Dr. Antony Theodore
We Are Loveable

We beg to be loved.
We waste our life
pursuing others to love us.

Stand on the sidewalk
and watch us beg
on the streets
for a bit of love.

Why not stop this? ?

It's time for us to let
ourselves be loved.

Dr. Antony Theodore
We Are Planted In Love

We are planted in love
and built on love.
We are given the power to grasp
the heights and the depths of God's love.

O source of holiness,
give me the spirit of wisdom
and perception of God's revelations.

Enlighten the eyes of my mind
to see what God promises me
to lift myself up and create
a new future believing
in God's great plans for me.

Dr. Antony Theodore
We Are Tempted To Go The Wrong Way.

The hectic life in work
and everyday life
rips and wrenches us
like in a powerful flow.

Often we are driven
in directions that
we do not want.

Often we are
tempted unwillingly
with a half mind
to go the wrong way.

Pardon us o heavenly God.

Dr. Antony Theodore
We Are Transitory.

We are transitory.
We come and go.
We do not have
a permanent abode
here in this world.

The onlyhome for
us is in the presence
of God In heaven.

The time of fasting
is a time to understand
which is important
and less important.

For what do I give priority,
for God or for this world.

what do I want to change
what is burdensome,
heavy and dark for me?
Repentance, confession of guilt
lead me to a new life in peace.

Dr. Antony Theodore
We Believe

We believe in God although he is silent and hidden, we believe he is alive.

Though there is malice and suffering, we believe that he created the world for life and happiness.

Dr. Antony Theodore
We Believe In God

We believe in God
although he is silent
and hidden, we believe he lives.

Although there is
malice and suffering,
we believe that he created
the world for life and happiness.

Although our thinking is limited
and our hearts rebel,
we believe in God.

Dr. Antony Theodore
We Believe In The Spirit Of God

We believe in the Holy Spirit
against all appearances.
We believe that the Spirit of God
leads and inspires the world.

Despite death,
we believe in its
resurrecting power.

In spite of ignorance
and unbelief,
we believe that
the kingdom of God
is valid for all men
in all places
for all eternity. Amen.

Dr. Antony Theodore
We Can Not Understand The Being Of A Colourful Butterfly.

With all our efforts and strenuousness we shall never be able to find the being of a simple and colourful butterfly.

We humans are so weak in our intelligence.

In spite of it, we think that we are so great. We are fools and making ourselves fools by saying that we know everything about God.

It is really so that we are encompassed by God and do not see God, because we know too much. It is wisdom to know that we shall never know anything of God in this too knowledgeable life.

Dr. Antony Theodore
We Carry The Summit Within.

Despite all our noble efforts
to reach a treasured peak,
be it a dream of wealth
or love or poetic greatness
or spiritual and mystical heights,
we carry the summit within.

Dr. Antony Theodore
We Carry Whole Worlds Within Us

We are always both so known and unknown.
So knowing someone deeply is such a treasure.
It opens the sky of all time.
It lets the song come out of the sea.
It lets the heart to be touched by another.

We carry whole worlds within us
As we brush by each other in supermarket.

The entire drama of life churns
in our blood as we rush underground
to catch a train in the crowd.

We shall never stop breaking
our own trail up the mountain.
For only by daring to be ourselves
can we deeply know others.

Dr. Antony Theodore
We Come To You In Prayer

Good God,
we come to you with
what concerns us,
what pleases us
or what bothers us.

The days that lie behind us,
we bring to you.
So much is concerned about
the people we met,
with whom we live together;
those with whom we live
in harmony, but also those
with whom we have conflicts;

We come to you with
the worries that concern us,
the worries about the spouse,
the children, the friends,
the worries about the job,
the worries about health,
the worries about peace.

we want to entrust it to you
in deep and intimate prayer.

Dr. Antony Theodore
We Drag With Us Not A Treasure But A Chain.

We only enjoy true liberty
in respect of such things
as we neither possess nor desire.

The relation between the self
and the external world
is spoiled by lust
and not by love
and it fatigues the soul.

Divide the world
into 'mine' and 'not mine'
and unreal standards
are set up, claims and
cravings begin to fret the mind.

We are the slaves of our own poverty.
We drag with us not a treasure but a chain.

Dr. Antony Theodore
We Forget The Blood On The Streets

We forget the blood on the streets

The eyes can see clearly what is broken
without ever feeling the break.
The mind can calculate the loss
without ever sewing up the wound.

But this precision and efficiency
can be a cause of a life of neurosis.
The mind skips the heart's step.

We forget the blood on the streets
But the cry on the street remains
because it is attached to the living.
They are mourning the dead
because they missed them coming alive.

Preparing for a life without the dead on the streets
make them move on for they have no other way.
Life, terror, sorrow, death, lost for ever.

Dr. Antony Theodore
We Gain A Lot When We Become Older.

We gain a lot when we become older. 
tranquility, 
serenity, 
equanimité. 
calmness, 
the ability to enjoy, 
patience, 
wisdom and foresight.

When we were children 
we wanted to become older 
to join with the grown-ups.

Somehow we lose this sense as years go by. 
Later we want to remain young always.

But being aged gives us a lot. 
We find love and emotional security 
in our own self and find the meaning of life.

(This is not presented as a poem. Just presenting ideas)

(Graphic: J's Everyday Fashion Pinterest)

Dr. Antony Theodore
We Have A Fear-Based Sense Of Security.

We are often blind
to the greed, wars and violence
that we see played
on the world stage.

They are often amplifications
of what is happening
inside our hearts
and in personal relationships.

We have a fear-based sense of security.

The larger world
that threaten and overwhelm us
is reflective of our
interior dispositions.

We have hardened our hearts.

Mercy and compassion
are seen as signs of weakness.

Be sure every day there can be
a revelation or a new discovery.

Dr. Antony Theodore
We Have The Healing Gift.

In a useless attempt
to erase our past,
we forget that we
have the healing gift.

Out of fear and shame,
we try to conceal our wounds.

Our inner darkness can
be illuminated
and it will become
a light for others.

Make out of your past
a being that forgives
and repents for all
that you have done.

Then you will become a light.

Dr. Antony Theodore
We Have To Display Now

We have to display now
our works of faith,
labor of love,

steadfast hope
in the Almighty God
who is beyond and above
all religions of the world

and joy in the
Holy Spirit of God
despite all the
tribulations we
are undergoing now.

Dr. Antony Theodore
We Know The One In Whom We Trust.

Our faith in God is not vain.

We confess that we know the One in whom we trust.

God is able to finish the good work he had started in His servants' life.

It requires to suffer for the sake of faith.

All hardships shall be endured in joy.

We remain faithful to the faith which was given to us as a great gift.

Dr. Antony Theodore
We Owe Fidelity

We owe fidelity
to those we
choose and,
beyond them,
to others we
do not choose.

All in need
are our brothers
and sisters.

(Reflection on
the Parable
of the Good
Samaritan
of the holy Bible)

Dr. Antony Theodore
We See With A New Vision In True Awareness.

It is this communion with God
that constitutes our own deepest reality.

As our true awareness grows,
as we see through the eyes
of the Person we really are,
we see with a new vision.
It is the awakening that is important.

Dr. Antony Theodore
We Solicit Your Blessings

Merciful God
we solicit your love,
otherwise, we are not able to love.

We solicit your peace
for we need your peace in this world.

We solicit the strength to believe
so that we can build with you a land of peace.

We request for your blessings
because, you alone can give it to us.

Dr. Antony Theodore
We Want To Discover Who We Are

We want to discover who we are

It is no secret
that slowness makes us remember
and hurry helps us to forget.
In Softness we remember
and in hardness we forget.
Surrender makes us remember
and in fear we forget.

We want to discover who we are

Part of our journey
is this remembering and forgetting.

We go to mountains and rivers
and then we remember.
At the seashore we sit and then remember.
Sometimes even in the crowd
You stand alone and remember.

We want to discover who we are

Dr. Antony Theodore
We Were A Single Melody.

You and I,
we sang like little nightingales.
You sang, I sang
We were a single melody.

We shared sweet smiles,
You were the lips, I was the smile.

In times of tears
You held me close to you
You wiped my tears
I held your hand.

You were the flesh, I was the skin.

The golden sun smiled,
you were the gold, I was the light.

You hugged me, I caressed you.
You were the fingers, I was the body.

When the songbird sang in our hearts
You were one wing, I was the other wing.

We were two candles but one flame.

I was the sparkling sea,
You were the ripples.

You sing, I sing
We are a single melody

Dr. Antony Theodore
We Were Born In Bliss.

We were born in bliss.
But in our chaos
it gets obscured.

The soul is always in the search
of the experience of bliss.

Bliss is the ocean.
All the other joys are tiny drops.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
We Would Be Worthless Without Love.

Even if we preach ourselves, and would lead many religious conversations that give us essential knowledge for our lives, So if we had the best religious practices, and if we had no love in us, we would be worthless.

Dr. Antony Theodore
Wealth - Is - Their - God

For those who are wealthy it is indeed very painful for them to part with it because it is their God.

Those who have little will always be more than willing to share with those who have less than they have, because they know what it is like to have nothing.

(Written from the comments of the great poetess Marie Shine of Listowel, Ireland)

Dr. Antony Theodore
Weary - Souls - Comforted

These beautiful words are from the canticle that has comforted multiple millions of weary souls, and encouraged countless generations, since the time that Israel's beloved Shepherd-King, penned this well-loved Psalm.

(Ref: Psalm 23 of The Holy Bible)

Dr. Antony Theodore
Weather The Winds Of Change

Weather the winds of change
holding on to God Almighty.

I hear the sounds of my steps
bouncing off the walls.

My hopes and dreams saturate.

I might sigh. I might even scream.
But I don't let the low moments
determine the next moment.

Let's celebrate the highs in our lives,
but not let them soften us
to hard work and perseverance.

Let's learn from the low points,
but not let them sour us
to expectation and anticipation.

Weather the winds of change
holding on to God Almighty.

Dr. Antony Theodore
Wedded - To - A - Commitment

What is faith?

It is simply an understanding of how things are, wedded to a commitment to live one’s life in light of that understanding.

Dr. Antony Theodore
Welcome To The Throne Of Grace

Promising forgiveness and eternal life, God asks sinful man to believe and follow God's words in the Holy Scriptures of all religions that will lead human beings to heavenly joy and peace.

When we trust in God, we are adopted as God's children and receive His indwelling Spirit, who blesses abundantly.

We are always welcome before the Throne of Grace.

Believers and non believers have access to converse with The Almighty One at any time.

God promises to hear and respond to our seeking, repentant hearts in love.

Dr. Antony Theodore
Well - Pleasing - Prayers

The psalmist desires that his prayers are well-pleasing to the Father and that his humble petitions and heart-felt praise rise up to into heaven as a sacrifice of praise and a sweet-smelling savour to God, as hands are lifted up in worship, thanksgiving and pleading supplications.

Dr. Antony Theodore
We're Called To Love And Serve Everyone Influencing Them For God.

We're called to love and serve everyone.

Every single one of us
has the power to influence others.

If we truly want to influence someone for God,
we first need to intentionally choose them.

We need to intentionally decide
to pour into this person's life,
intentionally choose them
to influence for God.

We need to use our actions
and show them
by intentionally living life with people,
giving a few people access
to our lives and making them a priority.

We are here to influence
human beings for God

through our actions,
through our words and attitudes,
through our lives.
Using every ounce of the influence
we have to show them, God.
...
We choose them.
We teach them.
We show them.

Dr. Antony Theodore
Were You In Ecstasy?

I heard your screams in the night.
Were you in ecstasy?

Did your lover play on his flute
And lift you to the heavens of joy?

Did he quench your thirst
And made you a slave of love?

Did you smell his sweat
And feel your heart is moist?

Did you see a rainbow bowing down to you
And birds with perfumed wings
flying around you?

Look!
Glowworms are coming to dance with you.

Dr. Antony Theodore
What - Forgiveness - Is - Not.

Let us think of what forgiveness is not.

Forgiveness does not mean you become best friends with the person who wronged you.

Forgiveness is not saying what happened was acceptable.

Forgiveness is not saying you accept the person who wronged you.

Dr. Antony Theodore
What - Is - Wrong

Something is wrong
with the human race.

We all sense it.
Things aren't the
way they should be.

We aren't as kind,
as generous,
or as loving as
we should be.

What is wrong
With the humanity?

Dr. Antony Theodore
What - Really - Matters.

Learn to slowly let go of social, emotional and mental triggers.

Question your thoughts and find what really matters.

Dr. Antony Theodore
What - You - Cannot - Change

Create a way
to spread lessons
about happiness
and fulfillment.

It is necessary
to accept
what you
cannot change.

Dr. Antony Theodore
What Did You Whisper Last Night?

What did you whisper last night?

The joy of your whispers linger in my soul now at this glorious dawn.

I forgot what you whispered, but the joy remains.

Listen! the robins twitter
It is their whisper.
In love they chatter.

Wake up to the beauty of nature’s gifts.

Sense the wonders and be keen in prayer.

Dr. Antony Theodore
What Is A Godlike Man?

What is it to be a partaker of the Divine Nature, or a Godlike man? [literally deified?]

He who is imbued with or illuminated by the Eternal or Divine Light and inflamed or consumed with Eternal or Divine Love, he is a deified man and a partaker of the Divine Nature.

Dr. Antony Theodore
What Is The Colour Of The Love In Your Soul?

Silver is the sky
Green are the leaves
Shining are the waves
Tiny wings of the morning bird
fluttering in the mild wind
Ask me
What is the colour of the love in your soul?

Dr. Antony Theodore
What More Do I Need In This Life?

This is the way to my hut you know.

On the end of the way is my little hut.
I sat at night. I prayed there always.
"God, would you come to me tonight
to visit me and hug me
and take me in your arms.

You came last night to me.

This morning I saw the way to my hut.
It's laid up by flowers like a beautiful carpet.
and the dry rivulet is now flowing.
(It was all barren and dry before).

Thank you God that you came to me
when the whole nature around slept.

You are such a secret lover.
What more do I need in this life?

Dr. Antony Theodore
In the most innocent forms I crave for you.
In the evening I like to take long walk with you
till the dusk bless you and me
with its mild tranquil red rays.
Then shall we hold our hands and walk
along this shore smiling to each other
and know that we are in intimate love.

I like to turn to you and look into your eyes.

Kiss me on my forehead and caress my hair.
Touch my eyelids and tell me that I am pretty.
Such simple things of love I crave for now.

Won't you come to me to say goodnight
with the gleaming light in your eyes.
Then I know that you really love me
and not there simply for my body.

I want to fall asleep in your arms.
These are painful nights for me
since I know I will not live for long.
Cancer eats my cells up with ferocity.

When you take me in my arms
I see your eyes get filled
and you tell me without words
that you love and still adore me.

What more does a woman need?
What more does a woman need
In this life which passes away like a wind

Dr. Antony Theodore
What Spiritual Nutrients Do I Need?

Do I have the patience?
What do I need
to be able to grow?

What do the others need?

What spiritual nutrients
do I find helpful: a prayer,
a word from the Bible,
a song, an encounter
with another person
who needs me now.

Dr. Antony Theodore

If it were not His,
it could never be mine.

If it could not be mine,
He would not even want
it for Himself.

And all that is His,
is His very self.

All that He gives
me becomes,
in some way,
my own self.

What then is mine?
He is mine.
And what is His?
I am His.

Dr. Antony Theodore
What- To - Strive - For

You can spend a lot of time worrying about things that don't matter.

You can also spend a great deal of energy worrying about food and clothing.

As a disciple of Jesus Christ, we are told not to worry about these things but instead seek the kingdom of God, and all the essentials will be added to you. That's easier said than done, but Jesus tells us what to strive for.

Dr. Antony Theodore
What We Ought To Be.

God has to have
two pictures of us:
one is what we are,
and the other is
what we ought to be.

He has the model,
and He has the reality:
the blueprint and the ediface,
the score of the music
and how we play it.

God has to have
these two pictures
because in each and
every one of us
there is some disproportion
and want of conformity
between the original plan
and the way we
have it worked out.
The image is blurred;
the print is faded.

(Inspired by Bishop Fulten J Sheen).

Dr. Antony Theodore
What You Are Not Aware Of

You are in control of what you are aware of.

What you are not aware of controls you.

You are always a slave to what you are not aware of.

The moment you are aware of it, you are free.
It cannot control you anymore.

Dr. Antony Theodore
What You Need Really Is To Love

What you need is to be free.
What you need is to love.
Love is your true nature.

But the society taught you:
'you need little monkeys to run after you.
the monkeys who tell you, you need to be applauded,
the monkeys who tell you, you should be desired,
the monkeys who tell you, you should be attractive'.

What you need really is to love
Love alone is your true nature.

Dr. Antony Theodore
What You Think Matters.

It is a reflection of what you think, that you attract into your life.

What you judge also will be attracted into your life.

Everything that you hold in your conscious thought becomes you and your reality.

See honesty in all and always only goodness.

Embrace God in all your activities.

Dr. Antony Theodore
Whatever May Come On My Way

Whatever may come on my way
my heart shall not turned back;
my feet shall not stray from your path.

II have forgotten the name of our God
or spread out my hands to a foreign God,
please forgive mefor this great sin.

It is in fear andintimidation
We look for help and fall into
the hands of a foreign God
or resort to sorcery and magic.

Weshall proclaim in the assembly,
'You my God is the God ofthe universe
and shall never go away from your presence'.

Dr. Antony Theodore
Wheel - Ofawareness

In this exercise, clients first imagine the wheel of awareness during the meditation before seeing an actual image of the wheel of awareness.

Some clients who struggle visualizing may find it helpful to first have a look at the image before meditating.

When doing so, the practitioner may briefly explain the setup of the wheel of awareness to clients in order to familiarize them with the concept.

Dr. Antony Theodore
When - Ego - Does - Not - Intervene

Rational knowledge
includes duality.

But, when we
relate to the
Spiritual Heart,
to our true &quot;I,&quot;

this knowledge
should be of
another kind,

total and complete
and this is only
possible if our ego

with its personality,
mind and feelings,
does not intervene.

Dr. Antony Theodore
When - God - Is - Included

When God is included
in any alliance,
partnership, family,
or company, it is a
successful association.

When a marriage,
a business partnership
or close friendship
invites God to be
that third cord in
their relationship,
it is strengthened,
enduring and satisfying.

(Reflections on the book of
Ecclesiastes of the O.T of
the Holy Bible)

Dr. Antony Theodore
When - The - Ego - Dissolves

Absolute humility arises only if the ego dissolves.

Ego pulls you back from the threshold of humility.

Dr. Antony Theodore
Do you like to experience beautiful scenery?

Where you aware of small details when you spent time in nature?

Do you appreciate the variety in nature?

Do you feel that everything is connected in nature?

Dr. Antony Theodore
When And How Shall I Sense The Whole?

Mind churns with a million
scraps of memory.
related to who I am.

But the sense
of the Wholeness
escapes me.

The whole tapestry of life
does not help me to see the Whole.

The mind revolves round, with the data.
It keeps telling me that I am real.
But do I need this assurance?

Are they, the bits and pieces
of my own identity?

Oh!
when and how
shall I sense the Whole?

Dr. Antony Theodore
When Christ Calls A Man

„When Christ calls a man,
he bids him „come and die‟.

He knew by experience
the truth of his statement.

Arrested by Gestapo,
he inspired his guards
in prison and in
concentration camps.

He obtained permission
to minister to his
fellow prisoners,
and his ability to
comfort the anxious
and depressed
was amazing.

A few days before
the liberation of his
concentration camp,
he was executed.

(This was the life of Dietrich Bonhoeffer
of Germany during the Hitler's regime). (His „The cost of Discipleship‟
is a powerful attack
on an „easy Christianity‟).

Dr. Antony Theodore
When I Am About To Fall.

God support me.
I have a great load to carry.
I am alone and the way
is stony and full of thorns.
Keep me in your hand
Support me from below
When i am about to fall.

Dr. Antony Theodore
When I Am Happy

When I am happy
I tell myself
it will not last.
some misfortune will come.

When I am unhappy
I tell myself
it will not last.
Happiness is on my way.

Dr. Antony Theodore
When I Drown

When I drown in
my own tears,
when I cry aloud
in the midst of the night
in helpless loneliness,
You come to me
to lift me up
from the waters
and the mire
into which I fell.

How can I
ever, thank
you enough
my Lord and my God.

Dr. Antony Theodore
When I Kiss You

When i kiss you
I kiss my own awareness
At your holy presence.

You are divine.
I am divine.
I kiss your divinity
When your lips touch mine.

You find me.
I find you.
In a moment sublime.

In reverent awareness
I enter
and bow
in the cave of
Indescribable sweetness.

Dr. Antony Theodore
When I See You

My wings flutter
My fingers flutter
My Spirit flutters
when I see you
with the eyes of my soul.

Dr. Antony Theodore
When In Pain.

When in pain,
breathe slowly and meditate
on a pain that has been troubling you.
It might be physical, or emotional or mental.

Rather than toughening and resisting
the onset of the pain,
try to let it move through you.

Notice, where the pain is acute.
Notice when you first feel it.
What is the pain telling you
about the piece of your body
or heart or mind that it is moving through.

What might you change in how you move,
feel or think that will strengthen
this part of you that is hurting?

Pain is very often a sign.

Dr. Antony Theodore
When Is Anxiety Harmful?

Some people have severe or very frequent anxious reactions to situations and events.

If the symptoms start to affect someone's social, work, or personal life, this may indicate an anxiety disorder.

Severe anxiety can cause people to avoid certain situations or environments.

For example, someone may stop going for job interviews or social events to avoid feelings of anxiety.

Dr. Antony Theodore
When Kindness And Truth Meet

When kindness and truth meet in me,
when justice and peace shall kiss,
when i reach God's sanctuary
and the royal temple of the angels,
may your love make me
what I am called to be.

(i believe that the Almighty calls us
with a definite purpose in life. This consciousness of purpose gives us meaning)

(graphic: the_temple_of_angels_by_razielmb-d8j7er5)

Dr. Antony Theodore
When Life Is Lived Without God

When life is lived without God,  
life is futile and meaningless.

Human effort  
or intellect pursuits,  
pleasure seeking  
or a power grab,  
personal prestige  
or the accumulation  
of wealth is identified  
by Solomon as being utterly vain.

When the Lord is eliminated  
from the human heart,  
then the circle of life  
and the inevitability  
of death expresses nothing  
but hopelessness.

When God is excluded,  
then the enemy  
has full sway in a life.

(Reference to Ecclesiastes 4: 9  
in the Holy Bible).

Dr. Antony Theodore
When My Time On Earth Is Through

Basically, when my time
on earth is through,
I want it to be clear
that transforming
into the likeness
of God and what God
wanted from me, in life
was more important to me
than conforming to the culture.

Dr. Antony Theodore
When Pain Softens Me, Deeper Is My Joy.

The more I experience
and survive,
the more I find truth
in the commanalities.

The quiet things speak to me
in loud voice, the longer
I live and wake here on earth.

Those things that live in
stillness teach me great lessons.

When pain softens me more
the deeper is my joy in my being.

Dr. Antony Theodore
When The Archer Shoots

This is a wonderful saying of Tranxu
a great chinese Sage:

When the archer shoots
for no particular prize
he has all his skills.

But when he shoots to win
a golden trophy, the first prize,
he goes blind, prize disturbs him.
He sees two targets.
He is drained of his concentration.
He becomes out of mind.

His skill is the same.
But the prize divides him.

He thinks more of winning
than shooting with all his skill.

Are we also like that? ?

Dr. Antony Theodore
When The Doors Of Perception Are Cleansed.

For the mystic soul,  
it is this characteristic  
of the 'Homing Instinct'  
which gives it a  
pleasure-state  
of the most intense kind.

When the doors  
of perception are  
cleansed, everything  
appears to man  
as it is, infinite.

Dr. Antony Theodore
When The Encounter With God Is Real And Complete

The new relationship with God engenders a new relationship with all things and all human beings.

When the encounter is real and complete, a new kind of relationship is established between our own freedom and that ultimate freedom.

We are ultimately happy to found this relationship with The Holy Spirit of God who is love and who is also the Lord of History.

Dr. Antony Theodore
When The Eternal Light Shines In The Soul

Our identity lies in the discovery of the ground of being.

The soul of man, left to its own natural level, is a potentially lucid crystal left in darkness.

It is perfect in its own nature, but it lacks something that it can only receive from outside and above itself.

But when the light shines in it, it becomes in a manner transformed into the light and seems to lose its nature in the splendor of a higher nature.

Dr. Antony Theodore
When The Fictitious Images Of Life Are Shattered

The ascent to knowledge begins
when the fictitious images of life
and carnal man's abilities are shattered.

The experience of pain in life
is a gift of God to alert us to
malfunctions of the flesh and the spirit.

The society so constricts man
that he never has an opportunity
to give in to the creative
impulse with which he is born.

Dr. Antony Theodore
When The Intellect And Senses Are Free

When the intellect and senses
are freed from the illusions,
the seeker is ready to step
into the unknown.

God gives grace.
Faith and hope
are man’s response.

Christian mysticism is predicated
on the faith expectation of the
appearance of the new reality.

Dr. Antony Theodore
When The Intellect And Senses Are Freed From The Illusions

Mystical Contemplation is absolutely beyond the reach of man's activity.

One cannot obtain it by himself.

It is a pure gift of God. God gives it to whom He wills, when He wills, and in the way and degree in which He wills.

When the intellect and senses are freed from the illusions, the person is ready to step into the unknown.

Mysticism is predicated on the faith expectation of the appearance of the new reality.

Dr. Antony Theodore
When The Problem Ocean Is So Great

Ach! ! ! when the problem ocean is so great, then it is really great and big. It is simply so. But my God is greater than that.

When the fear mountain is so high, then is it really high. That is it. But my God is higher.

When the sadness desert is so wide and finds no end,
then it finds no end. It is simply so.

But my God has no beginning and no end.

When it is so impossible to proceed, then my God comes and tells me You have cried a lot. It is enough. I will come to share your suffering and to wash away your tears.

Dr. Antony Theodore
When The Soul Is Awakened

When the soul is awakened
physical space is transfigured.

Friends stay attuned to each other
and continue to sense the flow
of each other's lives from distance.

Love transfigures physical space.

In the soul-space,
there is no distance.

Dr. Antony Theodore
When The Soul Is Not Yet Wholly Enlightened.

When the Divine light
of contemplation assails
the soul which is not
yet wholly enlightened,
it causes spiritual darkness.

For the soul that is not enlightened
and purged - the natural strength
of the intellect is transcended
and overwhelmed by great
supernatural light.

Dr. Antony Theodore
When Two Consciousnesses Meet

When two consciousnesses
meet merge and melt
into each other
It is ecstasy.

It is deep.
It is significant
and beautiful.

It is divine and human
at the same moment.

Then sexual act declines
and fall into a lower level.

(Graphic: Sacred union..... ...  
Jeanne Arseneault-Rivard  
LoVe and LoVers)

Dr. Antony Theodore
When- You - Search - For God

If we keep going
on God's revealing
but obscure paths,

we will pass a long
purgation and then
the evening will
inevitably blink
into a deeper darkness.

This is a real experience
of loving seeker of God.

Dr. Antony Theodore
When You Cry

When you cry
God looks at you.

He reads your pain of your soul.
When you murmur in prayers
God listens to you.

This is a God of love
whom we adore.

This God has no religion.
God stands beyond all religions.
He is the Almighty one
He is the God of all.

Dr. Antony Theodore
When You Do Not Treasure

When the beauty of
God is not treasured by you,
you commit sin.

When the presence of God
is not prized,
we all commit sin.

When we do not
esteem the wisdom of God,
we commit sin.

God alone is the truth.

When we do not acknowledge
The truth of God,
you commit sin.

Dr. Antony Theodore
When You Forgive, You Heal Yourself

When you forgive
you heal yourself.

When you don't
hold fast onto your
feeling of bitterness
you heal yourself.

Let go of your ill feelings,
you will feel like the bird
flying near the rainbow.

Dr. Antony Theodore
When You Sleep In My Breast

When you sleep in my breast
Why do I need words?
God need not be met with words.

But in the emergence of life within life
and of wisdom within wisdom
I shall find you and experience you.

Dr. Antony Theodore
When Your Soul Is Awakened.

You are inflamed with a special longing
which will never let you linger
in the low lands of complacency,
when your soul is awakened.

In your search for the Eternal,
there is no stepping back.

The Eternal grabs all your attention.

Without your own knowing,
you always go towards
the summit of fulfillment.

You feel the unknown urge
from which you cannot escape.

Dr. Antony Theodore
Whenever you are overwhelmed
and an urgency calls you,
whenever you are pressed
to figure things out,
or thinking of the unthinkable,
then in those moments take care
to rest on the lap of blessed sleep.

A sleep in those moments of stress
is like a meditation helping you
to forget yourself in the mercy of God
and regenerate in the presence of God.

Dr. Antony Theodore
Where - Am - I - Going?

Where have I come from and where am I going?

Why is there evil? What is there after this life?

These are the questions which we find in the sacred writings of Israel, as also in the Veda and the Avesta.

Dr. Antony Theodore
Where - Does - Value - Lie?

It draws really
on the work
of experts in
the diverse
fields of biology,
physics, psychology,
the humanities
and social science,
in search of an
answer to the
question:
where does value lie?

Dr. Antony Theodore
Where - Is - The - Salt

"Place this salt in water
and bring it here
tomorrow morning."

The boy did.

"Where is that salt?"
his father asked?

"I do not see it."

"Sip here.
How does it taste?"

"Salty, father."

"And here? And there?"
"I taste salt everywhere."

So it is with the supreme self.

It is the Truth
It is the Supreme Self.

Everywhere.

i taste salt everywhere.

(From Eknath Easwaran, The Upanishads)

Dr. Antony Theodore
Where - Is - Your - Sting

Bringing God's people
to the point of death
may be one of the terrible
threats the enemy uses
against the saints.

But our times are
in God's hands and
our death is simply
the wide-open doorway
into the presence
of our Lord and Saviour.

'Oh death, ' we can shout,
'where is your sting? ' 

Dr. Antony Theodore
'Where Are My Parents?'

Many young ones
drop out of an
impersonal and
anonymous society.

They sit and ask in
broken families and homes
'Where are my parents?'

No one can live
in the vacuum of loneliness.

We are human beings
in loving togetherness.
(A real person-to-person care is the need of our times).

Dr. Antony Theodore
Where Innocent Hearts Meet

Shining tears of my eyes
are my gifts today for you.
The loving thoughts
And listening ears;
Echoing soul
And caring hands
Are my sweet gifts to you today.

I fly with untiring wings
To the land of songs and butterflies
Where innocent hearts meet to love
And to love alone.

Dr. Antony Theodore
Where Renunciation Is Weak

In renunciation
you shall be firm
and never waver.

Without renunciation,
devotion and deep prayer,
you shall never achieve
peace in God's presence.

"Where renunciation
and longing for
liberation are weak,
tranquility and the other
virtues are a mere
appearance, like
the mirage in the desert."

(From
Shankara's Crest Jewel of Discrimination Adi Shankaracarya).

Dr. Antony Theodore
Where Will My Journey End?

We promise you great God
to live consciously in our
everyday life with God
and understand how great
is your gracious love for us.

We value your closeness.

We were joyful and hilarious.
Exuberance and cheerfulness
have shaped the past days.

Today we ask questions
about our own self and life.
Where am I?
Who am I?
Where do I go?
Where will my journey end?

Give us and our life
a special direction.

We need a different lifestyle.

Dr. Antony Theodore
Whispering Awake

Do you know how to whisper awake
the deep fountain of love Within?

Invite the well spring of love.
It is your deepest nature
to flow through life in love.

(This was published by me in Micropoet under the name of my beloved mother
Genova Maaa who passed away at the young age of 38. Published for a long
time under this second name. I write to keep her memory alive as long as I live)

graphic:

Dr. Antony Theodore
Whithersoever We Go

In many fears
fainting within
we pray in our sufferings.

All through the Word
of God we are reminded
not to fear, for the Lord
our God is with us,
whithersoever we go,
we are encouraged
to cast all our cares
upon Him,
for He cares for us.

Dr. Antony Theodore
Who - Am - I - For - You?

"Who do YOU say that I AM?" was Christ's question to the troubled disciples.

'You are the Christ the Son of the Living God', was the only answer they could give, for HE had the words of eternal life.

'I AM the Way and the Truth and the Life. No man comes to the Father, except by ME'.

Dr. Antony Theodore
Who - Am - I -?

A cursory glance at ancient history shows clearly how in different parts of the world, with their different cultures, there arise at the same time the fundamental questions which pervade human life: Who am I?

Dr. Antony Theodore
Who - Knows - For - Certain?

"Who knows for certain?
Who shall here declare it?
Whence was it born,
whence came creation?

None knows whence
creation arose;
And whether he has
or has not made it;
He who surveys it
from the lofty skies.
Only he knows-
or perhaps he knows not.""
Who - We - Believe - We - Are

Identity is the whole picture of who we believe we are, and who we tell ourselves and others that we are, while self-image is one piece of that picture.

Dr. Antony Theodore
Who Am I?

Who am I?
What is this thing called I?
What is Self?

Is it not a shame
that you know so much
but you don't know
Who you are?

Observe yourself
Find out who you are?
Who am I?

Dr. Antony Theodore
Who Are You When You Do Not Exist?

In mystical union,
you cease to exist.

It is a positive nothing,
an unfulfilled possibility
almost an infinite possibility.

A frightening one,
in the sense that it
is a possibility which
includes the postulate
that I myself cease to exist.

Thus putting it in
the form of a question
it comes out like

Who are you when
you do not exist?

Dr. Antony Theodore
Who Can Bathe Me In The Milk Oceans Of Love?

If dreams have wings
I would like to sit on the wings and fly beyond
the realms of the earth.

I want to fly beyond the world of shadows
to the world of butterflies and rainbows.

I want to sleep in endless grace
smiling in the joy of a sweet embrace.

Who can save me from the sad memories
and give me new?

Who can bathe me in the milk oceans of love?

Oh how I long to drown in the milky waters of innocent love.

Dr. Antony Theodore
Who Will Be The Greatest?

Those who make themselves humble will be the greatest.

Look at a child.
Do you have this innocence?
Do you have this simplicity?
Do you have the sense of wonder?
Do you have the innocent love?

They are great who are like children.

Think of the millions of children who are poor, sick and not cared for.

Millions of children vegetate on the road.
Many have not seen a school.

What will you do for them?
Find meaning in such life in which you care for such poor little human beings of love.

Then you will be the greatest whom God loves always.

You will be numbered among the just in heaven.

(Graphic: Sao Sreymao saved to kid photo 171 Sister love..... pinterest)

Dr. Antony Theodore
Who Will Quench My Thirst?

This morning brings a new song
from beyond the world of the skies
where the angels and saints live.
This new song reminds me to pray.

The praying white swans I see
The chattering prayers of the sparrows I hear.

With gentle care
I kneel and thank with folded hands
drubbing the dogmas,
lost in my own cogitations
about God and the world beyond.

I walk through the mysterious path of flowers.
I chuckle quietly in stealth
when the angels count my footprints.

Who can build a bridge from earth to heaven?

Deep in my innermost recesses,
my soul is thirsty
to attain the divine.

Who will quench my thirst?

Dr. Antony Theodore
Whole Universe In Love With God.

Not only all the flowers
but the whole universe
is shining in the light
of God's benevolent love.

All the sanyasins
and maharshis
went to the desert,
to the forest,
hills and to
the solitude
of mountains
searching for
the presence of God.

They left everything
and went away
from the world
and never wanted
to turn back and come.

Dr. Antony Theodore
Whom Shall I Fear?

Keep me, God safe
under your wings.

I want to take refuge in you.
I like to hold you fast.

Exhort me even in the night
and teach me your precepts.

My heart is glad.
My soul rejoices.

My body too,
abides in confidence.

You are with me
during the day
and in the night.

Whom shall I fear?

Dr. Antony Theodore
Why - Are - You - Suicidal?

Why do you
cut yourself
into pieces
like that?

Are you depressed?
Do you think
nobody loves you?

Your thoughts
are not true.

I love you
very very much.

please do not
jump into
a suicide.

Look now at me.
i am here with
open arms
smiling face
to receive you
into my lap.

(Thinking of a depressive mind)

(Graphic: Tendencee saved to animais Pinterest)

Dr. Antony Theodore
Why - God - Allows - A - Pandemic

The priest admits there are some things we simply cannot understand.

Why God would allow a child to die such a terrible death cannot be explained, he admits.

Our inability to explain such things leaves us with a radical decision: "We must believe everything or deny everything." One must say Yes or No to the God of Christian faith.

(Refering to the Novel Plague of Albert Camus)

Dr. Antony Theodore
Why - Have - You - Abandoned - Me?

St. John of the Cross
observes that Christ
suffered the annihilation
in not only his body
but also his spirit,
arguing that this is
why Christ calls out
in the words of a psalm:
My God, my God,
why have you abandoned me?

Dr. Antony Theodore
Why - Is - There - Death?

Why is there death?
Why does God
goet people die?
Why is all earthly life
subject to transience,
dying, and death?

We are currently
experiencing a dance of death.

In The Holy Gospel,
the basic message is:
Life will triumph beyond death.

Dr. Antony Theodore
Why - Of - Sexual - Questions

The why for every sexual question is found in this truth: God intentionally created our sexuality as a powerful metaphor for His covenant love.

Dr. Antony Theodore
Why Are You So Sorrowful?

Why are you so sorrowful
my dearest sister?
why are you?

Don't you have faith
in the might of the Lord
your loving creator
and the God of the universe?

He looks at you
with loving eyes.
He wants you to become great.

So my beloved sister
have faith in the Lord.
You shall conquer
all your sorrows.

Why are you so sorrowful
my dearest sister?

Dr. Antony Theodore
Why Do I Believe?

I believe because i am not able to believe
when lies and terror have the last words,
when human beings are forced to live without peace,
when everything looks as if worthless.

I believe because i am not able to believe
that the creation is an accident or simple coincidence.

I believe because it is love which keeps me alive.

I believe that there is one who knows the meaning of everything.

It is beautiful that i can believe because of all these.

Dr. Antony Theodore
Why Do The Roses In Me Shed Fragrance?

Come to me, my heart’s solace!

I want to hold your hand tight today.
My heart throbs loud
when I see your face in my mind.

Why do the roses in me shed fragrance
when you fill my thoughts?
Why do they brighten up
when I smile with you?

Utter into my ears
words of love,
true and noble.

I want to smile and sleep
and forget myself
until the new dawn.

Dr. Antony Theodore
Why Do You Believe?

Why do you believe?
Because others have educated you in the faith?
Because you learned it that way in school?
Because this is still common in this country?
Because the believers seem to still have the majority?
Because you do not worry too much about your faith?

Then I answered:
You shalt know why I believe:
I believe because I can not believe
that only lies and violence
have the last word,
that people must live
in strife against each other,
that ultimately everything is meaningless.

I believe because I do not think
it is all coincidence.
Because I believe
that love keeps me alive.
Because I believe that there
is one who knows the meaning of everything.

Dr. Antony Theodore
Why We Cannot See God?

We are in the womb
of the infinite truth.

(These are the truths
spread from Hindu Scriptures
to the humanity at large)

(Andrew Vanveen saved to Thurd Pinterest)

Dr. Antony Theodore
Wicked - Queen - Jezebel

The drama continued, however, when wicked Queen Jezebel cried revenge.

Elijah, mighty man of God, suddenly turned into the coward of Judah County and ran for the hills.

Depressed and suicidal, he begged God to take his life.

(Ref. to 1 Kings 18 ff).

Dr. Antony Theodore
Widow - Prays

Now she who
is a widow
indeed and
who has been
left alone,

has fixed her
hope on God
and continues
in entreaties
and prayers
night and day.

(Ref: 1 Timothy 5: 5)

Dr. Antony Theodore
Widows - In - Scripture

There are many such examples of God's deep compassion for widows in Scripture, and they illustrate the way the believers of religions should behave towards them.

(Ref: 2 Timothy 5)

Dr. Antony Theodore
Wilderness - Wanderings

The writer to the hebrews used the Israelite's wilderness wanderings to warn the believers against unbelief.

He used Israel's failure to conquer the Land of Canaan, to proclaim that there remains a 'rest' for the people of God and we who trust in Him have found that our rest is in HIM.

Dr. Antony Theodore
Will - Not - Be - Lost

"The man who sees me in everything and everything within me will not be lost to me, nor will I ever be lost to him.

(Anonymous, Bhagavat Gita)

Dr. Antony Theodore
Will - The - Yelling - Stop?

You fear you won't make it through.

We all do.

We fear that the depression will never lift, the yelling will never stop, the pain will never leave.

In the pits, surrounded by steep walls and aching reminders, we wonder: Will this gray sky ever brighten?

(Thinking of the Covid 19 crisis)

Dr. Antony Theodore
Will Our Love Expand?

After the death,  
in heaven,  
will our power  
of intercession  
increase?

Will our love expand,  
our hearts surge  
with the wish to  
draw us to know  
the love and power  
of the Almighty  
within our very hearts?

Dr. Antony Theodore
Will You Come To Sip This Honey

Love is soul's divine gift.
Will you come to me
to sip together
this divine honey
when the first rays
of this glorious dawn
break into the dew of
love, romance and harmony.

Dr. Antony Theodore
Will You Come?

Will You come?

I wait for you in the darkness
sensing the glowing lamp in me.

Will you come? ? ? ?
My heart sighs.

Published on October 05, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Wind - And - The - Bliss

Bliss carried me
on to the top of
this snowy
mountain peak
where the wind,

lost in an ecstatic
mood, murmurs to me
in my ears secret
love stories.

(Graphic: Selena saved to Travel ? pinterest)

Dr. Antony Theodore
Wind - Blows - Where - It - Wills

It is true that the inchoate reality of the kingdom of God can also be found beyond the confines of the Church among peoples everywhere, to the extent that they live gospel values and are open to the working of the Spirit who breathes when and where he wills (cf. Jn 3: 8).

Dr. Antony Theodore
Winning Final Beatitude

Among millions of souls
free from worldly attachment
scarcely one succeeds
in acquiring perfect wisdom.

Among millions of enlightened souls,
it is hard to find one
who wins final beatitude, while living.

(Wisdom up on reading Uttarakanda)

Dr. Antony Theodore
Wiping - The - Tear

God will wipe away every tear from your eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain.

(Ref: Revelation 21: 4)

Dr. Antony Theodore
Wiping Away The Tears

God is there with you always
to wipe away your tears.

Believe in the presence
of God in your dark moments.

Do not be afraid.
God protects you always.

‘He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.'
(TheBook of Revelation 20,4 in the Holy Bible).

Dr. Antony Theodore
Wisdom - And - Strength

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power."

Ref: Lao Tzu, Tao Te Ching

Dr. Antony Theodore
Wisdom Is The Instrument Of The Humans To Purify This Universe.

In deep meditation
tasting the sweetness of silence
the inspiration of the wisdom
flows into our inner being.

Wisdom is beauty.

A contemplative soul
believes in humanity
as sent by God
to purify this universe.

Wisdom is its instrument.

Dr. Antony Theodore
Wisdom Without Faith

Attain wisdom
with finite troubles
suffering numerous
impediments
seeking a sure
footing for the
mind to rest on.

Know that wisdom
without faith
will not lead you
to the presence
of God which your
heart is yearning for.

Dr. Antony Theodore
Wisdom Without Love

Wisdom without
love for God and the poor
is akin to a boat
without a helmsman.

(Sage Vasishtha, Ayodhyakanda)

Dr. Antony Theodore
Wise - Words - And - Wishes

I feel inspired
by the wise
words and
beautiful
wishes and poems
of poem hunter.

Thank you
all for helping
to boost the
positive energy of
thought among us all.

Dr. Antony Theodore
Blessing means saying good things, satisfying God's goodwill.

The good God is before us, today and tomorrow, at the beginning of this new year.

God be with us, ever more, loving us more than any friend on earth.

Let there be no fear for God is behind us. He supports us always. Fear shall not rule our thoughts.

The good God is with us, to carry us always in God's strong palms.

God be in us, in our hearts, to comfort us when we are alone.

The good God be with us to protect us, that nothing bad happens to us.

God be with us in all our ways, that we do not stumble on and hurt.

The good God is above us to bless us, because he loves us and is always there for us.

So bless and protect us, our families, our communities and all our fellow human beings the merciful and loving God, during this whole new year 2019.
It is my wish and prayer
for all our poet and poetesses
in the glorious poem Hunter.

(Graphic: Quotes And Wallpapers saved to Happy New Year 2019 Quotes, WishesPinterest)

Dr. Antony Theodore
Wishful Blessings Only For You

The delicate and blissful rain
may fall on you
as blessings of the heavens.

The gentle rain may stream
down on you to purify you.

The little flowers may bloom in you
spreading their lovely fragrance
wherever your feet may lead you to.

The great rain refresh your mind
that you become pure like a pristine lake
in which the blue of the sky is reflected
and sometimes millions of stars shine.

These blessings I sent you today.
Smile, the lovely one of my heart.

(Graphic: Ella Marie saved to Art/Drawing
1k
Love You Forever by Erisiar on DeviantArt)

Dr. Antony Theodore
With - A - Passion

The psalmist valued Scriptures with a passion, as exemplified in this long, and well-loved Psalm,

"Your Word, LORD, is eternal; it stands firm in the heavens."

"I rejoice in following Your Statutes as one rejoices in great riches."

"How sweet are Your Words to my taste, sweeter than honey to my mouth!"

"Open my eyes that I may see wonderful things in Your Word."

(Reference to Psalm 119 of The Holy Bible).

Dr. Antony Theodore
With - Every - Fiber

Trust Me with every fiber of your being!

What I can accomplish in and through you is proportional to how much you depend on Me.

God can accomplish great things in you.

Dr. Antony Theodore
With - Fires's - Glow

I gird myself this day
With heaven's might,
With sun's light,
With moon's shine,
With fire's glow,
With lightning flash,
With wind swift,
With sea deep,
With land stable,
With rock solid.

(Reflections on The Deer's Song: Lorica Of St. Patrick)

Dr. Antony Theodore
With - Heart - And - Soul

The essence of keeping our covenant with God is to believe in him and all his words recorded in Scripture; to trust in Jesus for our salvation; to love him with all our heart, soul, mind, and strength; and to love our neighbors as ourselves.

This should be our Life principle.

Dr. Antony Theodore
With - Open - Arms

The disciples would have roughly pushed these little ones aside for more worthy personages,

but Jesus welcomed them all with open arms and great rejoicing, knowing their trusting hearts were ever open towards Him.

These disciples had to learn that it would be better for them to have a millstone put around their neck

and to be drowned in the depths of the sea, than to offend one of these little ones who believe in Jesus.

Dr. Antony Theodore
With - The - Heart

Lift your hands,
try to touch the sky.

Climb up atop
the highest mountain
to touch the sky.

One day you will realize
only with the heart
you can touch the sky.

Dr. Antony Theodore
With - The - Weapons - In - The - Hand

On her deathbed
St. Therese says, "I will die
with my weapons
in my hand!"

St. Benedict trained
his monks to be
soldiers in the great
battle, as did Saints
Francis Xavier,
Padre Pio,
Maximilian Kolbe,
and every saint
who didn't merely
write about battle,
but lived the battle.

Dr. Antony Theodore
With - Your - Smile

We want to ask God
now to accompany
us with His blessing:

Where we marvel
at everything small and tiny,
in which there is great power
give us your word of acceptance.

Where we grow and
feel new strength,
then touch us with
your word of tenderness.

Where we leave and
help shape your new world,
award us with your smile.

Dr. Antony Theodore
With A Sense Of Destiny

With a great sense of destiny,
I am on my way to find
the only true way
for all nations and peoples,
cultures and races
of the world to survive.

This is my destiny
and my call as a poet.

Every poet has this call
in the innermost sanctuary
of the mind where the Self lives.

Dr. Antony Theodore
With A Sharp Dart Of Longing

A meditation on the universes,
the millions of stars and planets
brings us to a cloud of unknowing.

Step on this cloud resolutely
and enthusiastically
with a devout and kindling love.

Then try to penetrate that
darkness above you in love.

Strike hard at that thick cloud
of unknowing with a sharp
dart of longing born out of love.

The knowledge of God
is an experience of love.

(NASA honors 25 years of Hubble Telescope with dazzling 3-D video | Go on a ride through a breeding ground for stars 20,000 light-years away from Earth in NASA’s incredible visualization.)

Dr. Antony Theodore
With All My Love

With all my love
and yours,
with all of
me and all
together,
we will
succeed
in our dreams
and goals.

You made it
to this level
of spiritual
frequencies
from which
I profit now

Dr. Antony Theodore
With All Your Heart

"Trust in the LORD with all thine heart;
and lean not unto thine own understanding.

In all thy ways acknowledge him,
and he shall direct thy paths." Proverbs 3: 5-6 in the Holy Bible.

Dr. Antony Theodore
With Glorifying Praise, Enter.

Enter God's presence
With glorifying praise.

The God will enter into
Your life with great strength.

You will be filled with a strength
which you never new before.

Divine wonder is all around you.

Dr. Antony Theodore
With Him Dwelling

The sweetest
heavenly melody
one hears,
with Him
dwelling in mind.

Dr. Antony Theodore
With -The - Ropes - Of - Love

Tie me up with ropes of love that my soul cannot flee.
Bind me, kiss me, make me yours.

(Romance of the soul with God)

(carl jung ogle Bilder)

Dr. Antony Theodore
With The Thin Silk Of Love In Shyness.

Naked I danced in your presence
Oh Almighty God.
I have nothing to hide in your presence.
You created me and know everything in me.

I danced as if nobody was watching me.
But in a sweet moment
I sensed you are peeping from the heavens.

Then I got shy and covered myself
with the thin silk of love in shyness.

(Graphic: From Dancers are the athletes of God)

Dr. Antony Theodore
With Wings Like Eagles

Be strong and courageous.
Do not fear or be
in dread of them,
for it is the Lord
your God
who goes with you.
He will not leave
you or forsake you.

They who wait
for the Lord shall
renew their strength;
they shall mount up
with wings like eagles;
they shall run and
not be weary;
they shall walk
and not faint.

(Reference to Deuteronomy 31: 6
and Isaiah 40: 31 of the Holy Bible)

Dr. Antony Theodore
Without - A - Jaundiced - Eye

If we don't treat everyone who crosses our path in life fairly and without a jaundiced eye,

how can we pray to our God?

Similarly, if we do not return prayer in thanksgiving for all the blessings bestowed on us,

how can we ask for healing or for further blessings?

All our brothers and sisters world wide whom we have never met personally, should be included in our prayers always.

(Written from the comments of Marie Shine)

Dr. Antony Theodore
Without - Doubt

God wants us
to be clean.
No doubt.
We should not
have any doubt
when we stand
before God.

God wants us
to be clean,
and fine and
healthy always.

Just go to him.

It is enough.

Look he is
waiting for you
like the man with
the unclean skin.

Do you believe it.
That is an important
question. Do I believe..?

(A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." Matthew 8: 2 in the New Testamaent )

Dr. Antony Theodore
Without - God

Through the Spirit,
we acquire a likeness
to God; indeed, we attain
what is beyond our most
sublime aspirations.

We become God.

Yet the forbidden fruit
and the desire to be like
gods back in the final
days of Eden points
to one unassailable truth
of the Faith: our first
parents' sin consisted
in reaching for their
eternal destiny
being like God
but without God,
before God, and not
in accordance with God.

Dr. Antony Theodore
Without - Judging

I want to love you
without constricting you;
appreciate you
without judging you;
take yourself seriously
without committing
to anything;
come to you without
imposing myself on you.

Dr. Antony Theodore
Without - Lacking

For most of us, the thought of a life without lacking is unimaginable

because we live in a world so obviously full of lacking,

lacking in kindness fairness, and compassion.

All these virtues are so precious.

Dr. Antony Theodore
Without - Morality

A world without
morality is
unimaginable.

Without sublime
and moral rules
disorder, violence,
and chaos will reign.

As a consequence
people may reach
agreements to behave
in a particular way so
that individual life
and property would
be safe and be protected.

Yet, if there were
no moral standards
beyond human
invention, the clever
and powerful would
make their own rules
and the weak will
have to follow them.

Dr. Antony Theodore
Without - Time - And - Motion.

God, as has been proved, is absolutely without motion, and is consequently not measured by time.

There is, therefore, no before and after in Him.

Aquinas' point is that temporality and motion implies change, but God is not subject to change, therefore he is without time and motion.

Dr. Antony Theodore
Without Excuse.

Sin inflicts a never-ending
divorce from all that is good
and clean and lovely and pure
and honourable
and righteous and holy.

In the final analysis,
the verdict is that
man is without excuse.

Dr. Antony Theodore
Without Faith

Without faith
all virtues and blessings
are as insipid as
any quantity of
condiments
without salt.

Any blessings
unaccompanied
by faithful devotion
is of very less value.

(Thoughts from Uttarakanda)

Dr. Antony Theodore
Without Faith?

Lord Rama said to Shabari:
„Listen, lady, to my words‘,
„I recognize no relationship except that of faith”.

Despite caste, 
kinship, lineage,  
piety, reputation,  
wealth, power  
connections,  
accomplishments  
and ability,  
a man without faith  
is of no more account  
than a cloud without water.  
(Upon reading Aranyakanda)  

A humble suggestion to the poets of PH, 
go after selecting and reading holy texts  
of the different religions. You will be surprised)  

Dr. Antony Theodore
Without Love Everything Is Meaningless

If we had the best methods
and if we had the most
interesting conversations,
where everyone is involved,
where problems are identified
and needs expressed,
where you get upset
about injustice and manipulation,
where consequences arise
and changes are initiated,
even when we had such talks,
and if we had no love,
all will be meaningless!

Dr. Antony Theodore
Without Love Our Life Is Meaningless

If we had executives,  
who are very well versed  
in psychology, group dynamics,  
in the parochial work  
and conversation,  
who know exactly how  
a group responds to  
certain provocation,  
who can ask so deliberately  
that the other becomes  
aware of something,  
that can really shake up  
and make you think  
who can make people  
aware of their situation,  
So if we had such perfect people,  
But if we have no love  
that would be NOTHING!

Dr. Antony Theodore
Without Narrow Mindedness

Openness to the ultimate truth,
devoid of narrow-mindedness
and ghetto mentality
will always help a seeker of truth.

This kind of sharing,
a mystic holds,
is necessary in order
to improve the quality of
their own mystical life
and even to help in the task
of monastic renewal
which has been undertaken
within the religious discipline.

Dr. Antony Theodore
Without Narrow-Mindedness

Openness to the
ultimate truth,
devoid of narrow-mindedness
and ghetto mentality
will always help
a seeker of truth.

Dr. Antony Theodore
Witnesses- Of - The - Truth

We are to be witnesses to the truth of the gospel and preach the truth to every creature that peace with God is possible by His grace through faith in Christ.

There is a blessing that is pronounced on peace-makers.

Blessed are the peacemakers, for they shall be called sons of God.

Dr. Antony Theodore
It is the time
when the wolf
will live with
the lamb,
the leopard
will lie down
with the goat,
the calf and
young lion
will play together,
and the earth
will be filled
with the glory
of God as the
waters cover the sea.

(Ref. to Amos 9: 11)

Dr. Antony Theodore
Womb - Is - Sacred

We sense
a swelling
of the Spirit,
a growing awareness
of the call to
come forward
and take a stand
for those who cannot
stand for themselves,
to be a voice
for the small and silent,
a light for those
in the sacred darkness
of the womb.

Dr. Antony Theodore
Wonder - Of - The - Human - Brain

Just how a mechanism as small as the human brain can store such a vast amount of information is still a mystery.

At least ten billion electronic cells would be needed to build a facsimile of man's brain.

Dr. Antony Theodore
Wonder is the beginning of wisdom.

Wonder is something we engage in.

When we experience something wonderful, astonishing and strange, it should lead us to ask why, where, what and how.

It shouldn't stop us, but inspire us to try and figure it out.

This is how we discover more of God.

The more we discover God, we find there is always more to discover.

Wonder is the beginning of wisdom.

Dr. Antony Theodore
Obadiah also identifies God's wonderful plan of redemption for the oppressed nation of Israel.

He speaks of God's gracious blessing on believing Jews, which will be finalized with the establishment of the Kingdom of God, and the millennial rule of Jesus Christ the Saviour of mankind.

Dr. Antony Theodore
Wonderful - Time - Of - Peace

Other passages identify it as a wonderful time of peace and prosperity when God's anointed King rules and reigns on the throne of David.

It is also described as a time when every man will sit under his own fig tree and gather grapes from his laden vines and no one will make them afraid.

(Ref. to Amos 9: 11)

Dr. Antony Theodore
Let us comfort
one another
with these words,
as we occupy
until Christ comes,
and tell forth
the wonderful
glory of His name,
to a lost and dying
world, who need
Jesus as their
God and Saviour.

Dr. Antony Theodore
We wonder at
how many different
ways Jeremiah
could describe
the desolation
of the once proud
city of Jerusalem.

Children begged
food from their mothers
young men and
women were cut
down by swords
(Lamentations 2: 12,2: 21).

Dr. Antony Theodore
Won’t You Love Me?

Won’t you love me?
I need a bit of love;
only a bit.
A bit of love
can change my death
into a glorious resurrection.

Dr. Antony Theodore
Word - Of - God

Jesus Christ is the Living Word of God, Who is traced to every page of the Written Word of God.

All that He is, stands in stark contrast to all that we are.

Dr. Antony Theodore
Word - Of - Reconciliation

Make us courageous
to break new grounds,

a word of reconciliation
where there has
been a long argument.

An open word
where we have
been silent for
a long time.

A warm word
where someone
is lonely.

Make us restless,
good God.

Send us another
Baptist - like John!

Dr. Antony Theodore
Words - For - Depression

Blues, dejection,
desolation
despondence
disconsolateness,
dispiritedness,
doldrums,
dolefulness,
downheartedness.

Dr. Antony Theodore
Words And Communion

Words are to communion
what the color is to flowers.

The failure to commune is despair.

Communion is something that
the deepest ground of our being
cries out for, and it is something
for which a lifetime of striving
would not be enough.

Dr. Antony Theodore
Words And The Depths.

I feel my words in my drumming fingers
And do not know what they mean.

A future hides in those words
And nurtures what my heart craves for.

My words speak:
I listen with the ear on the page;
They speak of an intimacy
My heart never knew.

Dr. Antony Theodore
Words Are To Communion What The Sky Is To The Stars.

Communication and Communion are fundamentally different.

Communication is logical and practical, a linear form of human intercourse.

But of itself it lacks the power to convey the deepest hopes and yearnings of human existence.

But the words of love expressed normally articulates and communicates deepened level of intimacy and union.

Word of love evokes occasions of communion.

It is a mode of knowing not wholly available to what can be communicated in quantitative, verifiable forms.

Words are to communion what the sky is to the stars.

(Graphic: 21 best Good Morning Jesus images on Pinterest | Black women... Pinterest
We worship you.)

Dr. Antony Theodore
Words Cannot Measure

Words cannot measure
the boundaries of love.

Those born to new life
in love and devotion to God,
are raised beyond
the limits this world
imposes on us.

We are created to live
and love God and the poor.

Thus we find joy and glory.

Dr. Antony Theodore
As God's fellow-workers,
let us work hard until
He comes to take us
to be with Himself.

Let us be content
to work the works of God
in the place where
He has planted us.

We shall submit to His
refining work
as we labour with
our Lord as co-worker
and fellow-labourer
till we become a
dwelling-place
for His Holy Spirit.

Dr. Antony Theodore
Work - To - Become - Great

Very often, people abandon their dreams and take the easier path.

But in order to achieve big things, you need clarity to help you stay on track and keep reaching for your dream.

Don't settle for less than what you're capable of, strive to be better and work for something bigger.

Dr. Antony Theodore
Work Hard And Be Determined.

Crying over the past will not help you.
Worrying about the future also will not help.

Live in the present moment.
Forget the pains.
Move forward.
No time is there to waste.
Keep going.

Believe everything will turn unto good.
Future is bright for the one who believes.

Work hard and be determined.
You are going to win, be sure.

Dr. Antony Theodore
Workers - With - God

We are fellow workers with God. We are His field and His holy building.

Through us, He wants to bring forth fruit for our eternal benefit to bring forth 10-fold; 50-fold; 100-fold fruit.

We are living stones that are being built into a holy habitation for the Lord.

He desires to use us for His greater glory and by His grace, has taken up residence within our mortal bodies.

(Reference to 1 Corinthians 3: 9 of the New Testament in the Holy Bible.

Dr. Antony Theodore
World - Applauds

Though the world
applauds quick-witted retorts,

My instructions
about communication
are quite different:

Be quick to listen,
slow to speak,
and slow to become angry.

Ask My Spirit to help
you whenever you speak.

God teaches me like this.

Dr. Antony Theodore
We live in the world of reduction in which, the sense of the mystery is increasingly lost.

Thus we poke and prod in order to solve the mysteries before us.

And when we have largely discovered something's physical properties we think we have exhausted its meaning.

But we have not.

Dr. Antony Theodore
World - Of - Values

We experience today a disenchantment.

Through such an disenchantment, philosophy seems to come to be stripped of its normative dimension in relation to the world.

Such a world might contain values, questioning how objective values could relate to or coexist with those characteristics revealed by modern disenchanting science.

Dr. Antony Theodore
Worn Edges Of My Heart.

I want someone in my life
to linger on the worn edges of my heart.

Dr. Antony Theodore
Worry - And - Treasures

Worry collects treasures,
produce more worries.

We desire to secure
our lives with
earthly goods;
we want our
worrying to make
us worry-free,
but the truth is
the opposite.

Dr. Antony Theodore
Worry Does Not Come From God.

Worry comes from the devil.

Worry is devil's instrument
to make you live in unrest.

if you are not peaceful
then the devil is
all the more happy.

God is a God of peace.
Worry does not come from God.

(Graphic: Jennifer RaineyPinterest)

Dr. Antony Theodore
Worrying About What Others Think

Do not worry about what others think about you.

If you achieve this level of thinking, you have achieved freedom within you.

It is your ego that tells you to care about what others speak about you.

Do not be a slave of what others think of you.

Dr. Antony Theodore
Worthy - Is - The - Lamb

"Worthy is the
Lamb that was
slain to receive
power and riches
and wisdom
and might and
honor and glory
and blessing." Sing it with
a loud voice
(Ref: Revelation 5: 12)

Dr. Antony Theodore
Worthy - Of - All - Praise.

HIS is the power,
for He has authority
over all dominions
in heaven and on earth,
for the Lamb of God
is worthy of all praise.

Dr. Antony Theodore
Would You Accept Me With All My Stories?

My lover dear,
I have many stories to tell you
from my past and present.

Would you Love me
with all my stories?

Would you love me
when you see my scars
deep down in my heart?

Would you Love me,
as I am now at present,
raw perfectly deficient,
poor, insufficient and faulty?

I promise you a world of beauty
if you accept me as I am now
imperfect, inferior and inadequate.

Dr. Antony Theodore
Would You Hear My Cry?

You rich children of the world,
you eat chocolates a mouthful
and throw away when you have your fill.

You rich people of this world,
you drink Alcohol and vomit.

You rich, you throw away meat.
It lands in the waste din.

Here i am, begging for a piece of bread,
a handful of rice and a glass full of water.
The same God who created you
created me too.

God has no hands.
Your hands are God's hands.

Ohhh rich of the world,
would you hear my cry?

Dr. Antony Theodore
Would You Hug Me Innocently?

When the roses wait for the kiss of the dew,
when the first rays of the sun
touch the tiny beaks of the singing bird,
when in my soft smiling lips
and in my shining eyes
you see thousand little stars
hiding in my soul
secretly,
would you hug me innocently
and give me a soft kiss
whose memory will lead me
from this glorious dawn
through to the dusk?

Dr. Antony Theodore
Would You Join Me In My Flight To The Infinite?  ?  ?

Join me in my flight to the Infinite
where the sky opens, I imagine
and I, in pain and ecstasy
with God-given might in my wings
fly into the world of peace and joy.

There, shall we sit under a blooming tree
and scribble poems
that sing of pure love.

Then would you compose tunes
that touch the soul
and let the angels sing
together with the nightingales
until we fall asleep in the mystic light
on the lap of heavenly beings
and wake up to see light pure and eternal
and smile with the joy of a little baby
at the breast of it’s mother.

Would you join me in my flight to the Infinite?  ?  ?

(My heart craves for the Infinite. I am not satisfied with anything mundane. Human love lacks peace and joy which I can find only in heavenly abode on the lap of God. It is this insatiable thirst which makes me write poetry. Even in this flight to the eternal I want you to accompany me).

Dr. Antony Theodore
Would You Sing Now My Dearest?

Wake up, my soul.
Look! The sun shines.
The sun shines for you.
It is for you the sun shines.

Wake up, my soul.
Live in the present.
Live in this moment.

Look! The sun shines for you.
The white skies look at you
in expectation to listen to
your song of eternal love.
Will you sing now, dearest?

Dr. Antony Theodore
Would You Understand Me God?

As much as I'd like to remain with God recollected all day, consciously living each moment in God's presence and offering each act up to Him, I do fail to be with God.

So often the hours blur together in a stream of activity meeting family needs.

Unending housework, helping with homework, lunches to pack, laundry to fold, work on e-mails, running to the grocery store, bank, and gas station, all these take my attention away from your holy presence.

Would you understand me, God?

Forgive me, good God. This is my situation.

Dr. Antony Theodore
Wound Me

Dance in my darkness
you child of light
and strike with the sword of light
to wound me.

Dr. Antony Theodore
Wounded, Tormented And Crucified

Christ became like us,
born and died,
exposed to grueling powers,
in the fight with
those who love the lie,
surrounded by people
who barely understood him,
wounded, tormented
and crucified.

He lived in conflict,
tried and abandoned.

He went to the basics
with the question: Why?

His answer encourages us to live.

He gave his word
that dispels fear
that frees from doubt
and enables hope.

Dr. Antony Theodore
Wrap Me In Your Loving Arms

Wrap me in Your loving arms.
Bless me with Your never-failing love.
Protect me in your warm embrace.

You are there for me I am sure,
No one can be against me!
God, You created me out of joy.

I was the lovely child in Your arms,
playing and smiling, looking at You.

When I feel really low and unworthy,
pour into me Your abundant love.

(Graphic: )

Dr. Antony Theodore
Wrestling With

All life on earth
was created
by God and
for God, and
for the most
part everyone
is wrestling with
what they think
about God.

Dr. Antony Theodore
I do not need to be very intelligent. 
I need not know all the answers 
of the thousand questions that 
people raise about God and the world.

But I know my name is written 
on the palms of my God 
who loves me so much 
that he looks at my name 
written on his sacred palms.

(Graphic: Linda Larsson saved to Tavlor, kristina motiv pinterest)

Dr. Antony Theodore
Yearning

Two hearts yearn
for each other.

The simple touch,
holding hands together,
the smile and the feeling
of being loved
without feeling
the flow of time.

You feel the absence
of the loved one.

Heart does not understand
that the absence
is only temporary.

The heart is yearning.
Love is a mystery.

Dr. Antony Theodore
Yearning For My God

I live in longing,
yearning for my God.

Unquenchable is my thirst.

I shall not sleep
until I see Him.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Yearning To Be Perfect Like God.

God leads us to no-where
and we are brought
to no-thing.

It is here that God
reveals to us that
He is truly God
and that we are created
to become who we are
by becoming perfectly like Him.

Dr. Antony Theodore
Yearnings - Of - The - Heart

Down through the centuries of time,
Old Testament saints and New Testament believers have
found comfort and encouragement in the psalms of David.

The yearnings of his heart, that pepper the pages of his psalms,
often reflect the same pain and pressure that causes men and women today to cry out to the Lord in their silent distress.

Dr. Antony Theodore
Yes, Mama. I Am Your Child.

Jesus gave Mary
His mother to us
at the Cross,
but she, who said: "fiat";
in complete freedom
at the Annunciation
and at the Cross
also waits for our
own "yes"; and respects
our free will.

She stands with arms
outstretched, waiting
for us to run to her
as a mother.

Our consecration
of ourselves to her
is our falling into her
embrace and saying,
Yes, Mama.
I am your child.
Help me.

Dr. Antony Theodore
Yesterday Disappears For Ever.

Enjoy your time.
Enjoy this day.

You live only once
now and on this day.

You will not be able to
get back yesterday.

Yesterday disappears for ever.

Do not think that
you can enjoy later.

'The later' may come earlier
than you imagine or hope.

Dr. Antony Theodore
Yet Not As I Will, But As You Will.

Not my will, but Yours be done.  
The sufferings of this present time  
are not worthy to be compared  
with the glory that is going  
be revealed to the lover of God.

My father, it is too painful  
to drink from this cup  
of terrible sufferings.

Please take it away from me.  
Yet not as I will, but as You will.

I am obedient to you until death.  
My heart, do not vacillate  
about your decision to serve  
the Lord of your soul, your God.

I was fighting against myself.  
All You asked was that I cease  
to want what I willed,  
and begin to want, what You willed.

Yet not as I will, but as You will.

(Graphic: Images Of Jesus Praying In The Garden Of Gethsemane - Free Clipart)

Dr. Antony Theodore
Yet Of God Himself, No Man Can Think.

By grace, we may know
and think of most matters.

Yet of God Himself no man can think.

I want to set aside all that can be
thought and I choose love,
for the very fact that God
can be loved and not reasoned.

By love, God may be sought
and held, but not by thought.

i consider the kindness and worthiness of God.
It is my enlightening part of contemplation.

(Graphic: The Ultimate Reason Why Unbelievers Don't Give Their Lives to Jesus
Not Ashamed of the Gospel
Romans 1: 20)

Dr. Antony Theodore
Yielding A Harvest Through Perseverance

Blessed are those who, with a noble and generous heart, take the word of God to themselves and yield a harvest through their perseverance.

Dr. Antony Theodore
You - Are - Amazing

In your depths believe that You are amazing.

You are everything you desire. You are what you seek.

The answers are within you.

Dr. Antony Theodore
You - Are - Divine

Divinity sleeps in you.
Realize your worth.
You are much more than you think
or ever imagine.

You are divine.
Divinity sleeps in you.

Dr. Antony Theodore
You - Are - Illuminated

"If you understand others, you are smart.
If you understand yourself, you are illuminated.

If you overcome others, you are powerful.
If you overcome yourself, you have strength.

If you know how to be satisfied, you are rich.
If you can act with vigor, you have a will.

If you don't lose your objectives, you can be long-lasting.
If you die without loss, you are eternal."

(Philosophy of Lao Tzu, Tao Te Ching)

Dr. Antony Theodore
You are important.
You are special.
You are beautiful,
and if no one else
has said it to you recently.
I love you. Stay alive.

Dr. Antony Theodore
You - Are - Loved

To everyone who is feeling sad, grab some snacks, get a cup of tea, cover yourself with softness and write down your thoughts.

When you are done, lie down, get some rest.

Take a paper draw down your inner feelings now.

Look! your art is amazing.

Keep your head up and remember that you matter.

You are always loved.

Dr. Antony Theodore
You - Are - Precious - For - God

You are no less precious to Him than were these heroes of the faith.

But each one of these saints Moses, David, and Mary spent time cultivating and growing their relationship with God.

Each one, made knowing God the chief passion of their hearts.

What is your chief passion?

Dr. Antony Theodore
You - Are - Significant

Instead of a momentary inspiration to get you to your next accomplishment so you can feel better about yourself, you find yourself feeling profoundly significant in front of your Creator and have a lifetime of motivation to be exactly who you were designed to be.

Insecure feelings are few and far between.

Worry wanes.
Peace reigns.
Your relationships become rich and vital.

You are less defensive, more caring, generous, and attractive for all the right reasons.

Dr. Antony Theodore
You - Are - The - Temple - Of - God

The sanctuary
is a house of prayer,
where you put down
the load of sufferings.

The sanctuary
is a place
of reconciliation.

Message from Jesus:

The love for my
temple made me
drive the traders
out of the temple
in Jerusalem.

Today I see not
only traders, but
prostitutes and
admirers of all
stupid thoughts,
and no one chases
them away.

My son, my daughter,
you should
remember that
you are the temple
of God, and a
temple is a
house of prayer.

Dr. Antony Theodore
You - Are - With - Me

I want to thank you, good God, for the life you gave me,

for the people who accompany me

for so much happiness that happens to me,

for the hardships that shapes and purifies me,

for you, because you are with me every moment.

Dr. Antony Theodore
You - Are - Wonderfully - Made

Sending unconditional
love and light to all
the poor on the earth.

May God send the
highest energies
of healing,
restoration
and rebirth to
our planet
in this trying
days of corona-
-virus Pandemic

Dr. Antony Theodore
You - Become

You become
Everything you say,
right now believing in
the great
power of God
that flows into you.

Repeat deep
down in you
'I am very smart'.

Dr. Antony Theodore
You - Belong.

If anyone is suffering from mental illness, tragedy, lockdown stress, suicidal thoughts, depression, anxiety, hurt, and any pain, just believe my dear friend, YOU ARE LOVED.

You are here for a purpose, you have gifts and skills within you that the humanity needs.

You belong. You matter. Things will get better. God loves you.

Dr. Antony Theodore
You - Can - Achieve.

Hope you all know that you are enough.

Be satisfied with yourself and the day will go pleasantly.

Remain blessed by the Almighty.

What you focus on, grows in front of your eyes when you work hard for it.

What the mind can conceive, you can achieve.

Dr. Antony Theodore
You - Drew - Near

When waters flooded
over his head,
and he thought
he was going to die,

the Lord came to his rescue.

When Jeremiah called
on the name of Yahweh,
from the depths
of the pit, and cried
to God for relief and consolation,

God did not ignore
his pleading call for relief,
and Jeremiah was able
to confess:

You drew near when I called on You.
You said, "Do not fear!

Dr. Antony Theodore
For those that run,
they will tell you
about the runner's high.

It is the feeling
you get when
you hit your rhythm,
and you feel like
you have tons
of energy.

That is what
the author of
Hebrews tells
the Jewish disciples
since we have
had so many
great come before us,
in this race of life
run with endurance.

"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,"

??Ref: to Hebrews? ?12: 1

Dr. Antony Theodore
You - Need - Space.

Take a minute.

Begin to create space for yourself.

So you practice graceful detachment.

This is the only rescue.

You cannot sort all this stuff out suddenly and prudently.

You need space.
Detach yourself.

Dr. Antony Theodore
You - Only - See - Yourself

One has an infinite
amount of time
and you can
never be spoken!

One brings calm
and you are scattered!

Someone comes along
and you only see yourself!

As long as He is still
Coming,you can change.

Christ is coming to you.

He asks you to change
your insensitive ways.

Dr. Antony Theodore
You Saw Me And Did Not Care.

I was a beggar whose foot was cut off.
I was the woman whom people called a prostitute.
I was the child on the homeless street.
I was the one who fell on your feet
for a bowl full to eat.

You saw me and did not care.

I was in ragged clothes.
I had no shoes and walked in rain.
I was poor and cried on the road.
I was the school girl who had no books.

You saw me and did not care.

I came to you several times
today knocking at your door.
You were too busy to notice me.

I went away sad from your door.

Dr. Antony Theodore
You Alone Know My Soul's Longing.

Till my heart seems to break
I want to love you.

You are my most handsome lover.
You alone know my soul’s longing.

Dr. Antony Theodore
You- Are - Beautiful

Remember
that you
are strong,
beautiful
and loved.

The pain
that you
may be
experiencing now
ends, be strong.

You experience
now the love of God.

Dr. Antony Theodore
You Are A Beautiful & Unique Expression Of Deep &
Pure Love, Born In The Heart Of God.

One who loves God
wants to enter into the heart.

He wants to penetrate
the deepest psychological ground
of one's personality,
the inner sanctuary
where self-awareness
goes beyond analytical
reflection, opening out
into metaphysical confrontation
with the Abyss of the Unknown.

God is intimate to us
than we are to ourselves.

(Graphic: You are a beautiful & unique expression of deep & pure Love, born in
the heart of God. Pinterest).

Dr. Antony Theodore
You Are A Divine Being.

You are a Divine Being.

The all-powerful Creator lives in your innermost self.

So within you dwells the infinite wisdom of the ages and the sacred creative force exists in you.

Dr. Antony Theodore
You Are A Holy Word Of God

A man or a woman
should see to it
that all his actions
are the words of God.

He himself becomes
the word of God
when he pronounces it
and obeys the word
living in accordance with.

He becomes entirely
the word and others
can learn from his habits
and motions
and expressions
of emotions.

You are a holy word of God.

Dr. Antony Theodore
You Are A Saint In The Making.

Find your place in the rising arc.
Life flows upwards from the roots,
Not downward from the branches.
Wake up from the delays,
obstacles and backsliding.
Let go of the past.

Give yourself a second chance.
There is no fall from grace,
only a very long furlough.
Find your place in the rising arc
And keep on moving forward.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
You Are Appreciated.

You are appreciated.

Your life means a lot to more people than you know.

Dr. Antony Theodore
You Are Beyond Definition

(Believe that you are in the process of redefining yourself everyday).

Do not accept any thought
That begins with
'I am this or that'.
You are not this or that.
You are beyond definition.
You are in movement.
You are in the passage.
You engage in the process
of redefining yourself every day.

Help this process
And leap forward.

Published October 08,2010 Poetfreak under the nameGenovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
You Are Blessed

You are blessed
and a new chapter
of your life
just started.

No more negativity
no more sadness.

Forgive yourself
and learn to love
who you are,
as you are,
in the highest
level of yourself.

Dr. Antony Theodore
You Are Born In Love

You are born in love.
You come from love.
Love is your natural state.

Hatred and evil
are from the powers
of darkness
who likes to devour you.

Dr. Antony Theodore
You Are Called To Be Great

Believe that you are capable of great things.

Let not the devil tell you that you are a loser, that you had enough setbacks and you will never succeed in life.

Believe that you are called to greatness and magnificence.

Work hard until you attain greatness in your life.

You are called to be great.

Dr. Antony Theodore
You Are Ever Near My God.

Even when I do not see you
You are ever near.

When you live beyond the mountains,
when you are above the flying skies,
even when you dive deep
into the sea and remain
on the coral bed of the ocean
you think of me always.

I write love poems to you
as if you are a human being.

Dr. Antony Theodore
You Are Ever Present.

A thousand years are
like yesterday for you.

You are the Lord of time.
The planets and stars
of the universe
revolve around you
as you deign it to be.

I watch in the night
looking up to the skies
how you roam about
among galaxies
and look at me
praying to you
in this dark night.

(Graphic: TC Capulcu Nermin Yener saved to Universum)

Dr. Antony Theodore
You Are Free From Vanity

You are the storehouse of virtue and wisdom, free from vanity, unborn, omnipresent, passionless!

Indescribable is the glory and might of your arms, they exterminate the hordes of the wicked.

(Wisdom up on reading Ramayana, Lanka Kanda).

Dr. Antony Theodore
You -Are -From -God

It was Christ’s triumph
at the cross that enabled
John to proclaim to all
who believe, “You are from God,
little children, and have overcome them”.

The strength of the enemy
may be great, but greater is
the power of God almighty.

Greater in might, majesty,
dominion, and power
is the supremely, pre-eminent,
omnipotent God,
Who has come to dwell
in the souls of His people.

We have overcome the evil
principalities and powers
because greater is HE
Who is in you than
he who is in the world.
(1 John 4,4

(Graphic: Fr Thomas à Kempis, The Inner Life. Pinterest)

Dr. Antony Theodore
You Are God In Hiding.

You are God in hiding
You are the cumulated house
that hides the holy one.

Keep the eyes and ears
of the learners and hearers
and point to them the river of love,
on the presence of God
in one's own self.

Teach others to look inside
and see the golden cave
of God's loving presence.

(it is the poet's sublime duty to tell our readers and listeners about the holy presence of God).

Dr. Antony Theodore
You Are Great In Uniqueness.

No poet here is
greater than the other.

No poet here is
inferior to others.

We are all equal.

Our uniqueness
makes us different.

You are great in uniqueness.

Dr. Antony Theodore
You Are Hauntingly Familiar To Me

I want to fly away but cannot.
My heart has been captured
by 'The One' who is unknown.

Like the lotus opening up its petals
at the first rays of the glorious sun
i stand before your holy altar.

You are hauntingly familiar to me,
yet so distant and far and far away.

Why do you play with me like this?
Don't you know my heart longs for you?

Dr. Antony Theodore
You Are In The Fire Of God's Love.

You are naked before God.
You are in the fire of God's love.
You are in the goodness of God.
You are in the burning fire of virtues.

You shall never choke, snuff out,
stifle or blow out this fire of love
which burns in you and through you.

Bless and praise God for this fire in you.

(Graphic: Deb saved to Wow 107
Discover & Share this Animated GIF with everyone you know. GIPHY is how you search, share, discover, and create rest)

Dr. Antony Theodore
You Are Loveable

Do not believe in the voices that call us worthless and unlovable.

The real trap of the devil is self-rejection.

When we are down with the feeling of rejection We fall into depression.

Then Devil is happy. Devil does not Want you to be happy.

When you are happy you praise God by your simple presence.

Dr. Antony Theodore
You Are My All Sufficient God

God Almighty,
who is beyond all religions,
your mercy is everlasting.

You give us more grace.
We rejoice in the hope
of the glory of God.

Nothing is too difficult for You.
Your love is incomparable.

You are my all sufficient God,
worthy of all praise and honor,
my strong tower, my All in All!

Graphic: REJOICE IN THE LORD - Evangelist Support Network

Dr. Antony Theodore
You Are My Dwelling Place.

Before the mountains
were brought forth
you thought of me.

I am your loving child.
That is my consolation.

In this burdensome toil
when I break my back
I call your holy name.

In this lonesome valley
when I walk all alone,
your thought alone is
my joy and comfort.

Dr. Antony Theodore
You Are My Refuge.

You are my refuge,
my only refuge.
Would you send your angel
to preserve me in distress?

My heart listens to your murmurings
even in the depth of the night.

Even when I sleep you are at my side.

During the day I keep my God
ever in my sight, sensing
the fullness of His presence.

You show me the path of life.
I shall not falter and fall.

Dr. Antony Theodore
You Are My Shelter.

You are my shelter. 
You preserve me 
from all my distress.

You ring me round 
with glad cries of acceptance.

I rejoice in you my God.

I exult in lofty praises 
of your beautiful face.

Dr. Antony Theodore
You Are My Secret Cave.

You are my hiding place.
You are my secret cave.

There I light my oil lamp.

I sit in meditation.
Cogitate on your wonders.
On my beads I recite a
million times about
your love that flows
like oil into my lowly heart.

I prostate here in my secret cave
adoring you the whole night.

You are my hiding place.

(Graphic: Asset Emerald saved to flat housepinterest)

Dr. Antony Theodore
You Are Never Worthless For God

When you think
that you are useless,
God has no use of you,
look into the holy Bible.

Peter was too impulsive.
Judas gave him to the killers.
David lead a double life.
Thomas could not believe.
Moses stuttered.
Jeremia war too young.
Rahab war a prostitute.
Jacob was a Liar.
Abraham was too old.

When again you think,
you are worthless
and a sinner
for God to make use of you,
think of all these characters
in the Holy Bible.

Dr. Antony Theodore
You Are Part Of Eternity.

You are part of God
as God always was
and will be.

You are part of eternity.

Be aware
of being part of God.

Become conscious.

(Graphic: Antonia Baumanm saved to SprüchePinterest
5k
Yeah. My soul does ache seeing him leave home yet again. One day that plane
ticket will be one way & he'll be home to stay.)

Dr. Antony Theodore
You Are Precious Andhonored

You are precious,
you are honored.

My mercy is enough for you.

There are many hypocrites
around you in this world.

We live in a world of
broken hearts who cry
in the depth of the night.

There are many who are alone.

Many feel rejected by others.
Rejection causes severe pain.

Always remember:

You are precious,
you are honored.

My mercy is enough for you.

Dr. Antony Theodore
You Are Pure Love.

In spirit,
you are unbounded
by time and space,
untouched by experience.

In spirit you are pure love.

Identify yourself with
your spiritual nature.
Love is your true nature.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
You Are The Infinite

O Almighty!
You are the infinite;
the universe is also infinite!

From infinite
the infinite has come out!

Having taken infinite
out of the infinite,
the infinite remains!

O Almighty!
May there be Peace!
Peace! Everywhere!

(From the Ishawashya Upanishad, the great Hindu Scripture)

Dr. Antony Theodore
You Are The Melody In My Flute.

I swam with you in the ocean.  
We swam together 
and saw from under the ocean 
where the sky falls in love with the horizon.  

We both looked, saw and smiled 
at their love and union.  
The horizon and the sky, 
it seems they will never separate.  

Shall we swim together always 
like fish in the ocean,  
shall we fly together 
like free birds in the sky?  

When I play on my flute  
You are the melody in my flute.  

May God bless our love.  

Dr. Antony Theodore
You Are The Reason Of My Life

Because you love me, God, I shall live.
Because you love me, Lord,
I want to live - for you and for others.

Because you know me, God, I can trust you.
Because you know me, God,
I want to trust you more and more deeply.

Because you call me, Lord, I can follow you.
Because you call me, Lord, I want to live with you.

You are the reason of my life.
I thank you very much for it.

I can certainly find myself in you.

(This prayer was given to a girl who wanted to commit suicide. She repeated this prayer very often and now she is a happy person).

(Graphic: Clara Schiller saved to God's wisdom!  pinterest)

Dr. Antony Theodore
You Are What You Believe In.

“You are what you believe in. You become that which you believe you can become.”

From the spiritual classic of Hinduism Bhagavad Gita, inspirational-quotes, life, motivational, wisdom thoughts.

Dr. Antony Theodore
You Belong To Me.

Christ became a human being, that we would become human.
Christ taught us the meaning and human dignity.

He accepted all, without exception.
There are no chosen and preferred ones for him.

We don't need recommendations to have a relationship with him.
We are important to him.

Christ gave indomitable hope for the downcast and poor.

He did not judge.
He came to heal the sufferings.

Blind eyes were opened, depressed ones, dared to sit up to look up to the sky.

He freed the guilty.
He stood up for it with all his authority.

He gave everyone a name and said to everyone who listened to him:
Don't worry, I am with you.

It became good news, of hope and confidence.

His light shone in the darkness.
His word told me:
You belong to me.

Dr. Antony Theodore
You Bow To Touch Me.

Joy in me is so full
that you deemed to come to me.

Endless play of delight is in my heart.

I come with the choicest flowers
and embalm you with perfume.

Kissing your holy feet i fall in prostration.

You bow to touch me.

(I published this Poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time in this second name.

Dr. Antony Theodore
You Called Me To Life.

God, it is you who called me to life.

Teach me to be amazed at the wonderful gifts and talents, that you gave me.

I am unique and chosen.

That is me, there is only one like me in this world.

God Almighty, I want to risk life with you.

I want to grow and mature with you, give my life for the poor because my life is a gift to me, given freely.

Dr. Antony Theodore
You Cannot Hide Anything From The Eyes Of God

Know yourself
so that you may
present yourself
before God
and other fellow
human beings.

You are always naked
before the Almighty One.

You cannot hide anything
from the Almighty eye.

(Graphic: Luke Azizi saved to Special ones Pinterest
These are truths collected from moral texts of different religions)

Dr. Antony Theodore
You Could Have Been An Ant

You could have been an ant.
I could have been an anteater.
You could have been rain.
I could have been a lick of salt.
But we are blessed here and now
to be human beings, alive in rare ways
that we often take for granted.

See, I can rise from a depth of awareness
to express this to you
and you can listen and
understand me
because of our preciousness
as human beings.

You are one of the rarest forms of life
to ever walk the earth.
This realization ushers us
Into grateful living.

Love what you love now.

Grateful and awake
ask what you need to know now
in prayer on your knees humbly.

Dr. Antony Theodore
You Embalm My Soul

Happy the man in whose spirit is no guile.

His offense is forgiven.  
God imputes no guilt.  
His sin is remitted.

You surround me with the cries of deliverance.  
You embalm my soul and I live in purity.

Dr. Antony Theodore
You Give Us Knowledge And Insight.

Good God, you created us
humans and you love us.

You are our stronghold.

You are the staff
we can hold on
when the road becomes steep and stony.

You are the light
in the darkness,
the bridge over the abyss.

You bring us back
when we go astray,
and strengthen us,
when we become tired and depressed.

You give us knowledge and insight.

We adore you always
day in and day out.

Dr. Antony Theodore
You Like To Dance

No one watches you
still you like to dance.

No one listens to you
even then, you want to sing.

No one notices you,
still you want to love.

Killing all human expectations,
you go on living
in your world of dreams.

What a wonderful world?

Dr. Antony Theodore
You Live In Me. I Live In You.

The communion with God through simple awareness of life as it is, is a mode of existing which a mystic understands in his prayer and meditative life.

I am alone.
You are alone.

You live in me
I Live in you.

In such a realization, everything becomes a potential symbol making communion with God possible.

Dr. Antony Theodore
You Looked Into My Eyes.

I looked into your eyes.
You looked into my eyes.
You did not speak a word
I did not utter a word.

In our sweet silence
was our union of the soul.

Real love is
when you make love to my soul.

(into my eyes. Tell me things that are real. Make love to my soul...Whisper..PinterestGenovamaaa's collections).

Dr. Antony Theodore
You Lure Me My God

God Almighty,
you meet me lovingly
and sometimes lure me
with your words from
my own safe quarter
especially when it is
necessary for me
to become active.

The bent reed you do not break,
and do not extinguish
the smoldering wick.

You meet me when
I am tired and depressed.

Before the glow
disappears in my eyes
you come to enliven me.

I often do not realize it.

Later by surprise,
I know you were there.

Then I am overjoyed.

God, You are always with me.

Dr. Antony Theodore
You May Drink The Ocean Dry.

You may drink the ocean dry.

You may uproot from its base
The mountain Meru;

You may swallow fire,

but more difficult than all these,
oh good one!
is the control over the mind.

(From The Upanishads).

Dr. Antony Theodore
You Painted Those Moments Secretly

The treasured memories
of moments that we spent
in the midst of the night
live in me in varied colors.

You painted those moments
secretly and kept it in my soul.
I did not know! ! !

I love to hug
such moments
of beauty,
love,
passion
and light and innocence.

- - - - - - - -

Dr. Antony Theodore
You Part The Fibres Of My Being.

God,
It is you who are painfully
parting the fibres of my being
to penetrate the marrow
of my substance.

In the moments of darkness
help me to know this.

Enlivened by the power of the Spirit,
I keep moving, although the pace is slow,
moving through the dark,
fuelled by hope.

Dr. Antony Theodore
You Possess Your Being Only In God.

There is One who is above us
and Who yet dwells
in the depths of our being.

Where your treasure is,
there your heart is also.

You appreciate that all the values
of your spiritual acts
come from God
and your heart rests
in the source from which
all that is good in you come.

You do not possess
your being in yourself
but only in Him from
Whom it springs.

By faith, I find my own
ture being in God.

Dr. Antony Theodore
You Shall Be Powerful In My Spirit

You shall be powerful
in my Spirit whom I shall send you.

I shall not leave you orphans.
My Spirit will stand by you,
sit by you and lie down near you.

The Spirit of strength and joy
shall come to you and embrace you.

Believe and you will see wonders.

Dr. Antony Theodore
You Smiled When We Saw Yesterday.

You smiled when
you saw me yesterday.

I was really in sorrow.
It is then, your smile
came to me to hug me.

Look!
Today I am wearing
your smile
you gave me.

I carried your smile
in my lowly heart.

Thank you.

Dr. Antony Theodore
You Will Be With Me In Paradise

There were three on the crosses
of the Calvary hill.

The evil thief mocked Jesus
'Come down from the cross
you Almighty Jesus
save yourself and us'.

The good thief said.
'Lord remember me when
you are in paradise'.

Lord Jesus from the cross
uttered in deep love:
'Truly i say to you
you will be with me
today in paradise'.

Love conquers evil.
Goodness conquers.
Strength and faith
in God shall conquer you.

Graphic: Elham Khorshidi saved to Painting. sins, forgiveC

Dr. Antony Theodore
You Will Find Love Wrapped in A Manger

Keep me on the throne of your life.
Search for meditately
with as much love and desire
as the wise men in the night.

My "star" still shines.
I continue to light the way
for anyone who seeks
to love and worship Me.

I still bring hope.
You won't have to look
far in the wilderness to find Me.

You are my heart's delight.
I am coming in search of you
in the day or the night,
at the dusk and at the dawn.

You will find love wrapped
in a manger with the cattle.

You will see the light
of the nations in me.

I came all the way from
heaven in search of you
when you were searching for me.

Here we meet,
in humility,
in poverty,
in a manger.

Come, be humble and not be proud.

You can change the world
if you hold on to me.
I need you to change this
terrible world full of sins.

I shall always be
the star of your life.

(Graphic:
Cartão com uma história de Natal.
Maria e José com o menino Jesus em Belém — Vetor de biblebox)

Dr. Antony Theodore
You Will Never Be Put To Shame

Be steadfast,
be sincere of heart.
Do not be alarmed
When distress approaches.

Cling to God.
Do not leave Him.
Accept the uncertainties
Of your humble state.

If you trust in the Lord.
You will never be put to shame.

Dr. Antony Theodore
You-Are .A - Message -Of-God

We sometimes overlook the fundamental question of our individual uniqueness and the unrepeatability of the way God created us.

Every one is a message of God for this world.

Through our uniqueness, we proclaim the goodness, purity, love and earnestness of a life devoted to God and for the poor and needy.

Dr. Antony Theodore
Young - Jeremiah - Pleads

Jeremiah was fully aware
of his shortcomings,
inabilities, and inexperience.

He knew that he was neither
a fine orator nor a seasoned
elder, and pleaded with
the Lord, "Alas, Lord GOD!
Behold, I do not know how
to speak, because
I am but a youth!"

Dr. Antony Theodore
Your - Afflicted - Ones

Take your afflicted ones
to your loving care.

God shall defend
the afflicted among
the people and
save the children
of the poor.

Dr. Antony Theodore
Your - Choices

Every time you make a choice you are turning the central part of you, the part of you that chooses, into something a little different from what it was before.

And taking your life as a whole, with all your innumerable choices, all your life long you are slowly turning this central thing either into a heavenly creature or into a hellish creature.

Dr. Antony Theodore
Your - Destiny

As your desire is,
so is your will.

As your will is,
so is your deed.

As your deed is,
so is your destiny.

(Reflections from
The Upanishads).

Dr. Antony Theodore
Your - Hurts - Are - Healed

You! Yes you are reading this right now.

No not some random person but YOU!

Everything that has hurt you is over.

Every test you have been put through, you have survived.

You might not be exactly where you were aiming to be

but today marks the start of your new life.

Dr. Antony Theodore
Your - Love - Is - A - Mirror

The path to love
Is never about externals.

The one whom you love
Is a mirror of who
you are inside.

Every fault you see
In the one whom
you love Is a denied
weakness In yourself.

Dr. Antony Theodore
Your - Self - Talk

It does not matter
if you are old,
shy or assertive
single, young
or married.

If your self-worth
hangs on a condition
of good performance,
your self-talk is
sure to be riddled
with self-doubt,
insecurity, and anxiety.

Dr. Antony Theodore
Your Songs Of The Night

You songs that you sang
in the depth of the night
is still clinging in
the ears of my soul.

Oh! how I yearn for you
now in my lonely moments.

Come to me the sweet one
of my longing heart.
come and kiss my soul
and lift me up to the
warmth of your burning heart.

(Graphic:
Flickr
last summer night.. | Elena Shumilova | Flickr)

Dr. Antony Theodore
Your - Thought - Defines

If it is true that how you think defines who you are, then what you think about God is the most important question of your life.

Dr. Antony Theodore
Your - Tiny - Trust-Steps

I care as much about your tiny trust-steps through daily life as about your dramatic leaps of faith.

You may think that no one notices, but the One who is always beside you sees everything and rejoices.

Consistently trusting in Me is vital to flourishing in My Presence.

Dr. Antony Theodore
Your Baby Is God's Dream.

A new born baby
is God's beautiful gift
to human kind.

How can you ever
decide to kill
your innocent baby
in your holy womb?

Woman,
your womb is holy.
Your womb is where
God comes and sits
when you are pregnant
watching your baby
slowly growing up
as a human being.

Your child is God's dream.

Dr. Antony Theodore
Your Deep Desire

You are
what your deep,
driving desire is.

As your desire is
so is your will.

As our will is
so is your deed.

As your deed is
so is your destiny.

(Brihadaranyaka Upanishad).

Dr. Antony Theodore
Your Goodness Has A Smile

Let your goodness
smile in your heart.

Let your love
compose songs
to sing to the sad
and sorrowful.

Let there be dance
on your feet and legs
to dance with the poor
and discarded in the society.

Dr. Antony Theodore
Your Guardian Angel

Your guardian angel
wants you to be happy.

Excited is your angel
to help you in all needs.

It is faith in your angel
that you need, to go safe
through the wild forests
and troubled waters.

(Gingerhead saved to Angels Pinterest)

Dr. Antony Theodore
Your Hidden Splendour

Love your hidden nature.
I love your veiled face.

I see your whole splendour
in my mental eye
beneath and beyond
all that is seen
in this wonderful nature.

Dr. Antony Theodore
Your Horizon Becomes My Horizon

I wait for the moments
in which your horizon
becomes my horizon,

your concern
becomes my concern,

your attitude becomes
my attitude.

Only then you can change
this world through me.

Dr. Antony Theodore
Your Intellectual Pride

Your intellectual pride,
your self sufficiency
your selfishness
will inhibit His
coming into your heart.

When you depend
upon your powers,
you will be easily discouraged.

Depend on God, when you
try to do good things.

Then you will
never be discouraged,
because your strength
comes from your God.

God loves your humility
and dependence on Him.

Dr. Antony Theodore
Your Leaves Shall Never Fade.

In unfathomable providence
you send your holy angels to guard us.
You hear our supplication as we cry,
‘Defend us by your protection’.

Happy the man who does not linger
in the way of the sinners.
The Teachings of God are sacred.
Joyful is the one, who takes delight
in pondering God’s laws day and night.

The way of the wicked leads to doom.
Like the winnowed chaff in the wind
they shall be driven away.

Plant yourself beside the flowing waters.
Your leaves shall never fade.

Dr. Antony Theodore
Your Life Is Indeed A Great Call.

Use your energy
to know yourself
more andmore.

Use your energy
to love more andmore.

Use your energy
to help the poor.

Send uplifting messages
to those who are depressed.

Your life is a call.
It is indeed a great call.

Dr. Antony Theodore
Your Life Is Much More Than You Imagine.

Accept the choices others made. 
even if you cannot understand it.

Accept the beliefs, motives 
and actions of others.

Many things stand on your way 
of accomplishment.

Give them first to God.
Then act in accordance
With your good motives
to accomplish and achieve.

Have a family of friends to 
share your hopes, dreams, sorrows.

Your life is much more than you imagine.

Go forward believing in God.
Forgive in the name of God
all who offended you and 
tried to destroy you.

Dr. Antony Theodore
Your Lips Tight, Sadness Written In Your Eyes.

Little one may Jesus be with you!

At this age when rich children
play about with expensive toys
laughing innocently
you are here with a load.

Holding so tight your hands
carrying on your back
a heavy basket
your lips tight
sadness written in your eyes.

Little one, may Jesus be with you.

I ask my conscience
what did you do for them
so that they may not cry? ? ? ?

(Graphic: Jacobus Andries saved to life/wisdom/truth/lies/religion Pinterest)

Dr. Antony Theodore
Your Needs Are Known To Him.

When you are in adversity
God provides you with
the strength to face it.

God’s supply is more
than sufficient for you.

God is the great supplier.
He knows your needs.

Dr. Antony Theodore
Your Own Presence

Enjoy the presence.
Your own presence
is something so
enjoyable.

Do not get into
friendship with
people who are
not in the presence.

Dr. Antony Theodore
Your Quiet Intensity

Your quiet intensity
is difficult for others
to understand and thus,
you are on guard
for fear of being
ridiculed or criticized.

Many cannot understand
the depth of your nature.

You have acquired it
from having thought
a lot about life
in joy and sorrow.

(This is very often the problem of a poet)

Dr. Antony Theodore
Your Songs Become Stars

My dreams are resonant with your melodies
You come to my bed to sing
your choicest melodies.

Your songs become stars
that twinkle in my darkness.

Oh what a joy that you are by me
near my bed when I sleep.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Your Struggles And Hardships

Your struggles
help you to
develop your strengths.

Face hardships.
Go through hardships
willingly without
ever surrendering.

You will emerge victorious.

Dr. Antony Theodore
Your Tear Fell On A Rainbow.

From the azure blue skies
I saw a tear falling down.

It fell on a rainbow.

I flew up to the rainbow
to taste the tear
that fell from your beautiful eyes.

I just remembered
how I lifted you up in my arms
to see the rainbow
in glowing colors.

Then you listened to the songbirds.

You smiled then.
The joy on your lips,
the warmth in your eyes
I shall never forget in my life.

God's garden must be beautiful.
God is grateful to me now
that He has you in His garden.

Dr. Antony Theodore
Your Voice Warns Us

Eternal Father,
your voice warns us
when we are about
to lose ourselves.

Your voice comforts us,
where we can no longer
recognize our own way.

Your voice encourages us
to resist the wrong and evil.

Your voice will protect us
when we meet with the unknown.

Dr. Antony Theodore
I praise Your wonderful grace that made me what I am when I was dead in trespasses and sins, and without hope in the world.

Thank You for loving me so much my God that You sent Christ to give me new life through faith in Him.

I pray that Your Spirit will more and more open my understanding to this indescribable gift that is mine.

Make me bold in proclaiming the saving blood of Jesus to those that are born dead in their sins, and use me in the furtherance of Your plans and purposes.

Dr. Antony Theodore
Your Words, I Treasured

I have treasured
in my heart,
your words
that I may
not sin
against You
anymore.

I know that
sin brings
peacelessness.

I promise,
I will not sin
anymore.

Dr. Antony Theodore
Your Worth Is Found Only In God

Walkin integrity.

Destroy your crooked ways.

Check your mind.
Turn away from evil.

Believe in the promises
of God for you.

Your worth is found only in God.

Dr. Antony Theodore
Your heart Takes You.

Go where your heart
takes you and asks to go.

Heart has its reasons
which your reason
may not understand.

Control the mind
and control your thoughts.

Dr. Antony Theodore
Zephaniah's warning was an attempt to turn the hearts of the people of Israel back to the Lord their God,

His warning was clear. God would bring the most terrible torment on wicked men,

who refused to repent and turn to God.

"I will bring distress on men," Zephaniah wrote, "So they will walk like the blind, because they sinned against the Lord.

(Ref: Zephaniah 1: 17 of The Holy Bible)

Dr. Antony Theodore
From: Mary Skarpathiotaki (Thessaloniki Greece; Female; 50)
To: Brahmin
Date Time: 12/20/2017 3:51:00 AM (GMT -6:00)
Subject: If You Die Before Me Translation in greek: Mary Skarpathiotaki

If You Die Before Me

Translation in Greek: Mary Skarpathiotaki

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If You Die Before Me - Poem by Dr. Antony Theodore

Dr. Antony Theodore
the translation of the poem "am your baby mum.."  
by Mary Skarpathiotaki

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www.PoemHunter.com - The World's Poetry Archive
I Am Your Baby Mum - Poem by Dr. Antony Theodore

Dr. Antony Theodore
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"I Am Your Baby Mum"

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NOTE:
I am your baby Mum.
I did not come on my own Mum.
God's angels flew down to your womb
from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.
The angles watched.
They prayed
to keep me safe always
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

They were my dreams in your womb, Mum.

But on a cruel day
you decided to kill me.

The devils in the Hades
heard about your decision.
They brought the loudest drum,
played in the devilish rhythms.
All the devils came together,
came and danced in circles,
jumping and singing.
They danced in lines.
They danced in circles.
They danced on the toes.
They danced on their heads.
They sang the wildest of songs
and the devil drummers played.
The whole hell was happy
that you decided to kill me.

You know how much I cried?
You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.
Dr. Antony Theodore
This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum' By Ankit Raj Goyal

?? ?? ??? ?? - Poem by Ankit Raj Goyal
This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore Ankit Raj Goyal
Topic(s) of this poem: angels, crime, evil, god, heaven, helplessness, innocence, love, mother and child

Dr. Antony Theodore
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This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore

Dr. Antony Theodore
I Am Your Baby Mum
By Dr Antony Theodore of Germany
Translation by Bharati Nayak of India

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