Dr. Antony Theodore
- poems -

Publication Date:
2019

Publisher:
Poemhunter.com - The World's Poetry Archive
Dr. Antony Theodore()

God bless you all my friends poets.
&quot;A Heart Of Flesh&quot;

God wants to give each of us a &quot;heart of flesh&quot; 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.&quot;.

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
"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 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;
never 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'

'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'.

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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 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 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 crystalize 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 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
captured 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 Glimpse 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
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 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 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 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
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
A Representation Of The Manifold In One Image.

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 Rich And New Inner Experience

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 the 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
A Smiling Lion In Me

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 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 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 nichtsingales.

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
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: 

"My conscience says, 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!
Dr. Antony Theodore
Poet (Dortmund, Germany)

Dr. Antony Theodore
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&quot;.

Dr. Antony Theodore
Abandoned And Mishandled

Abandoned,
sexually abused
beaten and mishandled
sommerun 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
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 Injoybeyondthe Senses.

"The Self reveals itself.

Having attained that,
the spiritual aspirant
abides injoy 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
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
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
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
Aching Wounds.

Culture tells us to move past this 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

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
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
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
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 the New 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
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 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 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
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
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 That I Do Is Worship.

&quote;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.&quot;

(Wisdom from theThe Saundaryalalahari ofAdi Shankaracarya).

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
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
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
An 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 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:
"Am I sincere when I give my love?"

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
depth 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
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 Vision

„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 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 Sriramcharitmanasa).

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
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
Apoem 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
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
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
deep 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 Intemrendness, 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
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
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
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 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 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
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
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
everal 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
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
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
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
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! 
Awake, Lord! 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
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 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.

(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
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
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
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. I 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 your 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 Free of the "I" and "mine".

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 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: homethat 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
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 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
Beautiful Butterfly

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 Praise To Dear Prabir The Poet Of Ph

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 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 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

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
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 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
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 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 pinful.

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
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.

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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
Beware Of All Iniquity.

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
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 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
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-ensayo nin mga kantaon
Makalangit, sa sakong pagdatong.

Habang turog sa saemong tolak
Mga anghel, pirming nagbibisita
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 saemo
Hanggang sa ika maogma.
Gusto kong mahiling an saemong mgga ngirit
Habang nagmimimi saemo.

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 :)

www.PoemHunter.com - The World's Poetry Archive
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 .1

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.'" Matthew 5: 1-3.)

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

&ququot;Blessed are the merciful&ququot;
Have a deep concern
for the welfare of others,
to become generous,
open-hearted and open-handed.

&ququot;The pure in heart are blessed, &ququot;
describing the ability to approach
all people free from duplicitous
motives, free of self-serving.

&ququot;Peacemakers are blessed.
they're nothing less than
the children of God.&ququot;

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.

&ququot;Those who are persecuted are blessed.&ququot;
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 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
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
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 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 wisdom up on reading
Uttarakanda Kanda).

Dr. Antony Theodore
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
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
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
Brahma-Sutra And The Sutras Of Vedanta

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 (/r?t?/; Sanskrit ?? ?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
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
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
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
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
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 All To Transcendent Liberty.

Amystic poet
sincerely searches
fortheuniversaltruth.

The mystic believes
that byopenness
to Buddhism, to Hinduism,
and to these great Asian traditions,

we allstand a wonderful chance
of learningmoreabout
thepotentiality of
the christian traditions.

Thecombinationofthenatural
techniques and the graces
and the other things that
have been manifested in Asia

and the Christian liberty
of the gospel should bring
usall atlast to thatfull
and transcendentliberty.

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
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
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
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 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
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 Being Light The Stars Hold The Darkness

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.
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.

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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 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.

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 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

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 By The Voice Of God.

We are called by the voice of God,
by the voice of that ultimate being,
to pierce through the irrelevancy
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
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.

Remember,
however you may try
you will not be able
to calm the storm.

So calm yourself.

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
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 donot 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 Shades Of Darkness Ever Find The Sun?

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)
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
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
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
Cast Away All Your Falsities

Tear away all
your masks.

cast away all
falsities.

Be clear
like a crystal.

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
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 rythms of angels.

Was it a mystical experience?

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
Change Is A Call Of Creative Self-Realization

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
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
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
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
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,
in to 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 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 and virtues.

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
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
Christ Is The The Perfect God-Conscious Man'.

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
Christmas Bells Are Ringing

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
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
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 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
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
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
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

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 ofJoel 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
Come With The Lute And The Harp.

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 everywhere.  
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
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
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
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
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
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
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
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! "

(Katie Hughes saved to Feminism and equality pinterest)

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
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
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 menatal 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
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 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
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 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
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
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
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
Cry Out Witha 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”; -

Problemele de sanatate pot fi vindecate cu ajutorul credintei. Specialiștii spun că rugaciunea și spiritualitatea, în general, îi ajuta pe bolnavi, 60% din cei sprijiniți prin rugaciune...)

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.

Artmarks 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
Cutlivate 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
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
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
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,
ist 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

Aber die Liebe ist das größte Geschenk.

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
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
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 × 563 Bildersuche  
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
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
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
deep 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
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
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 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
 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
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 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.

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 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
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
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
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 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
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
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
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
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
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
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
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 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. Agustine, 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
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
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

"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, "

(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.

Whoin 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,
do not 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...
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
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 Reflects The Ego.

Doubt reflects the ego.
It is bound in
time and space.

Love reflects God
the eternal
Divine essence.

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 transcendance.

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
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?

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 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 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
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...

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 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
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
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
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 Bibel chapter 3: 3)
'Scroll' symbolizes the words and messages of God-given, especially to the Prophet.

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
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 consciousness but self-consciousness, 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
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
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
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 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
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
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
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
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
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
Engagingourselves 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
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
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 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
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
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
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
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
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 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
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
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
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 someone 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.

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Dr. Antony Theodore
Everything Is A Manifestation Of The All

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
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
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
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
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
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 IIIdavid 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
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 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
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
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
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 forgivingGod.

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
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
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
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 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
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
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
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 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 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
(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
Finding The Way Of Freedom Within Oneself.

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
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
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
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
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
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
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
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
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
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
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
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
is truly 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 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
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 - Scripturepin)

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
From The Depths Of Truth Erupt The Mystic's Insight

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
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a free man's life is dominated
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from the depths of truth.
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 Ecstacy

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
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
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
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
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
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 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
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
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.

(Graphic: in-gods-hands-matthew-odegard-600c397444_2015050912414)

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 Up petty 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 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
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
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
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 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._zpsqxnwtddy9)

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:
&quote;Walk closer with the Lord and study His Word.
open the pages of the Holy Scripture&quote;.

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.

&quote;Cast all your anxiety on him because he cares for you&quote;.
(1 Peter 5: 7from the New Testament of the Holy Bible.)

(Graphic: When Anxiety Triggers Explosive Anger | The Mighty
The Mighty Google Bilder search)

Dr. Antony Theodore
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 Comesto 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 Clairvaux)

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 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 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
Reveal 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 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 hand
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
my eagerness 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 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
"I am the Almighty God"; (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.

"Whatsoever the Lord pleased,
He hath done, in heaven, in the earth,
in the sea, and in all the deeps"; (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,"fiat"
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,
imcomparable,
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 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 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,  
carried 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 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 aperson
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 Seeks Bonds Of Friendship

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 my God a way,
that transcends everything.

God showed me this way.
It was the way of love.

Love is the language that transcends.
Love is greater than the language of angels.
Love is greater than prophetic knowledge.
Love is greater than all secrets and insights.
Love is greater than all my possessions.
Love is greater than all sacrifices.

I am so grateful my God that you showed me
this great way of love. 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 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 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, Do You Care Only For The Rich Children?

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."
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 Does Not Last.

God's anger
lasts but a moment,
a lifetime, His good will.

It is like my weeping
the whole 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
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 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 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 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
Enteres 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 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 Amighty 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&qu";

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
hands of providence.

God's providence
is all powerful.

Dr. Antony Theodore
God's Self Everywhere.

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
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
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
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.

(Graphics: What is Humility? | Vernon Evangelical Lutheran Church
Vernon Evangelical Lutheran Church)

Dr. Antony Theodore
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 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
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
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 feel loved
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 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
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
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
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
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,
all-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 Indeed Is The Man

&quote;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&quote;

(From Psalm 1: 1-4of 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
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
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 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
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 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
He Becomes Love In God Who Is Love Alone

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 In My Dark Moments.

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
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 a wild fight. Already many have fallen. Perseus comes in need because the enemies are in large. 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, who is my friend!" 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 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.

The Gospel tells - and this time it is not a myth - the counterpart. It tells us about ahead 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
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
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 Dzenkiv ??????????, ??????? ??????? ? ??????????? Ivanna, ????????? ??????????...) 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
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
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 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 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
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
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
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 Marvellous Touch

I saw and felt
his marvellous touch
filling me with
abundant joy.

(When God comes to you)

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
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
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? &quot;.

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&quot;.

(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
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
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 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
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 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 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 I Love

How i love
to find someone
who is in love with my mind.

How i love to find the one
who dresses 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 such a love experience
My heart craves 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-wall Pinterest)

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.

(Graphic: 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... "only spare his life," 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 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 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
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
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 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. 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 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 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
deep 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 Bhagavat Gita)

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 Bhagavat 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"
I Am Thewomb 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 fom the great Hindu spieitual 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
I Am What is and What is not.

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.";

(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 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 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:  
"Where from flow  
such wonderful melodies  
into your hearts' core?"

The feathers told me:  
"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
53
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. 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 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 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 do not 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 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
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 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.  
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: Tou 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.

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.

(Graphic: Frank Answers About the Body in Worship - Frank Answers
Frank Answers1024 × 683Bildersuche
Embodied Liturgy figure 2 Prostration in Orthodox Church)

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 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 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: 31 of 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,
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

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 you 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 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 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 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 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
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
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 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 — Foto 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

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
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
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
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
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
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
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
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
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 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 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, anguished 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 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 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 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 collecions)

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 Pride, A Poet Loses His Graceful Finessness

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 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 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 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 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 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 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
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 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
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,
annihilated 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
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
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
**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 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
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
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
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 loose 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
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
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
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
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
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
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
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 pininteresttumblr 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 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
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.

A so 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
living moment.

(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
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 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
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 Is......

Intuition is
seeing
through the eyes
of themind
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
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
throbbing up from the bottom.

Did you see – the source is invisible
transcendent and infinitely abundant.

Dr. Antony Theodore
Invite The Divine Light

Invite the 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
Ironic Of The Ego

Whoknows about the origins of the world?

When did the creation happen? No one knows.

Who can survey 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 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.

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
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

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 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 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
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
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
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
Jivanmukti, Videhamukti

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 in silence.

They knew their sins before they 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
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
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
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 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
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 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 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 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
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
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
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 Hindu Scripture)

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 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 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
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.

(VedaUpanishads).

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
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
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
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
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
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 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
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 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 hasto survive.

He hasto meet to 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
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 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
depth 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

www.PoemHunter.com - The World's Poetry Archive
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
forgetfullness
that fills us with darkness.

Soul is persistent
in cleansing itself
in the inner level
to helpshake 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
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 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 spiieitual classic Bhgavat Gita)

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
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.

Lovelife.
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,
deplyn in 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
Live Well Today

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 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. Published for a long time under this second name. I write to keep her memory alive as long as I live).

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
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 its 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 bethinking 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
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
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

www.PoemHunter.com - The World's Poetry Archive
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 themoonshine
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 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
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 advisethe 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, 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
Lose Not The Innocence Of Happiness

Are you feeling happy?
then, 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
"I am 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 smallll 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
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 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 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 Brings New Perception

To be truly inlove
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 Comes In Millions Of Variations

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.

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 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 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. 

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.

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.

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 calles 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,
depth 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, 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
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
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
Mahakaruna

The great compassion, mahakaruna, is the only true way for all nations and peoples of the world to survive.

Dr. Antony Theodore
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.
Dr. Antony Theodore
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).

(Gaphic: courtesy to LONERWOLF)

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 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
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.

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_.)

Dr. Antony Theodore
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
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
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
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.

Irisch

Is Mise Do Mhac Leanbh, A Mhammaí.

Is mise do mhaic 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 neamhaí 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 fhíos agat, mo mháthair dearest.

Bhí áithas 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 línte.
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 drumadóirí 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,
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
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
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 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?

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 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
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
Meditation

When meditation
is mastered,
the mind is
unwavering
like the flame
of a lamp
in a windless place.

Bhagavat Gita

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)
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
Missed Opportunities

I want to tumble 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
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
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
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
More Than The Humanism of Stoa

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
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
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
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 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
Msimangu The Anglican Pastor And Kumalo.

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
Much More Than In Your Weakness

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
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 giggling 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 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
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 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
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,
thenv 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 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
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
under this second name. I write to keep her 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 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 Maaaaaaa)) .
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 Is My Prayer

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 haveto 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 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 presence filling 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
My Weaknesses And The Holiness Of God.

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
My little Angel Asifa

My little 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
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 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 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
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

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 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 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
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
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 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 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
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
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
da ga 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.
Google Translate for Business: Translator ToolkitWebsite Translator

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
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 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 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..contemperory ballet)

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 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
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
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 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
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
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
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
Occuring Transformation Of The Personality

In the beginning of the mystic life, one suppresses 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
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
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 My Way To School

Passion fruits,
purple and shiny,
velvety blue wild olives,
inky 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 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 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 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
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.

( Flowers 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
Only Where Mind And Desire End...

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
Only happiness 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
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
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
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 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 Identity Is Hidden In God's Identity

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 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 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 
revealing 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
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
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
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
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
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
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
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 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
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
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
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
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 Holiness

Personal holiness
is an argument
that the world listens to
in themidst 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
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
Piercing The Veil Of Illusion

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
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
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 attitude 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
Plese 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 marriage. 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 days. 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 minutes 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
da 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
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 withought 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.

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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 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
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
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 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
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
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 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 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 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
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 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
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
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
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
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
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
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
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
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
**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

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
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
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. Published for a long time under this second name. I write to keep her memory alive as long as I live).

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 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
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 magnificance.

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
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
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
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.
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
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!"

"Do not be afraid. I bring you good news that will cause great joy for all the people."

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
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
this 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
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
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
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
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
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 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
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
'Triumphant 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 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
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 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
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
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
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
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
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
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
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
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
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
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
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
Rohinya In Kutupalong In Bangladesh.. In Poverty.

(Source: Unicef)

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 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
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
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
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 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
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 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 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
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
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 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
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
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
Seeing All Beings In Self

“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 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 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 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 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
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 Bhgavat Gita)

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-Esteem

Self-esteem
is something
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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 in 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

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
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
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
true art
and true science
there is always
the sense of the mystery.

There is tremendous joy
in sensing the mysterious.

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
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
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
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
Shifting Of The Field Of Consciousness.

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
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.

Silently I wait
For him to appear
In me, deep down in my soul.

Dr. Antony Theodore
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
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
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
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
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 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 The Whole World Will Smile With You.

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
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
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
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 Silence Is Golden

There are many who deserve your silence,

Do not waste your words before such people.

Very often your silence is golden and is of great value.

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
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 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. 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
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.

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
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
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
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

(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
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. Augustine's Experience

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
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
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
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
Stepping Into The Blessed Temple Of Glory

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
Steve Jobs Last Words

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
The whole night
i prayed on my kneels.

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 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
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.
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
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
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 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
Studying Vedanta

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
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
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
Sufferings Are Like Narrow Passes

Sometimes a journey
through themountains
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
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
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
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 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
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
Symbols Evoking An Encounter With God

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 Mystical Poetry

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
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
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
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
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 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, they 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).
Dr. Antony Theodore
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
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)
Dr. Antony Theodore
Tears Have Voice Which God Listens To

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
Tearsandrainbow

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
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 be 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
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
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
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 '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
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 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 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 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
flying 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
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 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 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, illusiory 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
ofecumenism
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 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 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 (Antiquities18: 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 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 breaks 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 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 Meaning

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' andfor
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 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
The Experience Of The Unmediated Apprehension Of God.

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 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 Fulten 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 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
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 convienent 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 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 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 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 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

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 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 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 Hunger Of Heart And Intellect

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  
obscerving 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 Empty

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 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 Searchesfor 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 ages 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
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 shouulde 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 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 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 Miaaaaa 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
The Mastery Of Self.

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 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
The Modern Civilisation Is A World Of Illusion

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.
Dr. Antony Theodore
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 Pours 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 pours down nectar..google pictures)

Dr. Antony Theodore
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. 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
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,
dispassion
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 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 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,
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 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
underthis second name. i write to keepher 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 its hold on us.

Dr. Antony Theodore
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
The Poet In The Desert And On The Mount.

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;“

The Bhagavat Gita.

Dr. Antony Theodore
The Power Of Touch.

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 beomes 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.

Care only for the greatness
and goodness and love
of your action which will
Influence you and others.

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 rosary,
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 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 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 Seeeds Of Compassion In Mylowly 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 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.

Deificationis a metaphor, an artistic expression which tries to hind 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 '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

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 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
The Son Of Man Came To Seek and To Save.

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 Song Of Solomon And The Mystics.

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?

(Upon reading Kishkindhakhanda).

Dr. Antony Theodore
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 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. 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
The Spiritual Way

(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
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”. 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 startling 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
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 klinging 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. I published for a long time inthis second name. i write to keepher 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 The Will 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 Sun flower fell in love
with a glowlworm.

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 glowlworm of the night.

In the darkness
when the sun
went beyond the horizon,
she remained
dreaming of the glowl 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 glowlworm.

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 
Glowwormgave the sun flower, 
its 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 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 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 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 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 10,28-30in 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 Tranquilman

“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 transcendental justification in the world of the pure being.

Art and mysticism attain it directly from this world of pure being.

The 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)

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 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 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
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 (/ˈveːdəz, ˈviː-/; Sanskrit: ??? veda, "knowledge") 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 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 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 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
where to 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 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 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 than 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
depended 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, 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
Theego-Self Isnot Finalor 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
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
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?

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
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 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 of the 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 Tulasidasa 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.

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
you 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 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 Delusion in 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?) - A
Dr. Antony Theodore
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 one 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
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 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  
ever 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,
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 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
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
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
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 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
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
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
usto 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
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
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 Enthusiasm

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 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,
emcompassed 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 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,
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's 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 ware 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
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
Timelessness

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
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 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 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
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_zpstglqkf4)

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 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 &quot;Go and sin no more;&quot; 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
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 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
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
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
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-him)Henry Ward . google pics)

Dr. Antony Theodore
Touched By The Affection

Observe the animal world.
Who is not touched
by the apparant 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 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
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
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
transcendental 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 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
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 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
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
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
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 ŞŞAHİN

ben senin sevgili yavrun..bebegin degil miydim ana...
bil ki ben kendliğimden gelmedim sana
tanrıların melekleri
taa ulvi göklerden kanatlarını açarak geldi yanına
ve o kutsal rahîşne yerleştirdi beni
ben sana kendiligimden gelmemiştim ana
bunu yüce tanrı istedi
çok mutluydum o sevgi dolu yeni sığınagımda..yeni yerimde
o kutsal rahminde
orada...uyudum...mutlu ve hıuzurlu
melekler kolladı beni
dua ettiler bana
korumak için beni daima
veriyüze dogasıyadık
gelesiyedek
dogum günümde söylecekları şarkıları tekrar ettiler
söylediler..cennetten getirdikleri
áltın harblerinin eşliğinde söylecekleri

senin o kutsal rahminde ben uyunken
melekler sık sık ziyaret ederdi beni
sen bunun farkında degildin sevgili anam
dogacagım için çok mutluydum
senin sevgili çocugun 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 tükettimde de
görmek isterdim yüzünde mutluluğu...gülümsemeyi
senin rahmindeyken gördüğüm düşler...kurdugum hayaller buydu ana

oysa o ugursuz...lanet günde
nasıl da karar verdin beni öldürmeye...katletmeye
cehennemdeki şeytanlar
duymuş bu düşünceni
getiirdiler en kocaman..en gürültülü davullarını
şeytani danslarını oynadılar sevinçten
bütün şeytanlar toplandılar
birlıklı halay çekerek oynadılar
halkalar..daireler halinde
şarkı söyleyip zipladılar
siralar halinde oynadılar
halkalar halinde oynadılar
ayuaklarının ucuna basarak oynadılar
taklar atarak oynadılar başlarının üzerinde
en vahşi..en çılgın şarkıları söylediler
davulları çalan şeytanlar da oynadı
bütün cehennem çıguna dönmuştu mutluluktan sevinçten
beni öldürmeye..katletmeye karar verdikten

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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(Graphic:
What is the importance of a mother's love for her child? - Quora
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
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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Dr. Antony Theodore
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 allá 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 llore?
¿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
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.

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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
Pumanaog 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 nananaling
Hiling ay kaligtasan sa iyong piling.

Hangga't aking masilayan ang mukha ng daigdig
Aawitin ng langit ay iniinahandang isahimig
Kasabay ng tugtong ng ginintuang alpa
Upang sa'yo ay iparin sa araw na itinakda
Habang nasa iyong sinapupunan nagpapahinga
Mga anghel parot paritong bumibisita
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.
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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www.PoemHunter.com - The World's Poetry Archive
Dr. Antony Theodore
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 
haben 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

www.PoemHunter.com - The World's Poetry Archive
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 thaa
Gaana chahata thaa
Has-khlna chahata thaa
Aapka nirmal doodh peena chahata thaa
Main apke chehre ki muskaan dekhna chahata thaa
Jab main khelu aur bolu aur hasu

Ye sare sapne me sanjota thaa me apke kokh, Maa

Fir ek din jab aap mujhe maar dena chahti thi
Yamllok ke sare danav aa pohonche mujhe lene

Vo jhoro se dhol taasho pe unche taal bajane lage
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 rahi thi, main dekh raha tha
khud Khuda bhi bebasi ke ansu ro raha tha...

Shilpa Chaganti

Dr. Antony Theodore
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.
Pinanood 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'yong ngiti
Hanggang sa ika'y matuwa.
Gusto kong makita ang 'yong mga ngiti
Habang dumeded sa'yong.

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, paikut-ikot,
Lumulukso at kumakanta.
Sumayaw sila nang nakapila.
Sumayaw sila nang paikut.
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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www.PoemHunter.com - The World's Poetry Archive
I Am Your Baby Mum - Poem by Dr. Antony Theodore

I am your baby Mum.
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God’s angels flew down to your womb
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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.

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.
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,
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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.
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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

Dr. Antony Theodore
Jestem Twoim dzieckiem Mamo

Jestem Twoim dzieckiem Mamo.
Nie przyszedlem sam.
Bosczy aniolowie
Z potężnych niebios przylecieli
I umiescili mnie w twojej szlachetnej macicy.

Nie przyszedlem sam Mamo
Bóg tak chciał.

Byłem tak szczęśliwy w mojej nowej jaskini miłości
W twojej szlachetnej macicy
I spalem tam spokojnie.
Aniołowie patrzyli.
Modlili się
Zebym był zawsze bezpieczny
Zanim narodzę się w obliczu ziemi.

Spiewali i grali niebiańskie piosenki
Na swoich złotych harfach na moje narodzenie.

Kiedy spałem w Twojej macicy
Aniołowie przychodziły do mnie.
Nie wiedziała tego, moja najdroższa Mamo.

Byłem szczęśliwy, że się narodziłem
Jako Twoje ukochane dziecko.

Chciałem śmiać się
Chciałem śpiewać
Chciałem grać
Chciałem ssac mleko zTwojej piersi
Aź bedziesz zadowolona.
Chciałem zobaczyć uśmiech naTwojej twarzy
Kiedy wypije cale mleko zTwoich 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 rytmy
Wszystkie diably zebraly sie
I tanczyly w kolach
Skaczac i spiewajac.
Tanczyly w liniach
Tanczyly w kolach
Tanczyly na stopach
Tanczyly na glowach
Spiewaly najdziksza piesn
A diabel bebniarz gral.
Cale pieklo bylo szczesliwe
Ze postanowilas mnie zabici.

Wiesz jak bardzo plakalem?
Wiesz jak wiele aniolow plakalo?
Wiesz jak cale niebo plakalo
Tego dnia kiedy postanowilas mnie zabici
W swojej swietej macicy?

Zanim zostalem brutalnie zamordowany
Widzialem jak wszechmocny Bóg nade mna placze.

I Am Your Baby Mum - Poem by Dr. Antony Theodore
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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 '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 "I am Your Baby, mum". 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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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 womanin the New Testament of the Holy Bible.

„23 But a time is coming and has now come when the TRUE worshipers will worship theFather 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. 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
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
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
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 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
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 intented 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
Unalterable

Birth and death, all painful and pleasurable experiences, loss and gain, union with those we love, 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
Under The Dominion Of Love

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 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
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
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
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
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.

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
Unnecessary bragging.

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
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
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
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
Unwritten Images

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
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


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
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
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
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
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
Walk In The Light Of Truth

On the path &quot;to&quot; 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 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
Watch Everything Inside And Outside.

Watch everything inside
of you and outside.

When something
is happening to you
see it, as if it where
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 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
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 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 only home 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 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 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 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
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
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
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.

Use our words to teach someone
about God if we want to influence them.

Picture a conversation.
It's just about being intentional
with our words.

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 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
What More Does A Woman Need?

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 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 Fulton 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 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.

We shall proclaim in the assembly,
'You my God is the God of the universe
and shall never go away from your presence'.

Dr. Antony Theodore
When And How Shall I Sense The Whole?

Mind churns with a million
scrapes 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 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 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 it's 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 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 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 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 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?

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 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
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
Winning Final Beatitude

Among millions of souls
free from worldly attachment
scarceley 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 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.'&quot;
(TheBook of Revelation 20,4
in the Holy Bible).

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
foothing 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
Wishes And Blessings For All Our Ph Friends For 2019

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 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 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 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 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, 
kidship, 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
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
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
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
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
Worn Edges Of My Heart.

I want someone in my life
to linger on the worn
edges of my heart.

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
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
every hour 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
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
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
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 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 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 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 name Genovamaaa. Genova is my mother and I published earlier in her name.

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 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 Mysecret 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 prostitute 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,
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 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 medigently
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
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. 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
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
Your Wonderful Grace

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 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
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
Am Your Baby Mum' By Dr. Antony Theodore) - Poem By Farzad Jahanbani

?? ?? ?? ??????? ?? ???? ??? ????? (Persian Translation Of 'i Am Your Baby Mum' By Dr. Antony Theodore) - Poem by Farzad Jahanbani

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www.PoemHunter.com - The World's Poetry Archive
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.
#Antony_Theodore
Comments about ??? ?? ??? ??????? ????? (Persian Translation Of 'i Am Your Baby Mum' By Dr. Antony Theodore) by Farzad Jahanban

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

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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
??? ???? ???? ??? ??? - Poem By Gurleen Kaur Narang

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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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Dr. Antony Theodore