

Poetry Series

Saiom Shriver
- poems -

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Saiom Shriver()

Dear friend.

Thank you very much that your eyelight ignites these poems into life. I have tried to walk on water and failed. These poems are coming to you from the bottom of the pond!

Thoughts are like birds entering and leaving the belltowers of our minds. We are not the origin of these Godgifts.

Both of my parents were gifted poets. However because of lives of self sacrificing love, they did not pursue their own desires. They awakened my love of words in taking me to see a film of Othello when I was 10. Later Richard Wilbur with the poem Two Voices In A Meadow ignited a love of poetry.

A poem my mother Nellie wrote about the funeral of President John F Kennedy:

*

MUFFLED CADENCE

*

The sound of shot.
The roar of gun.
Thy will be done
blares the drum.

*

The sudden shock.
The news farflung.
Thy will be done
beats the drum.

*

The hour of grief.
The darkened sun.
Thy will be done
rolls the drum.

*

The sound of shot.
The grave begun.
Thy will be done
mourns the drum.

(It was not for a while after I read the poem that I realized the poem itself was the sound of a drum with its 4 syllable lines, most 2nd syllables accented.)

Someone I don't know once said of a friend: 'If anyone ever asks what love is I will tell him of you.' I have been blessed by my Godgiven parents as well as extended family and friends for whom the above sentence could be spoken.

You have my grateful permission to repost my articles. My poems may be reposted on the internet and up to 18 poems in books and magazines provided they remain unedited and include author attribution and link with the poems, and if paper is involved that it be 100% recycled, cotton, rice or other less violent paper. Unedited individual lines or phrases may be published with author attribution. No exclusive rights granted.

I especially welcome their being put with the art of Deviantart and other artist forums.

The poems have been written between 1956 and now. Some have been published in magazines, newsletters, and an anthology or read over the air.

These poems reflect my own points of view. The political poems do not necessarily represent the opinions of my loved ones. To love ones country and people is a very different thing from rubberstamping the illegal wars of the last 67 years..

In my humble opinion, we are all love incarnate, pilgrims on the road of love, back to our hearts in which God who is Infinite Love dwells.

May you live in miracles each day and all days, each way, and all ways.

I have put many poems on this website, and it is my deep prayer that if you want to print any, they be copied onto paper which does not kill trees.

The first one was written in 1956, and the others since then. When the internet became available, they were added onto websites.

If any are upsetting to you, please give me your opinions.

May all of us work to cancel World War III.

Footnote:

Please join millions in praying for rain everywhere in 2013 as needed. If you have trees and bushes please water them daily.

I began internet publishing on Netscape, MSN Groups, and a network in my city. Netscape and MSN eliminated all their websites. An Italy based forum eliminated 2 sites with over 5000 entries. An international socialist forum was hacked off of the internet by warmongers and vivisectors. 108 of my Ebooks disappeared in the hacking.

. My user name was sb11 and my pen name O Anna Niemus (oh anonymous) . Other pen names have included Anna Hridaaya, which is Sanskrit for Food of the Heart.

01 Volume 1 A Short Poems

LOVE

*1

My love for you a yearling became... many eons ago.

*2

His dogs and cats cannot read.. save the script of his soul
They cannot write..except on his heart

*3

As a tide floats all boats..As great music lifts all lyrics
..so do love's spirit pinions..give wings to all opinions.

*4

At dawn the emperor sun breaks forth from the lair of mars but in the evening he
disappears behind cloud curtains to the chamber of venus.

*5

Living shrimp in a bucket looked up at me with their penetrating sweet black
eyes on stalks.

*6

Cloud maya makes the sun appear to wink. But his love
is constant, not on and off.

*7

Compass needles are magnetized to the north
but compassion unencompassed in all directions pours.

*8

The sun yellow of the solar plexus, the healing greens and pinks of the heart,
the blue of the throat, indigo of the third eye, blazing white, gold and violet of
the crown
entwine in a rainbow and pour forth to the world.

*9

Did the Creator gave rats and snakes and bugs and weeds
life and then not give them feelings?

*10

For love the model forsook the runway. From that shallow world she did run
away.

Her love awaited at the airport Monday. That eve they taxi'd down the runway.

*11

Ribboned sunbeams, his words wing me.

*12

He aspired to be a Venutian rather than a martyr.. to follow
the path of venus' love rather than sometimes angry mars.

*13

He no longer harms daisies or their petals shreds.. to ask if her love for him has been shed.

*14

His empathic heart is always giving command performances for anyone in need.

*15

A warm day in November... a leaf came calling down..
but then he flitted up... it was not a falling flutterby... but a rising butterfly!

*16

Love the fan makes spark the fire Love the focus creates form from desire Love the finescreen turns firehose to mist Love the filter sees Pharisee as Christ Love the factory where miracles are fashioned. Love the furnace freezing hearts have sought. Love the fruit tree with gifts for all laden. Love the filings on the greatest magnet caught.

*17

Because I was taught in school to objectify animals, it was easier not to think about eating their murdered body pieces. Why should I use the pronoun 'it' to refer to animals? They aren't objects nor genderless.

*18

Is the fact that God is Universal Love a license to be promiscuous, polyamorous, polygamous or polyandrous.?

*19

In his heart bell hung a tong which struck every time he caught sight of her or heard her voice.

*20

Knowing that froggie fear was engendered by horse hooves, Pegasus grew wings and then he arose framed by a sky of orange pink and rose.

*21

Love is a purifier more sacred than pure fire.

*22

Love limited, love circumscribed, love lukewarm is by God decried.

*23

Love not force rides the horse.

*24

Love surrounds hate as the sea laves icebergs.
Hate is frozen Love. God is Love which will melt all hate

*25

Love was the priest who married them.

*26

Lust says the whole is not as great as the part but
Love flows whole from its temple in the heart.

*27

A baby who lies untouched in cradle.. a child who sits untouched in a crib.. will grow up thinking he's unlovable.. feeling he is untouchable.

*28

Mongers in the name of love heartshaped candies sell.
But our landlord lives God's love in every single cell.

*29

More precious because he'd waited so long to hear.. the most beautiful lyrics... 'I love you' in his ears.

*30

A match does not an iceberg ignite nor does a waterdropp survive in a forest fire.
We are influenced by the company we keep.

*31

Allgiving sun passes light... through persimmon tree leaf filters.. filling her fruit with lovepotion juice...paradisical philters

*32

Phone wires pinker glow as love reconnecting flows

*33

Roses are pink. Violets are violet. Our love for you is forever inviolate

*34

She is my beloved sister...off all who come her way the assister.

*35

She was baptized in water by her brother's rare tears..
baptized in fire by her mother's unshed tears

*36

Sleeping Beauty is awake inside each being, but some of us need the kiss of unconditional love to know we are made of love

*37

Some criticized him for sharing his journal, , but most were grateful that he had invited all into his heart

*38

Some human beings frighten the birds. They are animated scarecrows, but there are others who attract them near and far. They are carecrows.

*39

Suddenly out of the green, pops a trillium. Of fields elsewhere, the sun lilies em
Suddenly out of the blue, the ship on the horizon Suddenly out of the purple,
love's eve rising.

*40

The Lord of Love laves his lilies in light.. and lets dandelions and ivy leaves alone to live

*41

The love of the heart has surrounded the mind's knife of

criticism sheathing it with silence.

*42

The peony sphere has no perfume.. until she opens the petals of her heart

*43

The same God shines through the prisms of all eyes.

*44

They suddenly knew they wanted to avoid pain and much trouble
by going through life as a doublebubble

*45

Those who stop eating pork or beef or squab don't ingest adrenalin.
Reduced is their squabbling.

*46

To the lowlying sea....river waters to the most humble point descending..
but then lifted by the lovelight of the sun waters are ascending

*47

Two puddles loved each other and became a brook.2 pools
of light loved each other and became a glow.2 hearts loved each other and
became one.

*48

Unbidden buzz in the bloombibbing bees.

*49

Until we saw Linda G's sanctuary, we never thought
Noah's Ark... could be as clean as a sunwashed barque

*50

We came to a crossroads and what did we see? All directions pointing..
to his heart's infinity

*51

The chubby little hand of the small boy.. tenderly cups the head of the puppy..
..a magic little cup this hand.. which holds the liquid of love though upside
down.. pouring
it from endless springs

*52

Within small circles do spiders build webs while larger
ones foil them. So the uncircumscribed heart foils lurking danger.

*53

Your heart is a blazing star.. sending forth infinite rays in all directions.

*54

Held by love, the busy yellow jacket sups within the petals' brackets

*55

Arthur pulled a sword out of stone..but he was not able to pull
out the sword Guinevere thrust into his heart until Bea came along...she who
could liquefy a rock with her aura.

*56

Dust caked plant confined within house walls..stares out wistfully
as cleansing raindrops make loveslides down free leaves

*57

Shortly before he was born, God gave a vision of a soaring eagle suddenly
swooping down
and voluntarily entering an open bamboo cage on a boat. I knew a great soul
was taking
incarnation.

*58

To God they said 'Your amaryllis and Your lilies with delight do fill us.'
And God replied 'I made them for My Beloved Phyllis'

*59

The wind decanted the bush of lavender lilac and she was garbed in her own
sweet perfume

*60

In dawning daybreak so pure and still they opened the window above the sill.
The Sun of Love into room did spill.

*61

The little baby boy stretched out his arms to the stranger with a radiant smile..
silently saying 'pick me up'...conferring a grace which made her cry. Arms so
small Bequeathing All

*62

Whether you are Kwon Yin or Kwon Yang You are always a lovable God

*63

Allen's heart compass is Allen-compassing. To Love points Allen's heart compass.
It is all encompassing

*64

Wherever is Maynard, Mother Earth is moving Mayward

*65

In the past he had criticized the mores of those eels named Moray.. but resolved
Maury in the
future to give out more A's.

THE SEA

1*

Rocking cradle of the world.. sunset stairway to the stars..
only by greatmasters trod... only written on by God.

2*

Out of the sea the sun aborning with his awesome light of morning
Not adorned but all adorning says to you 'Come! My Mavoorning! '

3*

Rain at sea... redundancy

4*

It snows at sea... silence falls in flakes...melting
designs.... slip form for All

5*

Wavecarved caves near the seagirt rock.. wavesculpted into a seagulled rookery..

6*

Every morn...the sea reborn...is smoke and mirrors..... fog and reflection.

7*

We gave him a pitcher. He gave us the sea

8*

The rock temple to Poseidon will in some millenium show crumbling, but the
wavy

sea will remain... as ever the ocean main.

9*

The tide sent into the cleft of rock Neptune's polyfingered hand of welcome.

10*

Without equal, each wave sequel. Land is for eagles. The sea
is for seagulls

11*

The ebbtide slowly recedes, but in that sweet leg of the sea
tidepools, seaweed, shells sunsparks and driftwood.... are his legacy

12*

The rain in Maine remains mainly by the main.

13*

That sand not soon turn the beachfence into driftwood
the artist designed a metal seat.

14*

From the shore.. one looks upward to the sanddune grass..10,000 green brush
blades

trying to paint the blue sky jade* No matter how high it climbs the mountain ash
finds

he cannot stamp his footprint frondprints of green hue upon the sky of spiritblue

15*

Faster than any stylus squiggling.. can write the sun
in the water wiggling... but when the sea is perfectly still..

it appears it was water which held the quill

16*

Receives all arrows the universal quiver
as the sea receives all lonely rivers

17*

Daily the sea laves with tidal milk waves
nursing in love her hungrymouthed caves

18*

Today in their palate of many hues
the sky and sea have 90 shades of blue

19*

Little petstore goldfishes.. suffocating in the tiny plastic bag.. God set you
free..into fresh water rivers which lead to the sea.

*20

Gentler than land's are the seasons of the seas.

*21

The rainbow's end touchdowns in the waving sea. Though she pours her pastels
endlessly, deep blue remains the sea

*22

Surfers delight in the motion of the angry waves of the ocean
as neptune, king of the sea, delights in their mars.

*23

Shadows of fishes play in the shallows above varying
shades of abandoned shells.

24*

Within a wavelaved rock fissure, God hid the fish from the kingfisher.

25*

The rowboat's wake intersected the path
of the morning sun upon the water... effort was squared to light

26*

The sea mirror was framed by lobster traps..until she rose and smashed them

27*

A clamshell holds the seaswell.. Reflected in captured tide.. does Jupiter's light
dwell

28*

Waterfall mist asked the sea 'when shall I return to Thee? '

29*

Windsent seascent everywhere went

30*

As artists long for blank canvases, as sealovers yearn for the blue space of the
skysea,
the Spirit longs to be uncluttered.

31*

So many shades of blue from royal navy to aqua hue.. without
the horizon ship one could not tell sky from sea.

32*

Seacradle is fishes rocking among the rocks but she is slapping at fishermen's

docks

For the sun wearing daily a fresh foam frock helping God on all hearts to knock
33*

The full moon lifts seawaves in joy, but only the sun can lift water drops out of
the sea.

34*

Blackberried tarts on white lace doilies are the seafoam framed ocean's dark
rocks

35*

Ships in bottles cannot sail, but messages unsealed from
bottles do, and their words are meant most for those who find the script.

36*

More than the stable shore God hallows the waving sea's shellshod shallows.

*37

In the kinder world there surely no longer shall be
shellfish shiv'd to shed their sheltering shells from the sea

38*

Waves will rise in joy, they know soon toward the full moon of the longed for
monsoon

39*

Message in sea's bottles. Tidings in the tides. Time's
rivers to the timeless sea glide. Every being will with God abide.

40*

Cavecarver tide.. a patient sculptor who abides

41*

He is like the sea: on the surface bubbling with wave effervescence
... in the depths one with divine Everpresence

42*

The sun's fireball has scattered embers in the sea, unquenched
by her waters. for love can never be extinguished.

43*

The drops the rain scatters the river then gathers.. for the sea who in turn
offers them in her great chalice to the Sun Father

44*

One smells seasalt before the first seasight...
of His Eoyal Lowness, Neptune bluerobed. He fills hearts with delight

45*

She picked up only vacant seashells at the shores of the Seychelles.
For chambered nautili hollow were minnow castles in the shallows

46*

It is the trickling time for the tiptoeing tide to float in gifts which abide
beneath the twinkling stars' ides.

*47

The tide is afoot! in the 10 million fingers of the sea

*48

As seawaves slapped his sloop he slipped down a sweet slope into sleep

*49

A red light where the road ends at the aquamarine sea.

*50

Aboard the oceanliner they see.. moonlight whitewashing the sea

*51

Those who live by or on the sea can most frequently be healed by her empty canvas, rhythms, and frequency

*52

Flags of fog flap not but float above the kingdom of Neptune

*53

The sun scattered a trillion diamonds on the sea...his angels will gather them into a necklace for thee

*54

Her listening heals.. because she listens with total presence, without judgment, without interruption, with unconditional love

*55

The sirens in his odyssey kept not Odysseus from the sea

*56

The beachcombing sea gives more than she takes as she secedes

*57

The sea: a blue jewel framed by shells.. whose azure and aqua skies are not caught by aquarelles. Her sight and sound and smell
.... lift us out of hell. In her space our spirits upwell.

*58

As she hears the confessions of all rivers those on the shore hear the sea..
accepting all she calls no thing heresy.

*59

So many sires he had in Donegal.. so many foremothers in Galway..he was made of Donegalway

...in every cell of his being the sea calls to itself

*60

That day the grey gulls over the grey gulf were invisible in the grey cover of the gloaming

*61

As rocks girding a tidal pool... As metal setting for sapphire jewel... As rigid bones around liquid soul eyes.. the body frame for the Spirit Nigh

*62

The mountain palm gave birth. Her coconut babes rolled downhill to the ocean..

Now they are islands in that sea.. with hard shells bathed inside by coconut milk
and outside by piscean seas

*63

In an all-grey sky through a cloud goblet a sunbeam straw sucked up the sea

*64

The tide casts her slender silver fishnet veil, not to harm the fish, but to float
them home to her sea.

*65

I want to be with my love by the sea near his seaweed strewn legacy
hearing the gullsong..smelling salt air..feeling the sand arranged by the tide..my
heart slowing down to rhythms of seaslide.. seeing ascent of the Sun.. oer
neptune..watching the rise oer the bay of the moon..ambling to a cafe fireplace
to sip berry tea with book pen and community

THE SUN

*1

Night can no longer suborn
first light's gathering morn!

*2

The sun's allgiving gold cheer.. has become the allgiving tree's purple
cherries.

*3

Popping oer the mountains the dawn sun arose, unrolling through
windows welcome carpets.... of red rose

*4

It is not the sweet nuthatch
but the sun
which hatches the nuts
of nut trees everyone

*5

The sun thought about another's criticism that he lacked focus.. but
then began again to shine in all directions

*6

moondown is sunup

*7

The sun diamond stipples the ocean's wind ripples.

*8

The sky shyly blushes pink at the approach
of the Avataric Sun

*9

Behind sparkling fountain waters sinking climb

higher the rays of the giving sun king. We need not seek him.
He comes to us.

*10

The sun wears no dark glasses. He has nothing to hide
and is not threatened by his own light.

*11

Oh womanizer or manizer most polygamous...but only the
sun can be righteously milligamous

*12

The bee's favorite couplet: a sunup-brimming buttercuplet

*13

The sun craves no limelight as he grows limes in his light.

*14

As morning wands with a dewdropp each grass spire
so little acts of kindness are by God given
great power

*15

the sun rays arc with their igniting sparks
making sparkles everywhere

*16

now a seasmoke fog hides
the rising sun... but soon his
flaming rays will break through

*17

Beach footprints by tidewater erased. Snow footprints
by the sun melted away. So does God forgive all transgressions.

*18

Sunrise is apple fall

*19

When her sun wed his moon
and his sun wed her moon
skies poured forth for lifefaitful loons
Love's manylived monsoon

*20

Oh please dear Mr. Pinkus with your dawning
rays..please pink us

*21

The sun does not kill and tell.. but how can tree hide her new peaches in the
dell?

*22

With soundless tapping
the horizontal baton rouge

of dawn light
called forth a chorus
of bird delight

*23

He who gilds the fringed coast Of all buttercups the toast.
More ancient than all.. yet evernew His ray host.

*24

The forces of night.. their vanishing might
.. melt away in delight.. at dawn's vanquishing light

*25

The moon has dominion over the sea, he thought, watching as her unveiled
full rays caused the highest tides. But at dawn he
saw the sun lift the waters much higher with his elevating
evaporating fire

*26

The sun does not narrowcast.

*27

And now a seasmoke fog hides the rising sun... but soon his
flaming rays will break through

*28

Sal loved to sail in solitude
and silence neath Sol

*29

Dawn drawn dandelions sun-summoned... spread gold parasols
... brings another sundown.. a diaspora of dandelion down

*30

The sun with her came out to play
but shy night could not stand his light and she ran quite away.

*31

Holds the sun's cheer... every purple cherry.. and seed chariots of new trees of
cherry.

*32

As the longfingered sun reaches out to touch a cloistered trillium
or a lake trembles in the light of moon and stars
so can Tolstoy's long rainbow of words play our heartstrings from afar.

*33

They whispered the arrival of the iceberg's new rival... he feared as the gulf
stream

approached.... his very survival

*34

Arun arose awash in rose.. His dawn rays oer all arose. Did all arouse.. his rays
of rose...

millennial oaks... the corn in rows... and the no-rows wildest rose.

*35

The egg of the sun dipped into many cups of dye.. pink and purple saffron yellow orange and red.. a gold mellow but He preferred His own color.. that of blazing light

and emerged untouched by dawn or dusk or deepest night

(not an egg stolen from a chicken)

*36

Light lingers in fig leaves and pink cloud fingers

*37

The sun's divine current is transformed into currants

*38

To the apple tree the sun said 'You think you're the decider

but it is my rays which decide which apples become cider'

*39

Where is my lover the sun? Coming up over the mountain..Where is my lover the sun? Splashing on top of that fountain.. Where is my lover the sun? Red-applying inside that green tree

Where is my lover the sun? Sparkling through all the blue sea.

ACTION

*1

Grey sea and grey skies are one... yet does the sudden crimson sailed boat give hope and perspective.

*2

Tiny steps of great power: 1000 cars go.. after I green light.1000 tons of avalanche safely

move from I sound slight. A thumbs up from Caesar..saves the gladiator's life.

The dawn's breaking light banishes the night. Making one phone call.... helps to reunite.

*3

Some little waterfalls are so small they are a curving downward staircase of the river seabound

ALL POINTS HOLY

*1

It takes many puddles to make a pool and many Liverpuddlians to make a Liverpool.

They are a kind people, Liverpuddlians, who do not mind if frogs paddle or poodles piddle

in the puddles of Liverpuddlians

*2

There is an ancient highway of the heart between Siena and Vienna

*3

Wherever walks Ambrose.. up spring amber roses.. pouring forth fragrance and deathless ambrosia. Wherever walks Ambrose

.. his heart melts neuroses.. and in their place.. up spring new roses

*4

Our land is the land of the Cheyenne, Shoshone and Shawnee..
Cherokee and Seminole, in valleys of the Shenandoah and Swanee.

BEAUTY

*1

10,000 brush strokes of the master artist... equal not the perfect paintings of the pure mirror

*2

A clover veil.. violets the vale... neath skies cloudclad or when ultraviolet sun prevails.

*3

A feathergowned crane flies through the forest like Cinderella fleeing the ball.....but now the Prince of Peace comes into the hall

*4

A grey cloudcloak mutes the crimson leaves of oak.
Scarlet charcoal embers' shroud: soft grey ash and smoke.

*5

A parasol and a parapluie..as umbrellas they are the same
.. one means prepared for the sun...the other.. ready for rain
As with positive thought.. when one expects the good
it is likely in ones life to reign

*6

As Michelangelo's vision of David's divinity freed him from his marble block,
so a man of size plumpkin can free himself from his body coach pumpkin

*7

Beautiful the scent of the tobacco flower
but the leaves which helped weave the fragrance are subdivided.

*8

Before the falls, the sheen of shanti. At the falls
sheets of shakti.

*9

Dawn rhodescent, jeweled by moon crescent, but both will melt when the sun is present

*10

Did not the apple blossoms fall, there'd be no cider in the fall.

*11

Fall's leafless orange berried bush foiled by blue sky.. a pointillist painting

*12

Fernfurl, chrysanthemumcurl, lilyswirl, wisteriawhirl and sunflowertwirl

*13

Flames of mornlight... the cotton clouds do ignite

*14

Flowering grass spire, dew-wanded, a green exclamation point!

*15

Foamwake disappears from the whale tail.. dries up.. the snailtail

*16

Fragrant fireweed fringes fire hydrants.

*17

From the Bubble Blower, the moon rises and floats

*18

God who painted with crushed pink pearl living oysters' shells
wants them left alone in the shallows and shoals

*19

In the folds of the fields Mother Earth has.. phlox.. foaled... she has phlox
unfolded

*20

It is the leela of the Lord to unscroll lilies and lilacs and violets in divine light.

*21

Lily pad plates... jade spheres with rims.. raindrops fill them to the brim

*22

Mist lies in parallel layers under the clouds as satin sheets lie under cotton
blankets

*23

On the stepping stones in the pool... snow has made a pillow for each rock stool*

*24

Secret springs, many aquifers. help the knitting of new needles for the aqua firs

*25

Several lamps make a shack lovely.. more than a dark palace...
as the light of the holy makes any face beautiful

*26

Stationery the sunblocking stained glass windows of a church,
but the iridescent windows in the butterfly's wings don't veil light in their flight.

*27

The comet's tail, an orange light trail, brighter than a fish's scales, shining
more than beetle's mail.

*28

Young souls love beauty. Older souls worship the beauty of love.

*29

The diamond river cut swords through the whiteblanketed greensward

*30

The fragrance wafting from a rose does enthrall
every Rao, Smith Wong, Kim, Ali and Rosenthal

*31

The full moon has spilled her silver paint cans onto the seastage. Some has
splattered onto the cloud curtains

*32

The goddess of the sun retires for the night through clouds spreading
her fan made of rays of light

*33

The greenleaved grapevine does a tightroping straight
line... along the windstirred clothesline
and a wavy winner banner on the young pine

*34

The old ailanthus many humans found peccable
but the woodpecker delighted in her status peckable

*35

The private train car had smoke and mirrors, reflecting candles' flames and
curls rising
as the mirror lake beneath the morning mist reflected the sun on the horizon

*36

The south wind paddled the puddles, the lily padded ponds, and played the
pea'd pods and pansies pied.

*37

The spider web dewjeweled and studded with samara stars....has not today done
harm

*38

The sun paintbrush dapples the woods into apples

*39

The white rose of Uganda has the same aroma
as the deep purple rose which grows in Roma.

*40

Under gold dandelion parasols, beetles lie in the beach
of green grass, looking at the blue skysea beyond.

*41

With early stars have fireflies asterisked the evening skies

*42

From the mountaintop they saw a village lay in the Mexican valley by the sealine.

Every rooftop

was covered... in blue morning glory vines... the sky coming to earth saying 'I will be thine'

*43

Over the shoulders of April's winter trees..Mother Earth has thrown a pink shawl as light as the

morning breeze.. but it two moons later it was tossed for her favorite: a jade sari

*44

A table on which the bees may sup For them by His grace God has raveled out of space a table which has merged with its cloth of lace

*45

Om Parvat: Shiva on Mt Kailash with snowy script has written the Om in sacred Sanskrit. He has sifted flakes into recesses carved by Parvati's prayers and Tibet's holy scarves

*46

That part of Kashmir is ringed by sharp peaked snowclad mountains...

the teeth of God.. guarding the green river valley... one of many tongues of God

*47

The shifting beams of the Aurora Borealis in the northern skies' midnight blue chalice are reflected in the lake's royal blue waters with their rainbow fishes' moving gleams.

*48

Oh JackOLantern, beyond toothless grin..through his scar-red apertures one sees wondrous light

COURAGE

*1

I hid behind the wall but my more courageous shadow... showed herself.. and walked up the ladder.

*2

In the D Day invasion he fought Nazi knaves and helped free people Hitler made slaves. The living as well as the dead are brave. One day at a time his life he gave.

*3

One by one in many countries they break through the ice of fear.. cups of crocuses.. stand up in caucuses.. East to West from Africa to the Caucasus and state their eternal allegiance to the Creator Sun.

DEMOCRACY

*1

With the most leaks the boat of democracy best floats

*2

'Only the shoemaker can make the shoes. Only the wear can tell if they fit. These are the timeless words... of brilliant David Spitz

DESTINY

*1

What is destiny? The will of God. Since God is imprisoned in the hearts of all beings, destiny is ones nonharming desires.

*2

From mornrise to moonrise.. all is contained.. within God's eyes

DIFFERENT DRUMMERS

*1

Night outs the stars.. they fall in love with their own light, realizing they need no other.

*2

He was of the school that one makes his own haiku rules. Why should he be bound by the straitjackets of dead people?

*3

In that life, the monk entered the labial labyrinth... he was not ready to celebrate the path celibate... centuries later he once again entered monastery portals

...all desire for sensory experience extinguished

*4

'I must be about my Father's business' said the sun on the horizon rising.. as he in half the earth was raising the grapes into raisins.

*5

Because their hearts were full of compassion's waters, they often broke right in half..hanging flyswatters

EARTH

#1

As he walked along, he saw a slain dandelion with grey locks and blew the down of the mower victim that there be fluffy flower flocks

*2

The tree branches God has joined together let no one cleave asunder.
The animal limbs God has joined together let no meatcutter cleave asunder.

*3

Because the wind rustled blooming fruit trees
they released their fresh fragrance into the breeze

*4

April is the most fragile month, when tender jade tendrils can be crushed by
unconscious boots

*5

Why has God his dew morngift sent? For cider, for butterfly drinks, for lilac
and jasmine scent

*6

The fen way becomes a fern way, finely traced fans of jade.. waving in the wind.

*7

The fruit tree oer the brook drops her free food into waters dappled... the fish
bob for apples

*8

Those depressing stormclouds grey... wand the world to green

*9

The orange tree... a green galaxy with many blazing saffron sunorbs

*10

Most can from the apple tree pick spies but only God can pluck blazing stars
from the skies

*11

Like the beloved in a canoe paddled by her love is the willow tree trailing her
lacy fingers in the lake.. wherever she breaks its blue mirror she paints the water
sunset gold

*12

When the naturalist who defines plants as wild edibles
comes around, do the plants shiver and shake, quiver and quake?

*13

Some find peace most in the mountains. Some find peace
most at the sea. And some find peace most in the mountains oer the sea.

*14

Only newfallen laurel leaves in Richard Wilbur's laureate wreaths
for he takes only what Mother Earth gently bequeaths

*15

Breeze made blooms assent nod as Assisi's God whispered 'walk unshod' where
dirt clods have vined into sweet pea pods
and hardened sod broken to goldenrod

*16

Inch across the yard the bright rays of dawn Striking magic wands cause flowers
in the lawns.

*17

In the foothills of the Apennines old olive trees with grapes vined...make

violet orbs of olivine... we think of this in Los Angeles at Olive and Vine

*18

Is God's favorite chapel sunlight dappled trees of apple? Her Ichi Ban shrine..trees of pine?

Her beloved mosque vine covered kiosks? Her best synagogue a cranberry bog?
Her holiest church woods of birch

*19

The grape vine did entwine and spiral oer the high clothesvine
.. and turned it into a trellis... from divine fire knitting knots just above the forgetmenots

*20

All life is sacred but one day he chose that the Japanese beetle was greater than rose.

Crawling in his greenmail* armour over the Goldsmithed bloom ready to turn gold petal fire

into pure insect flight. He found when he chose the bug oer the rose God gave him back

endless blooms of rose

*21

Cool full moon light it is certain will shine through living bamboo curtains as she did for Thomas Merton as she did when Liz was flirtin with her beloved Richard Burton

*22

She saw on an African safari that Mother Nature had by Lord Hari showered with several brand new jade saris

*23

Groundnesting birds, frogs, snakes, butterflies,
lady bugs, beehives, anthills, fireflies...all sliced or crushed as harvesters,
lawnmowers and other machines roll unconsciously by

*24

Oliver Stone: Within the olive is a stone.. a living stone which can reforest the world with olive groves, birds' and squirrels' homes,
free food treasure troves, roots below to prevent mudslides, evaporating leaves which summon rain above

*25

He told us he had 9 acres in the Carolinas.. with grape arbors, peach groves, apple orchards and pumpkin patches, blueberry bushes and nut trees matchlessRTH

*26

Cut down that tree! the lumbermen cried She's so ugly and so slipshod With her flaky head lost in the clouds and her feet in the filthy sod..
But all who loved her encircled her and kept her from the axe and the blade and

in the spring with new roots she was shod and clad in a jade laceleafslip from God.

*27

Within each acorn cloak are infinite oaks

*28

Landscapers need not be landscapers but bulldozers always disturb bulls dozing.

ECONOMY OF ACTION

*1

The way of yielding water.. flowing.. being...never preaching
is the teaching of the ancient..I Ching

*2

Some cherrypick. Some plumpluck but Newton was given an apple windfall

*3

What are the jobs of appletrees? To breathe and to be.. while apples come automatically.

*4

The daybreak sun in a state of ever-rest faster than mountain climbers have ever scaled Everest

*5

Gently opens the lake lotus the sun with his long fingers
.. and whether He sets or rises...His light forever lingers

*6

Briefly the fins of the joyful dolphins cleave the waters.
Now to mingle again they begin.

*7

The seawind and wavedrift bring their surprises and seagifts

*8

The wind will in the windmill helps windfall to befall

*9

In a world of deep blue sea and aqua skies
welcome are purple sunset and gold sunrise

*10

If you don't build it they will come. If you let it alone it will grow

*11

I fell asleep with the tv on as news reported China's ban on Lebron James' commercial.

Then in a dream he said 'Skip unnecessary steps.'

*12

Another point of view: Those who dutifully shoveled their walks unwittingly later left a surface of ice whereas those who let everything go left a safe place to walk

in the crunching snow.

*13

How do you do? said the rose to the bee. On the dewclad rose
said the bee to the rose I would rather do than to be.

EFFORTLESS

*1

The way of yielding water.. flowing.. being never preaching is the teaching of
the ancient I Ching

*2

Some cherrypick. Some plumpluck but Newton was given
an apple windfall

*3

Can only the wind surf the grass seas?

*4

Infinite drops of rain gathered by river trains, now remain in the bowl of sea
main.

*5

The daybreak sun in a state of ever-rest faster than any mountain climber has
scaled Everest

*6

As the wind whistles, ripe seeds of thistle send forth their epistles. The wind will
scatter them.

The rain will enkindle them. the sun will lift them

EMPTINESS IS POWER

*1

Into the breach.. near the rocky beach... the seed of birch
the seed of beech and the hardstoned seed of peach

*2

Bog crannies are the cradles for crimson cranberries

*3

Once termites bored a hole in the holly on the hill. Now a gnawing holocaust of
emptiness

where once Holly-wood was held. As time passed all knew Holly was hallowed
because Holly was hollowed. Soon a beehive came graced with honey and the
magic of the queen to the hallowed hollowed holy Holly on the hill.

*4

Each night the tree of nut out of naught knits neat nuts....
for every Natalie and Nate and Nat and Knute.

ENDURING

*1

In the meadows pink lupins. In the forest, green Low pines....
For a much longer time, last the fir shrines.

*2

Redwoods: faithful silent sentries.. standing for millenia
not centuries

*3

Only the forest green fir and the redleafed oak did hold their leaves in the winter
wild
to make December's eves for the Baby more mild. Perhaps that is why they're
the colors
of Joseph, Mary and the Christ Child

EQUITY

*1

Oh Martin Sometimes your voice was the thunder Sometimes it
was the falling rain. Always it burst our hearts asunder..
and made them beat... empathic in pain.

*2

In a famous life Paul Robeson arrived on earth with black robes on.
In previous lives he came into view arrayed in bodies of different hues.

*3

First Lady Sally Hemings....your liquid monument is the reflecting
waters..encircling the Jefferson Memorial..
As seas receive slaps without responding, so you absorbed over and over the
humiliation of being hidden in a back room...
before your children were sold on the auction block.

*4

Larry Doby Each thorn... has become a rose Each scar.. has turned to star
Each taunt.. became slow admiration.. and then loyalty
until love broke forth like a fountain out of stony hearts

*5

Count Nikolai Pistoff when he heard the rates of the therapist was very pissed off
and thereafter spelled therapist 'the-rapist'.

*6

The incoming egalitarian tide melts the last ice of apartheid

*7

Salisbury decried adding another hue unto the rainbow yet we would add
saffron and jade and pink and rose and olive and tan, crimson and indigos

ETERNAL

*1

Angels threw an etheric butterfly net over him. Reverse lepidopterists, they from the body's cocoon set his butterfly soul free from earth's room

*2

As bells chime when someone enters or exits a bookstore
so Spirit sometimes makes music when souls come or go
from a body

*3

Every River Styx is a River Phoenix, the soul either touching
down into a new and better form or returning forever to
the kingdom of ecstasy

*4

He wished no induction into the House of Lords, but only
to return home to the Home of the Lord.

*5

It snows *at sea

* Quiet *** falls in flakes

Melting designs ***|leave form for All

*6

Those who focused on the shock of shards as the phoenix
bird burst from his shell... nearly missed the sight of his holy
maiden flight... as he soared up and away.....and out of sight

*7

Death is the release of the bird of the heart from the ribcage of time.

*8

Buried as they are killed, beheaded dandelions, on the scythe their green blood
lyin

*9

All will some day even those who have coronations
leave their bodies to crematers and coroners of their nations

*10

Angels threw an etheric butterfly net over him.
The reverse of impaling lepidopterists, they from the body's cocoon
set his butterfly soul free from earth's room

*11

As bells chime when someone enters or exits a bookstore
so Spirit sometimes makes music when souls come or go
from a body

*12

Every River Styx is a River Phoenix, the soul either touching
down into a new and better form or returning forever to
the kingdom of ecstasy

*13

Angels ring silent bells, as on their way to God, cockles leave their shells

*14

Those who love God the most sometimes like to leave early for Home

*15

As foam bubbles burst into the sea
in death Bubba's soul waters were set free

*16

Over the slain elephants' ivory grows the merciful shroud of ivy.
Angel light ultraviolet keeps both from further violation.

*17

Like caterpillars who eat themselves comatose
and then sleep as God weaves their wings
some are liberated after leaving their bodies.
Infinite are the ways God back to God all of us brings

*18

Andrea Rose hovers around you trying you to cheer Hoping though tears...may
fill your ears....that somehow you her joyful spirit hear

*19

That cheery cricket greeted me... and now his voice is still... but on the other
side of life... God does his Spirit fill

*20

When on earth she fell into love. Now she has risen into love.

*21

We were born of 1 not 2 uteri....my beloved twin, you and also I
Now you hover round me like a sun shining from all sides.

*22

Barrie was a mixed breed dog with confidence and joy.. whose tail twirled over
his back.. like a
clover blossom over a sidewalk. Barrie used to bury bread in our bedspread

*23

Swans, floating mounds of white, glide along on the blue lake.. though they look
like icebergs
they harm none... they do not melt into their supporting water but rise above it.

*24

Reflected in the rippling creek, the sun was made a daisy...fragmented by the
faster current into daisy petal sparks Windstirred and starred each unplucked
firepetal traveled downstream while the full daisy sun remained and murmured
SHE LOVES YOU EVERMORE SHE LOVES YOU EVERMORE SHE LOVES YOU

EVERMORE

*25

Because Howard Zinn is one with God, he is one with all zinnias,

*26

As a nimbus encircles a flame..as a father holds his child
his love surrounds her. He has gone ahead to prepare her chamber
and yet he hovers around her

*27

Windows On the World, on Sept 11,2001: At the top of the world
as they anon did dine...they died without an anodyne. And animals upon whom
humans dine.. have died without.. an anodyne

*28

Mrs Jacqueline Kennedy Onassis: 'The stars oerfixed you and downcast their
glowing spears.' By strangest alchemy starlight turned into tears. The plump
pumpkin of your life was shattered. Its evergreen seeds were most widely
scattered. By prearranged script by God and you cowrit your sacrificial strength
did a grateful nation lift.

*29

No longer will families of those who committed suicide be barred from burying
their ashes in the cemetery yard...for some are mystics.. who the translucent
flimsy veil of life aside brush as onward in ecstasy to the Beloved they rush. They
are fire-freed from limits of body frequency.

*30

The funeral's current of grief is of lightning bolts which strike even
strangers...causing them for
no explained reason to release tears of rain.

*31

Sometimes they hesitated to sit next to him at funerals.. because he always
made them laugh..
which harvested glares from people in grieving pews.. now he too has slipped
from the
cloak of the body... and is making serious angels laugh.

*32

The sand castles have been waved away. The ice sculptures have melted. The
pink chalk on the sidewalk has been rained away. The peach blossoms have
fallen. But the love you gave is invulnerable. The love forever remains.

FIDELITY

*1

Mother Earth has knitted strong knots in the faithful blue forget me nots.

*2

From your infinite eyes we drink Stars within skies of blackest ink
Please don't eclipse us when you wink.. but hold us in your eyes, Black Sphinx
*3

He remembered that pricks of the branches of the mistletoe tree can draw blood.
*4

Redwoods: faithful silent sentries.. standing for millennia not centuries
*5

Oh womanizer or manizer most polygamous... try as you might you won't be
milligamous
*6

Serial womanizer Jack Frost had his face pressed to their windows.. asking them
to come out and play.. before he disappeared again.
*7

That God is Universal Love.. is it a license to be promiscuous, polyamorous,
polygamous, polyandrous?
*8

Mary never needed to marry gold but a heart as cheerful as marigolds
She wed Bob.. who was holy and merry and bold And knew she
had married a heart of gold
*9

Rose of Akron: Through the fence pickets peep the pink roses and purple
peonies.. their roots are fixed by love but their fragrance and light pour to the
stars
*10

It seemed sun's love was off and on as he cloudcloak did doff and don, but he is
always on with bright noon power.. not the twilight pink of dawn

FLOWERS

*1
Four Flowers...: The Sun arose in Morning Glory, with His Goldenrod
wandering Violet to Rose

*2
The bees' favorite couplet.. sunup brimming buttercuplet

*3
In the predawn violet... as they wake the violets... of the unsung....birds
sing...

*4
How awesome How sublime That out of muck and mud and slime....God
makes lemons God makes limes.

*5
The sun arrays the skies in rose as He arises and rouses the rose

*6

April is aproned with apricot blooms.

*7

They called the wind lackadaisical
but because she in freedom blows
the world will never.....lack for daisies

*8

Dawndrawn, dandelions summoned by the sun... spread gold parasols

*9

Little Tree, Little Tree, I wonder where you are
to thank you for the sweet pink fruit you did weave
from distant star.

*10

Wherever she has trod in the dell flowertrails to Mother Earth befell.. daffodils
and larkspur and bluebells daisies and trilliums and cockleshells

*11

The bee Hector needs no lector to read him the sector
where blooms of great nectar pour fragrance in vectors

*12

Weeding, whispered the Great Spirit...is plant racism

*13

Ivy and violets vy not with the violent.

*14

Why is the rose encircled by thorns? That she not be plucked

*15

In the predawn violet... as they wake the violets... of the unsung..
birds sing...

*16

Bursting blooms of bluebonnet to the sun sing silent sonnets
A beetlebored bamboo flute.. Yonder wind plays upon it

*17

Hawaiian breadfruit... shed your Joseph's coat of many colors..
your 1000 panes of stained glass mosaic.. and become 10,000 breadfruit trees

*18

Empine the cone! Enoak acorn! Enpear the seed that inner
sun be freed!

*19

Held the dew the buttercup better than the butternut

*20

For every tree and wildflower He has willed the power
as He flows through all an effortless willpower

*21

Delilah's lilac'd fields Lilliputian the Lord of Love has many lilies
put in
He is one with every Obama, Blair, every Chavez, Castro and Putin.
*22

As birds helped Cinderella to dress for the dance,
the peony made her debut because of kind ants
*23

He no longer daisy petals shreds to ask if her love for him has been shed
*24

Into the daisy the sun has spun his gold
and his rays has rolled into the marigold
*25

May and Mother Earth has gone under cover
hiding herself neath fields of daisy and clover
*26

Impatience teach patience as they weave new blooms from
the sun and cloud looms
*27

The meadows are asterisked by asters. Though they
seem randomly sprayed, not a single one has gone astray.
*28

Clover lamps with their curved necks hang over the cobbles
of a London sidewalk shedding purple light in their tiny world
*29

The glistening spider filament fluttered in the wind, spangled
with dandelion spores...a magic wand with not one
but many stars
*30

God needs no chain or buckle..to link the roots of honeysuckle.
Her herald fragrance runs ahead as her seamless threads delve in new beds.
*31

Like the anemone she has nary an enemy
*32

above its jade velvet carpet, the moss sends shoots
of tiny lime stars.. shooting stars
*33

From the plane, one sees cloudscript...
.. ancient stotras of Sanskrit...
*34

As he walked along, he saw a slain dandelion with grey locks
and blew the down of the mower victim that there be new fluffy flower flocks
after springmelt of fluffy fallling flakes.

*35

The tree branches God has joined together let no one cleave asunder.
The animal limbs God has joined together let
no meatcutter cleave asunder.

*36

Because the wind rustled blooming fruit trees
they released their fresh fragrance into the breeze

*37

Only the jasmine plant has a right to string garlands of
its blooms.

*38

Why has God his dew morngift sent?
For cider, butterfly drinks,
for lilac and jasmine scent

*39

The fen way becomes a fern way, finely traced fans of
jade.. waving in the wind.

*40

The fruit tree oer the brook drops her free food into the
waters... the fish bob for apples

*41

Those depressing stormclouds grey... wand the world to green

*42

The orange tree... a green galaxy with many blazing
saffron sunorbs

*43

In the county of Fairfax in the meadows flagged with phlox, stop the fair unfair
who fright the fox
before they eat the flanks of flocks

*44

While elsewhere the sun, universal lover,
has knit a new cover, of purplest clover, all the field over

*45

Most can from the apple tree pick spies
but only God can pluck blazing stars from the skies

*46

Like the beloved in a canoe paddled by her love is
the willow tree trailing her lacy fingers in the lake

*47

When the naturalist who defines plants as wild edibles
comes around, do the plants shiver and shake, quiver and quake?

*48

Some find peace most in the mountains. Some find peace
most at the sea. Some find peace most
in the mountains oer the sea. I find peace... only with Thee
*49

Only newfallen laurel leaves in Wilbur's laureate wreaths
for he takes only what Mother Earth gently bequeaths
*50

Within each acorn cloak are infinite oaks.
*51

Inch across the yard the bright rays of dawn
Striking magic wands cause flowers in the lawns.
*52

In the foothills of the Apennines old olive trees with grapes vined...make
violet orbs of olivine... we think
of this in LA at Olive and Vine
*53

Unseen starlight flickers. In solar lux and rainflux melt snowflakes while spin
goldflecked phlox and purple flax.
*54

The Japanese beetle sews eyelets in the rose.
Sweet wee weevils turn lilacs to lilace.
*55

Only the jasmine plant has a right to string garlands of its blooms.
*56

The morning sun does the throat of lark spur and blue the meadows with
sweetest
larkspur
*57

Lilies of the Valley are a very different thing from the Lillys on the Hill
*58

They called the wind lackadaisical but because she in freedom blows
the world will never.....lack for daisies
*59

Flowers consider bloom pluckers pedophiles.. who scotch the unroll of the scroll
of
the petals' files.
*60

She wanted no bloom symbols of love eternal for their petals proved most
ephemeral
and the flowers did not wish to be decapitated
*61

Nightzies too are the daisies though we can't see their glow

as the sun is elsewhere shining hidden by the earth's slow axis flow

*62

The pistil tong in the hibiscus (upside down bell) flower is silent.. nevertheless
its music attracts the bees

*63

For His Cynthia God made Forsythia. she's first to bloom in the spring last to
drop

her leaves in the fall.. the gold is drawn from her sunny soul

*64

Painters love flowers for their hues. Perfumers love blossoms for their smells.
Bees other bees of bloom nectar tell. But Lady Bird loves cowslips for
themselves.

Saiom Shriver

01 Volume 1 B Short Poems

LOVE

*1

My love for you a yearling became... many eons ago.

*2

His dogs and cats cannot read.. save the script of his soul
They cannot write..except on his heart

*3

As a tide floats all boats..As great music lifts all lyrics
..so do love's spirit pinions..give wings to all opinions.

*4

At dawn the emperor sun breaks forth from the lair of mars but in the evening he
disappears behind cloud curtains to the chamber of venus.

*5

Living shrimp in a bucket looked up at me with their penetrating sweet black
eyes on stalks.

*6

Cloud maya makes the sun appear to wink at you. But his love
is constant, not on and off.

*7

Compass needles are magnetized to the north
but compassion unencompassed in all directions pours.

*8

The sun yellow of the solar plexus, the healing greens and pinks of the heart,
the blue of the throat, indigo of the third eye, blazing white, gold and violet of
the crown
entwine in a rainbow and pour forth to the world.

*9

Did the Creator gave rats and snakes and bugs and weeds
life and then not give them feelings?

*10

For love the model forsook the runway. From that shallow world she did run
away.

Her love awaited at the airport Monday. That eve they taxi'd down the runway.

*11

Ribboned sunbeams, his words wing me.

*12

He aspired to be a Venutian rather than a martyr.. to follow
the path of venus' love rather than sometimes angry mars.

*13

He no longer harms daisies or their petals shreds.. to ask if her love for him has been shed.

*14

His empathic heart is always giving command performances for anyone in need.

*15

A warm day in November... a leaf came calling down..
but then he flitted up... it was not a falling flutterby... but a rising butterfly!

*16

Love the fan makes spark the fire Love the focus creates form from desire Love the finescreen turns firehose to mist Love the filter sees Pharisee as Christ Love the factory where miracles are fashioned. Love the furnace freezing hearts have sought. Love the fruit tree with gifts for all laden. Love the filings on the greatest magnet caught.

*17

Because I was taught in school to objectify animals, it was easier not to think about eating their murdered body pieces. Why should I use the pronoun 'it' to refer to animals? They aren't objects nor genderless.

*18

Is the fact that God is Universal Love a license to be promiscuous, polyamorous, polygamous or polyandrous.?

*19

In his heart bell hung a tong which struck every time he caught sight of her or heard her voice.

*20

Knowing that froggie fear was engendered by horse hooves, Pegasus grew wings and then he arose framed by a sky of orange pink and rose.

*21

Love is a purifier more sacred than pure fire.

*22

Love limited, love circumscribed, love lukewarm is by God decried.

*23

Love not force rides the horse.

*24

Love surrounds hate as the sea laves icebergs.
Hate is frozen Love. God is Love which will melt all hate

*25

Love was the priest who married them.

*26

Lust says the whole is not as great as the part but
Love flows whole from its temple in the heart.

*27

A baby who lies untouched in cradle.. a child who sits untouched in a crib.. will grow up thinking he's unlovable.. feeling he is untouchable.

*28

Mongers in the name of love heartshaped candies sell.
But our landlord lives God's love in every single cell.

*29

More precious because he'd waited so long to hear.. the most beautiful lyrics... 'I love you' in his ears.

*30

A match does not an iceberg ignite nor does a waterdropp survive in a forest fire.
We are influenced by the company we keep.

*31

Allgiving sun passes light... through persimmon tree leaf filters.. filling her fruit with lovepotion juice...paradisical philters

*32

Phone wires pinker glow as love reconnecting flows

*33

Roses are pink. Violets are violet. Our love for you is forever inviolate

*34

She is my beloved sister...off all who come her way the assister.

*35

She was baptized in water by her brother's rare tears..
baptized in fire by her mother's unshed tears

*36

Sleeping Beauty is awake inside each being, but some of us need the kiss of unconditional love to know we are made of love

*37

Some criticized him for sharing his journal, , but most were grateful that he had invited all into his heart

*38

Some human beings frighten the birds. They are animated scarecrows, but there are others who attract them near and far. They are carecrows.

*39

Suddenly out of the green, pops a trillium. Of fields elsewhere, the sun lilies em
Suddenly out of the blue, the ship on the horizon Suddenly out of the purple,
love's eve rising.

*40

The Lord of Love laves his lilies in light.. and lets dandelions and ivy leaves alone to live

*41

The love of the heart has surrounded the mind's knife of

criticism sheathing it with silence.

*42

The peony sphere has no perfume.. until she opens the petals of her heart

*43

The same God shines through the prisms of all eyes.

*44

They suddenly knew they wanted to avoid pain and much trouble
by going through life as a doublebubble

*45

Those who stop eating pork or beef or squab don't ingest adrenalin.
Reduced is their squabbling.

*46

To the lowlying sea....river waters to the most humble point descending..
but then lifted by the lovelight of the sun waters are ascending

*47

Two puddles loved each other and became a brook.2 pools
of light loved each other and became a glow.2 hearts loved each other and
became one.

*48

Unbidden buzz in the bloombibbing bees.

*49

Until we saw Linda G's sanctuary, we never thought
Noah's Ark... could be as clean as a sunwashed barque

*50

We came to a crossroads and what did we see? All directions pointing..
to his heart's infinity

*51

The chubby little hand of the small boy.. tenderly cups the head of the puppy..
..a magic little cup this hand.. which holds the liquid of love though upside
down.. pouring
it from endless springs

*52

Within small circles do spiders build webs while larger
ones foil them. So the uncircumscribed heart foils lurking danger.

*53

Your heart is a blazing star.. sending forth infinite rays in all directions.

*54

Held by love, the busy yellow jacket sups within the petals' brackets

*55

Arthur pulled a sword out of stone..but he was not able to pull
out the sword Guinevere thrust into his heart until Bea came along...she who
could liquefy a rock with her aura.

*56

Dust caked plant confined within house walls..stares out wistfully
as cleansing raindrops make loveslides down free leaves

*57

Shortly before he was born, God gave a vision of a soaring eagle suddenly
swooping down
and voluntarily entering an open bamboo cage on a boat. I knew a great soul
was taking
incarnation.

*58

To God they said 'Your amaryllis and Your lilies with delight do fill us.'
And God replied 'I made them for My Beloved Phyllis'

*59

The wind decanted the bush of lavender lilac and she was garbed in her own
sweet perfume

*60

In dawning daybreak so pure and still they opened the window above the sill.
The Sun of Love into room did spill.

*61

The little baby boy stretched out his arms to the stranger with a radiant smile..
silently saying 'pick me up'...conferring a grace which made her cry. Arms so
small Bequeathing All

*62

Whether you are Kwon Yin or Kwon Yang You are always a lovable God

*63

Allen's heart compass is Allen-compassing. To Love points Allen's heart compass.
It is all encompassing

*64

Wherever is Maynard, Mother Earth is moving Mayward

*65

In the past he had criticized the mores of those eels named Moray.. but resolved
Maury in the
future to give out more A's.

THE SEA

1*

Rocking cradle of the world.. sunset stairway to the stars..
only by greatmasters trod... only written on by God.

2*

Out of the sea the sun aborning with his awesome light of morning
Not adorned but all adorning says to you 'Come! My Mavoorning! '

3*

Rain at sea... redundancy

4*

It snows at sea... silence falls in flakes...melting
designs.... slip form for All

5*

Wavecarved caves near the seagirt rock.. wavesculpted into a seagulled rookery..

6*

Every morn...the sea reborn...is smoke and mirrors..... fog and reflection.

7*

We gave him a pitcher. He gave us the sea

8*

The rock temple to Poseidon will in some millenium show crumbling, but the
wavy

sea will remain... as ever the ocean main.

9*

The tide sent into the cleft of rock Neptune's polyfingered hand of welcome.

10*

Without equal, each wave sequel. Land is for eagles. The sea
is for seagulls

11*

The ebbtide slowly recedes, but in that sweet leg of the sea
tidepools, seaweed, shells sunsparks and driftwood.... are his legacy

12*

The rain in Maine remains mainly by the main.

13*

That sand not soon turn the beachfence into driftwood
the artist designed a metal seat.

14*

From the shore.. one looks upward to the sanddune grass..10,000 green brush
blades

trying to paint the blue sky jade* No matter how high it climbs the mountain ash
finds

he cannot stamp his footprint frondprints of green hue upon the sky of spiritblue

15*

Faster than any stylus squiggling.. can write the sun
in the water wiggling... but when the sea is perfectly still..

it appears it was water which held the quill

16*

Receives all arrows the universal quiver
as the sea receives all lonely rivers

17*

Daily the sea laves with tidal milk waves
nursing in love her hungrymouthed caves

18*

Today in their palate of many hues
the sky and sea have 90 shades of blue

19*

Little petstore goldfishes.. suffocating in the tiny plastic bag.. God set you
free..into fresh water rivers which lead to the sea.

*20

Gentler than land's are the seasons of the seas.

*21

The rainbow's end touchdowns in the waving sea. Though she pours her pastels
endlessly, deep blue remains the sea

*22

Surfers delight in the motion of the angry waves of the ocean
as neptune, king of the sea, delights in their mars.

*23

Shadows of fishes play in the shallows above varying
shades of abandoned shells.

24*

Within a wavelaved rock fissure, God hid the fish from the kingfisher.

25*

The rowboat's wake intersected the path
of the morning sun upon the water... effort was squared to light

26*

The sea mirror was framed by lobster traps..until she rose and smashed them

27*

A clamshell holds the seaswell.. Reflected in captured tide.. does Jupiter's light
dwell

28*

Waterfall mist asked the sea 'when shall I return to Thee? '

29*

Windsent seascent everywhere went

30*

As artists long for blank canvases, as sealovers yearn for the blue space of the
skysea,
the Spirit longs to be uncluttered.

31*

So many shades of blue from royal navy to aqua hue.. without
the horizon ship one could not tell sky from sea.

32*

Seacradle is fishes rocking among the rocks but she is slapping at fishermen's

docks

For the sun wearing daily a fresh foam frock helping God on all hearts to knock
33*

The full moon lifts seawaves in joy, but only the sun can lift water drops out of
the sea.

34*

Blackberried tarts on white lace doilies are the seafoam framed ocean's dark
rocks

35*

Ships in bottles cannot sail, but messages unsealed from
bottles do, and their words are meant most for those who find the script.

36*

More than the stable shore God hallows the waving sea's shellshod shallows.

*37

In the kinder world there surely no longer shall be
shellfish shiv'd to shed their sheltering shells from the sea

38*

Waves will rise in joy, they know soon toward the full moon of the longed for
monsoon

39*

Message in sea's bottles. Tidings in the tides. Time's
rivers to the timeless sea glide. Every being will with God abide.

40*

Cavecarver tide.. a patient sculptor who abides

41*

He is like the sea: on the surface bubbling with wave effervescence
... in the depths one with divine Everpresence

42*

The sun's fireball has scattered embers in the sea, unquenched
by her waters. for love can never be extinguished.

43*

The drops the rain scatters the river then gathers.. for the sea who in turn
offers them in her great chalice to the Sun Father

44*

One smells seasalt before the first seasight...
of His Eoyal Lowness, Neptune bluerobed. He fills hearts with delight

45*

She picked up only vacant seashells at the shores of the Seychelles.
For chambered nautili hollow were minnow castles in the shallows

46*

It is the trickling time for the tiptoeing tide to float in gifts which abide
beneath the twinkling stars' ides.

*47

The tide is afoot! in the 10 million fingers of the sea

*48

As seawaves slapped his sloop he slipped down a sweet slope into sleep

*49

A red light where the road ends at the aquamarine sea.

*50

Aboard the oceanliner they see.. moonlight whitewashing the sea

*51

Those who live by or on the sea can most frequently be healed by her empty canvas, rhythms, and frequency

*52

Flags of fog flap not but float above the kingdom of Neptune

*53

The sun scattered a trillion diamonds on the sea...his angels will gather them into a necklace for thee

*54

Her listening heals.. because she listens with total presence, without judgment, without interruption, with unconditional love

*55

The sirens in his odyssey kept not Odysseus from the sea

*56

The beachcombing sea gives more than she takes as she secedes

*57

The sea: a blue jewel framed by shells.. whose azure and aqua skies are not caught by aquarelles. Her sight and sound and smell
.... lift us out of hell. In her space our spirits upwell.

*58

As she hears the confessions of all rivers those on the shore hear the sea.. accepting all she calls no thing heresy.

*59

So many sires he had in Donegal.. so many foremothers in Galway..he was made of Donegalway

...in every cell of his being the sea calls to itself

*60

That day the grey gulls over the grey gulf were invisible in the grey cover of the gloaming

*61

As rocks girding a tidal pool... As metal setting for sapphire jewel... As rigid bones around liquid soul eyes.. the body frame for the Spirit Nigh

*62

The mountain palm gave birth. Her coconut babes rolled downhill to the ocean..

Now they are islands in that sea.. with hard shells bathed inside by coconut milk
and outside by piscean seas

*63

In an all-grey sky through a cloud goblet a sunbeam straw sucked up the sea

*64

The tide casts her slender silver fishnet veil, not to harm the fish, but to float
them home to her sea.

*65

I want to be with my love by the sea near his seaweed strewn legacy
hearing the gullsong..smelling salt air..feeling the sand arranged by the tide..my
heart slowing down to rhythms of seaslide.. seeing ascent of the Sun.. oer
neptune..watching the rise oer the bay of the moon..ambling to a cafe fireplace
to sip berry tea with book pen and community

THE SUN

*1

Night can no longer suborn
first light's gathering morn!

*2

The sun's allgiving gold cheer.. has become the allgiving tree's purple
cherries.

*3

Popping oer the mountains the dawn sun arose, unrolling through
windows welcome carpets.... of red rose

*4

It is not the sweet nuthatch
but the sun
which hatches the nuts
of nut trees everyone

*5

The sun thought about another's criticism that he lacked focus.. but
then began again to shine in all directions

*6

moondown is sunup

*7

The sun diamond stipples the ocean's wind ripples.

*8

The sky shyly blushes pink at the approach
of the Avataric Sun

*9

Behind sparkling fountain waters sinking climb

higher the rays of the giving sun king. We need not seek him.
He comes to us.

*10

The sun wears no dark glasses. He has nothing to hide
and is not threatened by his own light.

*11

Oh womanizer or manizer most polygamous...but only the
sun can be righteously milligamous

*12

The bee's favorite couplet: a sunup-brimming buttercuplet

*13

The sun craves no limelight as he grows limes in his light.

*14

As morning wands with a dewdropp each grass spire
so little acts of kindness are by God given
great power

*15

the sun rays arc with their igniting sparks
making sparkles everywhere

*16

now a seasmoke fog hides
the rising sun... but soon his
flaming rays will break through

*17

Beach footprints by tidewater erased. Snow footprints
by the sun melted away. So does God forgive all transgressions.

*18

Sunrise is apple fall

*19

When her sun wed his moon
and his sun wed her moon
skies poured forth for lifefaitful loons
Love's manylived monsoon

*20

Oh please dear Mr. Pinkus with your dawning
rays..please pink us

*21

The sun does not kill and tell.. but how can tree hide her new peaches in the
dell?

*22

With soundless tapping
the horizontal baton rouge

of dawn light
called forth a chorus
of bird delight

*23

He who gilds the fringed coast Of all buttercups the toast.
More ancient than all.. yet evernew His ray host.

*24

The forces of night.. their vanishing might
.. melt away in delight.. at dawn's vanquishing light

*25

The moon has dominion over the sea, he thought, watching as her unveiled
full rays caused the highest tides. But at dawn he
saw the sun lift the waters much higher with his elevating
evaporating fire

*26

The sun does not narrowcast.

*27

And now a seasmoke fog hides the rising sun... but soon his
flaming rays will break through

*28

Sal loved to sail in solitude
and silence neath Sol

*29

Dawn drawn dandelions sun-summoned... spread gold parasols
... brings another sundown.. a diaspora of dandelion down

*30

The sun with her came out to play
but shy night could not stand his light and she ran quite away.

*31

Holds the sun's cheer... every purple cherry.. and seed chariots of new trees of
cherry.

*32

As the longfingered sun reaches out to touch a cloistered trillium
or a lake trembles in the light of moon and stars
so can Tolstoy's long rainbow of words play our heartstrings from afar.

*33

They whispered the arrival of the iceberg's new rival... he feared as the gulf
stream

approached.... his very survival

*34

Arun arose awash in rose.. His dawn rays oer all arose. Did all arouse.. his rays
of rose...

millennial oaks... the corn in rows... and the no-rows wildest rose.

*35

The egg of the sun dipped into many cups of dye.. pink and purple saffron yellow orange and red.. a gold mellow but He preferred His own color.. that of blazing light

and emerged untouched by dawn or dusk or deepest night

(not an egg stolen from a chicken)

*36

Light lingers in fig leaves and pink cloud fingers

*37

The sun's divine current is transformed into currants

*38

To the apple tree the sun said 'You think you're the decider

but it is my rays which decide which apples become cider'

*39

Where is my lover the sun? Coming up over the mountain..Where is my lover the sun? Splashing on top of that fountain.. Where is my lover the sun? Red-applying inside that green tree

Where is my lover the sun? Sparkling through all the blue sea.

ACTION

*1

Grey sea and grey skies are one... yet does the sudden crimson sailed boat give hope and perspective.

*2

Tiny steps of great power: 1000 cars go.. after I green light.1000 tons of avalanche safely

move from I sound slight. A thumbs up from Caesar..saves the gladiator's life.

The dawn's breaking light banishes the night. Making one phone call.... helps to reunite.

*3

Some little waterfalls are so small they are a curving downward staircase of the river seabound

ALL POINTS HOLY

*1

It takes many puddles to make a pool and many Liverpuddlians to make a Liverpool.

They are a kind people, Liverpuddlians, who do not mind if frogs paddle or poodles piddle

in the puddles of Liverpuddlians

*2

There is an ancient highway of the heart between Siena and Vienna

*3

Wherever walks Ambrose.. up spring amber roses.. pouring forth fragrance and deathless ambrosia. Wherever walks Ambrose

.. his heart melts neuroses.. and in their place.. up spring new roses

*4

Our land is the land of the Cheyenne, Shoshone and Shawnee..
Cherokee and Seminole, in valleys of the Shenandoah and Swanee.

BEAUTY

*1

10,000 brush strokes of the master artist... equal not the perfect paintings of the pure mirror

*2

A clover veil.. violets the vale... neath skies cloudclad or when ultraviolet sun prevails.

*3

A feathergowned crane flies through the forest like Cinderella fleeing the ball.....but now the Prince of Peace comes into the hall

*4

A grey cloudcloak mutes the crimson leaves of oak.
Scarlet charcoal embers' shroud: soft grey ash and smoke.

*5

A parasol and a parapluie..as umbrellas they are the same
.. one means prepared for the sun...the other.. ready for rain
As with positive thought.. when one expects the good
it is likely in ones life to reign

*6

As Michelangelo's vision of David's divinity freed him from his marble block,
so a man of size plumpkin can free himself from his body coach pumpkin

*7

Beautiful the scent of the tobacco flower
but the leaves which helped weave the fragrance are subdivided.

*8

Before the falls, the sheen of shanti. At the falls
sheets of shakti.

*9

Dawn rhodescent, jeweled by moon crescent, but both will melt when the sun is present

*10

Did not the apple blossoms fall, there'd be no cider in the fall.

*11

Fall's leafless orange berried bush foiled by blue sky.. a pointillist painting

*12

Fernfurl, chrysanthemumcurl, lilyswirl, wisteriawhirl and sunflowertwirl

*13

Flames of mornlight... the cotton clouds do ignite

*14

Flowering grass spire, dew-wanded, a green exclamation point!

*15

Foamwake disappears from the whale tail.. dries up.. the snailtail

*16

Fragrant fireweed fringes fire hydrants.

*17

From the Bubble Blower, the moon rises and floats

*18

God who painted with crushed pink pearl living oysters' shells
wants them left alone in the shallows and shoals

*19

In the folds of the fields Mother Earth has.. phlox.. foaled... she has phlox
unfolded

*20

It is the leela of the Lord to unscroll lilies and lilacs and violets in divine light.

*21

Lily pad plates... jade spheres with rims.. raindrops fill them to the brim

*22

Mist lies in parallel layers under the clouds as satin sheets lie under cotton
blankets

*23

On the stepping stones in the pool... snow has made a pillow for each rock stool*

*24

Secret springs, many aquifers. help the knitting of new needles for the aqua firs

*25

Several lamps make a shack lovely.. more than a dark palace...
as the light of the holy makes any face beautiful

*26

Stationery the sunblocking stained glass windows of a church,
but the iridescent windows in the butterfly's wings don't veil light in their flight.

*27

The comet's tail, an orange light trail, brighter than a fish's scales, shining
more than beetle's mail.

*28

Young souls love beauty. Older souls worship the beauty of love.

*29

The diamond river cut swords through the whiteblanketed greensward

*30

The fragrance wafting from a rose does enthrall
every Rao, Smith Wong, Kim, Ali and Rosenthal

*31

The full moon has spilled her silver paint cans onto the seastage. Some has
splattered onto the cloud curtains

*32

The goddess of the sun retires for the night through clouds spreading
her fan made of rays of light

*33

The greenleaved grapevine does a tightroping straight
line... along the windstirred clothesline
and a wavy winner banner on the young pine

*34

The old ailanthus many humans found peccable
but the woodpecker delighted in her status peckable

*35

The private train car had smoke and mirrors, reflecting candles' flames and
curls rising
as the mirror lake beneath the morning mist reflected the sun on the horizon

*36

The south wind paddled the puddles, the lily padded ponds, and played the
pea'd pods and pansies pied.

*37

The spider web dewjeweled and studded with samara stars....has not today done
harm

*38

The sun paintbrush dapples the woods into apples

*39

The white rose of Uganda has the same aroma
as the deep purple rose which grows in Roma.

*40

Under gold dandelion parasols, beetles lie in the beach
of green grass, looking at the blue skysea beyond.

*41

With early stars have fireflies asterisked the evening skies

*42

From the mountaintop they saw a village lay in the Mexican valley by the sealine.

Every rooftop

was covered... in blue morning glory vines... the sky coming to earth saying 'I will be thine'

*43

Over the shoulders of April's winter trees..Mother Earth has thrown a pink shawl as light as the

morning breeze.. but itwo moons later it was tossed for her favorite: a jade sari

*44

A table on which the bees may sup For them by His grace God has raveled out of space a table which has merged with its cloth of lace

*45

Om Parvat: Shiva on Mt Kailash with snowy script has written the Om in sacred Sanskrit. He has sifted flakes into recesses carved by Parvati's prayers and Tibet's holy scarves

*46

That part of Kashmir is ringed by sharp peaked snowclad mountains...

the teeth of God.. guarding the green river valley... one of many tongues of God

*47

The shifting beams of the Aurora Borealis in the northern skies' midnight blue chalice are reflected in the lake's royal blue waters with their rainbow fishes' moving gleams.

*48

Oh JackOLantern, beyond toothless grin..through his scar-red apertures one sees wondrous light

COURAGE

*1

I hid behind the wall but my more courageous shadow... showed herself.. and walked up the ladder.

*2

In the D Day invasion he fought Nazi knaves and helped free people Hitler made slaves. The living as well as the dead are brave. One day at a time his life he gave.

*3

One by one in many countries they break through the ice of fear.. cups of crocuses.. stand up in caucuses.. East to West from Africa to the Caucusus and state their eternal allegiance to the Creator Sun.

DEMOCRACY

*1

With the most leaks the boat of democracy best floats

*2

'Only the shoemaker can make the shoes. Only the wear can tell if they fit. These are the timeless words... of brilliant David Spitz

DESTINY

*1

What is destiny? The will of God. Since God is imprisoned in the hearts of all beings, destiny is ones nonharming desires.

*2

From mornrise to moonrise.. all is contained.. within God's eyes

DIFFERENT DRUMMERS

*1

Night outs the stars.. they fall in love with their own light, realizing they need no other.

*2

He was of the school that one makes his own haiku rules. Why should he be bound by the straitjackets of dead people?

*3

In that life, the monk entered the labial labyrinth... he was not ready to celebrate the path celibate... centuries later he once again entered monastery portals

...all desire for sensory experience extinguished

*4

'I must be about my Father's business' said the sun on the horizon rising.. as he in half the earth was raising the grapes into raisins.

*5

Because their hearts were full of compassion's waters, they often broke right in half..hanging flyswatters

EARTH

#1

As he walked along, he saw a slain dandelion with grey locks and blew the down of the mower victim that there be fluffy flower flocks

*2

The tree branches God has joined together let no one cleave asunder.
The animal limbs God has joined together let no meatcutter cleave asunder.

*3

Because the wind rustled blooming fruit trees
they released their fresh fragrance into the breeze

*4

April is the most fragile month, when tender jade tendrils can be crushed by
unconscious boots

*5

Why has God his dew morngift sent? For cider, for butterfly drinks, for lilac
and jasmine scent

*6

The fen way becomes a fern way, finely traced fans of jade.. waving in the wind.

*7

The fruit tree oer the brook drops her free food into waters dappled... the fish
bob for apples

*8

Those depressing stormclouds grey... wand the world to green

*9

The orange tree... a green galaxy with many blazing saffron sunorbs

*10

Most can from the apple tree pick spies but only God can pluck blazing stars
from the skies

*11

Like the beloved in a canoe paddled by her love is the willow tree trailing her
lacy fingers in the lake.. wherever she breaks its blue mirror she paints the water
sunset gold

*12

When the naturalist who defines plants as wild edibles
comes around, do the plants shiver and shake, quiver and quake?

*13

Some find peace most in the mountains. Some find peace
most at the sea. And some find peace most in the mountains oer the sea.

*14

Only newfallen laurel leaves in Richard Wilbur's laureate wreaths
for he takes only what Mother Earth gently bequeaths

*15

Breeze made blooms assent nod as Assisi's God whispered 'walk unshod' where
dirt clods have vined into sweet pea pods
and hardened sod broken to goldenrod

*16

Inch across the yard the bright rays of dawn Striking magic wands cause flowers
in the lawns.

*17

In the foothills of the Apennines old olive trees with grapes vined...make

violet orbs of olivine... we think of this in Los Angeles at Olive and Vine

*18

Is God's favorite chapel sunlight dappled trees of apple? Her Ichi Ban shrine..trees of pine?

Her beloved mosque vine covered kiosks? Her best synagogue a cranberry bog?

Her holiest church woods of birch

*19

The grape vine did entwine and spiral oer the high clothesvine

.. and turned it into a trellis... from divine fire knitting knots just above the forgetmenots

*20

All life is sacred but one day he chose that the Japanese beetle was greater than rose.

Crawling in his greenmail* armour over the Goldsmithed bloom ready to turn gold petal fire

into pure insect flight. He found when he chose the bug oer the rose God gave him back

endless blooms of rose

*21

Cool full moon light it is certain will shine through living bamboo curtains

as she did for Thomas Merton as she did when Liz was flirtin with her beloved Richard Burton

*22

She saw on an African safari that Mother Nature had by Lord Hari showered with several brand new jade saris

*23

Groundnesting birds, frogs, snakes, butterflies, lady bugs, beehives, anthills, fireflies...all sliced or crushed as harvesters, lawnmowers and other machines roll unconsciously by

*24

Oliver Stone: Within the olive is a stone.. a living stone which can reforest the world with olive groves, birds' and squirrels' homes,

free food treasure troves, roots below to prevent mudslides, evaporating leaves which summon rain above

*25

He told us he had 9 acres in the Carolinas.. with grape arbors, peach groves, apple orchards and pumpkin patches, blueberry bushes

and nut trees matchlessRTH

*26

Cut down that tree! the lumbermen cried She's so ugly and

so slipshod With her flaky head lost in the clouds and her feet in the filthy sod..

But all who loved her encircled her and kept her from the axe and the blade and

in the spring with new roots she was shod and clad in a jade laceleafslip from God.

*27

Within each acorn cloak are infinite oaks

*28

Landscapers need not be landscapers but bulldozers always disturb bulls dozing.

ECONOMY OF ACTION

*1

The way of yielding water.. flowing.. being...never preaching
is the teaching of the ancient..I Ching

*2

Some cherrypick. Some plumpluck but Newton was given an apple windfall

*3

What are the jobs of appletrees? To breathe and to be.. while apples come automatically.

*4

The daybreak sun in a state of ever-rest faster than mountain climbers have ever scaled Everest

*5

Gently opens the lake lotus the sun with his long fingers
.. and whether He sets or rises...His light forever lingers

*6

Briefly the fins of the joyful dolphins cleave the waters.
Now to mingle again they begin.

*7

The seawind and wavedrift bring their surprises and seagifts

*8

The wind will in the windmill helps windfall to befall

*9

In a world of deep blue sea and aqua skies
welcome are purple sunset and gold sunrise

*10

If you don't build it they will come. If you let it alone it will grow

*11

I fell asleep with the tv on as news reported China's ban on LeBron James' commercial.

Then in a dream he said 'Skip unnecessary steps.'

*12

Another point of view: Those who dutifully shoveled their walks unwittingly later left a surface of ice whereas those who let everything go left a safe place to walk

in the crunching snow.

*13

How do you do? said the rose to the bee. On the dewclad rose
said the bee to the rose I would rather do than to be.

EFFORTLESS

*1

The way of yielding water.. flowing.. being never preaching is the teaching of
the ancient I Ching

*2

Some cherrypick. Some plumpluck but Newton was given
an apple windfall

*3

Can only the wind surf the grass seas?

*4

Infinite drops of rain gathered by river trains, now remain in the bowl of sea
main.

*5

The daybreak sun in a state of ever-rest faster than any mountain climber has
scaled Everest

*6

As the wind whistles, ripe seeds of thistle send forth their epistles. The wind will
scatter them.

The rain will enkindle them. the sun will lift them

EMPTINESS IS POWER

*1

Into the breach.. near the rocky beach... the seed of birch
the seed of beech and the hardstoned seed of peach

*2

Bog crannies are the cradles for crimson cranberries

*3

Once termites bored a hole in the holly on the hill. Now a gnawing holocaust of
emptiness

where once Holly-wood was held. As time passed all knew Holly was hallowed
because Holly was hollowed. Soon a beehive came graced with honey and the
magic of the queen to the hallowed hollowed holy Holly on the hill.

*4

Each night the tree of nut out of naught knits neat nuts....
for every Natalie and Nate and Nat and Knute.

ENDURING

*1

In the meadows pink lupins. In the forest, green Low pines....
For a much longer time, last the fir shrines.

*2

Redwoods: faithful silent sentries.. standing for millenia
not centuries

*3

Only the forest green fir and the redleafed oak did hold their leaves in the winter
wild
to make December's eves for the Baby more mild. Perhaps that is why they're
the colors
of Joseph, Mary and the Christ Child

EQUITY

*1

Oh Martin Sometimes your voice was the thunder Sometimes it
was the falling rain. Always it burst our hearts asunder..
and made them beat... empathic in pain.

*2

In a famous life Paul Robeson arrived on earth with black robes on.
In previous lives he came into view arrayed in bodies of different hues.

*3

First Lady Sally Hemings....your liquid monument is the reflecting
waters..encircling the Jefferson Memorial..
As seas receive slaps without responding, so you absorbed over and over the
humiliation of being hidden in a back room...
before your children were sold on the auction block.

*4

Larry Doby Each thorn... has become a rose Each scar.. has turned to star
Each taunt.. became slow admiration.. and then loyalty
until love broke forth like a fountain out of stony hearts

*5

Count Nikolai Pistoff when he heard the rates of the therapist was very pissed off
and thereafter spelled therapist 'the-rapist'.

*6

The incoming egalitarian tide melts the last ice of apartheid

*7

Salisbury decried adding another hue unto the rainbow yet we would add
saffron and jade and pink and rose and olive and tan, crimson and indigos

ETERNAL

*1

Angels threw an etheric butterfly net over him. Reverse lepidopterists, they from the body's cocoon set his butterfly soul free from earth's room

*2

As bells chime when someone enters or exits a bookstore
so Spirit sometimes makes music when souls come or go
from a body

*3

Every River Styx is a River Phoenix, the soul either touching
down into a new and better form or returning forever to
the kingdom of ecstasy

*4

He wished no induction into the House of Lords, but only
to return home to the Home of the Lord.

*5

It snows *at sea

* Quiet *** falls in flakes

Melting designs ***|leave form for All

*6

Those who focused on the shock of shards as the phoenix
bird burst from his shell... nearly missed the sight of his holy
maiden flight... as he soared up and away.....and out of sight

*7

Death is the release of the bird of the heart from the ribcage of time.

*8

Buried as they are killed, beheaded dandelions, on the scythe their green blood
lyin

*9

All will some day even those who have coronations
leave their bodies to crematers and coroners of their nations

*10

Angels threw an etheric butterfly net over him.
The reverse of impaling lepidopterists, they from the body's cocoon
set his butterfly soul free from earth's room

*11

As bells chime when someone enters or exits a bookstore
so Spirit sometimes makes music when souls come or go
from a body

*12

Every River Styx is a River Phoenix, the soul either touching
down into a new and better form or returning forever to
the kingdom of ecstasy

*13

Angels ring silent bells, as on their way to God, cockles leave their shells

*14

Those who love God the most sometimes like to leave early for Home

*15

As foam bubbles burst into the sea
in death Bubba's soul waters were set free

*16

Over the slain elephants' ivory grows the merciful shroud of ivy.
Angel light ultraviolet keeps both from further violation.

*17

Like caterpillars who eat themselves comatose
and then sleep as God weaves their wings
some are liberated after leaving their bodies.
Infinite are the ways God back to God all of us brings

*18

Andrea Rose hovers around you trying you to cheer Hoping though tears...may
fill your ears....that somehow you her joyful spirit hear

*19

That cheery cricket greeted me... and now his voice is still... but on the other
side of life... God does his Spirit fill

*20

When on earth she fell into love. Now she has risen into love.

*21

We were born of 1 not 2 uteri....my beloved twin, you and also I
Now you hover round me like a sun shining from all sides.

*22

Barrie was a mixed breed dog with confidence and joy.. whose tail twirled over
his back.. like a
clover blossom over a sidewalk. Barrie used to bury bread in our bedspread

*23

Swans, floating mounds of white, glide along on the blue lake.. though they look
like icebergs
they harm none... they do not melt into their supporting water but rise above it.

*24

Reflected in the rippling creek, the sun was made a daisy...fragmented by the
faster current into daisy petal sparks Windstirred and starred each unplucked
firepetal traveled downstream while the full daisy sun remained and murmured
SHE LOVES YOU EVERMORE SHE LOVES YOU EVERMORE SHE LOVES YOU

EVERMORE

*25

Because Howard Zinn is one with God, he is one with all zinnias,

*26

As a nimbus encircles a flame..as a father holds his child
his love surrounds her. He has gone ahead to prepare her chamber
and yet he hovers around her

*27

Windows On the World, on Sept 11,2001: At the top of the world
as they anon did dine...they died without an anodyne. And animals upon whom
humans dine.. have died without.. an anodyne

*28

Mrs Jacqueline Kennedy Onassis: 'The stars oerfixed you and downcast their
glowing spears.' By strangest alchemy starlight turned into tears. The plump
pumpkin of your life was shattered. Its evergreen seeds were most widely
scattered. By prearranged script by God and you cowrit your sacrificial strength
did a grateful nation lift.

*29

No longer will families of those who committed suicide be barred from burying
their ashes in the cemetery yard...for some are mystics.. who the translucent
flimsy veil of life aside brush as onward in ecstasy to the Beloved they rush. They
are fire-freed from limits of body frequency.

*30

The funeral's current of grief is of lightning bolts which strike even
strangers...causing them for
no explained reason to release tears of rain.

*31

Sometimes they hesitated to sit next to him at funerals.. because he always
made them laugh..
which harvested glares from people in grieving pews.. now he too has slipped
from the
cloak of the body... and is making serious angels laugh.

*32

The sand castles have been waved away. The ice sculptures have melted. The
pink chalk on the sidewalk has been rained away. The peach blossoms have
fallen. But the love you gave is invulnerable. The love forever remains.

FIDELITY

*1

Mother Earth has knitted strong knots in the faithful blue forget me nots.

*2

From your infinite eyes we drink Stars within skies of blackest ink
Please don't eclipse us when you wink.. but hold us in your eyes, Black Sphinx
*3

He remembered that pricks of the branches of the mistletoe tree can draw blood.
*4

Redwoods: faithful silent sentries.. standing for millennia not centuries
*5

Oh womanizer or manizer most polygamous... try as you might you won't be
milligamous
*6

Serial womanizer Jack Frost had his face pressed to their windows.. asking them
to come out and play.. before he disappeared again.
*7

That God is Universal Love.. is it a license to be promiscuous, polyamorous,
polygamous, polyandrous?
*8

Mary never needed to marry gold but a heart as cheerful as marigolds
She wed Bob.. who was holy and merry and bold And knew she
had married a heart of gold
*9

Rose of Akron: Through the fence pickets peep the pink roses and purple
peonies.. their roots are fixed by love but their fragrance and light pour to the
stars
*10

It seemed sun's love was off and on as he cloudcloak did doff and don, but he is
always on with bright noon power.. not the twilight pink of dawn

FLOWERS

*1
Four Flowers...: The Sun arose in Morning Glory, with His Goldenrod
wandering Violet to Rose

*2
The bees' favorite couplet.. sunup brimming buttercuplet

*3
In the predawn violet... as they wake the violets... of the unsung....birds
sing...

*4
How awesome How sublime That out of muck and mud and slime....God
makes lemons God makes limes.

*5
The sun arrays the skies in rose as He arises and rouses the rose

*6

April is aproned with apricot blooms.

*7

They called the wind lackadaisical
but because she in freedom blows
the world will never.....lack for daisies

*8

Dawndrawn, dandelions summoned by the sun... spread gold parasols

*9

Little Tree, Little Tree, I wonder where you are
to thank you for the sweet pink fruit you did weave
from distant star.

*10

Wherever she has trod in the dell flowertrails to Mother Earth befell.. daffodils
and larkspur and bluebells daisies and trilliums and cockleshells

*11

The bee Hector needs no lector to read him the sector
where blooms of great nectar pour fragrance in vectors

*12

Weeding, whispered the Great Spirit...is plant racism

*13

Ivy and violets vy not with the violent.

*14

Why is the rose encircled by thorns? That she not be plucked

*15

In the predawn violet... as they wake the violets... of the unsung..
birds sing...

*16

Bursting blooms of bluebonnet to the sun sing silent sonnets
A beetlebored bamboo flute.. Yonder wind plays upon it

*17

Hawaiian breadfruit... shed your Joseph's coat of many colors..
your 1000 panes of stained glass mosaic.. and become 10,000 breadfruit trees

*18

Enpine the cone! Enoak acorn! Enpear the seed that inner
sun be freed!

*19

Held the dew the buttercup better than the butternut

*20

For every tree and wildflower He has willed the power
as He flows through all an effortless willpower

*21

Delilah's lilac'd fields Lilliputian the Lord of Love has many lilies
put in
He is one with every Obama, Blair, every Chavez, Castro and Putin.
*22

As birds helped Cinderella to dress for the dance,
the peony made her debut because of kind ants
*23

He no longer daisy petals shreds to ask if her love for him has been shed
*24

Into the daisy the sun has spun his gold
and his rays has rolled into the marigold
*25

May and Mother Earth has gone under cover
hiding herself neath fields of daisy and clover
*26

Impatience teach patience as they weave new blooms from
the sun and cloud looms
*27

The meadows are asterisked by asters. Though they
seem randomly sprayed, not a single one has gone astray.
*28

Clover lamps with their curved necks hang over the cobbles
of a London sidewalk shedding purple light in their tiny world
*29

The glistening spider filament fluttered in the wind, spangled
with dandelion spores...a magic wand with not one
but many stars
*30

God needs no chain or buckle..to link the roots of honeysuckle.
Her herald fragrance runs ahead as her seamless threads delve in new beds.
*31

Like the anemone she has nary an enemy
*32

above its jade velvet carpet, the moss sends shoots
of tiny lime stars.. shooting stars
*33

From the plane, one sees cloudscript...
.. ancient stotras of Sanskrit...
*34

As he walked along, he saw a slain dandelion with grey locks
and blew the down of the mower victim that there be new fluffy flower flocks
after springmelt of fluffy fallling flakes.

*35

The tree branches God has joined together let no one cleave asunder.
The animal limbs God has joined together let
no meatcutter cleave asunder.

*36

Because the wind rustled blooming fruit trees
they released their fresh fragrance into the breeze

*37

Only the jasmine plant has a right to string garlands of
its blooms.

*38

Why has God his dew morngift sent?
For cider, butterfly drinks,
for lilac and jasmine scent

*39

The fen way becomes a fern way, finely traced fans of
jade.. waving in the wind.

*40

The fruit tree oer the brook drops her free food into the
waters... the fish bob for apples

*41

Those depressing stormclouds grey... wand the world to green

*42

The orange tree... a green galaxy with many blazing
saffron sunorbs

*43

In the county of Fairfax in the meadows flagged with phlox, stop the fair unfair
who fright the fox
before they eat the flanks of flocks

*44

While elsewhere the sun, universal lover,
has knit a new cover, of purplest clover, all the field over

*45

Most can from the apple tree pick spies
but only God can pluck blazing stars from the skies

*46

Like the beloved in a canoe paddled by her love is
the willow tree trailing her lacy fingers in the lake

*47

When the naturalist who defines plants as wild edibles
comes around, do the plants shiver and shake, quiver and quake?

*48

Some find peace most in the mountains. Some find peace
most at the sea. Some find peace most
in the mountains oer the sea. I find peace... only with Thee
*49

Only newfallen laurel leaves in Wilbur's laureate wreaths
for he takes only what Mother Earth gently bequeaths
*50

Within each acorn cloak are infinite oaks.
*51

Inch across the yard the bright rays of dawn
Striking magic wands cause flowers in the lawns.
*52

In the foothills of the Apennines old olive trees with grapes vined...make
violet orbs of olivine... we think
of this in LA at Olive and Vine
*53

Unseen starlight flickers. In solar lux and rainflux melt snowflakes while spin
goldflecked phlox and purple flax.
*54

The Japanese beetle sews eyelets in the rose.
Sweet wee weevils turn lilacs to lilace.
*55

Only the jasmine plant has a right to string garlands of its blooms.
*56

The morning sun does the throat of lark spur and blue the meadows with
sweetest
larkspur
*57

Lilies of the Valley are a very different thing from the Lillys on the Hill
*58

They called the wind lackadaisical but because she in freedom blows
the world will never.....lack for daisies
*59

Flowers consider bloom pluckers pedophiles.. who scotch the unroll of the scroll
of
the petals' files.
*60

She wanted no bloom symbols of love eternal for their petals proved most
ephemeral
and the flowers did not wish to be decapitated
*61

Nightzies too are the daisies though we can't see their glow

as the sun is elsewhere shining hidden by the earth's slow axis flow

*62

The pistil tong in the hibiscus (upside down bell) flower is silent.. nevertheless
its music attracts the bees

*63

For His Cynthia God made Forsythia. she's first to bloom in the spring last to
drop

her leaves in the fall.. the gold is drawn from her sunny soul

*64

Painters love flowers for their hues. Perfumers love blossoms for their smells.
Bees other bees of bloom nectar tell. But Lady Bird loves cowslips for
themselves.

Saiom Shriver

01 Volume 1 C Short Poems

MIRACLES

*1

As the ears of crickets are near their knees
so those God-surrendered hear angels in the breeze.

*2

Angels leave miracles in the large sized begging bowls of dumpsters.

*3

Unencumbered the vine of cucumber climbs dead branch umber
pouring forth tendrils of trust while others slumber.

*4

The mind is a radio dispatcher which through prayer sends angels
to those in need. Yet her heart.. need do nothing at all..
the angels respond.. to her unspoken calls.

*5

At Blossom when they play martial music, ..flowers are surprised
for God does not arm blooms.

*6

The wind reminded a tree...the Indian Cigar on the heath
in total giving to bequeath..... to the little ones crawling beneath.....
a subtly fragrant blossom wreath.

*7

Raise the blind.. the room floods with light Plug in the lamp.. gone the night.
Light the cotton.. it's gone in fire. God's mercy does fill every desire

*8

Round wonders flow from the tip of a magic wand.
Spherical music flows from the top of a baton.
A world of talk flows from the metal of a plug.
Angels pay back infinitely.... kindness to a bug.

*9

He thought 'it's just another water mirage'.. but it was the water mirror
of the rising sun.. in her reflections creating miracles

*10

The bee named Hector... needs no visible lector....to read him the sector where
blooms of great nectar.... pour forth fragrant vectors

*11

The spiritually handicapped.....need access ramps for easier entry into heaven

*12

From the Maker's majesty manifest myriad mangoes

*13

Because in God her taproot is grounded....with love for all she does upwell....and so each of her heart's desire fruits....on her soul tree in satiety swells.

*14

God's highlighted synchronicities.....often come in threes..... trinities of simplicity

*15

When attacks come to auras spherical.....which transmute all to spiritual weapons boomerang upon the senders. This is spiritual physics, of laws of miracles

*16

He thought 'it's just another water mirage'.. but it was the water mirror of the rising sun.. in her reflections creating miracles

*17

With the sun's grace and of mist just a trace
the spruce ravel green lace out of pure aqua space

*18

What a wonder to see.. on the very same tree..
fresh blooms of youth and wise sweet fruit.

*19

We too can turn water into unfermented purple wine
by watering often our allgiving grape vines.

*20

Every sea is a Red Sea cleaving..parting for Moses with his sailclad clipper All he need do is embark

*21

The sweetest grapes grow on oldest vines

*22

He who spun the sun.. the one which spins peaches... every one
He who weaves the waves He who holds every dropp of all rivers
will carry us all back to the land of love.

*23

Over the threshold.....comes sun's freshgold Through the portal....spills his light immortal

In through the door.....Sol's firepour Wide now the gate..for destiny's date.

*24

Miracle points: The lion skull in the desert shelters a bee hive. Sea water through the aeons

has made of rock a rookery. Suffering has carved new caves in the heart.

In Tara's empty space miracles take place.

*25

Like falling rain oer lilyleaf tripped Like pure moon into bright cloud slipped
Like setting sun into calm sea dipped did Jesus' soul come to Mary.

Like communion chalice sipped Like the river oer fallsbrim lipped
Like dewdropp out of buttercup dripped was Jesus' soul born of Mary.

#26

God the artist can totally change his oil paintings faster than a star's twinkling...
faster than clouds moon-winking

*27

What was God's greatest miracle? to turn the CAT in caterpillar to the FLY in
butterfly? No.. God's eyes were misty when God made Christy for God loved her
so

*28

Friends with humor can melt away tumors... of babyboomers

*29

He has rescued so many animals, his ark would have sunk
long ago... but divine grace keeps afloat his sanctuary boat.

*30

The mathematics of masters is that they need no mammon, no medium of
money

to make and manifest their multiplying magnifying miracles. Their hearts
summon manna.

Their souls grow mangoes.

*31

Rock carving rivers over time are trapped by their own liquid chisels.
God the Sculptor has often changed their and our courses.

*32

God can a pear impeach in a tree of peach and cherries entwine on old grape
vines

*33

Nataraj did prayers answer and He healed the invasive cancer... now she's once
again a dancer

MOON

*1

Night is the husher He in the moon ushers Each of her rays an endless light
gusher.

*2

The full moon poured pitcher after pitcher of coconut milk into the sea..
and the sea.....she silvered it all.

*3

The full moon opalescent.. has lost weight.. is now a crescent

*4

A queen wears stolen crown jewels shining bright heisted from I glow in the light.

The moon thief has also taken light.
She does herself array in sun owned rays.

MOTHERING AND FATHERING

*1

You are the nectar the hummingbird the clover. You are the bloom, the bee, the Oerhoverer. You are the beloved the Love and the Lover.

*2

Our hearts leapt each night when he walked in the door.. Sunset was our second sunrise.

Since he has left we have missed him every hour. Our earth sunset will be Reunion's sunrise.

*3

Eve angel does not evangelize. Mystic power flows from the lovelight in her eyes.

*4

A tree stormbent horizontal.. had 7 parallel branches growing straight up... like a parent who sacrificed for her children

*5

Saints know the love of 1000 followers does not equal the love of God.. Many mothers know the love of many biological or adopted children does not equal that of the beloved husband

*6

Only the most nurturing and empathic could help a cat live happily for 23 years.

*7

The silver rule: to do some good for others. The golden rule.. to love others as we love ourselves. Some rare ones follow the diamond rule..

they silently love their families more than themselves.

*8

Unlike the queen bee who stayed in 1 place because her wings were clipped by honey thieves, the mother bird stayed during the forest fire because her babies could not fly.

*9

In spring he took them on Mayrides. In summer he took them on Dayrides.

In the fall he gave them hayrides. In winter he took them on sleighrides.

*10

Many mothers and every tree are statues of nonliberty.. rooted by their love

*11

En and Em make verbs from nouns as in enjoy and in embark Love too moves verbs

from confined nouns as it gives the rooted the wings of the lark.

MUSIC AND ART

#1

As a youth he read only poetry, a bee supping only on nectar, an angel sipping ambrosia.

*2

Hexagonal are honeycombs and snowflakes
and the columns in the Giant's Causeway that basalt makes

*3

April south wind stirs October leaves of red into a mobile with no visible threads

*4

Unlike a freshman's trunk, overpacked, clothes spilling out,
the epigrams of Gore Vidal... have a world in few words.

*5

River carved Grand Canyon.. neither captured by a master's oils or a child's
crayons

*6

Frogs croaking, raindrops softly dropping, woodpecker sculpting, lark singing... in
perfect
harmony.... the symphony of God

*7

The wind's fingers stroke the tree harp and the tree's green fingers in turn stroke
the wind.

*8

God's creations: the notes of Mozart and John Moats' heart

*9

The enraptured woodpecker raps his rhapsodies, in the apple trees and not the
bush of raspberries

*10

This master of jazz is Mine, said the Lord of all Jasmine

*11

Like a green river valley is each of her poems. Strung together by the river, the
nonviolent garland... takes us to the sea.

*12

The sun strikes the icicle wands and they flow into flowers. The sun sparks the
icicle batons

making the music of melting asterisking them with miracle drops

*13

The applause for Pavarotti.. is as beautiful as his voice..

for it is the sound of many hearts beating as one each sending love through his
hands.

*14

Like bells on a sleigh harness are white pepper seeds strung

in the inner chambers of the jade belltower.

*15

The bird orchestra has retired for the evening.. Later crickets leave off their chorus

But still the treefrogs played tirelessly for us

*16

The ornithologist described the lark's 'plain appearance'. It was not his fickle eyes but the ears of all who waited for her song.

*17

When the night is most still then the nightingale's trill spontaneously spills

*18

The artist paints the lily.. water colors dry on the canvas

.. but the lilyroots remain wet

*19

The present's fleecy cloud wrapping is removed revealing the jewel Sun streaming His own ribbons.

*20

Poets you love are rungs on a ladder...

for your morning glory poems they become a lattice

*21

Treeharps play without strings... nightingales begin to sing...bees forego their weapon stings.....squirrels leap and twirl and swing.... drawn by hidden sacred spring

*22

With discipline they queue before dawn cue

tuning their orchestra slowly..to sing to me and to you..

the note choir gathers sunfire.. as they sing Bird Gospel without surcease of His constant providing, His Love, His Joy, His Peace

NONJUDGING

*1

The sun does not preach as he the peach tree does impeach

*2

Some Muslims think Christians are infidels. Some Christians think Muslims are going to hell.

Some Jews think you're only chosen if a Cohen, Levi, Marx or Rosen. Some Adventists think they're the only elect. Some Hindus think they're the most select. God loves all equally as

the sun pours forth his rays equally in all directions

*3

The preacher was saved from a sermon about 'the london derriere' when

someone

whispered to him it was 'The Londonderry Air'

*4

'Harrison and Henry machinegunned the stars.. but starlight kept glowing
.and they gave a new meaning to 'shooting stars' as their own stars continued to
climb.

*5

Why do I mind more the unripeness in others and me than I mind the green fruit
on a sweet tree? Not until God's appointed hour will fruit become beesweet and
not be sour

PAIN GONE

*1

A child's cries in the store disappear with a cruel parent walking him out the door
but....the cries remain in the heart

*2

Humane slaughter.. an oxymoron.. from those who don't
know.. oxen aren't morons

*3

As small flowers bloom at the tips of glaciers so do
unlucky children survive around cold parents.

*4

Crocodiles shed crocodile tears which blend invisibly with riverdrops
when they are underwater. They cry perhaps when they are hunted.

*5

Margaret, when we see the Pieta, we think of you. But the
frozen marble of pain has turned to rising joy.

*6

The ice does not in pain scream when in the sun he melts into stream nor does
he scream when he climbs into spiraling steam.

*7

We need rain to make a rainbow...through drops goes the glow...
of the palate of pastels which says 'goodbye to hell'

*8

As Peter Sellers playing Dr Strangelove would with his left arm keep lowering his
right arm's heil..so did the paid pawns in the media occasionally forget to hide
the strings

of their puppet masters before the people prevailed over the butcher-pharma-
war profiteer and petroplutocracy

*9

Cherish the hard cherrystones.. they are the chariots of new scarletrubycrimson

cherries.. From their boundless charity come new cherry trees For them.. every year is a jubilee

*10

God answers and unfolds all from time's yarn ball

*11

Melting are the ice towers of Babel into the streams with their cheerful babble and their iridescent rapids-born bubbles...as they flow on unscrolling their Bibles of joy

*12

There is no crucifixion for the rivers flowing to the sea. Waterfalls are a joyful experience for the pure waters of Spirit.

PATIENCE

*1

Mother bird, why worry. Don't scurry. Don't hurry. No flurry. Your babies... they are safe.

*2

Birds sit watching from the theatre's brick parapets waiting for me to finish eating and feed them the rest

*3

Why do doctors call their customers 'patients'? Is it to obscure the financial arrangement and the many hours wasted in waiting rooms for overbooked appointments?

*4

Before the dandelions gold have their tents unrolled the black umbrella tents must unfold

*5

To all beings manifests the mango tree... her manna gently and gradually... Some rest as gifts in high grass baskets.

*6

We too can turn water into unfermented purple wine by watering now our greenleaved allgiving grape vines.

PEACE

1

He was alive because on that day in Niigata the skies were gray *

2

Those who tried to colonize Vietnam have written on water.

3

61 died that day in the 1st infantry in Vietnam. Rows of bodybags, the fruit of war.. drying in noonday sun.

4

Oh God to You we give thanks... that in time Polish horses... defeat Nazi tanks

5

How many have been blinded burned bombed or blown apart by Hitler, Churchill, puppet presidents or Bonaparte?

6

Weary worker ants rest on moss pillows grown by the pussywillows while a family of ducks floats on lake billows

7

Pansies fringe the rusting panzers

8

Ivy and violets vy not with the violent.

9

As the unchanging blue waters of the lake reflect the gold, crimson, pink and saffron of the changing fall so the peaceful soul absorbs the ups and downs of those in crisis in answer to God's call

10

Above a battle dark smokegrey and bloodcrimson in surprise and silent contrast break pastels from the palate of sunrise.

11

The fruit tree groves of life randomly grow but Arlington's deathbloom graves... are set in rows

12

a deep pool at every waterfall base
.. postcrisis waters of God's resting grace
Shakti has become shanti. Power has become peace

13

God is rearranging the stars into a special script for you... a fortune cookie strip of joy. a secret message, a puzzle solution.

14

There are the stars of purple framed night streaming peace, pouring light

15

Some call war profiteer cartels 'the US' but we the people of America from Sacramento to Schenectady

reject such lying syndecdoches

16

One by one in many countries they break through the ice of fear.. cups
of crocuses.. stand up in caucuses.. East to West from Africa to the
Caucus and show their eternal allegiance to the maker of their sun:
Creator of all of us.

17

Those who wend their way on the opposite
side of the road are not our foes. Each stays within the
lines as peace on both sides goes.

18

One has to choose between bomber pilots' wings and the whirring help of angel
wings

19

The wind lullabies the lilac looms and fireflies

20

As many like holy Uri Geller can with mindpower bend metal
so prayer and positive thought can defuse and melt weapons.

*21

Downward falsified: war's casualty statistics... truth raped by aims sadistic

*22

Divine Mother Kwon Yin sometimes veils her beauty
that it not create fear in her children.. fear to approach her

*23

The wind lullabies the lilac looms and fireflies

*24

The storm was full of menacing dark clouds.. hard cold rain..treecleaving
lightning..

now it is over and in the twilight 3 rainbarrels brimful of rain.. shimmer in the
starlit peace.

Atop them lattices of fallen leafy branch.. lifeboats for any country mice.

*25

Beneath the morning star jewel.. arrive arrayed in gold the beams of dawn..
and though their swordshafts appear each other to pierce.. with crossfire and
conflicting dreams

.. because they are made of light, they merge

*26

When children are cremated by bombing their bodies' ashes require no
enbalming

*27

These innocent children of the poor.. now soldiers with the whole world on their
exploited shoulders.. some of whom need to be resoldered

*28

Nonviolent is the violet light which wakes us from the sleep of night. Gently comes the dawn's twilight each step taken oh so slight.

*29

Worse than pedophiles is pedocide, abstractly bombing children from Florida computers

*30

If a biologist teaches dissection is he a necrologist...
desensitizing teens to cruelty and killing, funneling them into careers of animal carving, vivisection

*31

Above, heaven's fields are a flaming flamingo feather pink while below palm trees'

flaming fronds fall set with people and animals on fire by bombs

*32

a barberry bush with saffron leaves..... on its branches hang rows of crimson raindrops...

as if the bombing raids of the distant war had rained blood here

*33

He was not drafted to warships but summoned to worship.. not to soldiers' gassing

by 'friendly fire' but called to the Higher Fire

*34

Waves scalloped shield the scallops. Blue lips and cherrystones hide protected by Neptune's throne.

POLITICS IS LOVE IN ACTION

*1

In the Party Green welcome are all shades of Green except for the green in the burger's gangrene

*2

He ends the blood of unjust wars. Red is his peaceward passion. He works to end all suffering.

Blue is his deep compassion. He always shows silent serenity. White is his shadeless dispassion.

POSITIVE THOUGHT

1

Willow branch fingers trace in the pond painting the water.. sunset gold

2

As fog fragments and imagination's figments
swell trees and do new figs mint,
so every good wish is answered by God...
(yet 'the chains of gold bind as much as the chains of iron')
3

Where aqua sky meets deep blue sea, the hearth of the
orange sun was in the west. Through the night miraculously
the entire fireplace was moved to the east, as resistant
thoughts can join winners between dusk and dawn.
4

Rotting fruit contains living seeds which shelter infinite
orchards.
*5

Bright sunwands as they unfurl cause the chrysanthemum to uncurl
.. so cause loverays unbidden to ope heartchambers long hidden
6

During rain or after sunset, sunflowers have their heads down..
but mostly they keep their sunnier sides up
7

Because the water trough has several leaks
the apples on the tree nearby have rosier cheeks and Look! how have grown the
lovely lilacs
because the roof does leak
8

Santa may have 1 sleigh, but Abba's sleighs are infinite..
endless is the pouring of their gifts.
9

It was not a peace officer's rooflight but the sun flashing
hello in the rear view mirror, saying the past of everyone
is holy.
10

The mosquito was trying to be like the bee who avoided all blood including
A or B positive as he buzzed around being positive
11

A patch of moss moose-marred...where
the rain pooled in his print, mice make merry.. before
mirroring the Evening Star
12

The darkest before the dawn does the dew create
and rests the dormant doorman.
13

The cornucopia within cornstarred cobs and cones of pine

14

Out of great Nought, visualizing thought, electric blue prints
have for each wrought what she or he sought
.. what she or he sought...turning to 'be' from every 'ought'
(to the Kinneys of Korea and other points)

15

Every raindropp is a crystal ball
foretelling thoughts of perfect rainfall.

16

Electrically thoughts magnetize matter's tiny particles
as the skeleton of a sunken ship attracts barnacles.

17

The break of day! The crack of dawn! Look not at night's
shellshards but at the newbird sun!

18

What her omnipotent heart ordained, her obedient will obtained.
(to the mother of S and J Brunner)

19

When comes eternal noon? When soul turns around each no to on.

20

Rising waters in a quarry.. fill every niche and nave..
Spirit's rising waters grant each desire in heart cave.

21

A single silent green light empowered a line of awesome truck might. A single
band of pink dawning light
pushed back the entire greyblanket of night.

22

Can one brake the break of day? Can one brook the coming dawn?

23

When the pond was smashed by his clenched fist.. it became a cradle rocking for
the little fish God transmutes anger into love

24

Sun rays weave Out of eternal ethers.... into purple heather... as tiny thought
feathers... become love's tethers.. melding 2 together

*25

We are chambered nautili.. in each new life in more spacious chambers we lie..
until we return to God... by and by

*26

As rainarrows are released before the rain bow appears, thoughts precede action.

*27

As God is infinite, universal, unconditional, perfect Love, all beings are written
into The Book of Life.

*28

Every mature tree from twig to root yearns to be home for flocks of birdfruit.

*29

In the mountains...God has massed his thunder. Belief can hasten the power's breaking asunder.

*30

You can reshuffle the deck of fate anytime. You can multiply the aces you are given..infinitely.

*31

Peapicking, pecan pecking plum plucking, pear pickpocketing squirrel packs his loot in his cheeks

*32

Only a tiny line of blue says the sea is on the horizon. Only a tiny line of pink says the sun is about to be rising. Only a raindropp on a leaf but it reflects many stars.

Only a smile on the face sparks timely grace

*33

The despised weed..the rejected wallflower..the most shaded place
Job seemingly God-abandoned... the ugly duckling..reindeer Rudolph before the foggy night
but now the square moves to trine and materializing dreams do them entwine

PRAYER MEDITATION

*1

Blue spruce spires... their steeples point to blue star fire

*2

Out of the sea the sun aborning Not adorned but all adorning
With His awesome light of morning Says to you 'Come! My Mavoorning! '
(to Ethel Lynch)

*3

O God Dweller in the Heart of Every Being, release now and forever the joy latent in all

*4

Jack in the Pulpit has taken up silence.. to his new sermon none said 'ahem'...many said 'amen'...

*5

Pen chisel carves tunnel out of feelings' mine cavein

*6

God and humans both know of love unreturned. The difference is: about this God is unconcerned.

*7

Held the dew the concave butternut better than the convex buttercup

*8

Dawn drawn dandelions sun-summoned... spread gold parasols

... another sundown will bring.. a diaspora of dandelion down

*9

From all eyes shines God's light... from every human, bird, fish and mite

*10

The mind of a genius is a sky piled high with lightning forked thunderclouds.

The desireless mind of a master is blue with nary a cloud.

*11

She was not forced to walk the plank into the ocean of her Self... she was ready to jump

*12

Deity winds blow into the Lungs, the Temple of Breath

*13

Sipping from a teacup he mulled over the day's deeds... from a teacup brewed from red clover seeds

*14

Trees of January like Job continue to lift their arms in prayer

though they are powerless, unable to speak or move, their leaves stolen.

*15

He took off his boots, but still the discalced elephant caused harm and so he decided to meditate in the pond.

*16

As a telescope turns the pinprick of light into the jewel of Jupiter, meditation gives tangible proximity to God who indwells all

*17

He feared when he died he would slide to hell down a slippery funnel but God told him he'd rise to him... through a lightfilled tunnel

*18

The bees' buzzing omkar to blooming little stars

*19

One thought Britannia once ruled the waves. Another thought: India rules the quiet depths.

*20

The sun does nothing but meditate.. yet flow his rays in 360 cubed ways. He is focused on one point, but his energy transforms..all points.

*21

As he saw.. his fears were allayed..for there was the sun in mornlight arrayed.. there were the trees with springblooms sprayed....answered were the prayers.. that he had prayed

*22

Sunrise does night shadows shatter.. for all sre Spirit
not their bodies' matter

*23

Knowing that if he took any more animals in his ark would
sink, he began to pray.

*24

Flowers don't chase bees. It is to the safe meditator at the treebase and not to
the hunter that
the shy deer comes. Her serene quiet heart magnet.. like a crystal ball
invokes the form she desires.

*25

As rivers slowly deposit their sands in the sea... and suddenly there is a new
sandbar..

so God's angels stream slowly into our minds.. suddenly a complete vision
appears

*26

Faster than God answers when His Name is invoked are His
responses to cries of agony whether silent or sounded.

*27

Dreams are messages in a bottle washed upon our shores from the ocean of
God. They are script of the night seeded by angels.

*28

Is it easier for meditaters to focus on a form than on the void?
How can one pinpoint infinity?

*29

'They tangle the edge of the river with vines', to me in meditation said the
Divine... not meaning that one should walls de-vine... but attachment reduces
the current of shakti He reminds.

*30

'Not in the morning (mourning) pond does the Lion wash his blood', He said to
writer in meditation. So many meanings of this koan... one of which was that the
evening pond, pink with the glow of the setting sun, does not reflect the blood on
the lion's muzzle. Listeners should see only the divine in others.

*31

The dawn is dewing. The awakened, doing. The bee is beeing. The yogi, being.

*32

A willow grows by living waters but a lotus lily is by them surrounded

*33

As the branchweave is a grid through which we see the sky
so does the mindgrid the One reality distort and divide

*34

Only God is God fullblown. The rest are God in bud.

*35

Visualizing gentle weather... billions together.. humanity becoming one bird flock
moving together

Saiom Shriver

01 Volume 1 D Short Poems

PROJECTION

*1

When someone projects negativity, it's as if
a painter invaded his victim's home and painted that ones kitchen black.

*2

She came across a mirror crying and she did ask him why..
he paused.. and then..this was his reply:
the warrior says I'm violent The courtesan that i'm a slut
The little boy: I'm immature.. The overweight.. likes not my gut

*3

Onto us God's projection of His own perfection
melts away our thoughts of rejection.

*4

Younger souls project darkness onto what old souls do
as waters reflect in darker hues, the aqua of sky blue

PURITY

*1

Some people are Mirror Lake, sparkling in the sun's reflection.
But don't dive in... for there are hidden sharp projections.

*2

One cannot add enough antibiotic powder to make safe coprophagous clams'
chowder
To abstain from beings of the main is safest in the main

*3

The flame of both lard candles and pure ones can transmit fire... and glow with
spirit light.
Nevertheless he bought only pure ones..... because pigs and cows have rights.

*4

Among nature's purifiers are wind, water, earth, and pure fire

*5

John Kennedy wanted a Mercury mission, but not mercury emissions

*6

The health department establishment tell us to wash our hands frequently...
yet re the filth of eating animal cadavers... they're on a silent frequency

*7

To abstain from beings of the main is safest in the main

QUIET

*1

As one honking horn disturbs hundreds of ears, so one angry word shatters peace into pieces.

* 2

Dawn's breaking quiet begets bees' buzzing riot.

*3

Three quiet merge.. the silent snowsift.. night's fall swift and the stillness of the wilderness

*4

God has said to revile none.. rather to revel as He God as Love indwelling each reveals

*5

Raindropp circles expand in the pond.. echoes of the silent splash

*6

Yogis sometimes roll up the red carpet of welcome, the speaking tongue.

*7

Bright orange trumpet flowers grow like clapperless bells.. as saffron clad monks prefer silence

*8

The boat leaves foam wake. The canoe, ripples. But geese leave no trace as they fly.

*9

Misogynists wish women to be tongueless belles, as silent as the meadow's tongueless bluebells

*10

Basho taught us the pond has no sound no refrain.. until violated by a frog, a stone, or fingers of the rain

*11

The pain-inflicting doctors who play at science debark captive dogs so that they may hurt in silence.

*12

Love's quiet triumphs over hate's loud trumps

*13

Mums outlast lilies. Her silence always outlasted speech.

*14

Sunny dandelion tents collapse for the night. Birdwings infold in the purple twilight.

Shutters close but peeps through the inner light. Eyelid screens fall.. for dreammovie delights.

*15

The sweet echoes of the green-girt geckos sweetly foil the sound of silence

*16

Near the jade pepper temple hung with quiet white chimes
grows the citrus tree weaving translucent veils of lime

*17

Fluffy flakes fell, flickering in the starlight, flecking the lamplight.

RESURRECTION

*1

Oh Julie.. God's sun is shining She is grapevining and the grove tree now she's
liming

*2

Oh what a blessed relief! to see April the trees re-leaf! and a windbussed
Noreasterfragrant with Easter melt away the last ice-lings of grief.

*3

the bee the purple blooms did rape.. and now there are sweet violet grapes

*4

Jesus said 'greater power shall I give to you'.... the power to be resurrecters.....
only confining thoughts can limit our actions

*5

A fallen petal of a purple rose fell onto the clover... I thought until I spied
it was a butterfly.. who unfolded her wings and flew up high

*6

Glass shatters.. neath sunfire.. each shard reflecting his orb entire

*7

The Great Lord can behind him twirl... vast universe' gyrating
swirl... that his rebellious insurrection
.... become his glorious resurrection

*8

No lid for the cups of sunlemony buttercups..
they just infold to escape night cold..
but in the morn... once again unrolled...
once again their cheery chalices of gold do dewy dawn hold

*9

One upright responsible pier pillar after another yields in the night to the
hegemony of the flowing tide.

*10

Those who took opposition roles...
were midwives of her strengthened soul

*11

The sun arises and rouses the rose. In raspberries,
His arisen rays are rose.

*12

A wee teardropp reflects a star. The tears dry.. remain the stars.

*13

Meet the sea the icebergs melted
.. and now reflect the sunrise molten

*14

Every dawn a straight rainbow of promise is on the horizon
...heralding each heartsun's rising.

*15

As resoldered metal is stronger than when first forged,
so the resurrected are paradoxically more perfect than
the Godcreated original

*16

The soul's essence is ever in God's presence, and unharmed by the
fires of creation or the ashes of cremation.

*17

He was so loved by all creatures that when it rained
a cloud served as his umbrella.

*18

Filling every inch of the line of floodcracked cement
is a thread of velvetjade moss

*19

In the empty chalice of the rivercarved grand canyon
dawn has drawn with gold pink orange light crayons.

*20

Candle flame fear not results if you ignite the snuffed candle's reborn light.

*21

As a clock with no hands can register time as the sun plays across its face, so
Spirit needs no body in order to manifest its power.

*22

How has each apple tree's barren branch.. burst to wands of blooming blanch?

*23

At the base of the birdfeeding pole, a perfect circle frames it... the lace trace of
birdprints, as they ate the seeds which had a precipitous fall

*24

God the Divine Genie is waiting in the bottles of all hearts
to answer wishes.

*25

On Ararat rests the ark. A rainbow is born in the dark. Out of silence bursts
the joyful song of the lark.

*26

Night swallows the swallows' trails and swallowtails. Dawnfire resurrects them entire.

*27

Within all beings the Spirit dwells removing all cursing spells, creating tongs for soundless bells, wanding every halfshell into full shell.. causing stone hearts with love to swell..

*28

The feathers of the Phoenix bird are not always flakes of fire..
sometimes they are mercy's falling waterdrops

*29

Out of the pain of hell so low.. was born of goodbye the sweetest hello

*30

Over the mountain's Eastern ridge Of a sudden came Mornlight's dawnbridge
Which distilled into Matter And became a light ladder...transporting them
Wherever they wished.

*31

As he graces moated castles with spring's pastel tassles, the sweet pea king is
beyond peeking
into power behind thrones in Peking or who will be the British king

*32

Bluebirds sit on the barren black branches of a winter tree.. It is not their gentle
touch which will resurrect him but the God ever within himself.

*33

Out of the humus, born of humility.. springs the lily.

*34

to Jesus' fig tree: He did belittle you.. but soon he'll bebig you.. and in the spring
with blooms he will wig you..
In summer he'll summon jade garb to resprig you.. And this fall with figged twigs
he'll refig you

RIVERS

*1

From the Palisades we saw a diamond backed rattler radiant in the sun
.. rippling his rattle arcing to strike the Cuyahoga Valley to evergreen life...
.. in every dropp of his river flux shining with the sun's own lux

SACRED ARE ALL BEINGS.. ALL MATTER

*1

Who besides a snake can swim in the grass?

*2

Call no demon names. Focus on his divine core. See the gold within his ore.

*3

Sooner or later...even Satan's minions...are beyond opinions lifted by Love's universal pinions.

*4

A playing boy's discarded stick became the father heron's beakborn gift... for their nest a new twig... the rejected stumbling block.. to the temple's cornerstone he lifts

*5

Said the mother fly to her gay child..... be strong when the cruel call you a maggot faggot

*6

Dawn tiptoes... and treetoads' toes.... she tips with rose

*7

The spilled seeds swept out the door became corn on the cob from corn on the curb.

*8

Light passes through trillions of unique beings' prisms. Each prism casts a unique pattern of light. But every one of them is light. Everyone is truth for that being.

*9

In every weed the angels nod, as she spins her lace from sod. Only boundless love is fit for God.

*10

The ants who build wee little hills in the cracks of sidewalks trust in the gentleness of humankind.

SANCTUARY

*1

In the cartoon a man with a manicured crewcut perfect lawn shook his rake at a stray puppy and yelled 'go home! '. A cartoon script bubble pointed to the dog....as she was thinking 'I don't have a home.'

SIMPLICITY

#1

The most beautiful places are the emptiest spaces

*2

Birds are happy with the branches of a dead
tree on which to rest...dead sticks with which to build a nest.

*3

In the sea, a zillion strong singing each his own song,
every sweet sponge.

*4

Archivists are wavecounters.

*5

Fast weaving privacy screens, bamboo curtains
.when the world beautiful.. it is certain

*6

Not dressed in uniform is the rose.. but she is clad in civilian clothes. Informants
thought she must be working under cover.. with some of her petals furled and
close.

*7

Such a simple thing... a ball of string... to help the vine grow.... to the spring

SUPPLY COMES AUTOMATICALLY

*1

Never did the tree of beech or the palm on the beach or the orchard's fragrant
peach

.. of the sun his light beseech

*2

By the babbling brook and the bubbling fountain near the bobbing buoys
and boats with baby boys birds are bibbing dew
and bees are bibbing too

TEACHER

*1

We go by much too fast the hidden gates to see
.. the quiet love.....silent caring.. anonymous frequencies.

*2

He makes the microscope... a macroscope..
as he magnifies for mere mortals the rights of the minuscule

*3

Maple leaves... gold stars.. gently fall down.... Mother Earth giving everyone an A

*4

She was criticizing him. the words hurt.. yet rivers of rosepurple light flowed

from

her hands and feet.. like a song whose lyrics were lost in the exquisite melody

TRUTH

*1

When angels see someone risk his own safety to speak the words of truth and peace, they give of their own feathers to wing his words. And God then multiplies their wings.

*2

The squid ink of war's imbedded journalists.. is meant not to clarify but to obscure with dark clouds.

*3

Amod told me of Waccha Siddhi...which means that one always tells the truth, devas and angels turn his words into reality.

*4

Mirrors do lie... they fail to show God the Indweller... residing in each being.

UNION

*1

As their voices are one in sound so the choir's uniforms convey they act as one, whether it is humans in a church chorus or frogs in a seaside symphony.

VICTORY

*1

A champion racehorse at the winning line, unattached, eating the blooms of his victory wreath

*2

The apple tree's blooms spun by sun looms dropped for fruit to make room.. swept away by wind broom

*3

Wishing order he'd been a cuthappy lust-er but entranced by tiger lilies' lustre he began to leave alone God's surprising little clusters

*4

The iced sculpture fish has melted into his completing water.

*5

The conductor must choose between the proffered bouquet and the baton, between the past and the future.

*6

A white heron flock flies across the jade cypress swamp canvass. A

script of winged words triumphant.

*7

My Jesus is the Lover of the Prodigal Son, the 100th lamb, the leper, the sinner, the prostitute, the demon possessed, the crucified thief. His sacred heart sees only how to end the suffering.

*8

The grape vine's love has the junk yard conquered
.. greenpeacing its metal with grapes of concord

*9

There are many paths over the bay.. the stone bridge.. the foam wake of boats..
.. the glowing path of the sunset..

*10

Icarus, after several tries, is now one with the sun. Sisyphus, first helped by angels, and then on his own, has taken the stone to the hilltop. Juliet, schooled in the holy art of resurrection, has vivified Romeo. Duryodhana is a hero of nonviolence now and the Indian revolutionaries who were by their occupiers cannonized... are now canonized.

WILL

*1

Music is invoked by baton Lightning drawn by the rod Miracles come to magic wand and Will does summon God

*2

Will, your winded wings will win.

*3

The wind whispers to the willow wisps... they grow with new will

*4

Love whips not our poor wills.. but summons hearts like whippoorwills

*5

The stars change their courses and revolve around those who align to omnipotent resolve

*6

Over a summer God turned the soundless dew into juice of lime. Long ago in an instant Jesus turned water into wine. Now in a moment the Higher Power of the surrendered alcoholic turns wine.. back into water.

*7

Let me not eat the fortune within the cookie nor the mango's seed

.. nor through indiscipline fork myself in the heart

*8

He never takes no for an answer He mines for love
with a diamond drill.. His endurance is an act of will

*9

Grace and hope the parents of will There are no walls Where there is will.

*10

A full moon face shining with empathy for all... a profile as craggy as the
Himalayas

*11

Said the vine of her wine: 'I can't I can't. I shall not recant. It is
not I who abused my grapes....but she who did the bottle decant'

WIND

*1

Wind chimes play not on time... but when the Spirit moves through trees of lime.

*2

The South Wind has for the evening donned jasmine scent*

*3

The wind weaves many white caps so quickly for the blue sea

*4

Mother Wind moves the water rocker to and fro on the stormy sound's deeps. On
the boatcradle by lapping waves she is softly lulled to sleep.

*5

The wind has blown away the cloud cover.. and the pond's reflection from grey to
blue clover

*6

Clouds' whitewaterweave covered the sky.. and yet everywhere there was a
patch of blue.. it was a different hue... here aqua.. there cerulean... or teal or
indigo

*7

The east wind blowing westward marries the falling rain
turning her attention elsewhere

*8

Crosswinds quilt the Connecticut River ever so slightly but still the waters flow to
the sea.

*9

As gauzy veils lie on the shoulders of the slender, as avalanche clouds pour
through tall firs, as morning mist rolls through ship masts, do monsoon clouds
flow over the peaks of the Himalayas

*10

Froggie croaks on his rock dais encircled by dizzy daisies all the day long.
The wind makes them wave in applause.

WOMEN

*1

They thought her a clinger and him upright and stable. But it was the tomato
vine and
not the tomato stake which put all the food on the table.

INTERFAITH

CHRISTIANITY

#1

In Christ's crib, the crimson was not yet visible. His blood became
the crimson light of dawn.

*2

Inside the soft peach flesh lives hard peach pit. Inside the hard peach pit..
eternal pink peach fire.

Inside the sheep's clothing lives hard heart wolf. Inside the wolf's belly the wolf
planned the lamb.

But instead.. inside wolf's heart the Lamb of God.

*3

The sunset dyed red cloud like Jesus' Turin shroud
rinsed by night of blood in purity shines outloud.

#4

On an Asheville spring hillside.. the divine lamplighter
ignited the mountain laurel's purple candelabra.. with her
constant praise to the Son and Abba

*5

A spiral swirl of windwed weed Each tiniest wheat-hued needle caught a globe of
dew.

.. a crystal rosary of 59 beads already goldchained inside...awaiting only the
Jeweler

of Morning to forge thislinkling and lift this love aloft to the Lord

*6

If it's kind and in prayer you ask it, God has it for you in an Easter basket... and
rarely this even involves... raising someone from her casket.

*7

The Angel of the Annunciation cared not about Mary's enunciation

HINDUISM

*1

O Ganga in Bangladesh may you never again be the goddess of death.

*2

The glow of Poornachandra... gives birth to Poornananda.

*3

After God ordered ocean to quaff the flooded world He sent a ribboned rainbow to say Never More... But when Neelakanta drank venom of the globe He sent polyribboned rainbow:
a sky of liquid ore!

*4

His biographers said that Ramana Maharshi first fed the animals at his ashram, then the beggars, next the visitors, then the ashram residents and finally himself.

*5

Her rattles Kali snake in a dance does shake When she strikes the curtain falls and maya is shown as a fake

*6

The cloud darkens, Indra drops gray grace. Baba's fingers will and dropp vibuthi gray grace

*7

In the distance mighty roar many leagues birds flew to see onto which the Ganga pours
Shiva's brow Almighty. Eternal mist of cataract Wed to Light of Iswar's eye bears Ganesh of Parvati.. Rainbow of Eternity

ISLAM:

*1

The olive tree is the altar of Allah. On it Allah has placed free olives for all.

*2

Does anyone yearn for sunset more than a pious person fasting during Ramadan?

*3

A dreammaker whispered this to dreamer: 'Hazrat.... Love for this came humankind into the world. Seeking and finding it they need come no more

*4

Drawn to morning prayer, a flock of birds, not having removed their shoes, dance an airborne minuet round and round the minaret

*5

Oh Bawa Muhaiyaddeen... my friend was right in saying that you filled your simple mosque in a poorer part of town with white light... your love so strong that babies crawled to you from their mothers.

*6

The Quran says many times that Allah is All Merciful. The mercy of Allah embraces all.

*7

It was said of Mohammed that he came across a mother cat and her kittens sleeping on his cloak. Rather than awaken and move her, he cut away for himself only that portion of the cloak on which she did not lie. He had been a camel driver. He would allow none to beat camels, and reminded others to feed them well.

JUDAISM

*1

Buddha was a Hindu. Jesus was a Jew. Getting caged in labels.. blocks the God in me and you.

*2

God's lightning cleaved the heaven's asunder.. and out of them S/He spake in thunder...

'There is no such thing as a Jewish hunter! '

*3

The Torah says to feed ones animals before oneself. They are voiceless and need help in bringing food down from the shelf.

*4

They accused Noah of being an animal hoarder... but his heart had no other options

*5

Jan F had a vision of a rose bush at Hitler's grave tended by 3 Catholic nuns. Did it mean

- a. that all sentient beings including rose bushes have rights..no matter where planted
- b. that Hitler's body was becoming the leaves and flowers of a rose bush
- c. that all embodied beings including Hitler are temples of atma or GOD encased in the impermanent..
- d. that some who are unforgiving still equate the half billion Catholics with the actions of Pius XII

BUDDHISM

*1

The Buddhist saw that when his wrist was tired the Wind came and moved his prayer wheel for him. Spirit Breath comes and goes and the lung prayer wheels move to and fro.

*2

A 3 year old baby girl..in a Chinese restaurant.. wiping the window glass for her parents.. in desirelessness she refused pennies, paper, toys....her radiant smiles clothing all in her joy

*3

This purple bloom of milkweed.. its sphere made of 108? spears symbolic of the Buddha..10000 lives taking him to perfection

*4

No creature is thought a pest in compassionate Budapest..so great is Buddha's Spirit in embracing Budapest.

*5

Day by day the vine has crept While others soundly slept.. up the trellis she has stepped, and where climatis has for joy her petaled purples wept Buddhists have only with feather brooms swept

*6

Saffron robed monks Buddhist are seldom seen in seaside camps nudist

*7

Light ribbons from the Buddha's full moon do his holy shrine festoon. His Spirit moves the bamboo grove... by the lagoon.

INDIGENOUS PEOPLE

*1

A Tecumseh museum... with axes and knives hanging from the walls. His Spirit walks through the large highup room opening each shutter. One is then aware only of the supernal blazing light.

TAO

*1

The way of yielding water.... flowing.. being never preaching is the teaching of the I Ching

ATHEISM, AGNOSTICISM

*1

All beings Love Spirit enfolds within infinite wings of blazing gold.

NONVIOLENCE UNIVERSAL

*1

A gentle cow reading Leviticus found that cloven hoofed animals are forbidden for food. And so she did cleave each of her four.

*2

Above.. the starstrewn sky Below.. a landmine-sown earth lies.
Above the pastel spray of breaking day... below the battlefield's crimson and gray

*3

At a defense contractor luncheon, the eagle ice sculpture drips water from his melting beak. Frozen form becomes all form. The waters of peace are flexible.

*4

May no illegitimate leader's illegal wars hasten any 'til death us do part'

*5

Babe issued a press release.. 'they tell fibs..
.. I have no ribs to spare.. no spare ribs'

*6

Because of her the world will sooner bring.. a world of no more suffering.. where none are swallowing....a chicken's or a swallow's wing

*7

Butchers unthinkingly smash the hour glasses of mammals' lives.

*8

Do plants have feelings? said one and the other replied:
Wallflowers must have broken hearts.

*9

Emma Wood said 'animals love vegetarians'... It's also true that plants love fruitarians.

*10

Factory farmed hens: unloved they are born.. nameless they live... innominate they die... ungrieved in stomachs they are buried

*11

He stopped fishing for reasons of mercy
and saved himself from radiation, worms, lead and mercury.

*12

How do the words of the Peaceful Master become the tirades of warmonger pastors?

*13

How many daisies does a daisy cutter bomb cut?

*14

In India the bloody footprint of Alexander's throne
lasted as long as a twig cleaves the sea into which it is thrown.

*15

It is not recorded in the words of Tennyson
that Ben Franklin got sick when he ate venison

*16

Kneeling to God, all weapons' Wielder, he became a
weapons yielder.

*17

Lambs go more quietly to their murder than pigs. Pigs fight
hard against the knife wielders.

*18

Less likely to suffocate fishes or cause their suffering
are suffragettes and meditative Sufi rings.

*19

Little chick fertilized within the eggshell basket
.. Of Thee God he asked it... that none turn the little shell into a marble casket

*20

Many are the harshly shod footprints which have trod smashing little ones
between the booted and the sod

*21

Neither the barbs of the blackberry bush nor the thorns protecting the rose act
aggressively.

*22

NASA secreted hundreds of mice into the hold of the shuttle. Each was a
spacemouse.. each was a scapemouse.

*23

Neath obsolescent mower it used to be that crickets make a final peep.
Fireflies' lanterns snuffed beneath the skies. Bumblebees' pollination
stops Caterpillars do not become butterflies
Seldom are birdwatchers seen... in factory farms

*24

Oh a cockroach is better luck than a cricket upon the hearth.. for
she magnetizes to your home those who love every heart

*25

That general bombed so many into bodiless realms stygian. Now his stone statue
has
new epaulets... the droppings of the pigeons

*26

Robins need not squabble over a stick for their 2 nests.. for there are dead sticks everywhere.

*27

Spaniards are ending the waving of red flags toward crucified bulls, as everywhere the white flags of mutual surrender to God flap, and the wind rustles the pink flags of thyme.....

all flags of earth peaceful in time

*28

She defends not only underdogs but undercats, undercows, and underpigs, underchickens and underfishes.

*29

The boats which to their slaughter ship sheep are never shipshape.

*30

The fire in the mob's hate torches does not always color within the lines.

*31

The God indwelt beetle sanctifies the holy rose.

*32

The trash truck comes around, its treeslapping height leaving a mobile of severed spring leaves in its wake... its mechanized pickup not knowing what living tiny mice or human corpses might be inside

*33

They cleave off innocent pigs' cloven hooves
... yet the scarlet blood does not crimson
the purple fields of clover

*34

If his heart is a bud.. not yet fullblown will he understand the iris' unfolding sermon
or care about how they freeze the tongues of captured ermine... will they know yet
that rats and mice are not vermin

*35

Trillions of animals' agonized cries through the years echoing in our ears....
in agony beseeching God 'When will you hear? '

*36

Up peep and pop the poppy pods.
Does their scotching and scorching please Papa God?
Can not heroin be controlled without harm
to Mother Nature's plants and sod?

*37

We have nothing to offer you say the cows of their gravy
but our blood sweat and tears.

*38

Weeding whispered the Great Spirit...is plant racism

*39

A bee willing to hang upside down in drooping blooms
will harvest more honey. But the converse is not true..
those who work the hardest are not those who make the money.

*40

The horse has run her heart out for her 'owner''s bank
account.. and her reward? the slavery of a stall

*41

Ralph Nader works for consumers, Casey Kasem for consum-ees

*42

Angels please make more clever plants of clover... that they hide from cleaving
mowers

*43

Once when a riverflood had created many beyondbank pools in which thousands
of fish were trapped as waters slowly receded..he spent 3 nights and days\
bucketing them back to the mainstream..and to life.

*44

The hound was haunted by the hind he had hunted. Over the months God to him
hinted he should no longer hurt any harts nor harm any hinds.. Now he, the
hound, no longer hunts and so by hinds is no longer haunted.

*45

'Straighten up and fly right' said his father..but his son misheard it as 'fly rights'
and sallied forth to organize the untouchable maggots of the world

*46

The portable dairy of the mother dromedary..Is it meant for humans or the baby
dromedary?

*47

That baby boy squirrel eats the apple peels.. turning them round and
round with his tiny hands..like someone chewing on a new thoughtfrom all
angles.... but

he eats pine cones like corn on the cob

*48

When a horse is hanging upside down in an abbatoir, is the building called a
slaughterhorse?

*49

The bright orange wings of the Baltimore Oriole are not as radiant as his spirit's
aureole

*50

Chanel Number 5 had ambergris from sperm whales, civet from the civet cat,
musk, (38 musk oxen castrated for 1 oz of musk oil) , and castor from the
Canadian beaver.

Should it have been called Chanel Number 41?

*51

She picked up only vacant seashells on the shores of the Seychelles...
for chambered nautili hollow were minnow castles in the shallows

*52

Some of the chores of the scullery maid..... to throw tiny birds' skulls into the
trash

and then to store the marmelade

*53

Little parachute samaras.. maple seedlings.. gather in the gutters of homes and
streets. Little treasure troves.. who will become groves.. if left alone in places
unmowed. Those who give them a nod.. let them burst from the sod.. let them
break from their pods for they've been sent by God

*54

A. asked 'Which fork is used in proper etiquette
to spear the animal's flesh? ' B replied: 'Not one... not a single one'

*55

Pearls are sphered articles.. mucus covered sand particles
'untimely ripped' from coprophagous oysters
.. themselves torn from their gentle cloisters

*56

What is a quadrapus? An octopus after run over
and vacuumed up by a suffocating fish trawler

*57

Human cannibals eating castrated bulls' canned balls hoping to
become hard cannon balls merely cause themselves prostate cancer

*58

He needed no special logic to intuit how to raise the low life expectancy of Inuit

*59

Tolstoy was monogamous..Gandhi.. nonzoophagous. Maybe a rhinoceros or
hippopotamus

are polygamous Maybe most lions and tigers carnivorous but human beings are
designed

to be monogamous... Humans designed frugivorous

*60

Every pork loin is from an innocent pig purloined. Every pork chop from a little
pig painfully chopped

*61

In the sea, a zillion strong singing his own song, each sweet sponge

*62

Noah was saved on the ark from the quandary of accepting sharks.
For they could swim in the seas and not harm those inside the barque.

*63

God has put a 'do not disturb' sign over the green shelled limpets cozily nesting
in lime waters limpid

*64

The semantics of human chauvinism.... verbs and a noun to obscure the murder
of animals..

scotch, dispatch, cull, harvest, euthanize*, thin, bag, sticking

*65

It is dormancy and not hypocrisy to eat cows and object to hippophagy.

*66

The frightened calf Harriet saw the cowboy as Iscariot mounted on a slavehorse
chariot

twirling his neckbreaking noose lariat.

*67

For their fur coats men murdered ermine

A little mouse whose name is Herman they called by the most cruel name vermin

*68

Out of each creature's eyes in each being's body shrine do light and love divine
for every being shine

*69

Some day the acacia leaves will forgive giraffes and in the presence of koala
bears

bamboo shoots will laugh.. while the cows will be welcomed by each blade of
grass

*70

Does God prefer to see caterpillars eat to create their wings.. rather than fight
snuffing humans

eating others creatures' wings

*71

Croquet balls near wickets, golf balls in thickets, are seldom respecters of the
rights of crickets

*72

The sound of the raptor wings of the kestrel is not to other birds music orchestral

*73

Was he a suicide bomber bee.. protecting his hivefellows from the heavy tread of
human boots

and the polycidal insecticide planes? Was he a David bee taking on a Goliath
10,000 times his size? Yet he flew away without being killed.. nor did he kill the
man he stung

*74

Caged the yellow winged cockatiel. Crushed for redcoats the cochineal.

*75

Millions more do not fish.. (a verb made from killing the noun)

They're not suffocating creatures.. no beings strangling... no longer angling... not causing

panicked beings' dangling in deathlines entangling

*76

Re factory farms Californian to Carolinian and Virginian, puppet pastors with paid for opinions say humans over animals have dominion, as butcher minions chain saw bird pinions.

*77

He thought it better to have canneries for cranberries than canneries for canaries

STARSCRIPT

*1

Capricorns are antiquarians while Aries' breakouts seem antiantiquarian

.. Friendly to both are God and kind aquarians.

*2

The painter's smock is daubed with the pastels of his palate. He has become one with his painting. While his portrait is concentrated and Virgo specific his abstract smock is pastels light-full and Pisces pacific.

*3

A flaming feather of the Pluto firebird fell to earth's floor... a sign of God's guarding guiding grace..

for He loves us evermore evermore evermore

*4

33 degree water can be colder than 32 degree ice for it is not barred from entering the skin

When Cancer forgives and has no fear... cancer can disappear

*5

Aries spring each being frees from capricorn's winter freeze

*6

Where scorpio's silent underground springs burst into joy as sagittarian geysers.. there she dwells and everywhere

*7

Neptune opposes red mars.. his angry glow melts near other stars... as daily the sunball

dips his fire... into the sea entire... resurrected mars is more pacific... less target specific

Saiom Shriver

01 Volume 2 Short Poems

Volume II Brief Poems 226

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MIRACLES

*1

God who freed from fruit the seed can pick a pear from a baby tree.
God who sired the hallowed fig does harvest fruit from a barren sprig.
God made blooms pastel and bright fruits and can a kumquat take from a tree of quince.

He Who made Pluto and the Pleiades can pluck a plum where there is no tree.

*2

He thought it was just another water mirage but it was the sea mirror of the rising sun

.. in her reflections creating miracles of his light projections

*3

As angelic muses' inspiration descends and becomes wrapped in words.

*4

Thank God that the tide, breaking beams of light, the cleansing wind, the nursing rain...rush in where angels, it is perhaps falsely said, fear to tread.

*5

Ugly ducklings... Will it always make me cry.. to see their swandom achieve liftoff and soar into the sky

*6

Receives no light from the sun, the other side of the moon...
but she is awash in starlight and glowblessed by rays of Neptune.

*

LOVE

*1

His great laugh carried weak jokes on high. His great laugh lifted heartships with lovetide.

His joy so strong pulled little lamblings along. His sweet words surrounded by his booming voice song

*2

All unrequited love will be requited. All good wishes into life ignited. All the

blind..

newly sighted. All dark places slowly lighted.

*3

Time reveals all love that's hidden. In suddenness...it comes unbidden.

*4

Beyond my projections may I be the reflection of your soul's lovelight perfection

*5

Love waits in the wings. One need not follow the script
to give entrance cues.

*6

Love...confined in rhyme as a seed contains endless groves of lime

*7

John Candy weighed much...one stopped noticing.. his humor
and charisma were incandescent

*8

The liberation of the candle: Orpheus' lovefire
lifts Eurydice from hell...burns her wax entire

*9

Blue herons alight...in high nests...air rescue planes
bring food to needy

*10

Tony Randall was a master of his art... but he was more...
a master of hearts.

*11

The sun, creating day wherever he goes, cannot find the night.
Love seeing only the Lovable finds no fault in His projected light.

*12

We might not love a spiritual hero if we think he doesn't love us. We might love
someone with many
faults if we feel his love for us.

*13

Wherever he is.... is a 1 man quorum. Love is his light. Gold is his aurum.

*

SEA

*1

Sad was the sea of Being that she was not a river of doing and so God gave her
currents. While the woodpecker wooed the woods with his whittling she carved

caves.

*2

Birds have overleapt the sea overleft. But she has not been harmed
Bee has the petals of clover cloven but she has not been harmed

*3

Constantinaples: Beneath the spires of Naples and Constantinople
lies the sea shimmering in sun's iridescent opals.

.. as humans of varying frequencies float crystallized on their own Spirit Seas

*4

The sea honors the confessional seal... giving absolution to reformed fishermen
who no longer club seals

*5

The bubbles, the spray, the breakers which have rent the surface of the Sea...
are not sin

but joy in being. She receives them... reseaves them...back into her serene
quiet deeps.

*6

The sea charges the shore...and withdraws...to charge some more.

*7

Waves of the sea...become waves of peace...Ebbtides recede
leaving seaseeds..but the Sea.. the Sea never secedes

*8

One goes to the sea When afflicted with anger

By her calm shores gulls are no strangers

In quiet pools..the sea's little manglers

.. She rocks us to peace..the cradling Seachanger

*

SUN

*1

The sun left for Chicago last night..without saying goodbye..
as he the sun has always done. We knew he had gone for suddenly
we felt alone. This morning he was here again! He has just now flown in from
Spain! We knew he was home....for suddenly we feel warm

*2

Today the sun is granting plenary indulgences.. to everyone.. shining on all
.. as he does everyday.. the great sun ball.

*3

Your lightning beams have my dreamstage curtains rent... dissolving actors and
scenes have been away sent

*4

In the prided wood, the Lord of Luminescence gives to each fruit a dewy essence
and with light each lemon limns and with love each lime She lines.

*5

The dawn sky looks like a fertilized egg... sending forth tentacles of
red life... soon to crack the shell of night

*6

With the stretching lilac bush
the sun has kept his appointed tryst
In her his blaze glows as stained glass
or anointed amethyst

*7

Daybreak ray ribbons...in the stream broken..rippling...
goldfish bread nibbling

*8

The snowman fell in love with the sun queen but around her changed into a
puddle.

*9

Falling sunbeam took home as he kissed...
tendrils of rising mornmist

*10

From dreams' reverie and night's revelry....
summoned by dawn's reveille

*11

It is only where there are waves that the dawn sun makes a yellow-light fishing
net upon the water... but this is a nonviolent net...which suffocates none... giving
them all the energy to be free.

*12

The moon crescent..... bathed in dawn rhodescent.... melts away in
sun's.....light excrescent

*

ALL GIVING

*1

Before Himself the sun.. Before His Presence Come His Spirit Rays His ribboned
Presents.

Before The Giver Come His Gifts Before the Great Forgiver Come the ForeGifts

*2

The camels gave some of their carafes to the desertcrossing
thirsty giraffes

*3

Sue is all generous. She is sui generis

*4

The tree's branched plumes hold her purple plums while deeper into earth her
rainward roots plumb.

*5

The tide intrushes to nurse the bulrushes. Streams water meadows
where the bull rushes

*

BEAUTY

*1

The invisible vine of heaven... with endless large brightberried stars

*2

Snowbibbing, peachbobbing, twigbobbling, babbling, bubbling, burbling brook
seaward bound

*3

Beauty is not acting.. yet is He all-attracting

*

COURAGE

*1

Some said that Francis from Assisi was a coward..was a sissy
until the day they watched the maneating Wolf of Gubbio kneel at his feet

*2

Dandelion spheres...Each ball made of spores
Each seed without fear floats away from his core
Courageous parachutists each making the jump...
pioneers floating to worlds new..alighting with nary a bump

DIFFERENT DRUMMERS

*1

Rulemakers ordained that the morning light and the river
water... take 1 step at a time down the waterfall. Both ignored the law
as one downspilled and the other downpoured.

*2

Angel winds forever rustle the Crow's Great Spirit feathers

*3

Said the wind to the rose, 'Bee is not a humbug, merely a humming bug.'

EARTH

*1

She chainsawed down a row of septuagenarian pines... I walked up the driveway
as a birds' nest, now empty, rolled toward me.

*2

Filbert pearls from forests unpurloined. Nut trees give all to all
Who can steal the free?

#3

One day soon the crown jewel pears lying on wood's moss velvet
will be ignited by rainrods and sunbeam sceptres.

*4

Tiny acorn germination.. greatoaks the German nation.

*5

Wellwater through root.. upwells through stem flute..
until it swells in the music of fruit.

*6

Where has gone evening's light ochre? into the leaves of the okra
into the blooming orchids

*7

On the shore near kind ones, nests are built by will of wasps
Amongst the lacy willow's wisps one can spy the will o wisps

*8

Great clouds sift...Silent and swift...
their flaky gifts...into fluffy snowdrifts

*9

Eminent Domain:

Do weeds with their fragile jade tendrils
have more eminent domain, , than the gravestones marking places
in which Spirit does not remain

*10

Down drip stalactites...crystallizing stalagmites..the hourglass growing
Angelic visions heaven born on our earth take form

*11

She has taken infinite creek sips...has the mighty Mississip

*12

River collects stream children as she grows as onward to the sea she goes. Many

suns and stars she reflects Forgetting the past forward she flows.

*13

While Scrooge siphons off all the banks are minting
God continues applying and spearminting, sapling and pepperminting

*

EMPTINESS

*1

Tara is the emptiness through which flute music pours. Tara is desireless.. the
zeros which multiply other numbers.

*2

As cranes mind not the rain, detached yogis are beyond both pleasure and pain.

*3

The writer was given a vision of the Grand Canyon.. its very
void attracting a rainbow which at sunrise arched from one end
of its glorious emptiness to the other, a giant polyhued wicket through which the
sunball strolled.

*4

When the matchmaker Cupid becomes attracted is it love or cupidity?

*5

In the sidewalk crack grew a clump of violets. The break had let in rays
ultraviolet.

*

ETERNAL

*1

A jade curtain of willow fronds parts green earth from that of blue pond. A grey
curtain of morning mist separates turquoise waters from blue sky. A more
slender veil is at the portal hiding the paradise of the immortal.

*2

Not for long do garish street lights block the shy stars of night. Fire sirens not for
long
shroud the mornbird's chorus song. The eclipsed moon glows as the clouds pass
on.

And the whispers of God... roar through eternity.

*3

There is lifeless symmetry in the gates to the cemetery and lifeless symmetry in
the

teeth gates to a carnivore's stomach cemetery.

*4

River ice births ice floes. From their rims melted water flows. The ice remains while

Onward water goes. Thus with bodyleaving. Some back to God soar. Others held by cold desires stay on earth.. neath sun fire.

*5

His opinions of the existence...of hellfire were absolute.. until his near death experience... after that he knew there was..... universal absolution

*6

A raindrop quenches...a fruit fly's lifespark... sending her to better life

*7

Sunrise on the horizon A Viking ship ablaze... as a soul reclathes himself in earthly body.

*8

Souls slip from bodyclothes. Actors leave the stage. Snowflakes melt in waterflow. Birds fly out of cage. Chambered nautilus moves to bigger room. Wind blows the dandelion seeds The butterfly leaves his cocoon. Rivers flow into the sea.

*9

Estate sale. Family photo album. Unsold

*

Slowly the setting sun leaves the skies
as when adoration's light leaves a loved one's eyes

*

FIDELITY

*1

Star Candles burn on the Sky Altar. Sooner or later all vestal virgins falter. That is why these candles cannot be snuffed.

*2

There is less iniquity where there's not propinquity.

*3

If tonight the stars called back their rays
and in their own beams themselves they arrayed
and to a private party they strayed... but, no, faithful they will stay

*4

Romeo, sixteen, for loving Juliet.. charged
with a felony.

*

FLOWERS

*1

The sun has new spirea spun Next he crocheted chrysanthemums.

*2

Sleeping Beauty seed of camellia lies slumbering in her ebony bed..
awaiting the kiss of the solar king...to awaken and yawn...
and then unfold her limbs to wear her robes
of pink or orange or white or gold

*3

The shining blaze of Jupiter starred the tips of juniper while neath the wedded
luminaries
out spark the blooms in Aries

*4

The bees come to sup....the liquid sunup....from the brimming buttercup

*5

Ever inviolate are the souls of violets. Even when scotched by mowers violent
ever inviolate are the souls of violets.

*6

Snowflakes drop.... melting to raindrops... seeping into earth they... burst as
blooming snowdrops

*

FOCUS

*1

What did the one legged heron remind his
brothers..? that in the skies of spirit they were meant to fly

*

FORGIVING

*

*1

Sometimes the iceberg goes drip drip drip.. slowly letting go. At other times like Beethoven's 5th there is a drip drip drip crash....a sudden silent cataclysm.. as a whole icesheet falls into the sea

*2

2 former competitors for the same man, not yet aware of their eternal spirit love for each other were yet bound by their love for him

*3

As a trespassing bear's snow pawprints near a beehive's storehouse.. does the sun melt away so does forgiveness the data banks of the past erase without a resenting trace leaving one free to write new love

*4

Ha! Ha! Ha! said the devil 'Long ago to me you sold your soul for gold! ' but only vows are legal which are made with GOD Those made under duress are buried neath sod

*5

To ridicule with a mention a sad man's dimensions.. retards ones own soul's quicker ascension.

*6

Does each member of the vice squad see GOD in the unclad Godiva?

*7

Within the husk are bright seeds containing future gold fields of corn. Just so God grows joy's bright kernels inside the husks of cruel scorn

*8

He writes our sins upon the sand. Engraves our virtues in each stone. Washes our errors from the land and magnifies our good in the Heart Of God.

*9

Vowbreakers: Zeus with Calisto.. Odysseus next with Calypso

*10

Masters look upon death as a banana freed from peel...a snowflake melt to raindrop
a release from apple flesh for eternal seed... a bubble's blissful pop...
Spirit heart from ribcage freed

*11

Commingling with full moon, Big Dipper, and all other stars the light of northern Aurora.

With creation too each glow flows into that of foes...One are each and every aura.

*

FORM AND FORMLESS

*1

Light leaves the form of the flame... It no longer belongs to the candle parent who continues to glow

FREEDOM

*1

Glowing flame within lightbulb... like yellow feathers of imprisoned bird

*2

More than the rosepink window in Notre Dame we love the unfiltered sun...bathing us from many directional beams of light...no media interfering or interpreting

*3

Government whales.. time to release all innocents....including Jonah pot smokers

*4

Stabled horse..Life of slavery Jailed in concentration camp to give children rides

*5

Ripe dandelion gave silent sermons on loosing hold.. and of her seeds letting go

*

GRACE

*1

A traffic policewoman stands at a red light.. waving everyone through.. like visible grace from an invisible guardian angel.. turning all to green

*2

A fire in the church belltower. Since the structure was made of stone and

metal..not a single bell

to earth fell.

*3

Waves smash into the rock, which creates seaspray.

Every drop sparkles with the sun's rainbow rays...as the unconditionally loving
turn blows into blessings for their attackers.

*4

We came upon that silent sacred place...in which holy deer make sleeping space

*5

She took the direction and number and species of birds in skyflight...

as guiding messages from angels written in winglight.

*

HEALING

*

*1

Does a field of sunflowers need to believe in the sun? Will their
heads turn to watch Him? Will they grow toward Him whether or
not they are agnostic sunflowers?

*2

Evicted from their home cloisters...trillions of innocent oysters
giving hepatitis and anaphylactic shock when deprived of their sea moisture

*3

Tears of pain.. in anger's heat... turned to the steam, the fuel of her soul train

*4

A reflecting lake or mirror or all-Present listening ear
has no campaign button, no cross, no symbol for Om, no Buddhist wheel, nor
star and crescent between him or herself and someone in pain

*5

Today I saw a website of colors with 100 gradations of gray
.. more than for any other hue...the webmaster must be blue

*6

Through his telescope he sipped
the Almondmilky Way.

*

HINDU

^

The mantra Gayatri, a ladder to the Lord of Ganapati

*

HOMEFULL

*

*1

His heart was a mansion with infinite free chambers. His heart was a hotel open 24 hours.

MANY SUNS

*

*1

Young souls are hard sour and green fruit. Old souls are soft and sweet and pink

MEDITATION

*

*1

Nyctitropic plants toward the darkness curl as in pain does the soul into inward God unfurl

*

MERCY

*1

The mercy rain follows dry river bed hollows Soon are new shallows.. then deeps which all hallow.

MUSIC AND ART

*1

Should one say 'if you won't vivisect a tree.. don't critique poetry'?

*2

Should a poet spirit be confined to the 5-7-5 police of haiku restraints? Who but God can revoke poetic license?

*3

Western guitars Eastern sitars Melodies from each rise to the stars

*4

Above us seven birds on a bowed branch.. seven notes of a score..... visible melody

*5

As a parent with unconditional love for a Godsent handicapped child so poets often keep alive their imperfectly formed creations.

*6

The storm orchestra's clashing cymbals...transcend weatherman's sunny day symbols

*7

Mercy Rain is quiet today... her drops more silently than iceskaters inscribing circles in the lake. Yesterday she was happily tapdancing on the tin roof.

*8

Some perfect poems are brief yet contain all like a raindrop imaging the morning star

.. an unshelled nut holding 1000 forests.. the eyes of someone in love

*9

Is it crime to pour acid on garden saplings or critique art?

*10

Can the meadowlark
withdraw her song.. does it to
the whole world belong?

*11

She pours white onto her palate..turning some red to pink
some blue to aquamarine...making saffron from orange
and lime from kelly green...as her love as well..
lifts blacks and grays...from auras each day

*12

Some did accuse his muse of being on and off
in inspiring the great Rachmaninoff.
For his music he needed no muse. Always on... was Rachmaninoff.

*13

Paganini's violin did maelstroms ferment in souls' firmament
and others' raintears to fall

Where is the Moses rod sent now by God
to yield water from all stone hearts

*

MATE LOVE

*1

Bumblebees bloombibbing...Beansoup bubbling..Bambinos babbling
Apples bobbing..And his beloved...ever Bobbing

*

NONVIOLENCE

*1

Dawn's pastels are stirring among silent star-rings.. each day's birth ever sun-
starring, ,
.. with His quiet ways startling no sparrow or starling

*2

Water does not impose its will upon the banks or the walls of well
unless it in flood swells...unless it in outrage upwells.

*3

The mother cow appealed to human judges that her baby had been murdered...
but
they were biased, having themselves devoured the evidence.

*4

Eternal chain of kindness: From a stranger the hunter peasant received a
heartfelt
surprise gift most pleasant and so to the trapped and frightened pheasant
he granted life as a present

*5

Hidden mad cow incidence... their bones murdered into.. gelatin of
marshmallows. Some restaurant french fries cooked in lard. From murdered
sheep it is called tallow. Cast off shells of assassinated clams... gather in the
cemetery shallows. Trillions of pigs have been
electroshocked or pitchforked as they fought against the gallows. How many
humans follow the God Who all His creation hallows.

*6

November: that avicidal time of year.. a time of utter depravity
when some will gut the murdered bird and stuff the resulting cavity

*7

Voiceless powerless clams cannot for protection from fishermen clamor

*8

Captive camels carry their humans.. but not to an oasis Camelot

They arrive at an auction.. a camel lot

After years of service to be sold or eaten... that is the camel's lot.

*9

Descartes has gone down in history as a great philosopher who said

'I think.. therefore I am'. In that life he nailed dogs' paws to the table so that they could not escape his knife in his 'research' lab.

Descartes.. may have thought but had no heart.

*10

The war of the roses is over. The daisies grow by the clover.

In all the land.. marsh, field, woods and sand..Angelswords of Passover

fly oer Cliffs of Dover while the red roses in peace grow by white.

*11

I was pulled by the light of the stars into a kinder way of eating. It took the combined

efforts of pluto, uranus, jupiter and venus to drag this recalcitrant one into not devouring

animal flesh.

*12

Is calling a commercial or animal research facility housing kidnapped confined dolphins

a dolphinarium like naming the solitary confinement cell in a maximum security prison

a humanarium?

*13

Chicago cattle futures.. oxymoron? Do we give them a future?

*14

After being murdered and subdivided their lots were divided...bull horns were sent to the East

pig hooves to the dog food plant, cat entrails to makers of violins, horse hair to chairmakers

sheep flesh to the canneries, cows' skins to the tanneries

*15

Each enslaved farm animal being fattened up for the kill is a Hansel or Gretel

*16

Salmon is a pretty color but saffron says it better. Salmon a choked fishie's shroud..while saffron is a pastel cloud.

*17

In Mark 16: 15, Jesus did not say...to preach to every nation.

Jesus said.. to preach to all creation.

*18

St Sebastian deer pierced by arrows. St Lawrence lobster boiled alive.

St Paul cow.. decapitated. St Peter cat, impaled on a laboratory cross.

*19

What of the spies who see a field of
their dead foes... as the rubble of rebel rabble

*20

Angler fixating...on fish-asphyxiating...fell into water

*21

Chandler's candle containing lard..yet the spirit flame

...despite darker smoke transcends sweet pig's pain.

Made of cow intestines the violin strings... even so with sweetness ring. The

spider-devouring nightingale's song... yet her throat

delights the throng

*22

There are more prunes where there is no pruning.

*23

Trillions dead: Animals killed for dinner tables. Animals trapped for brutal sable.

Animal flesh ads on hawkish cable. Sellout 'scientists' put out fish oil fables.

Caged animals hidden neath college gables. Pig lard obscured in canned good
labels.

*24

Cain was not the first killer. That was Abel. Human chauvinists might think that
animals don't count.

*25

There are machines which cut calves into bloody halves and in which their livers
are sliced into slivers. No cadaver flesh is ever fresh.

*26

The guns of October summon hunters to the woods' cruel hell.

Some by other hunters will be shot out of their body shells

*

ONE PLUS ONE IS ONE

*1

Long before their minds did merge their 2 hearts melded, beating faithfully as
one drum

*2

Matthew 7: 7

Whatever your petition God brings to fruition.. You will ever be reconciled,
reunited, .. reborn, requited

*3

Because each loves the other unconditionally, the ball is always in each's
court, the first
move always an imperative for both.

*4

The bee zigzags ambling 'mong roses rambling.. here and there..everywhere
.. but when his sacks are laden straight his faithful way home to his queen

*5

Each night stars were screwed into their blissful sockets. Each night comets
flew....most ecstatic
rockets. While hung on night's throat the moon...a shimmering shining locket
Desiring only to slip into the sun's cozy heart pocket.

*6

Thinking on Him becomes my watery gate to sleep through which I leave body
waves

for His soul's ocean deeps

*7

of you a sudden sight...as if a flock of birds.. were to lift a kite
and soar it to realms of delight

*8

So random and stupid seem the arrows of Cupid but the Lords of Karma
remember past dharma

*9

Eternal valentine I am thine. Long ago your heart mine did entwine.

*

PATIENCE

*1

The rose of the heart...unfolds her petals slowly...one two or three in each life

*2

It was his newheld creed... not to crush saplings.... as he scattered treeseeds

*

PEACE

*1

How does the lily grow? In sweet tranquility...most tranquilly

*2

Whenever he puts his hand on his Heart, he touches Peace Itself

*3

Drone polycidal bombers launched by navy captains

Giving emotional support for the crimes: silent military chaplains

*4

'High' court judges become as calcified as their marble courtrooms.

*5

Some worry about split infinitives

while atoms in deserts are split to infinity

and bombs split bones away from infants.

*6

Peace comes from acting ripplelessly

*

POLITICS

*1

Robins weave nests under the eaves. The woodpecker sculpts

a nave. The eagle takes crags none others desire The winter bear lives in a Is the
gopher before resting in loafers.

The raccoon in tree branches rests. Storks in kind people's chimneys dwell but
the cuckoo steals others' nests.

*2

It used to be that a prolife governor or Supreme Court nominee could support
sending the boys off to war..and chaining prisoners to the electric chair and
enabling hunters' murder of moose and b'ars and still count on the votes of the
prolife stars.....May it be no longer.

*3

With each other the stars do not fight, do not war.

Nor is there any fear amongst orbiting spheres.

Neither do they care which have the brightest glow
nor which the shortest path round sun to go

POSITIVE THOUGHT

*1

Every thought or word or verse is either a benediction or a curse.

*2

We have the power to discourage art, hurt a heart, quench a candle,
smash a hope, uproot a sapling...unplug joy..
derail a child...with 1 or 7..unkind words.

*3

Trains of Destiny cannot be derailed

*4

Those who wish upon a star...the Star of The Third Eye find all their dreams
come true

*5

As streams leaping beyond mountain waterfalls
are summoned through meadows to the ocean's call
all graduate into God

*6

A half sun on dawn's sea's horizon.. yet we know the other half will soon be
rising
In the same way do we know even greater power will soon be Elizaing

PROJECTION

*1

Is it the mirror's rejection of our light projections which causes the mirroring, the
reflection?

*2

The sun is not at all wet though into the sea he dips.
The moon arises out of the bay and yet she doesn't drip.

PURITY

*1

The moon's whitewash by sea did bleach the gold sands of the beach
and did on highland blanch the crimson petaled branch

RESURRECTION

*1

Scars have turned to stars, the cross to crown, the rejected rock to temple
cornerstone.
The metal resoldered is stronger than its original. Wings have emerged from

cocoon.

The most sacred place.. where foes have reconciled.

*2

The crown exists before the queen.* The green tiara which clasps the tomatoes precedes them in form as our queenship and kingship in union with God is ordained from the beginning of time.

*3

The April fern as yet unfurled...coiled and curled
ready forth to spring with the woundup power of resurrected spring

*4

Where do shattered dreams go? Their bright shards are gathered by angel
guards to become shining arcs in resurrected rainbows

*5

Around Golgotha's empty gallows a surrounding light which all hallows

*

SIMPLICITY

*

God, the weaving Master, has made manifest purple asters... a teaching to
brocaded pastors.

*

TEACHER

*1

The lighthouse which guards from rocks The star which guides by night
The compass needle pointing north The foghorn calling through the mist
The Shepherd's gentle calling voice The ship arriving upon the horizon
The Healer's touch of grace The pathfinder through trees' maze
.. sent by the infinite love of God in which we are always immersed

*

Nate knew now it was not for naught
that Nat him taught about nautical knots

*

TRUTH

*1

War profiteer cartels are called The United States by warwhore news teams.
Everywhere including peace loving Schenectady the American people dislike such
synecdoches.

*2

The ice storm has made crystal balls around each berry... but unproven is the
precognition
of the translucent spheres

*3

He uncloseted his skeletons. They'd been ripping his clothes.

*4

Lest his editor's red pen become a red sword.... he limited his critiques to a very
few.

*5

Auras can't lie

*

INTERFAITH

*1

While bees are bibbing from buttercup blooms, stones in the babbling brook help
Baba blow bubbles for babies.

*2

He needn't reach the stars.. stars' light reaches him.. He needn't climb to God.
Inside him.. Elohim.

*3

Oxymorons: a. Fresh meat, fresh fish b. hawkish follower of Baba c. professor of
bioethics
at an animal research university

*4

Because he was an anarchist, the ignorant thought him an antichrist.

*5

Some thought it sacrilege when Joan gave communion to dogs. Yet was it not the
sacred
entering the sacred. Are All Creatures of the Creator One with their Maker?

*6

A greater miracle than His turning seeds into grapestudded vines..greater than
His

turning water into wine.. is what He does hastened or in time
in each heart chalice turning hatred into love divine

*7

The Buddhists who dwelt near the Palace named Duk Soo...
ate no skewered dog flesh.... and no duck soup.

*8

Mother Earth has her will mustered to grow more seeds of golden
mustard.

*9

My teacher was surrounded by a circle of His followers. He suddenly teleported
for them from the Tower of London the crown jewels of the Queen, jewels stolen
from India during the 150 years of British occupation. He passed them around
the circle and then... rather than reclaiming them for their rightful land, He
teleported them back to the Tower of London.

*10

All the mockers, nailers, whippers, crucifiers making hard crosses
from His bending firs.. everyone in time turns crucifer

*11

Born to certain credos with the rocking of the cradle Some from the time of the
crib

will be wed to Quran Others to the Bhagavad Gita, Pali sutras of Buddha, the
Torah, the Bible

*12

Is God Love? Are we God's creations? Are we each made of Love by
the God of Love?

*13

How do we know that Jesus threw the butchers out of the temple
as He overturned the tables?

Once they put down the coins they'd received, the moneychangers
picked up the knives... to kill the most innocent... the lambs and the doves.

'My house is a house of prayer. You have made it a den of thieves '.....
and butchers.

*14

Woods of pine pinnacles...grounded by root tentacles.. sparrows do minuets...in
spruce minarets

*

VICTORY

*1

If the leading bird is too far ahead of the flock....he breaks the wedging V of victory

*

WILL

*1

The dousing wand..The lightning rod...Conductor's baton..Will's aligned spine
They find the water...invoke the lightning... attract the music and summon
angels' aid.

*2

Waves break the lightway across the waters into pieces
but he maintained his way and found again the path to peace

*3

The queen of diamonds, the hearts' deuce...can no longer him seduce

*4

We need not climb endless intervening mountains The river will lead us home to
the sea. We need not show monumental will. God's path is of surrender love and
humility.

*

WIND

*1

Faster than 1000 brooms the Wind has swept. As He passed trees their petals
wept.

The wind has swayed the bonnets of the blooms faster than a million hatteries

*2

It is the nature of Spirit Wind when talking with wind chimes
..that He doesn't strike on the hour..at the exact time

-saiom shriver-

Dedicatees:

Left for Chicago is to Mr and Mrs Paul Obis, Clare Barrett

Crown jewel pears is to J Freundsuh

24 hour hotel to Mitch Snyder of the Community For Creative Nonviolence

Lord of Luminescence is to Emma Pride Wood, for 14 years a prisoner of St Elizabeth's Hospital

Matthew 7: 7 is to Mimi

Startling No Starling is to C and S Harman

Heart pocket is to Nancy and Ed L

Lighthouse Compass is to B Taipale.. a teacher of divine love

Cuckoo is a reference to the presidencies of Al Gore and John Kerry which were stolen by 5 unelected men on the 'Supreme' Court and by Republican owned 'voting machine' companies.

Courageous Parachutists is to Richard Wilbur whose Two Voices In A Meadow awakened my love of poetry

Sleeping Beauty Camellia is to Helen Hill

Sui Generis is to Sue V

War of Roses is over is to Helen Schaffer who pointed out to her visiting Texas son the roses of both hues

Crow Feathers is to Russell Crowe... may he abandon cattle raising.

World Class Artist (turning intense colors into pastels) is to

Woolgather, UK poet and artist

Hand on His Heart is to Peter Yehl

Mighty Mississip is to master poet ArcticBreeze

Footnotes:

Re 'the crown exists before the queen'... it is time for the British government to return

the crown jewels stolen from India

Forgive the male adjectives for God.. who is beyond gender.

Our brains are hardwired to be critical. What is loving, pure, joyful flows through. It

is what is not which sticks onto our neurons like barnacles on a ship. Yogananda said

of Gnana Mata that 'she never said an unkind word, nor even thought an unkindness'.

Now when I find myself making a critical mental list, I catch myself and begin to repeat my favorite name for God, visualizing grace being given to the subject of my

critique litany. I have a friend who decided to pray for someone who was giving her

constant opposition. That night in a dream the foe came to her with the gift of a solution

to a mathematical problem she was encountering.

Wish Upon A Star: Footnote: (Matthew 6: 22

if therefore thine eye be single, thy whole body shall be full of light.)
Dawn Sky looks like fertilized egg... I stopped eating them when I cracked one
onto
the hot metal and saw a skillet full of blood, a beak, and claws.

Miracles 6 Love 13 Sea 8 Sun 12 All Giving 5 Beauty 3 Courage 2 Different
Drummers 3 Earth 12 Emptiness 5 Eternal 11 Fidelity 4 Flowers 6 Focus 1
Forgive 11 Form and Formless 1 Freedom 5 Grace 5 Healing 6 Hindu 1 Homefull
1 Many Suns 1 Mate Love 1 Meditation 1 Mercy 1 Music 13 Nonviolence 26 One
Plus One is One 9 Patience 2 Peace 6 Politics 3 Positive Thought 6 Projection 2
Purity 1 Resurrection 5 Simplicity 1 Teacher 2 Truth 5 Interfaith 14 Victory 1 Will
4 Wind 2 224
212 4837 29474

Saiom Shriver

02 Brief Fragments Of Longer Sea Poems

1*

Rocking cradle of the world.. sunset stairway to the stars..
only by greatmasters trod... only written on by God.

2*

Out of the sea the sun aborning with his awesome light of morning
Not adorned but all adorning says to you 'Come! My Mavoorning! '

3*

Rain at sea... redundancy?

4*

It's snowing at sea... quiet falling in flakes...melting
designs.... slip form for All

5*

Wavecarved caves in the seagirt rock.. have sculpted it into a seagulled
rookery..

6*

Every morn...the sea reborn...is smoke and mirrors..... fog and reflection.

7*

We gave him a pitcher. He gave us the sea

8*

The rock temple to Poseidon will in some millenium show crumbling, but the
wavy
sea will remain... as ever the ocean main.

9*

The tide sent into the cleft of rock Neptune's polyfingered hand of welcome.

10*

Without equal, each wave sequel. Land is for eagles. The sea
is for seagulls

11*

The ebbtide slowly recedes, but in that sweet leg of the sea
tidepools, seaweed, shells sunsparks and driftwood.... are his legacy

12*

The rain in Maine remains mainly by the main.

13*

That sand not soon turn the beachfence into driftwood
the artist designed a metal seat.

14*

From the shore.. one looks upward to the sanddune grass..10,000 green brush
blades

trying to paint the blue sky jade* No matter how high it climbs the mountain ash

finds

he cannot stamp his footprint
frondprints of green hue upon the sky of
spiritblue

15*

Faster than any stylus squiggling.. can write the sun
in the water wiggling... but when the sea is perfectly still..
it appears it was water which held the quill

16*

Receives all arrows the universal quiver
as the sea receives all lonely rivers

17*

Daily the sea laves with tidal milk waves
nursing in love her hungrymouthed caves

18*

Today in their palate of many hues
the sky and sea have 90 shades of blue

19*

Little petstore goldfishes.. suffocating in the tiny plastic bag.. God set you
free..into fresh water rivers which lead to the sea.

*20

Gentler than land's are the seasons of the seas.

*21

The rainbow's end touchdowns in the waving sea. Though she pours her pastels
endlessly, deep blue remains the sea

*22

Surfers delight in the motion of the angry waves of the ocean
as neptune, king of the sea, delights in their mars.

*23

Shadows of fishes play in the shallows above varying
shades of abandoned shells.

24*

Within a wavelaved rock fissure, God hid the fish from the kingfisher.

25*

The rowboat's wake intersected the path
of the morning sun upon the water... effort was squared to light

26*

The sea mirror was framed by lobster traps..until she rose and smashed them

27*

A clamshell holds the seaswell.. Reflected in captured tide.. does Jupiter's
light dwell

28*

Waterfall mist asked the sea 'when shall I return to Thee? '

29*

Windsent seascent everywhere went

30*

As artists long for blank canvases, as sealovers yearn for the blue space of the skysea,
the Spirit longs to be uncluttered.

31*

So many shades of blue from royal navy to aqua hue.. without
the horizon ship one could not tell sky from sea.

32*

Seacradle is fishes rocking among the rocks but she is slapping at fishermen's
docks

For the sun wearing daily a fresh foam frock helping God on all hearts to knock

33*

The full moon lifts seawaves in joy, but only the sun can lift water drops out
of the sea.

34*

Blackberried tarts on white lace doilies are the seafoam framed ocean's dark
rocks

35*

Ships in bottles cannot sail, but messages unsealed from
bottles do, and their words are meant most for those who find the script.

36*

More than the stable shore God hallows the waving sea's shellshod shallows.

*37

In the kinder world there surely no longer shall be
shellfish shiv'd to shed their sheltering shells from the sea

38*

Waves will rise in joy, they know soon toward the full moon of the longed for
monsoon

39*

Message in sea's bottles. Tidings in the tides. Time's
rivers to the timeless sea glide. Every being will with God abide.

40*

Cavecarver tide.. a patient sculptor who abides

41*

He is like the sea: on the surface bubbling with wave effervescence
... in the depths one with divine Everpresence

42*

The sun's fireball has scattered embers in the sea, unquenched
by her waters. for love can never be extinguished.

43*

The drops the rain scatters the river then gathers.. for the sea who in turn offers them in her great chalice to the Sun Father

44*

One smells seasalt before the first seasight...

of His Eoyal Lowness, Neptune bluerobed. He fills hearts with delight

45*

She picked up only vacant seashells at the shores of the Seychelles.

For chambered nautili hollow were minnow castles in the shallows

46*

It is the trickling time for the tiptoeing tide to float in gifts which abide beneath the twinkling stars' ides.

*47

The tide is afoot! in the 10 million fingers of the sea

*48

As seawaves slapped his sloop he slipped down a sweet slope into sleep

*49

A red light where the road ends at the aquamarine sea.

*50

Aboard the oceanliner they see.. moonlight whitewashing the sea

*51

Those who live by or on the sea can most frequently be healed by her empty canvas, rhythms, and frequency

*52

Flags of fog flap not but float above the kingdom of Neptune

*53

The sun scattered a trillion diamonds on the sea...his angels will gather them into a necklace for thee

*54

Her listening heals.. because she listens with total presence, without judgment, without interruption, with unconditional love

*55

The sirens in his odyssey kept not Odysseus from the sea

*56

The beachcombing sea gives more than she takes as she secedes

*57

The sea: a blue jewel framed by shells.. whose azure and aqua skies are not caught by aquarelles. Her sight and sound and smell

.... lift us out of hell. In her space our spirits upwell.

*58

As she hears the confessions of all rivers those on the shore hear the sea.. accepting all she calls no thing heresy.

*59

So many sires he had in Donegal.. so many foremothers in Galway..he was made of

Donegalway

...in every cell of his being the sea calls to itself

*60

That day the grey gulls over the grey gulf were invisible in the grey cover of the gloaming

*61

As rocks girding a tidal pool... As metal setting for sapphire jewel... As rigid bones around liquid soul eyes.. the body frame for the Spirit Nigh

*62

The mountain palm gave birth. Her coconut babes rolled downhill to the ocean.. Now they are islands in that sea.. with hard shells bathed inside by coconut milk and outside by piscine seas

*63

In an all-grey sky through a cloud goblet a sunbeam straw sucked up the sea

*64

The tide casts her slender silver fishnet veil, not to harm the fish, but to float them home to her sea.

*65

I want to be with my love by the sea near his seaweed strewn legacy hearing the gullsong..smelling salt air..feeling the sand arranged by the tide..... my heart slowing down to rhythms of seaslide.. seeing ascent of the Sun.. oer neptune..

watching the rise oer the bay of the moon..ambling to a cafe fireplace to sip berry tea

with book pen and community

*66

Sad was the sea of Being that she was not a river of doing and so God gave her currents. While the woodpecker wooed the woods with his whittling she carved caves.

*67

Birds have oerleapt the sea oarcleft. But she has not been harmed

Bee has the petals of clover cloven but she has not been harmed

*68

Constantinaples: Beneath the spires of Naples and Constantinople lies the sea shimmering in sun's iridescent opals.

.. as humans of varying frequencies float crystallized on their own Spirit Seas

*69

The sea honors the confessional seal... giving absolution to reformed fishermen who no longer club seals

*70

The bubbles, the spray, the breakers which have rent the surface of the Sea...are not sin but joy in being. She receives them... reseaves them...back into her serene quiet deeps.

*71

Some say the sea is sibilant..others that she is engaged in om-ing ... that she roars and crashes, , , or kisses the sand..or slaps the pier or murmurs beneath the moonlight... infinite are her melodies

*72

Korea, India, Florida, Italy, Indonesia, Hawaii, Denmark, Sicily... diamonds ever polished by the sea.. ever cooled by her breeze

Dedicatees

Effervescence is to David P B

We Gave Him A Pitcher is to C Lassell

Rocking Cradle of the World is to Don and Pat Wilson

Faster than Any Stylus Squiggling is to Mark Braunstein

Receives All Arrows is to E Hubiak

Blackberried Tarts is to Betsy Frost

Poseidon Temple is to EL and NL

Mavoorning is to E Lynch

It Snows At Sea.. is to David Shriver and Julie Denholm

re the death of their mother Sylvia Dobkin Shriver

The rain in Maine is to William Cohen

Rookery is to Walt Rave

Sounds of the Sea is to that gentle force of nature Jan P B

these poems were written between 1956 and now

Saiom Shriver

02 Flowers Trees And Plants

Four Flowers...: The Sun arose in Morning Glory, with His Goldenrod wanding
Violet to Rose

*

The bees' favorite couplet.. sunup brimming buttercuplet

*

When God greengrows it's rarely in rows... awry the rye rises...unruly the rose

*

How awesome How sublime That out of muck and mud and slime....God
makes lemons God makes limes.

*

The sun arrays the dawn in rose as He arises and rouses the rose

*

April is aproned with apricot blooms.

*

They called the wind lackadaisical
but because she in freedom blows
the world will never.....lack for daisies

*

Dawndrawn, dandelions summoned by the sun... spread gold parasols

*

Little Tree, Little Tree, I wonder where you are
to thank you for the sweet pink fruit you did weave
from distant star.

*

Each night the tree of nut out of naught knits neat nuts

*

The bee Hector needs no lector to read him the sector
where blooms of great nectar pour fragrance in vectors

*

Weeding, whispered the Great Spirit...is plant racism

*

Ivy and violets vy not with the violent.

*

Why is the rose encircled by thorns? That she not be plucked

*

In the predawn violet... as they wake the violets... of the unsung..
birds sing...

*

Bursting blooms of bluebonnet to the sun sing silent sonnets

A beetlebored bamboo flute.. Yonder wind plays upon it

*

Hawaiian breadfruit... shed your Joseph's coat of many colors..
your 1000 panes of stained glass mosaic.. and become 10,000 breadfruit
trees

*

From the shore.. one looks upward
to the sanddune grass..10,000 green brush blades
trying to paint the blue sky jade*

*

Enpine the cone! Enoak acorn! Enpear the seed that inner
sun be freed!

*

Held the dew the buttercup better than the butternut

*

For every tree and wildflower He has willed the power
as He flows through all an effortless willpower

*

Delilah's lilac'd fields Lilliputian the Lord of Love has many lilies
put in

He is one with every Obama, Blair, every Chavez, Castro and Putin.

*

As birds helped Cinderella to dress for the dance,
the peony made her debut because of kind ants

*

The peony sphere has no perfume.. until she opens the petals
of her heart

*

He no longer daisy petals shreds to ask if her love for him has been
shed

*

Into the daisy the sun has spun his gold
and his rays has rolled into the marigold

*

May and Mother Earth has
gone under cover
hiding herself neath fields
of daisy and clover

Impatience always show patience as they weave new blooms from

the sun and cloud looms

*

The meadows are asterisked by asters. Though they seem randomly sprayed, not a single one has gone astray.

*

Clover lamps with their curved necks hang over the cobbles of a London sidewalk shedding purple light in their tiny world

God needs no
chain or buckle
to link
the roots
of honeysuckle.
Her herald fragrance
runs ahead
as her seamless
threads
delve in new
beds.

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31

(God indwells all beings, every green, libertarian, socialist, communist, labour and conservative. democrat, and republican

4 Flowers is to Rosita and Charlie Davis

Awry the rye rises is to Rosalie Cohen Quine and to Sharan Freunds Schuh

Little Tree Little Tree is to Tattva of Moundsville

Tree of Nut is to Nat Altman, Nate Slocum, Natalie Ryder, Knute Larson

Empine the Cone is to Wm Barr

Hawaiian Breadfruit is to all those working to end the USDA exclusion of Hawaiian and other country fruits and plants from the US mainland

Saiom Shriver

02 Forgiveness 108 Longer Poems

CRADLE ROCKED

When the pond was smashed
by his clenched fist..
it became a cradle rocking
for little fish.

Anger is the ore for lovegold.

MAGNIFICAT

Is the painting less beautiful
because it's a forgery of Van Gogh's?
Is sunset lakemirrored less awesome
because not originally lake glows
Does the moon deny in the night
that unstolen is her light?

THE RIVER TARRIES NOT

The river tarries not
over the stones of karma.
To seaward joyfully running
is her destiny's dharma

TECUMSEH MUSEUM ON A HIGH HILL

A Tecumseh museum.. on a high
hill.. full of axes, scalps
and knives..
Someone enters and
walks around opening all
the shutters..
light pours in
One is then
aware.. only of the
supernal radiance.

And from the high hill

distance one sees puffs
from many chimneys.. all
smoking the pipes of peace.

(Native Americans had much
more to forgive than colonists,
in writers's humble opinion)

CONNECT THE DOTS

When I asked my father not to fish
I did not connect to the meat on my plate.
When I saw the film Mondo Kane I did not connect
When I saw the cow on the high school blackboard
marked with dotted lines I did not connect those dots
When I saw the picture magazine with a hyena's face frozen
in terror right before he was killed by a lion I did not connect
When I met a vegetarian I resisted
The different chambers of my brain did not speak to each other.
I now forgive myself.. for having been unripe fruit..
hard and green...unconscious... unawakened to suffering.

ICICLE POINT

The frozen daggers of
unforgiveness..
icicles..
shine in the light
but it is the orb
of forgiveness
.. the miracle
point at the drip
of the icicle tip
which reflects the sun

INVISIBLE GARLAND

Each of us wears an invisible
garland of skulls.. for all
the souls we have in this
or other lives killed, injured,
neglected, for all those beings

whose hearts we have hurt.

God's mercy sometimes
instantly, sometimes through
centuries, turns all the skulls
to jewels.

CROATIAN CREATION

Crocuses are blowing
with the news..
cows are crowing it
and frogs are croaking it..

A most sacred place
in all Creation
is the forgiving ground
of Bosnian Serb & Croatian

SEACHANGE IN HEART WATERS

There are signs of the tide's inrush
as the gulls come closer..
as the sound of waves lapping brings
peace
.. and in the waters of the heart
is a subtle seachange

VIOLET ME

As the sun poured into
her niches and naves
and
her coves and her caves
Mother Earth cried
'You violate me! '

But weeks went by
and she spied
April's apricot apron
and apple blooms
and then she exclaimed

'You violet me! '

(to a quiet saint, Nita Nickol)

NIAGARA FALLS

Two rock divided branches of the
same river of God
approach a cliff.
They are not waterfall foes.
They do not each other oppose.

As each roars over the cliffside,
unhurt they emerge as one,
some drops rising as mist
to bless riparian trees.
Made of the Mist
are new leaves.

(to the people of the United States and Canada)

TWO NEGATIVES A POSITIVE MADE

As two negatives when multiplied
a positive do make
.. former foes who seek
each others' good
cause miracles forth to break

BEING KIND

Those who refuse to harm
the hearts of others
with humor involving
ridicule or cruelty
or searing revenge
.. are able to call
on the aid of the guardian
angels and parents
who do not forgive
as quickly as their
human charges.

SILVER SCREEN PROJECTION

She never feels rejection
by others' projection..
as they describe their
own faces..
found in her soulmirror's
reflection...
when they cast
their negative movies
upon her luminous silver
screen. Its very purity
invites the process..
as a blank page invites
pen scrawl.
as a sea receives
rivers. Slowly
others learn it is their
own movies on her screen..
their own faces in her mirror.

(to MSC)

BALL TO BALLOON

The ball got lighter and lighter
as she shed more and more
of her past insides....
until she became an invulnerable
balloon.. and soared away
wherever she wished
.. alighting again
whenever she wished

GREAT UNCLE

He was able to forgive
the hunter who shot
his great uncle
in the woods
when angels gave him

a dream.. showing that
the hunter had
let his uncle out
of earth jail...
and ushered him
into the world
of ecstasy.

ALTARS OMNIPRESENT

In doubt or
hesitation
do not falter
at Abba's
omnipresent altars
where
God forgives
all us knaves,
all defaulters

IF YOU

If you do now
your heart unlock
I promise in the future
I will knock

ICICLES

Our enemies..
they were huge
dagger icicles
hanging up high
.. ready at the
slightest sound
to crack down

Time passed..
they dripped
and grieved
at their own
passing

More time passed
.. they glow
in the morning sun
.. crystal..
exclamation points
of joy
with drops at the
bottom

Now all the ice
is gone
.. water no longer
caged by frozen
form

STAR SHAPED SCARS

As she began to focus
on the grace rather
than the pain

Each little scar
turned to miracle star

BOUGH

God looks upon
a broken vow
as on a river not
clinging to
bough

BRIGHT GOLD FIELDS

Within the husk
are bright seeds
containing future
gold fields of corn

Just so God grows
joy's bright kernels

inside the husks
of cruel scorn

DIVINE PAINT

The blue paint
of the third eye
cannot be chipped
away..

The blue eraser
of the 3rd eye
cannot be overlaid
It cancels all
mistakes of the past
.. all dark portraits

HEATHER

The falling snow erases
the criminal's footprint traces
The seas do not record
the weedcleaving swords
of the unknowing oared....
nor does the heather neath
highland mist
seek to remember the
heavy tread
which for wee moments
crushed
her violet head

(to H Schofield)

FORGIVING FOREGIVING

To forgive
is to release
to let go
to fore-give
to give first.

FLOW INTO FOE

When you can flow
into your foe
and witness his
most bright soulglow
love replaces
the wavering
of to and fro

SCARLET LEAVES ORANGE BERRIES

We passed a scarlet leafed
orange berried bush
..crimson leaves anger hued
support the monk- detachment
saffron- colored berries

HE IS CHANGING

You cannot see how he is changing
He is a growing baby eagle
with an unmoving shell
and within him does unseen
the force of Godlove swell.
He is water melting within
the towering iceberg spires
He is coldform becoming formless
through the touch of GodSunFire.
He is the April
leaf ready to unfold
.. which will calyx the fruit
as it turns to gold

CANCELLED STAMPS

God can forgive even
a general's or president's
millions of caused deaths
more quickly than Winston
Churchill's
image on a stamp
can be cancelled... once

a heart decides never
again to cause suffering.

TO UNDERSTAND ALL IS TO FORGIVE ALL

He who rescues an ox
from a ditch might
be muddy for a time
as the lake in which
the lion washed his blood
is for a while
crimson with his anger.

VIETNAM

The soul humbling forgiveness
of the Vietnamese
brings our hearts
to our bending knees

OARCLEFT

Birds have oerleapt
the sea oarcleft.
But she has
not been harmed

Bee has petals
of clover cloven
but she has
not been harmed

THE STONED WOMAN

The stones at her thrown
have become the cornerstones
of her Divine Love throne.

CHERISH THE CHERRYSTONES

Cherish the

hard cherrystones
.. inside each is
scarlet lettered code
They are
.. the crimson chariots
of future
cherries
transformed into rubies
by the
sun's cheer..
for every Chinawoman
and Cherokee
.. every child
young or old
For them.. every year
is a jubilee

(to Patty and Charles D)
(writer was ignorant of
cherrystones as a word
for suffocated clams)

RAM DASS

The Asian Indian Ram Dass
says that good and evil
are a projection of my mind.
Therefore it is myself
I must forgive.

KIND SURGEONS

there are kind surgeons
who stitch up sturgeons
and release them to the open seas
when the high tides are surgin

THE SUN AND THE MUDCLOD

The sun did shine in 360
degrees.. blessing all with her
rays.. one particular clod of

mud.. refused her love.. did
not answer the door to her radiant
silent knock.. did not.. the
gate of his clodheart unlock..
so she held back one of her
infinite rays.. but after a while
realized that it was silly
to waste energy..
and so let her rays shine
in all directions as before. Letting go
caused more energy to flow:
And the mudclud, the hundredth lamb..
did eventually his heart unlock.

PEACE TEMPLE LIGHTNING

Carved in stone in the Peace Temple
was 'those who live by the sword
shall perish by the sword'
but the caretaker of that temple
had so learned his lessons that
.. a God-dispatched lightning
bolt.. erased those words
and wrote in their place
'Perfect Love Casts Out Fear

FISHNET FORGIVEN

The fishing net has
straightened out
.. and become a dreamcatcher

(to J Lehman and his work)

ARIZONA RAIN

The feathers of the Phoenix
bird are not always
flakes of fire..
sometimes they are mercy's
falling waterdrops

NINTH STEP

She was very upset to find that the
woman to whom she wanted to make amends
had died.. Later she found
that by miracle.. a friend
had made amends for her.

BEYOND CRIMSON SCARS

Above earth's crimson scars
shine the diamond stars
Beyond earth's greyest clouds
shines the great sunstar
Beneath his angry mouth
beats his peaceful heart
A paradox is it
.. that his angry words
are written with the ink
of love

HATE METASTASIZES

Revenge destroys
the brain with fire
It is terror and cancer
cells' multiplier
.. the great
metastasizer...
We choose to focus
on the rose rather than
on the thorny briars

FORWARD BUTTERFLY

The butterfly does
not look back
to the cocoon
of caterpillar.
She does not
want to be
a Lot's wife...

bitter salt pillar

WILL I EVER BE

Will I ever be
like the peony
which responds to storms
heavensent
by gifting all with
her sweet scent? ..

LAVA TURNS TO JEWELS

She the sea
.. receives red hot
lava
and transmutes it
into green glass jewels.

She the listening compassionate
ear turns anger into love.

(to Lois Lichty who spoke only
of the good in others)

PRAYER

Thank You
for Your descent
Holy Spirit.. Dove
with Your transforming
Touch of Love
in the heart of each
killing general and
judge
prosecutor and gov
and of each of us
and our loves

PLANTS FORGIVE

Some day

the acacia leaves
will forgive giraffes
and in the presence
of koala bears
bamboo shoots will laugh
.. the cows will
be welcomed by
each blade of grass

SNOWMEN

'Snowmen dropp unassembled from the sky' *
some created by sculpting child's play
.. their life models men frozen into cruelty by
pain

*(said the anonymous email..)

DEWdropp METAMORPHOSIS

The hanging ice daggers
slowly drip drip drip
and one by one they
do drop
until finally the last
one.. melts and plops..
some day.. it will
be dewdrops

BLUEPRINTS AND WIND

Of our past transgressions..
The Divine Wind away blew prints
and the Sun made reality
of wish blue prints

TO UNDERSTAND AN AGENT IS TO FORGIVE HER OR HIM

Some agents were threatened physically
or their loved ones threatened.
Some were released early from

jail in exchange for services.
Others had hearts' desires for
money, addictions, a person
etc dangled in front of them

NONDUALISTS FORGIVING GOD

Nondualists who think that
God is the only Doer..
believe that God is the only one
they need forgive.

SHADOWS SCURRY

Entities who the dark
path represent
do forgiven images
re-present.
They scurry away
when
the Name of God
is present.

GOD IS GUILTY

If God is the only Doer
then..even a killer is an actor
saying his preordained lines

CONNECTING THE SYNAPSES

When Kissinger declines to hunt boar with Brezhnev
but arranges the bombing of Vietnamese.. this is a disconnect
in the chambers of his heart

When Churchill directs a ladybug to be saved
and bombs millions, . this is
a disconnect in the chambers of his heart

When Hitler directs that animals be freed
from the Berlin Zoo during the bombing

but kills millions.. this is a disconnect
in the chambers of his heart

Howard Zinn speaks of the disconnect
of bomber pilots who cannot
hear the screams, smell the blood
nor see the limbs being blown
off.. as they are 30,000 feet up

When people stand in freezing cold
for peace.. and then go home
to dead bodies on the dinner plate
this is a disconnect

When teachers show their
cooking classes graphs
of animals divided into
steaks.. it is a disconnect

All these illustrate the disconnect
of distance.. they cannot kill
whom they know but can
objectify beings they do not know

A soul ripe will not attack
but only in sweetness attract.
It's not sin or lapse
but disconnected synapse

GRASS SEED

She often had to plant
grass seed where
her volcanic explosions
had occurred.

TAN

Dracula was running
from the dawn
.. on vines he tripped
and by temple dogs

was trapped
.. and found as the
sun rose
that he too by Sunlove
was tanned

EDITING

It is easier to
edit what is written
on paper than what is
carved in stone.
Easier still to edit
what is written on
sand or water.

RED DRESS

Unforgiving..
a desire for redress
It is good to shed
vengeance' red dress

THUNDERSTORM

His storm
in the fruitladen
tree released
her grace gifts
early.

RADIUS RIVER

The radius river
moved..
fanning into a delta
before becoming
the circle sea

LIGHTNING SWORDS

As swords of lightning

cannot cleave the sky
the personality cannot harm
the God in which it lies

FEMORAL

On pot he looked down
at the chicken bones
femoral
of innocent birds
with lives so ephemeral
and decided from the
moment of that day
to attempt nonviolence
in every way

CHILDREN OF KAISER

When her pluto-ruled
underground springs
upwelled into Sagittarian
joy geysers
she was able to forgive
Nazi children of the Kaiser

TREE TEMPLE ROSEBUSH RIGHTS

To destroy a present tree temple
is akin to pulling down a living tree...
to resurrect old rocks..
...or to a psychopath killing
an 'illegitimate' child..

PUPPETEER

Those who believe
God is the only Doer
believe that the Puppeteer
punishes His puppets.

FORGIVING MYSELF FOR UNCONSCIOUSNESS

In the days before 1968
I stood for peace
but sat down to violence
.. vigiled for an end to war
and dined on blood turned juice.

UNIVERSAL

His posts were
usually off topic
and quite misanthropic
but they forgave him
and invited him back
to their paradise in
the tropics

VICTORY OVER TIME

As the physical magnetism
of some can affect wrist watches
so the spiritual magnetism
of the holy
can erase time's karma

HEART OF THE DEER

A tiny percentage
stalked the deer
to eat their hearts
But billions worked
to guard
the love flowing
from those hearts

(in the US, less than
4% of the population hunt..
hunters are down one third
among those 18 to 24)

DEICIDE IS IMPOSSIBLE

The neonazi changed.

He did decide
that if God is light
noone can commit deicide

NO HARM NO FOUL

A message bottled
within each sparkling sunbeam..
'no harm, no foul'
because it's a dream.

WOLLESLEY BEAR

I promise you Wollesley
Bear.. wherever you are
.. that next time I brake
for a butterfly
I'll make sure you
have your seatbelt
on

(Wollesley Bear, temporarily
in golden retriever form)

SNOWS OF THE MOUNTAIN CRAGS

As mountain crags do
hold the snow
though on it mightily
the sun does glow
so does it longer take
for some souls
to release pain which
long ago froze

FRUIT OF CRITICISM

What is the fruit of criticism?
The receiver's heart shuts down.
There is an urge to counterattack.
The ego and the heart are intertwined
so both feel judged and begin

to marshal defenses and to attack.

(Thaddeus Golas: 'In response to
pain, expand')

FORGIVE ME LITTLE VIOLETS

Forgive me, little violets,
that in smelling lilacs
I did unconsciously step on
your shy little heads..
with of sensitivity a lack.

AS MOTHER LOOKS ON A TODDLER'S FALL

God looks on error
as a mother looks on a toddler's fall*
.. or on her young son making mudballs*
as the sun
gazes upon sour fruit soon to be sweet*
.. or upon a blow which releases
water from ice freezes

God does not send loved ones to hell
for acting on drives from the outer shell

God is more forgiving
than the daily snowfall which
erases
many human footfall traces
.. more forgiving than
the sea
which holds onto no boat wake
.. more forgiving than
the sky..
which forgets the path of clouds
or the fire
which devours the mistakes of
the past

Divine Love made us
.. anything which is not

of Divine Love
.. is not you.. is not me

FLOTILLA OF BIRDS

On the lake float
a flotilla of all direction flying
birds
neath a flotilla of 1 direction
clouds..

Some had landed first on ice
.. others differently upon the
water

.. In February Mother Earth
forgives sooner than
Father Water..but he too
will melt

DEBT ERASED

It had snowed
and the criminal's
footprints showed
the path to him.

However it was the
same snow.. knowing
he had changed
.. which again fell
erasing the tracks
to a judicial hell

FEBRUARY

A sudden February freeze
arrested the raindrops
on the branch
like a snapshot..
stopped them in their flow
..

but the afternoon sun frees
drops from the morning freeze
... gone the frost
nothing was lost

DIFFERENT RIVER

We are rivers who have changed
in this second..
some of us all has emptied
into the sea..
some is being renewed
in headwaters.

PENTACLES MELT IN THIRD EYE

In meditation he watched
black pentacles
melt in the cobalt blue
of the third eye

and knew someone's
past karma was being
erased

GOD KEEPS NO FILES

God keeps no files
on reformed pedophiles
.. Spirit
creates learning
situations..
with action's consequences..
but God sees
all bodies
as Divine Love phials
and can each soul
undefile
as She erases
all prison files

BOUND BY LOVE

2 former competitors
for the same man,
not yet aware of their
eternal spirit love
for each other
were yet bound
by their love for him

FROM ANY POINT ON THE WHEEL

God can catapult someone
from the most fallen states
into liberation.. while
another remains stuck
in orbital shells
not realizing his
complacence is a hell

33 DEGREE WATER

33 degree water
can be colder than 32 degree ice
for it is not barred
from entering the skin

When Cancer forgives
cancer can disappear

PATIENT TREES

Patient trees
receiving the blows
of elephant tusks, lovers' initialing
knives, 'pruning' shears, moose antlers,
lightning bolts, tornado winds,
utility axes, lumbermen's chain saws

never themselves holding up
branches defensively to fend
off the blows

CLEMENCY

I ask you tenderly
to grant me clemency
as polluted rivers' tendencies
are purified in clement sea.

COLD GOLD

The people's land
was given to the mineowners
at firesale prices.
They hired slaves at
less than minimum wage...
and when the fire
at their deathtrap mine
took the lives of many
it refined
the cold gold.

LOVING FOES

God told us to love our
neighbor as ourselves.
Jesus told us to love our
enemies.
Therefore we are told
to love our enemy as ourselves.

RELEASE THE WASTE

The body should not hold onto
toxic waste
nor should the mind or soul
cling to past hates.

ABOVE FREEZING

To frost had firmed the fog
which veiled the cranberry bog
but now iced crystal jewels
melt into Spirit's drops

LIQUID DECK OF CARDS

Iceberg spires and turrets of
crystallized pain
melt in warm waters
off the coast of Spain.

FOUR ELEMENTS

God's water washes away transgressions.
God's fire burns errors to ash.
God's earth buries mistakes.
God's air scatters them
into harmless fragments.

GREEDY CATERPILLAR

Eric Carle sees
greed as a hungry caterpillar.
May I see it that way too: a voracious
caterpillar soon to cocoon
himself til his own transmutation
..the devoured sacrificed
green leaves of spring
turned to translucent
feathery invulnerable wings

(sparked by Eric Carle's book
The Very Hungry Caterpillar)

ICEBERG

Paradoxically an iceberg overhang
is more dangerous when melting than
when frozen. As evil is breaking
up it can be more unstable
and threatening. The wise
avoid proximity in such
cases.

PEAR TREE RESPONSE

The dump truck with driveby violence
slapped the pear
tree in her branch face
releasing a shower
of her sweet fruit grace
as a holy one responds
to hate with love
moving onward
in his Godward race

PRAYING FOR FOES

Durga decided to pray for a foe.
That night God came to her in the
form of her foes, giving her an answer
to a riddle upon which she'd been working.

GUZZLING BEE

Embezzled heart, can you forgive the guzzling bee
who has taken all your nectar? 'He knew not what he did',
young little bee.

DESPERATE

Those in despair do desperate things.
Indeed, the word 'desperate' comes
from 'despair'.

MOONLIGHT WHITEWASHING THE SEA

Aboard the ocean liner they see
moonlight whitewashing the sea
as do glances and shadows
of saints
in goldwashing our stains
pour radiant absolution
everywhere

UNIVERSAL AMNESTY

God's universal verdict
is 'Not guilty'
as all blessing as the
late afternoon sun
ever gilding trees

WHO KILLED THE GIANT SNOWMAN?

Who has the giant snowman killed?
he who has all around him chilled?
Was it the one who threw pots of
hot liquid upon him?
or the rainclouds who sacrificed
their being pouring their waters
upon him?
or the sun whose rays
were swords knocking off
different of his parts?

Now he is many drops of water
.. pooling at his former base
.. each dropp reflecting
the sun he had hated

COBRA LIBERATOR

The bite of a cobra
awakened him from a nightmare
dream
to an awakened world
through which sunbeams gleam
And he saw
that he was not
a ray of the Sun..
but the Sun itself
and with God One.
Then he was able
to thank the snake.

GREAT BEAR FREE

The sun has melted

a trespassing bear's pawprints
near a beehive's honey
storehouse.. frozen
in the snowlace.
Free now the great
bear prince.

LES MISERABLES NO LONGER MISERABLES

Melt away now Valjean's pursuers,
who had chased him through Parisian sewers

IGNORANT SWORD

As a sword has the illusion it slices the sun's beams
so do the unforgiving have the illusion they have been harmed.

MULBERRIES

The bike rolled through the
mulberries on the sidewalk
leaving several purple streaks..
but some of the tree's babes
fell into the meadow..
and became new mulberry trees

(trees whose silkworms were
protected)

a humble request:

please print from the web on rice, cotton, scrap, nontree paper, or 100%
recycled emily dickinson: a whiplash unbraiding in the sun (unconditional love
unties the knots of resentment) for the sake of sentient trees and their
resident flightless baby birds and squirrels please use cotton rice or other less
violent paper in print outs from the web

'God looks on Sin' includes 2 of sai baba's parables and a dream of j freunds Schuh
stars in 'as mother looks on a toddler's fall' are based on the teachings of sai

baba as is the parable that we should be like rivers flowing over sharp rocks
tecumseh museum is to all native americans and settlers who have suffered in
the past) (years after dreamer had this dream on the early morn of december
7 she heard broadcast on c span a description of a mohican museum.. followed
by the song you are my sunshine) mallik arjunan: from any point on the
wheel one can be liberated notes on as mother looks on a toddler's fall.. title
based on a quote by saint of shirdi.. mudballs based on a dream by jan f (we are
all tecumsehs: look not at our past but at the divine light within each of us as we
forgive ourselves) * the stars indicate concepts transmitted to writer by the
words of sai baba silver screen projection is to susie m c if you is to t jackson

footnotes:

saint of shirdi: never harm a snake or
a scorpion.. he will only harm you if ordered
to do so by god. if so ordered there is nothing
you can do about it

anne perry: when people are close sooner or later they will hurt
each other.

jan f: i was being told to take my complaint to the playwright, not
the half brain-dead actor on the stage.

Saiom Shriver

02 Seapoems Longer

42 SEA POEMS

SLEEPSLIP Version II

As the south wind slapped
his sails and seawaves
slapped his sloop
his soul slipped down
a sweet slope into
sleep

INGATHERER

As the sea does each raindrop,
and all rivers ingather
so sooner or later

flows every soul
to God Mother Father

LAVA TURNED TO JEWELS

She the blue sea..
receives red hot lava
and transmutes it
into green glass jewels
while on land pressure turns
charcoal's black chalk into translucent
diamonds.

She the listening compassionate
ear turns anger into
love.

(to Lois Lichty and her loved ones..
Lois never said an unkind word to
anyone)

RAIN AT SEA

Rain at sea
redundancy?
Are reflected fires
needless beneath
ignited stars?

THE SEA RECEIVES ALL LONELY RIVERS

Receives all arrows
the universal quiver
as the sea receives
all lonely rivers
as the sea purifies
all polluted rivers
as the sea
calms all
ruffled rivers

(to E. M. Hubiak)

SHROUD TO SAIL

The shroud in which she did lie
is now sail for ship of joy.
Her tomb's boulder now
the cornerstone of resurrection.
The mist which clouded mirror
of soul
replaced by God's reflection
and ice of pain on sea did
melt..
it now flashes sun's perfection.

(to JBO)

SEA NILE

Where to salt water
turns the sweet

Where aqua becomes
deep navy
Where robins to

seagulls give way
And the linear
to spherical
gives sway

There the
sea is wed
to Nile..

Some had thought
the Nile
was senile..
but he was far beyond
earth's cares
merged in the ecstasy
.. of the ebbtide sea
.. only a murmuring
to say where he'd merged

(to the Milcetic's)

FOAM LACE TABLE CLOTH

Mother Earth set daisy tables that
upon them bees might sup..
Mother Earth
set buttercups
that from them
bees sip sunup
Mother Sea.. threw a foamlace
tablecloth over the flat rock
in the bay..
that her fishies might dine..
and when they were finished
she slid it off and sudsed the
rock clean with her surf.

(to Betsy Frost)

UNBOTTLED MESSAGE

With a rare wave
Bottled messages
float to the shore
but with each wavelet
the sea's unbottled
message is
'they love you ever more'

HURRICANE KATE

Hurricane Kate
forced proud palms
to padnamasakar
the humble ocean

Because she the sea
everywhere has feet
it's not hard for them
to show their devotion

(to EKB)

COCONUT PITCHER

The full moon poured
pitcher after pitcher
of coconut milk
into the sea..
and the sea.
she silvered it all.

(to peace educator
Ruth Zais Thomas,98
when she left for God)

DO NOT DISTURB

God has put a 'do not disturb'
sign

over the green shelled lobsters

and a no fishing sign over
limpets
cozily nesting
in lime waters limpid

GOD THE HOLDER OF THE SEA
OR SAGARADHAR

Roman toga sand goldfringed
Crowned by the starry sky
Most stay on evergreen shore
Few everblue depths explore.

She's garbed in selfweaved seaweed
Garlanded by coral reefs
Starfish shod to copy heaven
Turquoise skirts.. wave slips neath.

Like rubies in rose velvet
Like stars in saffron billows
Like miracle: fall's cherries
in pink spring blooming pillows

Are the quintillion mirrors
Of sun diamonds on an azure sea
Bright rhinestone constellations
Heralds of eternity.

Rose at dawn Then silver morn
Sunset pink aft bright blue noon
Violet throne of King Neptune
Arises in joy to greet orange moon.

Of fingered wind: wavestringed harp
Where aqua meets the deep blue sea.
Ever amphitheatre of
seagull noted symphony.

Whispers in waning wavelets

Thunders in the roaring surf.
Yet secrets with her safest.
Dips bubbling stream to quiet mirth.

Anantarup where sky meets air
Ekanath the surf beneath
Babel tower above bequeathed
Mouni sadhu neath sea heath.

Those who thoughtless rape her shores
Destroy terns' nests near the lagoons
Water skiers and propellers
smash her floating nests of loons.

Sends dolphin harmers tidal waves
.. Some fishermen's final grave
Gently kissing concave naves
All water to the Sun she gave.

In shallows shelters shellfish shy
Hid Moby Dick from harpoon
Her Royal Lowness gainst longlines
vented fury in typhoon

Globed dewdrops seem strangely flat
on rim of Rama's rinsing bowl.
Calling ever to her brooks...
The whole world's
Begging Bowl

Only mother whale empire
Only bed for longflight birds
Keeps clams not half but wholeshelled
Guardian of fossil ferns.

Bathes sweet shrimps with eyes on stalks
Crab crib and Jellyfish cradle
Octopi and penguins
Polar bears and pelicans

Swimmers few feet strive while her
currents thousand miles flow

Playground of the dolphin's dive
Fish avenger: undertow

Some who tried to mine her gems
The temple desecrated
By their own deeds they were made
Mariners marinated.

Ferments to ambrosia'd cup
tears merging in her crucible'd vale
Fearful thunderhead cloudmaker
Of Arjun's canyon features.. the harem veil

Sheath of archipelago
Shroud of wartime submarines
Eire's and Britain's inbetween
belching factories' latrine

Deliverer of ancient
corked bottle tidings.
Monthly ecstasy
with full moon tiding

Tolstoy said Red Sea parting
was conception of Virgin Mary
Stella'd Mare aster'd sea
Only God can hold her.

Breakers turning into glass
Looking glass which never breaks
Premsagar Varunishwar
Neptune soothing heartbreak aches

Mother of dewdrop and Great Lake Erie
cascades whirlpools and blowing bubbles
rapids fountains underground streams
ponds creeks brooks and swelling puddles

Snowflake could not heights maintain
ended in the humble sea
Rajas saw her restless waves
Sattva her deep serenity.

East Avatar sun linga births
West she Surya swallows
Only Hara can pierce her deeps
Reflects all in kind shallows

Only purest and strongest blooms
On her tears can grow
Only sannyasi blossomings
on her can rootless flow

By Malaysia she's Malaysian
By Chile Atlantic
In the bays she's specific
In Korea, she's Pacific

Her child clouds give all to drink
Yet none can sip her briny brink
except that Neelakanta poison takes
And turns venom into nectar.

Always sweeping twigs to shore
Holds not wake ire of boats
Stream filth turned to purity
In peace all who touch her float.

Daily her blue the
orange sun births
Watch him rising
on her horizon

Palms to her
do padnamaskar
Beneath the dome of
sparkling stars

Setting for calligraphy
of flying birds' seaward poem
Playground of those who roam
Highway of ships bound for home.

Turns angry crimson lava

into green glass jewels
For her tiniest crabs
gives wading tidal pools

Chanting Jesus In Brazil
Je said by her inwaves
Sus by her
receding outwaves

Neath Egypt's stars
sings Allah Akbar
Israeli sea shallows
shshsh shalom
Round India she
chants omkar.

Her unrippled surface
reflecting doubles you.
In her rocky shores
her surf does bubble you.

On mountaintop slowly
crumbles
millenial temple to Poseidon
while the deity below
on everblue waves is riding.

Snows at sea fall quiet flaked
melting designs merge into One
Frozen demon meeting Lord
Iceberg melts in liquid love

Turning rocks to rookeries
Gently carving rocky caves
Sculpting scallop shelters
These watermarks she gave.

She the master of humility
She the mother of all rain
She is the eternal Main
off the rocky coast of Maine

Excitement at the first sight
of friendSHIP on the ecstaSEA
and the soulfilling first smell.....
remembered past infinity

Redundancy of rain at sea
her power's U-turned showers
where the saintly little drop
becomes one with all God's power

Attracts one and everyone
out of fragments.. alchemized whole
always full YET EVER GIVES
ORIGIN OF ALL THAT LIVE

ROCKING CRADLE OF THE WORLD
SUNSET STAIRWAY TO THE STARS
ONLY BY GREAT MASTERS TROD
ONLY WRITTEN ON BY GOD

43

Dedicated to D and P Wilson

Footnote:

Ambrosia: the nectar of immortality

Anantarup: God whose form is infinity or infinite varieties
of form

Arjun's veil reference to the hero of the Bhagavad Gita

who hid in a harem for a year at God's direction as he prepared to fight a war.

Avatar: God the Father coming to earth Himself

Ekanath: God whose form is everywhere one

Hara is the 3rd person of the Hindu trinity or Shiva

Linga or Ling: An orb which contains the gate between form and formless

Um: One of many words for the yin energy of the 3rd person of the Hindu trinity

Mouni: Sanskrit for silent sadhu: spiritual disciple

Neelakanta: Shiva in his aspect of drinking the karmic poison of the world. The
poison makes His throat blue. Neela blue.. Kanta throated

Padnamaskar: touching the feet of the guru

PremSagar: Prem Love Sagar Sea

Rajas: Sanskrit for passionate action

Sagara: Sanskrit for ocean Sagaradhar: God as holder of the Sea

Sai Baba is the origin of the statements that the ocean
is always sweeping twigs to shore and that she is
always chanting Om

Sannyasi: a monk who renounces family, possessions, home
and all desire motivated action

Sattva: Sanskrit for goodness

Stella Mare: Star of the Sea

Surya: Sanskrit for the sun

Varunishwar: Sanskrit for God in aspect of Lord of The Seas

Author notes

written in the early 80's in Takoma Park, Maryland

THE MIGHTIEST RIVERS

The mightiest rivers
begin as a pooling of dew,
a melting of snowflakes,
a gathering of raindrops
which grace the grass
as they begin
their majestic march.
Down the mountain
and past the marsh
they flow to the sea.

MANY TONGUED WATER

revised

Water
is silent in ice
In baby clouds
it says not a word
nor in the great Amazon
as its power into the sea flows.
It begins
in lakes to murmur.
In rocky
creeks as it stumbles
over sharp stones in joy
it sings.

In ocean storms
its cymbals crash
over rocks.
In raindrops it
tapdances on the roof.
Over waterfalls
with constant drums
it pours
and in the Falls of Niagara
it constantly roars.

FULL MOON HIGH TIDE

As the full moon high tide
in quiet inslides
it dips into rocky pools
dropping its shiny
shell jewels

SEAMSTRESS OF THE SEA

Everspinning
seaweed seamstress
Neptune's trident-
tangling seamstress

IT SNOWS AT SEA

It Snows At Sea
Quiet Falls
*

in flakes
*

Melting designs

leave form*

for All.

(to J Denholm and D Shriver)

MAVOORNING

Out of the sea
the sun aborning
with his awesome
light of morning
Not adorned
but all adorning
says to you
'Come!
My Mavoorning! '

(to Ethel Lynch)

WATER HELD THE QUILL

Faster than any stylus squiggling
Can write the sun in the water wiggling
But when the sea is perfectly still
it appears it was water which held
the quill.

(to author, artist, vegan raw food
practitioner Mark Braunstein.. who is also
a decriminalization of marijuana
activist)

DUNE GRASS BRUSHES

From the shore.. one looks
upward to the sanddune grass..
10,000
green brushes attempting
where they laid
to paint the blue sky
jade

HURRICANE KATE

Hurricane Kate
forced proud palms
to padnamasakar
the humble ocean

Because she the sea
everywhere has feet
it's not hard for them
to show their devotion

(to EKB)

COCONUT PITCHER

The full moon poured
pitcher after pitcher
of coconut milk
into the sea..
and the sea...
she silvered it all.

(to Ruth Zais Thomas, lifelong
teacher of peace, a silent devoted
caregiver to her husband for 40 years)

SEA PITCHER

I gave them a pitcher.
With it they gave me the sea.

(to C Lassell and D Nixon)

FOAM LACE TABLE CLOTH

Mother Earth set daisy tables that
upon them bees might sit.

Mother Earth
set buttercups
that from them
bees sip sunup

Mother Sea.. threw a foamlace
tablecloth over the flat rock
in the bay..
that her fishies might dine..
and when they were finished
she slid it off and sudsed the
rock clean with her surf.

(to Betsy Frost)

SEAS OF PEACE

The tides of the seas
do wane and cease
.. but the waves of the sea
have no surcease
.. Yet these restless waves
do give us peace
.. most on her shores healed
by her perfect peace

PEACEMAKERS

At times they crash upon the shore
.. sometimes they gently lap
sometimes.. they roll
sometimes they scroll
these waves.. these peacebreakers
.. never breaking the peace..
these peacemakers

FOUR NATIONS

In poisonous prussic acid they
dipped
their lethal harpoon tips

and Norway's Svend Foyn
developed a gun torpedo

.. a karmic tornado
to slay whales with mechanical
harpoons
in calm or in typhoons

(to the people of Japan, Norway,
Iceland and the US.. please stop
this ancient barbarism as the last
nations to slay whales.. the US
Govt is allowing Inuit to slaughter whales))

OCEAN CROWN

Change do landscapes
but the seascape..
one cannot look at her surface
and know if it is 2003 BC or 2000 AD

Neath the wingweave
of gulls..

they tossed a wreath upon her
to give her a crown
How absurd.. this tiny little
crown.. upon her infinite
immensity

.. but she is not interested
in honors from earth..
and she swept it to the shore

NEPTUNE AND THE MOON

The full moon
is a
mate of Neptune
Into the silent
mirroring sea
was thrown a stone

which shattered her face
but calm was restored
and the healed icon
was ensconced
once again in her
watery throne...

He did her array
in azure seaspray
.. and fashioned
a necklace
which heightened her
rays
as he let no drop
go astray

ARRIVE SHE SHALL

Beyond shallows
where
conch has left
his shelter
for a less confining shell
Past sunslivers
quivering
in waves' gentle swell
Away from softly
lappin tidalpools'
diurnal upwell
Daily to her quiet
seasoul
for a contemplative spell
.. come she shall

3 WAVE STEPS

3 tiers
of waves
.. each of them
starred by the

diamond sun
3 rings
.. a triple crown
.. for the horse
as she entered the sea

SAILS

The gale
seldom assails
in freeing
boat sails
beyond the
shore's rocky
mail

UNATTACHED SEA

The sea holds on
to nothing...
sending broken ships
to her earthy floor
.. sweeping driftwood
to her shore
..and lifting her
own essence to the
evaporating Sun
she adores

DEATH AT SEA

In 13th Century Messina's harbor,
French sailors drowned,
their invading sails
set afire by arrows.

In World War I,
thousands of sailors
in just 1 of many battles
drowned in the icy
Atlantic.

Off the coast of Connemara,
yet another of hundreds of
thousands of fishing boats
goes down
as men drown.13th C

SEA CURRENTS

Sad was the Sea of Being
that she was not a river of doing
so God gave her currents
as Night was dewing.
While the woodpecker
wooed the woods with his whittling
she carved caves.

THE AEGEAN SEA

Hercules sent a river
through the stables Augean.
Was the horse manure
then purified
in blue waters Aegean?

GIFT TO THE SEA

Rivers and rains give
to replenish the sea.
As they give living waters
so they receive.

The gardener gives water
today to fruit trees
Branches in turn give
gifts from their trees.

CHANGELING SEA

At its shores
it's a changeling sea.
In its depths it lives

in serenity

SEA DARSHAN

The sight of the sky
and the sea!

No green to block
the blue sky..

an empty
easel waiting!

Bystanders flow into
her ancient rhythmic

harmony... only
the waves kissing

the shore... only
the gulls crying

.. only the smell
of her salt water

AMBER WAVES OF OIL

Amber waves of oil
made seas and birds boil

LITERAL COVERUP

a coverup literal
of sands littoral

Saiom Shriver

03 Love Poems

Unbidden come the bloombibbing bees.

*

My love for you.. a yearling became... many eons ago

*

She is my beloved sister and of all who come her way the assister.

*

Love... not force.... rides the free horse

*

Love surrounds hate as the sea laves icebergs.

Hate is frozen Love. God is Love.

*

From 2 dynasties of love they merge into a destiny of love

*

I kneel before the heart of my Beloved..within the shrine of his soul..

*

He no longer daisy petals shreds to ask if her love for him has been shed

*

We came to a crossroads and what did we see? All directions pointing..
to his heart's infinity

*

The peony sphere has no perfume.. until she opens the petals
of her heart

*

She was baptized in water by her brother's rare tears..
baptized in fire by her mother's unshed tears

*

Love was the priest who married them.

*

Phone wires pinker glow as love reconnecting flows

*

I want to go to God on the road of you.

*

Love is a purifier more sacred than pure fire.

*

For love the model forsook the runway
From that shallow world she did run away.
Her love awaited at the airport Monday
.. and that eve they taxi'd down the runway.

*

Knowing that froggie fear was engendered by horse hooves,
Pegasus grew wings and then he rose framed by a sky
of orange pink and rose.

*

Within small circles do spiders build webs while larger
ones foil them, so the uncircumscribed heart foils lurking
danger.

*

The same God shines through the prisms of all eyes. Because
I prefer some color patterns more than others, I have
not yet achieved equal sightedness toward all God's beings

*

He aspired to be a Venutian rather than a martyr.. to follow
the path of venus' love rather than sometimes angry mars.

*

Waters to the most humble point descending..
but at the lowlying sea waters are ascending lifted by the lovelight of the sun.

*

More precious because he'd waited so long to hear..
the most beautiful lyrics... 'I love you' in his ears.

*

The sun at their backs. Dusk's long shadow makes their
2 silhouettes one.

*

They suddenly knew they wanted to avoid pain and much trouble
by going through life as a doublebubble

*

Suddenly out of the green, pops a trillium.
Suddenly out of the blue, the ship on the horizon
Suddenly out of the purple, love's rising.

*

Lust says the whole is not as great as the part but
Love flows whole from its temple in the heart.

*

Compass needles are magnetized to the north
but compassion unencompassed in all directions pours.

*

In his heart bell hung a tong which struck every time
he caught sight of her or heard her voice.

*

At dawn the emperor sun breaks forth from the lair of mars
but in the evening he disappears behind cloud curtains

in the chamber of venus.

*

Love limited, love circumscribed, love lukewarm is by God decried.

*

A baby who lies untouched in cradle.. a child who sits
untouched in a crib.. will grow up thinking he's unlovable..
feeling he is untouchable.

*

Two puddles loved each other and became a brook.2 pools
of light loved each other and became a glow.2 hearts loved
each other and became one.

*

The love of the heart has surrounded the mind's knife of
criticism sheathing it with silence.

*

Cloud maya makes the sun appear to wink at you. But his love
is constant, not on and off.

*

Bethesda's waters healed because they never rejected any
sent to them by God.

*

Your heart is a blazing star.. sending forth infinite rays
in all directions.

*

His empathic heart is always giving command performances

*

Until we saw Linda G's sanctuary, we never thought
Noah's Ark... could be as clean as a sunwashed barque

*

Is that God is Universal Love a license to be
promiscuous, polyamorous, polygamous or polyandrous.?

*

Arthur could remove from a stone a sword but Bea
can turn a rock liquefy with her aura and words.

*

Some human beings frighten the birds. They are animaated scarecrows, but
there are others who attract them near and far.

They are carecrows.

*

The Lord of Love laves his lilies in light.. and lets
dandelions and leaves of ivy alone to live

*

Sleeping Beauty is awake inside each being, but some of us
need the kiss of unconditional love to know we are made of love*

Some criticized him for sharing his journal, , but most
were grateful that he had invited all into his heart

*

Roses are pink. Violets are violet. Our love for you
is forever inviolate

Those who stop eating
pork or beef or squab
don't ingest adrenalin
Reduced is their squabbling.

46

Saiom Shriver

04 Joy's Underground Streams Inside All

Icicle rows dripping in the light.. lines of exclamation
points! ! ! ! translucent with sun joy

*

Spring willow streamers... the tree cheerleads the birds in branch
bleachers

*

Into shards the dreams have shattered.. the pain
in the dream... has not mattered.

*

From the chalice of his heart I drink love and joy. It is
the only draught which quenches my soulthirst.

*

The sight of him! long needles of light knit.. of a sudden
weaving wings for my heart!

*

As the pure bright mirror transmits the morning sun
we need not understand God.. but only pass God on

*

The morning birds' melodies.. the woodpecker does counterpoint
How is it that his ceaseless drill... shatters the barriers to
peace?

*

Bursting blooms of bluebonnet to the sun sing silent sonnets
A beetlebored bamboo flute.. Yonder wind plays upon it

*

Around the corner from the flesh food coroners,
August field's coronation of a cornucopia of corn

*

The touchdown points of the rainbow are obscured
by grey fog, but as blue and sun appear, the fog has been
absorbed.. into new figs.

*

Laundry dances in the wind on the clothesline... empty scarecrows...of whom no
bird is frightened

*

The curvnecked clover lamps hang oer a London sidewalk's cobbles shedding
purple light in their wee world

*

Spring rains raise the wells

Every one does upwell
.. merging as they overspill
A new joy river they do swell.

*

Saddened by the plaintive sounds of the mourning dove,
he decided to be silent or cheerful when he spoke.

*

Feared lightning became the silver lining
of the cloud of good change.

*

Water spiders, skaters..gliders, blissdarting shooting stars without
external guiders

*

October when each leaf is a stained glass aperture
in the cathedrol of autumnal light

*

Squirrels spiral up the church spires
and down again to the spirea

*

Alighting and taking off from the tiger lilies and phlox and
sunflowers are hummingbirds and butterflies and bees,
with no air controllers and no accidents.

*

Sunwands turn rain droplets into blackberry drupelets as enkindled
okra seeds acknowledge heliocracy.

*

White morning glories translucent in the sun..bloom fabric
stretched on its ribs like Japanese
rice paper lanterns shining with light

*

The fields are filled with crystal balls of morning dew,
each revealing your destiny: the morning sun

*

As a shaft of light sweeps down a sootfilled chimney
is God's delight available to all.

*

When the couple midnight swam in the quarry,
waving were the skies' reflections starry.***

*

The ice sculpture fish has melted into his waters of completion.

*

Melted the ice sculpture quince.. and flowed into

roots.. swelling new quince.

*

Squirrels tossed away the chewed pine cones which they ate like
cobs of gold corn

*

The drops the rain scatters the river then gathers.. to give to the
sea who in turn offers them in her great chalice to the sun

*

She no longer feels sad that her body is bound by gravity.. as she
wings the hearts of millions.

*

Birds gather on the branch pews of grove choirs
to sing evening vespers to God.

=====

The drops the rain scatters is to J Pichette
Wings the hearts of millions is to Sandy Patti

30

Saiom Shriver

05 The Magnetism Of Positive Thought

Willow branch fingers trace in the pond painting the water.. sunset gold

*

As fog fragments and imagination's figments
swell trees and do new figs mint,
so every good wish is answered by God...
(yet 'the chains of gold bind as much as the chains of iron')

*

Where aqua sky meets deep blue sea, the hearth of the
orange sun was in the west. Through the night miraculously
the entire fireplace was moved to the east, as resistant
thoughts can join winners between dusk and dawn.

*

Rotting fruit contains living seeds which shelter infinite
orchards.

*

Bright sunwands as they unfurl cause the chrysanthemum to uncurl
.. so cause loverays unbidden to ope heartchambers long hidden

*

During rain or after sunset, sunflowers have their heads down..
but mostly they keep their sunnier sides up

*

Because the water trough has several leaks
the apples on the tree nearby have rosier cheeks

*

Santa may have 1 sleigh, but Abba's sleighs are infinite..
endless is the pouring of their gifts.

*

It was not a peace officer's rooflight but the sun flashing
hello in the rear view mirror, saying the past of everyone
is holy.

*

Look! how the roof leak has grown the lilacs!

*

A patch of moss marred by a moose.. where
the rain pooled in his print, mice make merry

*

The darkest before the dawn does the dew and daddies the
dormant doorman.

*

The cornucopia within cornstarred cobs and cones of pine

*

Out of great Nought, visualizing thought, electric blue prints

.. manifest for each

what she or he sought

*

Every raindropp is a crystal ball

foretelling thoughts of perfect rainfall.

*

Electrically thoughts magnetize matter's tiny particles

as the skeleton of a sunken ship attracts barnacles.

*

The break of day! The crack of dawn! Look not at night's

shellshards but at the newbird sun!

*

What her omnipotent heart ordained, her obedient will obtained.

*

When comes eternal noon? When soul turns around each no. to on.

*

Rising waters in a quarry.. fill every niche and nave..

Spirit's rising waters grant each desire in heart cave.

*

A single silent green light empowered a line of awesome truck might. A single

band of pink dawning light

pushed back the entire greyblanket of night.

*

Can one brake the break of day? Can one brook the coming dawn?

Saiom Shriver

06 Peace

He was alive because on that day
in Niigata the skies were gray *

*

61 died that day in the 1st infantry in Vietnam. Rows of bodybags, the
fruit of war.. drying in noonday sun.

*

Oh God to You we give thanks... that in time Polish horses... defeat
Nazi tanks

*

How many have been frozen bombed starved or blown apart by Hitler,
Bush, Genghis Khan, Churchill, or Bonaparte?

*

Weary worker ants rest on moss pillows grown by the pussywillows while a
family of ducks floats on lake billows

*

Pansies fringe the rusting panzers

*

Ivy and violets vy not with the violent.

*

As the unchanging blue waters of the lake reflect
the gold, crimson, pink and saffron of the changing fall
so the peaceful soul absorbs the ups and downs of those
in crisis

*

Above a battle grey with smoke and crimson with blood in silent
contrast break pastels from the palate of sunrise.

*

The groves of life randomly grow
but Arlington's deathbloom
graves... are set in rows

*

a deep pool at every waterfall base
.. postcrisis waters of God's resting grace
Shakti has become shanti Power has become peace

*

God will rearrange the stars into a special script for you...
a fortune cookie strip of joy. a secret message, a puzzle
solution.

*

There are the stars of purple framed night
streaming peace, pouring light

*

Some call occupying oil, pharmaceutical and war profiteer cartels
'the US but we the people of America
from Sacramento to Schenectady
reject such syndecdoches

*

One by one in many countries they break through the ice of fear.. cups
of crocuses.. stand up in caucuses.. East to West from Africa to the
Caucus and show their eternal allegiance to the maker of their sun:
Creator of all of us.

*

Those who wend their way on the opposite
side of the road are not our foes. Each stays within the
lines as peace on both sides goes.

*

One has to choose tween bomber pilot's wings
and the whirring help of angel wings

*

The wind lullabies the lilac looms and fireflies

*

As many like Uri Geller can with mindpower bend metal
so prayer and positive thought can melt weapons.

=====
===

Polish Horses is to Alex Hershaft

(a student came up to JBO, an
American teacher of English
in Japan and told her he was born
on Aug 6,1945 in Niigata. Because
of overcast skies, Hiroshima was
selected as the 2nd target for
the only reported atom bomb
dropped on a human population) .

Saiom Shriver

07 Grace In Every Place

Brief Poems About Grace

June 21st: night's requiem is warbled by the robin's
reveille

*

Each soul of God a ray Each with light He arrays Never a single soul
forever goes astray.

*

Cattails weave escape ladders for drowning bugs
while a friend's safety net of enough to catch a falling
star

*

Snow silent swift...as skydown softly sifts.... and turns cloud
gifts... into earthblanket drifts.

*

Through the night...miracles we did not see
.. icebergs of resistance slipped silent into the sea

*

Do rain arrows come from the rain bow?

*

As angels' inspiration descends it becomes clad in words.

*

The low river from afar is invisible
but its green line of disciple willows is visible

*

The woodpecker was able to make in the tree a nave
.. but only the sea's waves can carve sea caves

*

Jesus said to 'consider the lilies of the field.. they toil not nor
spin'. It is the sun which them spun.

*

At the end of the season cornfields are downmown
The raintree remains secure in his throne.

*

The limehued silk of the corn.. each strand wand catches
the dew of the morn.

*

As the river roared through the granite chute, it

fell onto 7 granite bowls...7 pools below 7 falls..
as shakti flows into the crown and then every other chakra
*

In earth's theatre, waiting in the wings
as he slowly sheds his angel's wings
sacrificing freedom, a great soul..
becomes a lovechild God you to bring
*

The raindropp slides down the lily leaves, taking none
of the jade from their green sleeves
*

To parched peach tree roots unbidden
come silent streams.. underground, hidden

Almighty is He who ignited the luster in each and every
graped cluster.*
*

He had a Harvard MBA degree and degree by degree
overcome by greed he had become Legree'd. Yet one sudden
day he saw.... that he and God were We'd.
*

Rainblessed, afoot! is a root.. the ailanthus grown a foot!
*

Arun arose awash in rose.. spreading His rays oer Aaron Rosen
All Beings His chosen
*

Into the stream fell a samara shower, a flotilla of lifeboats
in time for the struggling bug
*

It is good luck to feed birds in flight
that they need not slow down nor alight
*

The Grace rain follows dry river bed hollows.
Soon are new shallows.. then deeps do all hallow
*

A gathering of grey cloud mass.. communion rain for
animals birds bugs trees and grass
*

As desert shadows are more defined than those of the woods
so the separation between good and evil is greater there
*

Raincloud flotilla, float not idly by, but rend yourself

with lightning... that your grace fall from the sky

*

Past life lessons became whispers which turned to buttons keeping
my clothes on me.

-

Though a seeming physical impossibility,
the ark of each heart
contains every creature.

Some do not yet know it.

*

The sea assails the small schiff sails but by God's grace
the boat prevails

29

June 21 is to MSC

Saiom Shriver

08 Gratitude

Little Tree, Little Tree, I wonder where you are
to thank you for the sweet pink fruit you did weave
from distant star.

*

Birds chirp and cheep above the school chapel, for Chips
no longer serves chops to the chaps.

*

Tiny wisps, the many teats on the grey cloud..
who nurses the trees as she passes out of form.

*

Every day at six heures we thank God for enkindling Cesar

*

Winter when God's unseen gift of breath becomes visible.

*

The horse has run her heart out for her 'owner''s bank
account.. and her reward? the slavery of a stall

*

A heavy storm... squirrels thankful.. for pine cones have landed..
near their laps

-

Six Heures is to Cesar Chavez, the UFW, and all the unions
and individuals who have helped with victories

Saiom Shriver

09 Silence

Basho taught us the pond has no sound no refrain..
until violated by a frog, a stone, or fingers of the rain

*

As one honking horn disturbs hundreds of ears,
so one angry word shatters peace into pieces.

*

Dawn's breaking quiet begets bees' buzzing riot.

*

3 quiets merge.. the silent snowsift.. night's fall swift
and the stillness of the wilderness

*

God has said to revile none.. rather to revel as He
God as Love indwelling each reveals

*

The pain inflicting doctors who play at science
debark captive dogs so that they may hurt in silence.

*

Yogis sometimes roll up the red carpet of welcome, the speaking
tongue.

*

Bright orange trumpet flowers grow like clapperless bells..
as saffron clad monks prefer silence

*

The boat leaves foam wake. The canoe, ripples. But geese
leave no trace as they fly.

*

Misogynists wish women to be tongueless belles, as silent
as the meadow's tongless bluebells

Saiom Shriver

1.53 A Gallon

1.53 a gallon

in part of Ohio

If your prices are higher in the sky
ask the station and corporation why

Saiom Shriver

10 Mother Earth

Sunwands turn rain droplets into blackberry drupelets
as enkindled okra seeds acknowledge heliocracy.

*

When God greengrows it's rarely in rows... awry the rye rises...unruly
the rose

*

Each night the tree of nut out of naught knits neat nuts
and will time soon not sever the nut tree knot?

*

The bee's favorite couplet: sunupbrimming buttercuplet

*

From the plane, one sees above the clouds' chemtrails
.. lines of Sanskrit...

*

as he walked along, he saw a
slain dandelion with grey locks
and blew the down of the mower victim
that there be new fluffy flower flocks

*

The tree branches God has joined together let no one cleave asunder.
The animal limbs God has joined together let
no meatcutter cleave asunder.

*

April is aproned with apricot blooms.

*

Because the wind rustled blooming fruit trees
they released their fresh fragrance into the breeze

*

Only the jasmine plant has a right to string garlands of
its blooms.

*

April is the most fragile month, when tender jade tendrils
can be crushed by unconscious boots

*

Why has God his dew morngift sent?
For cider, butterfly drinks,
for lilac and jasmine scent

*

The fen way becomes a fern way, finely traced fans of

jade.. waving in the wind.

*

The fruit tree oer the brook drops her free food into the
waters... the fish bob for apples

*

Those depressing stormclouds grey... wand the world to green

*

The orange tree... a green galaxy with many blazing
saffron sunorbs

*

The morning sun does the throat of lark spur and blue the meadows
with sweetest larkspur

*

While elsewhere the sun, universal lover,
has knit a new cover, of purplest clover, all the field over

*

Most can from the apple tree pick spies
but only God can pluck blazing stars from the skies

*

Like the beloved in a canoe paddled by her love is
the willow tree trailing her lacy fingers in the lake

*

When the naturalist who defines plants as wild edibles
comes around, do the plants shiver and shake, quiver and quake?

*

Some find peace most in the mountains. Some find peace
most at the sea. And some find peace most
in the mountains oer the sea.

*

Only newfallen laurel leaves in Wilbur's laureate wreaths
for he takes only what Mother Earth gently bequeaths

*

Within each acorn cloak are infinite oaks.

*

Inch across the yard the bright rays of dawn
Striking magic wands cause flowers in the lawns.

*

In the foothills of the Apennines old olive trees with grapes vined...make violet
orbs of olivine... we think
of this in LA at Olive and Vine

*

Because he wanted Pennsylvania: both the silva and the pencil

he decided from nonwood to make his pencils.

*Guarding the sea's blue peace....are the brave souls of Greenpeace

=====

silva: forest in Latin

28

Saiom Shriver

1000 Pieces

As a glass ball can shatter
into a thousand pieces of matter
so can a soul's focus splatter
but a vacuum created
by desirelessness,
or a magnet of
charismatic attraction
or a wind broom
sweeping all fragments
into a corner
helps heal the soul
into a new whole.

Saiom Shriver

11 The Purity Of Snow, Of Flames, Of Love

POWDER

One cannot add
enough antibiotic
powder
to make safe
the coprophagous
clam's chowder

(* coprophagous: eating the
waste of other animals)

SEMAPHORE CLOUD

Tiny clouds
the sun reveil
and flowing on
do Him reveal

MASSED THUNDER

In the mountains...God has
massed his thunder
Your faith can break
the power asunder

NEVER ASK

Never ask a woman
if you can kiss her.
Without confidence
you have no right

IMMACULATE

Don't have a bathroom
so immaculate
a mechanic hesitates

to use it

GURU HEART

He did not need to
reduce his frequency
to give
the hundredth lambs
a handle by which
to grab his comet tail
.. he was all frequencies

MAGGOTY MEAT

Maggoty meat
they say..
as if a rotting
cadaver did
not automatically
generate the
garbage men and
women of God: worms..
as if ecoli ridden
(euphemism for colon bacteria)
meat was more
pure without
visible life

SHELLFISH

Never are shellfish
mean or selfish
Do you think it awful
that shellfish eat offal?
that those who eat
them get hepatitis
while those who eat
meat get arthritis?

CONTROL FREAK

She vacuumed her lawn
and killed many bugs
Nary a twig for the nest
of the new parents robin red breast
nary a spire on which
a butterfly might rest

**

(The Saint of Shirdi
says the tiniest cloud
can block the endless power
of the Sun as tiny imperfections
can block spiritual power)

NADIA THE NAIAD

The water nymph
Nadia the naiad
slithered away wanting
no part of a triad

AVOID MARSHMALLOWS

In Mars hollows
they avoid
marshmallows
for they truth
purity and nonviolence
hallow.

CHIPMUNK PROTECTION

Cattails..3 in a row
twitch at the window..
at an outside chipmunk...

Until Isaiah causes
lions to lie down with
lambs
and cats to love chipmunks

the little one is shielded
from harm
by the window..
of his purity

WASHED

Used to water
trees and plants
the dirty glass
is also cleansed.

Love flowing through
to the loved
in addition washes
the lover.

EGALITARIANS

He knew that omnivores
do not eat omnis
.. and that egalitarians
do not eat eagles..
and anyway Eagleburger
is too high on the food chain

FINGERBOWL

As killers
erase the blood in a
carwash line

they asked for a fingerbowl
and linen napkins
to wash off fowl juice
after they dine

LAIRS AND DENS AND NESTS

We chanced upon.. a rat's nest..
so hated by museum curators..
a symbol for filth..
and yet how clean it was..
how fluffy.. made of little
bits of paper.. woven of
love for little ones

We chanced upon.. a crow's collection
.. full of broken shards
.. glittering glass..
but to him..
the world's premier jewelry

ARTIST

'Whether with opaque dusting
or clarified icing
snow is the fastest painter'
said one.. while
another said.. 'no...
Sunset Gold is faster'

CLOAK OF AMNESTY

the snow
universal amnesty's cloak
gives mercy to each willow
fir and oak

YOU ARE

purier than the flame
which plays on a wick
in a lacuna of oil
more peaceful than the lotus
which weaves on a stem
in a pond of water
more joyful than

the balloon whose string
dances in a sea of air

CLEANLINESS

'Cleanliness is next to Godliness'
called Martha from the kitchen
to Mary who was seated
by Jesus, as she heard his
words.

PORNOGRAPHY

What to do when adult
2 year olds scrawl
their foulsmelling waste
upon a wall?
Hose it down and watch
the cleansing waters fall

BERRY BRIARS

Plucking berries
out of briars
Barry did bury
the lapse with Breyer's

Saiom Shriver

12 Beauty

From the Bubble Blower, the moon rises and floats

*

The spruce tree's grace.. ravelling green lace... out of pure space

*

Foamwake disappears from the whale tail.. dries up.. the snailtail

*

10,000 brush strokes of the master artist... equal not the perfect paintings of the pure mirror

*

Mist lies in parallel layers under the clouds
as satin sheets lie under cotton blankets

*

Fall's leafless orange berried bush foiled by blue sky.. a pointilist painting

*

The goddess of the sun retires for the night through clouds spreading
her fan made of rays of light

*

Cut the Diamond river swords through the whiteblanketed greensward

*

The fragrance of a rose does enthrall
every Rao, Smith, Ali and Rosenthal

*

The white rose of Uganda has the same aroma
as the deep purple rose which grows in Roma.

*

Beautiful the scent of the tobacco flower
but the leaves which helped weave the fragrance
are excluded in many places. Is she advertising smoking
by releasing her aroma to the air? Who can divorce her
from slaveowners?

*

God who painted living oysters' shells with crushed pink pearl
wants them left alone

*

It is the Lord's leela, He who lets
unscroll lilies and lilacs and violets

*

Fernfurl, chrysanthemumcurl, lilyswirl, wisteriawhirl

and sunflowertwirl

*

With early stars have fireflies
asterisked the evening skies

*

The greenleaved grapevine does a tightroping straight
line... along the windstirred clothesline
and a wavy Miss Penn banner on the young pine

*

The old ailanthus many humans found peccable
but the woodpecker delighted in her status peckable

*

The wind paddled the puddles, the lily padded ponds, and played the
pea'd pods and
pansies pied.

*

Lily pad plates... spheres with rims.. raindrops fill
them to the brim

*

A grey cloudcloak mutes the crimson leaves of oak.
Scarlet embers shrouded by grey ash and smoke.

*

Did not the apple blossoms fall, there'd be no cider in the
fall.

*

The sun paintbrush dapples the woods into apples

*

A clover veil.. violets the vale neith skies cloudclad or when ultraviolet sun
prevails.

*

The full moon has spilled her silver paint cans onto the seastage. Some has
splattered onto the cloud curtains

*

Flames of mornlight... the cotton clouds do ignite

*

The curvnecked clover lamps hang oer a London sidewalk's cobbles shedding
purple light in their wee world

*

Before the falls, the sheen of shanti. At the falls
sheets of shakti.

*

On the stepping stones in the pool... snow has made
a pillow for each rock stool*

A feathergowned crane flies through the forest
like Cinderella fleeing the ball.. but now the Prince of Peace
comes into the hall

*

Dawn rhodescent, jeweled by moon crescent

*

Fragrant fireweed fringes fire hydrants.

*

The comet's tail, an orange light trail.

*

Under gold dandelion parasols, beetles lie in the beach
of green grass, looking at the blue skysea beyond.

*

Several lamps make a shack lovely.. more than a dark palace
as the light of the holy makes any face beautiful

*

In the folds of the fields Mother Earth has
.. phlox.. foaled... she has phlox unfolded

*

The spider web dewjeweled and studded with samara stars
..has not done harm

*

The secret spring, the aquifer.. helps the knitting
of new needles for the aqua fir

*

As Michelangelo's vision of David's divinity freed him
from his marble block, so women of size plumpkin can
free themselves from their body coach of pumpkin

*

Flowering grass spire, dew-wanded, a green exclamation point!

*

Young souls love beauty. Older souls worship the beauty of love.

=====

Spruce tree grace is to J Hull

Robert Frost was at a dinner party on a porch. Someone asked him
about the lovely sunset. He replied 'I never discuss business
after dinner.' He said that delight at a thought caused him to pick up

his pen (paraphrased) .

41

Saiom Shriver

12 Of Many Causes Of War

12 of the many causes of war include

1. 'religious' hatred
2. racist hatred
3. nationalism
4. petroplutocracy
5. drug lords (within and outside of intelligence services)
6. arms sales and other war profiteering
7. loanshark capitalism inherently
8. empire building.. land acquisition
9. generals and mercenaries attracted to violence
10. generals soldiers and mercenaries attracted to the ego of advancement in the ranks
11. revenge
12. lust (as with Helen of Troy)

Saiom Shriver

13 Meditation Prayer

Out of the sea the sun aborning Not adorned but all adorning
With His awesome light of morning Says to you 'Come! My Mavoorning! '

*
Spiraling blue spruce spires... their steeples point to blue star fire.... the Breath
of Spirit moves their lyres

*
The sun does nothing but meditate.. yet flow his rays
in 360 cubed ways. He is focused on one point, but his energy
transforms..all points.

*
As he saw.. his fears were allayed..for there was the sun
in mornlight arrayed.. there were the trees with springblooms sprayed....
answered were the
prayers.. that he had prayed

*
Sunrise does night shadows shatter.. for all are Spirit
not their bodies' matter

*
Knowing that if he took any more animals in his ark would
sink, he began to pray.

*
Jack in the Pulpit has taken up silence.. to his new sermon none said
'ahem'...many said 'amen'...

*
Pen chisel carves tunnel out of feelings' mine cavein

*
God and humans both know of love unreturned. But about
this God is unconcerned.

*
Held the dew the concave butternut better than the convex buttercup

*
Dawn drawn dandelions sun-summoned... spread gold parasols
... another sundown will bring.. a diaspora of dandelion down

*
From all eyes shines God's light... from every human, bird, fish and mite

*
The mind of a genius is a sky piled high with lightning
forked thunderclouds. The desireless mind of a master is blue with nary

a cloud.

*

She was not forced to walk the plank into the ocean of her Self
... she was ready to wade into the waters of Love.

*

Deity winds blow into the Lungs, the Temple of Breath

*

Sipping from a teacup he mulled over the day's deeds
... from tea brewed with red clover seeds

*

Trees of January like Job continue to lift their arms in prayer
though they are powerless, unable to speak or move, their leaves stolen.

*

He took off his boots, but still the discalced elephant's tread
caused harm and so he decided to meditate in the pond.

*

As a telescope turns the pinprick of light
into the jewel of Jupiter, meditation gives tangible
proximity to God who indwells all

*

He feared when he died he would slide to hell
down a slippery funnel but God told him he'd rise
to him... through a lightfilled tunnel

*

the bees' buzzing omkar to blooming little stars

*

One thought Britannia once ruled the waves. Another thought: India rules the
quiet depths.

*

Into the chasm of your desire God pours His divinity fire
... assumes His liquid gold the form of your wish mold

*

-

Out of the sea the sun aborning is to Ethel Lynch
Blue Spruce Spires.. to D Billow
The meditating sun is to Marty Solomon
India rules the quiet depths is to B Pinkus

Omkar: repetition of the sound of Om

14 Mothering

MOTHERING

Eva does never evangelize
but transforming power
pours through EvAngel's eyes
*

You are the nectar the hummingbird the clover. You are the bloom,
the bee, the Oerhoverer.
You are the beloved the Love and the Lover.
*

a tree stormbent horizontal.. had 7 parallel branches growing
straight up... like a parent who sacrificed for her children
*

Eve angel does not evangelize. Mystic power flows from
the lovelight in her eyes.
*

The fact that we love our own mothers.. does not mean
that we hate others'. We love our own lands and
faiths but we do not hate others'.
*

Unlike the queen bee who stayed in 1 place because her
wings were clipped by honey thieves, the mother bird
stayed during the forest fire because her babies could
not fly.

=====

Oerhoverer is to our mother...

Saiom Shriver

1400 Mile Wide Pluto

Now that space pictures
prove that Pluto
is 1400 miles wide,
we hope, Mike Brown,
you'll now be on
Pluto's side.

Saiom Shriver

15 Victory

A champion racehorse at the winning line, unattached, eating the
blooms of his victory wreath

*

Wishing order he'd been a cuthappy lust-er but entranced by tiger
lilies' lustre he began to leave alone God's surprising little clusters

*

The iced sculpture fish has melted into his completing water.

*

The apple tree's blooms spun by sun looms dropped for fruit to make
room.. swept away by wind broom

*

The conductor must choose between the proffered bouquet and
the baton, between the past and the future.

*

A white heron flock flies across the jade cypress swamp canvass. A
script of winged words triumphant.

Saiom Shriver

16 Immortal

It snows

at

sea

Quiet falls in flakes

Melting designs leave form for All

*

Those who focused on the shock of shards as the phoenix
bird burst from his shell... nearly missed the sight of his holy
maiden flight... as he soared up and away.....and out of sight

*

He wished no induction into the House of Lords, but only
to return home to the Home of the Lord.

*

Death is the release of the bird of the heart from the cage
of time.

*

Buried as they are killed, beheaded dandelions, on the scythe their green blood
lyin

*

All will some day even those who have coronations
leave their bodies to crematers and coroners of their nations

*

Angels threw an etheric butterfly net over him.
The reverse of impaling lepidopterists, they from the body's cocoon
set his butterfly soul free from earth's room

*

As bells chime when someone enters or exits a bookstore
so Spirit sometimes makes music when souls come or go
from a body

*

Every River Styx is a River Phoenix, the soul either touching
down into a new and better form or returning forever to
the kingdom of ecstasy

*

Angels ring silent bells, as on their way to God, cockles leave their shells

*

Those who love God the most sometimes like to leave early for Home

=====

Home of the Lord is to R. Rohner

Phoenix Bird is to the loved ones of J C Lehman Jr

It Snows At Sea is to all those who loved Sylvia Dobkin Shriver

Saiom Shriver

17 Freedom

*

They thought the moon needed cloudwings to fly but the next night they saw her soar alone in the sky.

*

Herr heron no longer the freed herring hearing

*

Watching raindropp beads spark seeds into weeds..
was his creed.. and not what any other had decreed

*

One said that marriage is a tree.. do not break its boughs
Another said: as a river flows beyond banks, the past's vows.. to the present bow..

Spring melts snowflakes. Joy pops balloons. Roots burst
the vase. Love breaks the cage.

*

Dracula was free to think God's gladiolas gaudy.. and to dislike
the morning luster.. of a seabubble cluster.

*

Some like earthworms eat dirt and die.
Others like caterpillars become butterflies.

*

Bell tongs chime... bird flight time

*

If there were left 1 sheet
of Shakespeare's original words
Picasso would it erase that he could ink the space.

*

Those who ordained that a fork goes to plateleft
are the ones who use it as a fleshspear. Their rules bind
none.

*

A Dragonfly on daffodil alights.. having donned a more dazzling dress
as well as the gift of flight

Saiom Shriver

17 Year Engagement

As baby elephants
are longest in outbreaking
sometimes the best marriages
are longest in the making.

Saiom Shriver

18 Law Bows To Spirit

Oer a traffic light of green and red, a birdie flies diagonally

*

Not the will's resistance to surrender to God, but the Spirit's desire
to flow into Love, as a stream merges with a river and the river with
the sea

*

The bee does not fly with honey on his wings.. matter is irrelevant
where the spirit rings

*

As mater births son, so all material eventually brings forth Spirit

*

To fight trophy hunters the hippos formed
an hippocracy.

They work to end the slaughter and lawmakers' hypocrisy.

Saiom Shriver

19 Patience

Before the dandelions gold can their tents have unrolled
the black umbrella tents must unfold

To all beings manifests The mango tree... her manna gently and
gradually... Some rest as gifts in high grass baskets.

*

He has changed.. he has grown... no longer bud tightly closed.... but
Love Fullblown

*

We too can turn water into unfermented purple wine
by watering now our greenleaved allgiving grape vines.

*

Mother bird, why worry. Don't scurry. Don't hurry. No flurry.
Your babies... they are safe.

Saiom Shriver

1942 Horses

Horses with
raw powerful motion
gallop through
the waves
to shore from the ocean.

Out of the sea of
suffering
of World War 2
are reborn
free souls
in 1942.

Saiom Shriver

2 Crickets

Picked up a discarded soda can
to recycle it..
took it inside and opened
the lid..

the can was a coffin
for 2 crickets
attracted to the
sweet smell

Saiom Shriver

20 Giving

*

Oh Clara T.. a mind of perfect clarity.. heartfont of pouring charity
.. as in the woods of Cherokee.. grows
allfruit giving cherry tree

*

Shelter workers.. so patient.. for elephants in folding their tents..
take a little longer

*

Kudzu, unthanked, hangs her tapestries..
on every telephone pole and happy tree.

*

Fir sentinels stay and stand tall
guarding the space where the waters fall.

*

She is a projected table rock in a waterfall..
always pouring out what she receives

*

Santa's sleigh silhouettes the moon
above sylvan
framed snow.. the moon's silver slivers are everywhere

*

The torch never diminishes its own fire.. when enkindling
other torches through giving entire

*

Watering apple trees in spring each act of charity returns amplified for summer
is in the fall applefied.

His mind does not bookkeep. His mind does not measure.
To give of heart treasure is his greatest pleasure.

Saiom Shriver

21 Form

Humankind prefers vessels from which to sip infinity
... goblets from which to sup eternity.

Saiom Shriver

22 Destiny

What is destiny? The will of God. Since God is imprisoned in the hearts of His beings, destiny is ones nonharming desires.

Saiom Shriver

23 Metamorphosis

The drops the rain scatters the river then gathers.. to give to the sea
who in turn offers them in her great chalice to the sun

*

You dwell where dreams immortal are ushered through
materializing portals

*

When day's azure blues become eve's purple hues
then violets are not blue.

*

That flourish the forget me nots
God fastens roots to stems with knots
and ties the fragrant honeysuckle
to her twigs with seamless buckles.

*

When raindrops slowly slide off of the rose
they take with them her fragrant ambrosia

*

How did the sweet rain transubstantiate to juice of pear?

*

We want all others to love him because we love him.

*

The large mango seed makes an orchard mangotreed,
but the tiny acorn unfurls into much larger and thicker groves.

*

Now the Red Sea of clover is Bee-cloven
But back to Queen Lover flies bee Beethoven

*

Devoured by silkworms are jade mulberry leaves
... silkworms boiled alive for silk sleeves
.. worms and leaves.. for Spirit their bodies leave

*

Birds sing the anthems of Spring. The faithful wind flaps
the flower flags.

*

Gold centered pink daisies.. their buds little balls of
pink yarn.. used to weave the pink clouds of the rising sun

*

polymorphous water.. reborn as rain ice snow fog and mist
dew puddles brooklets

ponds, lakes, bays, rivers, foam, spray, seas

*

What is the shape of thunder? a cloud

*

How amazing that Goddesigned slices of limes and lemons hold each
limesdropp or lemondrop

jewel in its chamber until it is squeezed. Some of God's
gifts await in the wings just the slightest effort on our part.

*

The bubble bursts into seaspray.. and then lifts off on
solar rays

*

If God made too lovely the cocoon, would the caterpillar
want to leave his room?

=====

-

(4 Flowers is to Rosita and Charlie Davis)

Chalice to the sun is to J Pichette

Saiom Shriver

24 Hour Hotel

His heart is a hotel
open 24 hours.
His heart is a hotel
with infinite rooms.

(to Mitch Snyder, cofounder of
Community For Creative Nonviolence,
to the Catholic Worker, and to
other angels of the homeless. CCNV
now has a building in which 1400 of DC's
homeless sleep at night, while trillions
of dollars has been diverted from America's
poor for war)

Saiom Shriver

24 Truth

Lies like Icarus have waning wings of wax. In the sun they do not wax.

*

Pinocchio's nose, we are told, grows longer with each lie
.. but it also grows sideways for hypocrisy and upward for
cruelty

*

The boats which to their slaughter ship sheep are seldom shipshape.

*

Vivisectors flout oaths Hippocratic Speech and act
do not match are they hypocrites? dissecting hippos into hippo bits

Saiom Shriver

25 Union

Common ground.. is holy ground

*

As most countries have thrown out monarchs, so Americans
will elect their nonarchs.*

*

Know Him who ordains all fountains
Know Him who maintains all mountains.

*

The raindropp is separated from greathingyer, but the seabubble
is part of the sea.

-

Writer apologizes for a glitch in the program which will not
allow dropp to be spelled without an extra d
Nonarchs.. the nine of the Supreme Court.

Saiom Shriver

26 Romance

Atop the sea light glitters. Neath the sea light glimmers.
Sometimes his love for her shouts. Sometimes it quietly shimmers.

*

Radiovoice comes in at night as through the window
streams starlight.. uplifting as the boat which pops
oer the horizon into sight.

*

It is each heart-mind which decides how strong or nonexistent
are the rings of saturn.

*

Is fickle Cupid the most prolific of all poetic muses?

--

Quietly Shimmers is to D and E Barr

*

Saiom Shriver

27 Release

The rising moon ball... tossed by the uncaptive unclubbed Matterhorn seal.

*

Begins to emerge the bubble From the bubble blowing spear
Not til it leaves.. without fear will it be a perfect sphere

*

spider web brothel cannot hold
the fallen petal's fading gold
nor icepalace' freezing chains
longer freed waterdrops hold

*

The most radiant area in a master is the halo around her or
his head. But in an icicle it is the base from which it
slowly drips, each diamond dropp jewelning in the light.

*

Lust, the false love, handed her a hemlockian cuplet
which her heart distilled into a couplet.

*

Before the rumbling thunder comes the crash of lightning...
with light the sky whitening as it is cloudburden lightening

*

Why worry if the fleas bite us? It reduces cholesterol and
cures our phlebitis.

*

Yes writers are hypergraphic...the pen releases our minds'
traffic.

*

The cloud balloons were pierced by church steeples..
but not quite ready to dropp their grace on the people

-

Saiom Shriver

28 Wind Poems

Wind chimes play not on time... but when the Spirit moves.

The South Wind has for the evening donned jasmine scent*

*

The wind weaves many white caps so quickly for the blue sea

*

Mother Wind moves the water rocker

to and fro on the stormy sound's deeps. On the boatcradle by lapping waves she is softly lulled to sleep.

*

Will, your winded wings will win.

*

Clouds' whitewaterweave covered the sky.. and yet everywhere there was a patch of blue.. it was a different hue... here aqua.. there cerulean... or teal or indigo

*

The east wind blowing westward marries the falling rain turning her attention elsewhere

*

Crosswinds quilt the Connecticut River ever so slightly but stil the waters flow to the sea.

*

As gauzy veils lie on the shoulders of the slender, as avalanche clouds pour through tall firs, as morning mist rolls through ship masts, do monsoon clouds flow over the peaks of the Himalayas

*

Froggie croaks on his rock dais encircled by dizzy daisies throughout summer days. The wind makes them wave in applause.

*

The wind has blown away the cloud cover.. and he pond's reflection from grey to blue clover

*

Spirit Wind when talking with wind chimes strikes not on the hour nor at the 'right' time

=====

29 The Sun

The bee's favorite couplet: a sunup-brimming buttercuplet

*

In dawning daybreak so pure and still he opened the window
above the sill and the Sun of Love into room did spill

..

He who gilds the fringed coast Of all buttercups the toast.
More ancient than all.. yet evernew His ray host.

*

The forces of night.. their vanishing might
.. melt away.. in dawn's vanquishing light

*

The sun's allgiving gold cheer.. has become the allgiving tree's
purple cherries.

*

Popping oer the mountains the dawn sun arose, unrolling through
windows welcome carpets.... of red rose

*

It is not the sweet nuthatch
but the sun
which hatches the nuts
of nut trees everyone

*

The sun thought about another's criticism that he lacked focus.. but
then began again to shine in all directions

*

moondown is sunup

*

Night can no longer suborn
first light's gathering morn!

*

The sun diamond stipples the ocean's wind ripples.

*

Behind sparkling fountain waters sinking climb
higher the rays of the giving sun king. We need not seek him.
He comes to us.

The sun wears no dark glasses. He has nothing to hide
and is not threatened by his own light.

*

Oh womanizer or manizer most polygamous... try as you might
you won't be milligamous

*

Some prefer the greenwoods fringed sky... some prefer
the sky of the sea, unframed

*

Is all accusation projection of inner guilt?

*

As morning tops each grass spire with a globe of dew
so little acts of kindness are by God made magic wands of
great power

*

River carved Grand Canyon..
a master's oils attempt to capture you
as well as child's crayons

*

Oh tree of pine, your branches are wider on the bottom,
but you are cone crowned.

*

Beach footprints by tidewater erased. Snow footprints
by the sun melted away. So does God forgive all transgressions.

*

Sunrise is apple fall

*

When his moon wed her sun and his sun wed her moon
skies poured forth for lifefaitful loons
Love's manylived monsoon

*

The sun does not kill and tell.. but who can hide peachtree's new fruit
in the dell?

=====

(Sun Wed Moon to Richard Burton and Elizabeth Taylor... his scorpio sun
conjunct her scorpio moon... his pisces moon conjunct her
piscean sun.... not meant to dishonor other mates of these 2)

Kiss and Tell is to Ramish Price

22

Saiom Shriver

3 Capricorns

In a dream he said to me
'I brought you a kidney cap'
or was it 'I brought you
a kid kneecap'
or was it yet another:
'I brought you a kid knee cap'.
The first: the cap on the kidneys:
or adrenaline from the adrenals.
The second might be
a baby goat with his kneecap
The third might be
kid: baby goat.. species ruled by capricorn
knee: the part of the body ruled by capricorn
which learns with the knee to kneel to
God
cap: abbreviation for capricorn
3 capricorns

Saiom Shriver

3 Catholic Us Supreme Court Justices Boycott Pope Francis

Pope Francis speaks against
the rich robbing from the poor.
against war, against execution

Is that why US Supreme Court justices
Scalia, Thomas, and Alito did not attend
the Pope's inspiring elocution?

Saiom Shriver

3 Little Mice

3 little mice
after eating
bread
mixed with spice
they've gone
to sleep
in a trice

Saiom Shriver

30 Fidelity

Mother Earth has knitted strong knots in the faithful blue
forget me nots.

*

From your infinite eyes we drink Stars within skies of
blackest ink

Please don't eclipse us when you wink.. but hold us in
your eyes, Black Sphinx

*

He remembered that pricks of the branches of the mistletoe tree can
draw blood.

*

As fragile Queen Anne's Lace stretches in the sun among
rocks, she lived happily with her husband and his parents.

*

Redwoods: faithful silent sentries.. standing for millennia
not centuries

*

Oh womanizer or manizer most polygamous... try as you might
you won't be milligamous

*

Serial womanizer Jack Frost had his face pressed to their windows.. asking them
to come out and play.. before he disappeared again.

*

That God is Universal Love.. is it a license to
be promiscuous, polyamorous, polygamous, polyandrous?

Saiom Shriver

31 Perfection

Has made manifest, God, Weaving Master
the unfolded fan spheres of each purple aster
Her sermons on silence and beauty and peace
are more powerful than those of any pastor.

*

od's projections of God's own perfection heal us with their reflections

*

How perfectly level is the lake and the mist above it
and are the bottoms of the clouds above both

*

When raindrops slowly slide off of the rose
they take with them her fragrant ambrosia.

*

the sun leaves no residue when
in rising he melts the dew

*

Saiom Shriver

32 Change

11 point maple leaves fall, and then 6 pointed flakes of snow., , , ,
but coming in a few moons.. the unpointed raindrops of spring.

As dim cellar caged yams send out pink roots into the dark
unknown, so do souls facing change stretch in trust to the
future.

*

The blueberries have become the bear.

*

He missed even the mire of the moors
when his dory was in strange moorings

*

Past Monday morns as the moon melted, he went to a job
he hated. But now he is his own master.

*

The maple donned the orange of October sannyas, but
in the spring returned to green.

*

An aqua oval of smooth form rests on jade moss
velvet as if a piece of azure sky had fallen on its pillow.
Suddenly it shatters, perfection robbing, to birth
the sweetest baby robin.

Saiom Shriver

33 Will: The Spine Aligns To God's Magnetism

Empine the cone! En oak acorn!
Enpear the seed that inner
sun be freed!

*

The universe falls in line.. behind the will..
of a Godaligned spine

*

With his own soul's will lightning he is charging his
body into lightening

*

The song of the whippoorwill says 'let it flow'.. don't
whip your poor will

*

The stars change their courses and revolve
around those connected to omnipotent resolve

As sailboats have masts, the spine of will is in all masters.

The sunflowers are sundials swirling
while in the dell, daffodils
His light spin and spill

*

When her spirits were down because she thought her will low
she daw how easily rivers of grace were drunk by the willow

*

The dousing wand. The lightning rod. Conductor's baton. Will's aligned
spine. They find the water, invoke the lightning attract the music and
summon angels' help.

*

In a protected wood is a granite rock with white morning
glory vines streaming down all sides... like a mountain peak
with many falls. Someone asks the dreamer to cut the vines
and she refuses.

*

That miracle turning point when the give me give me give me of the
child becomes a mature heart's giving.

Saiom Shriver

34 Simplicity

The most beautiful places are the emptiest spaces

*

Birds are happy with the branches of a dead
tree on which to rest...dead sticks with which to build a nest.

*

In the sea, a zillion strong singing each his own song,
every sweet sponge.

*

Archivists are wavecounters.

*

Fast weaving privacy screens, bamboo curtains
.when the world beautiful.. it is certain

Saiom Shriver

35 Teacher

The guru baby chick showed Michelangelo how to chisel
out of a marble egg prison.

*

The zealot in the woods is teaching morals
to the sweet sorrel and to the mountain laurel.

*

Because they the most fragrant field flowers did become
it is to them that herself the queen bee comes

Saiom Shriver

36 Music

The applause for Pavarotti.. is as beautiful as his voice..
for it is the sound of many hearts beating as one each sending love
through his hands.

*

The enraptured woodpecker raps his rhapsodies, in the apple trees and
not the bush of raspberries

*

Like bells on a sleigh harness are pepper seeds strung
in the inner chambers of the belltower.

*

The birds have retired for the evening
but on goes the frog chorus played tirelessly for us

*

The ornithologist described the lark's 'plain appearance'. It was not
the fickle eyes but the ears of all... waiting for her song.

The lark is to Julie Andrews, beautiful in all ways

Saiom Shriver

37 Humility

Do not dismiss the puddle. She can transmit the light
of the morning sun.

*

The heaviest fruit grows on pumpkin vines in horizontal and not vertical lines...
Near the ground the humble and prolific
their green umbilical cords entwine

*

A speeding driver smashed the little skunk's body. He
was placed at the roadside under a flowering peony. His
unique smell entwined with the fragrance of the bloom, but his
soul slipping away was more sweetsmelling than all flowers.

*

The horse has run her heart out for her 'owner''s bank
account.. and her reward? the slavery of a stall

Saiom Shriver

38 Art

As a youth he read only poetry, a bee supping only on
nectar, an angel sipping ambrosia.

*

The artist paints the lily.. water colors dry on the canvas
.. but the lilyroots remain wet

*

The present's fleecy cloud wrapping is removed revealing
the jewel Sun streaming His own ribbons.

*

Hexagonal are honeycombs and snowflakes
and the columns in the Giant's Causeway that basalt makes
and round Saturn's north pole it is not his rings
but a sixpointed hexagon which does Jupiter brake

*

April south wind stirs October leaves of red into a mobile
with no visible threads

*

Unlike a freshman's trunk, overpacked, clothes spilling out,
the epigrams of Gore Vidal... have a world in few words.

*

Poets you love are rungs on a ladder...
for your morning glory poems they become a lattice

Saiom Shriver

39 Nonjudging

Rigid judgmental opinions can block the descent of Spirit's pinions.

Saiom Shriver

40 Kinds Of Fruit From One Tree

a miracle tree
producing 40 kinds of fruits...
all sharing the same
trunk.. the same roots

Saiom Shriver

40 Miracles

TRINITY OF SUN AND RAIN AND GRAPEVINE

Who heralds the trinity of sun of rain and grapevine as they
daily turn cloudgift into grapewine

INSTANTANEOUS MIRACLES

Raise the blind..
the room floods with light
Plug in the lamp..
gone the night.
Light the cotton..
it's gone in fire
God's mercy does
fill
every desire

=====

(to Dudley Giehl, founder of the group Animal Liberation in 1970)

Saiom Shriver

41 God's World Is Free

Concern for rupes or rupees, pounds or rubles,
shillings or yen or farthings is from God's heart a far thing

Saiom Shriver

42 Nonharming... A Journey

How do the words of the Peaceful Master become the tirades of warmonger pastors?

*

Animals love vegetarians. Plants love fruitarians.

*

Neath obsolescent mower it used to be that Crickets make a final peep.
Fireflies' lanterns snuffed beneath the skies. Bumblebees' pollination stops
Caterpillars do not become butterflies

*

Was she a promiscuous tree that the initials of so many lovers are cruelly carved into her bark

*

Weeding whispered the Great Spirit...is plant racism

**

Oh a cockroach is better luck than a cricket upon the hearth.. for she magnetizes to your home those who love every heart

*

Many are the harshly shod footprints which have trod smashing little ones between the booted and the sod

*

Because of her the world will sooner bring.. a world of no more suffering.. where none are swallowing a chicken's or a swallow's wing

*

Flounder: did the verb come from the noun.. as humans watched flopping suffocating agonized fishes? Or did the fish name come from the verb?

*

The fire in the mob's hate torches does not always color within the lines.

*

It is not recorded in the words of Tennyson that Ben Franklin got sick when he ate venison

*

Above.. the starstrewn sky
Below.. a landmine littered earth lies

*

A gentle cow reading Leviticus found that cloven hoofed animals are forbidden for food. She took an ax to each of her four.

*

Trillions of animals' agonized cries
through a millenia of years echoing in our ears

*

Babe issued a press release.. 'they tell fibs
.. I have no ribs to spare.. no spare ribs'

*

At a defense contractor luncheon, the eagle ice sculpture drips water
from his melting beak. Frozen form
becomes all form. The waters of peace are flexible.

*

We have nothing to offer you say the cows of their gravy
but our blood sweat and tears.

*

Peregrine falcons have sent pigeons
prematurely into realms stygian

*

Kneeling to God, all weapons' Wielder, he becomes a
weapons yielder.

*

The boats which to their slaughter ship sheep are never shipshape.

*

In India the bloody footprint of Alexander's throne lasted as long as
a twig cleaves the sea into which it is thrown.

*

Spaniards are ending the waving of red flags toward crucified
bulls, as everywhere the white flags of mutual surrender to
God flap, and the wind rustles the pink flags of thyme...
all flags of earth peaceful in time

*

Up peep and pop the poppy pods.
Does their scotching and scorching please Papa God?

*

To sweep Buddhist monks use feather brooms
for the bee-abandoned fallen blooms

*

Little chick fertilized within the eggshell basket
.. Of Thee God he asked it... that none turn the lettle shell
into a marble casket

*

May no illegitimate
leader's illegal wars hasten any 'til death us do part'

*

Neither the blackberry bush's barbs nor the thorns
protecting the rose act aggressively. Nettles guard nests.
Prickers protect the prickly pear.

*

Do plants have feelings? said one and the other replied:
Wallflowers must have broken hearts.

*

The God indwelled beetle sanctifies the holy rose.

*

they cleave off innocent pigs' cloven hooves
... yet the scarlet blood does not crimson
the purple fields of clover

*

Factory farmed hens: unloved they are born.. nameless they
live... innominate they die

*

Robins need not squabble over a stick for their 2 nests..
for there are dead sticks everywhere.

*

Lambs go more quietly to their murder than pigs. Pigs fight
hard against the knife wielders.

*

He stopped fishing for reasons of mercy
and saved himself from radiation, worms, lead and mercury.

*

She defends not only underdogs but undercats, undercows,
and underpigs, underchickens and underfishes.

*

A meditative Sufi ring is less likely to suffocate fishes or cause their suffering.

*

Butchers unthinkingly smash the hour glasses of mammals' lives.

*

The trash truck comes around, its treeslapping height
leaving a mobile of severed spring leaves in its wake.

*

NASA secreted hundreds of mice into
the hold of the shuttle. Each spacemouse was
a apart by NASA Bonapartes

*

Seldom are birdwatchers seen... in factory farms

*
One need fear not the might of the tiny wellmeaning mite,
the queen of termites.. if one builds with stone or stucco might.
*
How many daisies does a daisy cutter bomb cut?
*
They did the little boy turkey named Art... choke and then served his dead body
with artichokes.
*
The diner says 'no bare feet' while inside
people dine on severed pigs' feet
*
Up peep and pop the poppy pods
Does scotching them please Papa God? Used for ill by growers and spooks..
Killed by narcs. Who love poppies for themselves?

The animals' stigmata.. has been cooked in the gravy

45

(As writer was penning 'blackberry bush's barbs' she
was reminded by the word proximity of Barbara Bush.. her
mother and animal love and the way writer watched her quietly
listen for an hour to her husband at a fundraiser given by
wealthy Mexican Americans in Orange County which writer attended
as a member of the press.)

(No Bare Feet is to Andrew Jacobs, former representative from Indianapolis, who
said that in Congress he so often said 'many eat the meat but few go to the
slaughterhouse' in reference to Vietnam that he became a vegetarian)

Saiom Shriver

43 Projection

The mirror finds many personalities projected onto her
by passersby.

Onto us God's projection of His own perfection
melts away our thoughts of rejection.

*

Younger souls project darkness onto what old souls do
as waters reflect in darker hues, the aqua of sky
blue

Saiom Shriver

43 Ways To Reforest The Planet

Meat is the food which most harms the earth.

Fruit is the food which most helps it.

Vegetables are linear.

Fruit and nut trees are spherical.

Global baking and Global freezing are 2 sides of the coin of global de-treeing.

Why is the area of most heat and light, the equator, only 70 degrees in equatorial rainforest and 130 degrees in temperate zone desert? Trillions of Trees. Trees as nature's weather stabilizers, trees, accounting for a 60 degree difference between rainforest on the equator and temperate zone desert, have been felled at an unprecedented rate. Harming trees causes fire, flood, famine, mudslides tornado and hurricane.:

1. Plant zillions of trees in your yard, in your community.

2.66 reasons to stop mowing *1

3. Eat tree products.. fruits and nuts.. say yes to orchard growers *2

4. Build with stone stucco brick and block not wood. Some companies are making hard material buildings out of recycled plastic. You will nt termite destruction nonviolently, b save the \$, time, and environmental damage of paint, c have natural insulation with its energy savings, d. prevent rotting wood e. have better insulation in summer & winter f. end the disease related to living near the mold from rotting wood g. reduce the arsenic in the watersystems, flowing in from pressed wood factories and h. have increasing rather than decreasing equity in your home. Use natural barriers such as bushes, or chain link, rather than wood fencing.

5. Cancel daily newspaper..and magazines and newsletters printed on felled trees, as 72% of the young have get your news on the web. Daily newspapers account for trillions of trees slaughtered annually and most promote anti environment corporations.In the US a high percentage of metropolitan dailies are controlled by warmongers as well.

6. Print on cotton, recycled or scrap paper

7. Use a water spray instead of toilet paper

8. Buy food naturally packaged.. nuts in nut shells, bananas in peels.. buy in bulk. Fruit is nature's most perfectly packaged food. How many trees go into cereal boxes

9. Use canvas bags for shopping.. neither plastic nor paper

10. Stop eating meat, since cutting forests for cattlegrazing is a major cause of deforestation.. Animal flesh yields a maximum of 100 to 1000 lbs an acre. Tri level agriculture (fruittrees, vines and fruit bearing plants) yields over 450,000 lbs. peracre. or 450 to 4500 times as much food as murdered mammals' flesh.

11. Work for peace.. work for an end to giving 10 million a day to violent governments, for the outlawing of membership on arms merchant boards by government officials and elsewhere radically affecting weather patterns.. work for an end to CIA, Army and other weather manipulation through Haarp, Woodpecker, chemtrail cloud seeding and other means. In 1972 Seymour Hersh reported in the NY Times the CIA's attempts through cloud seeding to cause flooding in N Vietnam.

12. Save fruit seeds and scatter them in wild places Rainforest Action Network The average evaporation of mature trees is 42 gallons a day.. which becomes mist, then clouds, and then rain, eliminating drought.

13. Buy books and greeting cards published on cotton, rice, or other nontree paper.

14. Purchase furniture which is used and refurbish it or buy metal furniture with cotton padding. There are many nontree furniture options. The furniture, lumber, and construction businesses have lobbied for the cutting down of US forests, making the US a land of skinnier younger trees, whereas the UK, some cities in Maryland and California require a permit to cut down old trees.

15. Vote out earth abusers whether you oppose Republicans by voting Green, Libertarian, Socialist, Democrat or other.

16. Avoid fast food places which deforest for their packaging, have no recycling containers in most outlets, and create litter which fills dumpsites and requires labor pickup

17. visualize sun and green trees everywhere

18. pray, meditate

19. Outlaw junk mail (as telemarketers have been curbed) . File a form with the main post office in your area. Return to sender. The GOP & junkmailers are requiring you to subsidize their treekilling and invasive practices.

20. Recycle cardboard cartons at commercial establishments. Recycle your own scrap paper.

21. Leave Christmas trees in the woods. Replace the purchase of dead Christmas trees with artificial trees.. or living ones planted each year in the year. Oregon is the biggest Christmas tree killer, making more than 7 billion annually from deforestation. Ending the purchase of cut trees a. is good for animal habitat b. prevents fires c. supports the rights of sentient trees d. promotes anti global heating air exchange e. saves a lot of money... for giving to your immediate family and friends or to the homeless

22. Save seeds of trees, vines, bushes, plants and scatter them where mowing does not occur

23. Ban the cutting of trees entirely as Thailand has done.(The United Kingdom has banned the cutting of trees after they reach a certain width.. while Takoma Park Maryland in the US and other cities have required a permit to cut older trees. Around the world elephants are threatened by logging, as well as by poaching and war.

24. Stop through lawsuits, networking etc. the 'controlled fires' deliberately set by the US Park Service and the Forest Service... fires which often are made more lethal by the unpredictable wind.. fires which destroy trees, animals, birds, reptiles, insects. The United States is still a land of skinny trees, because of present control of the Usda Forest Svc. and National Park Service by lumber, mining oil and cattle interests.

25. Work for library, workplace, home, and other printers' use of cotton, recycled, or the back sides of already printed paper. Printer and copier manufacturers are part of the problem.

26. Stop the control of national and state executive branch, legislatures and courts by corporate contractors

27. Network with other environmentalists
28. Disinvest mutual funds, pension funds from earth abusing corporations such as Georgia Pacific and other tree killers.
29. Replace paper towels with washed cotton rags.
30. Contact the Usps to give you a Direct Marketing Assoc. form.. which will stop both commercial and nonprofit junk mail delivered to your home
31. Fax gives trees the ax... phone and email are more direct
32. Network with others working to end automatic phonebook distribution which besides killing trees.. would save the phone companies time gas and money
33. Please avoid insurance companies which mandate the killing of trees... (sometimes land speculators buy homes just long enough to put them on the market and profiteer from the sale... after axing centenarian trees...health departments too have joined in this anti health measure.)
34. Legislate underground power lines to save trees. This is done in several countries in Europe.
35. Clearcutting lumber and mining companies have caused flash floods around the world. One such began over the construction of 5000 homes near Beckley W. Va.
36. Lumber companies have put a variety of poisons into the waters.
37. Lumber companies have caused fires from dust accumulation such as the one occurring in Schofield Wisconsin in Oct. of 2005. Fire chief Doug Jennings: 'It is my belief (the fire was caused by a dust explosion.'
38. Using metal spiral staircases rather than wooden ones. Building with metal, stone, stucco, brick, block reinforced concrete protects from fire, termites, the need to paint, keeps houses from floating away in floodsor being shattered by hurricanes, Recycled plastic is now pulverized and with concrete made into building blocks. It is made into other very strong wood substitutes.
39. Both a UN and a UK government report link cattle ranches and dairy products to global warming, as they cause the removalof trees.

40. Avoid wood chips. In a hot Houston park, wood chips spontaneously combusted, causing fire.

41. Respond to others. When the lumber industry says it plants saplings, it doesn't say that it takes 1000 years to replace a millennial oak, hundreds of years to replace multicentenary firs.

42. There are a number of recycling companies which will put collection bins on your school, library, corporate, community or other property if you can generate 1000 or more pounds of paper per month (poundage varies per company).

43. Create more green space by building stilt homes on metal pilings in lakes and bays.

Raking leaves a. wastes time b. fills landfills c. costs communities money d. removes blanketing leaves from Mother Earth during winter e. removes nuts which feed squirrels

Saiom Shriver

44 Faith

He disproves his atheism, for he is like all a walking God, one who cannot yet see his divinity.

The Christian Bible says 'Ye are Gods'

Jesus said 'Greater things shall you do than I have done'

Many faiths teach that sooner or later all will be one with God.

Saiom Shriver

45 Equity

Oh Martin Sometimes your voice was the thunder Sometimes it
was the falling rain. Always it burst our hearts asunder..
and made them beat... empathic in pain.

*

A bee willing to hang upside down in drooping blooms
will harvest more honey. But the converse is not true..
those who work the hardest are not those who make the money.

*

He attempted to live by ten tenets.. he tried to all
to be tender, not to profit off of tenants

*

The puzzle master has an eye to each color splash, every unique
shape. The self realized master sees only the same blazing God in all.

-

Oh Martin is to all who like Martin Luther King have worked
for victories over racism.

Saiom Shriver

46 Play

Like skydiver chains, some maple seedlings jump... locked together.

*

Wishes start as tender tendrils, yet as the bark on the oak hardens, so do desires, sometimes blocking from Spirit fire.

Saiom Shriver

47 All Paths To God Are Sacred

On an Asheville spring hillside.. the divine lamplighter
ignited the mountain laurel's purple candelabra.. with her
constant praise to the Son and Abba

*

O Ganga in Bangladesh may you never again be the goddess of
death.

*

The same God who spins cotton for ephods out of sod can
reknit any bone.. and make crying babies nod

*

Allah bless you and all in each and all ways... now and always.
God answers to all names by which called.

*

A spiral swirl of windwed weed Each tiniest wheat-huedneedle
caught a globe of dew.. a crystal rosary
of 59 beads already goldchained inside

*

Tree of Olive... Altar of Allah.. on it He has grown... olives for all

*

In kind Budapest.. the small and powerless are safe... for
in the eyes of Buddha.. none is a pest

*

Of a purple eve, the goldglowing church tower clock, both hands at
six, in the rain slowly drips on thirsty flowers below.

*

Sufis and suffragettes have focused on preventing
the suffering of fish suffocation.

*

The dawn birds sing before come the earliest beams
God's messengers come before He who all..... redeems

As in unmowed green pastures
grass is starred by wild asters
so the word of the peaceful master
will win oer silent priests and pastors

*

Before sparked the seed which Jesus said must die to live,
the hexagonal snowflake of form had to melt into formless

water.

-

The rosary poem is to Charles Marshall

Saiom Shriver

48 Innocence

The scarecrow said the posies were sham poseurs.... night from his
harsh words brought them repose.... dawn rays once again made them re-posie

Saiom Shriver

49 Pain Transmuted

A child's cries in the store
disappear with a cruel parent walking him out the door
but....the cries remain in the heart

*

Humane slaughter.. an oxymoron.. from those who don't
know.. oxen aren't morons

*

As small flowers bloom at the tips of glaciers so do
children unluckier than I survive around cold parents.

*

Crocodiles shed crocodile tears which blend invisibly with riverdrops
when they are underwater. They cry perhaps when they are hunted.

*

Margaret, when we see the Pieta, we think of you. But the
frozen marble of pain has turned to rising joy.

*

The ice does not in pain scream when in the sun he melts into stream nor does
he scream when he climbs into spiraling steam.

*

Is a swamp a pond.. in a state of despond?

*

Saiom Shriver

5 Of Many Toxins Fed To Cows

Why do they feed
cows ground up bones?
Why do they feed cows
ground up limestone?
Why do they feed
to other species
captive
chickens' feces?

Saiom Shriver

5 Year Old Flower Girl

She embarrassed her parents,
the bride and groom
for she could not scatter
to be downtrodden
the torn off petals of the blooms.

Saiom Shriver

5 Year Prison Sentences For Selling Murdered Cows' Flesh

Ted Koppel, former anchor for ABC's Nightline, said the story he would most like to cover is the prison sentences of 5 years in Mumbai for selling cow flesh in restaurants.

Mumbai has many apartment complexes in which nonvegetarians are excluded for several reasons including the noxious smell of meat while cooking or in the garbage. (The smell some love others hate.)

India has banned the slaughter of cows in most of its states.

Saiom Shriver

50 Friendship

I choose not a campfire's sparks but the sun
I choose not a puddle but the deep blue sea
I choose not balloonjailed air but the wind
and for my friend I choose thee.

Saiom Shriver

50,000 Homeless Vets, Military Suicides At All Time High

50,000 homeless vets

Military suicides at all time high

amputations blindness deaths

Billionaire Kochs work to profiteer

from veteran health care

Depleted uranium exposure

PTSD

family busting divorces

and still corrupt warmongers

want to increase the 'collateral damage'

in Syria, Iraq, Afghanistan and elsewhere.

Saiom Shriver

500 Million For 4 Or 5 Fighters

Corruption, waste,
incompetence....
or immorality of war,
whatever your assessment,
more and more say
what are we in Syria for?

Saiom Shriver

51 Forgiveness

If you do now your heart unlock I promise in the future
I will knock

*

As a sword has the illusion it slices the sun's beams
so do the unforgiving have the illusion they have been harmed.

*

Melt away now Valjean's pursuers,
who had chased him through Parisian sewers

*

Two branches of the same river of God approach
a cliff. Rocks cause the foes each other diametrically to oppose. As they roar over
its side, unhurt they emerge as one,
some drops rising as mist to bless riparian trees.

=====

I will knock.. is to Todd J

Saiom Shriver

52 Many Suns

* Poems Of Many Suns *
COCONUT MILK PITCHER

The full moon poured
pitcher after pitcher
of coconut milk
into the sea...
and the sea...
silvered it all.

(to 97 year old Ruth
Thomas... a peace educator
for 77 years whose devotion
to her husband caused him
to live 42 years after his
colostomy)

EVENING

As Wind lullabies
to lull the bees
home from fragrant
lilac leaves
and dusk's lovelight
laves the skies
above lilyleaf
lairs of dragonflies
we gather at the lotus pond
the Lord's leelas to ponder

CENTENARIAN APPLE TREE

She is a centenarian apple tree
yearly producing more fruit
She is a train.. each day
attracting more cars.
She is a river ingathering

every stream
as she flows to the sea
With her every hour
She gathers more power.

MANYCANDLED

the vegan birthday candles
of the manysunned
provide more light

She is the river
ever ingathering
streams and rivulets
as she prepares
to offer
them
to the sea

APPLESAUCE WITH FINGERS

An expensive nursing home
in one of the 10 most
wealthy counties in the US
and yet a woman lay there
eating her applesauce
with her fingers..
unable to get vegan food
unable to get glasses
to read
after her family
stole her money
and put her against
her will in the
prison.

PEAR CORES AND CRESCENT MOONS

Perfect spheres..
ripe fat pears
and fullblown moons
but when they
are pear cores
and crescents
they are closer to
God

87 YEAR OLD AT VIGIL IN THE FREEZING RAIN

There he was again yesterday..
the 87 year old man..
standing at a vigil for peace
.. in the wind propelled 33 degree
rain.. which turned to sleet
and ripped paper signs
into shreds

PEACEDOVE WING

Time has painted
on her hair
.. a triangular
grey peacedove
wing.

ENTIRE FIRE

He feared he must pass on
his empowering baton
but when he looked..
lo.. it became a torch..
giving to others its blaze entire
while keeping for him
all its holy fire.

PUZZLE MASTER

The puzzle solver
has an eye to each piece's
shape and color..

The yogi has an
eye to neither.. and
to no external characteristic

NONAGENARIAN

She was more likely
as a vegetarian
than were nonvegetarians
to reach the level
of nonagenarian

MASTER OF ARTS MASTER OF HEARTS

As ice millenia old
can melt and quench
the thirst of trees,
As a book several thousand
years ago written
can the spirit ignite
As gold found in an
ageless mountain
can make miracles now

As a candle buried
in the attic
can be enflamed now to light
As a seed from 900 BC
can be sunsparked
to life and yield
famine destroying free fruit
As starlight from 900
million years ago
can vivify this moment
eyesight
so the bottled lightning
of divine laughter
reaches the hearts of his
audience
from long ago shows

(to Tony Randall)

THE LAST IS FIRST

The rejected fruit
forlorn on the tree
with the most juice swells
The 100th Lamb realizes
that God within him dwells.
The ugly duckling
has become a beautiful swan
The truth that
The last has become first..
shines in the dawn.

(Elizabeth George, Hans
Christian Anderson and
Jesus are the sources
of these thoughts)

REDDER

It is true of cherries
watermelon and strawberries
... as they get sweeter and better
... each day they get redder

(to Chris)

PERIWIG

Dandelion down has
become grey periwigs
on the round faces
of ripened figs

(to P D James
whose empathic
power and masterful
pen are even more
impressive with
the works she's published

in her 80's)

GRANNY D

They have smashed the lake of her
soul with their fists..
it could not be harmed.
They have shot their bullets
at her inner sun..
Her light remains.
They have tried to
obscure her shadow
.. it is here.
When they have blown
away her satellite clouds
her glow was multiplied.

to 98 year old Granny D, Doris Haddock, who at age 90 walked 3000 miles across the US for election reform and world peace. The Peace Pilgrim also vowed to walk until humankind found peace. 8 times she walked across the US vowing to fast until offered food. She never went more than 3 days without food in all that time. Granny D said 'you are never too old to get in shape'.

Dr Faust, former chief of the USDA Fruit Labs, said that centenarian apple trees drop at least 2 tons each of free apples. Apples, says SB, are only 3% sugar, and good food for diabetics. They have polysaccharides, disaccharides and monosaccharides for an even flow of time-capsuled energy. 87 Year old Man is to John Looney of the AFSC who has gone back to God. During the Vietnam War he shut down his factory and began devoting his life fulltime to peace.

Saiom Shriver

53 Fires Burn

In America now
burn 53 forest fires...
fawns burning near briars.....
rabbits burning entire
adult birds turned into friers...
trees and flightless
baby birds
become flaming pyres

Saiom Shriver

53 Starscript

How is it that substance filled will and the empty flute of
music are both taurus? because the will which is surrendered
to God flows with the most divine energy

Saiom Shriver

54 Courage

I hid behind the wall but my more courageous shadow... showed herself.. and walked up the ladder.

*

Ominous night has silenced the mourning dove but not the nightingale

*

The river encountered a boulder of will.. and in flowing around him changed her destiny.

*

It is not a shark fin but the triangular sail of a toy boat.

*

Saiom Shriver

55 Effortless

The way of yielding water.. flowing to the lowest point.... being never preaching
is the teaching
of the ancient I Ching

*

Some cherrypick. Some plumpluck but Newton was given
an apple windfall

*

One need not dig... to grow figs

*

What are the jobs of appletrees? To breathe and to be
.. while apples come automatically.

*

Can only the wind surf the grass seas?

*

Infinite drops of rain gathered by river trains, now remain
in the bowl of sea main.

--

Jobs of Appletrees is to Steve Jobs, once a fruitarian, now a vegan.

Saiom Shriver

56 Enduring

In the meadows pink lupins.
In the forest, green Lew pines
For a much longer time,
last the fir shrines.

(to Lew R)

Saiom Shriver

57 Resurrection Arising

How awesome How sublime
That out of muck and mud and slime
God How makes
lemons
God makes limes.

*

Oh Julie.. God's sun is shining She is grapevining
and the grove tree now she's liming

*

Out of the pain of hell so low..
was born of goodbye
the sweetest hello

*

Reborn... Sappho... wears monks' saffron.

*

the bee the purple blooms did rape.. and now there
are sweet violet grapes

*

Glass shatters.. neath sunfire.. each shard reflecting his orb entire

*

The Great Lord can behind him twirl... vast universe' gyrating
swirl... that his rebellious insurrection
.... become his glorious resurrection

*

No lid for the cups of sunlemony buttercups..
they just infold to escape night cold..
but in the morn... once again unrolled... their cheery gold

*

One upright pier pillar after another yields in the night to the hegemony of the
tide.

*

Those who took opposition roles...
were midwives of her strengthened soul

*

The sun arises and rouses the rose. In raspberries,
His arisen rays are rose.

*

A wee teardropp reflects a star. The tears dry.. remain the stars.

*

Meet the sea the icebergs melted
.. and now reflect the sunrise molten

Transmuted scorpio's sanctuary is the Spirit Eagle's aerie.

*

Every dawn a straight rainbow of promise is on the horizon
...heralding each heartsun's rising.

*

As resoldered metal is stronger than when first forged,
so the resurrected are paradoxically more perfect than
the Godcreated original

*

The soul's essence is ever in God's presence, and unharmed by the
fires of creation or the ashes of cremation.

*

He was so loved by all creatures that when it rained
a cloud served as his umbrella.

*

Filling every inch of the line of floodcracked cement
is a thread of velvetjade moss

*

In the empty chalice of the rivercarved grand canyon
dawn has drawn with gold pink orange light crayons.

*

Candle flame fear not results if you ignite
the snuffed candle's reborn light.

*

As a clock with no hands can register time as the sun
plays across its face, so Spirit needs no body in order
to manifest its power.

*

The apple tree's each barren branch.. burst to
wands of blooming blanch

*

At the base of the birdfeeding pole, a perfect circle frames
it... the lace trace of birdprints, as they ate the
seeds which had a precipitous fall

*

God the Divine Genie is waiting in the bottles of all hearts
to answer wishes.

*

On Ararat rests the ark. A rainbow is born in the dark.
Out of silence bursts the joyful song of the lark.

Saiom Shriver

58 Every Being Is Sacred

Sooner or later even Satan's minions are beyond duality
opinions lifted by Love's universal pinions.

*

A playing boy's discarded stick became the father heron's
beakborn gift... for their nest a new twig...
the rejected stumbling block.. to the temple's
cornerstone he lifts

*

Call no demon names. Focus on his divine core. See the gold
within his ore.

*

Who besides a snake can swim in the grass?

Saiom Shriver

59 Action

Grey sea and grey skies are one... yet does the sudden
crimson sailed boat give hope and it defines
the horizon where the sun will be rising.

--

(to the graduates of Ohio State... may the students and alumni
end primate, dog, cat, horse, mouse, cow, pig, sheep and all other
university research and slaughter.. including the course in mice spine
breaking.... see Physicians' Comm. For Responsible Medicine...
and Protect Our Earth Treasures, Poetwill)

(Alex Pacheco, cofounder of PETA, is a graduate of Ohio State,
May this university once again be committed to low tuition as it is
to high standards)

Saiom Shriver

6 Million Disenfranchised In U.S.

People labeled felons
have done their time.
People labeled felons
have paid for their crimes.

Saiom Shriver

60 Focus

COMPASS AND CLOCK DIALOGUE

The attacked clock
said to the compass..
.. you focus
on 1 point: the north
but I am told
all points to encompass

And the weathervane
said to the rock
.. contained your birth
the stability of earth
while I am to flow
as the wind blows

HIGH NOON

Other church clocks in town might rotate..

but the tower timepiece
at the most faithful peace church in town
.. always points to twelve o'clock..

a magnetic focus at all
times.. to the will of God..

Saiom Shriver

61 Parenting

SUN MOON AND STARS

When we were children,
we thought
our father was the gold sun,
and our mother the silver moon.
Not til earth set and
turned away from his sun, did we see
she was all the diamond stars.

(to our mother and to yours)

PERFECT RELEASE

Mother carrying child, may your birth be as easy and without fear
as a bubbleblower stick releasing its sphere,
as the full moon rising out of the eastern sea,
as a low branch of the pear tree dropping her present
into a nest of tall grass.

ONE FATHER'S STORY

7 children
disbarred by KKK judges
before the Great War
Parkinson's
bankruptcy

during hours of despair
arms trembling he
playing solitaire

as God smashed
his dreamhouse of cards

greathearted
laughing conscious Buddha..
who need have no earthwins
to ignite

others' light

FATHER'S LAP

Like little children
crawling joyfully
on a father's lap
trustingly do
tendrils of the vine

reach out toward a fat
tree trunk of olive
ready to make grapes
of the earth of olivine

STATUES OF NONLIBERTY

Many mothers
and every tree
are statues of
nonliberty
.. rooted
by
their nurturing love

(to NL)

OUR PARENTS

They told each of us
we were their favorite..
and they told the truth
for they gave their all
to each
and sacrificed their
life for each

BABY BIRD OF HIS HEART

God entrusted
the baby bird of his heart

into the nest of his mother's
hands coupling

that with each beat
of her heartdrum she repeat
his name
and make of her nested
hands a cup ling

DESTINY'S MOTHER

Destiny's sire
is desire.
Destiny's mother
is heartfire.

TEACHER STARS

Clouds of emotion
have blown away
One sees and hears
the teacher stars

FOR CALVES ALONE

Cows' milk God
made for calves
The udders
of the mudders
for their babes alone
and the little calf
considers it an elixir
when he receives
mother's love
as he licks her

ANATIFEROUS

Oh anatiferos
mother duck
her presence

is ever
to her babies good luck

DROUPADI MOTHER

She gave birth to many children
and had a paralyzed husband
.. so for 5 decades
her day began at 5 and
ended at midnight

She was delirious
with a preoperation
medication
and said to her
daughter

' fill all their plates
and then we can relax'
and her daughter's
heart ached at
the reminder of how
hard her mother
worked

(Droupadi:
Arjuna's wife.. was given
an Akshaya Patra.. a vessel
which filled daily with
food for thousands..
Droupadi always ate
last because after she
ate it would empty
for the night)

TIDE POOLS

Her tide pool eyes
full of Spirit spillover

(to Eva Rohner)

SLIPPING THE BODY'S BONDS

Each takes a hand of spirit
as
I slip sometimes
the body's bonds at night
and go flying with my parents
until the first light..

MICE

Mother mice patiently weaving
such soft nests for their
babies.. out of harsh paper

CONCEIVED IN POPPIES

It bothered not the puppy
that he never knew his pappy
by whose agency he was conceived
in the bright field of poppies

After all, God was his father

ROBIN'S EGG BLUE

In the robin there is
no
robin's egg blue
but she is able to
capture the sky
and shellshield
her babies
with its hue

KNITTING FATHER

He felt the war
was waged against
the will of both
the agressor and victim
nation's people..

nevertheless he wrote
his son every day,
with each penned word
knitting a blanket
of protection for him
and his peers

COTTAGE ROSE

Through the windows
of the stone cottage
.. shining as lamps
..flows the soft light
into the petals of
the roses climbing
there..
like the sun glowing
in the stained glass
of a church
.. like love pouring
from the heart
and then through the eyes
of a beautiful face

(to Jan P)

UNERRANT

It seemed apparent
to the nervous parent
that his son's destiny
was as an arrow errant..

but time proved otherwise.

(to a friend of ours)

ALWAYS ONE WITH THE FATHER

Never do green spears of
corn
their quickening parental

sunlight scorn

LIFT ME UP FATHER

Lift me up, Father,
says the little boy in his
crib.. raising his arms
with his plea.

Lift me up, Father
says the old woman
in her home.. raising
her arms to her God.

ABANDONED

The mother who had given
all
to her children ingrates
rested in a nursing home..
they did not call
... she prayed for heaven's gate

(this poem is projected guilt
re the childless woman in a nursing
home the writer has not visited
often enough)

MOON SWADDLING

Moonlight covered newborn
baby seals with swaddling..
but threads of her soft beams
were given by the sun's bright gleam.

UNBURDENED TREE

Like Durga's many arms
are the strong branches of the
oak.
He hosts the flock of birds.
Their weight to him is no burden.

Saiom Shriver

62 More Drowned Near Lesbos This Week

This week sixty two more
drowned in Greek seas

Those souls countries refuse
the sea receives.

Saiom Shriver

62 Rivers

HUMBLE SWORD RIVER

Towering granite mountains
cut by the river..
humble living silver sword..
staying not for victory
flowing seaward
toward her Lord

DIAMOND BACKED CUYAHOGA RIVER

From the Palisades
we saw
a diamond backed rattler
radiant in the sun
.. rippling his rattle
arcing to strike
the Cuyahoga Valley
to evergreen life...
.. in every dropp of his river flux
shining with the sun's own lux

AQUA TRAIN

Rivers of peace
gather mass in their aqua train
.. their gentle ways
bisect without force
the land of Aquitaine

TWO RIVERS MERGE

The two rivers did
flowed together
with few eddies of resistance..
before the one of more power
made the other flow
in his direction..

as Spirit ends
rebellion through
the magnetism

WHERE THE OHIO WEDS THE MISSISSIPPI MISSOURI

Above works hard the tug boat
It churns and puffs and floats
and ruffles and foams the coats
of these two great saints.

Below the longawaited mating
of two giants..
 profoundly peaceful
 only here and there
 eddies of ecstasy
betray the great confluence
as branch braids into trunk

Mississippi Missouri had surrendered to
God

his desire for a wife..
knowing not that the Ohio
was waiting for
him
in the corridors of time..

not fireworks but waterweaving
in this most sacred silence

=====

Diamond Backed Cuyahoga is to John Seiberling, his wife,
and all those who have worked to preserve the Cuyahoga Valley
May it be free of axes, chain saws, hunters, and fishermen
Mississippi Missouri Weds Ohio is to C Connerton and all
other residents of Cairo Illinois

Saiom Shriver

63 Different Drummers, Iconoclasts, Rabble Rousers

THE RYE GROWS AWRY

When God's green grows
it's rarely in rows
.. Awry the rye rises
.. unruly the rose.

Unruled the wind blows
Unstraight..river flows
Unchained.. fire glows
rarely in rows.

Not meant dandelions
to grow in lines
Nor at right angles
do streams' rivers wed.

Nor are the fallen snows
to remain unswirled
unsquirreled.

And when heat rays rose
from a cup of berry tea
they were not in lockstep
they were curled.

NOT IN CHAOTIC SHARDS

Not in chaotic shards
do dandelion seeds
burst from their ball.
Each part as perfect
as the whole.
Each each contains
the all.

BORODIN

The call of suffering
was greater than
the call of the
music flowing
in his soul..
he worked at a hospital
during the day..
and only composed
in his off time

PHALAPHILIA

He believed in phalaphilia
and was therefore a phalaphile
and it pleased him immensely
he need not follow in single file

CHICKENS UNITED

Herbert Hoover said
a chicken in every pot.
Chickens United Against
Human Chauvinism and
Repressive Drug Laws say
pot for every chicken.

CAN ONE SNUFF THE STARS?

Can one snuff the stars
or shoot the sun?
Can one kill God? the
universally indwelling Sun?
Tiny clouds and even moon
sometimes veil the sun
yet no 'sin' is mortal
All reside in Lasting Light
All Live in Love Immortal.

NO FISHING

'No fishing allowed'
said the fish outloud.

ARCHANGEL OF THE MOST REVILED

Perhaps it was first said
by kind Dr Haynes
that Emma will give you
blood out of her veins

When others say 'no
room in the inn'
Emma's sure to say
'why do come in'

When others say
'impossible'
Emma always says
'I can'

She forgives the most
angry roars
because she sees
the painful scars
Her geiger counter finds
hearts cut in twain by pain.

She the first to say
'they know not what they do'
Everytime she gave
away
her kind heart it grew.

She knows that broken
souls derailed from the tracks
warm with the fire coming

through their big heart cracks.

Befriender of the 13th fairy
not invited to the ball
Loves the leper, the pariah
.. the ostracized.. the blackballed

Treats the suffering
as her own child
She's the archangel
of
the most reviled

DEMOCRATIC ELMS

In the realm
of democratic elms
none is asked
to take the helm

WINDBROOMS

From stony places
the dandelion down
is swept aloft
by the wind's brooms

to welcoming lands
with much more room
where their looms
can weave new blooms

IT COULD BE WORSE

Hans Christian Andersen was
arrested.
Sally Hemings, defacto first lady,
was countless times humiliated.
Handel was nearly thrown in
debtor's prison. Dickens' parents
were.
Elizabeth McAllister was sent to jail

for nonviolent civil disobedience.

The avatar Krishna was born
in jail.

Jesus was born in a stable.

Martin Luther King was kicked
stabbed beat and finally shot
as was Gandhi.

7 million are in jail in the US,
millions for smoking pot.

ONE NEED NOT BE AN ICONOCLAST

One need not smash statues
or be an iconoclast.

Spring will melt the castle
icebergs

.. whose spires were formed
by winter's blasts.

NOT 17

Who says haiku have to be 17 syllables
in 3 lines..

As plants break the rigid form of
ceramic vases as they grow..

so should haiku more freely flow

.. after all..17 is an 8 vibration

.. not the highest

ARCHANGEL OF THE MOST REVILED

BORODIN

BUBBLES RISE

CAN ONE SNUFF THE STARS?

CHICKENS UNITED

DEMOCRATIC ELMS

EAST WOOD

IN FORMATION

IT COULD BE WORSE

NO FISHING

NOT IN CHAOTIC SHARDS

NOT SEVENTEEN
ONE NEED NOT BE AN ICONOCLAST
PHALAPHILIA
POSTER OF COW ON BLACKBOARD
THE RYE GROWS AWRY
WINDBROOMS
17

* Emma Pride Wood before she left her body spent a life cooking free vegan dinners for those incarcerated..

* S A Grafio said broken souls warm you with the light
through the cracks

(Awry is to Rosalie Cohen Quine and S Freundschuh) .EAST WOOD is to Clint Eastwood who banned fast food while mayor of Carmel, who has ended most Hollywood horse trip wiring, who teaches compassion to animals through his films. (Each is All to J Hirsh Ennis who spent her nearly 8 decades in living compassion for animals and in funding many groups)

Saiom Shriver

64 Flower Poems II

GOLDSMITHED ROSE

All life is sacred
but one day he chose
that the Japanese beetle
was greater than rose.
Crawling in his greenmail* armour
over the Goldsmithed bloom
ready to turn gold petal fire
into pure insect flight.
He found when he chose
the bug oer the
rose
God gave him back
endless blooms of rose

(re a takeover attempt of Goodyear
by James Goldsmith which resulted
in Goodyear Aerospace being
sold to Loral with missile technology
given to China) .

APPLE CHAPEL PINE SHRINE

Is God's favorite chapel
orchards appled?
Her Ichi Ban shrine..
trees of pine?
Her beloved mosque
vine covered kiosks?
Her best synagogue
a cranberry bog?
Her holiest church
woods of birch

(to N and E Kempel)

BLUEMS

When chicory
and periwinkle

.. catching blue
star twinkle

bloom
... they're bluems

NO ADIEU

The bees need not
bid the blooms adieu
for the morn brings
new nectar and dew

IN THE PRIDED WOOD

In the prided wood
the Lord of Luminescence
gives each fruit
a dewy tumescence
and with light each
lemon limns
and with love
each lime he lines.

IN THE COUNTY OF FAIRFAX

In the county of Fairfax
in the meadows flagged with phlox
stop the fair unfair who fright the fox
before they eat the flanks of flocks

TWO ROSES DWELT ABOVE

Two roses dwelt

above
.. the meanest sharpest
thorns
So high they
swayed
in morning light
their petaled fleece
was never shorn

DANDELION DIASPORA

The rain, weed-wed,
has
multiplied
these
gray haired flakeheads
and now

dandelion seeds float in the air..
by the Bubble Blower sent aloft..
which ones will mystically touchdown..
to root in our hearts?

NOT IN CHAOTIC SHARDS

Not in chaotic shards
do dandelion seeds
burst from their ball.
Each part as perfect
as the whole.
Each each contains
the all.

BEE BITTEN BEE BIBBED BLOOMS

The beetle bitten blooms
are now beautiful of lace
The bees have bibbed
all the nectar

and the emptied bloom chalice
will now hold new dew.

BUTTERNUT AND BUTTERCUP

Held the dew
the concave buttercup
better than
the convex butternut

as listening ears
have healing
in their cups

with what
chalice'd joy
does the buttercup
hold
the liquid sunup

(to J Miller, to L Yost and to others)

DO FLOWERS CHASE BEES?

Do flowers chase bees?
Does Mother Earth bite?
Do rivers run backwards?
Do
butterflies get speeding tickets? It is to the meditater at the
tree's base and not to the hunter that the gentle deer come.

(to bee attracting C Nevada
who juggles 3 careers)

PHLOX UNFURL THEIR FLAGS

The phlox unfold

their bee flagons
that busy bees
not be flaggin
The phlox unfurl
their flags of joy..
made of the caught
flames of the sun..
with hues
unique to no nation..

As the world warms
in the flux of love
there will be less need
for foxes' gloves
or phlox gloves

PICKPOCKET KUDZU

Kudzu pickpocket
crawling along
the pickets
and up the trunks
looking for caches
and caves of squirrel
seeds..

as Love climbs over
the heart.. looking
for chinks which will
let Him in

THISTLE BLOWS

Tangent to the mistle toe
Near where the harbor whistle crows
she the dearest epistle knows
is watching down of thistle blow

Her favorite sermon
.. Jack In the Pulpit

surrounded by his
bee disciples

LACKADAISICAL

As they watched buds unfold
and to blooms explode

they called the wind
lackadaisical..
but because he in freedom blew
the world will never
lack for daisies..

OAK AND POPLAR

The centenarian oak
cares not
that less slender
is poplar body cloak
He cares not that
in gardens papal
more popular
are the poplars

HAT OF BLUEBONNET

Mother Earth's hat
of meadowed bluebonnet
Out of the blue
how quickly she dons it
To the sky spirea aspires
while snapdragons to the sun
sing a silent
sonnet
Such a beautiful world:
God smiles upon it

NO PRUNING

His plum tree
he did not violently
prune
and therefore
he had
many times more prunes

DELILAH'S DAHLIAS

No longer need
Samson fear
Delilah's shears.
Reborn is
Delilah
..
.. safe are the curly heads
of dahlias

MASTER OF ASTERS

Has made manifest, God, Weaving Master
the unfolded fan spheres of each purple aster
while Mother Earth has knitted strong knots
in the faithful blue forget me nots.
and the sun has tied seamless buckles
from the roots to the blooms of the honeysuckle.

Of all beings, God is the
seamster, the weaver,
the knitter, the tier,
He welds, He unites, He joins
every leaf and soul with His sunfire.

DAFFODIL CHALICE

Father winter
.. he did fill
the hopeful cup of

wee daffodil
with the cold
sorbet
of chill
the icing of
snowspill.

But it melted
quickly..
and soon to
the touch of
the sun
the daffodil
did thrill.

OLIVES OF WRATH

There are olives of wrath
as well as grapes of wrath
... bulldozed
from their mother trees
May God
Who is Nonharming
Who is Peace
change all ways
so that always
peace will be theirs and thine
peace will be for all.. for mine

MAXWELL PERIWINKLE BLUE

Stars
above & their twinkles
are mirrored by
ground periwinkle
.. they do not sparkle
as much as J's smile
breaking through
her cheek crinkles

to JMB

DANDELION BLOOD

Dandelions' blood
is green..
Dandy lions' blood
is red
Because they hurt
They have bled

HOLLY HOCKS

Thought Holly in her hammock
'Never will Holly hock
the seeds of her
precious holly hocks

Their standards of cheer
are receivers of joy

GOLDENROD DUST

Dorothy has grown
since her trip to Oz..
she now prefers
a goldenrod powdered
wild trail..
to the yellow brick road
**

WATER LILIES

water lilies
offer landing pads to
dragonfly helicopters

SNAPDRAGONS

Snapping turtles
avoid eating
snapdragons
fearing
a return snap

32

THE SPUN SUN

The sun
that night did shun
seen everywhere
in trees and flowers spun

JADE LINEN

Ever the tree of linden
is spinning his green linen

GRAPE GLEANINGS

Purple Grape gleanings
spun from sun gleamings
.. like the violet sunrise
shining in the gloaming

ORCHID BEDFELLOWS

They all alight
upon
the orgy of orchids..
the dragonfly
for a place to rest

the bee for nectar..
(though he loves his queen more) ..
and the cicada
to munch upon the
leaves

(my muse for this poem
is Joan Beth Clair who wrote
'the black and yellow bee
the black and yellow butterfly
.. on the flower together'
.. paraphrased poorly
from memory)

NO HIDDEN ARROWS

There are no hidden arrows
in the bright golden yarrow
who ever knits her gifts
from the earth's very marrow

FOXGLOVE

The foxglove meant no offense
when you brushed by her fragrant fence
and she slapped you with her white glove

DUNEGRASS PAINTBRUSHES

Paintbrushes.. ten thousand
dunegrass blades: soft spears
work to paint the
blue sky sphere

yet no matter how
many strokes of green
the sky remains

invulnerably blue

CARNATION CORONATION

God's creation:
The incarnation
of pink carnations...
.crowning circle of bees
completes coronation

ANEMONE

Beauty gives her
hegemony...
the pink bush of anemone
.. a flock of settled
butterflies..
...with nary an enemy

WILD VIOLETS

The gardening headline
said the wild violets
were a persistent weed

they scotch these
purple fragilities
with such
a heedless facility

Saiom Shriver

65 Flower Poems Iii

REGALIA

A bursting regalia
of blooming azalea
God has enkindled
for themselves, the bees,
and to regale you

LADY BIRD'S COWSLIPS

Painters love flowers for their hues.
Perfumers love blossoms for their smells.
Bees other bees of bloom nectar tell.
Lady Bird loves cowslips for themselves.

Wherever she has trod in the dell
flowertrails to Mother Earth befell
.. daffodils and larkspur and bluebells
daisies and trilliums and cockleshells

FORSYTHIA

For His Cynthia
God made Forsythia
.. she's first to bloom
in the spring
last to drop
her leaves
in the fall
.. the gold
drawn from straight
from her
sunny soul

PATIENT IMPATIENS

Impatiens

are often patient
.. waiting for
a brighter day.
Impatiens
blooms
woven on the
sun's vast looms
not deterred
by cloudy gloom
uplifted by the
wind's soft brooms

PHYLLIS

Gladiolas are glorious
especially... Gloria's
but
I grow these lilies
to delight My Phyllis
(said God)

DOGWOOD

The sun wooed
the spring woods
Everywhere pink
and white dogwood

Teacher of love,
the dog, wooed
the human..
for give himself
entire,
the dog would.

FORSYTHE

God's omniscience
God's universal foresight
wills every bell of forsythia

.. every cell of Forsythe.

PARACHUTES

The wind
releases
dandelion parachutes
They alight
and spark
a golden
pair of shoots

FLOWERS OF FRANCE

Ants help peonies
release their incense
Lilacs the wet westwind
do
scent
1000 blooms
1000 perfumes
each heaven sent
.. and the flowers of France
have fragrant frankincense

WALLFLOWERS

No more broken hearted
wallflowers passed by
No more plants called
weeds.. torn out by their roots

HYDRANGEAS

Sometimes confessor priests
or flowers speak..
Hydrangeas change their hue
From the acid in the soil
They change from pink to blue.

(to Dave Baldacci who spoke
of a row of pink hydrangeas,
1 plant of which had turned
to blue... investigators dug
and find a gun there)
(Most who kill are 1 time killers..
but when serial murder occurs,
the ethics become more weighted)

BLOOMING HEART

The meadows and woods in her
heart are

samara starred,
aster spangled,
daisy sprinkled
violet spattered,
buttercup strewn,
trillium studded,
bluebell splashed
dandelion splattered,

poppy peppered
cowslip stippled
phlox flagged
tiger lily freckled
chicory flecked
mayapple dappled
dandelion dotted
spirea speckled

SPIREA

Spirea petals
fall while a spiral of
dandelion spores
to the sky aspires

CARNATION CORONATION

God's creation:
The incarnation
of pink carnations...
.crowning circle of bees
completes coronation

ROSE OF AKRON

Through the pickets
peep the pink petunias
the purple pansies
and peonies
.. their roots are fixed
by their loved ones
but their fragrance
and light
soar to the stars

**

CLEAVE NOT THE CLOVER VEIL

A clover veil..
violets the vale
neith skies cloudclad
or when ultraviolet
sun prevails.

(to Elissa S taken to safety by one of the Kent State Four.. just before he died)

LILY PAD PLATES

lily pad plates... spheres with rims.. raindrops fill
them to the brim

*

DAYGOLD NIGHTPURPLE

Wildflower clusters of little daisies, purple.. with gold
centers.. during the day the yellow of the sun.. at night
purple petals infold to cover their lemon hue..

JASMINE SCENT

The South Wind
has for the evening
donned
jasmine scent.

GOLDENROD JEWEL

The bee hung upside down
to clasp
the goldenrod jewel
beneath the hasp
.. and therefore found
chalice not empty
but half full

He swung on the goldenrod's heavy arc
... his striped curl
matching her golden curl

POSIE DEFENSE

One said that
the posies
were sham posers
.. ignored him
the posies
and kept on posie-ing.
This is a defense
of posies along the fence.

FERNS' SHY LOCKS

Ferns' shy locks
framed by shamrocks
.. may he tread there
softly..
oh aristocrat pawn Sherlock

IRIS UNPERPLEXED

It does not
violet iris perplex
that the sun continues
iris petals to purplex.

NECTAR IN THE CHALICED BLOOMS

There are lilac honey,
rose honey
and honey from daffodils
There is honey from
lilies of the valley
and from apple blossoms
on the hill.
But whether it is honey
from honeysuckle
or from peach and pear trees
any honey eaten by humans
is a theft from the bees.

SUNFLOWERS SWIRLING

The sunflowers are sundials
swiveling, swirling
while in the dell, daffodils
His light do spin and spill

FALLEN STAR ABOUT TO RISE

today i saw a single lemon yellow tiger lily..
a fallen star lying in the green...
but nearby... are constellations of orange ones.. waiting to burst
into the sun and shine her into cheer

STILEBE

staring at stands of wild stilebe
made one think of C & B Kilby
bloom feathers..
like bridges between thought and deed

.. whatever they wish for
surely
.. some day will be

LOOSESTRIFE

Loosestrife was slain
because
with her so fast pink loom
she spins pink blooms
as she stitches
land out of water
and pure fire.
But to save the bees,
more are saving her
the water purifier.

*

ASTERS

The meadows' Master, the pastures' pastor
has banned mowers to asterisk the fields with asters.

KARCH

The gold of the rainbow's rarified arch
The gold of the daffodils of March.
The gold of October's
leaves of larch.
are nothing to the gold
in the heart of Richard Karch.

NOT BLUEBELL BLOSSOMS

White blossoms give way to sweet blackberries.
Pink blooms blow away and lo are scarlet cherries.
Bright orange flowers replaced by purple prickly pearies.
Not blue bell blossoms but white bell clusters become
blueberries.

ANGELS

Because of them fewer cows will trip
on feedlot muck or slippery cowslip

(to Farm Sanctuary)

Saiom Shriver

66 Flower Poems Iv

ELVES OF GREENING

Fruit trees pollinated
by the bees
Ants the midwives
of peonies
Birds dropp seeds
There are new trees.
Dandelions burst
from wind in the breeze.

HOW DO YOU DO

How do you do?
said the rose to the bee.
To the dewjeweled rose
said the pollenclad bee
I would rather do
than to be.

WISTERIA MIRACLE

The great pig waste lagoons
which repel the loons..
from factory farms
of silent hysteria..

breeding places of pfiesteria
cesspools of listeria

by God's grace
mysterious
can become wisteria

SPIREA

Spirea petals
fall while a spiral of
dandelion spores
to the sky aspires

SNAPDRAGONS

Snapdragons
bloom.. we need
not fear their bite

Saiom Shriver

67 Zen Emptiness

CONTROLLERS

Controllers think
to own when they
plant flags on mountains
Controllers think to
own when they urinate
in public fountains

FOUR CHIMNEYS

Four chimneys in that hearthhome..
one for Santa Claus
.. one with a fire always burning..
one.. by an altar..
and one undisturbed so as not
to bother the nesting stork.

(to all the descendants of
Thomas Marshall)
(a special fireplace.. for which
no miner was harmed.. no tree felled)

EVE ANGEL

Eve angel does
never evangelize
.. but transmuting
power
flows through her eyes

(to EKB)

VANISHING

One need not the
foes of light vanquish.
As the dawn slowly breaks,

they silently vanish.

EGOLESS MIRROR

The mirror reflected
the morning sun.
Dracula said
the mirror had ego.
The tv tower transmitted
its received message
Dracula said
the tv tower had ego.

ARCHIVISTS

Archivists
are wavecounters.

RELEASING THE CHILD

The director has
total power
until opening night
when he must be content
to let go, available
with cues from the wings.

MATE MATTER

The mind's expansion
builds air mansions
as desire causes Spirit
to mate matter.

THROUGH THE FLUTE

Because of the space
in the stem flute
living waters rise
from the roots
to turn into the
juice of mango fruit.

Because of the desirelessness
in the body's chakra'd spine
kundalini rises from the
muladhar
to awaken the sahasrar.

THE POWER OF EMPTY SPACE

The actionless beauty of
the honeysuckle sparks the
actions of the bees.
The blankness of the page
.. the emptiness of the canvass
.. inspire the pen and the brush.
The desirelessness of the Buddha
awakened the love of his disciples.
The matterless space of the
seashore sky
creates the flow of healing.
The charity of the bighearted one
causes the miracle of resurrected energy.
The release of unneeded possessions
molds a vacuum in which solutions come.

JESSICA'S FISH

As a child, Jessica wanted to hug
her fish but knew that would damage
essential scales.
Just so, parents reach a point
in which they let go.

PRISON BUILT OF WISHES

Desire keeps me from my Beloved.
My prison is built of wishes.

ACT WEIGHTLESSLY

Will I ever learn to act
weightlessly
without creating karmic

obligation seeds magnetizing
rebirth?

OMNIPOTENCE OF WISPY DESIRE

One wispy cloud
the infinite sun shrouds
One string ties the balloon
from floating upward to the lune
One unplugging darknes the light
A raindropp so small and slight
can glue the butterfly's wing to the leaf.
Desire rides on rocking horse
and anchored boats it rows.
One rock in the river makes
ebbing eddies in the flow.
From one thread of desire
hangs the curtain of maya.
But wishes gently are released
like ripe fruit from nurturing leaves.

EARTH'S GRAIL

rays of dawn light..
they need not fight
the sunless night
as their beams bright
fill earth's grail
with ageless delight.

TEMPLE DEN

Her lair was empty
because space to her
was a shrine..
the seashore with
uncluttered line

IN MOST NEED

The prisoner who from behind

bars sees spring green flags unfurl
The soldier paraplegic who from
his wheelchair hears the soccer shouts
in the field
The blind man who only hears
the descriptions of dawn fire
God's miracles are coming down the chute
to answer all desires

GOLD CHALICE

The juice is released from the grapefruit rind..
Abandoned, the bright gold chalice has caught
the gift of rain.. communion for possums and raccoons
.. and with what is left she
reflects the sun the stars and moon

Saiom Shriver

68 All Beings Are Sacred

Who besides a snake can swim in the grass?

*

Sooner or later even Satan's minions are beyond duality
opinions lifted by Love's universal pinions.

*

A playing boy's discarded stick became the father heron's
beakborn gift... for their nest a new twig...
the rejected stumbling block.. to the temple's
cornerstone he lifts

*

Call no demon names. Focus on his divine core. See the gold
within his ore.

Saiom Shriver

69 First Steps

INFINITE IN THE SMALL

Only a tiny line of
blue
says the sea
is on the horizon
Only a tiny line of
pink says the
sun is about to be rising
Only a raindrop
on a leaf
reflecting the stars
Only a smile on
the face
sparks infinite
grace

ROBIN'S EGG

The azure colored robin's
egg is so vulnerable.
The chartreuse tendrils of spring
so easily crushed.
The opening or reopening hearts of
friends so easily shut down
by unimportant opinions
Far beyond the mind's thoughts
soar all accepting Spirit pinions.

Saiom Shriver

72 Poems To Peace Of Which We Are Formed

3 SHIMMERING RAINBARRELS

The storm was full of menacing
dark clouds, hard cold rain..
treecleaving lightning.
Now it is over
and in the twilight
3 rainbarrels brimful of rain..
shimmer, in the peace
reflecting stars.
Atop them a mesh...
.. lifeboats for any country mice.

(at one of the many places
S Berg has made beautiful)

BLUE CHALK CROSSES

A vision of blue chalk crosses
such as at Arlington Cemetery..
scrawled on a blackboard..
They can still be erased..
Peace begins with you
Peace begins with me
Peace in thought word
and deed
in prayers
by hearts freed..
peace at the end of our forks
peace at the end of our tongues

WOODROW WILSON

Woodrow Wilson never recovered
from the site of those hundreds of thousands
of crosses in France, marking the
unnecessary deaths of farmers' sons
and widows' boys...
caught between the imperialist colonizing

banksters of England and Germany.

OLD MEN

The old man running out of his
burning hut, set on fire
by napalm
in Vietnam..
Another old man was not as lucky,
bulldozed and buried alive
in his home
by the tanks of the occupiers.
A third, the father equivalent
of the Pieta, silently
wept as his son's coffin
came home, disgorged from
the plane's metal belly.
Countless others
were incinerated by
incendiary
firebombs dropped on
Tokyo's rice paper
homes.

NO BOMBING OF THE BABIES OF KABUL OR BAGHDAD

If no one moves the bombs, if no one flies the planes,
If no one pilots the boats, drives the trucks or buses,
if no one goes as a sheep to slaughter,
there can be no war.

SPRINGING FORTH

In the high plateaus
Tibetan prayer flags unfurl
bursting blooms
of petaled swirl

In the unwalled
meadow churches
courageous
Jack In The Pulpits

Speak peace
to the grasses.

The whispering
winds of Iran
Pakistan
Afghanistan
call all to prayer
and dance minuets
with flowers' tiny minarets

From winter's hidden recesses
spring now unrolls
greenleafed pacific
Isaiah's scrolls

And the Jasmine spreads
her holy scents
where sun oer Hindu
lands ascends

PEACEWARD

Turn us from paths warward
to the peaceward
.. from war words
to peace words
from the past
to the forward

GETTYSBURG GRANITE TEAR

In Gettysburg, a statue
to Abraham Lincoln..
in his right eye,
a granite tear has
formed..like a pearl
within an oyster..

it would be many a year
before the soul which
was Lincoln forgave

himself for the purchase
of draft exemptions by
the rich.. while the
poor deserters were hanged

OLIVE BRANCH

For some the laurel
leaves of glory
.. For others
beheaded blooms
of romance
.. as for me
the olive branch
which when
attached to
mother trees
brings lasting
offerings of peace

RED AND WHITE ROSE

The Yorks and Lancasters..
.. one wore a rose of red
the other.. white rose

Now in their gardens
side by side
the red and
the white rose grow.

SWEET PEA POLITICS

Dear sweet peas
teach us how you
greengrow peace...
not worrying if crows
say...that the foe
you appease

ADVENT OF THE LIGHT

Time passes..
the dark night's
impenetrable
might
is severed by
morning
swords of light
Evil's unity
is broken.
Melting now
are the shells of malice
and the shards of night

*

(Course In Miracles: Fear is like a lowlying dense impenetrable
thundercloud. You enter it and find it cannot hold the fall of a
button (paraphrased))

AFRICAN HEARTS POLISH HORSES

O Abba
to You we give thanks
that in time
Polish horses
defeat Nazi tanks

that in time
defenseless African
hearts beating as one
conquer
the machine guns
of Cecil Rhodes

that
Seminoles & Shawnee
Shiawasse and Cherokee
who died protecting
their homes their trees
win now over
woods raping
bulldozers backed
by rifles...

that unprotected
women
rising as one
defeat the belts
and boots
of programmed men

that the pen of Rumi
is mightier than
the 'daisycutters'
bombs..

that the music of
the life of Cesar Chavez
reached beyond the
money of plutocrats
directly into America's
soul

and that the cries
of billions of animals
begin to echo
in heartcaves
.. their resonance
brings down the pillars
of the past

CANNON FODDER NO MORE

Cannon Fodder..
the poor.. the uneducated
.. become the peons
and pawns
of schemes which
servants of the rich spawn
God protect them
as they huddle in fox
holes in the cold
to preserve the bullion
of billionaires

DEAD ARE CIVILIANS

Dead are civilians
bombed in the millions..
Dismantle the altars of
greed violence and ego
on which these darkpath
magicians would
have sacrificed young men
and women

Perhaps Abraham failed
the test in putting
Isaac on the altar.

INFIDELS

Some Muslims think
everyone else is an infidel.
Some Christians think
everyone else is going to hell.
Some Jews think
your name must be Rosen
to be with the chosen.
Some Buddhists think
it's ok to kill.
Some Brahmins think
everyone else is untouchable.
Some Adventists think no
one else is among the 'elect'.
Some atheists think no
theists are among the select

As the zenith sun is
visible from all windows
so does God illuminate
every path to God.
Everyone arrives.
All paths are holy.

HOW MAURY DROPPED THE A

This department store executive

handed out thousands of dollars
of cigarettes.. in mental
hospital wards.. because he
hated forced change..

He adopted 12 people to love
unconditionally.. to be present
for at all times.. he said
he knew this was impossible
.. but that it could be no more
than 12..

He became a vegetarian in
a desire to reduce the
suffering he caused,

and decided one day to
figure the mathematical
probability that with
tens of thousands of fingers
on the nuclear button no nuclear
device had been detonated..
He decided then that
the probability was so infinitesimal
that a higher power of Infinity must
be preventing the detonating..
since no nation since the US
in 1945 had
dropped the big A..

and he dropped the A from
atheist.

(about Maury Reishtein, a
holy man)

CAPTIVE LOVE

In every seed
is a bottled message
waiting to be freed.
In every heart

is captive love
waiting to be freed.

MIDWEST GOVERNOR

He supported sending poor
boys off to war
and the killing of mourning
doves.. and of bears
He revved up the volts
of electric chair
.. and then garnered the votes
of the prolife stars.

One day he was struck by
a light from afar..
.. with love for
the imprisoned,
the
soldier sons of the poor
and doves and bears

and now deserves
the votes
of the prolife stars.

PHYSICS NOT MIRACLE

When A highly charged aura spherical
which transmutes all to spiritual
has weapons thrown against it..
they boomerang upon the sender

This is physics, not miracle.

By their own
ultraviolet
are protected, the nonviolent.

OLIVE BRANCHED DOVE OVER ARROW GRASPING EAGLE

They chose the Dove

with her olive branched beak,
hope made tangible,
rather than the eagle's arrow-
holding claws,
the mistletoe
of love
over limelight's
laurel leaves,
the
apple seeds of
free food,
the pine cones of
beauty
the acorns of
reforesting oaks
over the asphalt
of the control
of Mother Earth.

FDR'S WAR MEMORIAL

FDR's war memorial,
the ship named Arizona,
metal grave
of the 900 men drowned
in the bombing
in Pearl Harbor.

(Only God can judge.. There are many reports and books, one by Gore Vidal, that the FDR administration had broken the Japanese code, and that to mobilize the American people to a war they did not want, FDR did not warn the sailors of Pearl Harbor. He had previously attempted to provoke the Japanese to attack in a variety of ways.)

DIVINE LOVE'S CANONS

Divine Love's canons
are silencing the cannons

REMORSE

Most of his peers
in the Senate
had remorse
that they had not
voted for peace
with Wayne Morse.
Perhaps God will
the world Re Morse

GREENING

Left his body
has Senator Gruening
but in his footprints
the world keeps greening.

(the 2 senators who voted
against the Tonkin Gulf Resolution)
(to the disembodied Inspector Morse,
John Thaw)

WORK FOR PEACE IS AN OXYMORON

Is there
a frame for Infinity.
Never slakes the thirst
.. the bitter
saltwater near mother earth.
.. never satiated is the
belly of many tongued Fire
.. Never filled the soul
afflicted with unGodward desire.
Never at rest.. the
mercurial mind.

Only the heart immersed
in the waters of God
is at peace.

(to Yogananda and his followers)

CROPDUSTERS ARE ECOTERRORISTS

'Ecoterrorists' is what
euphemism busters
might from now on
call 'cropdusters'.
And those who drop
bombs on civilians
from the air..
are they not
polycidal bombers,
terrorists
aerial
whether their names
are Norman
or Ariel?
May all Uriahs be
protected from now
on.. by
archangel Uriel

TOLSTOY'S CHILDREN

As he saw among his
words' resisters
.. a child or 2
and a sister..
he did not know at
the time
more children were
in distant climes..
Mahatma Gandhi
and Martin Luther King
Dorothy Day
with more every day

JESUS PETER ISAIAH AND GOD

Jesus told stoners to put down their stones
Jesus told Peter to put down his sword.
Turn them to plowshares.. were Isaiah's words.

Thou Shalt Not Kill.. to Moses told Lord

PLATTSBURGH MIRACLE

1970, the Fifth of May
One day after
the Kent State Four.
The Plattsburgh students
decide to act
right
from their very heartcores.
They say that in league
with those at Kent State
They will march to
the SAC Air Force gate..
to witness that they
want peace evermore.
The SAC commander now decrees
that any who touch
the Air Force gate
will be summarily shot..
that their fate.
And as the students file by
what a miracle is in store.
Out of base homes come
the Air Force wives.
Holding their babes
they offer their lives
and stand between
the young and the armed
and by their courage
is peace reborn.

(to Robert Lance, psychologist,
healer and at the time faculty
member of the school. He could
never repeat the story without
tears brimming in his eyes.)

BLOSSOM MARTIAL

At Blossom Center,

they will be playing martial
music..
as if one were
to arm blooms.

HIGHER FIRE

He was not drafted to warships
but summoned to worship..
not to soldiers' gassing
by 'friendly fire'
or corporate hire and fire
but called to the
Higher Fire

For His God whispered to him:
I have said you cannot have
2 masters. Pledge
allegiance only to My Voice..
I have not asterisked with
exceptions My command
not to kill.
I told Peter to put down his
courageous
sword and the executing
mob to put down
their stones.
I have told you to transmute
anger into love.. that
is the meaning of 'Turn
the other cheek'.
You are the Ocean of Spirit
which all rivers hallows..
no matter how polluted
.. no matter how shallow.

3000 MILES

The Peace Pilgrim..
and Dick Gregory
and Doris Haddock
have walked and run

across America
..with each foot
step.. on the shuttling
loom of America
weaving peace.

IVY LEAGUE

Hidden in buildings
behind the quad
lurk vivisectors
.. and spy squads

DOVES AND FLAGS

Four doves riding
on the wings of true
eagles.. flew down
and picked up in
their beaks the American
flag out of the mud
and out of the blood
and took it to
the shrines of peace.

PEACEMAKER

If 5% of Muslims
think all Christians infidels
and 5% of Christians
think all Muslims go to hell
.. are there 90% in between
.. peacemakers..
non ideologues?

PEACE OFFICER

As you walk with
a tear gas cannister,
a stun gun, handcuffs,
a club, a gun, bullets
.. do you convey

that you are an
officer of peace?

(inspired by the following drawing)

HOLY GROUND

Moses took off his sandals
and put down his rod
as he tread on
the sacred sod:
the Burning Bush
of God

The Poor Clares became disclaled..
to follow the Poverty
path of their founder..

Ramakrishna went oer the sod
with feet unshod
because he did not want
to harm the goldenrod.

Barefoot Buddhist monks
sweep forest paths
with feather brooms..
that they disturb..
no bug or bloom.

The brilliant boy
with the headache found
when he removed his socks
Mother Earth had healed him
by absorbing
his excess energy

Now have the
metal tank shoes
been removed
from the sacred ground of Bethlehem.

It is time for all outsiders
to remove metal tank shoes
from the sacred soil of
Afghanistan
and everywhere else.

MOSS SKIN

The roots of the tree
are at the surface..
hands covered with
green moss skin..
like spring reaching out
tentatively with tendrils
of peace

GOING HOME

15 soldiers on the Chinook
helicopter thought they
were going home
and found of a sudden
that
they were going
Home

(as they left their bodies
for God evicted by a shoulder fired
missile)

CALIGULA

Caligula sent the army
to the shore
to collect
seashells by the score.

Cartel bosses sent the US Army
beyond its shores to collect
oil for BP, Chevron and Shell.

FRUIT OF WAR 2

Babies armless, legless come to the
orphanage.. their mothers and
fathers
bombed...

NOTE OF THRUSH

In the forest so plush
In the forest so lush
near the cataract's gush
near the waterfalls' rush
where none are frightened
by hunters' ambush..
and squirrels never
do one another push
...in the deepening quiet
.. in the gathering hush
.. by the birded bush
near the sacred ground
of the Burning Bush
comes the trill of the thrush
and peace encircling
does everyone brush

CRIMSON DROPS

It is ordained that
young red rose petals
fall..
in summer and in the fall
but it is not ordained
that crimson blood drop
from the bodies of soldiers

ONE NOTE

The icicle was melting
and its drip drip drip

sounded with one note
only.. like the
mantra of peace
not of songs of the whippoorwill
but of the woodpecker's will

POOL PEACE

A pool is a piece
of far distant seas
A pool is the peace
of far distant seas.

MANY FLAGGED PEACE

the meadow's diverse blooms...
the flags of the small unweaponed
nations in the UN
prayer's candleflags lit before
the sanctuary

BLUEBIRDS AND BLUEBELLS

Bluebirds and bluebells
are not listed as casus belli

UPSIDE DOWN EXCLAMATION

Over the obelisk of the
Washington Monument,
a star of peace..
the two together:
an upside down exclamation point!
.. the surrender of ego,
a perception from different
angles.. catalysts
to the end of war

PENTAGONY

'The Pentagon has 5 faces..
but Pentagony has 100 million... paraplegics.. widows..

orphans...children footless from land mines..
vets dying of depleted uranium cancer.. the blinded.. the deaf..
bloated war profiteers inside fancy restaurants while the hungry are outside..
bulldozed cardboard villages for the homeless... green trees bombed
into grey ash... primates in despair in military labs...

DEER ARE NOT VENISON

Those who glory in war
as did Alfred Tennyson
more often have
been deerslayers
who turned beings into venison

THE MOWER OF WAR

As the mower untimely cuts
down the flowers
.. with their multicolored
unfurled flags of all nations
so do the tanks and bombs
cut down
the beauty and lives of the young.

FOILED BY SHRIEKS OF GULLS

ocean waves are asterisked by the shrieks of gulls
peace is foiled by the screams of the slaughterhouse
Dawn's silent pastels
are foiled by... exploding bombs from hell

NINE NATIONS: KNEEL TO GOD

The bullies of nuclear nonproliferation say
nine nations can have their nukes.. but none else.
Let them disarm now.

CONNECT THE RIGHT AND LEFT BRAIN.. THE MIND AND THE HEART

the
general shed tears

when the fabric of the
flag was
set aflame
but not when thousands
were by bombs
set afire

DADDIES

Countless Iraqi Mommies and Daddies
have been killed as
F16's and cluster bombs
bombed Baghdaddies

UNABOMBER AND POLYBOMBER

Ted Kaczynski is called a Unabomber.
Everyone who votes for war money
or writes briefs for war
is a polybomber.

Some Muslims and some undercover
Jews, some Christians
are suicide bombers
Every pilot who drops
bombs is a homicide bomber.

SHANTISH

In the world's most sacred language, Sanskrit, the word for peace is Shanti.
When shanti is repeated over and over it becomes Shantish or Shantishwar,
Divinity whose form is peace. To repeat shanti is to summon God as Peace.

FLAG SHROUDS

Those coffin shroud flags
.. how many given to
shattered widows and mothers
children sisters and brothers
before the ears can hear?

ON BEHALF OF A GRATEFUL NATION

'On behalf of a grateful
nation we present this
flag to you', shroud on
the coffin of your baby boy
... wrapping for a box
of broken dreams

but while you grieve
at his grave
over you his soul
into the land of love streams

ABHIMANYU

Abhimanyu, Qusay and Uday,
Absalom..
beloved sons die
.. tearing out hearts
.. it is time for Salem, Shalom

GARDENS BUCKYMYRNAL

war profiteers
bombed fruited fields
into mud infernal
and slew on hatred's
altars
babes and privates
elders and colonels
but looming time. with
lime looms
vernal
knit triple shifts
nocturnal and diurnal
has with free gifts
shown way eternal:
apples nuts grapes
and gold corn kernels
*

PEACE IN THE AIR

butterflies and bees
as they alight
from winged flight
do not oer blooming
feasts of delight
push or pull or fight

UNBLOODY MARBLE

The white marble statues
of conquering generals
.. do not contain the blood
of innocents

ONE GREEN CANDLE AT A TIME

He found himself in Vietnam
... and saw the
devastation to the palms
done by the bomb and
by napalm
and came back to his home
state
.. and coordinated the planting
of over 1 million trees,
lighting the world,1 green
candle at a time

(to D Kidd)

WHERE EAGLES GATHER

Where eagles gather
they're often fighting
over cadavers.

Theirs has not yet
been the way of peace.***

NIIGATA OVERCAST

He was alive
because on that day
in Niigata
the skies were gray
**

(Because of the overcast,
Hiroshima replaced Niigata
as the target for the 1st
atom bomb dropped on a civilian
population)

RUSSIAN SHRINE

One walks into the
shrine of the Russian
World War II
war memorial..

erected for the
27 million war dead

It is humbling

One kneels
to the sea of sacrifice
of the Russian people

One kneels
to the hearts
of the Russian people
beating as one

TERRIBLE DEATH

Hitler's officers*
on meat hooks were hanging
Hitler's generals
by piano wire were strangling
We pray for those
whose spirits
left behind

bodies dangling

(*those who had tried to kill him)

FDR'S WAR MEMORIAL

The Arizona, metal grave
of the 900 men drowned
in the bombing
in Pearl Harbor...
deliberately sacrificed
by their Commander in Chief

VIETNAM WAR MEMORIAL

Carved in the marble charcoal grey
of the Vietnam War Memorial..
we saw that day
the names of 58,000 Americans
known to have died..

Their names are supported
by the uncarved marble
of the 4 million Vietnamese
who died.

CARPE DIEM

Carpe Diem
they said
as they carpe'd Diem

(Diem of Vietnam, murdered
in a coup) .

WHO KILLED WOODROW

Who killed Woodrow Wilson?

His own heart after seeing
120,000 crosses on
unnecessary graves of

American wardead in France.

CAESAR'S SEIZURES

The boundaries of political
worlds used to be
determined by
angry seizures
of would be Caesars

DRYING IN THE SUN

61 died that day
in the 1st infantry..
in Vietnam

2? rows of body bags..
the fruit of war
drying in the sun

THEIR LIGHT IGNITES

It is their light
which our hearts ignites
.. and not the might
which bombs ignites.

The victories won by
military might
sometimes do not
last the night.

As violence begets
violence,
violets beget violets
and
nonviolence begets
nonviolence

(to Jesus Buddha Ananda Mayee Ma Martin Luther King Susan B Anthony Sadako
Kim
Phuc)

INABILITY TO DELEGATE

You have an inability
to delegate
said the general
to the major
.. the general
who abstracted
the lower ranks
of his men
into extinction

CHICKENHAWK CHEERLEADER

Cheerleader chickenhawk of the
charnelhouses of War
.. flails Afghan skullcymbals
.. and his diverting pom poms..
taking the attention of the public
from the stadium owners

Several times he has been invited
onto the field
and declined

his meat and armaments
and lumber and mining and oil
and other paymasters lurk in
the alleys behind the fan stands

He sings songs to send others'
children to the slaughter
.. the children of the poor
to the blood altars
but safe are
his own daughters

while presidential preaching pastor
who has forgotten the words of the
Peaceful Master
gripping missiles in his pastor fists

a blasphemy against the Great Pacifist
mouths prayers for the success
of bloodshed.. as tanks
pollute Bethlehem and Palestine

cheerleader did enter a field of battle
himself.. against unarmed pheasants
in a woods.. birds who could
not shoot back.

DOVER

When distant chimes
rang fast
and peeled
it was of joy they told
When distant bells
rang slow
it was a story of grief
they tolled

LIGHT OF GOD SHINES FROM ALL EYES

The light of God shines out of all eyes..
the eyes of every
human, animal, bird, fish, insect..
even the eyes of serial killers and unelected warwagers

HIT MAN OR BIG GAME HUNTER

Why does a hit man kill?
For money
Why does a biggame hunter kill?
For pleasure.
Why does a barroom brawler kill?
In rage
Why do some generals kill?
For power
Why do some spouses kill?
Out of jealousy
Why do fundamentalist Christians
Muslims Jews Buddhists Hindus kill?

Out of hatred or ignorance.
God by all names called, You who indwell all,
send grace to all.

GETTYSBURG

The Address at Gettysburg

.. was stonecarved
by gore
... horses so brutally
gored.. McClellan
could not harm them..
to win the war...
.. the lifeblood
of disemboweled teenagers..
.. legs cut off without
anesthesia..
.. blinded eyes..
widows.. fatherless children
... burned orchards..
eaten dogs.. pets commandeered
and butchered..
the people poorer and poorer
.. war profiteers richer and
richer

and more..
and more
and more

(to Gore Vidal and Al Gore, workers for peace)

ARCH

An archer is very different from the peaceful rainbow arch.
Armed marchers are very different from the daffodils of March.

Saiom Shriver

80% Of Us Vets Are Overweight Or Obese

Caesar's armies
traveled on foot.
They were lean and fit.
Fruits and vegetables
a healthy army benefit.

Saiom Shriver

84 Year Old Sister Megan Rice Sentenced To 3 Years For Nonviolent Action

Many sisters have
left the nunnery
to witness for peace
near nukes and gunneries.

Saiom Shriver

9 Holed Bubble Blower

A wand with 9 circles
twirls...
bubbles blown everywhere

Saiom Shriver

94% Of Us States Did Not Murder Us Prisoners This Year

The death penalty
is itself a disgrace
as is the number
of the black race
whose lives
racist judges,
governors,
police and prosecutors
erase.

Saiom Shriver

A Breeze Of Bees

Bees make honey for themselves
while capitalist human beings let them
labor all day long.. and then steal the profits
Many humans kill whole hives in the winter
rather than let the bees eat the fruit of their
own labor. Sometimes queen bees are
kidnapped. Their wings are clipped so that
they cannot move their hives.

Even their honeycombs are purloined for wax candles.
Some of them are killed by insecticides
sprayed by ecoterrorist cropdusters or municipal
death wagons
Others are killed by mowers, machine harvesters
They are stepped on by hikers.
They are crushed by beekeepers' movement of the racks.

Saiom Shriver

A Camel's Lot

At least for 1 year
not slaughter bound are
camels
because MERS has
been found in these
patient mammals.
At least this year
a temporary Camelot
... no bloody auction
in the camel lot

Saiom Shriver

A Caucus Of Crocuses

Nursed by
icemelt chrysalis
a caucus of crocuses
proclaims spring
from Croatia
in the Caucasus

Saiom Shriver

A Chain Of Broken Hearts

Hugh Hefner came home
from the military
to find his lover
in the arms of another.

So great was his pain
he began destroying
the practice of monogamy
by publishing a sex
magazine
of objectifying misogyny.

To break the 'illusion' of
lasting love
he considered
his duty
to publish
pictures of
sexual and
ephemeral beauty

A chain made of broken
hearts...
a chain begun by the
military and his beloved
and continued by him..
continues to break hearts.

Chains made of broken
hearts are the hardest
to break.

Saiom Shriver

A Commoner

She married a commoner and
was therefore not invited to
to hunt and
terrorize little foxes,
nor attend imperialist
capitalist war meetings,
nor sit while servants paid
slave wages tired themselves
cleaning up after her.
She was not taught to
treat marital fidelity
as a middle class stupidity,
nor to live idly with others of
the 'higher classes'. She was
kept from stalking
innocent deer in the woods,
and from participating in black
magic covens. She did not
participate in primogeniture
in which the eldest son
takes all, causing friction
for generations.

He married a commoner.. and no
longer was invited to certain
gatherings of refinement, at
whose dinner tables guests
rended animal flesh from bones.
He could not join the higher
ranks of intelligence services...
at which gentle-men presided
over decisions to torture
prisoners. He was not privy
to the highest circles of
financial power, of blood money
from butchering or vivisection
or illgotten wealth from armsmongering.
Few among the 'nobility' were noble.
Few among the 'aristocracy' were

the best.

Saiom Shriver

A Cosntellation Of Birds

A constellation
of birds.....
winged stars
flying together

Saiom Shriver

A Flight Of Butterflies

A flight of butterflies transform
and as azalea blooms alight
Soon they long for freedom
and in a scented wind take flight.

Saiom Shriver

A Flight Of Mushrooms

A flight of mushrooms
on the tree trunk
.. faerie steps
spiraling
to become
airborn

Saiom Shriver

A Flock Of Flaming Flamingos

a flock of flaming
flamingos in flight..
backdropped by pink sunset sky...
Godscript... written in light

Saiom Shriver

A Gathering Of Crows

Some angry farmer
deciding God made
food only for human beings
once coined the term
'a murder of crows'
because they ate
some corn and peas and beans...
It is God not farmers
Who free food grows.

May we take back now
our language... to remove
evil semantics
from those mired in
the past...the violent
and the
snobby pedantic.

Saiom Shriver

A Gathering Of Stars

In the heavens a starspray
Each with light God arrays..
Each with his own star rays
A glowing spiral stairway
A sacred guiding starway

Saiom Shriver

A Gaudy Flower

A gaudy flower
with her fragrance
is not always that
with sweetest fragrance.
Strong blooms pushing
through playground cement
smell most of heaven.....
those uninvited vagrants.

Saiom Shriver

A Guru's Reminders To Me

Paraphrased messages from my teacher:

Subramaniam ran around the world. Ganesha stayed home taking care of his parents and won the race.

Balaram fought the demon all night and brought him to a standstill. Krishna transformed the demon with one smile of infinite unconditional love.

We become like those upon whom we focus.

To describe the negative qualities of a person is to summon demons around that person.

LH: To say something dark about someone without total knowledge of the situation is very wrong. (None of us are omniscient... none ever know the whole situation.) LH was told by his guru 'Each is all' (All are divine)

Saiom Shriver

A Kinder World Coming

A kinder world is coming..
Fewer cows sent to abattoirs
in bloodsoaked lorries.
Fewer fishes gasping for breath
in the bottom of bloodsoaked dories.

Saiom Shriver

A Or B

Some say that
to enable is to disempower.

On the other hand,
those least loving are
often those most in need.

God will tell me
which path to take
in each case.

Saiom Shriver

A Rare Display Of Anger From My Mother

A Rare Display Of Anger From My Mother

My mother was often silent, seldom outspoken but she and my father hated racism of any kind. She would entertain the travelers from the NAACP to whom my father in the 1930's gave pro bono work.

One day to a fellow Catholic who was Judaophobic she said..
'Did you go to Mass today? ' He replied 'yes'.
'Did you go to communion? ' Again a 'yes'.

'Well', she said 'that's one Jew you'll have to swallow'

Saiom Shriver

A Tennessee Pig

Became convinced many
reserachers like Hennessy
that the WW1 pandemic
was caused by a pig
from Tennessee.

Saiom Shriver

A Test Of Forgiveness

A test of forgiveness...
like the crushed lilac
to grace the attacker
with fragrance

Saiom Shriver

A Toy Which Killed Him

In a cruel world
in which police have guns
perhaps little boys
shouldn't receive gun toys

Saiom Shriver

A Universal Muse

A universal muse is
the mystical misty sea.....
with her wavebeat rolls
drumming music mysteries

Saiom Shriver

Aardvarks

Gathered for
Noah's ark...
both aardvarks
were their own autarchs.

Saiom Shriver

Abandon Mower Rites

Abandon wasteful destructive
laborious mower rites
in the earth protecting
knowledge
that all grasses have rights.

*

Saiom Shriver

Abandon Your Nets

Said He: Abandon your nets.
Be fishers of humankind.
My path is first, last and always
a way of the kind

Saiom Shriver

Abandoned Cocoon

Babies don't
re-enter the womb
Nor did Jesus
re-enter the tomb.
Butterflies don't
re-enter the cocoon.
Light does not
re-enter the moon

Saiom Shriver

Abandoned Soldiers

22 a day,8030 a year,
or every 65 minutes
a US veteran commits
suicide.

Many wish that
on the battlefield
they'd died.

Saiom Shriver

Abomination

With drones or planes
or by human alone
to bomb any nation
is the worst abomination

Saiom Shriver

Aborting Plants

To affirm that weeding
is aborting plants,
a form of murder,
would not be
the opinion of
many nonvegetarians.

But it is the
belief of
many fruitarians.

Saiom Shriver

Above

Above ephemeral battlefield's
bloody muddy hell
the day breaks in
glorious eternal pastels

Saiom Shriver

Above And Beyond Heaven

The lowest levels of hell
are the passing
most external shells.
Inside every soul, way above
even heaven
are the highest joys
which last forever.

Saiom Shriver

Above Clouds Of Maya

Above clouds
of maya
the eternal
Himalayas

Saiom Shriver

Above The Indigo Blue Sea

Above the indigo blue sea with
its white foaming waves
the aqua blue sky with
its white cotton cloud rolls...
seemed to the homeless man
the bedrolls at his shelter...
and to the Indian raindancer...
of a sudden out of blue space
the white woven grace
.... of the invisible god of rain
the visible face

Saiom Shriver

Accolades

Accolades
are for acolytes
Older souls
need only
acquire light.

Saiom Shriver

Acone

The pine and the oak..
grew so close
their roots intertwined

In time they produced
acorns and pinecones
and a new acone.

Saiom Shriver

Acorn Fall

Some acorns leave their oaks
like cadets graduating
tossing their caps in the air
for they are now free

Saiom Shriver

Acquiescing

Aqua
always acquiesces
but sooner or later
wins all.

Saiom Shriver

Acropolis

On the heights
fortified acropolis...
Beyond city walls
the unmarked necropolis

Saiom Shriver

Acrostic

Do agnostics
like acrostics?
Do theists focus
on the One?

Saiom Shriver

Actor Rushing From Stage

The actor rushed from the stage
not waiting for applause.
Rushing to his Beloved,
he did not pause.

So one partner sometimes dies
soon after his mate
Soaring to her side
his only wished for fate

Saiom Shriver

Adam The Pig

Only for Eve
said Adam the pig
do I ever have
any spare rib.

Saiom Shriver

Adam's Rib

The little piglet Adam was
born in a stable crib
.. in his case
there was no neat little bib...
For his premurder body
there'd be 'pork future' dibs
.. Re his trichinella
worms and Mad Pig Disease
there would be fibs...
For this little innocent
there was no predeath lib...
as July 4th celebraters
devoured his ribs.

Saiom Shriver

Adoration Sunset

Slowly the setting sun
leaves the skies
as when adoration's light
leaves a loved one's eyes

Saiom Shriver

Advent

Lo! Looms the Lord of
eternally Loyal Love

Saiom Shriver

Advertising Crimes

Killers of humans
try to hide their crimes
Killers of nonhumans
advertise their crimes

Saiom Shriver

Aegean Sea

Hercules sent a river
through the stables Augean.
Was the horse manure
then purified
in blue waters Aegean?

Saiom Shriver

Aerie Graveyard

Nary a crimson cherry
nor blueberry
in the aeries...
there are only cadavers
where eagles gather

Saiom Shriver

Afghanistan, The Congo And South Africa

In Afghanistan
the Congo and S Africa
miners dig their dangerous
daily 16 tons
for foreign overlords and thieves
of their nations' treasures

Saiom Shriver

African Hearts, Women As One

O Abba, Oh Allah, Oh YHWH
to You we give thanks
that in time
Polish horses
defeat Nazi tanks

that in time
defenseless African
hearts beating as one
conquer
the machine guns
of Cecil Rhodes

that
Seminoles & Shawnee
Shiawassee and Cherokee
who died protecting their trees
win now over
woods raping
bulldozers backed
by rifles

that unprotected
women
rising as one
defeat the belts
and boots
of programmed men

that the pen of Rumi
is mightier than
the 'daisycutters'
of the American coup d'etat

that the music of
the life of Cesar Chavez
reached beyond the
money of plutocrats
directly into America's

soul

and that the cries
of billions of animals
begin to echo
in heartcaves
.. their resonance
brings down the pillars
of the past

Saiom Shriver

African Indian Indian African

An African Indian
is different from an
Indian African
only in the exterior.
2 temples to the
one indwelling God
have the same
divine flame interior

Saiom Shriver

After The Storm

Through the tears
eyelight appears
Through rain's veneer
come sunspears

Saiom Shriver

Ahab The Murderer

Perhaps off
the coast of Wales
Captain Ahab once
whaled
and Neptune's
angry winds wailed

Saiom Shriver

Ailanthus Embrace

Little ailanthus tree..
her lacey fronds
embrace the stony unresponsive
fire hydrant...
but soon he will be turned
on... and give her the
waters of life

Saiom Shriver

Airdropped Tickets

October's falling leaves
were free airdropped tickets
to the free sunset
bird, cricket and frog concert.

Saiom Shriver

Airy Chambers

Where pinecones fell
some from squirrel scampers
the ice formed round them
airy chambers

Saiom Shriver

Akashic Records

Stored in the akashic records..
above ephemeral weather
are all thoughts, and words and actions
...the scriptures of the ethers

Not a single thing is lost.

Saiom Shriver

Alan Jay Lerner

He was married many times..
to be exact.... eight
Was it kismet or folly...
having eight mates?

In My Fair Lady
did he oddly conjugate?
Did any other lyricist ever
more beauty create?

Saiom Shriver

Alaska Pot

Alaska, third state
to legalize pot.
further cutting
jailers' and judges'
Gordion knots

Saiom Shriver

Alaska State Troopers

Alaska and elsewhere,
those state troopers and police
who seek people to punish
cruelly disturb the peace.

Saiom Shriver

Alchemist Of Mist

The alchemist
makes gold from mist
or turns gold
back into mist

Saiom Shriver

Alchemy Of Attraction

The criminal desperate for money mused
over counterfeiting, forgery,
teleportation, alchemy, treasure hunting,
perusing bank blueprints
.. not leaving fingerprints

Another prayed, did acts of love, gave things away, and
planted fruit trees, free food machines.. these bore the fruit
of needs fulfilled.

A third did nothing, knowing that God his heart indweller,
knew his needs before he himself did.

Saiom Shriver

Aleurophobe 2

He was an aleurophobe...
the traces of a past life
as a mouse

Saiom Shriver

Alfie 2

Alfie didn't have
a significant other.
Instead he had many
insignificant others.

Saiom Shriver

Alfies

To the blooms say the bees
'How do you do? '
Then they buzz and they do
to take nectared dew
Next to blooms say the bees
'we must bid you adieu'.

Saiom Shriver

Algonquin Peak

Oh, Peak of Algonquin,
so majestic and snowcapped,
because you don't like to travel
your self view will not unravel.
You will never see
Mount Everest, over five and one
half times as high.

Saiom Shriver

Alighting Bird

When a whippoorwill
alights in a willow
is he a
whippoorwillow?

Saiom Shriver

Alighting Miracles

Where the drop
is born of mist...
Where miracles
crystallize
from the grace
of Christ

Saiom Shriver

All Are Chosen

Jesus said to a less
conscious age:
'Many are called..
but few are chosen.'
Now Christ repeats
to those who listen:
'All are called.
All are eventually chosen.'

Saiom Shriver

All Beings

She insisted no one
should pray for her..
that it was a violation
of her private space..
I responded that
from now on when I say
the universal prayer
for all beings I'll add
'except for YD'

Saiom Shriver

All Bow

All bow to your
past dynasty
and to your
future destiny

Saiom Shriver

All Creation

Jesus said not 'go teach
all nations'... but
'teach all creation'.
St Francis often
preached not with words
but through
silent example

Saiom Shriver

All Errors Are Venial

Love is God. God is Love. God's Love is an immeasurable, infinite, eternal, sea of Spirit fire. The lapses of human beings are specks which dissolve in that fire, no matter how heinous the person or those who judge him or her might think them. These lapses are a match flame which has gone out surrounded by 'billions of blazing suns'.

Saiom Shriver

All Own The Moon

They're cutting the moon
into privatized pieces of pie.
Capitalism is the
ascendancy of the
most rapacious beings
under the sky.

Saiom Shriver

All Tombs Are Cenotaphs

Though inscribed with
epitaphs
all tombs are cenotaphs
for from them
all souls have risen.

Saiom Shriver

All Who Drop Bombs On Syria Create Refugees

Our media decry the problem
of Syrian refugees by the millions
but don't say that our government
in dropping bombs onto Syria by the billions
is creating refugees, making homeless
innocent children, soldiers, civilians.

Saiom Shriver

Allah: One Of Many Names For God

Those who pronounce that
no name for God is Allah
might say that water is
not in Mexico called agua
or in ancient Rome aqua.

Saiom Shriver

Allegiance To God

Saints to God
swear allegiance...
not to warmonger
governments nor
demonic legions.

Saiom Shriver

Alleluia

You are the ring
of the hands of caring
You are the sing
of the bright sun rising
You are the king
of all hearts waking
You are the wing
of songs most flowing
You are the lia
of Alleluia

to Lia A

Saiom Shriver

Alloys

Noise

annoys

Joys alloy.

Saiom Shriver

Also Roadkill

Besides the human
deaths and
mammals paved into
pancakes,
also roadkill

Saiom Shriver

Always Acquiescent

Always acquiescent:
the sea aquamarine

Saiom Shriver

Alzheimers

His Alzheimer's was worse.
Phone number chains
broke up in freedom
and danced around in his
head
in ones or twos
or curley queues
but as his mind became
less reliable
his soulriver moved closer
to the Godsea.

Saiom Shriver

Amazing Grace

Driving through one of the last
towns in Ohio to stop preventing
blacks from becoming residents
on the national holiday honoring
Martin Luther King, ,
one saw American flags on
every pole on the main street.

Icicles of resistance become
waters of love.

Saiom Shriver

Amazing Willpower

He smoked, drank vodka all day long
and ate meat and was diagnosed with
throat cancer. That was 10 years ago.
The day after his diagnosis he quit all
3 killer habits and was totally healed.

Saiom Shriver

Amber In Jail

In France and
Germany they
forcefeed geese.

Aussie sheep
freeze
when in the cold
some take their fleece.

In every country
there are fires
in restaurants
from animal grease.

Saiom Shriver

Ambrosia

For the bees
there are flower fonts
of ambrosia
in the lilacs,
jasmine and amber roses

Saiom Shriver

Ambrosiad

pollen...
ambrosia of the roses
gifted in their free roadside stands

Saiom Shriver

American Radio

More than ever, American radio
is a white male propaganda system
of pornpeddling, boozepushing,
call-censoring, animal flesh mongering
warhawks
and sports jocks.

Saiom Shriver

Americans: 9 Dead In Oregon 11 In Afghanistan

In Rosewood Oregon
9 students were gunned down.
In Afghanistan 6 US soldiers
and 5 contractors were shot down.

Why did media the violence
within the US decry
and ignore the Bush Obama war
which caused
the soldiers' last goodbye.

Saiom Shriver

America's Chief Executioner Can Be Voted Out In November

Nathan Hecht, the racist
chief 'justice' of
the Texas Supreme Court,
has gavel-murdered
the innocent and denied
the rights of foreign citizens.
He'd perhaps have no objection
to deaths by hanging
or electrocution.
He's America's chief
cause of execution.

Saiom Shriver

Amethyst

The artist
kept the appointed tryst
and felt her heart twist
when gifted with an amethyst.

Saiom Shriver

Amy Lloyd, Al Zheimer, And 2 Other AI's

Al Zheimer knows Alzheimer's comes from
the AI in Aluminum and other
heavy metals concentrated in fish flesh,
bird and mammal flesh as well as
aluminum cookware and certain other metals
along with the aluminum in some deodorants,
while the AI is Alcohol
and the Amy in Amyloid plaque, a byproduct
of all animal protein metabolism
(meat fish dairy) ... a plaque which lines
the cerebral arteries are major causes as well.

Saiom Shriver

An Odyssey Of Drudgery

For several years
he worked in a freezing pit
in an alignment shop. In
the middle of winter the
grease in the car above him
mixed with melting snow
which ran down his back.
The owner didn't think heat
was important for the employees.

In his next job, after a decade
as a genius mechanic who
gave hard work and fidelity,
he was approached by coworkers
and asked to form a union. Explosive
chemicals, forklift crushings were
frequent. For his altruistic attempt
to affiliate with a national union
he was summarily fired and
given 10 minutes to gather his
10 years of tools before
he was escorted off of the property
by police. 'Right to work'
states don't require an employer to
give a reason for capricious action
which sometimes destroys lives.
There is no accruing pension. There
are no health care, educational perks
or other benefits.

Next he worked in a factory
with corrosive chemicals which
have for years scarred his neck and face.
He has breathed in noxious fumes,
and labored in 115 degree heat
in summer months. To keep his
job he had to be on the job 7 days a week.
People who had heart attacks and died
on the job were removed from the

premises before a death certificate was signed. One quarter of the temporary work force was laid off.

In that job he was making \$7.50 an hour. Each Koch brother in the last 3 years increased his wealth at \$330,529.00 an hour,

He knows he is luckier than those in industries with the highest turnover.

A UFCW union steward has said that most worker accidents occur in slaughterhouses.

Workers are kicked, bitten, and scratched in the head by terrified animals fighting for their lives unsuccessfully.

Contract ear problems from the screaming and shrieking of the animals,

Have problems with bones in relation to the cold storage rooms.

Cuts from the metal machinery, running into computer line knives.

Alcoholism and drug use from trying to deal with the animals' suffering they are constantly absorbing.

The reduction of OSHA staff and the use of illegal aliens to fill these jobs, some of the most unpopular in the industry, intrinsically means more accidents.

Electrocution from machinery near liquid secretions.

In slaughterhouses where pig flesh is scalded, there are frequent burns.

Open grease pits for blood, grease, feces, urine are traps for tired employees.

There is ligament tearing in the back, shoulders, and arms from the lifting of 100 lb. or several hundred lb. carcasses.

Carpal tunnel is a frequent complaint of meat cutters.

As a 1980's administration doubled the legal speed of the line, there is a consequent increase in accidents.

The deregulation of some slaughterhouses has meant less trained personnel.

In fish slaughter, there are also bites, scratches, hook accidents, fishing line accidents, drownings and other trauma.

Prevention of contracting the animals' diseases in contact with slaughterhouse fluids (blood, feces, urine, vomit) .

Slip and fracture themselves on blood, urine, vomit and feces soaked floors,

Lung problems from constant exposure to feather dust (A Japanese movie shown on Bravo is a tale of peach trees cut down as their spirits speak to children.) .

Saiom Shriver

Anantananda

Sarvananda
Anantananda
Nityananda
Babananda

Saiom Shriver

Anchors Aweigh

The breaking of the day
Light oer the sea
makes its way.
Wind counterpoints
the 'anchors aweigh! '
as it fills our sails
and
from across the bay
takes us blissfully away.

Saiom Shriver

Ancient And New Creed

Millions have decreed
an ancient and new creed
... kill no bugs
kill no weeds.

Saiom Shriver

Ancient Division Healed

Healed the ancient
division
between sloths
two toed
and those three toed,,
and in their expanding
love
they included
each and every tree toad

Saiom Shriver

Ancient Scroll

They never unroll
ancient bud's scroll
God alone controls
Unfolding of her soul

Saiom Shriver

And What Do The Simple Kings Do

And what do the simple
kings do?

They need not take the
time to woo

By 'divine right'
they seize and rape
the beautiful wives
and virgins
in their kingdom

And steal the gold and lands
of their 'subjects'

And kill the noble stags
in 'the king's woods'
for kings love to
terrorize and to shed blood

And kidnap young men into
the king's army for
nefarious foreign ventures
from which these men return
maimed and old or confined.

And that's
what simple kings do

*

Footnote:

Written about kings of the past

Saiom Shriver

Anemone

The pink bush of anemone..
Beauty gives her
hegemony...
.. she's a flight of settled
butterflies..
...with nary an enemy

Saiom Shriver

Angel Falls

Angel Falls

The river
coolbrimming
on the verge
and water
falling in pool
to merge
A Goddess kneedeep
in foaming surge
To reach the sea
her greatest
urge.
A silver cascade
her seven veils
A rainbow crown
her diadem.
Her feet
are clad
in slippers
bubbling
Each dropp her Lord Sun
diamond doubling
Made of the mist
her fairy wings
In sideflows with mirth
she constant sings.
In center in torrents
her avalanche rings.
Priest drops
in her cup to the
sun off'ring

(The sea is her love
The sun is her God)

to Jeannette H
and to the people of Peru)

HORSESHOE FALLS

The cliff
the river's
serene blue
does ignite
into a curtain
of foaming white..

shanti becomes shakti

(shanti Sanskrit for peace
shakti Sanskrit for the power of God)

Saiom Shriver

Angel Falls 2

Some waterfall water
trickles in small streams.
Some waterfall
water down rock slides
but Angel Falls water
in thunder falls

Saiom Shriver

Angel Fingers

In the dumpster
harvesting all the books
the university library
had thrown away after the sale
there was I found an art book
of 380 pages in which
angels had opened
2 of the 4 pages
by Richard Wilbur.

Saiom Shriver

Angel Flight

On blooms this
little angel
did alight.
Now he lifts
his wings
and prepares for flight.

Saiom Shriver

Anger Management

If I'm angry
I'll
pop balloons,
knock off
icicles
and pummel the
sea
mercilessly

Saiom Shriver

Anger's Blinders

Two little sparrows
squabbling
just in time noticed
the cars which
nearly turned them
into sparrow squab

Saiom Shriver

Animal Abuse At Perdue

Chickens arrive in
Salisbury
Maryland at Perdue.
Protruding from crates,
their broken necks
and wings
in the wind swing.

Saiom Shriver

Animal Architects

The wasp's papery nest
the gopher's tunnel
the spider's web
the nest of birdweaver

the honeycomb of the bee
the hole sculpted by
woodpecker
the hill made by termite
the dam of the beaver

Saiom Shriver

Animal Fights

Bullfights Dogfights Cockfights...
fewer sadistic humans arrange
animal fights
partly because of
growing consciousness
of animal rights

Saiom Shriver

Animal Gender

Those who of animals
are defenders..
knowing that they're
not objects
but do have gender
refer to them as
he or she
and not it
consciousness to
engender

Saiom Shriver

Animal Roods

In the captivity, beating
and cutting
is trillions of animals' rood
Humans term 'gravy'
their cooked blood
and call their
dead flesh food

Saiom Shriver

Animal Victims Of Wars

They are the devoured, the blinded, the maimed,
the dis-armed, the trampled, the lamed
They die freezing, blown apart, drowned, unfamed,
these helpless victims, silent, unnamed

Saiom Shriver

Animation

She brushed after
every meal
scrubbed every
fruit.

She had copious
concerns
re contamination
but had a blind spot
when she ate cadavers
of animals
deprived of animation

Saiom Shriver

Anna's Eyes

Who can canalize
who can analyze
the holy love pouring
from Anna's eyes?

Saiom Shriver

Anne Morrow Lindbergh

Her soul is the typewriter
whose carriage can return
to former times through prayer
to whiteout certain lines.

Her soul the screenwriter
for the movie of her life
edits adds deletes improves
future scenes and those
transpired.

Searing agony in the past
is visualized in light
and God is asked to send
great grace
and kind anesthesia there.

He most often the soul
removes
before moments of great pain..
the soul with Him looking down
on the stopping of lifetrain.

She rules time and space.
Within her is all that is..
She the God within controls
acting on stage His Anne role.

Saiom Shriver

Anomalous

Though he
acted in ways anomalous
he no longer chose
to be anonymous

Saiom Shriver

Anonymous Root

In silent miracles mute
from anonymous root
wet music flows
through branching flute
fed by leafy shoots
to the treegift fruit
for each baby and bear
and bird and newt

Saiom Shriver

Another Myth

Therapists who
pathologize
their patients
are from Oz.

Schizophrenia
is a myth
teaches
Thomas Szasz.

Saiom Shriver

Answering Machine

He came home
and clicked on his
answering machine.
How many bright
goldfish calls would
be swimming unharmed
in its net.

Saiom Shriver

Anthrax Attacks

From Centers For Disease
Control black ops
one is much more likely
to contract anthrax
than from riding on
environmentally conscious
Amtrak.

Saiom Shriver

Antiantiquarian

Freedom loving Aquarians
are antiantiquarian.
Underdog defending Aquarians
are antiauthoritarian.

Saiom Shriver

Antibullfighting Critical Mass

Remove from bulls
slavery's reins
Spain's plains
with mercy rain.
Compassion begins
its omnipotent reign

Saiom Shriver

Antlers On The Wall

The hunter displays
his victims' antlers on the wall.
Analysts surmise hunters fear
they have no balls at all.

Saiom Shriver

Antonin Scalia

43 states did not
execute anyone this year.
Of capital punishment in
the US there is no ban
because of 1 Republican,
just one single man.

Because Scalia stole
the presidential election
from Al Gore,
pretender Bush
sent troops into
Iraq and Afghan wars.

Saiom Shriver

Ants And Aspirin

She was given
a vision
of an aspirin
turning into an ant.

Pondering this,
she decided that
pain relief
lets energy
for work flow

Saiom Shriver

Any Asterisks?

What species are most commonly excluded
from the infinite circle of compassion?

Weeds? Cockroaches? Flies?

Rats? Socalled Invasive Species?

Those of a different belief system?

Are there any asterisks in the universal
commandment to love all?

*

Note: One may oppose someone politically and still love him or her

Saiom Shriver

Any Port

When no sweet peach
is around
fruit flies will flock
to lemons on the ground

Saiom Shriver

Apicide

That drug company
causes
herbicide
and apicide
homicide
and avicide

Saiom Shriver

Apiphiles

They plant many fruit trees
because they fear no bees.
They're blessed by free food,
fragrance and a breeze.

Saiom Shriver

Apiphobes

Beekeepers who
clip the queen bee's wings
to enslave her,
who crush bees in the racks
that slide in and out,
who steal the labor of these
hardworking insects,
who sometimes kill the whole
hive at the onset of winter
rather than feed them...
are not apiphiles
but apiphobes.

Saiom Shriver

Apostle Eyes

By eyelight ignited
they apostrophize
his blazing fiery
apostle eyes

Saiom Shriver

Apparent Victim Of Drowning

The fiery soul of the sun
sank... his flaming trail
visible as he crashed
into the sea.. soon only his
dying embers could be seen..
and they too slowly disappeared,
drowning in the water. It seemed
through the dark night that the
sea had won. Yet at the darkest
time.. suddenly....
a pink band appeared
where sky meets sea
And then... soft beams of rising..
until His resurrected form
... appeared on the horizon.

Saiom Shriver

Applause

In the out door theatre
there is a pause
and then the wind
helps the trees
to gift their applause

Saiom Shriver

Appledom

With her goldstarred crimson skin
was there any other as sweet,
in all of appledom
where trees drop free treats?

Saiom Shriver

Applefall

The moving wind hastened
the windfall, they agree,
but it was the allgiving appletree
creating the applefall generosity

Saiom Shriver

Applesauced

Apples, crown jewels
on the ground jademossed
lying where by
a stormy wind tossed
Picked up brought home
peeled and diced
and slowly simmered
.... now applesauced

Saiom Shriver

Appointment Beyond Samara

The little maple
seedling
grew wings..
just long
enough to fly
in the air and to spy
his soulmate below..

He floated down by her side
he knew he was home
and began to grow
the roots of love.

(to P and L Seikel)

Saiom Shriver

April Anthem

Sea depths now
dolphins plumbing.
In the blooms the
bees are humming.
Through the trees
breezes strumming.
Icemelt drips
speed to drumming.
Toward you now
your Love is coming.

Saiom Shriver

April Apron Of Apricot Blooms

April aprons of
apricot blooms
spun by the sun
on his lightthreaded looms

Away petals swept
by wind's feather brooms
for giving tree's free
fruit to make room

Saiom Shriver

April Basket

Mother Earth has woven
an April grass basket...
In it lie unstolen acorns
.... nonviolent eggs yielding
millennial forests of oak
with knitted jade cloaks

Saiom Shriver

April Candelabra

On the April tree's
barren candelabra
suddenly appear
green candle spears
which burst into
a green peacefire
of white winter ceasefire

Saiom Shriver

April Captured

To his beloved
he said

'I have brought you
warming zephyrs
strumming soft songs
on their zithers

and the Great
South Wind
whose golden wings
shall wend their way
through your willows.

I have captured
April itself
and Mars to place
at your feet.'

Saiom Shriver

April Love

A grass blade
upgrew his royal
greenness,
entwining a pine cone
claiming her as his own

To his spruce love
The red maple sent
his blooming kiss
soaring her into bliss

Saiom Shriver

April Skies

Neath clouds scudding
cows are cudding
cubs are cuddling
blooms are budding
The entire cosmos
Love is flooding.

Saiom Shriver

April Snake Charmer

April, the snake charmer,
with silent music summons
serpentine green shoots.

Saiom Shriver

Arab Bread

Sometimes 20 ingredients
has grocery chain bread.
Arab stores all but
flour water salt
and yeast shed.

Saiom Shriver

Aramaic

Of the 4 nations bombing Syria
(France, US, Russia and Turkey)
3 are predominantly and
nominally Christian.

All four are bombing
the only country in the world
in which Jesus' Aramaic is
still spoken.

Jesus said 'Peter put down
your sword. My kingdom is
not of this world.'

How many Christians involved
in waging war are living
Jesus' nonviolence?

*

Note: Babe in her review posted
a link to The Lord's Prayer (spoken
or text) in Aramaic

Mattai qeepaleeyun Waw 9-13

Avvon d-bish-maiya, nith-qaddash shim-mukh.
Tih-teh mal-chootukh. Nih-weh çiw-yanukh:
ei-chana d'bish-maiya: ap b'ar-ah.
Haw lan lakh-ma d'soonqa-nan yoo-mana.
O'shwooq lan kho-bein:
ei-chana d'ap kh'nan shwiq-qan l'khaya-ween.
Oo'la te-ellan l'niss-yoona:

il-la paç-çan min beesha.
Mid-til de-di-lukh hai mal-choota
oo khai-la oo tush-bookh-ta
l'alam al-mein. Aa-meen.

Saiom Shriver

Arboricide

The birdsheltering
trees of pine
neath the axers
laid supine

Saiom Shriver

Archangel Of The Most Reviled

Perhaps it was first said
by kind scholar Haynes
that Emma will give you
blood out of her veins

When others say 'no
room in the inn'
Emma's sure to say
'why do come in'

When others say
'impossible'
Emma always says
'I can'

She forgives the most
angry roars
because she sees
the painful scars

Her geiger counter finds
hearts cut in twain by pain.
She the first to say
'they know not what they do'
Everytime she gave
away
her kind heart it grew.

She knows that broken
souls derailed from the tracks
warm with the fire coming
through their big heart cracks.

Befriender of the 13th fairy
not invited to the ball
Loves the leper, the pariah
.. the ostracized.. the blackballed

Treats the suffering

as her own child
She's the archangel
of
the most reviled

Saiom Shriver

Are Weeds Beautiful?

Unthanked weeds give birds seeds.
and for them, thistles gather drinks of dew beads.
Their shelter for rabbits God has decreed.
Ducks from hunters are concealed by their reeds.

Weed beauty is muse for painters' bright deeds
while blooms' nectar keeps...mother earth bee'd.
Their roots' tendrils do mudslides impede.
Their leaves breathe oxygen for animals' need.

Wastelands become green by their spinning work freed.
Herbicide sellers may not have agreed
but we avow it's plant racism
to kill a weed.

Saiom Shriver

Aries Libra

Eagles and their aeries
are beloved of
martial aries.
Turtledoves signify
cruelty's surcease
... and the advent
of libra peace

Saiom Shriver

Armada

An armada of dandelion spores
Unarmed soared above the pond
To rest and grow in a field of
Buttercups

Saiom Shriver

Armand And Madagascar Rosewood

Armand Marozafy
is in a
Madagascar jail
for nonviolently
protecting ancient
wild rosewood
from axes and nails.

Saiom Shriver

Armies Of Angels

When countless babies and bambis and
bumblebees are bombed, armies
of God's angels create
critical mass to disarm
those who cause harm

Saiom Shriver

Arson

Guilty of arson, he
It's a cruel form of larceny.

Some start fires out of
rage.

Others are smalltime gangsters
paid secretly by banksters
to burn empty neglected
mortgaged homes..
that they be replaced by
paved roads, malls
and superdomes.

Saiom Shriver

Arster

James Michener wrote that in the
Chesapeake oyster is pronounced
arster. Is that because like
all shellfish the oysters
are coprophagous?

Saiom Shriver

Artemis

In Greek Artemis,
in Latin Diana,
the virginal 'goddess'
of the bloodletting
stalking hunt...
but can anyone
be considered a virgin
who drinks the cooked
blood of another being?

Saiom Shriver

Arthritis Soup

Beef broth, chicken broth
arthritis soups

Saiom Shriver

Arthur And Sherlock

As Arthur Conan Doyle, a theist,
created the world's most popular detective,
Sherlock Holmes, the atheist,
so God has created many atheist human beings.
As LH repeats, they don't believe in God but God believes
in them.

Saiom Shriver

Artifice

Animals run from Artemis
and her butchering artifice.

Saiom Shriver

As A Mother Looks Upon A Toddler's Fall

God looks on error
as a mother looks on a toddler's fall
.. or on her young son's
sculpture of mudballs
or as the sun
gazes upon sour fruit soon to be sweet
.. or upon a blow which releases
water from ice freezes

God does not send loved ones to hell
for acting on drives from the outer shell

God is more forgiving
than the daily snowfall which
erases
many human footfall traces
.. more forgiving than
the sea
which holds onto no boat wake
.. more forgiving than
the sky..
which forgets the path of clouds
or the fire
which devours the mistakes of
the past

Divine Love made us.
.. Anything which is not
of Divine Love
.. is not you.. is not me

□

Saiom Shriver

Ascending Mist Descending Snow

ascending mist
descending snow
and on the plains
level flows

Saiom Shriver

Ash

Why do so many
words rhyming with
ash
have a negative
or violent
mental flash?

bash
brash
clash
crash
gash
gnash (teeth)
lash (out)
mash
rash
slash
smash
splash
thrash
trash
abash

Saiom Shriver

Ashen

After petalfall
the red rose' passion
is suddenly
out of fashion...
What is left
is quite ashen.
Harsh seem oft the ways
God teaches compassion.

Saiom Shriver

Ashes

Ashes
contain
phoenix birds

Saiom Shriver

Ashes In The Urn

His body's ashes
in the ceramic urn
began with life
to ignite and churn

Saiom Shriver

Ask It

If it harms none
and in prayer we ask it
God has it for us
in His Easter basket.

He sometimes
even resurrects
deceased bodies
from their caskets.

Saiom Shriver

Astronaut Menu To Be Vegan

Astronauts' menu will be vegan
as they journey to mars.
For the animals these
astronauts are stars.

Saiom Shriver

At Last

When melts
the iceberg part of me
I will at last be
one with the Godsea

Saiom Shriver

Atheist Physicians

Atheist physicians
ignorant of divine physics
speak a curse
when saying a condition
is incurable
and can only get worse.

'With God all things
are possible.'

Saiom Shriver

Attraction Devices

While bucks have antlers
flowers have anthers
So many ways
beings attract
the opposite sex
from humans to birds
and blooms and insects.

Saiom Shriver

August Evening In New Hampshire

They all are a chorus
... singing for all.. for us.
First the birds tire...
a while later the frogs
retire...
but the crickets continue
to the wee hours
with their music fire.

(to Constantina Salamone
whose soul pours forth for all)

Saiom Shriver

August Mercy Rains

August mercy rains
into puddle skeins
and then river veins
before reaching the main.

Saiom Shriver

Aura Charger

'Physician, heal thyself'.
And he began to draw in
the light of his own
aura to charge his body.

Saiom Shriver

Auras Don'T Lie

The crimson of anger
The red of lust
The yellow of thought
The gray of depression
The green-black of envy
The brown below the waist
of many sex partners
The pink of happiness
The blue of serenity
The mossgreen of healing
The purple of compassion
The blazing light of joy
Auras don't lie.

Saiom Shriver

Auras Never Lie

Auras never lie.
Truth is one with light.

Saiom Shriver

Aurum Is The Aura Of Aurora

AURUM IS THE AURA OF AURORA

Dawn pastels canvas of dark velvet blue
Then snuffs star lamps she painted by
She draws back curtains where lovers lie
Sparks them to move til night's lullaby.

She pinks the Notre
Dame crystal rose
and caps cloud mountains
with pinkest snows.

Sips the dew from chaliced blooms
and tips the trees with saffron singe
and sows the sea with seed light mirrors
and sews sky togas with purple fringe.

Crowing cock thinks
he summoned her quiet
Yet her stillness begets
the bees' buzzing riot

Next kindles the fires in the grates
and sets the kettles on to bubble
Breaks mouni vows as cities hum Om
Lovesilvers the lakes with power to double

She rolls back hillquilts of mysterious mist.
Unwinds vine tendrils so tenderly kissed
Lifts bird crowns from out their wings
winding their throats that they might sing

Wanded by her molten rays
Dracula is melted clear away
Cloistered petals come out to play
Sequestered sequins start to dancepray

Whispers the slumbering

down from dream stories
and swivels faces
of blue morning glories.

Takes down the moon she hung at twilight
Fires up lattice of moving searchlights
as she throws op the east gate in dawnlight
to wait for her God in demibright

Seeing His blazing face
vanished the night
In his unconditional love's arms enfolded
Aurum is the aura of Aurora unfolded.-

(this poem is dedicated to N Robinson)

: the seed syllable of all sound
Mouni: vow of silence taken by some spiritual
seekers
2 of these lines were sparked by Robert Graves in I Claudius
Arun: Shiva as God of the Sun
aurum: Latin for gold

Saiom Shriver

Australia: Hottest October Since Temperature Recording Began

In Australia, since temperatures were recorded, 2015 was the hottest October. Spontaneous wildlife-burning fires have broken out all over.

Sapling trees can't survive around cattle and sheep ranchers with their slave drovers.

Saiom Shriver

Australian Heat, Fire And Drought

Killing cows,
pigs and sheep
causes fires
down to sweep
as people in
their beds do sleep.

Saiom Shriver

Autumn Gowns

Crimson maple stars
Yellow willow feathers
Gold aspen, purple ash
Pink dogwood flags
Spun from the ethers

The monkorange habit
Of the blueberry
The scarlet banners
of the cherry

Saiom Shriver

Avatar Aura

Through her prism
the aura of the avatar
was seen as a purple
sun... immersing
all in violet shades
sprinkled by stars.

Half a world away
the temporary
sunset of his presence
left misty afterglows
of saffron, shellpink and rose

Saiom Shriver

Avengers

Avengers
are often
revengers

Saiom Shriver

Avian Avenues

In the air's
avian avenues
there are no traffic lights,
no rules to guide,
yet flocks in flight glide
and never collide.

Saiom Shriver

Avian Flu Kills 45 Million Us Chickens

None of the victims
will receive a tombstone
They die unmourned
They die unknown.

Saiom Shriver

Avicidal Texas Senator Cornyn

Worse than shooting fish in a barrel
the serial bird killing of John Cornyn.
Birds released from nets in front of him...
their blood smears gold fields acornin

Saiom Shriver

Avoiding Black Holes

Damning or demeaning demons
is a way of demanding their presence.
I must learn to avoid the
road's potholes,
the universe' black holes
whether disembodied
or in politicians' souls.

Saiom Shriver

Awaiting The Wave

As the surfer awaits the wave
and night watchmen the dawn
As the sail awaits the wind
and desert flowers the rain
he yearns for her arrival.

Saiom Shriver

Awareness

That driver
behind or in
front or us..
to the right or left

might be
on drugs,
or mentally impaired,
or mad

or braking for animals,
physically impaired,
or an unlicensed teen
or sad

or have fallen asleep
or have no brakes
or be texting or of
booze did partake

Saiom Shriver

Awash In Purple

Everywhere earth
is awash in
purple twilight
which bathes all
in its holy light

Saiom Shriver

Awash In Starlight

Receives rare light from the sun
The other side of the moon...
but she is awash in starlight
and glowblessed by rays of Neptune.

Saiom Shriver

Axed Christmas Trees Make The World Hotter

It's time for Rockefeller
Center and the White House
to use artificial trees and
give the country an example...

Thousands of stores have
nontreeharming samples.
Make live trees in
the woods more ample.

Saiom Shriver

Babar's Daughter

Babar's daughter
was devastated.
She heard herself
called hosenose.
She contemplated
rhinoplasty
for a more
popular pose.
But she was stopped
by the words of Babar...
'You are the most
beautiful
just as you are'.

Saiom Shriver

Babbling Brook

The brook
babbling bubbling
fragments reflected sun
more than serene lake doubling

As there in silence or
brevity there's more veracity
than in a gurgling
stream of loquacity.

Saiom Shriver

Babe

Babe the famous pig
said media did fib.
I have, he said,
no spare ribs

Saiom Shriver

Baby Acorns

Winter tree shorn
of baby acorns
but one spring morn
she's with
acorns
reborn
.. while encircling
sapling oaks
do her adorn

Saiom Shriver

Baby Anteater

The baby anteater
was raised to eat ants
but growing he found
that he was not bound
so now he eats
not a single ant
but the most
delicious
fruits of plants.

Saiom Shriver

Baby Bird Breakfast

He was a prolife activist
standing in the freezing weather
in front of abortion clinics.
His usual breakfast was bacon and eggs...
the latter being the aborted embryos
of baby birds.

Saiom Shriver

Baby Bird Heart

Dare he entrust the trembling baby
bird of his heart into her hands

Saiom Shriver

Baby Boys

Baby boy chicks
in San Diego
sent alive
through a chipper
and in Iowa
they are
sent through a crusher
as do the rich
and religious haters
send the poor
into profit sired wars.

Saiom Shriver

Baby Goats Dehorned

The baby goats
cried as they
were dehorned
The baby goats
cried when
by humans deformed

Saiom Shriver

Baby Oranges

A cartoon on the internet shows a baby orange looking at a glass of orange juice and sadly saying 'Mom is that you? '

Oranges don't have baby oranges.

But mammals and birds, reptiles and fishes do.

A far more truthful picture would show a baby calf being electroshocked away from his mother so that her milk can be kidnapped for human babies it makes obese...while he is murdered into veal or a lamb looking at her mother murdered into mutton.

Saiom Shriver

Back From Night Shift

Opened the window just
in time to see the sun
undaunted by his night shift
give a pink hello
and a morning kiss
to all

Saiom Shriver

Bad Shepherds

Septillions of innocent sheep
have gone to slaughter
goaded by shocking roads
of bad shepherds (99% of
all shepherds) . Has
their example of nonviolence
melted any hearts?
How many septillions of cheeks
have they turned..?
It is humans and not innocent
animals who need to awaken
to universal nonviolence.

Saiom Shriver

Bahamian Coral

The Bahamas are made of
fragile reefs of coral.

Letting polluters destroy
them...

is it immoral?

Saiom Shriver

Ballerina Skirt

The ballerina's translucent skirt
with fabric soft and slight
spreads out like a butterfly wing...
but it slows down her flight

Saiom Shriver

Ballet Dancer

One twin
became a ballet dancer..
the other was
hired as belly dancer
.. and that
made all the difference

Saiom Shriver

Bamboo Blossom

Bamboo bambino
blossom
bursts into being
*

-saiom shriver-

Saiom Shriver

Banana Slug

Oh a banana slug
Is he a bug?
He is proof that
we look like
what we eat.
It's in our mugs.

Saiom Shriver

Baptism

On a high hill
he was baptized
by the west wind

Saiom Shriver

Base Of The Rainbow

The leprechaun's
pot is not just of gold at the base
of the rainbow but all the
rainbow colors which into it poured

Saiom Shriver

Basho's Willow Trees

High tide will once again
wash the dirt
from Basho's
willow tree skirts

Saiom Shriver

Basil Rathbone

Advice from Sherlock
played by Basil Rathbone..
using basil is
killing a plant
and God's wrath is
in every murdered bone

Saiom Shriver

Bats In The Belfry

Are bats in the belfry
bothered by
the booming bells?

Saiom Shriver

Bbc News

Why should arteries
clog and thicken
Why should human
bodies slowly sicken
It's a good time
to chuck all chicken.
Who knows what killed
Charles Dickens?

Saiom Shriver

Be That As It May

Be that as it may.....
to the blooms come
more bees in May

Saiom Shriver

Beachdweller

He was with
tools most handy.
He found a part
of beach most sandy
There from driftwood
he built a shanty
and was left alone by
local vigilantes.

Saiom Shriver

Bears Of Maine

Arms they bear
to murder bears
It's time for Maine
to join the campaign
to end bears'
suffering..
to end their pain.

Saiom Shriver

Beatle George Harrison

George Harrison
a great and merry one
brought to millions
music's cheery sun

Saiom Shriver

Beautiful Wings

Are the butterfly wings
more beautiful
than the flower's petals?
They are more necessary.

Saiom Shriver

Beauty Destroyed

On the table the
corpse of a lamb..
Upon the wall
trophy deer heads
with their antlers
A rug of the skin
of a black panther..
Stuck in vases
decapitated flowers
and their anthers

Saiom Shriver

Because God Is Love

There are temporary states internal
seemingly opposite bliss eternal
but no being goes for all time
to regions hot and infernal

Saiom Shriver

Bee Bathes In Bliss

The bee buzzes

until lost in guzzling
the violet velvet
nectared petals
of the rose.

Now the bee's buzz
melts in bloombliss.

So too the buzzing
human mind
melts in higher
joy frequencies
as a linear knife
rests at the bottom
of the spherical sea.

Saiom Shriver

Bee Symbol

The bee
a symbol for those who labor for others...
very hard working
the fruits of his labor stolen
by criminal humans

Saiom Shriver

Bee Tables

For wandering bees
Queen Anne's Lace
is the table, the food
and visible grace.

Saiom Shriver

Beesucked Honeysuckle

He abandoned scythes and sickles
to guard beesucked honeysuckle
whose branches have Godsewn buckles
whose leaves are knit from sunchuckles

Saiom Shriver

Beesway

To buzz
among the blooms
in all directions
is the bees' way

To blow
where she pleases
is the south wind's
breeze way

To flow to the
left and right
in arcs
is the brook way

To follow
the dictates
of his heart
is the bill way

Saiom Shriver

Beethoven In Clover

Now the Red Sea of clover
is harmlessly bee-cloven
But back to Queen Lover
will fly bee Beethoven

Saiom Shriver

Beethoven's Dream

Beethoven once dreamt that the orchestra pieces playing his symphony were fighting.... a metaphor for humanity in a world designed by God to be perfect.

Saiom Shriver

Beetles Borers And Bugs

In God's eyes

The Japanese beetle
more cherished than rose
The gentle moth
more treasured than clothes
The corn bows in value
to brilliant crows
Emerald ash borer
more sacred
than the ashtree
on whom he grows.
In God's cornucopia
supply endlessly flows.

Saiom Shriver

Begat

It seems
that in the Old Testament's
list of the begotten
women are nearly
always forgotten.

Saiom Shriver

Beggar Leaves

Trillions of green treeleaves
grab the wispy cloaks of
ethereal clouds, begging
for a few raindrops.

Saiom Shriver

Begotten

Once by God begotten
no being is ever forgotten.
Once by God made
never is a soul unmade.

Nonexistent are fire,
brimstone, hell..
All paths lead to
bliss in light arrayed.

Saiom Shriver

Behold

Behold
with his bold
strokes of gold
the sun of old
warms the cold

Saiom Shriver

Bejeweled In His Beams

The sun bejeweled in
his beams
.. in his glow arrayed..
an aria whose notes are light

Saiom Shriver

Bejeweled With Dew

With her eight thimbles
on hands so nimble
she weaves through the night...
but not til dawn is her web
made beautiful by dawn's
water and light...
bejeweled with dew..
shining with the sun.

Yet do spiders too
need to reform their ways?

Saiom Shriver

Belief Without Knowledge

No human being
is omniscious
No human being
knows all.
Atheists have
strong beliefs
based on an
infinitesimal sliver
of Infinity

Saiom Shriver

Bells Bells Bells

To warn others...
lepers were
required to
wear bells on their necks.

To warn insects
he was coming,
Francis of Assisi
wore bells on his toes.

Some humans
put bells on their
cats to give
the mice a fighting chance.

But when Mother
Earth wears
bluebells
she's entranced
by the Sun's dance.

Saiom Shriver

Ben Cardin And Kweisi Mfume

Kweisi Mfume,
president of the NAACP,
won the Maryland Democratic
primary, anyone could see.

But because of Diebold's
criminal counting and cardin
the Senator is not Mfume
but election thief Ben Cardin.

Saiom Shriver

Ben Carson, The Only Vegetarian Candidate In The Duopoly

Ben Carson
is a Seventh Day Adventist
and vegetarian.
But his prowar policies
are not
humanitarian.

Saiom Shriver

Beneath The Waves

Beneath waves' gentle swells
innocent clams in peace indwell
sparkling pearly shells.

Many are sent by humans
to heaven through gates of hell.

Saiom Shriver

Benghazi

Former Navy Seals
became contractors for the CIA
Whatever they were doing
They died that day.

Saiom Shriver

Benjamin Franklin

Franklin wrote that in Paris
he had lapsed into
venery and venison
but he did not mention revenge.

Saiom Shriver

Bernadette Soubirous

Bernadette Soubirous
never drove a Subaru
but millions come by
many vehicles
to the shrine
begun by Soubirous

Saiom Shriver

Best Luck

All three leafed
two leafed seven
and all number leafed
clovers are good luck
if one refrains
them to pluck

Saiom Shriver

Bethlehem

Bethlehem is
not
Bethlehem

Saiom Shriver

Beyond Blackberry Briars

Beyond the blackberry briars
and wild rose thorned barriers
which block prosecutorial barristers
do blackbirds upwing to join
freed pigeons, no longer carriers.

Saiom Shriver

Beyond Cowslip

Beyond where bees sip
ambrosia in each cowslip
Beyond the final waterfall drip
there the land to the sea dips

Saiom Shriver

Beyond The Dominion

Beyond the dominion
of Satan's minions
Beyond the realm
of mental opinions
Love lifts all
on Spirit's pinions

Saiom Shriver

Bible Study Disconnect?

She goes to Bible study
every Wednesday. She
intends to vote for Marco Rubio.

Is there a disconnect
between her belief in Jesus
who told his followers to
put down their fishing nets
and their swords on the one hand

and her politics on the other?

Saiom Shriver

Big Feet

It would behoove you
not to dehoove Lou
said Sue of the pig
to the butcher named Woo

But Woo got ecoli
after pickling pigs' feet
while Sue with her love
was tickling his big feet

Saiom Shriver

Big Oil

Big oil is
keeping the US government
aligned to billionaire killers
in Saudi Arabia, the Netherlands,
Britain, Canada and here.

Big oil is a factor
in illegal wars
which kill and maim
and bankrupt.

Big oil and gas through
Republican state attorneys
general
is continuing to cause
fracking earthquakes and
water poisonings.

Big oil spills
marine mammals
birds and fishes kill.

Big oil and gas continue
to fight against
wind and solar power.

Big oil is giving
people lung cancer
and emphysema.

Big oil is keeping Tesla
out of several states
and a 300 mpg VW
out of the US.

Saiom Shriver

Biggest Dippers

Into divine
meditation pools
they dip
and as they emerge
with vision they drip
Into divine
meditation pools
they slip
From infinite
holy fountains they sip.

Saiom Shriver

Billionaire And Brinks Truck

The billionaire dreamt he
was killed by a hit and run
driver of a Brinks truck.
He awoke in a cold sweat.
At dawn he began by righteous
investments and giving
to change for the better his luck.

Saiom Shriver

Billionaire Banksters Burglars And Butchers

Loan shark capitalists
.. not 'survival of the fittest'
but survival of
the most vicious

Saiom Shriver

Billy Slagle Has Killed Himself

Billy Slagle
has killed himself
before the state of Ohio
could murder him.

These court justices are quick
to sentence others for
'obstruction of justice' while
they are guilty of wholesale
obstruction of mercy.

Saiom Shriver

Bionic

Angels of mercy
new legs make
and tails, and beaks
for heaven's sake

Saiom Shriver

Bird Protectors

It's not just the
high speed German autobahn
which dismays the bird
protectors of Audubon.

Hunters use snares
made of horsehair,
mist nets and snaptraps,
limesticks, barbed wire
and bowtraps

Saiom Shriver

Bird Temperature

Why do they take
the turkey's
temperature with
a thermometer?

Do they want him
better to feel?
Are they trying
him to heal?

Saiom Shriver

Bird Tracks Gone

Bird tracks stopped suddenly....
the snowgeese had taken flight.
The poet's penink dried for
in samadhi he'd lost
the desire to write.

Saiom Shriver

Bird Watchers

The bird watchers
were on their quest
to see the winged ones
of rosy breast
the feathered ones
of bright gold crest
the babies with
their downy vests
the twig-grass weave
of enduring nests.
Then they became
gourmet restaurant guests
saying grace over
food prayer blessed
and they ate
pheasants field dressed
and lifted glass from
the dish of duck pressed.

Saiom Shriver

Birdchoir Cue

Dawn: birdchoir cue

Dusk: their curfew

Where has the sun gone?

He's left many clues.

Saiom Shriver

Birdscript

The birdscript penned
by their claws in the sand
has disappeared
as the sea came to land

but the message sealed
in the bottle remains,
counterpointed by
the sea's refrains.

Saiom Shriver

Bite By Bite

Murdered for human
appetities,
animal bodies buried
bite by hideous bite

Saiom Shriver

Black Ink Remains

The ink in the lined drawings of the sun
upswells flowing over the picture.
Only moonless black ink night remains.

Saiom Shriver

Black Magic

Black magic:

war

slaughterhouses

pharmaceutical research labs

wall street

antlers nailed to walls

Innocents sacrificed on the
altars of greed, religious hatred,
appetite, ego by those who do not always
realize they have become black magicians.

Saiom Shriver

Black Pen Grid

As a black ink line drawing
of winter branches awaits
the watercolor saffron
so the barren branches
of winter await
the dawn light
which with gold ignites.

Saiom Shriver

Black Walnuts

Last year the black walnuts
were as big as small apples.
This year near me they are one third
the size and have dropped in June.
God's rain arrows kill flames of forest
fire everywhere and dropp Your mercy
to all the deserts and thirsty places of earth.

Saiom Shriver

Black Walnuts 2

I must put the woods walnuts
at the bottom of the sack
that they not break
the gathered acorns' backs

Saiom Shriver

Blackberry Blossoms

When a saint ambles
near blackberry brambles
they become
blackberry blooms.

Saiom Shriver

Blackberry Prickles

Scythe not nor sickle
the blackberry prickles
protecting the fruit the
rain swells where it trickles

Saiom Shriver

Blanche Branch

How did winter's sad
barren branch
burst into wand of
bloomed blanche?
By kiss of sun's
most casual glance
and love of rain's
most loving dance.

Saiom Shriver

Blavatsky

In that life
Helena Petrovna von Hahn
was not ready for
Thich Nhat Hanh.
In that life vegetarians
could not yet teach Hahn.

Saiom Shriver

Bleating

In her flesh is the agony
of the lamb's fight for life,
her bleating
In her 'juice' are the
fat and uric acid
of her bleeding.

Saiom Shriver

Bless The Beasts

In Canada they clubbed the seals.
In Ireland they killed the eels.
Bull fights they waged in Madrid Spain..
a most brutal public kind of pain..
In Galapagos upended tortoise.
In Japan they knifed the porpoise.
In Denmark they slaughtered sows.
In Argentina they killed cows.
In Mexico they beat up donkeys.
In Zaire they caged up monkeys.
In Utah trapped mated raccoons.
In Congo caged baby baboons.
Norway Iceland Japan and US Inuit
hunted the last remaining whales.
In Ohio they crushed chick males.
and caged millions of bird females.
S Africans slaughtered elephants for their tusks
Idaho killed musk oxen for their musk.
In Virginia they hunted fox
At church gatherings they roasted ox.
In Maine boiled lobsters alive.
They advertised flesh on Channel 5.
Maryland taxes suffocated crabs.
Boston queen of cruel labs
In Korea they ate the dogs..
while in France they de-legged frogs
and Manitoba murdered hogs
Littleton Colorado poisoned
prairie dogs.
In Germany they choked
the geese.
In New Zealand
froze sheep unfleeced.
In China for spare parts they farmed bears.
In New Jersey for pleasure they killed bears.
In Saskatchewan they made Mad Elk & Deer
by feeding to the living the parts of dead deer
Near the feedlots of Amarillo
They tried to hit the armadillo.

In Wisconsin they separate cow mothers
from their daughters, from their brothers.
In College Park for Frank Perdue
UM taught skinning rabbits.
In Chile from stolen skin
they made their riding habits.
Israeli jets bombed cows in boats
Ukrainians made animals into coats.
In Egypt they ate
old faithful slave camels.
In Mecca they slaughtered
countless millions of mammals.
In Florida boats defin manatee.
In W. Virginia groundhogs
poisoned on the golfing tee.
50,000 mice and dogs
drowned at U of T.
In Vietnam cut off eyes of shrimp
At UK's Oxford they shocked the chimp.
In Australia clubbed 6 million kangaroo..
Hippo choked on tennis ball
at the Detroit Zoo.
At the stampede in Calgary
they create for calves a Calvary.
Kentucky horses die in barn fires.
and break their legs in the mire.
Water skiers marauded nests of powerless
floating loons.
Careless walkers smashed the nests
of terns in grassbraid dunes.
Chanel for civet harmed the cat
but who is tortured more than rat?
Ermine tongues to greased
traps in Siberia froze.
In Italy calves made veal..
.. especially loved.. flesh of rose.
Oregon cuts 1000 year old trees
while smashing their squirrels birds and bees.
Many hate the gentle cockroach
and upon her life span they encroach

Said one 'I think they're coming

to feed us! '

'No by God! they're coming to eat us! '

Everywhere they're dismembered subdivided
drawn and quartered crucified.
This hell will end... heart by heart..
as each soul wills to do its part.

-

This poem is dedicated to Alex Hershafth who
founded and continues tirelessly to work
on the Meatout and WFAD.

Thank You God Allah Divine Mother Shiva Great Spirit
Higher Power, by whatever name You are called, for ending today and forever
all violence to any being.

Tony Blair kept his election promise to end
fox hunts in England of more than 2 dogs.
But these hunts continue in Virginia.

S Africa and Norway also club seals
secretly Canadian
fishermen are involved in whale killing
WorldAnimalNet lists thousands of groups
working together around the world.

Many of these campaigns to stop Canadian seal clubbing, Japanese
and Norwegian whaling, Spanish bullfights, vivisection and animal
slaughter in the US and around the world, are ongoing.

Saiom Shriver

Blessing Before Eating

God who indwells all beings
thank You for these gifts of
tree, vine and berrybush.

As You have turned light
into this gold squash,
these green peas,
red tomato and jade and
yellow avocado,

thank You that you will
turn these holy foods
in our bodies back
into energy's light.

Saiom Shriver

Blessing Square

A walk on the beach
is squared to the waves
.. a square which blesses
them.

Saiom Shriver

Blew Away The Mist

When her he kissed
he blew away
the mist
from the mystery
.. and led her
through the portal
to infinite joy
immortal

Saiom Shriver

Blindfolded Justice

In many countries
she is blindfolded
not to be bias-free but
because she is blinded
by prejudging.

Saiom Shriver

Blm: Enemy Of Mother Earth

In allowing ranchers'
enslaved animals'
federal lands grazing
the Bureau Of Land
Management furthers
forest fires' razing

Saiom Shriver

Blocked Storm Drain

Blocked storm drain..
Instant bird bath..
Sparrows splash their wings
and frolic...
Trees take a long drink

Saiom Shriver

Blood Food

Where cattle and
sheep ranchers invade,
dead beige ce
rain-green woods.
No more half a million
pounds per acre of food,
but 1000 pounds of
animal flesh and blood.

Saiom Shriver

Blood From The Brain

Digesting flesh (meat)
takes blood from the brain.
After killing, lions sleep
3 days
in the Serengheti plains.

Saiom Shriver

Blood Sweat And Tears

We have nothing to offer
you.. say the cows of
their gravy.. but our
blood, sweat, and tears.

How is it that their
tears..
are crystalline and clear
when they are made of
crimson blood and torn
from their broken hearts?

How is it that such tiny
orbs.. can contain
a globe of suffering?

=====

(to Ingrid Newkirk..

No 2 people in the animal rights movement agree on priorities
or tactics, but Ingrid Newkirk, cofounder of PETA, has with the help
of members and volunteers and other groups around the world
built a 2 million member organization which is currently asking people
to boycott KFC)

(blood sweat and tears: blood containing animal fat, sweat containing
trioxypurine or uric acid, more harmful than caffeine, and tears
containing terror hormones of adrenalin)

Saiom Shriver

Bloom Menagerie

By the dogwood
the snapdragons don't snap
the tiger lilies don't pounce
the cowslips cause no cows to slip
the butterfly bush has no spiders
and the foxglove in a more gentle
world removes his gloves

Saiom Shriver

Blooming Heart

Her heart's meadows and woods
are

wild rose sprinkled
milkweed sparkled
pansy pinked and
spearmint sprayed

crocus laced
clover jeweled
daffodil dotted and
sunflower rayed

samara starred
spirea spangled,
daisy dusted and
violet spattered

buttercup strewn
trillium studded,
bluebell splashed and
dandelion splattered

poppy peppered
cowslip stippled
phlox flagged and
snowdrop speckled

mayapple dappled
chicory flecked
aster asterisked and
tigerlily freckled

Saiom Shriver

Blooms Of War

Gravestones bloom in cemeteries.
Impoverished people whose money
has been diverted to war profiteers
hold yard sales.
Pacifist signs appear in front of
federal buildings and recruiting centers.

Saiom Shriver

Blown Apart

Indian freedom fighters
were strapped to cannons
and blown apart
by invading British capitalists
in the century of
Bonaparte

Saiom Shriver

Blue And Gray

The sky turned
to blue from gray
after giving away
her rain legacy
that day.

Saiom Shriver

Blue Bloods Bad For Blacks

Blood is red, not blue,
in blacks, Asians, and whites.
But CBS' tv show Blue Bloods is
bad for blacks.

Saiom Shriver

Blue Chalk Crosses

A vision of blue chalk crosses
such as at Arlington Cemetery..
scrawled on a blackboard..

they can still be erased..

peace begins with you
peace begins with me
peace in thought word
and deed
in prayers
by hearts freed..
peace at the end of our forks
peace at the end of our tongues

Saiom Shriver

Blue Holes

There are soundless
sacred places
... holy holes..
entering them
makes divers whole

Saiom Shriver

Blue Rape

The blue wall
of police silence
hides physical and
sexual violence.

Saiom Shriver

Blue Sky Consciousness

Genius minds are lightning flashes
in thunderclouds
gray or white in hue

Masters' consciousness...
skies of blazing blue
ananda through and through

Saiom Shriver

Blueberryin

Past pain she is
a buryin
for her bushes are
blueberryin

Saiom Shriver

Bluegray

Boats rocked by breakers
By the rocks day breaks.
Anchors aweigh
Blue weds gray
In waters bluegray
Wind's seaspray
A lens for sunrays

Saiom Shriver

Bluems

Roses are red.
Violets are blue.
Bluehued blooms
we'll call bluems.

Saiom Shriver

Blueprint In The Seed

God has with the
blueprint in the seed
the path of the
blueberry bush decreed

Saiom Shriver

Blueprints

God's paperless blueprints
manifest as green spearmint
God's almighty will
fields fills
with daffodils.

Saiom Shriver

Bob Comis' Last Pig

It bothered him
more and more
as he killed
two thousand pigs.

Now he grows
vegetables and
perhaps some day..
trees of fig

Saiom Shriver

Bobbing

Bumblebees bloombibbing

Beansoup bubbling

Bambinos babbling

Apples bobbing

And his beloved

ever Bobbing

Saiom Shriver

Bomber Plane

Bomber plane or drone:
a bird of prey
its semen.. bombs

Saiom Shriver

Bombing And Bulldozing Nations Call For Climate Change While Destroying The Environment

How ironic that many of the
countries advocating climate
change are themselves
bombing trees
to kill human beings and
destroy resources
in Pyrrhic victories.

Saiom Shriver

Bonaparte

Children, dogs blown apart
Bombs burning bones apart
Done by chickenhawk and
henhawk Bonapartes

Saiom Shriver

Boniface

Boniface cut down
Jupiter's oak
This millennial tree's
back he broke
Down crashed
its leafy cloak
Smashed and silenced
the tree frogs' croaks

Many have cut down
forest shrines,
trees of pine
and forest birch
for wooden church.

Saiom Shriver

Bored Wives

Bored wives simulated
being stimulated

Saiom Shriver

Born In Original Divinity

Some say we were born
with original sin..
others that we were
born in a state of
original Divinity...
for each of us from
the time our souls
were created was
indwelt by God.

Saiom Shriver

Boston Prosecutors Want Revenge Not Justice

The government hopes to force Massachusetts, which has not had a state murder (execution) in many decades, to kill the alleged Boston Marathon bomber. Unconstitutional elimination of jurors who believe the death penalty is wrong is taking place. In 2014, seven of 50 states had government murder. The authorities are trying to bring Massachusetts into the violence zone.

Saiom Shriver

Bowhunters

Bowhunters
shoot arrows
piercing marrow
of little sparrows
while in France
the ortolan's
song
is stilled
as they kill

Saiom Shriver

Brain Destroying

Despite what fishery corporations'
puppets say, fish is not brain food.
It's brain destroying food.

Saiom Shriver

Branch Calligraphy

What message is
written
in the black branch
calligraphy
which by its foil
magnifies the
sunset beauty

Saiom Shriver

Brave Peonies

First the bravest
purple peonies
through
the pickets peeped
followed by the
more shy
pink petunias peeking.

Saiom Shriver

Brazil Is Causing Peru's Drought

The government of
Brazil ought
to stop creating
deforesting drought
Billions of butchered trees
replaced by cattle ranches
lumber mills and feedlots
are turning copious rainfall
into nought

Saiom Shriver

Brazilian

Awaken all to
save trees by the zillions
and stop the paving
of lands Brazilian

Saiom Shriver

Breaking The Mold

More and more couples
are of a husband younger
than his wife.

Women's liberation
is also men's.

Saiom Shriver

Breaking The Tv

Breaking the tv
does not remove the original...
it only hurts the tv and
the pocketbook.

Spilling the water bucket
removes Jupiter's reflection
but not Jupiter.

When the body dies,
the soul is not harmed
but released from limitation

Saiom Shriver

Breathe

At the computer
to myself I'll bequeath
a sign which tells me
deeply to breathe

Saiom Shriver

Breathing Moonbeams

Linden told me
to breathe cool moonbeams
of peace down from on
high into my crown.

Saiom Shriver

Breezeblown

Wind lifted tumbleweeds
Breezeblown dandelion seeds
float in the air
beneath cloudrain beads.

Saiom Shriver

Bride Of The Sun

His sea bride by him
is now sunkissed
Slowly he lifts
her veil of mist.

Saiom Shriver

Bring Me No Flowers

She wanted no bloom symbols
of love eternal
for their petals
proved quite ephemeral

nor did the flowers
wish decapitation
nor to lose contact with
trees leaved emerald

Saiom Shriver

British Juries

At one time British
juries excluded
butchers.

It was felt that
to look into
the pain in
an animal's eyes
and still murder
him did to
all violence
desensitize.

Saiom Shriver

Broken Heart

In a way
only time shows
every time
a human heart
breaks
the universe
larger
it remakes

Saiom Shriver

Broken Hearted

A broken heart...
a betrayed love
the most ancient and oftold story...
but each new narration is clothed
uniquely, , painful,
and strangely beautiful

Saiom Shriver

Brown Curly Ribbons

The grape vine makes her
own brown curly ribbons,
God-designed to grasp new
areas that she may grow
more grape presents for all.

Saiom Shriver

Brushes Of Michelangelo

Through the brushes
of Michelangelo
myriad angels flow

Saiom Shriver

Bubble Blower Shape

Whether the bubble blow
has a triangular, square,
or other mold
... the bubbles will emerge
as as of old spherical.

No matter what our
actions are,
we are always spiritual.

Saiom Shriver

Bubblemist

A seabubble
was struck by
a seacrane ray
and turned then
into bubblespray.

A seabubble by
a fish was kissed
and transmuted
into bubblemist.

Saiom Shriver

Bubbles Rise

Rain drops fall
and bubbles rise
Some tides ebb
Others inflow
Some wend to
Some wend fro
Each with
his own
way to go

Saiom Shriver

Buccaneers Of Buck An Ear

Profiteers and
buccaneers
sell poor pigs'
pieces
for a buck n ear

Saiom Shriver

Budapest

More and more
in holy Budapest
they see
like the Buddha
no being as pest.

Saiom Shriver

Buddha And The Squirrel

Sometimes a
unique sight
does ignite
the soul to leap
to higher light

*

Saiom Shriver

Buddha And The Tree

The omnipresent God
indwells all beings...
every Buddha, every tree,
every you and me.

Saiom Shriver

Buddha Was A Hindu. Jesus Was A Jew

Buddha was a Hindu.

Jesus was a Jew.

Getting caged in labels blocks
the God in me and you.

Saiom Shriver

Bug Religion

Never knew
bugs had religion
til I saw the
sign 'Amish Flea
Market'

Saiom Shriver

Bugkillers Insecticides

What harms the small
will cumulatively harm the large.

Saiom Shriver

Bulldog And Bullfrog

In World War II,
did God select a thorn to remove a thorn?
Churchill the bulldog to remove Hitler
Churchill the bulldog
while both leaders killed
people, animals and bullfrogs

(Neither country was a true democracy. Hitler had never received the votes of more than 1/3 of Germans while during the time Churchill was PM, the unelected House of Lords had more power than now. Both leaders were involved in the bombing of millions of civilians)
(My teacher said one sometimes needs a thorn to remove a thorn.)

Saiom Shriver

Bulkissed

Masochists
become
bulkissed

Saiom Shriver

Bumblebees Bibbing

Bumblebees
bibbing from
bluebonnets or
babbling
bubbling
brooks

Saiom Shriver

Burning Bush

Late October

... painted by Divine Brush

every tree every shrub

a Burning Bush

for the Omnipresent

God dwells within

and confers to each

his special flush

Saiom Shriver

Bus Ballet

More beautiful and powerful
than water ballet
a line of parallel parked buses
swerving out in unison
and leaving in a queue

Saiom Shriver

Busy Day

Weeds they dispatch
in the strawberry patch
Gracing ivy from
the walls they detach
By fish suffocation
net their day's catch
Served with chickens
whose legs unattached

Saiom Shriver

Butler To Eight Presidents

Eugene Allen,
who served eight
US presidents
knew how to butle.

He practiced
invisibility..
never to insults
giving rebuttal.

Sometimes to
those with ego
God sends
in servant disguise

teachers
silent,
saintly, and
most subtle.

Saiom Shriver

Butter Doesn'T Fly

There are seemingly white petals
until they rise as butterflies
.. a very different thing from
butter which doesn't fly.
It clogs the arteries and
transmutes to fat
whether in mashed potatoes
or on toast spread as pats

Saiom Shriver

Buttercup And Butternut

Held the dew
the concave buttercup
better than
the convex butternut

With what
chalice'd joy
does the buttercup
hold
the liquid sunup

as listening ears
have healing
in their cups

Saiom Shriver

Butterflies Sip

His snowtracks contained ice
because he was violent and cruel
As he became kinder it melted.
Butterflies sipped in his footprint pools.

Saiom Shriver

Butterflight

Butterflies
achieve butterfly
but cows' suffering
keeps butter
from being light
and from gaining
butterflight

Picture is of animals chained to milking machines

Saiom Shriver

Butterfly Alighting

He alights
as slight
as light

Saiom Shriver

Butterfly Breeze

Breeze made by
moving butterfly wings
makes universe swing

Saiom Shriver

Butterfly Flags

Butterflies gently flap their flags
newly from cocoons unfurled,
flags not imprinted with any
parochial colors. but the hues
of all the world

Saiom Shriver

Butterfly Moon

The full moon emerges
clothed in seadrops
from the ocean
her cocoon..

The water has
not obscured her light.
Her butterfly wings drying
as she rises in flight.

Saiom Shriver

Butterfly Nightmare

'I lapsed into old habits and
turned back into a caterpillar'
said the butterfly..
Her friend did reply
' It was a nightmare....
an impossibility.....
Just think it and
forever you'll fly.'

Saiom Shriver

Butterfly Pillar

Some monarchs escape
the power lines,
the propellers, the birds, the
insecticides
as to their
sanctuary they glide
coming to rest
not on a caterpillar
but a butterfly pillar.

Saiom Shriver

Buzzards

God's designates for
roadkill removal,
buzzards.... do not buzz..
but silently down swoop
their carrion to scoop.

Saiom Shriver

Buzzards 2

Buzzards
in blizzards
find it harder
to guzzle
the gizzards

Saiom Shriver

Buzzed

Oh the bloom
sparkling with dew
refused to the bee
to say 'I do'
but instead
without much ado
after he'd bibbed
the nectared dew
she bid him a
kind and a sweet adieu

Saiom Shriver

By Bluebells Splashed

Raindrops spilled...
Onto ponds spattered.
On puddles splattered.
Soon fields
By sundrops flashed
Were by daisies speckled..
Were by bluebells splashed.

Saiom Shriver

By Love's Aura Armed

Snakes have rarely harmed
those by love's aura armed.

Saiom Shriver

By Sun Arisen

The rain which falls
flows to the sea
and in the power
of the sun
it rises

Saiom Shriver

By The Shore

pen in hand paper on table
sitting in a shop by the sea
sipping hot berry tea
watching the sea
nibble the shore
while sipping
sipping a little more.

The water sips solid
while the solid sips water
but who is keeping score

Saiom Shriver

C Note

She Om'd
C notes
and spent many
C notes
to prevent casualties
at sinking
cenotes.

Saiom Shriver

Cactus And Lily

A Christmas cactus was
retrieved from the apartment
building dumpster.
Then a friend gave me an
Easter lily... I told her to give
it to someone else... that I
was not taking on any new dependency
relationships. A week
later a church custodian handed
me another Easter lily....
he was preparing to toss.
I put the blooming lily next to the
cactus which bloomed for the first
time in many moons this week.

Saiom Shriver

Caesar And Crassus

Caesar and Crassus
subjected
6000 slaves
to crucifixion.

Their souls
flew from
their bodies.
This is
not fiction.

Saiom Shriver

Caesar And The National Football League

Ancient Caesars sent
gladiators to their
deaths for the amusement
of the mob...

Now NFL owners send
football players to
concussions, paraplegic
lives, shattered knees,
for money.

Saiom Shriver

Caesar, Crassus, Cato

all executed or
supported crucifixion
thinking the rights
of slaves
and dissidents
a pathetic fiction.

-

Many members of the Cato Institute support the unconstitutional denial of life caused by the death penalty. Crassus, the richest Roman of his time, crucified 6000 of Spartacus' slaves. Julius Caesar was also involved. John Maddox Roberts writes that while the Roman culture was considered by the Greeks to be more barbaric, more cruel... the Greeks unlike the Romans virtually never freed a slave.

Saiom Shriver

Cake Batter

Cake batter
minus butter
is better
less bitter

Saiom Shriver

Calf Crate Crimes

a concentration camp
of confinement

Worse than chains
Greater pain
Humans constrain
baby calves
for their remains

Saiom Shriver

California Threads Of Mercy

Threads of mercy
by clouds spun
Then rain in
rivers runs
seaward for the
evaporating sun

Saiom Shriver

Caligula Versus Waves

Caligula fought
Neptune's sea
in a campaign
of shell thievery.
His soldiers killed
the waves..
roiling them
into foam.
The sea remained
everywhere unharmed
invulnerable to
the legions armed.

Saiom Shriver

Call Of The Loon

Across the lake, the loon call echoes...
Magnified by water, this temple gong
summons all to worship
in the shrine of silence

Saiom Shriver

Calla Lily Leelas

Lovely leelas for every calla lily
has the Lord of Light
while the wind sings lullabies
to each lilac.. every eve and night

Saiom Shriver

Calving

When huge glaciers
are calving
they are not
cowards caving in...
but surrendering
to the divine sea

Saiom Shriver

Camelot

A camel in an entourage...
hard for him is camouflage.
a most faithful mammal is the camel.
After serving masters all his life..
does he go to Camelot?
or to auctions at the camel lots?

Saiom Shriver

Camelot's Fall

As the day by
stars was nighted
so too the round table
was evening-knighted
Lo! all their hearts
into One ignited

Yet there can truly
never be
a round table
where one is king

Saiom Shriver

Camouflage

Not camouflaged
is the desire
of the male camel
for his female
mammal

Saiom Shriver

Camouflage 2

In kingdoms of camel raj
with long queues
in the entourage
often the camouflage
is a sandstorm
or desert mirage

Saiom Shriver

Campaigns Of Hitler, Churchill, Kissinger

Waged Hitler, Churchill, Kissinger
with what aplomb
massacres of people and animals
through missiles, tanks and bombs.

Saiom Shriver

Canadian Pacific Holiday Train

Through the dark night
a moving river of light

Saiom Shriver

Cancer Of Kidneys As Well Linked To Animal Flesh Consumption

From adult brain tumors
to kids' knees
animal flesh causes
body cancers... of
the bowel, the brain,
the kidneys.

Saiom Shriver

Canescent

Today the sun
incandescent
was airily dressed
in clouds canescent

Saiom Shriver

Cannabis Conversions

The fruit of alcohol:
fights in bars with
broken beer bottles

The fruit of pot:
cannabis converts
cannibals

Saiom Shriver

Canned Men

JMM speaks of them
as 'canned men':
those 'knights in
shining armor'.
May we call
them 'canned
animals': those
slain beings
in canned Armour*
The first group
victimized by
warmongers..
the second by
profiteers..
Neither group
was harmed
by those with
perceptible amour.

Saiom Shriver

Canopy

From the trellised
pea vine canopy
to the harvest
and
glass cans of peas

Saiom Shriver

Capitalist Democracy: An Oxymoron

It is an oxymoron to say the US is a capitalist
democracy. Democracy, rule
by the people, can never have
hegemony in a system in which
money can control governments,
buy elections, send innocents
to war, distribute airwaves to war
profiteers and religious haters, corporations
have legal personhood.
One can't have 2 masters.
Where money rules, people cannot.

Saiom Shriver

Capricorn Loves Winners

Capricorn loves winners.
Aquarian hearts go out to losers.
Piscean souls love all.

Saiom Shriver

Captive Love

In every seed
is green
waiting to be weaved.
...a bottled message
waiting to be received...
In every heart
is captive love
waiting to be freed.

Saiom Shriver

Carbon Monoxide Gas In Meat

They're now treating animal
flesh with carbon monoxide gas
to give a fresh appearance to
meat even inspectors won't pass

Saiom Shriver

Cardboard Box Cited

That health department
Was trying to drive
The homeless out of town
And cited someone for
Not having running water
In his cardboard box.
So he moved to a small
Creek whose small width
His box could straddle.

Saiom Shriver

Cardinal Apartment

The father cardinal
entered his apartment
with its southern
exposure on the second
floor of the massive
spruce... he and his
ruby cloak were hidden by
its jade privacy.

Saiom Shriver

Career Changing Incident

The policeman helped
arrest a man and put him
in the squad car.

The man's dog, mad with fear,
ran behind the car, mile after
mile. He was hit at an
intersection. Subsequently
he was healed, but the incident
caused the policeman to resign
from a job which did not allow
him his own conscience.

Saiom Shriver

Carnivore Focus

Focus is good
only if its goal is good.
The eyes of a tiger
are close together
for focus on the prey
whereas the eyes
of a horse looking
for a killer
are wider apart.

Saiom Shriver

Carry On

Cheers to all those who
keep on carrying on
to stop the world from eating
carcasses, cadavers, dead bodies,
bird embryos, carrion

Saiom Shriver

Cary Grant

Even riding an elephant
Cary Grant
would ever look elegant

Saiom Shriver

Castle Moat Meets Tide

The sandcastle moat
loses its boundaries
as it fills with
the intrushing tide.

Towers fall. The battlements
are overrun.
Once again,
the sea has won.

Yet sometimes
the castle is so beautiful
the sea flows another way
revering what another's done

Saiom Shriver

Castrated Plants

Seedless are
some watermelons
and limes,
grapes and clementines

Human manipulation
is plant castration.

Saiom Shriver

Caterpillar Greed

God enables the
caterpillar's
greed for leaves
as weaving fuel
for cocoon from which
the entombed bug
will a resurrected
body receive.

Saiom Shriver

Cathedral Stained Glass

The cathedral's stained glass
bows to
the translucent fallgold maple leaf,
to the diaphonous butterfly.
and the transparent slice of lime.

Saiom Shriver

Cattle Ranchers Occupy A Wildlife Sanctuary Building

How ironic that
cowkilling ranchers tarry
as they occupy the building of
a national wildlife sanctuary.

Saiom Shriver

Cemented The Pool

The racist community
was court ordered to
integrate their pool.
Instead they cemented
it in... then no
child of any hue
could then get cool.

Saiom Shriver

Censers

Only briefly with icy fingers
Can winter censers
Silence the
Waterfall hymn..

Spring will wave
The cascade's
Melted misty censers
In homage to the sun.

Saiom Shriver

Centenarian Apple Tree

She is a centenarian apple tree
yearly producing more fruit
She is a train.. each day
attracting more cars.
She is a river
accumulating mass
ingathering every stream
as she flows to the sea.
With her every hour
She gathers more power.

Saiom Shriver

Cerebral Cathedral

His gemini
cerebral
prays in mind's
cathedral
but his leo planets
kneel
in the sacred shrines
of Love

Saiom Shriver

Cervicide

Because the deer
made a salad of his
blooms
he set out poison
for to him more dear
were shortlived blooms
than God's own deer

Saiom Shriver

Chain Gang Songs

Out of the caged
parakeet songs to the sun trill
Out of the men on the chain gang
pain made music spills
How much more should the free
to spread cheer love and joy.... will

Saiom Shriver

Chain Of Destiny

A series of
different destinations
becomes a chain
of destiny

Saiom Shriver

Chalice Of Giving

The homeless man's
begging cup
is a chalice
which lifts up
him who gives
even more
than him who
receives

Saiom Shriver

Chalice Of Transmutation

His infinite heart
is the chalice
in which divine love
transforms all malice

Saiom Shriver

Chameleon Spy

A Machiavellian
chameleon
can do shades from
green and orange to
red and carnelian.

It was more difficult
for the multihued chameleon
to blend in with
white and pink camellias.

The truth that auras
do not lie
finally gave away
the informant spy.

*

(to L Hill who with his
family has made the world
more fragrant with camellias)

Saiom Shriver

Chandra Bose

You were never given
credit, oh Chandra Bose,
for inventing the radio
which with sound flows.

But you were given credit,
oh Chandra Bose,
for proving plants have feelings
as in light they grow.

Saiom Shriver

Change The World In 5 Hours: Reachable Star

REACHABLE STAR
OR CHANGE THE WORLD IN FIVE HOURS

Henry went to hospital
Twas Bethesda Naval
and took a picture of an ape
in a restraining chair.
And took it to an international
picture wire
called Black Star
which sent it round the world..
and Gandhi saw and knew
that violated was the treaty
.. and she cancelled monkey export
.. because Henry in 5 hours
.. cared to reach for
.. one bright and reachable... star!

(Henry Spira throughout his life
taught others where to place the
Archimedes lever with which to
move the world. His tactics were so
effective that his teacher, Peter
Singer, wrote a book about him.)

Saiom Shriver

Changeling Sea

At its shores
it's a changeling sea.
In its depths it lives
in serenity.

Saiom Shriver

Changing Of The Guard

Changing of the guard
Unchanging their God

Saiom Shriver

Chant Of The Mer

She left the
city of merchants
for the sight of the
sea...
the chant of the mer

Saiom Shriver

Chaotic Dance

In the wind
the candle flame
has a more chaotic dance

Saiom Shriver

Chaplain Asks Forgiveness

Asked forgiveness of all
The Enola Gay bombers' chaplain
for failing to speak the words of Christ
to every private, general and captain.

Saiom Shriver

Chaplain's Crucifixion

To bomb a nation
is it
an abomination?

*

Saiom Shriver

Charmers

Harmers
more than
charmors
need armor

Saiom Shriver

Chattle

A current
political battle..
should neither
people nor
cattle
be treated
as chattle?

Saiom Shriver

Check List

I hope to become
more patient
more organized
stronger
leaner

universally loving
more cheerful
more meditative
cleaner

more organized
more reliable
more disciplined
debt free

more generous
more focused
more enduring
more free

more energetic
liberated from
form consciousness
more liberated from ego
more fruitarian

less jealous
more courageous
present in listening
less contrarian

less judgmental
with a reined in mind
more silent
and
universally nonviolent

Will it take 10 more lives?

Saiom Shriver

Cheery Brook

The cheery brook
has not by the rocks
in its path been broken.
It gambols over them
on the way to the sea.

Saiom Shriver

Cherise

The cherry tree
has donned a new chemise
.. jade hues....studded
with cherise

Saiom Shriver

Cherry Blossom Bay

Free are the butterflies
who as babies feasted
on the leaves of the
trees by Cherry Blossom Bay

Saiom Shriver

Cherrypick

Some cherrypick
Some plumpluck
but Newton
was given
an apple windfall

Saiom Shriver

Chess

Chess masters have immense
mental concentration and brain power.
These gifts are used in what quest?
Ego and conquest.

Saiom Shriver

Chicago Cubs.. The Last Are First

May the Chicago Cubs
go from underdogs
to supercubs

May all curses be broken

Millions more
than ever before
pray that
the last be first

Saiom Shriver

Chick Coalition

He won't need
a bucket list
For all recognize
his right to exist.

Saiom Shriver

Chicken Haiku

CALIFORNIA

30,000 baby chicks
were sent through a San Diego
factory farm chipper
by workers too tired to continue
individual strangling.
The chipper became a chicker

CONNECTICUT

In Connecticut, Michael Ross
who strangled 8 women was
executed..
.. his history included as a 6 year old
boy being required to strangle baby
chicks on his father's poultry farm

OHIO

At a factory farm in Croton,
after nine days without food or water,
one half million chickens were bulldozed
alive into graves after a tornado
destroyed their metal shed and mangled
their cages..

ARKANSAS

In Arkansas, a million chickens
died as the electricity went out
and the metal sheds become
140 degree ovens. Whenever
electricity goes out, deaths from
freezing or baking occur to the
helpless birds.

WISCONSIN

Senator Russ Feingold joined Senators
Harkin and Grassley, successfully
removed minimal animal protection
for chickens, so that baby chicks

were classified as mail, crushed,
baked, frozen, dying of thirst on loading docks.

IOWA

Mercy For Animals has
a video of baby chicks
sent alive down a conveyor
belt to be crushed into paste.

PENNSYLVANIA

Cars are lined up behind
a chicken truck.. chickens
crammed into crates
their broken necks and wings
flapping in the wind.

MAINE

Factory farms
buy older laying
hens.
Every egg represents
32 hours the mother
was held captive in a cage.

NORTH CAROLINA

In North Carolina and factory
farms around the world,
these concentration camps
dump animal waste and
insecticides into the
world's waters.

SOUTH CAROLINA

Chickens are fed back
the boiled feathers of
their slaughtered sisters.

TEXAS

Chickens are fed
as elsewhere.. the
waste of animals

mixed in with grain.
It is called wastelage.

OHIO

An EPA worker sank neck
deep into quicksand like chicken
waste. Her life was saved
as she grabbed onto pipes overhead.

TENNESSEE:

Chickens are debeaked
so that they will not peck
each other to death from
the overcrowding.. sometimes
catches the chicken's tongue
in the debeaker.

MARYLAND:

At some factory farms
an eviscerator is used.
It is a bin of swirling knives
into which baby boy chicks,
redundant, are sent.

CALIFORNIA

In Petaluma
Chickens live their entire
lives without spreading
their wings.. or taking
a stretch.

COLORADO

Every egg requires 120 gallons
of production water.

MASSACHUSETTS

Every egg served in a hospital
is 275 mg to 300 mg of
cholesterol.

MINNESOTA

Fixing eggs for her family

a housewife sees a skillet
full of beaks, claws,
and blood.. from fertilized
eggs.

GEORGIA

Eggs amount for nearly half
of food poisoning fatalities
annually.

ALABAMA

Chickens are given cattle
parts..a practice which generates
Mad Chicken Disease.

ARIZONA

Chickens pass on cancer
.. leukemia.. it is called
leukosis by human chauvinists
when a chicken has it

NEW MEXICO

An old man lies in pain
with arthritis, as uric
acid or trioxypurine from
a chicken's flesh has
crystallized around his joints
in needle formation

MISSOURI

Flies process the biblical
plague of chicken waste
in factory farms.

INDIANA:

Forced molting causes
many chickens to die
of exposure to the cold.

VERMONT:

The use of female hormones
in the food and the

constant stress from living
in 24 hour a day light
and crowding.. create cervical, breast,
uterine, ovarian and prostate cancers

WASHINGTON DC:

Easter chicks for protection
are ignorantly taken to
the zoo.. and are fed
behind the scenes to snakes

WASHINGTON DC

Ronald Reagan passed legislation
to double the speed of slaughterhouse
lines.. dead chickens whiz past
inspectors.

WASHINGTON

The USDA records a fraction of
food poisonings,97% of which
are caused by animal products

NEBRASKA

Fish in rivers and lakes
show sexual deformities
as factory farm urine containing
female hormones pervades waters.

VIRGINIA

and 3 other states shut down chicken
slaughterhouses in latter 2003
because of declining command.

PENNSYLVANIA

As a young girl begins to bite
into a chicken sandwich her mother
is forcing her to eat, a rooster
crows. She puts down the sandwich
and never eats a chicken again.

CANADA:

Power outages cause

chickens in winter
to freeze to death
in their metal death boxes.

UTAH:

A woman neighbor to a factory
farm said the chickens she
raised used to sing when
they were given fresh straw.
The chickens she lives near
she says.. never sing.

GERMANY

A man is barred from
farming because workers
in his chicken factory farm
nearly died from his illegal
use of nicotine insecticide
and because of his cruelty to
animals.

CHINA

Chinese government
worked to double egg production
which required the grain of
18 countries.

Saiom Shriver

Chickenpox

If one eats no chicken
s/he won't have chickenpox.
S/he'll be healthier
and the chickens will have pax

Saiom Shriver

Chicory

No plots are planned
by chick or chickadee.
No evil spun by
cheerful chicory.
No tree of hickory
plans any trickery.

Saiom Shriver

Child Killers

Because children and teens
have suffered
should they pass
their suffering on?

*

Note: Make A Wish Foundation had a huge backlash regarding

its sending children with cancer or other life threatening illnesses on hunting trips.

It stopped the program. Hunters therefore stepped in, to teach children how to

kill the defenseless. Both affiliates of Fox (Fox 8 Cleveland, e.g.) , and ABC as well as the deforesting NY Daily News

have promoted this psychopathic practice.

/>

/>

ttp:

Saiom Shriver

Child Trafficking

Around the world children
are kidnapped and
enslaved
Some for pedophile sex
Some to be domestics
Some to be farm labor
Some to work in factories
and sweat shops
Some are murdered
for human parts for
the rich and sick
Some are ritually slaughtered.

Saiom Shriver

Chimney Top

A stone home with
kind people.. and a newly
grouted brick chimney...
we watch in amazement
as a baby raccoon
crawls to the chimney top

Saiom Shriver

China Made From Bones

We had never known
that bone china
is made with bones
of murdered beings
who no longer
their own bodies own.

Some eat cow parts
on a plate
containing ash
of her cow sister's
pate.

Saiom Shriver

China Turns Gobi Desert Into Vineyards

In the desert
China is growing grapes.
New jade curtains
Mother Earth drape.

With massive
water injections
any desert can
have resurrection.

Saiom Shriver

Chinese Charity

It was a record night.
In the several 6 foot high
apartment building dumpsters
there were 7 trapped raccoons.
At midnight, cheerfully and
immediately, a Chinese man
lifted a heavy mattress
off of a baby one onto which
it had by another been dumped.

Saiom Shriver

Chinese, Danish, And Perhaps Smithfield Pig Flesh Contain Superbug Antibiotic Resistant

Pig butchers
murder pigs into pork.
Murder weapons include
stunguns, bullets
knives and forks.

Saiom Shriver

Chips And Chaps

Birds chirp and cheep
in the eaves of the chapel
for Chips no longer
serves chops to the chaps.

Saiom Shriver

Choi Sung-Bong's Spirit Conquers All

Korean Choi Sung-Bong was required to answer a question about why his family line on the application for a talent contest was blank. He replied that he was left in an orphanage at age three. Further questions elicited that he had never been given a name and that he had left at age five after being beaten. For ten years he sold energy drinks and other items on the street, sleeping in stairwells and in toilets. As a teen he witnessed a singer who awakened his love of song. As he came again to watch her she gave him a name. He won second place in the talent contest. Two judges and several in the audience had tears in their eyes after he began to sing.

God of all beings, give infinite love to all.

Saiom Shriver

Choice And Choiceless

There is great power
in making a choice
There is great power
in not making a choice.

Do I want to be
a linear river
or the spherical
all receiving sea

Saiom Shriver

Choreographed Alighting

A spherical flock of birds
In perfect choreography
On telephone lines
in linear form alights..
Nary a collision
As each takes his appointed place

Saiom Shriver

Christmas In Bethlehem 2012

From all over the world, from
Asia, Africa, Europe, Australia,
the Americas streamed Christian
pilgrims to the cave of the tiny
manger... they gathered on streetcorners
singing carols with Nigerian drums,
Philipino flutes, Brazilian banjos,
Spanish castanets, encircling
with prayers of peace
the confluence of 3 world faiths.

*

-saiom shriver-

Footnote:

Jean M was the inspiration for this poem.

Returning from Palestine, passports
Were checked at the Israeli border

Saiom Shriver

Christmas Tree In July

It was now July.
He had bought in December
an artificial Christmas tree.
It was festooned
with abandoned spider webs...
but the lights still
blinked on and off..
In his evening windows
they gave passersby
a sudden cheer.

Saiom Shriver

Christmas Tree In July Window

It was July..
needles had fallen to the floor
from his Christmas tree..
It was festooned with spiders..
but the lights still
blinked on and off
in his evening windows..
and to passersby
gave a strange cheer

As above his unkempt clothes
And beneath his kindest eyes
his smile.. an effortless
act of universal cheer..
was enough to enkindle
the fires of hope
in a lonely passerby.

(to unusually sensitive, conscious, kind John Scott Wegener)
(May the deforesting practice of killing formerly sentient Christmas trees inside
be replaced with the decoration of those on the lawn..
or the use of nondead trees)
(Joel 10)

Saiom Shriver

Christmas Trees Have Feelings

Christmas trees have feelings
and a right to stay alive.
May billions not deforest
but now the world reforest.

Saiom Shriver

Chrysanthemum Seed

Your scroll
will unroll

Your curls
will unfurl

Saiom Shriver

Church And State

If God is omnipresent
if God is everywhere
if the sun pours light into
each point of the air
then to attempt to separate
God from the state is
vainly to try for a
spiritual lobotomy.
After castles and forts
have fallen, after tanks
have rusted away,
God's many kinds
of shrines remain.

Saiom Shriver

Cia Raping Prisoners

Prisoners involved
in hunger strikes
at some federal facilities
and rendition sites
have been forcibly
raped with enemas
as the warmonger
CIA classifies
them as enemies.

Saiom Shriver

Circadian Rhythms

To know all is to
say none are lazy.
The circadian rhythm
of a cicada..
can be 17 years.

Saiom Shriver

Circle Sparkles

A puddle by a street lantern
in a soft rain of night
Each circumscribing raindrop
reflects sparkles of
lamplight

Saiom Shriver

Circles And Rectangles

Dream: A Quaker group was
meeting in a Catholic church...
but the long narrow rectangular shape
and fastened down pews
were not conducive to
their circle meetings
with movable chairs.

Saiom Shriver

Circular Rainbow

One has to be
up very high
to see a circular
rainbow
as only advanced guides
see perfection
in all
who grow.

Saiom Shriver

Civil War

The cannon rolled
The cannon tolled.
A most bloody story
survivors told.

Saiom Shriver

Clap Of Thunder

The thunderous clap gives way
to a rain of applause

Saiom Shriver

Clara T

Oh Clara T

... a mind of perfect clarity..
heartfont of pouring charity..
.. as in the woods of Cherokee
grows allfruit giving cherry tree

behind her trails hilarity
Kindness-sheathed her verity
.. never with severity

And of all men
she chose to marry T

Saiom Shriver

Clarence Darrow

Clarence Darrow
ne'er sent an arrow
into lark or sparrow
nor pheasant's bone marrow.

Saiom Shriver

Class Warfare

It's only the megarich, bloated
by stolen wealth, who
decry 'class warfare'.
The poor do not
ridicule aspiration as they
struggle to find the pennies
for busfare.

Saiom Shriver

Classical Repertoire

The classical repertoire
of the birds'
free morning choirs..
Vary seldom the notes
emerging from flute throats
which spread to all

Saiom Shriver

Clement Stone

Pain is the clement stone,
the hard seed within soft fruit.
Chip away at it and life is
destroyed. Shine on it with
gold love glow. Rain mercy upon it.
Green fire tongues will forklaugh
through the hardshell and to
a sapling grow.

Saiom Shriver

Clint Eastwood

He is a hero to
animals in East Woods
and West Woods
North Woods
and South Woods.

While horses are still
killed in Spanish and Mexican
bullfights, in Calgary
Stampede rodeos,
in Kentucky barn fires
and New Jersey horseracing
accidents, slaughtered in
Japanese, French and other
horse slaughterhouses,
the tripwiring of movie
horses in the US
is now a rare thing
because of him.

Author notes

Saiom Shriver

Cloistered Cluster

No one is confined
by the cloistered
cluster of blazing
stars which
engraved him with
blazing light
upon his birth.

Saiom Shriver

Cloud Armada

An armada of dark grey thunderheads
moves slowly overhead
Thirsty trees try to pierce these
watercarriers
with their branches
pleading 'please stay'

Saiom Shriver

Cloud Caissons

Cloud caissons roll by
with precious water loads, silently.
The mist rolls in from the sea, silently.
Below it, the tide rolls in from the sea, silently.
The sun sets, soundlessly.
Palm tree coconuts swell, quietly.
Onto eve's purple stage curtains,
the stars appear, inaudibly.
The moon sends beams
in neverending streams, silently.
Once again, the sun rises.
The shadows born of his rays dance,
soundlessly.
Free souls voluntarily enter
incarnation cages, in stillness.

Saiom Shriver

Cloud Castles

Cloud castles
in the air
can upon the
earth alight

Saiom Shriver

Cloud Foes

The right and left
flank
of a dark grey
cloud bank
inclosed upon their
sun foe
but that was only
til in all power
he arose

Saiom Shriver

Cloud Horses

Today the sky angels
gave us a vision
of two cloud towers,
horses rampant facing
each other

Saiom Shriver

Cloud Jewelers

Clouds, master jewelers,
setting in gauze each raindrop
as night places star diamonds
on
a purple sky backdrop

Saiom Shriver

Cloud Weavers

Shakespeare wrote 'Sweet sleep
that knits up the ravelled sleeve of care'
but not of clouds which weave from nought
lace pockets of rain
and then unravel these water
chambers with storms.

Saiom Shriver

Cloudclad

Cloudclad
god of rain...
his wings
the sun... occlude

Saiom Shriver

Cloudless Horizon

An empty horizon
helps souls to release
as weighted rivers pour
into the waiting seas

Saiom Shriver

Cloudmerge

Two clouds slowly float
toward each other.
They touch with
nary a sound.

Saiom Shriver

Clove Trees

Piglets of hooves cloven
romp and cleave the
fields of clover
and then nap peacefully
under the clove trees.

Saiom Shriver

Clover Dweller

God

Divine Lover

dwells in the clover

lives in each plover

and in all beings

the whole

universe over

Saiom Shriver

Clown Frogfish

It is the wish
of each silly
clown frogfish
that he be no part
of any fishdish

Saiom Shriver

Clumps Of Clover

Clumps of clover...
cloud made clusters
clothed in pink and
purple luster

Saiom Shriver

Clutter

Clutter is sometimes
crystallized sadness,
or fear,
sometimes an ethical
decision to recycle,
or maintaining a warehouse
for those in need,
or simply someone
who doesn't have
enough time in the day
for all the work he does.

Saiom Shriver

Cob Homes

Homes of sand straw and clay
They call them cob homes...
made of nonviolent materials
not dead trees' axed bones

Saiom Shriver

Cockroaches Of Christ

'No room at the Inn'
they said when His cockroaches
were born.

and in the middle of their
lives.. these wee ones
loved by the Son of Man, like
Him have no place to lay their
heads.

And at the end
'Father Father why hast Thou
forsaken us' they cried
.. as they died

nailed by the shoes
of the unconscious

Then their souls
to Him soared in bliss

Only Love can be
created by the Source
of All Love

Saiom Shriver

Coconut Miracle

A coconut bobbed upon the waves
and alighted softly on shore sands.
Years later there
were many coconut palms on the
island. They provided milk for babies,
nut fiber for others, oil for lamps,
coconut shells for dishes, lauric
acid for meditation. Lifegiving
little lakes of milk unstolen from
an animal protected by a hard shell
transform into heaven
former
slaughterhouse hells.

Saiom Shriver

Coconut Palm

Sweet coconut palm
with such giving palms..
His leaves are his psalms
and coconuts his alms..
In one palm gesture
he bequeaths....
the shell-dish
..the pulp meal
and the inner sun..
as
external balm
from his inner calm.

*

(to the Mayasandra family
which has always continued
the chain of giving
of their palm trees.)

(My teacher says the coconut {and its lauric acid} are conducive to
meditation)

Saiom Shriver

Cocoon

Meditation unwinds
the mummy.

.. unravels

desire's

cocoon.

Saiom Shriver

Cod

Canada and the seals
war over flounder.
That's why fishermen
club seals asunder.

Britain and
Iceland warred
over cod.
None owned the fish
created by God.

Saiom Shriver

Cold And Warm

It is cold which
turns flowing water
into solid ice
but it is the warm sun
which turns
loving liquid rain
into green leaflace.

Saiom Shriver

Cold Rain

Often the cold rain
because it seeps and flows
is in strange ways
colder than that
of frozen snows.

The friends who are
judgmental and cold
are often worse than
those who term
themselves foes.

Saiom Shriver

Collateral Damage

Ticks in sheep eyes
and the handless mammals
have no way to remove them

Saiom Shriver

Colors

He was blue
because his friends
were called
reds and pinkos
by yellow journalists
funded by plutocratic
blackmailers
who had caused
brownouts to achieve
power
and had taken over
corporations
with greenmailers.

Yet God, beyond all
colors, all frequencies
is in control.

Saiom Shriver

Colossus Of Rhodes

The Colossus of Rhodes
who did 'bestride the narrow world'
was too big for his britches.
He who bestrides the universe
sent an earthquake whose shakti
shook him into pieces

Saiom Shriver

Combatibility

They loved to fight
and then make up.
Magnetic combatibility
was part of their compatibility

Saiom Shriver

Coming Cardinal Cross

Ascendant in cancer.... around dusk this time of year
Mars in libra for the first time in 2 years.... the coming fortnight
Uranus in aries for the first time since 1936
Pluto in capricorn for the first time since the 1770's

A coming cardinal cross... with each planet
squared or opposed to the other three
Please act pray and visualize
that each take the path of peace
and that we all avoid World War III

When we learn the love we came here to
learn.... God shows mercy.

Saiom Shriver

Command Performance

His empathic heart
is always giving
command performances.

(to P Borlo)

Saiom Shriver

Commingling Lights

Commingling with full moon,
Big Dipper, and all other stars
the light of northern Aurora.

With creation too
each glow flows into
that of foes...

One are
each and every aura.

Saiom Shriver

Community Potluck

After the rain
became the grain
and in the vine
leaves of green
from the trellis
by the lane
were made kind burgers
out of black beans

Others made hummus
if you please
replacing the chick
with cheaper green peas.

Saiom Shriver

Compromise Which Doubles

On their land
.. he wanted to grow
food..
she wanted blooms..
and their satellite bees
They found a compromise
which doubled their plans:
blossoming fruit trees

Saiom Shriver

Conceived In Pain

the pearl grows....
becoming larger with
each sandfoe

May greedy humankind
not harm the oyster
living peacefully
in his cloister

with his fellow bivalves
in a cluster
each hiding
his smooth luster.

Saiom Shriver

Concord Version 2

The birds concurred
that the grapes of concord
have the barrenness conquered

Saiom Shriver

Cone Shrine

Fir cones, tiny
shinto shrines
dotting the floor
of woods of pine

Saiom Shriver

Confess To The Sea

One believed in
sins' commission
and that confession
required the condition
that one have contrition.

The other's teaching mission
was that no sin is mortal
for God is perfect love.
That was his belief's
concision.

Saiom Shriver

Conscientious Objectors

Conscientious objectors
and pacifists
.. are not cowards
are not yellow
Not draft dodgers,
needing no white feather
insults.
they are holy fellows.

Saiom Shriver

Consecration

One needs
no intense concentration
to see all by God lit
with divine consecration.

Saiom Shriver

Conspiracy Theorists

Conspiracy theorists:

Sherlock Holmes

Lt. Colombo

Miss Marple

Hercule Poirot

Saiom Shriver

Constant Star

The evening star
foiled by dark night
unlike the inconstant moon
sheds enduring light.

Saiom Shriver

Consummation

The offerings of
sacrificial love
have been burnt entire
in holy hearts' fire.

Complete is the
consecration
in the sublime
consummation.

Saiom Shriver

Continue To Glow

May your aura continue
to bless all you meet,
all who fall within the
sphere of your joy and light.

Saiom Shriver

Control Of The Pen

Are our poems the
only thing we can control
in a life full of
unstable waves' roll

Poems full of pain:
which became the ink for the pen

Saiom Shriver

Controlled Flame

Controlled must be
the candle flame flag
lest its light
become violent fire

Saiom Shriver

Controller Of Time

To smash the gong
which hours chimes
or to break a clock
controls not time.
But God often enlarges
lives' hourglasses
adding luminescent
sands sublime.

Saiom Shriver

Convent Food

Because of her
appetite
she found her
habit tight

Saiom Shriver

Cookee

The barbecue
is the animal roaster,
the animal cooker...
A very different thing
From being the cook-ee
who can never eat
vegan cookies.

Saiom Shriver

Cop Shows

Cops arresting suspects shows,
FBI profiling shows,
crime scene investigation shows
are designed to spread fear of
the police and fear of all neighbors...
with sensationalism to improve
the advertising ratings.
Television networks violate
the rights of suspects, as they
show the faces of the falsely accused
to millions.

Saiom Shriver

Copenhagen Zoo Takes 4 Lions To Death Chamber

The Copenhagen Zoo
killed a sweet giraffe
to feed to lions by halves.
Next it killed 4 lions
...2 were cubs
Was it done with guns,
needles, axes or clubs?

Yet how many
give a fig
for the billions of
murdered Danish pigs?

Saiom Shriver

Cops And Robbers

It is often not
thief lawbreakers
but controlling police
who are the jawbreakers

It is sometimes hacking lawbreakers
who are more creative
than the controlling
police jawbreakers

Saiom Shriver

Copyrights And Patents

God doesn't claim
that artists plagiarize
when they paint
fanned peacock eyes

nor accuse of infringement
of copyright
those who His meditation
whispers down write.

Nor indict as forgers
any who capture
on canvas
His sunset skyart

Nor sue for patent
violation those
who His
infinite seed
variety chart.

Saiom Shriver

Coral Gable

Off the shore
near Coral Gables
they build their
homes of coral gable
.. they add pink turrets
and saffron tunnels
and rosehued arches too
for
there are many mansions
for each creature
in the Home of God

Saiom Shriver

Corexit Shrimip

Sweet shrimp look up from pail
their black eyes on stalks.
They cannot talk.
They cannot walk.
But on ripe hearts for
mercy they knock.

Saiom Shriver

Corn Ears

Marc Antony asked the
crowd to lend him an ear..
(Perhaps Van Gogh took
this too literally)
and the corn responded.
She grew on cobs
she grew on curbs
and like a healing listener
she did not lend but
gave her ears.

Saiom Shriver

Corn On The Curb

The corn on the curb
was arrested
for disorderly conduct
for not growing
in a straight line

Saiom Shriver

Corners Of The Mouth

When Mr A smiles
at everyone he meets
he ignites return smiles..

He doesn't withhold them
from anyone..
no matter past history.
That would be akin to
pouring acid on plants
and expecting them to grow.

Imagine an atomic
explosion of smiles

so that each time
someone stepped out
of his home
he was immersed
in the love
of the universe

Saiom Shriver

Cornflower Blue

Corngold

Cornflower blue

Cornucopia orange

Saiom Shriver

Cornsilk, Dewdrops And Rain

He said that every strand of cornsilk
is attached to a different corn kernel
.. each an umbilical corncord of concord...
of rain and dewdrops diurnal

Saiom Shriver

Corrupt Prosecutor

Evidence planted
An innocent framed
The guiltless libeled
and by the guilty named.

Saiom Shriver

Costa Rica: Land Of Beauty And Kindness

No more tigers
pace in small cages
No more captive
kangaroos
No more rabbits
fed to snakes
Costa Rica has
closed all zoos.

Saiom Shriver

County Fair

Ox roast over fire
of an axed old oak.
From holy cow and holy tree
spiraling unholy smoke.

Saiom Shriver

Course In Miracles Lessons

I have a friend who twice gave me
the Course In Miracles... spending \$81
In those days it was not free.

When she came to the lesson
'Giving and receiving are the same'
she walked to the Key Bridge across
the Potomac and tossed the book
into the water.

My resistance surfaced to
the lesson 'there are no special
relationships' which I initially assumed
was an attack on monogamy.

Saiom Shriver

Cows And The Moon

Cows don't jump over
the moon... and pigs
don't fly...but their souls
do, on the way to heaven
after being slain for food.

Saiom Shriver

Crab Rights

Crabs' claws lie
now defenseless
on a platter.
Easily do human
crabbers
these shellfish
lives shatter.
To those who
devour them,
crab rights do not
matter

Saiom Shriver

Crabapples

Homeless birds
are not particular.
They roost in
crabapple chapels
and peck at the
scarlet crabapples.

Saiom Shriver

Crabscuttle

Clouds scud.

Crabs scuttle.

Bees bumble.

Penguins shuffle.

Saiom Shriver

Crackling

Fires crackle
but smoke is silent.

Saiom Shriver

Cranberry Crayon

Whether the crayon
is crimson or cranberry
in a blackout night
it's a source of light

Saiom Shriver

Crane

Crane, standing on 1 leg
like a yogi, yet swooping
down to kill

Saiom Shriver

Crannies Of The Bog

Crimson cranberries
grow in the crannies of the bog
... serenaded by frogs
nursed by rain and fog.

Saiom Shriver

Crass

Crassus crucified
6000 on crosses.
Crassus is
the origin of crass...
because of the
crosses of the crucifying
cruel

Saiom Shriver

Crater Lake

The flaming volcano
goblet
has become
a chalice of
living waters.

So too does mars
in each being
eventually bow
to venus.

Saiom Shriver

Creating Psychopathy

The 4H clubs in the US
encourage children to raise
baby calves, piglets, lambs, kids,
nurture and love them as pets
while they become cows, pigs, sheep and goats....
and then slaughter them.

Saiom Shriver

Creative River

When high rocks
her way block
the river onward flows
to the left or
right she goes,

or gathering riverdrops
herself she pools
tl rising above
all barriers, all rules.

If further on
she is island-cleaved
she never has for
one second grieved

but plays one role
to the north bank
another to the south
as she drives onward
to the delta mouth

Coming to a mountain cliff
she does not pause
but in faith outpours her all
as a sublime waterfall.

Once again
merrily on her way,
she laughs as
oerflowing
sharp stones
she holds sway.

She nears the sea
gathering streams
and creeks and rain
gathering more
waterpower

in each hour

and readies to
offer all
to the One
Sea of All
to the One Sea

Saiom Shriver

Creatures Created

Is any Creature by
the Creator Created
unsacred?

Only the Holy can proceed
from the Holy

Saiom Shriver

Crescent Above The Crest

Above the menacing
dark cloud's crest
peeps the sun's
blazing crescent
with vows
of coming joy
with vows of
coming joy.

Saiom Shriver

Crescent Cradle

When the moon is full
she blinds us to the evening star,
twinkling in the twilight,
venus, the star of love.

Not far from there
the Big Dipper
for all.. stellar light
ladles.

But when the moon is crescent
in the dawn rhodescent
it is the morning star
she magnifies and cradles.

Saiom Shriver

Cricket Trails

Do crickets leave
footprints
in the snow

Saiom Shriver

Cricket's' Choir

Counterpoint to
lovers' fire...
a chirping cheerful
cricket choir

Saiom Shriver

Cricket's Eye

Dawn pink at
the rim of the sky
The sun is as high
as a cricket's eye

Saiom Shriver

Crime Scene

Is meat what we eat
or whom we eat?

Is meat
violet and nonviolent
or is it red and
bloody violent?

.. is meat
a crime scene?
Should dining rooms
have yellow tape
around them?

Did they
the evidence
of the murder
bury
in stomach cemeteries?

Saiom Shriver

Criminal Journey

The baby cow
Would be castrated
And branded with a hot iron
And earpunched for an ID tag
And with antibiotics injected.

At the feedlot he had
To slosh around in
Thousands of other mammals'
Urine and waste.

In and out of the
Slaughterhouse truck
He was kicked and shocked
Before the final and
Unkindest cut of all

Saiom Shriver

Crimson And Lime

A little birdie
flew overhead
a traffic light
of green and red.

From her diagonal
point of view
she saw both crimson
and lime hue.

Obey traffic rules?
Birdies need not.
Masters listen only
to the inner voice of God.

Saiom Shriver

Critical Mass Year

Never mind if from New Year
resolutions there was a fall..
we will all rise....
each day more more will manifests
each new day
better than all the rest

Saiom Shriver

Critics Of My Poetry

One thought it heretical
Another said it hasn't scanned
A third said edit edit
A fourth that it's trivial
A fifth that it's boring
A sixth that it's irrelevant
It's schizophrenic scoffed number 7
Eight called it drivel

How fortunate
that only
my opinions count

Saiom Shriver

Cross And Circle

A cross is the two axes of yes and no or
east west squared to north south.

A circle around a cross represents the
oneness of nonduality.

Saiom Shriver

Crosses Of Crassus

It is not the Cross of Christ
but the crosses of Crassus
that warring crucifiers
plot as summer fire.
God foil them now.

Saiom Shriver

Crow And Thrush

The woodpecker's
working tap tap tap
The crow's begging
caw caw caw
The joy of waterthrush
warbling...warbling
.. the fountain too
is warbling in its rush

An orchestra.. in which
no sound offends

Saiom Shriver

Crow Flight

The crow
sometimes
flies low
but soon he'll rise
into the skies

Saiom Shriver

Crown Jewels

Version 1

One day soon
the crown jewel acorns, samaras,
and beechnuts
lying on the wood's moss velvet
will be ignited by rainrods
and sunbeam sceptres.

Version 2

In many layers
of moss velvet jade
three crown jewel
apples were laid.
And now new
apple saplings
the moss helps
in applying.

Version 3

Several brown acorns fell
onto green moss
...crown jewels
on a jade velvet foil

Saiom Shriver

Crown Of Thorns

Was His crown of thorns
made from a bush of red rose?

Saiom Shriver

Crowning A Man King

When a woman seeking
a romantic lifetime
marriage with a man
sleeps with one,
she often immediately
crowns him king of
her life, but secretly
expects him to be
God, taking care of all
of her needs.
This unplugs her freedom
and disempowers her soul.

Saiom Shriver

Crucifixion On A Tree

Jesus they hung on a tree.
Jesse they hanged from a tree.
One they nailed.
The other they burned.
Suffering which defies
credulity.

Saiom Shriver

Cruz

God knows how long
the politics tv crews
will follow Ted Cruz
more than paparazzi
chase Tom Cruise

Saiom Shriver

Crystal Ball

When he listens with
presence, love, and
nonjudgment he becomes
a crystal ball silently
revealing my path.

□

Saiom Shriver

Crystal Chrysalis

Ice cracks
its crystal chrysalis
.. revealing butterflying
drops of water

Saiom Shriver

Crystal Streams

While underground springs
pour from rock seams
morning fog steams
Above crystal streams
Now through the fog
pierce the sunbeams.

Saiom Shriver

Cunningham Falls

It splashed
It rippled
It sheetglassed
It soared
It babbled
It seeped
and it soaped
and it roared.
It pooled
..cascaded
It gurgled
seatoward
but at its purest
bubbleless
whitefoamless
soundless
it poured.

=====

Cunningham Falls to the healing power
of Tom Shroyer

Saiom Shriver

Cup Of Sunup

To sip a hot drink
in a sparkling bright-hued
ceramic cup
for most enhances
the drink's dances

Saiom Shriver

Cupid Fishhooks

How like fish hooks
are Cupid's arrows
which when pulled out
harm the flesh
down to bone marrow

Saiom Shriver

Cupid Or Zeus

Were they Cupid arrows
or Jupiter's lightning bolts?

Saiom Shriver

Cupid's Arrow Removed

God can remove
painlessly any unwanted
Cupid's
arrow,
no matter
how deeply it
penetrates
the bone marrow

Saiom Shriver

Cure Of Ars

When the suffering sound
of others' tears
falls into chalice ears..
he alchemized
them into cheer

**

Footnote:

The French priest known as the Cure of Ars... his confessional had no judgment, no harsh criticism, only a compassionate reminder that God is Perfect Infinite Love. He often spent 12 hours a day listening and healing, though his preference was solitude.

Saiom Shriver

Cures For Catatonia

Cures for
catatonia
are sweet sights of
the begonias
starring fields of
Patagonia
and meadows
of Catalonia

Saiom Shriver

Curlews

Few know the differing curfews
of the migrating curlews...
whether they ascend
before the dew
or when they bid the day
adieu

Saiom Shriver

Curly Bug Flute

In the downpour
a branch they hug:
the sweet slugs
and curly bugs,
looking like
black holes in
a branch flute.

Saiom Shriver

Current White House Resident

Robins weave
nests under the eaves
The woodpecker sculpts
a nave
The eagle takes crags
none others desire
and storks in chimneys
find homes

Tunnels the gopher
before resting in loafers
The raccoon takes a branch in
a tree
The bear in winter lives in a cave
but the cuckoo bird steals others' home

=====

There are many who pray for all beings. This would include the current resident of the White House. But he was not elected in 2000, nor was he elected in 2004.

Saiom Shriver

Cursebreaking

CURSEBREAKING

Make life better;
don't make it worse.
By forgiving,
release every being
from each curse.

-saiom shriver-

Footnote: God of all
break all curses now and forever.

Sri Yukteswar: 'the explosive
vibratory power of speech'

Lisa K: Do not tempt fate
by speaking such words

Saiom Shriver

Cusp

North is capricorn's
cardinal earth
and sagittarian
mutable fire.

South is gemini's
mutable air and
cancer's
cardinal water.

East is aries'
cardinal fire
and pisces'
mutable water.

West is libra's
cardinal air
and virgo's
mutable earth.

On revolves
the wheel...
Around August
21st the stars
wink
over the
mutable earth
and fixed fire
of the virginheaded
lionbodied
sphinx.

Saiom Shriver

Custer's Last Stand

Native Americans
ended Custer's
last stand.

Now vegans hope
to end
the last custard stand.

Saiom Shriver

Cuyahoga Falls

Between banks in
which the seeping rocks
have become picket fences
of icicle daggers, the river
flows invulnerable.
Soon they too will
join her in her melted
march to the sea.

Saiom Shriver

Cyranose

Each person knows
he is not his nose.
Cyrano so identified
with his nose...
should he have
been called Cyranose?
He feared wooing
would bring
not yes's but no's.
But now Roxanne's
faithful love he knows.

Saiom Shriver

Czar Violence

The pogroms of the czars
were planned near samovars
Done neath the undefending stars
by swords and scimitars

Saiom Shriver

Daddy War Bucks

Black Hawk down
Sikorsky profits up

Saiom Shriver

Daffodilly

Is the
daffodilly
more frilly
than the fragrant
Easter lily

In the lily of the valley
the valley lily
is there more fragility

Saiom Shriver

Daily Valentine

Beneath the climbing vine
which branch does entwine
he gave her
a daily valentine
which said
'ever I am thine..
ever thou art mine.'

Saiom Shriver

Daisy Petals

She need shred no
feeling daisy's petals
She need not ask
if he loves her.
She feels it all
around her.

Saiom Shriver

Dam Weavers

Hardworking beavers
with teeth cleavers
the best of all
dam weavers

Saiom Shriver

Dance Of Rain

Roof's dance of rain

Joyful refrain

Love in its train

God's mercy reigns

Saiom Shriver

Dandelion Liberation

The spider thought he'd caught
the dandelion seed
and prevented all her cheery
offspring
so oft maligned as weeds.
But she was by the wind
liberated
She was by the rain freed.

Saiom Shriver

Dandelion Mother

Dandelion mother
gone to seed...
her children
ready to parachute
away into
unknown lands

Saiom Shriver

Dandelion Victory

As a dandelion
has concrete conquered
love triumphs over guns
and over war wins concord

Saiom Shriver

Dangerous Occupations

On a list of the most
dangerous occupations
fishing is often first..
Treekilling often
second of the worst.
Included also are soldiering,
mowing and slaughterhouse jobs...
Killing people, animals, fishes,
and plants in violation of dharma
can cause immediate
returns of karma

Saiom Shriver

Daniel Pinkwater

Oh Daniel
were you named for
that time of dusk and dawn
when hushed lakes
touched by Father Sun
leave earth daughter
with pink waters

or were you named
for the merciful rain
like avatar Incarnations
voluntarily imprisoned
inside the grapefruit
which touched by God's
Sistine fingers turns pink

Saiom Shriver

Dark Cloud

There is a dark cloud
over the sun...
yet the cloud is moving
slowly east
and the sun will soon
rise beyond the veiling
fleece

Saiom Shriver

Darting Star

He was a glowworm
before he became
a lightning bug.

He was a glowworm
before a darting star,
a firefly.

Saiom Shriver

Date Alms

By sea calm
the date palm's
jade frond psalms
all-give their alms

Saiom Shriver

David And Goliath

Though he was just a mite
compared to Goliath's might
David by aim and
intelligence
won the fight.

Saiom Shriver

David Kidd

David Kidd in Vietnam
hated the burning
napalm
which killed millions
of old trees of palm

and so he worked
to plant a million trees
...to make earth's fate
a greener destiny

Saiom Shriver

Dawn Always Tiptoes

Dawn always
tiptoes
Not necessarily
does the tide.

Saiom Shriver

Dawn The Framer

Dawn frames the
ebony sky of night
with a pink fringe

Saiom Shriver

Dawndrawn Version 2

When melt away
dewdrops of dawn
by unseen chariots drawn
and take with them
their mirrored suns
He remains entire
in His immense ball of fire
His sunsparks
in the air everywhere
float evenly spaced
like dandelion down

Saiom Shriver

Dawndrawn Version 3

Now the sun
by dawn drawn
Now withdrew
the sparkling
dew

Saiom Shriver

Daylight Not Snapped On

The sun does not
snap on daylight
but sends gentle
messenger beams
to unwind night's
shady shrouds

Saiom Shriver

Dead Branch

From the chopped off
dead branch..
rolled pine cones
seeds of new life

Saiom Shriver

Dead Poet Rilke

Gone is the dead poet's
body flame.
Mystically the light
in the air remains

Saiom Shriver

Dead Wood

Dead wood...
enough to break a squirrel's fall
or help a vine to climb
answering the sun's call

Saiom Shriver

Deadly Ebola Virus

From Siberia to Nigeria
from Guinea to Liberia
they suspect the Ebola disease
is a depopulation decree

Saiom Shriver

Dear Jane

When soldiers receive news
from home saying their
wives or girlfriends have
found another, these missives
are called Dear John letters.
But many soldiers don't
write home Dear Jane
or Jean or Joan letters
that they've found
a camp follower
or a mistress.
Wars destroy
relationships.

Saiom Shriver

Death Of A 2 Year Old Child Born In 1941

As apple flesh
falls away
the eternal seed
is thereby freed.

From sun's dappling
of trees' appling
come free gifts for all
as grow new saplings.

So do souls their
body clothes shed
as they go to God
or take form
in new threads.

Saiom Shriver

Death Or Life

After fried
chicken,
death bones
on the plate.

Seeds of life
remain
after eating
dates.

Saiom Shriver

Death Sentences

There are barbaric
lethal injections
still happening
in 6 states'
death chambers.

There are barbaric
lethal injections
still happening
in hospitals'
chambers.

Saiom Shriver

Decadent White House

To French President Hollande,
Obama served caviar,
a decadence of deposed
leaders like past tsars.
Caviar eggs are ripped from sturgeons
without kind anodyne nor surgeons.

Far worse on the menu
were murdered cow pieces.
Obama start showing an
example to the world
of dietary peace.

Perhaps when they were
touring Monticello,
perhaps before eating
bone powder Mad Cow Jello,
Obama did not show the leader
Jefferson's slave quarters
nor the shacks of his six
children by slave Sally Hemings,
all of whom were sold on the
auction block.

Saiom Shriver

Decapitation Or Burning

Who suffers more?

Someone terrified facing decapitation.....

or a family burned to death

by drone or bomb conflagration?

Does return violence create

violence' acceleration?

Saiom Shriver

December 28th: Feast Of The Holy Innocents

December 28th:

he feast of the Holy Innocents
.. those 2 year old baby boys
slaughtered by Herod
in his mad search for the little
Jesus..

December 28th.. when little
baby trees.. slaughtered
.. begin to show up on the curb

their resident flightless
baby birds and squirrels
long smashed or scattered

other trees' green flesh turned
into ephemeral wrapping paper
and Christmas cards

.... forests shattered

Saiom Shriver

Deceptive Noun, Prevaricating Verb

Beef is a deliberately
deceptive noun
and a lie as a verb.
It stinks of the congealed
blood of innocents.

Saiom Shriver

Decisive

Sometimes
the indecisive
are derisive
calling
the decisive
divisive

Saiom Shriver

Deck No Halls

Deck no halls
with boughs of holly
Frightened trees blanch
when shears near a branch

Saiom Shriver

Deep Breathing

A walk he took.
His work he forsook.
His writer's nook tomb
turned back to a room
and the blocking crypt
became again a script.

Saiom Shriver

Deer Thoughts

The deer thought
the reporter a witch
for referring to his doe
not as 'who' but as 'which'

Saiom Shriver

Defenestrate Not

Do not your love's things in haste
to crowds below defenestrate.
Morning will reveal him true
and give your love back to you.

Saiom Shriver

Deforesting River Of Mud Kills 14..176 Missing

A new meaning for Seattle Slew takes form.

In the fishing and logging village of Arlington Washington, as of March 25, there are 14 dead and 176 human beings and hundreds of thousands of animals birds unaccounted for in a mudslide, a river of wet dirt 1.5 miles wide. Damage covers 1 square mile. God bless all involved.

*

A deforested mountainside came down in the rain in this logging state.

*

We live in treewood homes.. sit on treewood furniture.. write on treewood desks on treewood paper with treewood pencils. We shove axed treewood into woodburning stoves. Tree paper is in our bathrooms. We take treeaxed newspapers and magazines and junk mail in from the porch and mailbox. Outside we mow down sapling trees. Later in the day we go to the store and bag our deadtree cereal boxes and paper wrapped tin cans in dead tree grocery bags. Some still eat fast food animal flesh which takes more trees per pound than any other food They are handed treepaper napkins and carryout bags.

*

The surviving trees continue to knit their free nut and fruit gifts, to shelter birds, to evaporate water which becomes mist and then rainclouds.

*

What is the effect of removing trees by the trillions? Mudslides, drought as the sentient trees who (they're not objects) weave rainclouds are gone, famine, vanishing animal habitat, the coldest winter in history in many areas, record heat in the summer as the green cooling canopy of forests is removed. Flightless fledglings of bird flocks are a tiny fraction of the bird and animal casualties. Millions of species are disappearing in Mexico, Central and South America, Asian rainforests of Thailand, Indonesia, Malaysia, Vietnam etc.

*

It's time to bring in the nonviolent safe and inexpensive alternatives to the deforesting of the planet.

Saiom Shriver

Delicate Stringers

He hacked not the honeysuckle fingers
knit to brocade where the light lingers
Her fragrance makes bees
abandon their stingers
while they buzzing round her
are troubadour singers
swaying on blossoms
as lovecrazed swingers
and she continues to toss forth
her delicate stringers

Saiom Shriver

Democratic Candidates

Governor, Senator and Mayor

Lincoln Chafee, opponent

of war

Governor Martin O'Malley, opponent

of execution

Senator Bernie Sanders, opponent

of Wall Street

Senator Jim Webb, opponent of

Wall Street

Senator and Secretary of State

Hillary Clinton self described

defender of the middle class.

But the president is

the president of ALL

Americans.

Saiom Shriver

Demon Scream

As Dracula hides
from sunbeam,
a heart lovebeam
sent to a demon
like a javelin
can make him scream

Saiom Shriver

Demonic Accusations

God sees only the divine in all
as the sun sees only its own light.
It can never discover the darkness
of which it has heard, for it
carries its train of light everywhere.
'Satan is the accuser' it is said
as are professional prosecutors.

Saiom Shriver

Demonic Economics

Investors can't make money from
the Godgiven, prolific and free.
They prefer slaughterhouse dollars
They can't let the mammals be.
Yielding 100 to 1000 pounds an acre
Cows are murdered for a fee.
They've overlooked fruit and nut groves of
450,000 pounds an acre
or 2000 pounds per tree
blessed by
resident birds and satellite bees.
But the writing on the wall
they're beginning to see.

Saiom Shriver

Demons Fight Each Other

Demons besides
throwing the apple of discord
into human gatherings
fight amongst themselves.
Through their human hosts
they act like boxer coaches
staying in the corner
while their hosts suffer.

Saiom Shriver

Depart Now Oh Pain

Depart from all bodies
oh pain
as into the sea flows
river-gathered rain

Saiom Shriver

Department Store Elves

Stocking Christmas window
shelves

for others and not for
themselves

seen by those outside
but not within the store
are

the department store elves

..

as anonymous acts of charity
indivisible

are known to angels

invisible

more than to
neighbors visible...

Saiom Shriver

Desalination

For strong government action
building plants which desalinate
the giant sequoias, the bears
birds and people salivate

It is California's wish
that desalinaters protect the fish.

Saiom Shriver

Descartes Theorem Disproven

In his Frankenstein research lab, Rene Descartes nailed dogs' paws to tables, a modern crucifixion, impaling them that they not be able to escape the imposition of agony.

He believed animals did not have thought capability and that they had no feelings, though they screamed when he inflicted pain on them.

Descartes said 'I think. Therefore I am.' Because of this, he is called by some other rationalists the father of modern philosophy.

The logical next step from his biased point of view would be

'Animals think not. Therefore they are not.'

Yet whether one is aware or not of thousands of nonviolent experiments establishing animal intelligence, it is obvious that animals do exist, disproving Descartes' assertion that thought is the main criterion for existence.

No compassion had Descartes. Can we assume he had no heart?

Saiom Shriver

Desert Rain

Desert rain:
God summoned
wearing robes of water....

flowers in Her train
sign that Her Love remains

Saiom Shriver

Desire's Remains

Desire's remains
are love's refrains
which souls retain
til the loved
each regains.

Saiom Shriver

Despying

His undercover work
he despised
and so he resigned
and himself despied

Saiom Shriver

Destiny

Destiny is
formed of desire..
the path's fuel
is wishes' fires

Saiom Shriver

Developing Torture Techniques In Animal Research Laboratories

Just as the CIA has
hidden its torture files
so the labs developing
torture techniques
are hidden.

And in normal research
in which animals are
literally sickened to death,
the results of biochemistry
developed in agony
are skewed...

in the same way that
the milk of an angry
mother is not good for her child.

Saiom Shriver

Dewdrop And Morning Star

As a dewdrop
reflects the morning star,
her perfectly orbed
brief verse
contains
the universe

(to Jaclin)

Saiom Shriver

Dew-Globed Rosary

A spiral swirl
of winter weed
Each tiniest wheat-hued needle
had caught a globe of dew..
a crystal rosary of 59 beads
already goldchained inside
and awaiting only
the Master Jeweler
to forge the links.

(to Charles Marshall)

Saiom Shriver

Dewing

Some... butterflies de-wing
with mowers... crewcuts doing
after night without effort
the meadows was dew-ing.

Elsewhere bees gather nectar,
busy buzzing and bee-ing
while blooms burst by the billions
from Mother Earth's being.

Saiom Shriver

Dewinged

They ate birds dewinged
birds who lost their lives
before they lost their
right
of free flight

Saiom Shriver

Dewinged Birds

Chickens can't fly to lower branches
when their wings are eaten.

While night the land is dew-ing
Birds in slaughter are dewinged.

Bird flesh too makes arteries thicken.
Uric acid makes heartbeats unnaturally quicken.
Children by chicken leukemia stricken
There are many things which sicken
the flesh of innocent cows and chickens.

Saiom Shriver

Dewkissed

As daisies and dahlias
were kissed by the dew
the morning sun
kissed the dew too
but alas his warm touch
bid her adieu

Saiom Shriver

Dewy Scents

Bees are to flowers drawn
by the dewy scents of dawn.

Saiom Shriver

Dialogue With Prosecutor

Prosecutor:

Answer yes or no to the question.

Witness:

I was asked to swear to tell the whole truth, not a truncated version.

Saiom Shriver

Dialogue: One On The Path Of Mysticism, The Other Of Changing Society

First: Person We become what we focus upon. Therefore constantly to write of injustice is to be tainted by it.

Second Person One needs to shine a spotlight on the suffering to many caused by some.

First Person One brings people down from their inherent joy by publicizing pain.

Second Person We work together around the world in community and have victories.

First Person Such activism destroys unity, creating divisiveness.

Second Person One can love all and pray for all, yet work for change.

First Person It is impossible to avoid personal criticism in what you do. You are judging others which only God should do.

Second Person Generally we try to confine our criticism to corporations, not to people.

First Person You reduce your own vibrational frequency in such work. If you meditated more, you could create change with your thoughts.

Second Person Preventing suffering is our first priority.

First Person As Gandhi says, you must first be the change you wish to see.

Second Person I'm where I should be at this point in my evolution.

First Person: When you are ready, you will
focus on the One God,
not God's many moving temples.

Second Person: Each to his own path.

First Person: Gerard Manley Hopkins and
Swami Rama obeyed their
teachers and stopped writing.

Second Person: When desire to do what I do
drops away, change will come.

Saiom Shriver

Dick Van Dyke

At 90, he dances
And he romances.
He inspires all to seize
our infinite chances

Saiom Shriver

Did Abraham Fail His Test?

Gopal said that it was
Rabbi Ben Alexander
who wrote that Abraham
had failed his test in
being willing to kill Isaac.
Perhaps Abraham listened to
the God without rather
than the God within.
A beauty of Judaism
is that in the Torah
and the Talmud,
minority opinions
are not erased or
declared heresy
as they are in more
hierarchical faiths.

Saiom Shriver

Differing Pay Grades At Harvard

Hedge fund managers of Harvard's 34 billion dollar endowment have received over 100 million dollars.

The professors receive somewhere between 100 and 200,000 a year in salary.

Some manual laborers receive 9 dollars an hour.

The Irish and black homeowners who were forced out of their domiciles by Harvard's unethical use of 'eminent domain' were paid varying sums of around four thousand dollars.

The lab animals living underground in cages until they are pulled out for their next torture sessions receive nothing.

Saiom Shriver

Directing Angels

Because he is one with God
and aligned totally to God's will
he has the power to
direct myriad angels

Saiom Shriver

Director Beyond Time

As a director might shoot
the last scene after the first,
God can go back in time
and ameliorate the worst.

Saiom Shriver

Director Salary

Some think UNICEF
is a charity.
While the poor remain poor
director has prosperity.

Some think Goodwill is
a charity,
but it's owned by a man.
There is no parity.

Saiom Shriver

Discalced Francis Of Assisi

Through fields and
Forests he trod
Leaving on deep
Layers of moss
His footprint unshod
Walking gently
Over the jade sod
For everywhere
He saw only God

Saiom Shriver

Disconnect

It was cold out. He
fed the birds... and then
went in to put a chicken
in the oven.

Saiom Shriver

Diseases Of Henry 8

Crippling gout suffered Henry 8
because of animals whom he ate.
From many men through many women
Henry died of syphilis
but none of his lovers
were named Phyllis

Saiom Shriver

Disobedience

When God I disobey,
my higher self is
left in disarray..
It is paradise that I delay
as I create a longer way.

Saiom Shriver

Disobeying Officers

JBO said she would not
fly that particular airline because
the culture was so authoritarian
an assistant pilot would rather
crash than disobey a superior.

There are many who have
been courtmartialed for
not following the orders
issued from their protected posts
by incompetent generals
.. orders which sent privates
into suicide missions.

Saiom Shriver

Distil

When the night is
very still
vivid dreams
do the day's streams
file and distil.

Saiom Shriver

Distillation

How is it that we distil
beauty from the pain that spills
from broken hearts when night is still
and trills the song of whippoorwill

Saiom Shriver

Divided In Half

He could not break
his first love's heart
though his soul was
entwined with another's.

Saiom Shriver

Divine Accidents

The wind blew Van Gogh's
easel to the ground
Perhaps that tiny
bit of mud taint
mud was a perfect foil
to his bright paints.

Saiom Shriver

Divine Alchemist

You are the divine alchemist
whose daily prayers are never missed
making blue skies gray.. then
falling
rain and her sister mist

Saiom Shriver

Divine Seed Protector

He makes tomato seeds
slippery beyond the
crunching teeth to slide

He clothes mango seeds
in saffron silk strands
that they discarded
catch the dew and
with life ignite

It is the design
of the all knowing Divine
to give maple seed
samaras
helicopter propellers
to take them far

He gathers dandelion seed spears
into a snowy perfect sphere
that the wind may
blow them to all points away

The almond he
bequeaths a hard shell
that it survive
January cold hells

Cockleburs He created
to travel, sticking to clothes
which gave someone the idea
for adhesive velcro.

The palm tree's coconuts
.. which might drop into the sea
He plasters with a hard husk
to guard inner coconut milk sea

and sends apple seeds unharmed
through the bodies of birds...

these seedstorks..
drop them into chimneylike
chutes in distant climes

The seeds of buckeye and beech
falling far and near the beach
.. have spokes to cling
to stable things.

The seed inside
soft avocado
is hard and
incommunicado
until the tiruna
when it will delve
into the earth

He seeps sap out of
female pinecones
to attract male pine cone
pollen to the cone throne

Black watermelon seeds
He packs in pink satin
along with captured stormdrops
that they both quench human thirst
and nurse the seeds.

He hangs at the top
of the pepper belfry
the white pepper bell chimes
that they not be harmed
at salad time

The black walnut He wraps
Around its girth
With a moist nursing green rind
Until it is rooted in Mother Earth

Unlike the peachpit
hard as granite
soft and sweet are

seeds of the pomegranate...
Their ruby juiced beauty
multiplies them.

And the tiny acorn which
will be the millennial towering oak
... He makes it roll
away from human control

But in divine compassion
he weaves inside cornhusks
the light of dusk
revealing corngold
easily unsheathable
for humans and crows

(to CR and TK)

Saiom Shriver

Divine Vine

Without asking,
branches are
supplied
by the vine.
Without asking,
our needs are met
by the Design
of the Divine.

*

Saiom Shriver

Divine Winds

As a mountain wind makes
every flower nod
while the oaks remain
stiff as rods,
so some bow their heads
and some keep them up
when in the Presence of
Spirit Winds of God.

Saiom Shriver

Divisive Mind

The mind shatters Spirit
into shards, subdividing a
trunk of power into
tiny twigs, destroying the
force of Godward focused action.

Saiom Shriver

Do Carnivores Attract Mosquitoes

They know in Sausalito
that a vegan burrito
is less likely than
a murder burger
to attract mosquitoes.

Saiom Shriver

Doctor To Ralph Nader

His doctor advised
him against eating
meat for in him the
consumer activist
it created arthritis
and definitely
caused permanent
rigidity
for the consumee.

Saiom Shriver

Does Governor Chris Christie Deserve His Name

Does Governor
Chris Christie
care a fig
about the suffering
of confined pigs

He vetoed a bill
them to free
and sent bear
hunters into the woods
on killing sprees.

Saiom Shriver

Does Vw's 300 Mpg Car Cause Usg Boycott?

VW has a 300 mpg car.

A car the US bars.

Are the oil companies

the reason the USG

on VW inflicts scars?

Saiom Shriver

Dog Whistles

There are whistles dogs hear
which are beyond human ears.
There are sights beyond skeptical eyes
which to believers appear.

Saiom Shriver

Dogs And Cats

Why has our species
made pets of carnivorous
dogs and cats?
To make them hitmen
of mice and rats.

But more and more
dogs are vegan
and more and
more there
are vegetarian cats

Saiom Shriver

Dogs Under House Arrest

Dogs under house arrest
Never taken for a walk
How hard to be imprisoned
when one can't speak or talk

Saiom Shriver

Dogs Without Pedigree

Dogs with no pedigree
don't care about
college degrees
Don't care if 'owner'
a Simon Legree
Don't care if one
is an amputee

*

Some say mixed breed dogs
are smarter, gentler, stronger.

Others say the German Shepherd
for instance has been bred for
intelligence and loyalty.

original source

Saiom Shriver

Dogwood Mobile

A flight of butterflies
suspended in the wood
Some call this fragile
mobile... dogwood...
this spray of blanche
suspended with
no apparent branch

Saiom Shriver

Dolphinarium

Naming a commercial or animal research facility
housing kidnapped confined dolphins
a dolphinarium is similar to
naming the solitary confinement
cell in a maximum security prison
a humanarium.

Saiom Shriver

Dominatrix

Lethal are the tricks
of the dominatrix
They can lead men
to the river Styx.

Saiom Shriver

Don And Doff

It only seems the
sunrise is on
and the
sunset is off

but it's true that

The oak tree
acorns dons
and then acorns
their caps doff.

Saiom Shriver

Don'T Gild The Lily

Don't gild the lily
they say
but does not the sun
do it every day

Saiom Shriver

Dormant Before The Door

Many lie
dormant before the door
of their own Divinity

Saiom Shriver

Double Bubbles

As a silent lake
can in reflecting double
more than a running
brook with bubbles
so silent listeners
in helping others see..
heal as does
the hearing sea

Saiom Shriver

Dougout Doug Macarthur

He was called by his troops
'dugout Doug' MacArthur.
His touted 'I shall return'
was said to the soldiers
he abandoned when he boated
off to Australia as they were
forced into the Bataan Death March
and death or torture and imprisonment.
Recently an American
general became the first war zone
casualty general since the war in
Vietnam.

Saiom Shriver

Dove Into Self

In ananda she
walked the plank
into the ocean
of her self

neath the sun's
daily rising
above
continental shelf

Saiom Shriver

Downward

The river does not ascend
for ecstasy
It comes as he
descends
to the sea.

Saiom Shriver

Dr Dolittle's Domuch Daughter

Sturgeon killer Jack the Ripper
didn't care that the sturgeon
had no zipper.

But along came Dr Dolittle's
daughter
who saw the bleeding fish
lying in the water.

She took the suffering sturgeon
to a kind and talented surgeon
...then released her to the sea when
moontide waters were surging.

Saiom Shriver

Dr. Dolittle Rex Harrison

Some to make money
become meat inspecting
veterinarians
Because other vets
love animals
they've become vegetarians.
As a side effect
the latter are more likely
to become centenarians.

Saiom Shriver

Dracula Resists

I hate the morning
sun to rip to shreds
curtains of my
dream chamber bed
As a confirmed
photophobe...
I run from sunrays'
invasive probes.

Saiom Shriver

Draft

In all countries,
a compulsory draft
is slavery to the state
as well as unethical force
compelling men
to kill, to sacrifice
their consciences to
imperfect human beings
in command.

Saiom Shriver

Drag Racing

The ruts made by
a visitor's drag race
have left pools
in which butterflies sip.....

Saiom Shriver

Dragon's Tail

A heavy tail had the dragon
A deep trail it left from draggin.
But like a tadpole's tail
by God's mercy it melted away
and the lighter dragon
could now fly away.

Saiom Shriver

Drawn And Quartered, Subdivided, Crucified

A Carolina tub full of pigs' ears..
but they can no longer hear
A deli full of cows' tongues
..but they can no longer taste or speak
A Kentucky diner full of chickens' wings
..but they can no longer fly
A French tray of ortolans
but they can no longer sing
An African bowl full of calf brains
but they can no longer think
A Japanese tray of sharks' fins
but they can no longer swim
The tureen of oxtail soup..
but the bull can't swish his tail
And the Chinese restaurant's
plate of eel
Mercifully they can
no longer feel

Saiom Shriver

Dream Actualizers

The world is
changing it seems.

More and more pour
out divine streams
helping millions more materialize
their Godplanted dreams.

Saiom Shriver

Dream Balloons Popped

We're upset when out we're dropped
as our dream balloons are popped

Saiom Shriver

Dream Bubbles

One by one, month after month,
each his dream bubbles
popped into nothing.
Time went by.. and
he realized he was
immersed in an
invulnerable dream bubble,
one which had the power
to materialize all of his dreams.

Saiom Shriver

Dream Screenwriter

She falls asleep to
music or the radio
or an audio book
and sees the external
stream become
a screenwriter
of her dream destiny.
Having witnessed this,
she begins to understand
how important, say
spiritual teachers,
are the thoughts we
have as we leave our
body in death.
Her teacher has said
they become the address
of her destination.

Saiom Shriver

Dressed To Kill

Matadors wear expensive crimson
brocade to spill the scarlet blood
of innocent bulls.

Hunters don orange as they stalk
terrorized animals.

Soldiers are covered in camouflage green to harm
those their corrupt leaders target.

Judges don black robes in their cold
premeditated murder with weapons of pen
and gavel.

Doctors who schedule unneeded operations
to generate money clothe themselves in scrubs of white
or blue or other hue.

Saiom Shriver

Drinking Cool Air

In the dawn woods
drinking the air,
cooled by night
and trillions of little
greenleaf air conditioners

Saiom Shriver

Dripping

Into the sea the dying
dusk sun is dipping...
lo! at dawn he rises
with his holy light dripping

Saiom Shriver

Dripping Anger

As icicles in the sun
begin dripping, seeping...
so cold anger sometimes
elevates to weeping

Saiom Shriver

Dripping Peace

The sound of raindrops
dripping from leaves
includes grateful sighs
of leaves it relieves
.. a song giving peace
to ears which receive

Saiom Shriver

Dripping Stone

In New Hampshire
dripping stone mountains
pour forth on all sides
crystalline fountains.

Saiom Shriver

Drone Papers Reveal Assassination Chain Of Command

Bombs and missiles
dropped by drones
All places become
illegal war zones.
Babies set aflame
Murders commonplace
Politician thugs
burn people's bones.

Saiom Shriver

Dropping From The Eaves

As purple eve
drops
on the rain's
music they
eavesdrop
.. the melody
of the dance
which
from the eaves
drops

Saiom Shriver

Drosophila

Such a brief life
the little fruit fly's
Does anyone cry
because you did die

Saiom Shriver

Droupadi, The Living Christmas Tree

In the brookwood twas the fall.
Trees thought only of the ball.
Maple donned a pinkling twinkling.
Oak her scarlet acorn rings.

Woven cloth of crystallised sunlight
did the birch and beech slip into
Purple sari'd swayed the locust
Crimson robed the lark-ed larch.

Flame orange fire was the peach
Hickory a light shaft torch
Soft limelight the mulberry
Emerald elm men's hearts did scorch

All their gold themselves to gild
None with evergreen did share
But she had no sorrow
But she shed no tears.

Shimmered all in ecstasy
Diamond dewdrops in their hair
Autumn orb through leafy stained glass
rainbow sunbeam palaces made

Evergreen did not notice
Squirrels nested in her bodice
Birds were swaddled in her boughs
Oer her now a rose moon rose.

Wintergreen winds blew their trumpets
Frost the puritan heralded they
Seized he garments of the dance.
Left all leafless in the rain.

December's eve came to the forest
and the children from the town
garlanded lil firtree gaily
In their hearts was she crowned.

Wherever you see the forest light
in a sequined velvet night
it is she all crystal candled
sign to all who pass her by

art's erratic love's forever
Loving Spirit never dies.

=====

to our mother

Droupadi: In the Mahabharata is the
story of Yudhishthira's wife Droupadi.
A thug tried to disrobe her, but
Krishna caused her sari to be
almost endless, until the thug
gave up.

It is writer's humble prayer
that people will purchase
artificial trees or decorate
living trees outside.

Saiom Shriver

Drovers

Beneath the
stars of the
southern cross
cows and sheep
and kangaroos
drovers doublecross

Saiom Shriver

Drummers

Some hearts
are lonely drummers.
Others faithfully
beat in unison.

Saiom Shriver

Drumroll

Thunder is the drumroll..
cloudcurtains rise
for the concert of the rain

Saiom Shriver

Duck Moves

On the shore the duck waddles.
In the blue waters he paddles
but in preparing to fly
he never dawdles

Saiom Shriver

Duck Tail

To kill a fish
a duck submerges his
head and elevates his tail.
The media often
expose many tails
to sell their
advertisers'
mercenary tales.

Saiom Shriver

Dukakis' Red White And Blue

Red is his courageous passion.
Blue Grace his pure dispassion.
Blazing White his all
encircling compassion.

(to Michael Dukakis
.. worker for peace, a man
who takes the bus to work,
by example a teacher of
simple and ethical living)

Saiom Shriver

Dune Fringed

Double the octave
of Uranus,
the notes of the tunes
of seaclotted Neptune
are fringed by dunes
and awash in the moon.

Saiom Shriver

Dunkirk

Gone now cloud cover.
Unveiled clusters of clover
pink the fields over
framed by the welcoming
white cliffs of Dover

Saiom Shriver

Dusk Sun

Though the dusk sun
with his light is leaving
tree leaves
are still fruit-weaving
the heart keeps pumping
the lungs keep breathing
and the waterfalls keep
waterfalling.

Saiom Shriver

Dying That Others Live

Sparkling crystal rain drops
fall and enter the dirt
in order to bring a treasure trove
of new fruit
to orange and olive groves

Saiom Shriver

Each Being

If God is omnipresent
does God indwell
all creation,
each being?

Saiom Shriver

Each Hamburg: 660 Gallons Of Water

Shut down slaughterhouses
is the refrain
of those who pray
for California rain

Saiom Shriver

Each Is All

Jesus said 'What you have done to these
the least of my brethren, you have done unto Me.'

On Temple Israel's stone is carved 'Love your
niehgor as yourself.' Who are our neighbors?
All beings.

Sai Baba in answer to how Linden could love
God best replied 'Each is all.'

Anugraha is a Sanskrit word for grace.
Graha, the power, of anu, the tiniest.

Saiom Shriver

Eagle Alighting

As his mother
was giving birth
to B
I was given a vision
of an eagle
swooping down
and voluntarily
entering a cage
on the deck of
a boat...
and knew then
a great soul
was again incarnating

Saiom Shriver

Eagle Vision

Vision:

An eagle is wheeling in the sky
and suddenly plummets at great speed.. to
hover over a boat and then voluntarily
enter an open cage on board.

It seemed to the dreamer that a great soul was
reincarnating upon the earth.

**

Writer had this vision right before
birth of B.B.

Saiom Shriver

Eagle Wings, Shark Fins

Eagle wings slice
the blue sky but
the sky is still whole.
Shark fins knife
the blue sea
but unharmed is
its totality.
So does death
seem to violate
many...
we will find that that
is illusion

Saiom Shriver

Early Frosted Heart

As frost scotches
fragile March crocuses
criticism shuts down
newly opened hearts

Saiom Shriver

Early November

Often grey clouds hide
early November skies.
Behind their cover the sun shines.
Behind the poker face of Scorpio
the secret keeper is a blazing
intensity.

Saiom Shriver

Earrings

When their love was yet a yearling
he brought her amethyst earrings.
Though this did her tears bring
she needs no gifts.
She always knows
her darling's endearing.

Saiom Shriver

Earth Water Wind And Fire

The rising sun
does all with
divinity gild
The falling rain
does all with
mercy shower.
The blowing wind
does all with
kisses love.
Mother Earth
does all with
treefruit feed.

Saiom Shriver

Earthling

Each birth brings
a new earthling
a merry joyful thing
dropped from angel wings

Saiom Shriver

East Or West

The westward river
past the car ribbons
seeming because
of our speed
to be flowing east

Saiom Shriver

East Urn

Full of the grey ashes of the Sun
was the East urn
Lo! ash is ignited
in skies Eastern.

A resurrection!
There! the Sun is rising
on the horizon

Saiom Shriver

Eastern Sideshow

Night fears the
Eastern sideshow:
the spread of the
pink ribbon's glow

Saiom Shriver

Eating Fish Causes Stomach Cancer

Japanese and Koreans
of stomach cancer
have the highest rates
because most Japanese
and Koreans
a lot of fishes ate.

Saiom Shriver

Eating Rainbows

Eat rainbows
foods which dance with light
Avoid the grey dead flesh
which causes endless night

Saiom Shriver

Ebbtide

Ebbtide... the sea secedes
but not for long..
tomorrow again
he'll bathe the reeds

Saiom Shriver

Ebeneezer

The sign of demon leaving him was that
Scrooge became a sneezer.
An opening heart
Befell melting Ebenezer.
Of each farthing
no longer the squeezer.
Never again was money
Gifted with tiny tweezers.

Saiom Shriver

Ebola Gap

Students of ebola say its origin
is the eating of monkey meat.

There was an outbreak of ebola
in the 1970's.

The eating of monkey meat continues.

Why has there been no ebola
between the 70's and now?

Was there a jumpstart in
some laboratory black op?

Saiom Shriver

Ebro, Zambezi, Mosman

No river refuses
the drops of any
tributary.
Flowing onward to the
sea she refuses to
tarry

Saiom Shriver

Echizen Crabs

Slave ships on the horizon
approach the shore
with their prisoners:
Echizen crabs.

The innocents are hustled into
the pots of the waiting on shore.
Will the crabeaters soon glow
with Fukushima radiation?

Saiom Shriver

Echo Chamber

gold light amber
fills vale echo chamber
still heard, the lambs
uphill clamber

Saiom Shriver

Echoes And Reflections

That politician
wants no answers,
only echoes,
no visions,
only reflections.

Saiom Shriver

Ecoli Or Colon Bacteria

97% of all ecoli fatalities
are intrinsic in the
consumed cadavers of
mammals, birds and fish.

3% of ecoli fatalities
are extrinsic..
from contact with
the fecal matter
of workers or
fertilizer.

Saiom Shriver

Economic Democracy

Alleged political democracy
without economic democracy
becomes plutocracy

Saiom Shriver

Economic Royalists

'Economic royalists'
far from socialists
The former want the
superrich to take even more
The latter work to save
the lives of the billions of poor

Saiom Shriver

Ecstatic Mother Earth

Dandelions dewcatching
Fields pumpkin patching
Huckleberries hatching
Blueberries batching
Ripe pears tree-detaching
Grapevine shoots attaching
Blackbirds mate-matching
Squirrels nutsnatching

Saiom Shriver

Eden's Antithesis

Eden's antithesis:
they murder the
terrorized animals..
decapitate and subdivide
them... devour
their dead flesh
and then pick their bones.

Saiom Shriver

Editing Poe

'And my soul from out that shadow
that lies floating on the floor
Shall be lifted' - EVERMORE

Saiom Shriver

Eel: Bird Whisperer

He has more
hummingbirds than
anyone else around.
He even holds
a gentle hose spray
that they might
shower in
the sparkling rays.

Saiom Shriver

Effortless Release

Like untimely ripping a
hard unripe sour
green apple
from a tree
is premature release
of relationships,
possessions
or celibacy.

Saiom Shriver

Effortless Sculpture

How long would
a carver of wood
talke to scupt
from a block of wood
the pine cone shrines
shiseled by the tree
so effortlessly

Saiom Shriver

Effortless Spinning

With the oaks and maples
the fir trees do not spar
as toward heaven point
their treetop greenspears.
Beneath them
dandelions spore-crowned
grow by dewy grass spires
needing no spur to spin
as higher they aspire.

(to Luke L)

Saiom Shriver

Effortless Teacher

The sun so easily
had the way shown.
On the night his
light he had shone.

Saiom Shriver

Eft

A sadistic boy..
he was deft
at killing every
spotted crimson eft..
but as he grew older
he began to make
amends
for his unthinking
violent theft

Saiom Shriver

Egalitarian Immigrants

In the US Civil War
the German immigrants
unlike their British counterparts
were not from a slaveowning culture,
were not classist but more egalitarian,
and believed in freedom not
colonizing imperialism.

Saiom Shriver

Egress

The exhilaration
I can't express
watching a flock
of egrets' egress

Saiom Shriver

Egrets' Shadowing Wings

Fish shiver in the shadowing
wings of egrets
but guinea pigs have more time
to hide from eaglets

Saiom Shriver

Eightball

The eightball has
become a talisman
spreading good luck
in all directions

Saiom Shriver

Eighth Month

The baby
in the mother immanent
contemplates
her arrival imminent.

Saiom Shriver

Ejected From A Train

Gandhi was ejected from
a South African train
Turned to fuel was
the humiliating pain
igniting his nonviolent
campaign
ultimately ending
a colonial reign

Saiom Shriver

Elefont

Stuck his trunk into
the pond
an elephant
and out poured,
shortly after,
an elefont.

Saiom Shriver

Elementary Watson

Not cadaver food but
avocados and lentils
make for speedier
thinking mental.

Mammals are
murdered but
eggplant and squash
making is gentle.

Saiom Shriver

Elements Of Forgiveness

Crime scene tape is blown away
by the wind.

Thieves' footprints in the snow
melt in the morning sun.

Mother Earth rusts away
incriminating metal evidence.

Painful reflections disappear
from the ancient mirror.

Blood in the rivers flows
to the obscuring seas.

The Indweller God in each being
whispers: forgive and release.

Footnote:

The Course In Miracles is a course in forgiveness.

'This is a course in miracles. It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time. The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

This course can therefore be summed up very simply in this way:

Nothing real can be threatened.

Nothing unreal exists.

Herein lies the peace of God.

(re The 1500 page Course In Miracles. Dr Helen Schucman of Columbia heard a voice. For 7 years she

transcribed what she heard before and after work. The voice would stop when she wanted to do other things and begin at the exact place it left off. Her colleague Bill Thetford after a few years began to type her shorthand and told her the voice after the first few pages was in iambic pentameter The text is free and

Saiom Shriver

Elephant And Ant Rights

Like an elephant working
For ant rights,
Yogis often are not physically
Present as they send grace
To their followers.

Saiom Shriver

Elephant Electrocution

We know of elocution..
is it also an abbreviation
for elephant
electrocution?

Saiom Shriver

Elephant Graveyard

In the old elephant graveyard
over the ivory a covering of ivy

Saiom Shriver

Elephants And Frogs

May France leave alone
the tibia of amphibia.
May elephants be safe
in all Namibia.

Saiom Shriver

Elizabethan Torture

In the reign of Elizabeth the First
some prisoners were boiled in oil.
At the thought of that
the mind does recoil.

Children are shown now
in tv features
into boiling water
to drop living creatures

Saiom Shriver

Elizaing

Her ship on the horizon
As the sun is rising
A sign that the goddess is...
the world Elizaing

Saiom Shriver

Embezzled Heart

Embezzled heart, can you forgive the guzzling buzzing bee
who has stolen all your nectar? 'He knew not what he did',
little baby bee

Saiom Shriver

Embodiment Of Mulberries

Silk, the embodiment
of caterpillar eaten
mulberries.

May these sleeping
babies be left alone
in their cocoons
lest they become
caterpillar tombs.

Saiom Shriver

Empire

Democracy expires
where enters empire.
Freedom burns on
tyrant-built pyres.

Saiom Shriver

Empty Page

The blank easel
invites the brush.
The empty page
calls to the pen.
Snow magnetizes
sculptured snowmen.
We humans mark
our territories.

Saiom Shriver

Emptying

Love makes a manger
of a desirefilled heart.
Ocean rocks are turned
to rookeries by the sea
Eyelets by Japanese beetles
sewn beautify the rose
Woodpeckers softly drill
caves in the tree.
Holey, holy and whole
the new hallowed hills.

Saiom Shriver

Enabling

In the post Constantine
Bible, Jesus is reported
as saying
'resist not evil'.
Some question this..
saying that one
should not enable, not
give energy to sinful
cruelty.
Others say that it is
by unconditional
love and light that
we grow into goodness.

Constantine
was a violent flesheating
pagan who became
enperor by force and
himself called and presided
over a bishops' conference
called the Council of Nicea
which determined which
books would be removed
from the Bible. The gospels
of Mary, Thomas and others
were removed. Constantine
helped destroy 3 centuries
of early Christian vegetarianism.

Saiom Shriver

Enabling Cruelty

Sometimes infinite
patience is the
enabling of cruelty.
If I want to know
what to do I should
ask God

Saiom Shriver

Encircled By Lightning

He was standing in a field, encircled
by lightning which harmed him not.

Saiom Shriver

Encircling The Apple

The apple encircled by
fruit fly satellites
... not moons reflecting
their master sun's light

They have more value
than the apple
though these little
sprites are slight

Saiom Shriver

Engagement Broken

She ended her engagement,
feeling her fiance's
diamond bracelets
had become handcuffs

Saiom Shriver

Enlightening

Lightning...
the sky lighting...
rains released
are cloudload lightening...
the sublime peace
the soul enlightening

Saiom Shriver

Entempled Forever

Our invisible God's
drum is the heartbeat
of every creature.
He is entempled
forever
in the deathless hearts
of all beings

Saiom Shriver

Entrails

They were cooking pig entrails
In tracing the pig flesh disease trail
one finds this dish tapeworms entails.
In several countries eaten are
the pig's ears, snout, cheeks
feet and tails.
For most pigs there are only
sad tales.

Saiom Shriver

Entwined Destinies

Twin souls'
entwined
destinies:
One chalice:
2 straws.

Saiom Shriver

Envelopes With No Love Letters Inside

The seabottle comes to shore
with no letter.

The fortune cookie arrives
with no destiny words.

Envelopes in the mail with
no love letters inside.

The crystal ball is
quiet.

Why?

Because advanced souls
write their own tickets,
make their own way.

One need make no
linear path
across the spherical
ocean of being.

Inspired by Slanfia's poem 'Carrier Pigeon Without A Note'

Saiom Shriver

Epiphany From Touching Bottom

As someone who died in a French gutter
as an alcoholic in a previous life, I know there
is a certain kind of spiritual knowledge which
comes from reaching the bottom

Saiom Shriver

Epistles Of Love

When he
meditated
love letters
from God
were written
on his heart.

Saiom Shriver

Epitaph

At my funeral
my loved ones would
have a hearty laugh
if 'she never said
an unkind word'
were written as my
epitaph

Saiom Shriver

Erasing Old Loops

Joy soars.
It is pain
which remains
as memory's refrain.
May I my
wiring retrain...
my negative
thoughts restrain
that it be
joy I retain.

Saiom Shriver

Erica Jong's Grandfather

Erica Jong

wrote of her grandfather's
massive oil painting
of horses galloping in
from the sea.

She was born in 1942,
the year of the horse.

Perhaps he was painting
a vision of souls killed
in the Great War
again taking form
.. in the horse year
reborn.

Saiom Shriver

Ermine

The white ermine of
British judges had
an aura of scarlet,
for the ermine were caught
by having their tongues
freeze
to trap grease
and the judges
ratified foxhunting
the rich to please

Saiom Shriver

Ernie Johnson

The rarity
of winter clarity..
water's river tracks
and mountain paths
are revealed.
Maya recedes with
her external illusions.
Character's rock will
is seen.

Saiom Shriver

Errors

Each error
becomes a rung
on the ladder
leading to perfect
action

Saiom Shriver

Estuary

That particular estuary
is frozen in January
but trickles from the ice
appear in February

Saiom Shriver

Etching

As a film waits
to be etched by
patterns of light
did I wait for you

Saiom Shriver

Eternal Beauty

What a wonder to see..
on the
very same tree..
fresh blooms of youth
and wise sweet fruit.

(to Julia Hull whose sharp
intellect and soft kindness
coexist)

Saiom Shriver

Ethics And Aesthetics

Not all can afford
organic food..
Wed are economics
and ethics.

Not all can afford
seashore living.
Wed are economics
and aesthetics.

Saiom Shriver

Ethiopia

The 15,000 foot high
Ethiopian mountain
reaches to the sky
while by Lake Tana
monasteries 1700
years old in peace
do lie

Saiom Shriver

Eucalyptus

The Spirit Wind rustles
through the eucalyptus tree,
setting each leaf to speaking
in tongues.

Saiom Shriver

Eucalyptus Flips

Winds stir.

Eucalyptus leaves flip

from green to silver.

Schools of fish shift

choreographed

in moves quicksilver

Saiom Shriver

Evaporating Souls

As water drops
are lifted
by evaporation from
the salty sea,
so souls
shed pain and
rise
from the sea
of suffering
to Divinity

If they desire to come
to earth again
they will alight
as surely
as merciful rain.

Saiom Shriver

Eve Rising

The sun sets..
.into the blue sky
.. pink slowly spills
.. then purple the
celestial bowl fills

Eve rising..
is everywhere clothed
in violet
twilight robes

Saiom Shriver

Even Tide

Evenly
the tide
inslides
at eventide

Saiom Shriver

Even Today

Black men are arrested by
all white police forces and sent
to their deaths by all white
judiciaries, prosecutors,
juries, parole boards

Saiom Shriver

Evening Curfew

Evening curfew...
a concert cue
for birdies' trills
and warbles and coos

Saiom Shriver

Evening Star

The dawning sun
snuffed out the candle
of the evening star...
her smoke became
the mist of morning.
But that evening
there she was again..
venus with her light
aborning.

Saiom Shriver

Evensong

During the day
a noisy throng
Even so...
comes evensong.

Saiom Shriver

Eventide Resurrection

The eventide sun disappears
behind sky theater's cloud curtain.
But the applause of his followers
is so great that he shows himself
in an unprecedented encore.

Saiom Shriver

Everready Water

Water made sure that
all his loved ones had
enough
and then ran down the
street to help his neighbors.

Saiom Shriver

Every Atom

Every atom in the universe
is indwelt by omnipresent God,
even dead flesh. That
does not mean that dead flesh
should not be buried.

Saiom Shriver

Every End A Beginning

The race is over when
the checkered flag swings.

The opera done
when the fat lady sings.

The chess game finished
when fallen the king.

Winter gone
when comes the spring

Saiom Shriver

Every Eve

On the wings of
each eve and every
alights a
universal reverie

Saiom Shriver

Eve's Crib

Do you believe
that Eve's crib
was really truly
Adam's rib?

Saiom Shriver

Excoriated Bugs

Cockroaches are so often excoriated... these gentle, highly adaptable and intelligent creatures.. designated by God as garbage removers

Saiom Shriver

Executioners

Only 3 of 18 Democrat
and Republican candidates
oppose execution
by needle, hanging
shooting
or electrocution

Like Pontius Pilate
they delegate to others
the wetwork of killing
the fathers and brothers

Saiom Shriver

Executions Rresurrect No One

Executions kill the prisoner
but cannot resurrect the victim.
They only continue the
cycle of violence

Saiom Shriver

Exorcised Kitchens

No longer will
the chef
the scallops scalp.
No longer will
the maid of scullery
chop off tiny skulls
nor with baited hook
into false security
innocent fishes lull.

Saiom Shriver

Extravagant Fashion

Extravagant fashion
for the rich is most
often
sewn by the
needlepricking
drudgery of the poor

Saiom Shriver

Eyes Lock

Their eyes lock.
Tendrils of light
flow from each
to the other...
pulling them
into one.

Saiom Shriver

Eyes Of Venus

Shakespeare gives
Venus eyes of gray
but Love has
myriad hues
of black, brown, hazel,
green, violet, blue

Saiom Shriver

Eyes To See

Only by its own light
is the sun visible.
Only by divine love
can God be known.

Saiom Shriver

Fairy Lanterns

Fairy lanterns or
Upended cups...
these blueberry blooms
cheer us up

Saiom Shriver

Faithful Drum Hearts

Our lungs are all
prayer wheels moving in
and out with the Gift of
Spirit. Our hearts
are faithful drums
beating to the rhythms of
God.

Saiom Shriver

Faithful To Their Fallen

Was it watching ants
faithfully and with great
effort remove the fallen
from their fields of action
that the first military
were inspired to do likewise?

Saiom Shriver

Fall Foil

The blazing crimson maple tree
stood next to one of brownred leaves
like a male cardinal
foiled by his subdued mate

Saiom Shriver

Fallen Gold

Gold leaf carpets
brought to
earth
from the sky

as angels bring
miracle money
in answer to...
human cries

Saiom Shriver

Falling Flecks

Falling flecks
of snowflake flocks
flicker in lantern's rising light

Saiom Shriver

Falls Into Pools

Let us flow, God,
into Your will
as falls into
cool pools spill.

Saiom Shriver

False Advertising

Life insurance company
ads falsely imply
with subtle threats
that surviving children
are responsible for
their parents' debts.

Saiom Shriver

False Reward

What is the reward
for all who have warred?
Dead children, burnt forests,
bankruptcy,
injuries by bomb and sword.

Saiom Shriver

False Shepherd

The sheep have more to
fear from a false shepherd
murdering them into mutton
and lamb...
than from any wolf.

Saiom Shriver

Famous Deserters

Francis of Assisi... had a dream...
God told him to leave the papal army.

The Cure of Ars, John Vianney, to whose
confessional pilgrims flocked from hundreds
of miles away, had
left Napoleon's forces.

Saiom Shriver

Fantasia

Sooner or later
all good fantasies leave
fantasia to alight on earth
as reality

Saiom Shriver

Farm Diary

Sometimes
they're electroshocked
Most of the time castrated
Sometimes they're kicked
Sometimes they're beaten

Sometimes they thirst
Sometimes they're crushed
and hot iron branded
but always
they're eaten.

Saiom Shriver

Farmageddon

97% of all animals
who are murdered are
sacrificed to human
mouths.

Farmageddon

Saiom Shriver

Faster Art

Poets with pens
paint faster pictures
than artists with brushes.

Saiom Shriver

Fastest Artist

With 10 million strokes
Jack Frost has covered
everything in jewels.

With 10 million strokes
the reflecting lake has painted
the face of the lion
who came to her shores.

With ten million strokes the
morning sun has painted all purple..
then he changed his mind
and with 10 million more
painted all pink and gold
and saffron.

And with 1 continuing
presence he has by eminent
domain taken Jack Frost's
jewels.

He does not need ten trillion
keys.. for all the icelocks
.. His presence is enough
all doors to unlock.

Saiom Shriver

Fatima

The moon slides out
from the veiling cloud
and Fatima sheds
her burka shroud

Now comes her
new delight
and greater reflection
of the solar light

Saiom Shriver

Favorite Form

God comes through
our favorite form of delight,
the form through which
we're most able to
receive love and light.

Saiom Shriver

Fearful Mood

The cows all in terror moored
sensing the butcher's mood.

Saiom Shriver

Fearless Birds

Pigeons fearless perch
on the general's statue.
Crows convene on
ineffective scarecrows
Gulls gather on
the ferry decks
Sparrows fly over
barbed wire.

Saiom Shriver

Feathered Raven Mask

A dream:

one man was stronger and more
intelligent... the other fighter
though had on a feathered black
raven mask which disoriented
his opponent

Saiom Shriver

Feathering Their Nests

Wondered why sparrows
flew out of the couch
upended into the dumpster....
until realizing they
were removing
stuffing for their nests.

Saiom Shriver

Featherlight

Only love
can make the marriage
yoke light as a feather

Saiom Shriver

Feathers Of The Rainbird

Each prayer, every mantra,
rosary and japamala
all rain dances
add feathers to the cloudwings
of the rainbird

Saiom Shriver

February Freeze

A sudden February freeze
arrests the raindrops
on the branch
like a snapshot..
stops them in their flow

but the afternoon sun frees
drops from the morning freeze
... gone the frost
nothing was lost

Saiom Shriver

February Has Failed

February has failed.
The fields have foaled.
Mother Earth's flowers
have many bright folds.

Saiom Shriver

Federal Prison Privatization

Not just state prisons
but federal ones
they did privatize.

These corrupt
corporate prisons
have their own
private eyes.

Saiom Shriver

Fellow Lovers

We are
fellow lovers
of the sea.
Because of
her
infinity
to all she gives
fidelity.

Saiom Shriver

Fellow Poet

Fellow poet,
your words flow
through my heart
leaving a sparkling
residue
like the
morning dew

Saiom Shriver

Fellow Poets, Help This Palestinian Poet Sentenced To Death By Saudi Arabia For Renouncing Islam

In Saudi Arabia one
cannot follow his heart
One is not able his
own truth to believe.
Because he stands in freedom
Saudi sheiks seek
of his head,
Ashraf Fayadh's
body to relieve.

Saiom Shriver

Felonious

Famous felons in the eyes of the state include untold tens of thousands

Jesus

Gandhi

Martin Luther King

Elizabeth McAllister

Her husband Dan Berrigan

Some suffragettes

Thoreau

Ken Saro-Wiwa

Saiom Shriver

Felonious?

Is it still,
inquiring minds ask,
a felony in Virginia
at an animal rights protest
to wear a mask?

Since the time of Apollonius
and of Polonius
there are multiplied numbers
of actions felonious

Saiom Shriver

Fetching

Melting are March's
Jack Frost etchings
as new cattails
the ponds are edging
Father bird fresh twigs
for their nest is fetching.

Saiom Shriver

Fiddlesticks

A concert of
crickets' fiddlesticks
does the baby
chicks transfix

Saiom Shriver

Field Undressing

When hunters
skin and disembowel
mammals they
have just murdered
it is called field dressing.
Yet even 'field undressing'
would not be correct
since it is not just the
feathers and fur removed
but the skin itself

Saiom Shriver

Fiery Ferment

The sun's fiery
ferment
blazing
in the firmament
turns cool green
in the fir

Saiom Shriver

Fiireplace: Furnace Of Forests

He spoke of the statue smashing of
Henry the VIII and Oliver Cromwell.
as he went into the woods
and stole from Mother Earth
tiny Shinto shrine cones of pine
... wooden temples for his fireplace...
where future forests were destroyed

Saiom Shriver

Filibuster

Where are those
legislators who will filibuster
against racetracks:
legbreaking filly busters.

Saiom Shriver

Filling The Valley Chalice

The dawn sun climbs
beyond range of skylark
His light ever pouring
into the dark

Saiom Shriver

Final Cue

At the butcherman's cue
sheep are lined up in queues
They are terrified and bleating
then knifed and bleeding
to give cancer to those
who eat them as stew

Saiom Shriver

Final Devotion

Honeybees protecting their
hives
die after giving humans
their sting.

Drone bees protecting their
species survival
die after mating their queen...
in air a final swing.

Salmon in a 'last full measure
of devotion' swim upstream
to spawn...
and die in the cold spring.

Saiom Shriver

Fingerprints

Fingerprints are great clues
in murder mysteries
but inaccurate and misused
are fingerprints in history

Saiom Shriver

Fire And Water Coexist

A mystery that in clouds the waters
of life and the lightning bolts
of fire coexist

.. clouds born from
trees' evaporation mist

Saiom Shriver

Fire Extinguisher

Because the entire
world's
congregation
was in contemplation
of communion consecration
there was no
condemnation
nor resultant
conflagration

Saiom Shriver

Fire In Ice

Fire reflected in ice
is not frozen fire
nor is the light
in the eyes
of those
caught in ire.

Saiom Shriver

Fire In The Lake

Ignited in the lake
the rising sun's fire.....
without smoke, nor
crackling in the hearth...
this reflected light entire

Saiom Shriver

Fired For Facebook Defense Of Cows

Because of his Facebook post
he was fired.
Better treatment of cows
he desired.

Ohio dairy workers have
kicked cows in the head,
put sharp probes in their nostrils,
beat them in the head with crowbars,
pitchforked them in the udders.

*

Petition:

Saiom Shriver

Fireflies

Fireflies:

.. these tiny glowing stars
foiled by the night
Many universities are
snuffing their sweet light

Saiom Shriver

Fires Fly

Fires fly
in fireflies

May they be kept out
of children's jars
free to shine
their twinkling stars

Saiom Shriver

Fires Of Creation

Ever is the soul's essence
in God's presence,
unharmd by fires of body creation
or the ashes of cremation.

Saiom Shriver

Firewood Fires

Killing trees for firewood
causes drought
and woods on fire
... fiery woods

Saiom Shriver

Fireworks Tragedy

He was sitting off fireworks from a boat
in the lake for his children, nieces and nephews.
He let 2 of he oldest children
into the boat with him. The firework
malfunctioned... the boat capsized...
hitting this champion swimmer on the head
and drowning 1 of the 2 teens.
When his brother went diving for him, he
saw glowing far below
the flashlight his brother still held,
as if his departed spirit was telling his
brother where to look for his body.

Saiom Shriver

Firs And Ferns

Firs and ferns
frame fells and fens
and fringe fjords

Saiom Shriver

First Flight

The bough broke
The baby bird fell
but then he stood..
he began to hope and
then to hop
and then to flutter
his wings..
he flew a few inches..
hopped some more
.. each time a little
further
until he took flight

Saiom Shriver

First Frost

I will change my ways
and no longer toss
acorns in the woods
til after first frost.

Saiom Shriver

First Lady Sally Hemings

Reflecting pools are your liquid monument.

As seas receive slaps without
responding so you absorbed over and over
the humiliation of being hidden in a back room..

You watched as he
showered his white children with public love
ignoring the children of his desire.

You heard the news of his White
House dinners as you were kept out of sight
in Monticello..

He broke your heart again.. and again as he broke his
promise.. to grant freedom to yours and his children...

After his death your own children and 200 of your fellows were auctioned off in
slavemarkets... You grew tired of
reflecting him.. Your waters mirrored kinder faces, as they flowed
past the cold marble.

Saiom Shriver

First The Lightning Then The Rain

First comes her lightning..
then her rain
first her humor
with kindness in its train
First the baptism by fire
and then water's laving
First Uranus
.. the way for Neptune paving

She does not in Uranian ways
laugh in her sacred church
.. but issues lightning bolts
of compassion from the pulpit

Uranus must twice revolve
to equal Neptune's once resolve

(to Dr Ginnie Bourquardez, founder
of International Network for Religion
and Animals. She is with God now)

INRA combined vegetarian and animal
rights teachers in all religions

(Uranus has an orbit of 84 years
.. Neptune an octave higher
has an orbit of 168 years)

Saiom Shriver

Fish Swim In The Streets

Al Gore said in parts of
Miami when the tides
come in, ocean fish
are swimming in the streets.

Perhaps in some
places when the water
subsides, they're left
gasping on concrete.

Note: Fish in the streets... an
aspect of rising sea levels from
deforestation and carbon dioxide.

Al Gore was on WBUR's The Takeaway
on Nov 27th. He said that China and the US
are the 1st and second biggest global
polluters, respectively.

Catfish washed up onto Tampa streets

Saiom Shriver

Fish Waves Beneath The Waves

Zillions of fishes
swim in the sea
No traffic lights
No police
no collisions
only ecstasy

Saiom Shriver

Five Old Men

Five old and unelected
men on the US Supreme Court
who sit on the bench
with unlimited terms
and use their 'prolife' gavels
as murder weapons signing
death warrants for prisoners who
petition for mercy while
they rubber stamp illegal
genocide wars around the world,
approve secret torture,
and obey their plutocratic
bosses....have screwed the
elected legislators
of California who have
tried to make slaughterhouse
conditions less brutal.
These 'injustices' have
approved of torturing and murdering
actual animals in snuff films.
Regularly they ignore
the wishes of hundreds
of millions of Americans.
Americans elect senators and representatives
and some judges and presidents.
It is time to elect 'Supreme' Court
justices.
Who is guilty of contempt
for this court? The entire world.

Saiom Shriver

Five Sparrows

Five sparrows
ignore the mulberry fruit feast
of the Father to
flutter and alight..
pecking at a filthy
greasy loaf of dumpster bread

Saiom Shriver

Flag Of Peace

a flag of peace
of war's surcease

Saiom Shriver

Flagflap

Flags flap
on a tent
on the sand
by the sea
wandering
exhilaration
and freedom
for you and for me

Saiom Shriver

Flags Of Fog

Flags of fog
flap not but float
above the kingdom
of Neptune

dancing only to
the anthems
of neeptide
tunes.

Saiom Shriver

Flakes And Flames

Snowflakes fall outside
Gas fireplace flames inside
The flakes won't touch the flames.
It is sunfire which will melt them.

Saiom Shriver

Flame Of Purity

The pig lard candle
.. made of screams,
the cries of resistance,
and innocent blood..

Yet when it burns..
the flame of SPIRIT
is always pure

Saiom Shriver

Flamingo Flight

From the phalanxed
flock of flamingos
courageous souls
rise and go

Saiom Shriver

Flanders Resurrection

In Flanders fields
of floral flocks
unfurl flaming
peaceflags of phlox

Saiom Shriver

Flash In The Pan

Flash in the pan
fires of passion
Gone so quickly
leaving embers ashen.

Saiom Shriver

Flashpoint

To places of mass massacre,
violence is magnetized.

When Chicago was the physical
capital of mammal slaughter in the US
there was a great fire. It was blamed
on a cow in a barn kicking over a lantern.
Karmically, it was an equal and opposite
reaction to the violence.

Violence in fast food places is
well documented.

When millions of mammals are murdered
in Mecca, are the stampede deaths of 700
pilgrims related?

Saiom Shriver

Fledgling Safety

He closes the door gently
when his home he daily leaves
for he's heard the fledglings chirping
above it in the eaves.

Saiom Shriver

Flee Fly

Flee! fly sons
and daughters
to avoid the slaughter
of human chauvinist
fly swatters.

Saiom Shriver

Flesh Peddlers

Though one recognizes that
animal flesh dirties ovens
more than anything else,
it is not necessary for
Easy Off oven cleaner
ads to promote
the eating of
innocent turkeys
or cows murdered
into jerky.

Saiom Shriver

Flickering Flames Of Dawnfire

Flickering flames of dawnfire
Fluttering flower flags
Flittering flamingos
while floating swans soar
in flight

Saiom Shriver

Flight Of Dragonflies

The lily pad
fleet is afloat.
On it alights
a dragonyfly flight

Saiom Shriver

Flightless Fledglings

Flightless fledglings
cannot flee
when loggers ax
a sentient tree.

Saiom Shriver

Floating Constellation

The river floats downstream
a constellation of
rippling sunstars.

Saiom Shriver

Flock Pioneers

This week saw
a black crow and white seagull
hanging out together
disregarding their
flocks' racists
who like homogenized feathers

Saiom Shriver

Flocks Of Phlox

Faithful spring refrocks
flags of flaming fleecy phlox
Unsheered happy flocks

Saiom Shriver

Florentine

They are less likely
in kitchens Florentine
to need their food
to quarantine.



Saiom Shriver

Flotsam

Near a flock of marsh reed flutes
Neath a flight of flutterbies
Float flat lily pad fleets
On them now alight
flittering dragonflies.

Saiom Shriver

Floundering

Flapping and gasping
and suffocating,
for those with eyes
to see...
the flounder is floundering.

Saiom Shriver

Flow

He can now end forever
his hard endeavors.
He has reached the point
at which all he desires
will flow to him.

Saiom Shriver

Flower Of Love

She excludes no one,
but like a gardenia
spreads her fragrance
to all in the garden.

Saiom Shriver

Flower Plans

Flowers have no
secret agenda,
no worries, no plans.
Effortlessly they
spread their fragrance
to all. They pour forth
unique patterns of light
through their petaled prisms.
They give bliss to bees
and hummingbirds,
a landing strip to dragonflies.
If a deer should munch
one into his next life,
his soul soars happily away.

Saiom Shriver

Flower Stall

The seller,
pimp of slain beauties,
cut away from life's roots

Saiom Shriver

Flower Victims

Mowers decapitate them.

Salad lovers behead them

Lovers shred them petal by petal.

Flower arrangers and artists

position their dead bodies.

Bees steal their nectar and abandon them.

Perfumers cut them to extract their smells.

Footnote:

George Bernard Shaw: I love little children but I don't cut off their heads and stick them in vases.

Sathya Sai Baba: Why pluck a flower and hasten his death.

If you love a flower, don't pick it up. Because if you pick it up it dies and it ceases to be what you love. So if you love a flower let it be. Love is not about possession. Love is about appreciation. -Osho-

Fruitarian: healthiest least violent food

66 reasons not to mow

Saiom Shriver

Flowing Humility

A river joyfully flows
down from mountain peaks
over rocks
to the sea
not aware he's
taking the path
of humility
to the lowlying sea.

Saiom Shriver

Fly Right

'Straighten up
and fly right'
said mother to
her baby fly
or you'll never
be a champion
of all flies' rights.

You must not
buzz foes despite
their attempts to
smash you out of spite.

Saiom Shriver

Fly Rights 2

Said the mother
to her baby colt
'use your flyswatting
tail
as a gentle brush...
and not to impale'

Saiom Shriver

Flying Snail

The full moon sails
... a flying seasnail
Left on the sea her
liquid silver trail.

Saiom Shriver

Focus And Families

Studies say the children
of doctors and nurses
are sicker,
that the children of law
enforcement officers
more often break laws,
that the children of preachers
reject the narrow ideologies
of their parents.

Saiom Shriver

Fogshroud

Fog shrouds the bay
The dawn's orange sunrise
separates the grey
of sea from sky

Saiom Shriver

Food Oxymoron

The sign read fresh fish.
He understand in a flash
that cadavers of flesh
from killing sweet fish
can never be called fresh

Saiom Shriver

Food Vibrations

Only the fruit
of tree, bush, plant
or vine is given to us.
All other foods
(animal or fish flesh,
dairy products, eggs,
vegetables) come
from killing.

Saiom Shriver

Fool And Ingrate

Perhaps only a fool
or an ingrate
would critique God's
fall display of old.

Nevertheless, rushing in,
I petition for more
purple and pink to augment
the red, orange, yellow and gold.

Saiom Shriver

Football And War: Violent Blood Sports

Is there a correlation
between football and war?
Are we programmed to watch
modern gladiators killed
or horribly maimed
because of our
insatiable appetite
for watching others fight?

Note:

Football deaths in 2015 from heat stroke, head and neck injuries... these figures do not include those who are paraplegic, whose brains are partially destroyed, whose knees are smashed, whose eyes are injured etc.

Football is a violent blood sport.

'Direct Fatalities 4

Indirect Fatalities 5

Non-exertion Related Fatalities 5

Discussion

Head and Neck Injury 6

Heat Stroke 12' The quote is from UNC

Saiom Shriver

Footfall

Not silent are the footfalls
in neckbreaking football.

Saiom Shriver

For Evensong

The nightingale
sings at night
but most birdchoirs
are at dawn
and as they fly
home
for evensong

Saiom Shriver

For Human Appetites

Should mammals birds and fishes
be murdered for human appetites?
Do these voiceless powerless
creatures
to existence have a right?

Saiom Shriver

Forgetful Mirror

Light reflecting, teaching
mirrors... have no memory
as those imbued with Spirit
see all as perfect and new

Saiom Shriver

Forgive Because

He forgave all when
he realized that all lines
of every human being actor
were written by the
Divine Playwright

Saiom Shriver

Forgiving

CRADLE ROCKED

When the pond was smashed
by his clenched fist..
it became a cradle rocking
for the little fish

God transmutes anger
into love

THE RIVER TARRIES NOT

The river tarries not
over the stones of karma.
To seaward joyfully running
is her destiny's dharma

TECUMSEH MUSEUM ON A HIGH HILL

A Tecumseh museum.. on a high
hill.. full of axes, scalps
and knives..
Someone enters and
walks around opening all
the shutters..
light pours in
One is then
aware.. only of the
supernal radiance.

And from the high hill
distance one sees puffs
from many chimneys.. all
smoking the pipes of peace.

ICICLE POINT

The frozen daggers of
unforgiveness..
icicles..
shine in the light
but it is the orb
of forgiveness
.. the miracle
point at the drip
of the icicle tip
which reflects the sun

INVISIBLE GARLAND

Each of us wears an invisible
garland of skulls.. for all
the souls we have in this
or other lives killed, injured,
neglected, for all those beings
whose hearts we have hurt.

God's mercy sometimes
instantly, sometimes through
centuries, turns all the skulls
to jewels.

CROATIAN CREATION

Crocuses are blowing
with the news..
cows are crowing it
and frogs are croaking it..

A most sacred place
in all Creation
is the forgiving ground
of Bosnian Serb & Croatian

SEACHANGE IN HEART WATERS

There are signs of the tide's inrush
as the gulls come closer..
as the sound of laves wapping brings
peace
.. and in the waters of the heart
is a subtle seachange

VIOLET ME

As the sun poured into
her niches and naves
and
her coves and her caves
Mother Earth cried
'You violate me! '

But weeks went by
and she spied
April's apricot apron
and apple blooms
and then she exclaimed
'You violet me! '

(to a quiet saint, Nita Nickol)

NIAGARA FALLS

Two rock divided branches of the
same river of God
approach a cliff.
Lanc causes the waterfall foes
each other diametrically to oppose.
As each roars over the cliffside,
unhurt they emerge as one,
some drops rising as mist
to bless riparian trees.
Made of the Mist
are new leaves.

(to the people of the United States and Canada)

(to the people of the US and Canada)

TWO NEGATIVES A POSITIVE MADE

As two negatives when multiplied
a positive do make
.. former foes who seek
each others' good
cause miracles forth to break

BEING KIND

Those who refuse to harm
the hearts of others
with humor involving
ridicule or cruelty
or searing revenge
.. are able to call
on the aid of the guardian
angels and parents
who do not forgive
as quickly as their
human charges.

SILVER SCREEN PROJECTION

She never feels rejection
by others' projection..
as they describe their
own faces..
found in her soulmirror's
reflection...
when they cast
their negative movies
upon her luminous silver
screen. Its very purity
invites the process..
as a blank page invites
pen scrawl.
as a sea receives
rivers. Slowly

others learn it is their
own movies on her screen..
their own faces in her mirror.

(to MSC)

BALL TO BALLLOOOOON

The ball got lighter and lighter
as she shed more and more
of her insides of the past..
until she became an invulnerable
balloon.. and soared away
wherever she wished
.. alighting whenever she wished

GREAT UNCLE

She was able to forgive
the hunter who shot
her great aunt
in the woods
when angels gave her
a dream.. and showed
her the hunter had
let her aunt out
of earth jail...
and ushered her
into the world
of ecstasy.

AS MOTHER LOOKS ON HER TODDLER'S FALL

God looks on error
as a mother looks on a toddler's fall*
.. or on her 4 year old child's making mudballs

or like the sun
gazing upon sour fruit soon to be sweet*
.. or upon a blow which releases
water from ice freezes

God does not send loved ones to hell
for acting on drives from the outer shell

God is more forgiving
than the daily snowfall which
erases
many human footfall traces
.. more forgiving than
the sea
which holds onto no boat wake
.. more forgiving than
the sky..
which forgets the path of clouds
or the fire
which devours the mistakes of
the past

Divine Love made us
.. anything which is not
of Divine Love
.. is not you.. is not me

ALTARS OMNIPRESENT

In doubt or
hesitation
do not falter
at Abba's
omnipresent altars
where
God forgives
all us knaves,
all defaulters

IF YOU

If you do now
your heart unlock
I promise in the future
I will knock

ICICLES

Our enemies..
they were huge
dagger icicles
hanging up high
.. ready at the
slightest sound
to crack down

Time passed..
they dripped
and grieved
at their own
passing

More time passed
.. they glow
in the morning sun
.. crystal..
exclamation points
of joy
with drops at the
bottom

Now all the ice
is gone
.. water no longer
caged by frozen
form

STAR SHAPED SCARS

As she began to focus
on the grace rather

than the pain

Each little scar
turned to miracle star

BOUGH

God looks upon
a broken vow
as on a river
not clinging to
bough

BRIGHT GOLD FIELDS

Within the husk
are bright seeds
containing future
gold fields of corn

Just so God grows
joy's bright kernels
inside the husks
of cruel scorn

DIVINE PAINT

The blue paint
of the third eye
cannot be chipped
away..
The blue eraser
of the 3rd eye
cannot be overlaid
It cancels all
mistakes of the past
.. all dark portraits

HEATHER

The falling snow erases

the criminal's footprint traces
The seas do not record
the weedcleaving swords
of the unknowing oared..
nor does the heather neath
highland mist
seek to remember the
heavy tread
which for wee moments
crushed
her violet head

(to Heather S)

FORGIVING FOREGIVING

To forgive
is to release
to let go
to fore-give
to give first.

FLOW INTO FOE

When you can flow
into your foe
and witness his
most bright soulglow
love replaces
the wavering
of to and fro

SCARLET LEAVES ORANGE BERRIES

We passed a scarlet leafed
orange berried bush
..crimson leaves turn
to softer fruit..
Anger.. into Love

HE IS CHANGING

You cannot see how he is changing
He is a growing baby eagle
with an unmoving shell
and within him does unseen

the force of Godlove swell.
He is water melting within
the towering iceberg spires
He is coldform becoming formless
through the touch of GodSunFire.
He is the April Aries apricot
leaf ready to unfold
.. which will calyx the fruit
as it turns to gold

CLUBHOUSE

He gradually realized
that when the gang of
thugs kicked him out
of their clubhouse..
they released him
from jail

CANCELLED STAMPS

God can forgive even
a general's or president's

millions of caused deaths
more quickly than
President Eisenhower's
image on a stamp
can be cancelled... once
a heart decides never
again to cause suffering.

SOLUTION TO THOUGHT POLLUTION

When anger at warmongers
creates thought pollution
prayer for them and me
is a possible solution

Rather than let anger's winds
blow my raft away
I can cross the bridge
over thought's separations

TO UNDERSTAND ALL IS TO FORGIVE ALL

He who rescues an ox
from a ditch might
be muddy for a time
as the lake in which
the lion washed his blood
is for a while
crimson with his anger.

VIETNAM

The soul humbling forgiveness
of the Vietnamese
brings our hearts
to our bending knees

OARCLEFT

Birds have oerleapt
the sea oarcleft.
But she has
not been harmed

Bee has petals
of clover cloven
but she has
not been harmed

She confers her

drops of grace
on the shaft which leaves
without a trace

THE STONE SHE HAS THROWN

The stones
she has at others thrown
have become the cornerstones
of her Divie Love throne.

CHERISH THE CHERRYSTONES

Cherish the
hard cherrystones
.. inside each is
scarlet lettered code
They are
.. the crimson chariots
of future
cherries
transformed into rubies
by the
sun's cheer..
for every Chinawoman
and Cherokee
.. every child
young or old
For them.. every year
is a jubilee

(to Patty and Charles D)
(writer was ignorant of
cherrystones as a word
for suffocated clams)

RAM DASS

The Asian Indian Ram Dass
says that good and evil

are a projection of my mind.
Therefore it is myself
I must forgive.

KIND SURGEONS

there are kind surgeons
who stitch up sturgeons
and release them to the open seas
when the high tides are surgin

THE SUN AND THE MUDCLOD

The sun did shine in 360
degrees.. blessing all with her
rays.. one particular clod of
mud.. refused her love.. did
not answer the door to her radiant
silent knock.. did not.. the
gate of his clodheart unlock..
so she held back one of her
infinite rays.. but after a while
realized that it was silly
to waste energy..
and so let her rays shine
in all directions as before. Letting go
caused more energy to flow:
And the mudclud, the hundredth lamb..
did eventually his heart unlock.

Saiom Shriver

Forgiving II

SNOWDROP LAKE

The clarified waters of Snowdropp Lake
form from melted hexagonal snowflakes.
The heart unfrozen with new love flows
as new soul-space does forgiving make.

(Curiously the writer has several
times removed the 2nd d in snowdrop
which keeps reappearing)

PEACE TEMPLE LIGHTNING

Carved in stone in the Peace Temple
was 'those who live by the sword
shall perish by the sword'
but the caretaker of that temple
had so learned his lessons
.. a God-dispatched lightning
bolt.. erased those words
and wrote in their place
'Perfect Love Casts Out Fear'

FISHNET FORGIVEN

The fishing net has
straightened out
.. and become a dreamcatcher

(to J Lehman and his work)

ARIZONA RAIN

The feathers of the Phoenix
bird are not always
flakes of fire..
sometimes they are mercy's
falling waterdrops

NINTH STEP

She was very upset to find that the
woman to whom she wanted to make amends
had died.. Later she found
that by miracle.. a friend
had made amends for her.

BEYOND CRIMSON SCARS

Above earth's crimson
scars
shine the diamond stars
Beyond earth's greyest
clouds
shines the great sunstar
Beneath his angry mouth
beats his peaceful heart
A paradox is it
.. that his angry words
are written with the ink
of love

HATE METASTASIZES

Revenge destroys
the brain with fire
It is terror and cancer
cells' multiplier
.. the great
metastasizer...
will you choose to focus
on the rose
or on the thorny briars?

FORWARD BUTTERFLY

The butterfly does
not look back
to the cocoon
of caterpillar.
She does not

want to be
a Lot's wife
bitter pillar

WILL I EVER BE

Will I ever be
like the peony
which responds to storms
heavensent
by gifting all with her scent?

..

LAVA TURNS TO JEWELS

She the sea
.. receives red hot
lava
and transmutes it
into green glass jewels.

She the listening compassionate
ear
turns anger into
love.

(to L Lichty whose friends were gently diverted when they criticized others in her presence)

PRAYER

Thank You
for Your descent
Holy Spirit.. Dove
with Your transforming
Touch of Love
in the heart of each
killing general and
judge

prosecutor and gov

PLANTS FORGIVE

Some day
the acacia leaves
will forgive giraffes
and in the presence
of koala bears
bamboo shoots will laugh
.. the cows will
be welcomed by
each blade of grass

SNOWMEN

'Snowmen dropp unassembled from the sky' *
some created by sculpting child's play
.. their life models men frozen into cruelty by
pain

*(said the anonymous email..)

DEWDROP METAMORPHOSIS

The hanging ice daggers
slowly drip drip drip
and one by one they
do drop
until finally the last
one.. melts and plops..
some day.. it will
be dewdrops

BLUEPRINTS AND WIND

Of our past transgressions..
The Divine Wind away blew prints
and the Sun made reality
of wish blue prints

TO UNDERSTAND AN AGENT IS TO FORGIVE HER OR HIM

Some were threatened physically
or their loved ones threatened.
Some were released early from
jail in exchange for services.
Others had hearts' desires for
money, addictions, a person
etc dangled in front of them

NONDUALISTS FORGIVING GOD

Nondualists who think that
God is the only Doer..
believe that God is the only one
they need forgive.

SHADOWS SCURRY

Entities who the dark
path represent
do forgiven images
re-present.
They scurry away
when
the Name of God
is present.

GOD IS GUILTY

If God is the only Doer
then..
even a killer is an actor
saying his preordained lines

CONNECTING THE SYNAPSES

When Kissinger declines to hunt boar with Brezhnev
but arranges the bombing of Vietnamese.. this is a disconnect
in the chambers of his heart

When Churchill directs a ladybug to be saved
and bombs hundreds of thousands.. this is
a disconnect in the chambers of his heart

When Hitler directs that animals be freed
from the Berlin Zoo during the bombing
but kills millions.. this is a disconnect
in the chambers of his heart

Howard Zinn speaks of the disconnect
of bomber pilots who cannot
hear the screams, smell the blood
nor see the limbs being blown
off.. as they are 30,000 feet up

When people stand in freezing cold
for peace.. and then go home
to dead bodies on the dinner plate
this is a disconnect

When teachers show their
cooking classes graphs
of animals divided into
steaks.. it is a disconnect

All these illustrate the disconnect
of distance.. they cannot kill
whom they know but can
objectify beings they do not know

It's not sin or lapse
but disconnected synapse

GRASS SEED

She often had to plant
grass seed where
her volcanic explosions
had occurred.

TAN

Dracula was running
from the dawn
.. on vines he tripped
and by temple dogs
was trapped
.. and found as the
sun rose
that he too by Sunlove
was tanned

EDITING

It is easier to
edit what is written
on paper than what is
carved in stone.
Easier still to edit
what is written on
sand or water.

RED DRESS

Unforgiving..
a desire for redress
can become the soul's
vengeful red dress

THUNDERSTORM

His storm
in the fruitladen
tree released
her grace gifts
early.

RADIUS RIVER

The radius river
moved..
fanning into a delta
before becoming
the circle sea

LIGHTNING SWORDS

As swords of
lightning cannot
cleave the sky
the personality
cannot harm
the God in which
it lies

FEMORAL

On pot he looked down
at the chicken bones
femoral
of innocent birds
with lives so ephemeral
and decided from the
moment of that day
to attempt nonviolence
in every way

RELEASE

When her pluto ruled
underground springs
upwelled into Sagittarian
joy geysers
she was able to forgive
Nazi children of the Kaiser

TREE TEMPLE ROSEBUSH RIGHTS

To destroy a present temple is akin to pulling
down a living tree... to resurrect old rocks..
...or to a psychopath killing
an 'illegitimate' child..

Jan had a vision of Catholic nuns watering
the roses on Hitler's grave. Rosebushes have rights, even if they are woven of

the flesh of the body of Hitler.

PUPPETEER

Those who believe God is the only
Doer
believe that the Puppeteer punishes
His puppets.

FORGIVING MYSELF FOR UNCONSCIOUSNESS

In the days before 1968
I stood for peace
but sat down to violence
.. vigiled for an end to war
and dined on blood turned juice.

UNIVERSAL

his posts were
usually off topic
and quite misanthropic
but they forgave him
and invited him back
to their paradise in
the tropics

VICTORY OVER TIME

As the physical magnetism
of some can affect wrist watches
so the spiritual magnetism
of the holy
can erase time's karma

HEART OF THE DEER

A tiny percentage
stalked the deer
to eat their hearts
But billions worked
to guard

the love flowing
from those hearts

(in the US, less than
4% of the population hunt..
hunters are down one third
among those 18 to 24)

DEICIDE IS IMPOSSIBLE

The neonazi changed.
He did decide
that if God is light
noone can commit deicide

NO HARM NO FOUL

A message bottled
within each sparkling sunbeam..
'no harm, no foul'
because it's a dream.

WOLLESLEY BEAR

I promise you Wollesley
Bear.. wherever you are
.. that next time I brake
for a butterfly
I'll make sure you
have your seatbelt
on

SNOWS OF THE MOUNTAIN CRAGS

As mountain crags do
hold the snow
though on it mightily
the sun does glow
so does it longer take
for some souls

to release pain which
long ago froze

FRUIT OF CRITICISM

What is the fruit of criticism?
The receiver's heart shuts down.
There is an urge to counterattack.
The ego and the heart are intertwined
so both feel judged and begin
to marshal defenses and to attack.

(Thaddeus Golas: 'In response to
pain, expand')

FORGIVE ME LITTLE VIOLETS

Forgive me, little violets,
that in smelling lilacs
I did unconsciously step on
your shy little heads.

AS MOTHER LOOKS ON A TODDLER'S FALL

God looks on error
as a mother looks on a toddler's fall*
.. or on her young son making mudballs*
as the sun
gazes upon sour fruit soon to be sweet*
.. or upon a blow which releases
water from ice freezes

God does not send loved ones to hell
for acting on drives from the outer shell

God is more forgiving
than the daily snowfall which
erases
many human footfall traces
.. more forgiving than
the sea
which holds onto no boat wake

.. more forgiving than
the sky..
which forgets the path of clouds
or the fire
which devours the mistakes of
the past

Divine Love made us
.. anything which is not
of Divine Love
.. is not you.. is not me

FLOTILLA OF BIRDS

On the lake float
a flotilla of all direction flying
birds
neath a flotilla of 1 direction
clouds..

Some had landed first on ice
.. others differently upon the
water

.. In February Mother Earth
forgives sooner than
Father Water..but he too
will melt

DEBT ERASED

It had snowed
and the criminal's
footprints showed
the path to him.

However it was the
same snow.. knowing
he had changed
.. which again fell
erasing the tracks

to a judicial hell

FEBRUARY

A sudden February freeze
arrested the raindrops
on the branch
like a snapshot..
stopped them in their flow

..
but the afternoon sun frees
drops from the morning freeze
... gone the frost
nothing was lost

DIFFERENT RIVER

A river has changed
in this second..
some of him has emptied
into the sea..
some is being renewed
in headwaters.

PENTACLES MELT IN THIRD EYE

In meditation he watched
black pentacles
melt in the cobalt blue
of the third eye

and knew someone's
past karma was being
erased

GOD KEEPS NO FILES

God keeps no files
on reformed pedophiles
.. Spirit
creates learning

situations..
with action's consequences..
but God sees
all bodies
as Divine Love phials
and can each soul
undefile
as She erases
all prison files

BOUND BY LOVE

2 former competitors
for the same man,
not yet aware of their
eternal spirit love
for each other
were yet bound
by their love for him

FROM ANY POINT ON THE WHEEL

God can catapult someone
from the most fallen states
into liberation.. while
another remains stuck
in orbital shells
not realizing his
complacency is a hell

33 DEGREE WATER

33 degree water
can be colder than 32 degree ice
for it is not barred
from entering the skin

When Cancer forgives
cancer can disappear

PATIENT TREES

.. patient trees
receiving the blows
of elephant tusks, lovers' initialing
knives, 'pruning' shears, moose antlers,
lightning bolts, tornado winds,
utility axes, lumbermen's chain saws

never themselves holding up
branches defensively to fend
off the blows

CLEMENCY

I ask you tenderly
to grant me clemency
as polluted rivers' tendencies
are purified in clement sea.

TOTAL AMNESTY

As the criminal's snowprint traces
are gone when sun the cold erases
so do all sins disappear in
God's
firefall of
all graces

COLD GOLD

The people's land
was given to the mineowners
at firesale prices.
They hired slaves at
less than minimum wage...
and when the fire
at their deathtrap mine
took the lives of many

it refined
the cold gold.

LOVING FOES

God told us to love our
neighbor as ourselves.
Jesus told us to love our
enemies.
Therefore we are told
to love our enemy as ourselves.

RELEASE THE WASTE

The body should not hold onto
toxic waste
nor should the mind or soul
cling to past hates.

ABOVE FREEZING

To frost had firmed the fog
which veiled the cranberry bog
but now iced crystal jewels
melt into Spirit's drops

LIQUID DECK OF CARDS

Iceberg spires and turrets of
crystallized pain
melt in warm waters
off the coast of Spain.

FOUR ELEMENTS

God's water washes away transgressions.
God's fire burns errors to ash.
God's earth buries mistakes.
God's air blows them into fragrant zephyrs.

GREEDY CATERPILLAR

Gopal said she saw
greed as a hungry caterpillar.
May I see it that way too: a voracious
caterpillar soon to cocoon
himself til his own transmutation
..the devoured sacrificed
green leaves of spring
turned to translucent
feathery invulnerable wings

ICEBERG

Paradoxically n iceberg overhang
is more
dangerous when melting than
when frozen. As evil is breaking
up
it can be more unstable
and dangerous. The wise
avoid proximity in such
cases.

CONNECT THE DOTS

When I asked my father not to fish
I did not connect to the meat on my plate
When I saw the film Mondo Kane I did not connect
When I saw the cow on the high school blackboard
marked with dotted lines I did not connect those dots
When I saw the picture magazine with a hyena's face frozen
in terror right before he was killed by a lion I did not connect
When I met a vegetarian I resisted
The different chambers of my brain did not speak to each other.
I now forgive myself.. for having been unripe fruit..
hard and green...unconscious... unawakened to suffering.

-

THOUGHTS ON FORGIVING

Jesus: Love your enemies. Do good to those who hate you.

Course In Miracles: The holiest ground in creation is that where 2 former opponents have forgiven each other.
(paraphrased)

J Myzkowski: My former enemy was a mirror who revealed the dirt upon my face. (paraphrased)

Kabir: The saint helped the scorpion over and over again and the scorpion each time returned a sting. Some said 'do you not know it is the nature of the scorpion to sting? ' and the saint replied 'it is my nature to save.'

Jan Freundsuh: When I'm having trouble forgiving someone I mentally regress him to baby state.

Sri Yukteswar: The vanished lives of all are filled with many shames. Therefore do not judge.

Gerald Jampolsky: Forgiving others helps us forgive ourselves.

Bible: Judge not lest ye be judged.

Kabir: Forgiveness is a game only saints play.

April Baer: Forgiveness is a form of cleaning out closets
(paraphrased)

Nancy Taylor: Unforgiveness wastes energy as extra weight is carried around. Unforgiveness requires the energy waste of repressing.

Maria Susie: (re the Bible that God tosses our sins into the deep sea) God has posted a no fishing sign in His deep waters.

Sai Baba: You may blame me for the bad which passes through you if you praise me for the good.
(God is the only Doer)

Gopal: It helps to understand in why people do bad things to remember that only a tiny slice of the pie of their divinity was brought into this incarnation with them.

L Bertsch: Resentment turns a face slap into an ulcer.

Sai Baba: Not in the morning pond does the lion wash his blood.

The Buddha: The more evil done to you the more good do in return. (Buddha's purity was so great that those who plotted to kill him had their plans recoil upon themselves, not by his actions, but by the law of spiritual physics.)

Evangelical tv pastor John Hagee: Did someone harm you in 1962.. let go of it! Control and ride the horses of anger.

(may Hagee be aligned to Jesus' teachings on pacifism)

Jan Freundsuh: (To a former foe) Now I see you as a pure rushing fountain..adorned only by your own sweet splashes.

D Calleia: I went to sleep praying for an opponent, someone who had repeatedly harmed me. That night God came to me in her form.. and gave me a creative new way to draw my graphs.

Poster: Don't go down Rearview Road. It's one way.. and leads to pillars of salt.

JBO: So are you saying that you are getting the senior citizen discount on your sins and the reduced weekend excursion rate on your transgressions?

Saint Of Shirdi: It is the fruitladen tree which attracts a shower of stones.

S Anthony Grafo: To hold someone in past thoughts is to imprison him.

A Thakur: My uncle received the anger of a great saint. He considered it a blessing.

Sai Baba: The actor who slapped you on the stage waits behind the curtain to congratulate you on your performance.

Alanon (passed through SC) Others' opinions of me are not my business

Bible: Judge not lest ye be judged.

Poster: Until past images are released, one is a blocked tv screen.

K. S. Hoare: The woman was not miraculously healed until she forgave the horse who had thrown her.

(*perhaps all horses need to forgive their human oppressors)

John C Lehman Jr: Sometimes it is not necessary the problem to solve but change the angle of vision and the problem dissolves.

K. S. Hoare: Part of her heart was tied off by God.. that the rest might grow larger.

Mahatma Gandhi: An eye for an eye makes everyone blind. (Jesus came to make the blind see.)

Unknown: To understand all is to forgive all.

*

A: What did I ever do to her.. I never spoke to her.. never touched her

B: You bathed her in your aura

the 2nd d in dropp is not the writer's idea

A humble request:

Please print from the web on rice, cotton, scrap, nontree paper, or 100% recycled Emily Dickinson: a whiplash unbraiding in the sun (unconditional love unties the knots of resentment) For the sake of sentient trees and their resident flightless baby birds and squirrels please use cotton rice or other less

violent paper in print outs from the web

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Greedy Caterpillar was inspired by a thought of J Freundschuh God Looks On Sin includes 2 of Sai Baba's parables and a dream of J Freundschuh Stars in 'As Mother Looks on a Toddler's Fall' are based on the teachings of Sai Baba as is the parable that we should be like rivers flowing over sharp rocks Tecumseh Museum is to all Native Americans and settlers who have suffered in the past) (years after dreamer had this dream on the early morn of December 7 she heard broadcast on C Span a description of a Mohican museum.. followed by the song You are my sunshine) Mallik Arjunan: From any point on the wheel one can be liberated notes on As Mother Looks on a Toddler's fall.. title based on a quote by Saint of Shirdi.. mudballs based on a dream by Jan F (we are all Tecumsehs: look not at our past but at the divine light within each of us as we forgive ourselves) * the stars indicate concepts transmitted to writer by the words of Sai Baba Silver Screen Projection is to Susie M C If You is to T Jackson

Saiom Shriver

Forgiving Sea

When the earth
vomits volcanic fire
the sea turns the molten orange
into green glass jewels.

With mystical hearts
the forgiving
transmute to love
actions cruel.

Saiom Shriver

Forgiving Trickle

Though not gone
are the cold icicles...
melted are forgiveness'
beginning trickles

Saiom Shriver

Forking

Lightning
illuminates the sky
as it forks
the sea

Saiom Shriver

Forking Mercy

He ripped open
the clouds
and spilled
the rain....
he the
forking lightning

He caused relief
in the
sky pressure's
lightening

and made seen
the sun's
whole world lighting

Saiom Shriver

Formicicide

Before one was
a human terminator
he'd been an
insect exterminator

Yet another man
who'd been a human terminator
with grace became
an ex-terminator

Saiom Shriver

Formless

The closer one
stands to
impressionist art
the more formless
it becomes.

The closer
one comes
to God
the more
formless and
omnipresent
God becomes.

Saiom Shriver

Formless Water

As water has no
special form
but takes the shape
of the vessel into
which it is poured,
so into the mold
of our desires
God pours His
wishfulfilling fire

Saiom Shriver

Forsaken

The almond tree freely gives all of the
nuts she has nestled and nurtured
but the life of the cow is brutally taken.
She leaves this life feeling God-forsaken.
Would she say if she could speak
as she was crucified
Eli Eli Lama Sabacthani
before she died.

*

The last 4 words are those Jesus is said to have spoken before He died.
Translated they mean 'Father Father why hast Thou forsaken Me? '

Saiom Shriver

Forsaken Bed

After he was dead
she couldn't stand her bed
She slept on the couch
pretending its back
was his underneath
the bedspread

Saiom Shriver

Forth's Firth

That was the 1th
time he ever saw
Forth's Firth

Saiom Shriver

Foundling

The loving
mother cow
has adopted
the foundling
Him she is
nursing
Him she
is fondling.

Saiom Shriver

Fountain Bubbles

The snowman
the ice sculptured eagle
the sand castle
fountain bubbles
... ephemeral form
but the formless essence
remains

Saiom Shriver

Four Dead In Ohio

Roadkill on a street in Ohio.
Since raccoon mates sometimes
try to retrieve their partners
and die in the process
the driver of the car
stopped and put the raccoon
in the car.3 little sacks..
her unborn triplet babies.. spilled out.

pg

Saiom Shriver

Four Flowers Revised

The sun in
morning glory arose
with his goldenrod
turning violet to rose

Saiom Shriver

Four Who Killed

In lust David killed Bathsheba's husband.
In anger Moses killed the Egyptian
In wrongful obedience to a cruel state
Paul killed Christians
In jealousy Cain killed his brother
but none of these killers got the death penalty.
Therefore none others should.

Saiom Shriver

Fourth Heart

Great grandfather's
watch now ticks in
rhythm to the fourth heart

Saiom Shriver

Frame

What is it about a frame
which a conversation
into a movie enflames
or a view into
art acclaimed?
When boundaries into
magnetic focus became?

Saiom Shriver

Francis And Aquinas

They were never great fans of Thomas Aquinas,
the Dominican monk
who campaigned against the all inclusive
consciousness of Francis of Assisi
by writing that animals have no souls.

Ironically, Dominicans were founded by
Dominic, whose mother had a vision
that he would be a dog of God
(domini.... of God canis dog)

But before he died, after a vision, Thomas
recanted re his theological errors.

Saiom Shriver

Francis And The Spider

Francis said to the spider.. 'If you refrain from violence I will find bugs who died a natural death for you'. And Francis kept his word. The spider dismantled his web and graduated into a nonviolent vulture spider...not minding the term because vultures eat only what God has provided.

Saiom Shriver

Fraudulently Installed Kentucky Gop Governor Matt Bevin Should Resign

Is it not odd
that Kentucky Republicans were
jailed for massive vote fraud
but in the governor's chair
remains the wrong bod?

Saiom Shriver

Freed From Prison

The sun's magic wands
pink gold and amber
free imprisoned water from
its icy chambers

Saiom Shriver

Freedom Of Silence

Freedom of speech
but also
freedom of silence.....
Despite what courts
and warmongers say,
whistleblowers are not spies
and leakers of government
malfeasance are not
criminals

Saiom Shriver

Freeing

Aries spring
each being frees
from the ice king's
crystal frieze
and from his touch
of Midas freeze

Saiom Shriver

Freezer Insides

Like mausoleums
are the freezers'
shiny white
exteriors

They are the
'whited sepulchres'
with rotting corpse
interiors.

Saiom Shriver

French Food

To the hungry,
the French give food,
thinking to toss
grocery produce
is very rude.

Saiom Shriver

French Rain

In France the sweet rain
turns grapes to champagne.
Let such libation
cause no one pain.

Saiom Shriver

Frequencies Beyond

Wings like fan blades moving so rapidly
they are invisible..

Sound frequencies too high

For human ears to hear

Atheists who believe only

what they can see or hear or

touch with limited and error-ridden

senses experience only

An infinitesimal sliver

of the infinity of God

Saiom Shriver

Frogprince

He's a princebound frog
in training to leave for
the palace
from the slimy bog

Saiom Shriver

From Animal Killing To Human Killing

Michael Bruce Ross of Connecticut as a child was ordered by his father to strangle their poultry farm chick males.

This was a factor in his growing up to strangle eight human females.

Saiom Shriver

From Chambered Shells

As Orpheus
led Eurydice out of hell
As Michelangelo released
David from stone,
Love calls us all
from chambered shells
to seat us in our
own heart thrones.

Saiom Shriver

From His Body Chalice

From his body chalice
his soul was poured
into the sea
the sea of the Lord

Saiom Shriver

From Killing To Giving Life

Even as night lavender still lingers,
the infinitely long sun fingers
are magic wands, touching
the crystalline mum-covering frost...
liquefying it into dewdrops...
changing it from killing cold
into lifegiving waters.

Saiom Shriver

From Living Beings To Classified Mail

Three senators introduced a bill
to save money for butchers.

Baby chick males
they reclassified
as commercial mail.

Saiom Shriver

From Malcolm To Aphrodite

Those who can find and honor
God in all, the Deity says,
from Malcolm to Aphrodiite,
from black to whitie,
from the weak to the mighty
from the stable to the flighty
are
further along than those who
can see God only in the Almighty.

Saiom Shriver

From Pain Specific To Pastels Pacific

Angels gave me a dream
in which Bill Clinton strode into
a room in which on an easel
was an oil painting of the crucifixion
dark and specific.

He picked up a palate of pastels
and with broad strokes covered the
painting entire
with Easter sunfire:
resurrection colors
of pink and aqua and lavender,
saffron and yellow, gold

*

Clinton is a 99% vegan now...

This is not an endorsement of any particular president's actions in any
administration.. but relates to peace activists I know who were no longer
hounded when Clinton came into office.

Saiom Shriver

From Russia With Love

To the people of America
the Russian people
have sent a
memorial steeple

A beautiful gesture
in carved stone vesture

Saiom Shriver

From Shroud To Sail

The shroud in which he did lie
is now sail for ship of joy.
His tomb's boulder now the
cornerstone of resurrection.
The mist which clouded mirror
of soul
replaced by God's reflection
and ice of pain on sea did melt.
it now flashes sun's perfection.

Saiom Shriver

From Siberia To Nigeria

God let it rain just right in
valleys Liberian
fields Nigerian
forests Siberian
hills Iberian

Saiom Shriver

From Waterfall To Delta

As a mountain-born roaring
waterfall flows through
many lands to become
a massive silent
delta river,
so marriages begin
in magnetic excitement
each year achieving
more quiet union.

Saiom Shriver

From Weapon To Lifegiver

The sun's persistent
tickles
cause fearful
pendant icicles
to drop and drip
and drop and drip
and then to become
treenursing trickles

Saiom Shriver

Frozen Fog

Fog freezing

Frozen fog

loved by photographers

disliked by other

people birds and frogs

Saiom Shriver

Frozen River

Winter begins springing
Bells commence their ringing
The frozen river stars
her tireless singing

Saiom Shriver

Frozen Water

Water is only
on the heights
when frozen as snow
or sewn into
cloud might.

Water seeks the
depths...
its nature longs
for healing humility

Saiom Shriver

Fruit Sphere

The fruit tree does not
produce fruit
at one point
but all points
of its leafy sphere.
Perhaps Nature
too much focus.... fears.

Saiom Shriver

Fruit Windfalls

God made
all fruit trees
full of
gift windfalls
fresh and free

Saiom Shriver

Fruitarian Litany

Fruits of all foods are

1. the healthiest
2. the most nonviolent
3. the highest yielding per acre
4. the planet saving reforesters
5. the perfectly packaged
6. the only food containing seeds of immortality
7. the least labor intensive
8. the most fuel conserving
9. the most free (potentially)
10. the most beautiful
11. the most fragrant
12. the best for the brain
13. the safest to harvest
14. the most colorful

Saiom Shriver

Fruiteating Mosquitoes

Three quarters of mosquito species
use a proboscis acute
to suck juice
out of fruit.

When human blood
is sucked by mosquitoes
they reduce cholesterol
and calories
and increase blood flow.

Saiom Shriver

Fruits Of The Tree Of War

Millions of Deaths

Blindness

Paraplegia

Castration

Widows

Orphans

Generational Hatred

Amputation

Hospitals Bombed

Schools Empty

Libraries Curtailed

Deforestation

Broken Hearts: Infidelity

Prostitution Crime

Syphilis

War Profiteering Inflation

Animals Abandoned

Fires

Missing Loved Ones

Starvation

Suicide

Heroin Addiction

Alcoholism

Poverty In The Nation

Saiom Shriver

Fu Manchu The Orangutan

Orangutan Fu Manchu
held captive at the Omaha Zoo
along with prisoner kangaroos
and birds.. only free are their coos

Saiom Shriver

Fueling In Midflight

Bees on sweet petals
alight
but hummingbirds fuel
up in midflight

Saiom Shriver

Full Moon Gatecrasher

The full moon
crashed
the invitation
ball of the stars

Saiom Shriver

Full Moon Over Snow

Soft fullmoon light
on snow's sparkling white.
Though her touch is slight
it has seamoving might.

Saiom Shriver

Fullflown

Dandelion seed spheres
full blown
have become individual
parachutes fullflown.
No longer dependent
they were on their own
cocreating with the Wind
where they'd be sown.

Saiom Shriver

Fumes

Some call the stench
of patchouli fumes
by the name: perfume

Saiom Shriver

Fundamentalist Atheist

EKB called
him a fundamentalist atheist
because he had such
a strong and rigid belief
in nonbelief

Saiom Shriver

Fungus

For the old
and the young us
for all who are
among us
a picture of
a flashy fungus

Saiom Shriver

Fur Banned In Netherlands

In the Netherlands

they won't kill animals

for their furry skin

They recognize the rights

of their nonhuman kin

Saiom Shriver

Fur Coated Captive Zoo Animals In Heat

There are no
ice igloos
for the roos
and the ewes
and the other
caged animals
in all zoos

Saiom Shriver

Gabriel

Gabriel the angel sweetly sings.
His music flows: a living spring.
Holy tidings to all he brings..
Beyond the stars in joy he swings.
His gifts come without a string..
Some believe he has 600 wings.

Saiom Shriver

Gallery Owners

May editors put down
their pencils.. for
what gallery owner
would with paint brush
change the strokes
of the artists
he sells?

Saiom Shriver

Ganges Monsoon

As the Ganges
in monsoon rains
loses its boundaries
so does the ego
dissolve in the Spirit's
downpour

Saiom Shriver

Gate To Memory

Loving memories
of Roma
unlocked by
perfume aromas.

Saiom Shriver

Gathered Rays Of Light

Gathered light rays
return to sunstar
An 'is' is reborn
from what was 'are'

Saiom Shriver

Gathered Shards

As magnets pull iron filings
and vacuums draw up rice grains
As the sun lifts sea waters
and rivers gather drops of rain
does Great Love sooner or later
attract all to His train

Saiom Shriver

Geese

Unloose
the noose
from every
goose

Saiom Shriver

Gender Dialogue

She said women
were more spherical
and therefore women
were more spiritual.

He replied that
men were holier
because linear
focus is divine

Saiom Shriver

General's Medal

How many scotched
lives
does each medal
represent?

Saiom Shriver

Genes And Cancer

What a scam
what a sham
to tell frightened
Joan, Jane, Jan and Jean
that cancer can come from
family genes.

The reason families
sometimes have similar
patterns of disease
is families tend to like
the same animal
cadavers with grease. /

Saiom Shriver

Genesis 1: 29

Christians who justify their
cruelty and killing of
animals quote Genesis 1: 28
but seldom Genesis 1: 29

Saiom Shriver

Genetic Racism

A lightning bolt thought
caused in his mind prism
a shift... a May schism..
He was to work against
genealogical and
genetic racism.

Saiom Shriver

Genie Uncorked

For him
a ten thousand dollar bill
was a genie
released from Aladdin's lamp

Saiom Shriver

Gentle Roach

They shrink not from
the approach
of a gentle roach.
On the rights of the small
they will not encroach

*

According to Mary Lou Henley
Danny DeVito would not allow anyone
to harm the cockroaches on the set
of Taxi. She said he convinced her to
become vegetarian.

A Terry Gross Show, perhaps Bobbie
Womack, reported that Jimmy Hendrix
would never step on a roach.

Buddhist James Coburn, reported Vegetarian World, would not harm a fly.

DPB: At my school the cockroaches could distinguish
between the killers and the nonkillers,
and they knew that they were more likely to be harmed
by people standing at a sink than
if seated on the commode.

Saiom Shriver

Gentle Sun

The dawn sun doesn't
snap on his blazing noon light.
He is gentle and dislikes
to give sudden fright.

Saiom Shriver

Gentleman

He
strode ahead of
her to the automatic
door and chuckled
saying
'Here I'll hold it
open for you.

Saiom Shriver

Gentling The Wind

Birds' nest perch
precariously in the
high branches,
vulnerable to loss of
leaves, breaking
branches, wind's
eviction.

Parents can fly
but what of the
fledglings?

Saiom Shriver

Geologists

The sphinx is a
few thousand years old
said the Egyptologists.
The sphinx is 18,000
years old,
say the geologists.

Saiom Shriver

George Wallace's Sandwich

They do not include
natural selection,
the myriad ways
Republicans
have won elections.

Saiom Shriver

Gift To The Sea

Rivers and rains give
to replenish the sea.
As they give living waters
so they receive.

The gardener gives water
today to fruit trees
Branches in turn give
gifts from their trees.

Saiom Shriver

Gifts Of The Magi

The Baby Jesus..
omnipotent in His innocence...
as the Magi astrologers brought Him
myrrh and gold and frankincense.

Saiom Shriver

Gilds And Engolds

The morning sun
both gilds and engolds..
bathing all outside in His light
while filling each with His delight

Saiom Shriver

Ginkgo

They saw they thought
in April woods
the blooming light
of a spring dogwood
but it was
last year's translucent
gold leaves
glowing on
a ginkgo tree.

Saiom Shriver

Giraffe

Cemetery with
myriad epitaphs.
Some deep and
some make one laugh.
Yet in searching
we haven't found
a single epitaph
for a calf
not a one
for a giraffe.

Saiom Shriver

Give Them Back To The Sea

Give back to their
descendant oysters
the pearls stolen
from their cloisters.

Saiom Shriver

Giving All, Remaining Whole

Our souls are all torches
igniting other torches
giving all
of our fire
and yet remaining
whole and entire

Saiom Shriver

Giving And Receiving

The caring giver
his coins outspills
but it's his love which
does other hearts fill

Saiom Shriver

Giving Locally

Clothing today
given away
New vacuum
creates space and light.
Miracles come your way

Saiom Shriver

Giving To All

Ice has insular walls
Water though gives to all

Saiom Shriver

Giving Water To Thirsty Defined As Criminal Mischief

A Canadian woman
was charged with
criminal mischief
because she gave
water

to hot, cramped
and terrorized
animals who
were bound
for murder called
slaughter

Saiom Shriver

Glass Light

Hidden in the dark
behind the gaslight
the nightmower did not see
bottle shards' glass light.
God saved his eye
though he had quite a fright.
He decided never again
to mow...
after that night.



Saiom Shriver

Glorification Of Slaughter

They
innocent blood spill
Murder their skill
but karmic return
shows
themselves too
they kill.

Saiom Shriver

Glowing Batons

The Sun's dawning Presence
wrapped as a present
in ribbons of gold
daybreak has unrolled.
His glowing batons
have made morning glories
their bright
trumpets unfold

Saiom Shriver

God

Nutknitter

Waveweaver

Sunigniter

Starlighter

Saiom Shriver

God Billboard

A vision of a billboard advertising
God in a front yard.. Pondering
the message, it seemed the
sign was inappropriate, in bad taste.
Spirit is subtle, invisible.
Bees come when the flowers bloom.
'When the student is ready, the
teacher appears'.
It operates not through
forced
interaction
nor commercial transaction
but by the law of
divine attraction.

Saiom Shriver

God Bless All

God bless
the Polish of Chicago
the Puerto Ricans of the Bronx
the Serbians of Cleveland
the Cubans of Miami
the Mexicans of Phoenix
the Lebanese of Detroit
the Irish of Boston
the English of Charleston
the Asian Indians of Washington
the Palestinians of Toledo
the Chinese of San Francisco
the Syrians of Dearborn
the Czechs of Stamford
the Japanese of Hawaii
the Scotch of Burlington
the French Canadians of Portland
the Native Americans everywhere
the Swedes of Minneapolis
the Norwegians of Pierre
the Spanish of Tampa
the Germans of Cincinnati
the Haitians of Baltimore
the Jews of Brooklyn
the Jamaicans of New Orleans
the Vietnamese of Arlington
the Portuguese of Providence
the Italians of Philadelphia
the Russians of Seattle
the Guatemalans of San Antonio
the Koreans of Denver
the Greeks of Stamford
the Nigerians of Queens
the Turks of Los Angeles
the Iranians of Philadelphia
the Afghans of San Jose
the Somalians of Columbus

God bless the bees
who take the nectar, fragrance
and pollen of each country's
flowers without harming
any bloom..

=====

People of the world, we want you to know we are not the regime
which occupies us. We ask that you join us in prayers to God for an
end now to the violent and illegal wars, the theft from the poor, the rape
of Mother Earth, the mass slaughter of people and animals
perpetrated by our occupiers.

Saiom Shriver

God Bless South Carolina

God bless the people
of South Carolina
for your loving actions
preventing fraction
healing faction.

Saiom Shriver

God Controls The Hourglass

God put 25 years' more sands
in the lifetime hourglass of one..
H/She gave 50% more birthday candles
on the cherry pie of another..
H/She patted the hand of a third..
and her lifeline was doubled..
but there was a fourth..
in the magnetic field
of ecstasy
his earthclock stopped..
he wanted only to be with
the Lord of Love..
... and that evening
he slipped from his body cage.

Saiom Shriver

God Dances In All

God does dance
in each beetle
every ant
all rats and mice
all weeds
every plant.

Saiom Shriver

God Does All The Work

The waterfall pours
through the mill's
waterwheels
turning them as
with river music
they peel.

Flow into green leaves
sunrays ultraviolet
as they easily keep
spinning new violets.

Every spine
streams with shakti divine
each action weaves
unique kismet designs.

Saiom Shriver

God Have Mercy

No water in drying rivers
Fish gasp for air... aquiver.
Drought is killing many mammals
even in some cases camels.

Saiom Shriver

God Heal President Carter

God may it be Your all merciful will
to heal President Carter quickly
and totally on all planes.
He is a man of brilliance, great peace,
will, courage and love.

Saiom Shriver

God In A Box

GOD IN A BOX

Susie's friend speaks
of 'God in a box'...
God in a box is
the projections
of adherents to
calcified ideologies
which are full of duality and
judgment

Saiom Shriver

God Is Not Mocked

God is not mocked,
reads scripture,
but often those of many
paths claiming
to be God's intermediaries
are

Saiom Shriver

God Laid Him Low

God laid him low with a cruel illness
and in time he found a divine stillness

In its forced turning
in its pained churning

being not acting was
its holy learning

this was an empowered center
of sacred
surrender

and though he was healed
its lessons
he remembers

Saiom Shriver

God Send Rain

God send rain
is billions' refrain
... that we see dark clouds
with mercy in their train

Saiom Shriver

God Takes All Sides

Loving all,
God takes all sides
as the sun creates
varying hues
for the differing
frequencies
of diverse fruit trees.

But the higher the
frequency
the more victory
received.

Saiom Shriver

God The Holder Of The Sea Or Sagaradhar

Roman toga sand goldfringed
Crowned by the starry sky
Most stay on evergreen shore
Few everblue depths explore.

She's garbed in selfweaved seaweed
Garlanded by coral reefs
Starfish shod to copy heaven
Turquoise skirts.. wave slips neath.

Like rubies in rose velvet
Like stars in saffron billows
Like miracle: fall's cherries
in pink spring blooming pillows

Are the quintillion mirrors
Of sun diamonds on an azure sea
Bright rhinestone constellations
Heralds of eternity.

Rose at dawn Then silver morn
Sunset pink aft bright blue noon
Violet throne of King Neptune
Arises in joy to greet orange moon.

Of fingered wind: wavestringed harp
Where aqua meets the deep blue sea.
Ever amphitheatre of
seagull noted symphony.

Whispers in waning wavelets
Thunders in the roaring surf.
Yet secrets with her safest.
Dips bubbling stream to quiet mirth.

Anantarup where sky meets air
Ekanath the surf beneath
Babel tower above bequeathed
Mouni sadhu neath sea heath.

Those who thoughtless rape her shores
Destroy terns' nests near the lagoons
Water skiers and propellers
smash her floating nests of loons.

Sends dolphin harpers tidal waves
.. Some fishermen's final grave
Gently kissing concave naves
All water to the Sun she gave.

In shallows shelters shellfish shy
Hid Moby Dick from harpoon
Her Royal Lowness gainst longlines
vented fury in typhoon

Globed dewdrops seem strangely flat
on rim of Rama's rinsing bowl.
Calling ever to her brooks...
The whole world's
Begging Bowl

Only mother whale empire
Only bed for longflight birds
Keeps clams not half but wholeshelled
Guardian of fossil ferns.

Bathes sweet shrimps with eyes on stalks
Crab crib and Jellyfish cradle
Octopi and penguins
Polar bears and pelicans

Swimmers few feet strive while her
currents thousand miles flow
Playground of the dolphin's dive
Fish avenger: undertow

Some who tried to mine her gems
The temple desecrated
By their own deeds they were made
Mariners marinated.

Ferments to ambrosia'd cup
tears merging in her crucible'd vale
Fearful thunderhead cloudmaker
Of Arjun's canyon features.. the harem veil

Sheath of archipelago
Shroud of wartime submarines
Eire's and Britain's inbetween
belching factories' latrine

Deliverer of ancient
corked bottle tidings.
Monthly ecstasy
with full moon tiding

Tolstoy said Red Sea parting
was conception of Virgin Mary
Stella'd Mare aster'd sea
Only God can hold her.

Breakers turning into glass
Looking glass which never breaks
Premsagar Varunishwar
Neptune soothing heartbreak aches

Mother of dewdrop and Great Lake Erie
cascades whirlpools and blowing bubbles
rapids fountains underground streams
ponds creeks brooks and swelling puddles

Snowflake could not heights maintain
ended in the humble sea
Rajas saw her restless waves
Sattva her deep serenity.

East Avatar sun linga births
West she Surya swallows
Only Hara can pierce her deeps
Reflects all in kind shallows

Only purest and strongest blooms
On her tears can grow

Only sannyasi blossoming
on her can rootless flow

By Malaysia she's Malaysian
By Chile Atlantic
In the bays she's specific
In Korea, she's Pacific

Her child clouds give all to drink
Yet none can sip her briny brink
except that Neelakanta poison takes
And turns venom into nectar.

Always sweeping twigs to shore
Holds not wake ire of boats
Stream filth turned to purity
In peace all who touch her float.

Daily her blue the
orange sun births
Watch him rising
on her horizon

Palms to her
do padnamaskar
Beneath the dome of
sparkling stars

Setting for calligraphy
of flying birds' seaward poem
Playground of those who roam
Highway of ships bound for home.

Turns angry crimson lava
into green glass jewels
For her tiniest crabs
gives wading tidal pools

Chanting Jesus In Brazil
Je said by her inwaves
Sus by her
receding outwaves

Neath Egypt's stars
sings Allah Akbar
Israeli sea shallows
shshsh shalom
Round India she
chants omkar.

Her unrippled surface
reflecting doubles you.
In her rocky shores
her surf does bubble you.

On mountaintop slowly
crumbles
millenial temple to Poseidon
while the deity below
on everblue waves is riding.

Snows at sea fall quiet flaked
melting designs merge into One
Frozen demon meeting Lord
Iceberg melts in liquid love

Turning rocks to rookeries
Gently carving rocky caves
Sculpting scallop shelters
These watermarks she gave.

She the master of humility
She the mother of all rain
She is the eternal Main
off the rocky coast of Maine

Excitement at the first sight
of friendSHIP on the ecstaSEA
and the soulfilling first smell.....
remembered past infinity

Redundancy of rain at sea
her power's U-turned showers
where the saintly little drop

becomes one with all God's power

Attracts one and everyone
out of fragments.. alchemized whole
always full YET EVER GIVES
ORIGIN OF ALL THAT LIVE

ROCKING CRADLE OF THE WORLD
SUNSET STAIRWAY TO THE STARS
ONLY BY GREAT MASTERS TROD
ONLY WRITTEN ON BY GOD

Dedicated to D and P Wilson

Footnote:

Ambrosia: the nectar of immortality

Anantarup: God whose form is infinity or infinite varieties
of form

Arjun's veil reference to the hero of the Bhagavad Gita

who hid in a harem for a year at God's direction as he prepared to fight a war.

Avatar: God the Father coming to earth Himself

Ekanath: God whose form is everywhere one

Hara is the 3rd person of the Hindu trinity or Shiva

Linga or Ling: An orb which contains the gate between form and formless

Um: One of many words for the yin energy of the 3rd person of the Hindu trinity

Mouni: Sanskrit for silent sadhu: spiritual disciple

Neelakanta: Shiva in his aspect of drinking the karmic poison of the world. The
poison makes His throat blue. Neela blue.. Kanta throated

Padnamaskar: touching the feet of the guru

Premasagar: Prem Love Sagar Sea

Rajas: Sanskrit for passionate action

Sagara: Sanskrit for ocean Sagaradhar: God as holder of the Sea

Sai Baba is the origin of the statements that the ocean

is always sweeping twigs to shore and that she is
always chanting Om

Sannyasi: a monk who renounces family, possessions, home
and all desire motivated action

Sattva: Sanskrit for goodness

Stella Mare: Star of the Sea

Surya: Sanskrit for the sun

Varunishwar: Sanskrit for God in aspect of Lord of The Seas

Author notes

Saiom Shriver

God The Trumper

God trumps all other beings.

Saiom Shriver

God Who Ignites The Night

God it is
Who ignites
blazing myriad
stars of night.

And the softness
of moonlight...
shining beams
of touch so slight

Sun's illusory
ascent or descent
by God was made
incandescent.

Saiom Shriver

Godchosen

All beings are Godchosen
Not a one is outfrozen.

Saiom Shriver

Goddess Of The Clouds

The goddess of the clouds
woven water her igniting shroud
Where her foot falls
new green remains.
Raindrops' dancing... her refrain.
She's fragrant with
the smell of rain.

Saiom Shriver

Godgrown

Fruit is food
that God grows.
Flesh is food
untimely ripped.

Saiom Shriver

Godplanted

Sooner or later
is granted
every desire
God planted
in our heartfire

Saiom Shriver

God's Exceptions

God's compassion
is always
all-encompassing

Who are the exceptions
to this rule? No being.

Saiom Shriver

God's Love Trumps Hell

God's love is unconditional,
eternal, limitless, all-accepting,
nonjudgmental, full of daily miracles
and infinite grace.

God's love trumps hell.

Saiom Shriver

God's Mrs

As Shiva, Neelakanta
drinks the karmic
poison of the globe,
so only God's Mrs.
can sip
all the Mississippi.

Saiom Shriver

God's Uniforms

What are God's
uniforms?

Infinite in variety,
color, and form

Saiom Shriver

God's World

Rams with horns
cranes standing still
hummingbird straws
porcupine quills

armadillo armor
woodpecker drills
camouflaged chameleon
he can even do carnelian

fins of the dolphin
each bluebird wing
scorpion's sting
kangaroo pouch swing

beavers build dams
bees' hexagon combs
wasp masonry
birds weave nesthomes

rabbits burrowing
fox subterfuge
crow collecting
mole refuge

pigs' adaptability
rats' flexibility
Carries dromedary
her own dairy

shark teeth
lion claws
spiderweb spinning
give us pause

horses' hooves
ducks' webbed feet
giraffe height
firefly light

cheetah speed
camels' hump
whale rafts
elephant trunk

parrot mimicry
bear hibernation
skunk perfume
butterfly transformation

Saiom Shriver

Godward Octopus

The Godward octopus
pulled in each tentacle
and assumed lotus posture
foregoing chase for pentacles

Saiom Shriver

Going Her Own Courageous Way

The wife he chose above all
others put the ashes of
their cat in the
coffin of her beloved.

Saiom Shriver

Gold Wings

Dandelions folding
up their gold wings
sleep at night
.. then stretch
in the morning sun.

Saiom Shriver

Goldilocks And The Three Bears

An innocent young girl
got married. One day she
discovered the secret passion
of her husband.

She went down to the basement
and was shocked to see
three bears' dead bodies
hanging from the ceiling.

Running screaming upstairs,
she inadvertently sparked
rage in her inebriated
hunter mate,

who threw
her down the steps,
breaking both arms.

The next day when he
went to work,
the wiser Goldilocks
replaced the old
with new gold locks.

Saiom Shriver

Goldwashing

Aboard the ocean liner they see
moonlight whitewashing drops of the sea
as do glances and shadows
of saints
in goldwashing our stains
pour forth mercy ablutions
and radiant absolution

Saiom Shriver

Gongs

Oh Master poet
as light
strikes our eyes
from a star

you strike
the gongs
in our hearts
From afar

Saiom Shriver

Good Shepherd Name

Only can those be called
Good Shepherds who
slay no lamb,
sell no lamb,
eat no lamb.

Saiom Shriver

Government Plans Australian Cat Massacre

Every year Australian ranchers
killed 6 million kangaroos
Each year they slaughter
millions of cows.
Each year they slaughter
millions of sheep.
Now the government wants
to murder two million cats.

Saiom Shriver

Governor Lincoln Chafee, Abolitionist Antiwar Presidential Candidate

Governor Lincoln Chafee refused
to hand over a prisoner to the feds....
because unlike him, Rhode Island,
and 44 other states,
the feds wanted the man dead.

Saiom Shriver

Govt Borrows 1/2 Trillion A Year To Continue Killing People

Govt Borrows 1/2 Trillion A Year To Continue Killing People

Senator and eye surgeon Rand Paul

'We borrow 1 million dollars a minute'

(Which is 60 million an hour

or 1,440,000 1.44 billion a day

or 525,600,000 billion dollars,

more than 1/2 trillion a year.... to kill people

in several countries enriching the bankers of

China, Japan, Switzerland, the UK, US etc.

Saiom Shriver

Grace Ever Pouring Like A Waterfall In Spring

AMBER CHAMBERS

As the sunlight himself spills
into corn's kernel cells
As the bees' gathered amber
is poured in hive chambers
so is GOD'S GRACE
poured into mind's gridlace

(to Edmund and Julia L)

COCONUT ON HILLSIDE

The coconut palm
on a hill by the
sea..
dropped her coconut
into the sea..
his inner coconut sea
kept from the outer
by the husk
of the seed
.. but his mother
so wanted him
to become a tree..
for her sake
he floated to
the sands
and with root
strands
became a
tree on the
seagirt land

ERASER RAIN

as a downpour
does remove

a child's chalk
from a sidewalk
so does
a rain of grace
sadpast erase and
cruelty's face
by Love replace
as on
the easels
of time it
creates new space

SARO-WIWA

The political prisoner
sits in house arrest
but truth flows out
through the bars.

The hero seems
broken.. fallen
Yet his enkindling soul
enfires others..
even through his scars.

The lilac is
captive in mud
but her fragrance flows
to the shining stars.

The cabin tries to
wall in the light
but through the chinks
it flows to the bears.

Above wintry
graves of past heroes
new spring
grass green grows
in the ruts of dozer wars.

CARVED GIFTS

They passed by her
gifts unnoticed..
the cones she'd carved
through the year..
and dropped at their feet..
but a family of squirrels
picked up a few
.. and from their casual
crunching
new trees grew
Still other cones
encircled her
.. year after year
they grew to be greater
protectors
Some rolled down
the hill to
a stream..

SNOWSIFT

Snow silent swift
as skydown sprinklesifts
and turns cloud gifts
into earthblanket drifts.

FIREBIRD FEATHER

A flaming feather
of the Pluto firebird
fell to earth's floor...
a sign of God's guarding guiding grace..
for He loves us evermore
evermore
evermore

WATER LILIES

Born of will comes
vision in high places
Born of love to low
places comes grace

Such waters of love
gather in the depths
where shrines
of humility
nurture
water lilies

TREES AND CLOUDS

Angelbitten clouds
and winddriven trees
provide to holy ones
shade and breeze.

EL

There is no
eternal hell
but if there were
God who is omnipresent
would be there too..
the EL within hell.

ARROWS FROM THE RAINBOW

Do the arrows of rain
come from the rain-bow?

GRACE RAIN

Grace's raindropp beads
turn thought seeds
into realized deeds

QUENCHED FIREARROWS

As Krishna stops fire arrows

from piercing Arjun's marrow
As forgiving melts the residue
that blocks the healing of the dew
As the sun melts thickest snow
from fields of rose and yarrow
So does God's grace widen and smooth
the dangerous passes narrow

BEEHEADED

The scyther saw with wonder the
milkweed... beecrowned, beeheaded
and put down his scythe
leaving her.... unbeheaded

WEDDING GIFTS FROM THE SUN AND RAIN

Pies of date sugared pecan
Pies of berry
Pies of sweetest fig
Pies of cherry

PLANT PROTECTORS

Though a cruel
knight
had with sword smote
him into a deep
cold moat
he was saved by
the happy chance
of a weaving of
moatquaaffing oats

CRIMSON TURNS GREEN

A traffic policewoman stands at
a red light.. waving
everyone through..
like visible grace
in the form of

an invisible guardian
angel.. turning
red to green

DEVIL RAYS PLAY THE ANGELS

Someone, an equal fan of both sides
in the stands was
watching the Devil Rays
play the Angels.. like
... the nonduality of God
who sees all conflict with
detachment..
but occasionally sends
in heaven's angels to help
the better side

(not an endorsement of
the politics of Rupert Murdoch
.. nor a preference for
Tampa or LA)

(May God make all stadium food
nonviolent, all prices nongouging, and turn many away from
spectator sports to the following of their own destinies)

HIDDEN LOVE

Her love for him was of pure spirit.
Times in the past she thought
she'd shut down... her love
was kept for her by angels..
hidden in the recesses of her
heart,

RAINBOW VECTORS

Do rain's arrows
come from the rain-bow?

PERFECT KNOWLEDGE

The tree need not query
on how to make cherries
She needs no tuition
to come to fruition.

FRONDFRAMED FRUIT

Juice for the
frondframed fruit
rises from coconut
palm's hidden roots
as water like grace
turns into leaf lace

GREAT LAKES GRACE

It's snowing in
the Great Lakes
Tangible grace
falling in flakes
as angels do alight
to help all win the fight

LAURIC ACID

Sometimes God's most
precious gifts are
the most difficult to
open, such as
His coconut.. containing
meditation juice.
Sometimes His presents
bring His immediate Presence
such as the light of the sun
reminding that He shines inside.

GODDROPS

Flowering grass spire, dew-wnnded,
green exclamation point!
Inverted birthday candle!

No more cake!
Quill from no bird, starpointed
with a dropp of ink

--

Lauric acid is an ingredient in coconut milk and is conducive to meditation.
Leonardo Da Vinci ate no honey stolen from bees. A British rabbi wrote an article in *The Jewish Vegetarian* about the smashing of bees when the racks are pulled in and out, the imprisonment of bees as queen's wings are clipped, and the death of whole hives in the winter by greedy human captors not wanting to feed the bees in cold months.

Saiom Shriver

Grand Canyon Cup

Slowly, silently the Grand Canyon Cup
fills with the liquid light of sunup
as to desert flowers on the canyon floor
the bees.. their dawn nectar...come to sup

Saiom Shriver

Grand Canyon Rainbow

Over the concave rivercarved quarry
night arched explosively starry

and then broke magnificent sunrise
Void and rain birthed rainbow surprise

Saiom Shriver

Grape Gurus

Grapes
when smashed
yield sweetness.
Doing good to those
who harm us... is
sometimes difficult.

Saiom Shriver

Grape Juice Spill

A grape juice spill on a piece
of paper folded into quarters...
the mistake became a piece
of art with vertical and horizontal
symmetry.
So does God cause all
to work for good.

Saiom Shriver

Grapes Of No Wrath

Thank You God that Your Truth
now tramples down
our grapes of wrath
causing us all to take
now a more forgiving path

Saiom Shriver

Graping Vine

Turning water
into wine
is done by every
graping vine.

Saiom Shriver

Gratitude To The Citizens Of France

The United States would not
exist without
the priceless aid from
the citizens of France.

Little that means to
Bush-Obama who spied
on those who bequeathed
us liberty's dance.

James Mitchener in his book Chesapeake quoted historians who described the Battle of the Chesapeake on September 5th, 1781. The US had been losing the Revolutionary War since 1776 until 1781. (Such drives for independence are called rebellions, riots, mob action, insurgencies, insurrections, uprisings or mutinies, e.g., by the ignorant and cruel who are in power.) American soldiers often had no food, no pay, no arms, no shoes. At sea and on land, many courageous Americans lost their lives fighting the British. The thirteen colonies who had named themselves The United States of America were on their eastern coast rimmed by a band of iron... of British warships.. the shore the British cannonized sending many to be canonized...

The ships' blockade continued and so did the British control of New York City... when suddenly after years of lobbying by Ben Franklin 5500 French troops arrived and, . on the horizon.. like the miracle of the rising sun appeared the French fleet.

Temporarily they were trapped within the Chesapeake Bay.. but courageously and magnificently they broke out... and two lines five miles long! *! *! *!
composed of British and French warships faced each other. The battle out at sea was seen by very few. One American civilian captain described his ship's witness role as that of a gnat watching eagles.

The British admiral's tactics were to focus on killing the French sailors, while the French tactics were to disable the British ships. It was the French who beat the British in this decisive naval battle of the war and who helped America's troops to surround Cornwallis in Yorktown, Virginia. With all our hearts may we say

'Thank you eternally to the people of France.! '

Saiom Shriver

Gravy In The Grave

Unreported murder...
the evidence hidden....
Turkey's blood and fat
stirred into gravy.
A human stomach
was his grave

Saiom Shriver

Gray Grace 2

Don't like
gray paint
gray chairs
gray clothes
or bombing drones

Love gray fog
gray clouds
gray doves
gray building stones.

Saiom Shriver

Great Or Good

Historians often define as great, the persons who have caused the most suffering on the planet.

What is one definition of good people? Those who have caused the least suffering to other beings.

Saiom Shriver

Great Writers Tell Us

'I don't give opinions. I let my characters do that.' -Stephen King-

'Description unlike judgment bypasses the opposition of the reader'.
-Meher Baba-

'Questions rather than monologue invite the audience' mind'.
- Mr Cline-

'Beauty is framed in space.'
-Anne Morrow Lindbergh-

Saiom Shriver

Green Arches

Berry bushes send forth
their green arches,
giving away the food
of life, not death.

Saiom Shriver

Green Being

Each seedling
is a green being
striving for life
and fearing weeding.

Saiom Shriver

Green Christmas

Christmas wrapping
stops woodpecker tapping
Buying Christmas trees
causes birds to freeze
Most Christmas cards
turn woods into shards

Saiom Shriver

Green Eggs And Green Ham

It's wise to avoid
green eggs and ham
and anaphylactic shock
and ecoli in clams
and the flesh of
pigs and goats, cows,
sheep and rams

as well as the eyeballs,
pig uteri, and intestinal
linings in
Spam

Saiom Shriver

Green Grass Sceptres

Little green grass
cathedral spires
Mother Earth's sceptres
mowed down by order of
antihealth inspectors..
Like soldiers they died...
Their souls went to God...
left behind are their spectres.

Saiom Shriver

Green Schizophrenia

He pours chemicals on
his law to make it grow
so that he can bring his
ride-on and down it mow.

Saiom Shriver

Green Sea

The wind blew
the forest canopy through
making us divers beneath
a green waving sea of leaves.

Saiom Shriver

Green Trees Appling

Light is dropping,
sunbeams woods dappling
green trees appling.
Inside them seeds:
new apple saplings

Saiom Shriver

Greensward

A million little
grass blade swords
make up the
vast vista
of the greensward
Run! crickets and frogs!
Golfers forego teatime
for teetime
going greens-ward

Saiom Shriver

Grenada

There are no more
invasive grenades in Grenada
More and more Peace
plays her gentle sonatas.

Saiom Shriver

Grey Cloud

There once was a grey cloud
which filled the sky.
Thirsty plants called to her
bounty on high.

She gave and she gave
in response to their call
Trees in her rains of great grace
grew green tall

So much she did give
she became faintly traced
So slight now her cloud
angel wings tiny laced

but a raintree for his
dried grasses cried
She gave of her last and
became nothing at all

Lo and behold the nothing was all
and this Cinderella now did come to each ball
with the sky itself ever blue cloak
with which to mantle each every and all

now the sun moon and stars
shine on her tapestry
and on this turquoise
brocade
is the Milky Way laid

(to Frances Shibley)

Saiom Shriver

Grounding Joy

Joy soars.
It is pain
which remains
as memory's refrain.
May I my
wiring retrain
that it be
joy I retain.

Saiom Shriver

Guinevere

Guinevere bound for death by fire
Executioner ready to ignite the pyre.
Suddenly the sound of horses'
hooves of Lancelot
and the patter of merciful
drops of rain....
yet Arthur's heart
would ne'er
be whole again

Saiom Shriver

Gullsoar

Seagulls unfold their
wings.... come jasmine scented
spirit breezes now

Do we love more their
wheeling swoops in the skies or
silence shatt'ring cries

They lose no beauty
when asterisking garbage
scows or wee dories

No air controllers...
nor flashing red lights making
less peaceful their flight

With their spirits
they lift us each aloft
to laughing endless light

Footnote:
based on

coasting warm currents
gull's wide white wings beckon
zephyr's welcome

by
-Madsword-

Saiom Shriver

Guru Of All

My teacher said
'Each is all.'
It follows that
each is the
guru of all.

Saiom Shriver

Gut Reaction

What is the species
of that unusual
dusk bird
playing his song?

It is the man
at the fast food stand
His flatulent bowels
play unusual vowels

Saiom Shriver

Hacking

JBO's response to my news that 2 of my computers were totally disabled in the last month: 'Have you considered the possibility that your computers might be committing suicide? '

Saiom Shriver

Hall Of Mirrors

The mind is a hall of mirrors
a lane of endless reflections
I must gather shards into a whole
to focus my projections

Saiom Shriver

Hallowed

Is the sea
more hallowed
in depths than
where shallowed

Saiom Shriver

Hallowed Holly

Once termites bored
a hole in the holly
on the hill
Now a gnawing holocaust
of emptiness
where once Hollywood
was held...
but as time passed
it was known
that Holly was hallowed
because Holly was hollowed.
Soon a beehive came
graced with honey
and the magic of the
queen to
the hallowed hollowed
holy
Holly on the hill.

Saiom Shriver

Halo Of The Flame

A halo has
each candle flame.

An aura has
each light.

The power of
each human soul
is beyond
all measured
heights.

The more who
come together..
the brighter
is the light.

Saiom Shriver

Hamster Food

The little hamster can't hold
the round nut in his jaws
until he brings forth
his paws with their claws.

Saiom Shriver

Handicapped German Shepherd

I watched a German Shepherd,
Cayuga, for my friend while she
was in India for six months.

Cayuga had hip dysplasia.
I would help her in and out
of my friend's car.

One day thinking
perhaps this was enabling
her and that she might develop
shoulder
muscles if I refrained.....

praying, I then opened one of 72 books
of my teacher's lectures at random to
the quote 'Be content if your seva (service)
is to lift a lame lamb over a stile.'

Saiom Shriver

Hansel Pig Gretel Cow

It was only because Hansel Pig and
Gretel Cow were to be eaten that
they were fattened up for the kill,
with carcinogenic female hormones
to add water weight.

Otherwise the human exploiters
would not have fed them at all.

Saiom Shriver

Hardest To Love

Sometimes God gives His most
demanding villain stage roles
to His most masterful actors,
and to His most advanced disciples
He sends those hardest to love.

Saiom Shriver

Hardwired Brains

Our hardwired brains
memories retain
of received pain
more than caused pain.

The grooves pain makes
in our cortex are deep..
but with meditative refrain
we can them retrain.

Saiom Shriver

Harem

In a harem
all women's hearts
by lust and slavery
are torn apart.

Saiom Shriver

Harmony In Flight

No matter how
dense the flock
when birds
in flight glide
they never collide
unless shot to
earth they died

Saiom Shriver

Harrison Ford

The engine roared
His plane soared
but then by chance
it struck bad chords.
Yet the life of
Harrison Ford
was saved
by the Lord

Saiom Shriver

Hate's Rival

Shadows whispered
the arrival
of hate's new rival.
Night feared as pink
dawn's advent threatened
his very survival

Saiom Shriver

Hathaway

God told Hathaway
He ever hath a way
and without a doubt
gives everyone
an A

Saiom Shriver

Hatred Sires Love

A seeded dung hill
transmutes
to blooms of rose,
as the Lord of Love
makes hatred
into love grow.

Saiom Shriver

Hatred's Fire

Hatred is the
arsenal of arsonists
Love can be
a quenching mist.

Saiom Shriver

Haunted House

How many murdered mammals,
birds, and fishes must one devour
before his body, already a mobile
cemetery, becomes a haunted house?

Saiom Shriver

Haute Cuisine

What some call
haute cuisine
has little green..
it's often
basse cuisine

Saiom Shriver

Hawkers

Is it nearly always
the chickenhawks
who are on the dole
...of weapons
systems the hawkers

Saiom Shriver

Hawkweed

The cheerful hawkweed
a true plant master...
.. no matter how often
mower-beheaded
along with daisies and asters....
grows taller after
each disaster.

Saiom Shriver

He Caused Quite A Flap

He was a kind chap
who caused a flap
dumping into the sea
all the lobster traps

Saiom Shriver

He Is Changing

You cannot see how he is changing
He is a growing baby loon
with an unmoving shell
and within him does unseen
the force of Godlove swell.

He is water melting within
the towering iceberg spires
He is coldform becoming formless
through the touch of GodSunFire.

He is the April Aries apricot
tree ready to unfold
the sweetening fruit
as it turns to orangegold

Saiom Shriver

He Is My Default

He is my default..
the soul to whom
mine descends
when I fall asleep
drifting into
infinite deeps

Saiom Shriver

He Never Speaks

Never speaks
the sturdy oak.
He leaves that
to his leafy cloak.

Saiom Shriver

He To It

The murder weapon
turned the steer's body
from he to it
as before a knife
had turned his
from a bull
to a steer

Before he'd been
frequently pierced
with needles,
ear tagged with
an industrial staple gun,
and in some cases
branded with a hot iron.

Saiom Shriver

Healers' Fingers

As raindrops drip
and in pineneedles linger
so grace drips
from healers' fingers

Saiom Shriver

Healing Ears

As echoes
are sheltered
and chambered
in caves
so do
listening ears
heal
in receiving
soundwaves.

Saiom Shriver

Health Department Palaver

The health department's
common palaver...
'Wash your hands
before eating cadavers'

Saiom Shriver

Health Nut

She called herself a health nut
because she ate organic meat.
Cadaver food without preservatives
rots even faster.

Saiom Shriver

Healthy Peacemakers

Less likely
are peacemakers
to require
pacemakers.

Saiom Shriver

Heard And Obeyed

'It is better to light a candle than curse the darkness'
said Eleanor Roosevelt. Mother Earth, disgusted
with winter, heard and obeyed.
In the meadow, lit buttercup candles she sprayed.

Saiom Shriver

Heart Of Hal

Oh God who
scarlet colored cherries
and incarnadines raspberries
.. who rubied the Rubaiyat
and rose hued the moon
who rhodesces dawn clouds
and reddens grapes
has made crimson
the heart of Hal
in His Holy of Holies

to W.H.O.

Saiom Shriver

Heart Portal

The Heart is portal
to Love Immortal.
In a wild place
there is more grace.

Saiom Shriver

Heart Sun

In every song
by her ever sung
up through her throat
came her heart sun

Saiom Shriver

Heart Trumps Art

After many decades of suicides,
1600, with a record 46 in 2013,
after the opposition of those
who said suicide barriers
would harm the bridge's esthetics
there will finally be such barriers.
The Golden Gate to the heart
is opening.

Saiom Shriver

Hearts Ignited

Ember of
the heart of fire
reaches out to
kiss the kindling
... soon there
are many ignited
hearts linking

Saiom Shriver

Heaven As Hell

The dying lover
whispered to the beloved:
'Heaven will be hell
until you join me..'

Saiom Shriver

Heaven Lake

Gone the volcano's
angry fire.
Now, holding a lake
at the top where
once there was fire,
it is a chalice
offering
the waters of life
to God.

Saiom Shriver

Heliotropic

Sundials

Sunflowers

Devotees at darshan

Swirling

Saiom Shriver

Hellfire

They named birds friers
All peoples
cooked them using fire
Even Buddhist monks
and
Franciscan friars
have helped to create
volcanic fire.

Saiom Shriver

Hello

Out of the deepest pain
of hell so low
is born of goodbye
the sweetest hello!

Saiom Shriver

Herald Heard The Hark

Herald heard the hark
After many many ages
herald heard his hark.
Afer eons his own song
listened to the lark.
Finally learned the teaching
of his own emphatic preaching...
Words from his own mouth
to his own soul did arc.
Not what was to him
obvious or unknown he taught
but what was them betwixt
His own soul's limit
touchstones
Ideas which him transfixed.
What we ourselves should do
we project to them and teach
not what's within our grasp
but our aspiring reach.
Our whistles are what
we've attained
Our sung notes higher still
out of whistles' range
Past life butchers
are now vegan activists.
Prussian warriors
are 21st Century pacifists.
Mental patients.. some
are mystic saints..
Others were once timeclocking
gatelocking
electroshocking
psychiatrists.
Present dharma's past karma.
It's the key to our own hearts
which our eyes magnetize.

IN PATIENT GUISE

Angels sent
the therapist
a teacher
in patient guise
to bypass his ego

BEYOND

Beyond the
holiest of sleuths
Beyond the soothsayer
.. the sayer of sooth
Beyond all veils
and clouds dwells
God as Love
God as Truth

SILENT TEACHER

he and the sun do not preach
he and the river do not teach
sacred silent loving acts
are their only speech

=====

dharma: Sanskrit for right action

Saiom Shriver

Here Comes The Sun

Oilmen bite their molars
when they ponder
the coming of solar
whose power melts
cold regions polar

Saiom Shriver

Hero With Two Achilles Heels

Many consider him a hero.
He is multilingual..
strong, of enduring will,
brilliant, controlled, fast,
loyal to his group.
He knows planes,
guns, computers, lockbreaking,
how to keep a secret, how to
quickly disguise himself.
He can go without food, sleep
and sex for longer periods than most.
But he has 2 Achilles heels.
First he is in a hierarchy
in which he must obey
the corrupt.
Second, he is willing to kidnap
and/or kill in his job.

Saiom Shriver

Heroism

Heroism and righteousness
are not synonyms.

One can risk his life
in actions which
are not of God

Saiom Shriver

Heron And Herring

Hari, can you not hear
the silent screams of the
herring when the heron is
near?

Saiom Shriver

Heron Gift

A playing boy's discarded stick
became father heron's
beakborn gift...
for their nest...a new twig
the rejected stumbling block..
to the temple's
cornerstone he lifts

Saiom Shriver

Heterodox

The heterodox
Becomes orthodox.
Timecrowned is
Elizabethan English slang
Snobs think past slang
More highbrow
Than present slang....
Dang

Saiom Shriver

Hey Mom

Hey Mom
he doesn't care
he doesn't share

Saiom Shriver

Hidden Love

His being in love
he kept in secrecy
like sparkling jewels
beneath secret seas.
Like a Yellowstone
geyser
his feelings now sing
shooting forth from
underground springs

Saiom Shriver

Hideout

Hid from poachers
the baboon
in an old high
stand of bamboo.
To him.... a bamboon.

Saiom Shriver

Hiding From Slaughterhouses

Those who hide from
visiting slaughterhouses
who turn away their eyes
are less likely to prevent
suffering
than those who film
the cruelty and lies

Saiom Shriver

Hiding The Truth From Children

Oscar Mayer ads had children singing
'I'd love to be an Oscar Mayer wiener.'

Such masochism was continued
by StarKist which showed Charlie
the Tuna wanting to be impaled
on a hook.

Arby's tells us bacon is a present
pigs give us if we're good.

McDonald's has ended its
ads showing its flesh sandwiches
growing gently in garden patches.

Representative Andrew Jacobs,
former congressman from Indianapolis:
'I so often said in the House in reference
to Vietnam that many eat the meat
but few go to the slaughterhouse that
I became a vegetarian.'

Saiom Shriver

High Hanging Fruit

High hanging fruit..
just as precious as low
if one waits
for the tree to gift it.

Saiom Shriver

High Waves

High waves...
Surfers ridin
the robe hems
of Poseidon

Saiom Shriver

Higher Art

Children's scrawl
in polyhued chalk
gently rains away
on the sidewalk...
to be
replaced
by higher art
from their hearts

Saiom Shriver

Higher Beat

The drums and
the guitar chords
in my heart and soul
cut inhibition's cords

Saiom Shriver

Higher Gifts

Saturn's gifts
reward striving.
Higher gifts come effortlessly
pouring their flow.

Saiom Shriver

Hijackers

Phyllis Krystal had boarded
a plane. A few minutes later
it was hijacked by men armed
with semiautomatic rifles.

People were terrified.
Phyllis heard her teacher
say into her third ear
(her inner hearing)
'send love to the hijackers'.

She replied she could not but
that her teacher could do it
through her. He did.
No one was harmed.

Saiom Shriver

Hilarion

They say that
Saint Hilarion
was a miracleworking,
figeating fruitarian.

Saiom Shriver

Hindu States.. A Partial List

Kaliradha

Michiganesh

Oklahauma

Wyauming

OmhiOm

Kali Phone Ya

Indianna

Saiom Shriver

Hippocracy

To fight trophy hunters
the hippos formed
an hippocracy.
They work to end slaughter
and lawmakers' hypocrisy.

Saiom Shriver

Hippopotamus

If a hippopotamus
were monogamous
he'd be more ethical
than the ridiculous
polygamous

Male lust-ers
have less holy luster.

Saiom Shriver

His Advent

His advent
a divine breeze
anew is striking
wind chimes in my heart

Saiom Shriver

His China Shop

He wanted to help his father
with clutter, but he would
not be a bull in his father's
china shop. He would honor
his attachments and work
very gently respecting
his father's sovereignty,
his autonomy.

Saiom Shriver

His Death

As if a sadistic alarm awakened me
from an ecstatic dream..

As if someone shut down an orchestra
during my favorite song

He has now from his body gone
and joined the joy of heaven's throngs

Saiom Shriver

His Eyes Shine

His eyes pour out in torrents
the light of GOD

They shine with the dew
of His kindness.

and glow with delight in
His ways.

His spirit focuses and
the wind is invoked.

In wind's train
comes his consort rain.

His compassion draws
broken hearts to be
healed.

It magnetizes to him
shy forest animals.

Of a silent sudden appears
his visage in our third
eye vision,
framed in cobalt blue.

His voice heals by its power
and gentleness.

His ways teach the path
of peace.

He gives us wings to soar
beyond the grid of judgment.

When we return
we work to pour mercy
into the law.

He takes us on the
infinite journey
from our minds to our hearts.

(to the Godself in all)

Saiom Shriver

His Form

I watch his form
come into my eyes.

He is my
daily sunrise

Saiom Shriver

His Royal Highness

His royal Highness the mountain

Her royal Lowness the sea

perfection when

mountains

by the sea be

Saiom Shriver

Hitler's Concert

If Hitler heard concerts
and then waged war
the music pacific
was not with message
sufficiently specific.

If a bombdropper writes poems
of October leaves amber
1 room in his cerebrum
speaks not to another
brain chamber

Saiom Shriver

Hoarfrost Feathers

Beneath the ether
came cold weather
bringing with it
hoarfrost feathers

Oer spiderweb spun
under the sun
the spider by
the winter outdone

Saiom Shriver

Hoarified

Autumn was horrified
by all winter hoarified
but winter's snow was foil
to what spring glorified

Saiom Shriver

Holey Holy Whole Version 9

Love makes a manger
of a desirefilled heart.
Rocks in the ocean carved
to rookeries by the sea
Eyelets in the rose
by Japanese beetles sewn.
Woodpeckers softly drill
caves in the tree.

Holey, holy whole
the new homes.

Saiom Shriver

Holiday Blues... Thoughts

Expectations are premeditated resentments
-Alcoholics Anonymous, Alanon etc-

There is no fear for one whose mind
is not filled with desires. The Buddha

Those who ask for love in return
are coolies demanding wages. -Sathya Sai Baba-

Older souls vibrating at higher frequencies
cannot be forever made complete by younger
souls of different frequency.

Others' opinions of me are not my business. -Alanon-

Saiom Shriver

Holland Cuts Down On Roadkill

Animals if given
a wildlife bridge
can safely achieve
the next hilly ridge.

Saiom Shriver

Hollows

Shellfish burrow
hollows
In the shallows
of their hallows

Saiom Shriver

Holy Grail

Those who value the gold
of the goblet
more than the
transubstantiated
blood within
create a veil
which blocks
mystic miracles
of the Grail

Saiom Shriver

Holy Light Stream

The mornmist steam
and last night dreams
melt away as dawn's
endless sunbeams
their holy light stream

Saiom Shriver

Holy Numbers

All numbers are holy
but some believe that
numbers into which many
other numbers can evenly go
are especially so

The number 144
is divisible by
2,3,4,6,8,9,12,16,
18,24,36,48 and 72

The number 360
is divisible by
2,3,4,5,6,8,9,10,12,
15,18,20,24,36,40,45,
60,72,90,120, and 180

Mars is twice the orbit
of earth around the sun, 2 years.
Jupiter is 6 times the orbit of
mars, or 12 years.
Uranus is 7 times the orbit
of Jupiter or 84 years.
Neptune is double the octave
and orbit of Uranus at 168 years.

Saiom Shriver

Homeless

Twice this writer
has asked God about
whether or not to
give a homeless person
a room in my dwelling.

The first time I opened
in the many hundred paged
Ramayana to
'You have not yet learnt
the mantras by which to
expel demons.'
Of the second person
the answer in the Bible
was 'I was a stranger
and you took me in.'

Saiom Shriver

Homocysteine

Michelangelo painted
God and homo in the Sistine
but artist Da Vinci in his brain had
no toxic homocysteine.

Saiom Shriver

Honeysuckers

The bee and
hummingbird
honeysuckers
are magnetized
to the honeysuckle

Saiom Shriver

Honeysuckle Heralds

God needs no
chain or buckle
to link
the roots
of honeysuckle.
His herald fragrance
runs ahead
as His seamless
threads
delve in new
beds.

Saiom Shriver

Honeysuckle Newswire

The honeysuckle needs
no towncrier.
Her scent announces
her bursting pink fire.

Saiom Shriver

Honeysuckle Spears

When honeysuckle's
new pink spears
burst into fragrant
creamhued spheres
then from far
and from near
bees seeking nectar
approach without fear

Saiom Shriver

Hooked Water

Into the sacred
waters of peace
a warring hook is dropped
after on it
a wriggling worm
has been impaled.
The suffocating
innocent fishes
are pulled out
struggling for each breath.
Would any conscious
person call this
relaxation?

Saiom Shriver

Horizon Line

The horizon line
is flat between
sky and see.

Water levels
out.. in flat planes
going to all points equally.

Saiom Shriver

Horses And Cows

The cattle rancher
named his horses...
his four legged mammals
who nurse their young....
but never his cows..
also four legged mammals
who nurse their young
and whose milk is stolen
for human babies

Saiom Shriver

Hour Sands Funnel

Hour glass sands funnel
into the lightcrowned tunnel
All will emerge
without chains
without pain
as only eternal love
and joy remain.

Saiom Shriver

Hourglass Sands

The delta'd river's hourglass sands
slowly into the bay do sift
Some then to seacurrents drift
as sea to sun her waters lifts.
Beyond the river's hourglass...
timelessness... is one seagift.

Saiom Shriver

Housebroken

The little dog had been housebroken.
When his human companion died
he was taken to the local dogpound
where, unwilling to do anything to upset
his departed loved one, he died of
a burst bladder.

Saiom Shriver

How Jesus Came To Mary

Like falling rain over lilyleaf tripped
Like pure moon into bright cloud slipped
Like setting sun into calm sea dipped
did Jesus' soul come to Mary.

Like communion chalice sipped
Like the river over fallsbrim lipped
Like dewdropp out of buttercup dripped
was Jesus' soul born of Mary.

Saiom Shriver

How Majestic How Sublime

How majestic
How sublime
that out of muck
and mud and slime
God makes lemons
and God makes limes.

Saiom Shriver

How Maury Reishtein Dropped The A

Maury, a department store executive,
handed out thousands of dollars
of cigarettes.. in mental
hospital wards.. because he
hated forced change..

He adopted a dozen people to love
unconditionally.. to be present
for at all times.. He said
he knew this was impossible
.. but that he would try to
be there for 12.

He became a vegetarian
in a desire to
reduce suffering

Working one day on
the mathematical
probability that with
at that time nine countries
and tens of thousands of fingers
on the nuclear button no nuclear
device had been detonated

.. he decided then that
the probability was so infinitesimal
a higher power, an Infinity, must
be preventing the detonating for
since no nation since the US
in 1945 had dropped the big A..

and he dropped
from atheist the A
the A he added to theist
when the Enola Gay
first dropped the A

Note:

Saiom Shriver

How To Kill Ice

How does one kill
ice?

Through heat.

How does one
kill hate?

Through love.

Saiom Shriver

How To Serve A Suffocated Fish

How to serve a suffocated
fish?

First cut off his fin

It's his steering wheel

Then chop off his lungs

He can't breathe without
his gills.

Then gouge out his eyes
for he no longer needs to
see

And scrape off those
inedible diamonds
.. his diving suit scales.

Tattletell

of the size of his tail..

and how you left

in the water

a wake of bloody trail.

De-gut him, deluded

into thinking..his

guts are more putrefied
than the rest of his flesh.

Then grill his gills

and fry his eyes

and bake his mad fish muscles

and maybe wish on his bones.

How to serve a fish:

cast your bread upon

the waters in which he

freely swims.

Saiom Shriver

Howe Road

The dog was abandoned,
.. said the answering service,
on Howe Road.. She waited
at a telephone pole
for 48 hours. For 2 days she had
chased each passing car.
1000 times her heart rose
and fell
until she learned how not
to feel..

Later she found a happy
home..
The roots of trust grew
slowly...
but steadily..
as pain seeped out of her
heart....

(to Constantina Fiorentino and all those involved in the rescue of animal or
human refugees)

Saiom Shriver

Huddled Masses

'Huddled masses
yearning to be free'
Their post-feedlot fate
they can't yet see

Saiom Shriver

Hues Of Mars

Why is it that
more often the charts
of redheads, their stars...
include Aries, which
is ruled by Mars?

Why is it that more
generals who
love wars
have planets in
Aries ruled by
the red planet Mars?

Saiom Shriver

Human Barbarism

A doghater behind
his truck did pull
an innocent and
sweet pitbull.
The sheep are
early fleeced
and made to freeze
for their wool.

Saiom Shriver

Human Chauvinism

Why do most apply the
word murder
only to human beings.
Are they human chauvinists?
With the right to exist
has not God all beings kissed?

Saiom Shriver

Human Chauvinism And Weeds

Weeds get bad press.
If plants do not produce
food humans like, exploitable
products, or agreed upon beauty...
he and she are often scotched,
despite invoking rain with
their evaporation, providing
seeds for birds, food for wildlife,
shelter for
the small, roots to prevent
mudslides, oxygen for all.

Saiom Shriver

Human Chauvinism In Forest Fire Reporting

Reporters might list the number of
wooden homes or metal trailers
saved in a forest fire.

They never give the numbers of
flightless baby birds burned in their
nests, the mothers who stay with them
though they have the option to fly away,
the millions and billions of beings,
mammals, birds, fishes, reptiles,
insects, plants, bushes and trees
set on fire.

Nor do firefighters fighting fires or
those who start controlled
burns seek to rescue nonpets or
nonlivestock animals.

*

Saiom Shriver

Human Dna In Vaccines

Pawns of vaccine making
drug companies
at the FDA
allow in vaccines
human DNA

Saiom Shriver

Human Watermelons

Some human beings
are like watermelons.
Their thick skins hide
the waters of
compassion inside.

Saiom Shriver

Humiliated In Public

He was passed on from one
grade to the next...
never learning to read...
never included... years passed...
On graduation day...
many prizes were handed
out... his mother attended
and watched as he was
humiliated by the announcement
he would be given a certificate
of attendance.... later in speaking
about it he wept

Saiom Shriver

Humming

The silent music hues
of the trumpet vine's strumming
attract hummingbirds
to do their humming

r-

Saiom Shriver

Hummingbird Beak

The hummingbird's beak
would harm a bud
but not a fullblown bloom
sun opened into bliss

Saiom Shriver

Hurricane Isaac

Isaac the hurricane
brought with him rain...
blowing in with stage whispers
entering from the wings
on his winded wings.

Saiom Shriver

Hurt Heart Of Skunk

When they told
the skunk
that he had stunk
his spirit was
quite visibly shrunk
and his sweet heart
deflated. sunk
as away he had
to dark woods slunk

But he the skunk
ever had
spunk
and so resurrected
was the
sweet little skunk.

Saiom Shriver

Hypochondriacal Aquarian

He, hypochondriacal Aquarian,
could be seen at the ashram
wearing a broadbrimmed hat.
From all its rimpoints
mosquito netting
fell. Others there
had no netting and were
unharmd. As Yukteswar
who slept without a net
said to Yogananda,
'You have mosquito
consciousness'.

Saiom Shriver

I Came Across A Little Boy

I came across a little boy...
like a bush so cruelly pruned..
he was afraid to grow at all.

Saiom Shriver

I Ching

The way of
yielding water
.. flowing.. being
never preaching

the humility
teaching
of the eternal
I Ching

Saiom Shriver

Icarian Ballerinas

Icarian ballerinas fly
only a brief way before
being pulled back by gravity.

Saiom Shriver

Ice Of Apartheid

The incoming
egalitarian tide
melts the last
ice of apartheid

Saiom Shriver

Ice Sculpture Eagle Beak Drips

A congressional luncheon..
of a politician on the military spending
committee..
As time goes on.. the ice sculpture eagle
begins to drip from the beak..
as ice becomes water
.. the frozen becomes flexible
.. a spear point.. becomes peace
.. A 1 pointed weapon function becomes the power of all function
for unlike ice, water can be poured into any mold.

What moves mountains of
ice? Faith in the Sun.

**

(to Les Aspin)

Saiom Shriver

Iceberg Castles

Iceberg castles appear
to control the sea...
but soon they will slip into it..
of their own accord...
unable to resist the sun

Saiom Shriver

Iceberg Divorce

The married icebergs,
ego and jealousy,
severed in divorce...
lost...their mutual desire
and continued to
melt entire
in divine solar fire

Saiom Shriver

Icy Food

In Iceland they
ate a baby lamb
and then his
mother's eyes.

Saiom Shriver

Icy Winds Sweep

Icy winds sweep
oer stony hills steep
Cold whips and seeps
into freezing sheep
..no warm place to sleep

Saiom Shriver

Idyllic

Stormdrain clogging,
the root's path hydrophilic
has made for birds
a splashpool idyllic

Saiom Shriver

If

If God is omnipotent, eternal,
all encompassing love,
we are all within the circle and
are radiating with the energy
in which we are immersed.

Saiom Shriver

If You Don'T Build It

If you don't build it
they will come
If you let it go
it will grow

Saiom Shriver

If You Live Alone

If you live alone No one

.. can grab the remote

OR

.. play cacophony which hurts your ears

.. put you on the phone when you don't want to talk

.. cook foods whose smell makes you sick

.. fracture the silence in other ways

.. be upset if you tune out in meditation

.. wake you out of a beautiful dream, for morning sex

.. move or throw away your things

.. spend your money

.. mind if you get up in the middle of the night to work

.. expect you to do more than 50% of the cleaning, cooking, laundry

.. establish your priorities

.. object if you talk to old friends of both genders

.. decimate your freedom

and

when attacked by flatulence you need not leave the room.

Nevertheless many of us nonyogis prefer the path of mutual love.

Saiom Shriver

Ignited To Action

The hardworking man, after
years, it was found,
had never learned to read.

The criminal, the trial
revealed, had slept in
the bathtub every night,
in fear. His mother had
beaten him severely each
time he wet the bed.

The starving stray dog
left pawprints of blood.

We had tread on the sacred
ground of their suffering,
and so withdrew, humbled
and ignited to action.

Saiom Shriver

Ignited Torch

The world hasn't
changed overnight
but each new
ignited torch
multiplies the light

Saiom Shriver

Ignition Of The Will

Would a smoker
rather die of a
fiery conflagration
or of a
choking
suffocation.

Saiom Shriver

Ignoring Rocks

The river ignores
rocks and sediment.
On her seaward journey nothing
below is impediment.

Saiom Shriver

Ill Gates Please Stop Funding Torture

Please, Bill Gates
open Bastille Gates
Set free Duke's
tortured primates.

Saiom Shriver

Illegally Acquired Might

Two warmongers
fight
.. like a massive
storm front in the night....
May their
illegally acquired might
be rained away...
by morning light

Saiom Shriver

Illogical

Why should a mammal
have agony and fright
because for toxic food
humans have an appetite

Saiom Shriver

Illusion Becomes Reality

With props and prodding
and
prompts
he creates the play's
pageantry and pomp

(to James McDermott of L.A. and Ohio)

Saiom Shriver

Illusory Epitaph

Are all gravestone epitaphs
reductionist insults
to the infinite love
once caged in that body..

Whether it was in bud form
or blooms full blown
it is love
which now is free

Saiom Shriver

Imbedded Reporter

The military
carefully choose
journalists to imbed
... those most likely
with war profiteers
to be in bed

When a writer is
surrounded by
men who are armed
he's less likely to
report what
will get him harmed.

Saiom Shriver

Immigrants

Does the right to life, liberty
and the pursuit of happiness
includes the right
to food clothing
and shelter?
to education?
to hospital care?
to free internet?

Saiom Shriver

Immortal Light

Despite being
involved
in 1000 insurrections
light itself
needs no resurrection
for it cannot
be killed

Saiom Shriver

Immortal Love

Passion can die
.. sent forth from lust-ers
but love is immortal
as is its lustre.

Saiom Shriver

Immunity

Dharma is the safest
immunity
against possible
impecunity.

Saiom Shriver

Impeaching

None dared reproach
nor to preach
gainst the fragrant
gentle tree of peach
as the sun daily
did the tree im-peach.

*

to M Duffy who cared not for academic snobbery and as a nonagenarian was
driving
several hundred miles on weekends to see her daughters and their families.

Saiom Shriver

Imprisoned By Fear

a vision of a
grown man.... in
a mansize crib..
some of the slats
were gone..
he could easily have
left.. he was imprisoned
by his fear

Saiom Shriver

Imprisoning Hoard

He had attained his desire...
the gold he had stolen from
many was in a vault..
but his invisible leash
was proximity to the safe.
He never went far from his
imprisoning hoard.

Saiom Shriver

Impropriety

They say in 'society'
with false noted piety
that 'impropriety'
brings notoriety.

Yet behind the scenes
they seek the variety
which results
in satiety.

Saiom Shriver

In A Row

Crystal icicles of winter
Pastel clothesline flags of spring
Green kudzu... summer telephone line
tightrope walker
Blazing orange pumpkins of fall

Saiom Shriver

In Each Heart Shrine

In each heart shrine
the Lord of Love shines.
'You are Mine. I am Thine'
with each heartbeat
repeats the Being Divine

Saiom Shriver

In Forest Glen

In forest glen
lives nerd the Len
caring not for yen
teaching love is zen.

Saiom Shriver

In Formation

Iconoclasts do not like
to fly in formation.
God's truth inside
trumps
external information

Saiom Shriver

In The Forest Was A Bear

In the forest was a bear
A nectar guzzling grizzly
Some of the bees were angry
bout his embezzling guzzling

"Let's muzzle him" said fuzzy bee
"Denozzle him" said buzzy bee
"Clog his schnozzle' said dizzy bee
"end his swizzle" said fizzy bee

"Let's kick him out"
said frazzled bee
"Tie him up"
said razzled bee
"Oh let's not"
said boozled bee
"Oh why not"
said frizzled bee

In a sizzling tizzy had the bees
the guzzling fizzing grizzly bear
the bamboozling boozing teddy bear
who was swizzling the honey bees

He didn't even know
for he was in a daze
and lost in dizzy gobbling
was his dazzled gaze

and then a puzzle

when the bees began to quaff
the honey and fell on and off
the flowers while they listened
to
Mozart and Rachmaninoff

why said Hazel bee they didn't care
it's clear there's enough right there

.. enough said Lizzy bee
for all to share
even for guzzling grizzly bear

Saiom Shriver

In The Hive Of My Heart

In the hive of my heart,
honey
unstolen from bees
is an infinite store
of my love for you

Saiom Shriver

In The Sidewalk Crack

In the sidewalk crack
grew a clump of violets.
The break had let in
rays ultraviolet.

Saiom Shriver

Inactive Spectators

The feds are
inactive spectators
watching Wall St.
scofflaw speculators

It leaves a bad taste
in our mouths.
We become
expectorators.

Saiom Shriver

Incarnation Of Love

We are the creation of
God who is Love.

Only Love can proceed
from Love.

We are each of us, every
being,

no matter how dark grey
the cloud cover over our
inner suns,

an Incarnation of Love.

Saiom Shriver

Inconsistency

Why is sustenance
given to cows and pigs
called feed
while sustenance
for dogs and cats
is called food.

Does God love cats
more than cows?

Saiom Shriver

Inconstancy

Twas a night when
the moon,
that inconstancy,
did not appear
to rise above the sea.
She the changeling was not missed
by trillions of incandescent stars
lost in the luminescence
of their own light
gifted from afar.

Saiom Shriver

Incorrigible

The older she got
the less she wanted
any pastor
parson
priest
prelate
or Pope, no
matter how holy,
between her and God.

Saiom Shriver

Indicting

Shakespeare with his words
inditing
was also royalty of his
time indicting

Footnote:

One meaning of indite: to write a poem

Saiom Shriver

Indweller Of All

In all ants
in all plants
is now seen
God's dance.
God's
lovewill
manifests
not by chance.

Saiom Shriver

Infanticide

When lambs, calves
piglets and other
baby animals
were victims of
infanticide
how many knew
and of those
who did
how many cried

Saiom Shriver

Infernos Blazing In 12 States

Forest infernos
enflame firs into
fiery torches,
and set fire
to the fur and
feathers of fearful
and voiceless beings
unable to flee. Fledglings
can't fly away from the
unprecedentedly ferocious
fast fires.

Saiom Shriver

Infertile Myrtle

Early murder
for the cow Myrtle
because they thought
she was infertile.

Saiom Shriver

Infidels

Some Muslims think
everyone else an infidel.
Some Christians think
everyone else is going to hell.
Some Jews think
your name must be Rosen
to be with the chosen.
Sri Lankan Buddhists have thought
it alright Hindus to kill.
Some Brahmins think
everyone else is untouchable.
Some Adventists think no
one else is among the 'elect'.
Some atheists think that no
theists is among the select.

As the zenith sun is
visible from all windows
so does God illuminate
every path to God.
Everyone arrives.

Saiom Shriver

Infinite Blue Jewel

Fluffy white clouds
frame an infinite
blue sky jewel

Saiom Shriver

Infinite Consequences

Drones people decimate
War fires dessicate
Bombs each devastate
Leaders shrines desecrate

Saiom Shriver

Infinite Designs Of The Divine

Watermelons with alternating
stripes
of forest green and lime
Breadfruit with many hues of
mosaic diamonds
Crimson skinned apples with
constellations of gold stars
Nutbrown coconut husks
Eggplant purples
Silk crowning ears of corn
Opened pomegranates
with seeds not of granite
but juicy rubies hidden
in chambers
Pears of yellow and amber
Violet grapes and blueberries in clusters
swelling with the sun's luster
These are not the green
of meat's gangrene
the rust red of congealed
animal flesh blood
but entire color spectrum
visible
only in nonviolent fruit.

Saiom Shriver

Infinite Mansions

She works all day to give
sanctuary shelter to everyone.
Each night as she falls asleep
and slips temporarily from her
body, she continues her work,
taking all with her in her heart.

Saiom Shriver

Infinite Quiver

In Cupid's quiver
for those of open heart
are infinite nonviolent
arrows of love
for every being.

Saiom Shriver

Infinite Shades Of Blue

It is healing to gaze upon
the blue of sky and marine
from blue violet and indigo
to aquamarine

Saiom Shriver

Infinite Sips

She has taken
infinite creek sips...
has the mighty
Mississip

Saiom Shriver

Infinity Misunderstood

As seawater reflects
the spherical slowmoving
moon as
linear and erratic
so do human beings
project finite qualities
onto the Infinite

Saiom Shriver

Inhaler Side Effects

Lung infections, hoarseness, pharyngitis
Thrush, dysphonia, laryngitis

Saiom Shriver

Injections

Children with
screaming inflection
give their objections
to 'vaccine' injections
which are often
inceptions
of lethal infections.

Saiom Shriver

Ink And Rain

Erased by rain
the writing ink.
Snow obscures
the walkers' prints
In the waves
gone plover sandscript
but akashic records
save all thoughts,
words, music...
from Swahili
to Sanskrit.

Saiom Shriver

Ink Bottle

The calf was roasted
in his own blood.

The squid was boiled
in his own ink.

But unlike these
innocents' fates, the ink of
the poet liberates him.

Saiom Shriver

Inkling

In the west the sun was sinking
while seawaters it was pinking
Lilacs were their perfume sprinkling
as the stars began their twinkling
and the Milky Way.... its winking.
Windkissed chimes began their tinkling
Sundried plums began their wrinkling.
In the woods two mink were minking.
Then it was she had an inkling
and it grew while she was thinking...
as her doubts were melting, shrinking
that two souls were ever linking.

Saiom Shriver

Insectivorous

To her baby maggot
said the mother fly...
spiders are insectivorous
... that means they're not
for us

Saiom Shriver

Insinuating

The river insinuates
itself into the sea
as the tree insinuates
into Mother Earth
its new root sinews

Saiom Shriver

Inspiring Friend

I have an inspiring friend.
He needs not even a pen.
He has 1 week's worth of
clothes. All other possessions
he left behind.
He is an unusual combination
of psychic and genius.
When he seems to glance he is
taking in 5 times as much as the
average person.
He loves to laugh and to
make others laugh,
is friendly to all,
and reveres truth,
needs less sleep than most,
can do research on the computer
for 10 hours without taking any break.

He might fly away
if smoking did not
anchor him.

Saiom Shriver

Instant Karmic Return

A Texas man from
somewhere like Amarillo
shot at a sweet and
innocent armadillo

The bullet ricocheted
and hit shooter in the face
... the instant return karma
of violence toward
those with angel armor

Saiom Shriver

Instantaneous Sculptor

God, instantaneous
sculptor
of infinite forms

Saiom Shriver

Insufficient Data

One was arrested and taken to the psych ward
for talking to himself.....

he had been rehearsing the lines for a play
in which he starred..

Another for indecent exposure... a diabetic...
he had looked for an alley for his frequent
urination problem.

A third for being drunk... when it was the
'antipsychotic' medication
which caused his shaking..

A 4th for loitering.. she had left her home
at 2am to escape a violent husband

A 5th for running away.... he was not
guilty... only afraid.

Saiom Shriver

Intense Magnetism

His intangible
eyelight's gaze
can move
my body.

His intense
magnetism
can fill
my soul.

Saiom Shriver

Intention

Love stoops to conquer
while
bomber swoops to attack

Saiom Shriver

Interfaith Choir

Does the One Spirit require
universal choirs
by all races attired
as holy notes climb higher

Saiom Shriver

International Tv Preacher

I

Many who enter the church
of an internationally broadcasting
tv preacher
see a massive painting
of Jesus, the Good Shepherd,
climbiing down a rocky
hillside to rescue a lost lamb.

And yet,100 yards away,
the church restaurant
serves dead lambs.

II

A restaurant volunteer was murdered in
the kitchen there. The auras around
slaughterhouses, feedlots, factory farms,
places of great pain and despair, are red with anger and terror
and more likely to attract violence. In the days of the Chicago
stockyards, Annie Besant reported that even an hour's journey
away from the city, the aura was red.

Saiom Shriver

Interpreting Scripture

Who among us all knows Aramaic,
Greek, Latin, Hebrew, middle English, Sanskrit,
Which among us is equipped to interpret
Holy Script?

Saiom Shriver

Into The Sea

Into the sea
the river seeps
until with relief
the river is seized
as he begins to merge
in Neptunian deeps

Saiom Shriver

Intuit

He could
always intuit
when she was
in to it

Saiom Shriver

Invincibility

Invincible
is Spirit,
invisible
and indivisible.

Saiom Shriver

Invincible

He took all the money, departed
to live with a younger woman
and left his wife with 9 children,
4 horses and a pony
in a small trailer,
with no food, no heat,
no money, no car, no
phone, in the middle of
nowhere.

She like the rain
becoming juice
a peach filling
like a pumpkin
with the dew nocturnally
swelling
each day gathered
more power
because of her
indominatable will
her infinite heart
and her unquenchable
spirit.

Saiom Shriver

Invincible Perfume

The peony's perfect perfume
or the sweet smell
of a silent bluebell
can't be stopped even if
in plucking they her life fell.

/>

*

'The fragrance of flowers cannot be suppressed'

-Yogananda-

Saiom Shriver

Invincible Stars

Blazing stars
need not
fight
but automatically
victorious
is their light

Saiom Shriver

Invisible

Some atheists believe only
in the tangible or visible.
The Divine, the Invincible
is rarely not invisible.

Saiom Shriver

Iowa Candidate Joni Ernst

Iowa military veteran and
Republican candidate Joni Ernst
says 'I'm tough... I grew up
castrating hogs.'

The cadaver pieces of
murdered innocent hogs
create mental fog.
They arteries clog

Saiom Shriver

Ipa Nima To Iwo Jima

Is life arranged by God....

from the playgrounds
of Ipa Nima
to the battlegrounds
of Iwo Jima

Saiom Shriver

Ireland

If all things work for good,
the deliberate starving of the Irish people
caused the gracing of American
shores with lyric poetry, music,
compassion for the poor,
unquenchable humor, and Infinite Spirit

Saiom Shriver

Iridescent Flight

Stationery the stained glass
windows of a church,
but the iridescent windows
in the butterfly's wings
are the delight
of light in flight

Saiom Shriver

Irs

He joined the Internal Revenue Service
because he opposed corporate greed
and fraud. He left because he was
unintentionally collecting money
for the hatred, war profiteer
greed and idiocy of war.

Saiom Shriver

Is Bloom Complete

Is the bloom complete
without the breeze
of wooing winged bees
who from her cup
her nectar free?

Saiom Shriver

Is God Random?

Theists who reject
the philosophy of
reincarnation
might assume that
God is randomly
cruel.

Theists who accept that
we've all had many lives
believe that answers for
present suffering are often
found in past lives.

Souls who don't learn
lessons through love's expansion
are sometimes required
to experience the opposite
side of the coin of
having been unfaithful,
miserly, undisciplined
judgmental.

When we arrive at a state
of transcending earthly desires,
of no negative or positive karma
(the chains of gold bind as strongly
as the chains of iron) and no
spiritual ignorance, we are free
to merge forever in God.

When we become perfect Love
we are free to merge in perfect Love.

Saiom Shriver

Is Nearly Every Pearl Purloined?

Untimely ripped from the cloisters
of most innocent oysters
is nearly every
pearl
purloined?

The oyster suffers when the
pearl is made
and suffers more when
his lots are divided amongst others..
his jewelry stolen
his flesh consumed.

Saiom Shriver

Is Pink A Lie?

The light band
has many frequencies
whose speed determines
their invisible or visible
colors.

Can one say that pink
is a lie
simply because it
is not a blazing laser
beam of light?
Do all paths to

Saiom Shriver

Isaiah 1: 11 For 2014 And Beyond

A holy powerful start to
the New Year for each
with little booze and
no innocent murdered
pig cadavers....
with prayer for all
and with less palaver

Saiom Shriver

Isaiah1: 11

Does Jesus
want animals'
crucifixion
because of
His resurrection?

Saiom Shriver

Ishtadevata

His aura others
magnifies.
His intensely
deep eyes...
With love
they magnetize.
His commanding will
does
miraclize
His presence does
mesmerize
as it ever
mystifies.

Saiom Shriver

Isolated Valleys

The isolated who
never leave their
mountaingirt valleys
think sunlight falls
nowhere else
as some believe
there are no
miracles beyond
their own sect
of faith.

Saiom Shriver

Italia: Fruitarian Paradise

In millions of acres in Italy are
growing trees of fig,
pendant jewels hanging from twigs,
green and silver olive groves,
attracting birdflocks in winged droves,
trellised vines of grape
which with green
Mother Earth drape,
orchards of apple,
datepalms,
conferring on all their free alms,
hazelnut trees,
pouring forth serenity.
tomato and eggplant vines..
of God's giving the holy shrines,

Saiom Shriver

It's Easy To Change

Killers cause cows' souls
from their bodies' evictions
Cow eaters contract
trioxypurine addictions
and arthritis
joint friction,
and heart artery constriction.
Cow eaters through Alzheimer's
have new and slurred diction.
But more and more live the
'thou shalt not kill animals' conviction.
Each vegetarian vegan and fruitarian
prevents animals' crucifixion.

Saiom Shriver

It's Never Over

Earth relationships may end
but the love of each for the other
ever both attends

Saiom Shriver

Ivy And Violets Version 2

Ivy and violets
do not vy...
as they shed violet light
in ways nonviolent

cover sacred ground
violets and ivy
where elephants lie
slain for their ivory.

Saiom Shriver

J M Merson

She can walk 20 miles
each day in a pilgrimage with
a 30 pound backpack.
With her mimicry of 1000 voices,
her constant cheer and her
waterfall of creative invention,
she can make a stone statue laugh and
cause autistic children to dance....
She lives as simply as a
cave dwelling monk....on a houseboat
with 1 electrical outlet.

She has a blackbelt in karate,
can work on cars and motorbikes..
cook a feast for a throng... sell tires...
care for the elders, orphans and
animals in her small town,
write articles and poems in her
spare time.

She prays for those
who spitefully use her
The foibles of human beings
greatly amuse her.

Angels supply her needs in myriad
ways. Neighbors bring her extension
cords when her electricity is unpaid.
People spontaneously offer her a place
to shower, laundry facilities, food.

She often starts the day at 4 am with
prayer and readings from spiritual
books, then walks 4 miles to her church
before going to her job.

We who know her desire
more to be like her, for she
responds to demonic curve balls

with spiritual home runs.
She is a woman of great energy and
enduring Spirit. Because
she is One with God, the gates of hell
will never prevail against her.

Saiom Shriver

Jade Cover

Moss needs no earth
as it gives
each hard rock
soft forest green socks

Saiom Shriver

James Bond Bee

James Bond Bee goes
zigzag among the blooms
gathering their wealth
and data perfume
but he loves them not
and when it's time
for home
straight not zigzag
is his path oer the green
to his monarch his queen

Saiom Shriver

James Risen

The spirits of millions
are rising
ignited by courageous
truthseeker James Risen.

Saiom Shriver

James Risen's Freedom Of Silence

Freedom of speech
but also
freedom of silence.....
Despite what courts
and warmongers say,
whistleblowers are not spies
and leakers of government
malfeasance are not
criminals.

Ethical reporters should not be
threatened with jail for not
revealing their confidential sources.

Saiom Shriver

January Phonewires

Icicles on the phone wires melting...
time to reconnect

Saiom Shriver

Jasmine Attar Of The Avatar

JASMINE ATTAR

Creator of all petals
is the Avatar
His endless aura imbued
with jasmine attar
He plucks
nary a flower star
.. but all blooms are His
.. near and far

The lullabies
He sings to lilies
and lilacs
become the leela
of their beemagnet
scents.

He lives where lands
are warmed
by the rays of Surya
..He dwells in the hearts
of all beings

Saiom Shriver

Jasmine Petals

As from His hand
materialized jasmine petals
arranged themselves into
script
spelling His name

so does forgiveness rearrange
the stars.. they move in
new patterns of mercy
and miracles

Those aligned to God
can the elements command..
and move the prana to their
demands

Saiom Shriver

Jason Bumblebee

Jason Bumblebee
searches for the golden fleece
in the pollen of the goldenrod
There he finds great peace

Saiom Shriver

Jay Leno

Jay Leno's words
were straight from God
when he said there are
pig uteri
in many hotdogs

Saiom Shriver

Jayflying

Are bluejays
ever arrested
for jaywalking...
or jayflying

Saiom Shriver

Jerry Litton

Democratic Senate candidate
Jerry Litton in the campaign
died in the mysterious
crash of his plane
which went down
on the Missouri plains
causing Republican win
and untold pain.

Saiom Shriver

Jesus And Gandhi: South And North Of Same Axis

Gandhi took the north path and said "You assist an evil system most effectively by obeying its orders and decrees." Jesus took the South path and said 'If a man sue thee for thy coat give him thy cloak also". We can take any path magnetizing our hearts.

Saiom Shriver

Jesus And Rush

Rush Limbaugh
says the Pope is
preaching 'pure Marxism'.

The Pope is preaching
the message of Jesus'
Sermon on the Mount and
'Love your neighbor
as yourself'.

Rush, your quarrel is
with Jesus.

Saiom Shriver

Jesus And The Centurion

Jesus did not see the centurion
as the enforcing agent of
a brutal and invasive imperialist
power.'

Jesus saw him as
an individual
soul with great faith
and healed his son
in that hour.

Even so, Peter told Peter
to put down his sword.
The ways of violence
are not a path to the Lord.

Saiom Shriver

Jesus And The Sun

Jesus and the sun
charge not payment
for the healing touch
of their raiment

Saiom Shriver

Jewel Boxes

As mysterious as
acorns containing oaks
are words: jewel boxes
holding light.

Saiom Shriver

Jewel Muses

Snowflakes
and Queen Anne's Lace
are muses for
a jeweled necklace.

Saiom Shriver

Jeweled Portals Of The Immortal

Heaven's 'pearly gates'
have no pearls:
jewels untimely ripped
from oysters' shells.
They adorn the bloody
gates of hell.

Saiom Shriver

Jewelry Designer

The jewelry designer
magnified and photographed
snowflakes each of whose unique
beauty was muse to him.

How ironic that the heat of
the camera light hastened
their melting.

To observe something or
someone is to change him.

Saiom Shriver

John Kerry, President Of The Us

While with DA's Perry parries
and her beloved, Mary marries
and his past, Barry buries
and with friends, Terry tarries
and traveling bugs on leaves,
unseen fairies ferry
and sugarbanning
Carrie has no caries
the popular vote and electoral
college did Kerry
carry.

=====

There have been books and tens of thousands of articles
written as well as testimony collected by Robert F Kennedy Jr.,
Representative John Conyers and others on the disenfranchising
of Americans by the Bush regime.
Perry is Perry Mason, played by Raymond Burr

Saiom Shriver

Johnny Isakson

A million chickens
suffocate in the heat
of a Georgian metal shed factory
farm when the electricity
goes out.
Isakson helped make
it a crime
to film their suffering
and their homes of slime.

Saiom Shriver

Joseph

Joseph said that when he
went to visit his grandfather
on his farm, he was playing
with the piglets in the brood.

His grandfather came out
and said 'don't play with the food'.

Thus are innocent children
by their ancestors screwed.

Saiom Shriver

Joseph Christopher

Christopher.... bearer
of the Holy Babe...
do any more than Joseph
deserve the name...
he who fed clothed
and sheltered Jesus
and carried Him away
from Herod
into Egypt

Saiom Shriver

Journey Of The Waters Of The Soul

Aries causes seawater to evaporate.
Taurus weaves the mist into clouds.
Gemini pours raindrop mercy.
Cancer collects the drops in pools.
Leo breaks forth in streams.
Virgo diverts the flow into roots for fruits.
Libra turns the fruits into juice.
Scorpio captures the water in underground springs.
Sagittarian geysers make visible the springs invisible.
Capricorn gathers geyser drops for mountainpeak
snows.
Aquarius sun melts the snow into trickles and then rivers
Pisces gathers the rivers in the sea.

We are all all.

Saiom Shriver

Journey To The Universal

We are all particular
souls in rehearsal
as each journeys
toward the universal.
Once a soul reaches mastery
he or she need not return....
need never again
suffer reversal.

Saiom Shriver

Judas

Judas was an anti-invader
activist. He would
to Caesar nothing render...
nothing to the power
which did so many
innocents rend.

Saiom Shriver

Judas In Heaven

The world the silver moon
shattered into shards
in the shallows and
upon the seashore
has been gathered into
One
by the Resurrecting
Morning Sun!

Saiom Shriver

Judas Kiss

Is every kiss from
a womanizer
a Judas kiss
or is he a universal lover
faithful to all

Saiom Shriver

Judge Not

The river has no control
over the path on which she rolls

Saiom Shriver

Julia Roberts

When they auditioned her
they thought it not only plausible
but highly possible
that Julia would definitely
be applausable.

Saiom Shriver

June Waterfall

At the waterfall
careful not to slip
we walk to the side to
find gentler drips.
From cascading mercy
gratefully we sip
eer into the base pool
blissfully we dip.

Saiom Shriver

Junkyard Dog

Who's 'meaner than
a junkyard dog'?
His human jailer

Saiom Shriver

Jupiter Sees A Star

The blazing sun
is not orange at dusk
save through the
eyes of our
earth dust.

nor does sun move
in the vast ocean
.. waves project
onto him
wavering motion.

It is not raining
on the sun.
It is raindrops
upon the windowpane.

The pond is not
full of blood, as
the lion thinks,
after washing
off his muzzle
from a fresh kill.

The mirror is
not 2 faced..
but polyfaced,
and no-faced.

.. It is not hypocrisy
for the reflecting sea
to portrait paint
uniquely
each who stands before him.

The stable cleaner with
waste on his glasses
looked at the moon
and thought she was

full of horse manure.

The man who has
drunk much alcohol
sways.. through
his eyes the room
sways..
he thinks others
are inebriated..

Saw the detective
the other as defective
.. projecting his own
grid
onto the pure screen.

It is thermal
waves between us
and constant stars
which make them appear
to twinkle
as semaphores
unfaithfully
sending secret messages
From earth

Through a telescope
Jupiter with his moons
seems lined up in 1 row..
.. but the moons
swirl around him not
in lines but orbits..

.. nor can the devotees'
orbits around a Guru
be known.

In the Cosmic Mirror
of the Poornavatar
saw himself reflected

the pornographer

while in the same cosmic mirror
in the Poornachandra
another was sent
into poornananda

We see everywhere what we are..
In the mirror of the Avatar
.. a cheater sees a liar
and Jupiter sees a star

Saiom Shriver

Jupiter Tip

The star of Jupiter
tips tree of juniper

Saiom Shriver

Jury Duty

Summoned to jury duty,
she told the judge it was against
her religion to sit in judgment
of anyone. Recounting this to her
family put them into hysterics.

Saiom Shriver

Kaiser And King

Millions died or were
mangled in World War I
... all for the competing
capital markets of
the Kaiser and the King

Saiom Shriver

Karmic Gravity

Past life karma
is often the gravity
holding together
this life's couples
in their path of dharma

Saiom Shriver

Karmic Pox

If one enslaves no
hens or cocks
one isn't tempted
to chase a fox.

Is there a karmic pox
for murdering a fox?

Saiom Shriver

Karmic Return

The black widow spider who
ate many male spiders
was done in by
a daddy long legs.
Not in another web
was she caught.
In her own web
was the karmic lesson taught.

Saiom Shriver

Kasturi's Car

English professor and poet Narayana Kasturi was an employee of All India Radio. He had in an Indian humor magazine made fun of Sathya Sai Baba. After a series of miracles involving his family, he became a devout follower and editor of Baba's magazine Sanathana Sarathi (eternal charioteer, a reference to Krishna who would not fight in the Mahabharata war but instead was charioteer for Arjuna.)

One day a car caravan as often happened was following Baba's car to a destination. One after another, parts fell off of Kasturi's car. When they arrived Kasturi took the car to a mechanic who said it was physically impossible for the car to have arrived.

Kasturi went to Baba and asked 'Was it because we are good devotees that you did this miracle for us? ' and Baba replied 'The car, the car is a great devotee.'

Saiom Shriver

Keeba Smith

Keeba
when you smile
the 2 corners
of your mouth
lift the shades
and light from your
soul
pours through your eyes

Saiom Shriver

Ken And Barbie

A vision of a perforated dotted line on
a map between
Kenmore and Barberton, 2 tangent
Ohio cities. It might separate them.

Kenmore was more Appalachian
Barberton more Eastern
European. One sooner than the
other had citizens taking a
public stance against illegal US
wars.

Another meaning occurred:
that Barbie and Ken (bland
dolls marketed by profiteers)
were each transcending
form consciousness
and finding more soul-connected
partners.

Saiom Shriver

Keykeeper

The queen bee may be the
designated beekeeper
but my king is
my heart's keykeeper

Saiom Shriver

Kicks Turned To Light

As one hour of kicking
yields 3 hours of light
so our most painful times
can yield soaring flight.

Saiom Shriver

Kidnapping

It was when the mother
goat's kid was napping
that the butcher plotted
his kidnapping.

Saiom Shriver

Kill No Birds

Whenever someone kills 2 birds
with one stone,
he has committed 2 avicidal crimes,
not one

Saiom Shriver

Killer Pens And Gavel

Blackgowned,
judges with cold
premeditated murder
wield their killer pens
and gavels.

Saiom Shriver

Killing Place

it is harder to see
the Omnipresent Abba
in the dark and muddy
loud dank and bloody
abbatoir.

Saiom Shriver

Kind Divine Design

So close to the ground
pine tree branches
which the snow in
all ways blanches
shielding winter animals
from wind, cold,
and hunters from the
ranches

Saiom Shriver

Kinder Planes

Because of actions by millions of people,
fewer primates are carried on planes
to places which deliberately
give them pain
in hidden valleys, mountains,
and plains.

Saiom Shriver

King Charles And Cromwell

King Charles The First
wore his crown well
until along came
puritan Cromwell
who wanted not
only his crown
but his head
to fall down

Saiom Shriver

King Henry

'England shall double gild his treble guilt'
says King Henry to a Shakespeare play.
Still today as the eviction
of seacreatures from their shells
is covered by incoming tides
so the past errors of the rich
plutocracy hides

Saiom Shriver

King Of All Coats Of Many Colors

The sun
pinks trees of peach
and purples the grapes
as he pumps and plumps
the orange pumpkin vine

He makes gold the pear
blackens the berries
browns acorn pairs
paints crimson the cherries

He oranges the oranges
and limes the limes
spraying aqua the silent
bluebell chimes.

Saiom Shriver

Kingdom Of Frog

On his throne log
in kingdom bog
shrouded by fog
croaks the frog

Saiom Shriver

Kismet

Destiny drew out
his magnets
.. their kiss met
foreordained...
Kismet

Saiom Shriver

Kismet Cue

As sublime as apples swell with dew
Slow as clouds roll into blue
Still as berry tea makes red the brew
Soft as rain into green limes grew
Gently as horizon ship moves into view
Welcome as South Wind with fragrance blew
Peaceful as sea.. delta sanddrift drew
Do miracles arrive on Kismet's cue.

Saiom Shriver

Kismet Cup

As two bees can sip
from one buttercup
so drink a couple
from one kismet cup

Saiom Shriver

Kitestings

A contest day...
kitestings make a net
in the sky.. but no
moon or star-fish are caught

Saiom Shriver

Knee Drum

10 month old Catherine
crawled over and
for a drum
she used my knee
with her handpatting
harmony

Saiom Shriver

Knickers

Even Santa Claus
known as St Nicholas
was sometimes tired
was sometimes knickerless

Saiom Shriver

Knitting Needles

Green knitting needles
have woven the pine
We've all been spun
in the One God Sun

Saiom Shriver

Knock And It Shall Be Opened

'Knock and it shall be opened'
said Jesus.

Hearing this bird gospel,
the baby chick responded
with tentative and hopeful
requests that the shell
release him
from what was now
a confining hell

Saiom Shriver

Koans From My Teacher

Unnumbered phrases Baba whispered to me in meditation such as

'Not in the morning pond does the lion wash his blood.'

'Embezzled Heart'

'Inside the chalice of wrath is the blood of Jesus'

'They tangle the edge of the river with vines'

while Yogananda said to me and to all:

'The Star of India is within you'

Baba showed me countless pictures in my third eye:

a 4 sided church clock tower in the rain... both hands at 6.. and
each dripping rain drops

He has given me endless dreams... to teach me, to expand my mind,
to nudge me into better ways.

It is not the horse head in the fountain which is the source of the
water flowing through it.

The poems you like are Baba's. Those you don't are mine.

Saiom Shriver

Koch Brothers Want To Privatize The V.A.

With fraud the Koch brothers
wish veterans to repay
They want to
privatize the V.A.
which would geometrically
multiply charges
and extend the delays.

Saiom Shriver

Kokura Gray

He was alive
because on that day...
in Kokura
the skies were gray.

Saiom Shriver

Korean Sleeve Sunset

Lavender aqua pink and gold
sunset over the Caribbean
resembling the radiant
sleeves Korean

Saiom Shriver

Korean Wedding Flower Girl

She was appointed a flower
girl for a Korean wedding,
given a basket of flower
petals and told to scatter
them on the aisle in front
of the bride. She could
not toss them down
to be trod upon, and
shamed her parents
when she handed the
full basket back.

Saiom Shriver

Krishna's Conch Shell

Krishna's conch shell

Triton's horn

Hari's flutes

Ship's foghorn

When they're fed

the gull's cries

no longer

sound forlorn

Saiom Shriver

Kundalini

In some life
Kundalini
like an adder
will rise up
the spinal ladder
to release the crown
from chains of matter

Saiom Shriver

Kurds Away?

The US ally Turkey has
for many decades allowed US airbases.

The Turks are bombing Kurds in the north
of Syria as they have bombed Kurds in Iraq
and on their own borders. These Kurds the CIA (in rogue
agency fashion?) is supplying
with weapons and money.

A tinder box.

What happens if Kurds are blown away
as casually as if they were curds and whey.

Saiom Shriver

Kwan Yin

She has never aspired to being
a writer, poet, political leader,
architect, musician, or other. She has
been too busy with loving universally
and deeply, giving all Presence to each she meets.

Saiom Shriver

Labor Intensive Murder

Humans with axes
snuff turkey clucking
Then comes
disemboweling and
next the plucking.
The birds were not taught
running or ducking.
Compare that to
avocados
ripe for the plucking.

Saiom Shriver

Lace Flakes

Blanketing snowflakes
and for our sakes
they melt and gather
as Queen Anne's Lace

Saiom Shriver

Lake Placid

Lake Placid is pacific
while the Pacific
is mostly
placid.

Saiom Shriver

Lakelight

The dawning sun into lake seeps
Slowly in sun the lake-tea steeps
as the wind away old leaves sweeps
and uncounted sheep
awaken from sleep
pinker become the waters deep

Saiom Shriver

Lambing Time

Does it refer to their
spring birth
or the time of slaughter
when their souls leave earth

Saiom Shriver

Lambs

He no longer loves lamb
for now he loves lambs

Saiom Shriver

Lambsquarters

Now a papal blessing rod
is the mature Lambs' Quarters weed
sprinkling everywhere
its ripe and colored seed

reminding us never
to draw and quarter lambs
or turn sweet pigs
into dead hams

Saiom Shriver

Lame Lambs

The Good Shepherd
does not guard
sheep to murder
and eat them.

He lifts
the limbs
of lame lambs
in love.

Saiom Shriver

Landmines Still Blow Up Children

Littering

leftover landmines

blow up children's

hands and feet and spines

Saiom Shriver

Laquan Mcdonald Shot 16 Times By Chicago Policeman

Would McDonald be alive if he
were white named John
and not black named Laquan

Saiom Shriver

Larking

Each April God again
meadows is larking
while soft waves are patiently
hard rocks marking

Saiom Shriver

Larry King

He always catches
falling stars
and convinces them
'a star is what you are'

Saiom Shriver

Laughing Wind

Left behind the leafy shade as
the wind's laughter
lifts milkweed seeds aloft.

Saiom Shriver

Laughter's Master

He loves to laugh
and thereafter
in others
to ignite laughter

Saiom Shriver

Lavalanche: Fruit Of Disaster

The snow which
made the avalanche
and volcanos'
child, the lavalanche
in time gave fruit
through guava branch.

Saiom Shriver

Lavender Seas

Violet lavender
meadow seas
by Cornwall's
blue and
whiteflecked seas

Saiom Shriver

Lawnmower Man

That grass is getting uppity.
Wants to grow bigger than his station
.. has the temerity to try to
reproduce... time to mow him down

Saiom Shriver

Leaks

When it has the most leaks
the boat
of democracy
best floats
on the sea

Saiom Shriver

Lean Pigs

When free of farmers
a pig is clean
When free of farmers
a pig is lean.

He runs in
liberation
in woods
of green.

Saiom Shriver

Leaves Of Plum Trees

After the plums fall
so do spinning plumtree leaves
Sometimes after their children
their parents earth leave

Saiom Shriver

Leaves Of Violets

Green curled leaves
cup the dew
to grow purple violets
which are their due.
as hearts which
flow with
charity
are clothed in
purple aura clarity

Saiom Shriver

Leaves Untimely Ripped

I used to think
when drinking
lemony iced tea
of all the little leaves
sacrificed for me.

*

Note: most teas come from leaves
untimely ripped
while the coffee
bean needn't
harm a plant.
Both harm

Saiom Shriver

Leaving Jewels Behind

The sea melts away
the snowflakes'
unique sparkling
jewel design

She prefers
to be
one with the
infinite ocean divine

Saiom Shriver

Lebanon Cedars

Seaframing

Lebanon cedars

Of the entire world

magnificent seeders.

Saiom Shriver

Lebron

LeBron if you want the
Cleveland Cavaliers to win
may your plate reflect
that all beings are your kin

Saiom Shriver

Left Alone

The cows have observant
Hindus, 750 million,
who do not eat their flesh.
The pigs have observant
Muslims.
Observant Jews don't
touch clams
nor eat Spam
nor pig flesh made ham.
But who will speak
for the little lamb.

Saiom Shriver

Lemon Illumination Version 2

The sun illumines lemons....
glows luminescent in limes
as with light it limns
the lemon tree's limbs
and the lime tree's lines.

Saiom Shriver

Lemon Seed

He hated to bisect
a lemon seed.
for its destiny
had been decreed.

A lemon seed's
function
is to make
the world
more lemon-treed.

Saiom Shriver

Lemons Clement

In the holiest of climes
where the trees to heaven climb
.. the sweet sweet rain
turns to sour juice of lime

and the dew skysent and clement
is the source for sour lemon

So do the words of the Peaceful
Master
become the tirade of
warmonger pastors.

Saiom Shriver

Leonard And His Bike

The eight year old boy
set out on his bike with
a shoebox full of baseball
cards under his right arm.
Going down the hill, he
was not able to negotiate
the turn onto the sidewalk
and was hit in the head
by a huge truck.

The baseball cards
everywhere scattered
were with his blood spattered.
His dreams were
temporarily shattered.
But he found in slow
recovery it
was his Spirit which mattered.

Saiom Shriver

Leonard My Brother

He was extremely generous
with a hero's courage
the funniest man I've ever known
a brilliance like lightning
His all-loving heart
was our home

Saiom Shriver

Leopard Saris

Oscar Wilde spoke of
fox hunting as the pursuit
of the inedible by the
unspeakable.

'Big game' safaris
skin leopards
and lions of their
Godgiven saris.

The unconscious know
not what they do.

Saiom Shriver

Less Resistance

Requests for help
cause less resistance
than arrogant commands
for assistance.

Saiom Shriver

Let Him Without Sin Bomb The First People

Let him without sin
bomb the first
people.

Those without sin
have no desire
to kill others.

Saiom Shriver

Let Us Not Eat The Fortune

Let us not eat the fortune
within the cookie
nor the mango's seed
.. nor fork ourselves
in the heart...
said one

yet Sea Biscuit chomped
on the flowers of his
victory wreath..
after all they had
already been plucked

Saiom Shriver

Letters From Angels

Because the guidance of angels
is often very subtle, they
bypass our
resistance to commands.
They need no
correcting, no revisions
as they silently
give us visions.

Saiom Shriver

Letting Go

The sky releases.
The sky lets go
and gives to all
her treasure of
gray grace rain flow.

The resultant pools
are her reflecting
.. They are
the sky doubling

Settings for her
blue jewel

Saiom Shriver

Leviathan

Leviticus does
not teach how to levitate
a leviathan

Saiom Shriver

Libeled Moon

We call the moon
inconstant,
though she is always whole.
We call her changeling
though always the sun's
light she brings.

Saiom Shriver

Libelous Lies

Are lies always libelous.
Lying litigants' lawyers
acknowledge lies but
require that malicious
intent be proven.

Saiom Shriver

Libra Librarian

When the libertarian
dated the libra librarian
she realized he was antiwar
and supportive of
the rights of all Liberians

Saiom Shriver

Library Book Sale Volunteer

The fundamentalist Christian threw away
all Buddhist, Hindu, Islamic, Hebrew,
Catholic books donated.

The Republican threw away all
Libertarian, Green, Socialist, Communist,
Democrat
and other nonimprimatur books.

The hunter threw away all
animal rights and compassion books.

The dumpster was full.

Time to retrieve the books
for the 'free for all' shelves.

Saiom Shriver

Life Of A Horse

the bit

the kick

the spur

the whip

branded

castrated

broken necks in horse races

while they look on bettors' faces

pulling crushing loads

in bullfights gored

dying in stable fires

hunger deaths from being ignored

driven into rivers in which they drown

falling down mountainsides

goaded to heart attack deaths

gamblers poison their insides

confined in barn stalls

smashed by Central Park cars

in wars blown apart

by cruel Bonapartes

Saiom Shriver

Light Is The Love Of Stars

Light is the love of stars.
Warmth the love of fire.
Fragrance the love of flowers
Fruit the love of desire.

Music the love of reed.
Water the love of sky
Breath the love of angels
These two: the love of Sai.

(to F and G Wynn)

Saiom Shriver

Light Is The Robe Of God

Light is the Robe of God.
God is the Indweller of all beings.
God is not affected by the evil
done by those God indwells
anymore than the sun is impacted
by his rays' merging with Mother Earth.

Saiom Shriver

Light Is The Sunflower Essence

Light is the sunflower essence.
Out flows the sun's fluorescence.
He is each rose' attracting presence.
He is the lilac's fragrant presents.
He is the fair phlox' fluorescence.

Saiom Shriver

Light Of Limes

The sun
craves no limelight....
as he forever wands
his light into limes.

Saiom Shriver

Lightening

Sudden lightning
Mother Earth lighting
as birds alighting
their sight delighting
their peace enlightening
are souls lightening

Saiom Shriver

Lightfall

Sunset

Nightfall

Sunrise

Lightfall

Saiom Shriver

Lighthouse Star Compass Foghorn

The lighthouse which guards from rocks
The star which guides by night
The compass needle pointing north
The foghorn calling through the mist
The Shepherd's gentle calling voice
The ship arriving upon the horizon
The Healer's touch of grace
The pathfinder through trees' maze
.. sent by the infinite love of God
in which we are always immersed

Saiom Shriver

Lightning At Sea

Lightning connects
the sky to the sea
as God's orders come
to thee and to me

Saiom Shriver

Lightning Strikes Twice

Thank you for telling us
the lawnmower had sliced a leg off of a toad.
Thank you for saying that those who eat meat
should not ask people not to fish.
Lightning does strike twice.
Two bolts from you changed my life
in a trice.

(to David S)

Saiom Shriver

Lightpour

Pours Your Light
from all stars in the sky
Pours Your Light
from all beings' eyes

Saiom Shriver

Like Arrows In Quivers

Like arrows in quivers
the Sun's silver slivers
in rippled rivers
glow and shiver

Saiom Shriver

Like The Son Of Man

Blacks were freed from
the worst kinds of slavery
by the Civil War.

Yet in the last 150 years
they could be shot just
by entering Mormon Utah.
Black men could be lynched
for smiling at a white woman.
They could be arrested in certain
towns for DWB (driving while black) .
They
were denied
water, a bathroom,
certain modes of transportation
when traveling. places to swim,
access to
good schools, a place to
sleep in many towns.

'Luke 9: 58
Foxes have holes, and birds of the air
have nests; but the Son of man
hath not where to lay his head.'

Saiom Shriver

Lilac Sermon

Walking in the woods
he spied a bush of lilac
which to him
whispered
'there is nothing
that you lack'

Saiom Shriver

Lilies Be

Where there is
tranquility
lilacs grow
and lilies be

Saiom Shriver

Lilies Of Lanka

Red are the
lilies of Lanka
said nearly all.
But as white did
Hanuman them see
because his soul
was a higher frequency.

Saiom Shriver

Lilies Of The Field

Jesus said that neither
do the lilies toil
nor do they spin
yet Solomon in all his
finery is not
arrayed as one of these.

God's light threads
pour through their looms
They are lilled by His Love.
.. they are spun
by the Sun

(to Nancy L)

Saiom Shriver

Lilies Of The Hill

Lilies of the valley

Lilies of the hill

Spilling down the slopes

Giving spirit chills

Saiom Shriver

Lilies Under The Bridge

Earthlings walk over the bridge
but for the bees,
the action is with
master lilies below

Saiom Shriver

Lilies, Lilacs And Lotus Leaves

He has turned
bloody warfields gory
into climbing violet
morning glories

Grows out of slime
the blossom of the lime
so does every obstacle
turn to beauty.. in time

Out of the tiny acorn
10,000 oak forests
can be born
So the universe all
is contained in the small

The bee alights
in morning light
buzzing
'go not for the
sour but the sweet'.

Winds scattered, the milkweed
... now ripe in seed
.. so do angels
send forth your beliefs.

The radiant butterfly reminds
she went from
crawling to pure flight
without having
to walk up stairflights

Rhododendron
can grow 90 or more
feet tall
in India and Nepal
.. left to be themselves
children small

grow
in spirit tall

The bamboo was bored by
beetles.. through her holes
the wind played a symphony
.. so does our pain
turn to music.

Through the bullet hole
in the wall
in pours the sun.

The peony bud is sometimes opened
with the help of ants
.. the most rejected.. are
our greatest helpers
when we think we can't

Dandelions: how cheerful they
are with sunny faces
in the midst of those
who unjustly hate them

The buttercup holds the
dew and sunup
in her lemon colored cup
To her chalice of love
bees come to sup.

To his parent plant
the branch of honeysuckle
needs no ties..
no external buckles
so are we always connected
to God's thoughts
whether we do
know it or not.

The lotus on the surface
of water whispers
... be in the world

and not of it

while speaks the rose
where she grows:
the cross of suffering
is now joy's dynamo

It is the lily's leela*
... that out of the
illusion of death
bursts forever life

As the rain became
the grape upon the vine
so does Jesus turn
water into wine

The tree of mango
releases not all at
once
her annual manna
... all comes
with patience.

As apple blossoms
give way to fruit
so does earthly beauty
bow to the glowing
of heartroots

In the sun,
speak not
the chrysanthemums
God speaks most
when we are mum.

Glow out of African violets
the music of life's violins
.. their purple rivers of light
flow without violence

As Samson was stronger

when his hair was uncut
so do dahlias say..
'don't let Delilah
any flower pluck'

The lilac..
fragrance pours from
her unbound
though she is rooted
in the ground.

Deep is the hue of
the purple plum
... to find heart jewels
the depths we plumb.

Crimson red is the carnation
.. so are all in whom red
or green blood flow
... sacred incarnations

Radiant are the
rainbow of tulips
May only kindness will be spoken
from my two lips

God does not on
any
inflict pain or
experiment
when healing beings
or growing spearmint.

They think the
wind is lackadaisical
but because he freely blows the
world will not lack for daisies

As life force is
within each cockleshell
so heaven does dwell
inside what seems a hell

Painted by God's glowing brush
is the bright orange Indian
paintbrush
.. like the sunrise
your soulrays give love to all

The kudzu vine
has hidden the junkyard as she climbed
so say you to all
.. for forgiving.. now is the time

The little flowers of veronica
fall below the mowers' blades
so do the humble and meek
inherit the earth

Unrolls the scroll
of the trilliums deep in woods
.. they write we need no surety
save for purity

(to Jack and Pat McDermott with love and admiration)

Saiom Shriver

Lily'D Bogs

Immersed in fog
in the lily'd bog
are live polliwogs
before they're frogs

In Italian woods
goes Francis unshod
on the path
to oneness with God

Saiom Shriver

Lime Caterpillar

Flowering each grass pillar
had curved from the weight
of the lime caterpillar

Saiom Shriver

Limiting Law

The law is externally
enforced limits.

Freedom is
the limitless

Saiom Shriver

Lincoln And Thanksgiving

For turkeys
no emancipation
proclamation
though Abraham Lincoln ordained
A day of Thanksgiving
as hundreds of billions
by the axe have
stopped living.

Many presidents
have pardoned
each just 1 turkey
annually... yet
what was the bird's crime?

Saiom Shriver

Lincoln Memorial

Our father led us up the steps
of the Lincoln Memorial,
reverentially, as if entering
a sacred shrine.

He then began to read to us
the Gettysburg Address and the Second
Inaugural Address as though they were the two
scriptures selected for the service.

He had earlier lose his Ivy League law school degree,
disbarred for having in the 1930's been the first
lawyer in his city to sue the police department
for the beating of black prisoners.

His father had died of malaria in the Spanish American War.
He would go on to lose his only sibling in a freak
boating accident. The Japanese encephalitis shot
compulsory for US soldiers in the late 40's would
erupt into a fullblown Parkinson's Disease, after
generating in him a temperature of 107 degrees.

The following 20 years were spent in increasing
rigidity and for much of it he was bedridden, unable to move his
neck, unable to walk, unable to speak except in a whisper, his
muscles constantly shaking.

The experimental operation to offset Parkinson's
by injecting alcohol directly into brain cells
would take away for awhile his ability
to think at all.

I learned that difference of opinions (on peace and war, e.g.)
has nothing to do with Love.
He ignited his loved ones with his love for Lincoln,
for Jesus, and for the poor and the refugee,
and with the courage to witness for the spiritual
equality of every human being, each
child of the One Parent God.

Footnote:

The carnage of the war, for humans and animals, the hanging of draft resisters, and many other wartime events have caused endless diversity of opinion on this war. But in my humble opinion, Lincoln was a great man, a holy man.

Saiom Shriver

Linear And Spherical

Action after awaking is linear
Sleep is most often spherical.
Many classed as mentally
ill are merely insomniacs.
unable to access sleep
healing and spiritual.

Saiom Shriver

Ling

Every almond and acorn,
date, apple seed and coconut
is a materializing ling
which to the world
can many forests bring

Saiom Shriver

Lingua Franca

A lingua franca is
a form of lingua...
for speech is a bridge
between thought
and manifestation.

*

Linga: the bridge

between formless

and form

Saiom Shriver

Linzey's Litany Or The Gratitude Of Animals

To you at birth each animal bequeathed
his own special gift in ribbons wreathed.
The cat delivered her independence.
The hawk his detached ascendance.
Loyalty was gifted by the dog.
Archer's aim conferred the frog.
Waters of life gave the camel
Nurturing from the bovine mammal.
Longevity came from the tortoise.
Love for all from the porpoise.
Mice their adaptability
Cheetah speed and agility
Clam his hiding facility
Guinea pig lovability.
Rabbits fertility
Horses invincibility
Lion her courageous fight
Giraffe his extreme height.
gorilla his awesome might
swans.. their soaring flight.
squid: ink with which to write
eagles.. longrange sight
armadillo his armoured coat.
the whale offered himself as boat.
elephant his showering trunk
foe repellent from the skunk.
bear his peaceful hibernation.
vulture her conservation.
the donkey gave her patient heart.
the monkey gave his mental art.
his suitcase to you gave the kangaroo
as you freed his friends from the zoo.
roaches their divine forgiving
lark her lifting love of living.
sparrows their simplicity
fox his detective duplicity
enduring from the ants
bees their direction dance
spiders the art of weavers

architecture from the beavers.
woodpecker.. carving precision.
owl her nighttime vision
fidelity from loons
humor from baboon
paper weaving from the wasp.
medicines.. from the asp.
crow her entire jewel collection.
pigs their spirit of insurrection.
octopi their boxing protection.
butterflies god's resurrection.

Saiom Shriver

Lionize

The journalistic
pack lionize
corrupt politicians
with lying eyes

Saiom Shriver

Lion's Den And Daniel

Daniel wasn't harmed
by lions in the den
Because he was
a vegetarian

They didn't bother
him at all you see
because he smelled not
like an enemy.

They knew he wouldn't
dumb animals beat
they knew he wouldn't
their babies eat.

The lions asked Danny
for information
and had the following
brief conversation.

'Do omnivores eat omnis? '
said Leo with authority
'Yes and humanitarians
eat humans' said Lucy
empathically
'but what we want to know'
said both the family
is
'do egalitarians eat eggs or eagles
or maybe even do
they eat beagles? '

=====
to D Zaidman

Saiom Shriver

Liontamer Jim A

He is a liontamer
of the angry cats
who call him.
The nonharming whip of
his art
is his all-embracing heart.

He is the most patient,
cheerful, funny, tolerant,
brilliant man on the air.
They are attributes
of the fact he cares

Saiom Shriver

Liquid And Rosen

The land is white
and frozen
but the water is
liquid and rosen

Saiom Shriver

Listening Love

One thought that because
the other listened
she did with what she
heard agree
As if the polluted
rivers were in
accord.. with
the receiving sea
As if the mirror
reflects only one face

She did not agree...
but she did him love.

Saiom Shriver

Litany Of Divine Seed Protection

He makes tomato seeds
slippery beyond the
crunching teeth to slide

He clothes mango seeds
in saffron silk strands
that they discarded
catch the dew and
with life ignite

and gives maple seed
samaras
helicopter propellers
to take them far

He gathers dandelion seed spears
into a snowy perfect sphere
that the wind may
blow them to all points away

The almond he
bequeaths a hard shell
that it survive
January cold hells

Cockleburs He created
to travel, sticking to clothes
which gave someone the idea
for adhesive velcro.

The palm tree's coconuts
.. which might dropp into the sea
He plasters with a hard husk
to guard inner coconut milk sea

and sends apple seeds unharmed
through the bodies of birds...
these seedstorks..
dropp them into chimneylike

chutes in distant climes

The seed inside
soft avocado
is hard and
incommunicado
until the tiruna
when it will delve
into the earth

He seeps sap out of
female pinecones to
attract male pine cone
pollen.

Black watermelon seeds
He packs in pink satin
along with captured stormdrops
that they both quench human thirst
and nurse the seeds.

He hangs at the top
of the pepper belfry
the white pepper bell chimes
that they not be harmed
at salad time

Unlike the peachpit
hard as granite
soft and sweet..
seeds.. pomegranate...
Their ruby juiced beauty
multiplies them.

But in divine compassion
he weaves inside cornhusks
the light of dusk
revealing corngold
easily unsheathable
for humans and crows

(to CR and TK)

Saiom Shriver

Litany Of Gifts

To you at birth each animal bequeathed
His own special gift in ribbons wreathed.
The cat delivered his independence.
The eagle her detached ascendance.
Loyalty was enkindled by the dog.
Archer's aim conferred the frog.
Conservation gave the camel
Nurturing from the bovine mammal.
Invulnerability from the tortoise.
Love for all from the porpoise.
Paper weaving from the wasp.
Medicines.. from the asp.
Armadillo proffered protective coat.
The whale offered himself as boat.
The donkey gave her patient heart.
The monkey gave his mental art.
His suitcase to you
gave the kangaroo
as you released all his friends
from the zoo.
Roaches endowed divine forgiving
Lark her lifting love of living.
Crow her entire jewel collection.
Pigs their spirit of insurrection.
Octopi their boxing protection.
Butterflies the spirit of resurrection.

(to Andrew Linzey, Episcopal priest and first professor of animal rights at Oxford Univ. who has written several books on Christianity and ethics toward animals)

Saiom Shriver

Little Angels

These little angels alight
with tread so slight
as they make all bright
with cheery delight
and allembacing light

Saiom Shriver

Little Borer Of Ash And Elm

Little borer of ash and elm
Unwanted in the human realm
Your chewing power overwhelms
the bug killers at power's helm.

You are part of God's design.
God your function did define.
Who are we to say that
on leaves you may not dine.

Saiom Shriver

Little Boy Fights Crying

The little boy did not want
to be seen crying...
he rubbed the tears from
his eyes with his fists.
He had trouble breathing.
God give all children
a kinder world in which
to grow.

Saiom Shriver

Little Children Let No Man Lead You Astray

They teach little children
worms on hooks to impale
to trick a fish, suffocating,
thrashing his tail,
and then to rip out his throat
and stick him asphyxiating
into a pail.

Saiom Shriver

Little Fishies

Little fishes, we pray
that you swim fast
to avoid becoming prey
to the circling osprey

Saiom Shriver

Little Lightning

Firefly

enveloped by raindrop..

while clouds are lightening

his little lightning

the storm is lighting

Saiom Shriver

Little Nuthatch

Over the pumpkin patch
the little nuthatch
his beloved did catch
to be his match

Saiom Shriver

Little Ones

Such small things
can terrify first graders.

One little boy could not
find his lunch ticket.
He was quaking when
told to wait
at the end of the line.

A little girl didn't
have the tools at home
for her assigned special project..
and could not sleep all night.

Another little boy.. was
knocked around by his alcoholic
parent.. and ran away from home.

Still another little girl
felt ashamed of the clothing
she wore to school.

A frightened child was
a stutterer and shook with
fear when asked to speak
in front of the class.

One father decided his
gentle nine year old
should learn to hunt
and slapped him repeatedly
when he didn't pick up the gun.

Like defenseless
lambs before the
end bleating
are the weak boys
subjected to ridicule
and beatings.

Saiom Shriver

Living Creatures Of The Creator

Does God love
moths more than old cloths?
Does God love mice
more than stored rice?

Saiom Shriver

Living Kites

Look! said the
boy Living kites!
Yes... said his father
monarchs in flight!
Butterflight

Saiom Shriver

Living Shrines

While Muslim extremists
and US government bombs
smash statues in Buddhist,
Hindu and Christian
temples and shrines,
our race seems to prefer
architecture to conserve
than living beings
to preserve

Saiom Shriver

Locus Of The Locust

Near goldenrod light,
loquacious are the locusts
in their fruiting field locus.

Saiom Shriver

Lolette Kuby

30 some years ago
with other
antiwarpoets
at the Wade Park Lagoon
she came to speak peace
.. to the sweet loons..

and now still
she pens peace
as she writes
'all the sweetest
apples have been windfalls'

.. she describes ribbons
of water
cutting through rock..
and gives us hope
for peace here, in Palestine,
Afghanistan, Iraq.

Saiom Shriver

Londonderry

He said Londonderry Air
She upset thought he
referred to
her London derriere.

Saiom Shriver

Lonely Dangerous Assignment

A dog parachutes alone
into a fiery war zone

Saiom Shriver

Look Up

Look not on
broken cocoon
nor burst
acorn shells
nor empty tomb
nor robin's egg shards

but upon flying birds
and butterflies
and sapling spires
and soaring hearts

Saiom Shriver

Lord Have Mercy

No more snow
let waters flow
Let the leaves unroll
and the buds unscroll
Protect all plants
from roots to fruits.

Saiom Shriver

Lord Of Love And Light

The Lord Of love and light
lives in every lad and lass
each llama, lamb and ladybug,
each lavender and lilac,
especially for those who
feel they are the loneliest,
the last, the lost,
the least.

Saiom Shriver

Lord Of Luminescence

In the prided wood, the
 Lord of Luminescence
 gives to each fruit
 a dewy tumescence
 and with light each lemon
 limns
 and with love each lime
 She lines.

(to Emma Pride Wood before her death an employee of
the Dept of Interior)

Saiom Shriver

Lord Of The Moon

Somasvara

Lord of the Moon
comes swaddled in
beams of moonlight

Saiom Shriver

Lot's Daughters

The right wing
pastor told
his daughters it
was God's will
that he sleep with them.
He cited Lot of the Old
Testament and the incest
of Genesis 19: 31 pressuring
his daughters that they must preserve
their unique genetic heritage.

Saiom Shriver

Lot's Wife Reborn

In her next life
Lot's wife
unmelted
her pillar of salt
by looking forward
and ending strife.

Saiom Shriver

Lotus Drops

The dawn fog
over the bog
on the lotus
becomes
dewdrops

Saiom Shriver

Lou Gehrig's Disease

Lou Gehrig was part of a German family. His mother fed him, long after he was an adult, bratwurst, many sausages, braunschweiger (made from livers) , frankfurters, hamburgers, Schweinebraten (made from pig flesh) .

Perhaps the sausages and hot dogs were in 'natural casings'... the actual intestinal links of the murdered animal.

He got sick over time from eating animals and now people are asked to give money for torture of animals to an organization, amyotrophic lateral sclerosis (ALS) which doesn't warn people not to eat animals.

Saiom Shriver

Loud Thinking

He said
'I can't concentrate.
You're thinking
too loudly.'

Saiom Shriver

Love And Hate

Hate is not
the opposite of
love.

Love like God
is omnipresent,
everywhere.

Nothing else
exists anywhere

Saiom Shriver

Love And The Wind

Love is like the wind
.. like birdflight
which blows where it will
and where it wishes
alights

Saiom Shriver

Love Eternal

She wished no bloom
signs of love eternal
grown for their beauty
external

Their petals proved
most ephemeral.

The flowers
cruelly decapitated
abandoning
leaves emerald

Saiom Shriver

Love Is Like The Sun

Love is like the sun..
which can be
covered with the shroud
of a grey or white cloud
but can never be killed
or scotched or cowed.
Sometimes it's silent
Sometimes it shouts outloud.

Saiom Shriver

Love Is My Guru

All encircling love

is

my

guru

Saiom Shriver

Love Is The Food Of The Heart

Love is the food of the heart.
The more it flows uncircumscribed
to all creation, the more the soul
realizes he must stop eating
once living beings.
When he turns to nonviolent food
his physical heart can gradually
heal releasing gradually the animal
fat, amyloid plaque, uric acid
and other accretions in the arteries.

Saiom Shriver

Love Is The Only Truth

The highest truth,
the only truth
is unconditional love
which sees only
the divinity in all.

Love is the only truth

Saiom Shriver

Love Is Violet

Lust is scarlet
Lust can violate.
Love is Spirit.
Love is violet.

Saiom Shriver

Love Letters

The bush drops
rosepetal loveletters
to Mother Earth.
The wind kisses her.
The clouds shower
raindropp jewels upon her.
Then the sun arrays
her in his rays.
The streams meander
in her valleys
murmuring
ballads of love.

Saiom Shriver

Love Letters Tossed

Fall leaves splattered on steps
.. letters of passion discarded
.... letters of love disregarded

Saiom Shriver

Love Or Lust

Lust chains
to one point.
Love
sets one free.

Saiom Shriver

Love Penned

Love penned
is often a bridge
to Love made flesh.

Saiom Shriver

Love The Fan

Love the fan turns spark to fire
Love the focus creates form from desire
Love the finescreen turns firehose to mist
Love the filter sees Pharisee as Christ
Love the factory where miracles are fashioned.
Love the furnace freezing hearts have sought.
Love the fruit tree with gifts for all laden.
Love the filings on the greatest magnet caught.

Saiom Shriver

Love Unrequited

Is there any soul not
touched in one
or many lives
by the agonizing fires
of love unrequited.

Saiom Shriver

Lovedrops

No drop of Love
is ever wasted.
Love is God.
Every drop of love
is eternal.
Love drops are
seeds...
sooner or later
bearing fruit.

Saiom Shriver

Lovely Features

To those whose
souls pour love
without being
preachers
lovely is
each feature
of every
single creature

Saiom Shriver

Lover's Look

Pouring from his eyes
adoring lovelight
filling her with joy
giving her delight

Saiom Shriver

Love's Residue

With his death
his spirit soared
away
like the morning dew

left behind was
love's unconquered
eternal residue

Saiom Shriver

Lovetide Laugh

His loud laugh
carried
weak jokes on high.
His great laugh
lifted heartships
with lovetide.
His joy so strong
pulled
little lamblings along.
His sweet words surrounded
by his booming voice song

to John C Lehman Jr

Saiom Shriver

Loving Oneself

None of us can truly love another until we love ourselves. If we don't love ourselves we think we are unlovable and therefore distrust others' expressions of love. Only someone who loves greatly can help us to receive all the love which is out there. Since all sentient beings are one with God Who is Love we are all love incarnate.

Saiom Shriver

Loving The Imperfect

Because the sun continues
to shine on the rose
she from bud to
fullblown grows.

Saiom Shriver

Lower Bunk Karma

He described to his listener
being in the army, coming
back to his barracks drunk
climbing to the top bunk.

He awoke as his
buddy in the bottom bunk
complained that the
vomit was dripping down
onto him.

He looked over the side
and saw it also dripping
onto the floor and in
it his money was swimming.

That was the last time
he ever took a drink.

Then there was the woman
at an AA lead who
said she woke up
screaming at the people
who were invading her
bedroom until she
realized that with too
much to drink she'd
fallen asleep in
the elevator.

This writer was told
by a psychic that I
once died of alcoholism
in a French gutter.

Saiom Shriver

Lowlying Is The Sea

White clouds are fluffy and high.
while grey clouds holding more water
are straighter
and lower.

Because it holds the most
water, lowlying is the sea.

As they grow heavy fruit,
lowdown pumpkins must be.

Because they are very loving,
saints and masters
have humility.

Saiom Shriver

Loxshocks

Within lox
are anaphylactic shocks
and nerve blocks
and action locks

Saiom Shriver

Lucidity

Wrote Thucydides
and Euripides
of human
stupidity
and twin
cupidity.

Buddha, Lao Tsu
Krishna and Jesus
show the way
of glowing lucidity.

Saiom Shriver

Lucifer Hiding From Light

Lucifer, bearer of light,
transforming gradually
into a photophobe

Even he and his
demeaning demon
horde will come back
to God

Saiom Shriver

Luke 17: 21

In Luke 17: 21, Jesus is recorded saying 'The kingdom of God is within you.' He does not say that God does not reside in those of us who have been violent, greedy, lustful, egotistical, or in any other way fallen short of perfection.

Saiom Shriver

Lyrics Lifted Aloft

He is a melody
so beautiful, so transcendent,
the lyrics of
his political opinions,
religious beliefs,
diet, actions
are unimportant

Saiom Shriver

Lyrics Lifted By Music

Like music making
sacred any lyrics
unconditional love
lifts all aloft

Saiom Shriver

M Cull

M Cull
is a miracull

Saiom Shriver

M T C

The soul of MTC
is as a waiting sea
all rivers receiving
all to the Sun giving

Saiom Shriver

Machiavellian Chameleon

In fields camellian
a Machiavellian
chameleon
can do shades from
purple and pink
to white and carnelian

Saiom Shriver

Mad Cow Gelatin

Mad cow Jello
powdered cows' bones
and pigskins
dyed red green or yellow
... for gals or fellas...
.. not a healthy hello
not a lunch mellow

Saiom Shriver

Mad Human Disease

Reporting are the
health gurus
that eating human
brains leads
to kuru.

Saiom Shriver

Madame Butterfly In China Reborn

She could not give
away his valuable
Chinese ceramic gifts.
To see them elsewhere
would have caused
waves of pain.
She could not risk suicide
by keeping them...
a random glance sending
her into a sea of suffering.
And so she smashed them
.. for the anger of
nonviolent action
is better than the
paralysis of despair.

Saiom Shriver

Madame Butterfly Reborn In China

She could not give
away his valuable
Chinese ceramic gifts.
To see them elsewhere
would have caused
waves of pain.
She could not risk suicide
by keeping them...
a random glance sending
her into a sea of suffering.
And so she smashed them
.. for the anger of action
is better than the
paralysis of despair.

Saiom Shriver

Made Of Love

Made of Infinite Love is
God's indwelling Presence
It is each being's
eternal Divine Essence

Saiom Shriver

Magic Opening

Beauty magically
opens doors
10,000 spears
can't set ajar

Saiom Shriver

Magic Wand

the glistening spider filament
fluttered in the wind, spangled
with dandelion spores...
a magic wand with not one
but many stars
which could sprinkle
the fields with endless
gold stars.

Saiom Shriver

Magnet Of All Keys

Love turns the heart
into the magnet
of all keys..
.. and forges
the keys to
every heart.

Saiom Shriver

Magnetizer

Stars outpour
from his eye doors
Sparkling rainbows
from his feet
A calming voice
from his lips
From his fingers
healing heat

Saiom Shriver

Magnificent

God who forgives all
Who sees divinity in all
turns the maleficent
into the magnificent

Saiom Shriver

Magnificent Armada

Bob watched in Buffalo
as the magnificent armada of
snowclouds approached the city
in awesome power and prepared
to drop its 7 feet deep
snowbombs.

Saiom Shriver

Mahogany

If humans had
harmed no tree
says Mahaganesh
re trees of oak
and pine and mahogany
there would now
be
many trees of mahogany

Saiom Shriver

Making Amends

Anger expressed at a pregnant or nursing mother
can curdle her milk and harm her baby.

It is good to remove
anger's red dress
...in pink garb
then to re-dress
and for all those harmed
wrongs to redress



Saiom Shriver

Making Clouds

He reported that
within 10 minutes
of beginning to spray
the trees and bushes
of his property while
chanting a Sanskrit mantra
to Indra
for rain, clouds formed.

Saiom Shriver

Mammon

More than police departments,
the world's intelligence agencies
have as their main function
the protection of the piles of
money, jewels, art, land and other
stolen assets of the world's richest people.

Saiom Shriver

Manhattan Kindergarten

He had been a high ranking officer in a previous life. When he was reborn during the 40's, his parents sent him to a Manhattan kindergarten, where at the age of 5, he led his classmates out the open window of the schoolroom, down the fireescape, down the sidewalk to the light, and across the street to the park. The school administrator asked his parents to find him another school.

Saiom Shriver

Many Hoveled Hell

Many mansioned heaven
Many hoveled hell.

Saiom Shriver

Many Names One Essence

Krishna Divine Mother

Jehovah Allah

Great Spirit and

Buddha Abba

God is One

with myriad names

People blind, fight wars

though their God is the same

Saiom Shriver

Many Of The Good Die Young

Many baby animals
die very young
.. calves for veal,
lambs for lamb
fetal chickens
for egg foo yung

Saiom Shriver

Many Tongued Water

Water

is silent n ice.

In baby clouds

it says not a word,

nor in the great Amazon

as its power flows into the sea.

It begins

in lakes to murmur.

In rocky

creeks as it stumbles

over sharp stones in joy

it sings.

In ocean storms

its cymbals crash

over rocks.

In raindrops it

tapdances on the roof.

Over waterfalls

with constant drums

it pours

In the Falls of Niagara

it constantly roars.

Saiom Shriver

Map Of The Us

East and West Coasters
mistakenly think
that the US interior
is very
inferior
while
Minnesotans think
it best to live
nearer Lake Superior.

Saiom Shriver

Map Of Us

East and West Coasters
mistakenly think
that the US interior
is very
inferior
while
Minnesotans think
it best to live
nearer to Lake Superior.

Saiom Shriver

Maple Leaves Of Peace

Once for several autumns
for men refusing to war in Vietnam
Canadian maple leaves
arranged a welcoming red carpet
and with love did them receive.

Saiom Shriver

Maple Tree Fountain

Maple tree fountain of
tiered shells
which with green stained
glass light and
oxygen spills...
as she offers up her
evaporated mist to
God and the angels of
rain

Saiom Shriver

March Daffodils

Sunlight spills
on the hills.
Light distils as
gold daffodils.
Despite March chill
in dawn still
burst silent trills:
trumpet daffodils.
The cheery glow
and lacy frills
of daffodils
do all thrill.
Falling dew
for bees fills
the gold cups
of daffodils.
The sun wills
that Jack Frost bow
to the angels of
sweet daffodils.

Saiom Shriver

Marigold Miracle

From the ground
burst marigold miracles
From straight stems
come petals spherical

Saiom Shriver

Marijuana And Veganism

Whether you smoke pot
or whether you do not
it seems more potsmokers
untie the meat addiction knot.

Saiom Shriver

Mark 16: 15

Jesus did not say
to preach to every nation.
Jesus said to preach
to all creation.

'And he said unto them, Go ye into all the world, and preach the gospel to every creature.' Mark 16: 15, KJV

Saiom Shriver

Marriage Of Oak And Pine

At their roots the oak
and pine were married.
Their branches touched
each other in love.
From their longtime union
pinecones and acorns
and acones
were born.

Saiom Shriver

Mars Cooling

Island volcanic redhot
lava
is quenched in the blue
seas
as fiery mars
is softened by
the neptune star.

Saiom Shriver

Mars Submerged

Waters rise in
a statuary garden
slowly submerging
the statue of Mars.

Love rises in the
heart erasing
errors of
the past.

Saiom Shriver

Martin Luther King

She fell asleep
listening to Dr King's speech.
His voice rivered into
her ears.

It weaved its way into
her dream
with its reverberating
compassionate stream
and summoned him to appear
framed in his soul's sunbeams.

While his time on earth
was evanescent
and gone are the bubbles
of his effervescence

eternal is his legacy.
eternal is his courage
eternal is his love
Forever with God
his Presence.

Saiom Shriver

Martyrs

Martyrs are sometimes
created by their own
out of control mars.
To smash the idols
or icons or statues
or sacred objects
of another faith
is unwise.
It is also unwise
at all times
to bomb churches,
mosques, temples,
and shrines.

Saiom Shriver

Mary Had A Little Lamb

Mary had a little lamb
She craved only
the leg of her lamb
Her little piglet
she wanted only
to turn into ham
She served their corpses
with scooped out clams
and threw in lips,
snouts and eyes
of victims
musched into spam.

Saiom Shriver

Massive Motion

Bodies through time
grow less beautiful
while the soul grows
more so
as mighty powerful
mountain cataracts
gather streams
and creeks
and move with slower
more massive motion
to the waiting ocean.

Saiom Shriver

Masters Of Will

Masters of will
do us inspire
but those who love us
ignite our heartfire

Saiom Shriver

Masters' View

Masters look upon death
as a banana slipped from peel
a snowflake melt to raindrop
a release from apple flesh
for eternal seed
a bubble's blissful pop
Spirit heart from ribcage freed

Saiom Shriver

Matter To Spirit

As the sun
melts an icicle
so a match
consumes paper
and a taper
disappears
in vapor

When the body
is shed
the spirit remains

Saiom Shriver

Matthew Arnold's Dover Beach

As if he were an angel
holding to our ears a conch shell
he made us hear the
beating surf,
the wheeling gulls,
the seafoam bubbles popping
as they slid back into the sea

Saiom Shriver

Mattresside

Choosing a nonpromiscuous partner
avoids mattresside
and prevents STD's:
one form of matricide

Saiom Shriver

May Cloaks

May with jade... cloaks
millennial oaks
as rain their roots soaks
foiling lightning's strokes
foiling wood turned to smoke

Saiom Shriver

May He Stay

Such tremendous will

May he stay?

Saiom Shriver

May There Be More Fathers Like This

His mother told us
that Matt was reading
Charlotte's Web
to their child growing
in his mother's womb.

Saiom Shriver

May's Hem

By his aura have words incendiary
turned into Cinderella cinders.
By his halo has hatred incensed
become sacred fragrant frankincense.
By his healing touch has
angry mayhem
bloomburst into
flowerfringed May's hem.

Saiom Shriver

Meadow Carpets

Meadows' red carpets
of poppies unfurled
their cheery welcome
to all the world.

Saiom Shriver

Meadows Flagged With Phlox

In meadows flagged
by unfurling phlox
in the county of Fairfax
unconscious ones
did hunt the fox
later dining on flanks
of captive flocks

Saiom Shriver

Meander

The little meander
girds the wild oleander
and then flows on
with other plants
to philander.

Saiom Shriver

Mechanical Smile

Even a mechanical smile
as it lifts the corners
of the mouth
also mysteriously
raises the gates
to the heart.

Saiom Shriver

Mechanized Trash Collection

Unconscious machine
collectors of trash
become the crushing
tombs
of squirrels, mice and
raccoons.

Saiom Shriver

Meditation Reminders To Myself

Hold breath

Focus sight

Repeat mantra

Send light

Saiom Shriver

Melted Snow Lake

Melted Snow Lake

.. born of

liquid snow flakes

Saiom Shriver

Melting Insults

As autumn pine needles
fall into a quiet pool
barbed insults melt
in seas of timeless love

Saiom Shriver

Memories

Seen through the eyes
certain symbols
crash in the heart
like gonging cymbals..

yet
the ears and nose
go to the valleys
of memory.. more
quickly than the eyes

the sound of a forgotten
name..
the smell of a long
ago fragrance

Saiom Shriver

Mercenaries

Everyone from
pisces to aries
knows that
militaries
shouldn't be trusted
to mercenaries.

Saiom Shriver

Merciful Death

Fish

fighting for life
gasping for breath
flopping on pier
merciful death

Saiom Shriver

Mercy For All Fausts

HA HA HA said the devil
'Long ago to me you sold
your sorry soul for gold! '
But satanic vows are voided
by the Love of God.
Those made under duress
are buried beneath sod.

Saiom Shriver

Merging

Eventually every river
flows into the sea.
Sooner or later
all wills will merge in Thee.

Saiom Shriver

Merging Moon

The beams of the rising
moon in the east seem
to be conflicted with
those of the setting
sun in the west...
but that is illusion..
their lights merge.

Saiom Shriver

Merging Of High And Low

The exhilaration
of being at highest
mountain peaks
where the winds blow
The bliss of
being at the
lowest ocean shores
where the waves flow.
On a mountain
by the sea
one is swept by
ecstasy
with merging of high
and low

Saiom Shriver

Merging, Yielding

A KNOCKING ON MY HEART

The woodpecker
on the heart of the
tree goes tap tap tap
The waves to the heart
of the pier.. lap lap lap
The water onto the rock
goes drip drip drip
God on my heart knocks..
rap rap rap

ALLAH AND YHWH

Allah
All Love
Love All
Alleluia

YHWH

Oh God
May my way
through joy
be one with
Your way

LOTUS LILY STEM VACUUM

As water passes through
a lily pad stem
As wind passes through
a bell tower
As music passes through
an empty flute
God's Spirit
passes through the
surrendered

GRAVESTONES OF ZILLIONS

Creatures Untold
zillions times
zillions
have died
killed by human beings
by the billions

... who knew their
names?
who knew what
each was like?
One was kind..
to all zookind
another
did rage
about his cage..

are there flags for
each one
planted like gravestones
on the bellies
of the beaus and belles
who devoured them..

God knows each
of their names

FLOWING IN FLOWERING

Spirit river flowing
becomes the flowering
of the spring fields
which to it yield

WAVELET DEVOTEES

Wavelet devotees
come ever toward
their guru

upon the shore

NO HUNDREDTH LAMB

Not one beam of
light in God's array
has been lost or
misaid or gone astray..
They are in Her rainbows
and His newgreening sprays.

WATER WILL

The willow's will
is the water's will
and the willow wends
his way
with water and wind.

RIVER CHANGES NAME

As the river merges
with another river
and changes her name,
does a monk join
his consciousness to
God and change his name
.. do some women
without parochial
consciousness
change their names
when wed

(some combine
names.. some keep
their maiden names)

WELL

Memory's infinite cells
drift up from
memory's wells

.. unsummoned by
any audible bell

FLOWING IN FLOWERING

Spirit river flowing
becomes the flowering
of the spring fields
which to it yield

WAVELET DEVOTEES

Wavelet devotees
come ever toward
their guru
upon the shore

WATER WILL

The willow wends
his way
with water and wind.
The willow's will
is the water's will

When I hear the whippoorwill
I stop whipping my poor will.

TEACHING FROM THE MORNING SUN

Awaken the blazing
sun in each chakra.
Its light will go forth
to mingle with the light
of other awakened suns.

SEEK YE FIRST THE KINGDOM
OF GOD AND ALL WILL BE ADDED
UNTO YOU

the caboose obediently
follows the engine
the river's train
follows her headwaters
to the sea
those who 'seek first
the kingdom of God'
find He speaks verily

PEN

When she realized God would show
her endless movies when she
meditated she was able to
achieve detachment about books
... but not yet the pen

© Saiom Shriver

We write what we must learn. Course In Miracles: The message is always 1st for the messenger. Writer confesses she does not always care what God wants her to do.

Saiom Shriver

Message First For Messenger

The poems we write
are according to
the Course In Miracles
reminders we need...
'the message is first
for the messenger'.
We teach what
we must learn

Saiom Shriver

Messages From Angels

Around the world for many millennia, angels, in Hinduism devas, emissaries of God, have been giving messages to all human beings. Some messages are for the recipients only. Many are for all. Not everyone believes in angels. Some doubt their messages. Some copyright the messages given freely by these selfless servants.

The ancient sacred Sanskrit scriptures, Biblical writings, Pali sutras affirm that God can make a donkey or any other creature speak. God can speak through children to adults. It is not the intelligence of the receiver but the openness of the receiver to God's light and love which determines how much is received.

Sometimes angels give visual and subtle symbols to bypass the resistance and ego of the receiver. They give roleplay in dreams. They speak softly and directly inside our heads and hearts.

Sometimes they give visions of things to come, years or decades, centuries before they happen, as a way of teaching that God is before and after time, surrounding it, inside it.

1. The composer Schumann said he could not take credit for his work. After a series of painful explosions in his ears, he began to hear angelic music and was merely a recorder.
2. Brahms said his music came from beyond himself.
3. Puccini spoke of receiving Madame Butterfly from God.
4. Helen Blavatsky described herself as an amanuensis, a secretary only of the Tibetan masters.
5. Einstein wrote in his autobiography that angels gave him $E = MC^2$ in a dream.
6. Srinivasa Ramanujan, the greatest mathematician ever, according to many, spoke of Namagiri, one of many names for God, giving him dreams in which equations were written on the wall. He memorized these. Namagiri also came to his mother asking that she no longer block his life's purpose.

7. Elias Howe who added the lock stitch to sewing machines was gifted with a vision of Native Americans carrying spears with holes in the spear point (thread openings for sewing needles) .

8. German chemist August Kekule's ouroboros vision (a snake biting his tail) , revealed to him that molecules like benzene can come in rings.

9. The fruitarian Leonardo Da Vinci wrote in his Notebooks he would meditate on a candle, whose flickering sent him into a trance.

10. William Blake wrote of angelic visitations as the source of many poems. Atheism, agnosticism block these free gifts. Those who operate only on average human frequencies only, thwarting by unbelief all higher frequencies, can even turn to laboratory torture of animals.

11. Nicola Tesla spoke of communication with higher beings.

12. Socrates wrote of a daimon (not demon) as his muse.

The Course In Miracles, transcribed from an inner voice over 7 years time, containing 1500 pages, and transmitted in iambic pentameter, states that the message is first for the messenger. Helen Schucman was the amanuensis.

God remind us that all messages have their source in Divinity, whether or not they are distorted by the conduits through which they come or the aura's color patterns

of the receiving prisms. Water flows through a many tiered fountain... bursting or gurgling in a variety of ways, sometimes through the top it pours down to different shells. The source is the water, not the fountain's tiers.

Saiom Shriver

Metallic Hues

Silver's surfaces blacken
Copper's orange mutates to green
Iron oxides from white turn yellow
but gold is always gold

Saiom Shriver

Michelle

Encasing the great soul
of Michelle
is a most beautiful
body shell

(to Michelle Obama who helps
children to lose unwanted weight,
grow their own food, and realize
how wonderful they are.. who
works to end the exploitation
of military families)

Saiom Shriver

Michelle Pfeiffer's Cholesterol Down 83 Points After Vegan 2 Months

Vegan diet is
love in action
Refraining from
causing harm
is powerful inaction.

Saiom Shriver

Michigan

Michigan

Ganesh

Michiganesh

Saiom Shriver

Midair

Throwing pieces of
bread to winter birds
in the evening light
he was exhilarated
to watch one catch
a fragment in midflight.

Saiom Shriver

Midair Dance

He stood with popcorn
and bread as nine dozen
seagulls and crows
around him whirled
and then swirled and in
midair twirled.

Not one of them
with him does collide
Not one with
each other gullides
as around him they
swoop and they glide
and in for a
landing they slide.

Saiom Shriver

Migrant Farmworkers

Cesar Chavez's soul..
May his kind loving light
the aid of each of us
.....ignite

Migrant farmworkers
sometimes standing waiting for
hours for assignments
Wages stolen or cheated
out of minimum wage
Backbreaking work in the fields
with no water, no toilet, no shade
Bathed in killer gas and liquid
insecticides
Given filthy housing
Their children provided no schools
Their loved ones having no doctors
Sometimes chained in slavery
Sometimes children forced to sweat in the fields
Unionizers beaten, sometimes killed

Saiom Shriver

Milky Way Bridal Train

The moon has wed
the sun, the Lord
of Light
.. but her bridal
train, the Milky Way,
is seen only
of the night.

Saiom Shriver

Millennially Chambered

Melting ice yields
its millennially
chambered fruit

Saiom Shriver

Minority Creed

It was his minority creed
to water sidewalk crack weeds

Saiom Shriver

Minotaur

If about Theseus
a random centaur
was admonitory
perhaps would
have lived....
the minotaur.

Saiom Shriver

Miracle Making

Giving away, recycling,
or selling
create a vacuum, new space
in which sunbeams glow,
air blows,
and miracles take place.

Saiom Shriver

Miracle Point

The lion skull in the desert
shelters a bee hive.
Sea water through the aeons
has made of rock a rookery.
Suffering has carved new
caves in the heart.
In Tara's empty space
miracles take place.

Saiom Shriver

Miracle'd Destiny

Whenever one receives
or cocreates a miracle,
the future is
changed.

Saiom Shriver

Miracles Alighting

When vacuums are made
miracles alight.

Creating new space
multiplies the light.

Saiom Shriver

Miracles Are Often A Surprise

Miracles are often a surprise..
but Godplanned as the sunrise
With their constant supplies
beyond mathematical surmise.

From Korea to the Aleutians
they give absolution..
create solutions
And rain mercy's ablutions.

*

(to Paul Obis and Clare Barrett, apostles of positive thought.
Paul was the founder of Vegetarian Times
at the age of 24.. before
he sold it it had grown
in circulation to a quarter
million subscribers)

Saiom Shriver

Mirror Lake

Some people are Mirror Lake,
sparkling in the sun's reflection.
But be cautious diving in for
there are hidden sharp projections.

Saiom Shriver

Mirror Mirror On The Wall 1

Mirror Mirror on the wall
fastest artist of them all.
You can only paint anew
if leaving behind the
last portrait you drew.

Saiom Shriver

Mirror Mirror On The Wall 2

Mirror mirror on the wall
Who is the ugliest of them all.
And the mirror replied:
'One who thinks ugliness
exists at all'

Saiom Shriver

Mirrored Infinity

The glow of
a candle
reflected in a mirror
... is it more
beautiful
than any chandelier

Saiom Shriver

Missiles Misguided

Drones are civilian-slaughtering
missiles misguided
dispatched by the pawns
of leaders misguided
Profits are sucked
up by drone owners
mammon-guided

Saiom Shriver

Mist Clothed

Mystifying mystical
Neptune
clothed in mist
rose with his waves
and then kissed
the moon he'd so deeply
missed.

Saiom Shriver

Mist Curtain

a waterfall
curtain of mist
hides the cave

Saiom Shriver

Mistaken For A Dead Leaf

I saw the last dead leaf
high up on the tree...
when suddenly he began
to trill..
in the 39 degree morn
making cheer out of chill

Saiom Shriver

Mistral

The mistral
is its own minstrel

Saiom Shriver

Mistress Of The Mist

She would no longer
follow
... the secrets of
the seashore fog
as
mistress of the mist
but begin to
follow alchemists
teaching inner paths
to the mysterious...
the mystical

Saiom Shriver

Mistrise

Up come bubbles
in the divine scheme
from the granite's cracks
below the stream
while above the flow
morning's mistrise
seems
like steam

Saiom Shriver

Mitch Snyder

His heart is
a hotel
open 24 hours,
taking in all
trying to climb
out of hotel.

Saiom Shriver

Mite

God indwells every being
including the smallest
with infinite might.....
each spider roach and termite
each beetle fly and mite

Saiom Shriver

Mite Rights

Not all believe
that wee bug mites
have intrinsic
rights.

Most though know
that anything which kills
little bug beings
can accumulate
to kill big beings.

Saiom Shriver

Mixed Bag

A doctor saved my life.

A brain surgeon saved my brother's life

A doctor killed my father when in an operation he injected alcohol into his brain.

A doctor killed my mother giving her a lethal medication which caused a stroke.

When doctors had a strike in Los Angeles, the death rate went down.

Saiom Shriver

Mixed Marriage

Side by side reside
the oak and the pine.
Their roots and branches
gently entwine.

Saiom Shriver

Mobile Tree

A ram crashed
through the woods
and emerged....
his antlers trailing
evergreen vines...

a moving Christmas tree
a green mobility

Saiom Shriver

Mobility

He had servants.
He was self-described
nobility.
But as they
catered to his whims
he lost some more mobility.

Saiom Shriver

Modern Dinosaur: Princess Michael

She wears trophies of serial killing
Her fur and feather clothes are quite chilling.

Animals are murdered.. Removed are their clothes
so that conspicuous consumers can wear animals' clothes.

Furriers animals' bodies skin.
Is every being a human's kin?

Saiom Shriver

Money Miracle

The writer covered the Democrat and Republican conventions in 1988 for the animal rights movement, though she was short on funds. On her return trip with her sister's credit card she traveled, sleeping in the car and bathing in motel and hotel pools. She had left California traveling east with 25 cents cash. She came to a Stop n Shop in Kansas and upon going in saw that the clerk was denying a man in his 30's the right to buy beer, though he was not the driver, because he did not have ID. Disliking force, she bought it for him with the credit card. Unsolicited, he handed her \$7. A few miles down the road was a toll booth, the only one she encountered on Rt 70 between California and Ohio. God gave her cash right before she needed it.

Another time she was in Sandusky, Ohio, without resources to get home.. when suddenly there was \$20 floating in Lake Erie at her husband's ankle.

A third time, with no money for rent, she opened the door of her Maryland home and saw a man she'd never met, Nimbo there from Melsatosa, a fruitarian temple in Miami, who told her he had \$2000 left, and that God had told him to give her some of it. He handed her nine one hundred dollar bills.

A fourth time, she traveled to India with the money her grandmother had left for her. The money arrived 18 years after her death, just enough for 2 round the world tickets.

A third time DG with mimicry said the equivalent of 'God give me orange...God give me orange' after hearing these amazing serendipitous feats of supply. They went to the Hampshire Open Air Market which was at that time on New Hampshire Ave in Takoma Park. There is the dumpster were six orange squash, each 2 feet long. DW said to DG 'Next time you ask God for orange, be more specific.'

Running out of money on the way back from India (we had purchased around the world airplane tickets...12 stops for \$1100..) we were walking in the rainforest hills of Hawaii... and found a feast of ripe avocado gifts at our feet.

In 1980 we arrived back in Takoma Park after 3 months in India... with perhaps \$5 and no money to fill an empty oil tank in November. M Banks called and said 'I was just meditating. Baba told me to bring you a space heater.'

I could go on and on, but will say that the most constant supply of miracles has come from my mother, my siblings and their spouses, and my friends.

God Calling: The branch need ask no support of the vine..

Saiom Shriver

Money Relationships

patient

client

tenant

prostitute

mercenary

lobbyist

tv and radio talk show hosts and anchors

customer

Saiom Shriver

Monk's Face Reflected In Moving Waters

One cannot save his face
seen in the river reflected
nor his visage by light
onto mirrors projected.
Therefore the monk Kobo-Daishi
before leaving on a journey
from which he might not
return, as a gift to his
parents, drew his unmoving
face seen in the moving waters.

Saiom Shriver

Monkshood

Quiet monkshood
grows in woods.
Communal blooms
share a stalk's
one dining room.

Saiom Shriver

Monochrome Sea

When the sky
is a blue monochrome
as the sea
faithfully chants om
into us seeps
the peace
of the sea

Saiom Shriver

Monogamous Venus

Because monogamous
is Venus
she needs no
antibiotics
intravenous

Saiom Shriver

Monsoon Moon

Bright days of June
awaiting Arun
the rains of monsoon
and the cool full moon
wed to Neptune
Soon very soon
the betrothed of Arun
will wear saris of aqua,
pink, gold and maroon

Saiom Shriver

Monsoon Moon 2

Monsoon
moon
many
maroons

Saiom Shriver

Moo Goo

He no longer ate moo goo gai pan
and avoided ice cream's moo goo
not wanting to kill chickens
or steal calves' just due.

Saiom Shriver

Moon Beloved

When he was young
he felt
immersed in
a moonbeam light
pillar... that
he was her only love

Saiom Shriver

Moon Bird

The moonegg rises
from pinetree nest....
fledgeling flying without
breaking her shell

Saiom Shriver

Moondate

They were
geographically separated
for a short time,
these 2 human loons,
and so
made a vow to each
other that at the same
time each night they
would gaze at the moon.

*

Saiom Shriver

Moondawn

The full moon dawned,
for moons too dawn
across from a rainbow
.. like a ball moving
toward a homerun bat.

Saiom Shriver

Moonfall

At times there
must be moonfall
before the sun's
rise

At times
the first
must leave
before the second
be reflected
in your eyes

Saiom Shriver

Moonglow

The full moon
slides into
the snowhued cloud
which soon glows
with her
lunar luminescence.
itself a gift of
her husband the sun.

ttp:

Saiom Shriver

Moored Boat

A chained cow
A moored boat
a rocking horse
are tethered away
from joy's source.

Saiom Shriver

Mooring In The Marina

The mooring in the marina
only briefly breaks
the blue mirror of the mer.
Mahatmas are only momentarily
disturbed by others' anger.

Saiom Shriver

Moormist

mist oer the moors
or mist oer the
masts of the moorings....
either mist
is Almighty-kissed

Saiom Shriver

More Than Nine Lives

They say a cat has nine lives
but those protected by God
have many times that.

Saiom Shriver

Morning Star

Venus seems to have
disappeared from
the horizon...
but beyond our sight
her star is rising.

(to Jodie Engle MD)

Saiom Shriver

Mosquito Liftoff

Mosquito barely achieves liftoff
from the helipad of a helpful arm...
so full are her fuel tanks.
In farewell she says
'For letting me nurse
you have my thanks'

Saiom Shriver

Moss Ledge

Is moss the
welcome mat of God
... turning to forest green
Mother Earth's sod
... this velvet carpet upon which
none have trod
... unless they came to
this pine canopy shrine
unshod

Saiom Shriver

Moss Spores

harmless spears
hopeful spires
spur none and
with none spar

Saiom Shriver

Most Vicious Kind Of Hunting

A deer perhaps grazing
in fields of yarrow
was skewered by a hunter
with his bow and arrow
Did the stalker shoot
right through her marrow
She missed immediate
death by inches narrow

Saiom Shriver

Mother Chickens

When eggs are purchased and
in the kitchen beaten,
it is most often the mother chickens
who have taken the beating.

Saiom Shriver

Mother Earth Under Cover

It's May and Mother Earth has
gone under cover
hiding herself neath fields
of daisy and clover

Saiom Shriver

Mother Nature's Copyrights

Buckminster Fuller
conceived geodesic domes
from pondering
bees' honeycombs

Fibonacci discovered
plant patterns grown
watching rows of sunflower
seeds and pinecones

Japanese trains
faster arrive
copied from kingfisher's
splashless dive

A 30 foot high
column of might
built with vents
by many termites
... its temperature
87 degrees
though outside the range
is 30 to 110 degrees

Scientists study the
the masterfully designed
web
of the nonpacifist spider
with its radial and spiral
dividers

Sailboat battens and
plane wings
were mimicked by
observers of bird wings

Velcro inventor
George de Mestral noticed
burdock burrs

sticking to his
pet dog's fur

Saiom Shriver

Mother Roo

As he was walking
down
a rue
he chanced upon a
mother roo
unchaining her
baby joey
that he avoid
a roux

Note: roo: a kangaroo

roux: a New Orleans

cooking base

Australia has massacred 6 to 16

6 million kangaroos annually...

often the baby joeys are clubbed

in their mothers' pockets after

their mothers have died

Canberra's Legislative Assembly approved the June 2012 massacre of 2000 kangaroos. The following year 1154 were murdered. The cadavers are processed, the flesh eaten, the skin used as leather

For a moratorium on all kangaroo slaughter in Australia

A petition regarding the government's slaughter of kangaroos.... a tiny fraction of the total

Saiom Shriver

Mother Tortoise

Sadly the mother tortoise
in seas of turquoise
left her beloved tortoise
and each beloved porpoise
for a holy purpose.

She crawled
to the land
to leave eggs
in the sand.

leaving the formless
for the form
leaving immeasurable
for the metered

leaving her warm depths
for barrens windswept
leaving the peaceful blue
for world of multihues

now that
her job is done
she returns to her love
... her race run
her race won.

Saiom Shriver

Mountain Climbers

The exhilaration
the exultation
of mountain peak
exhalation

Saiom Shriver

Mountain Gifts

Mountains give many things
waterfalls and sparkling streams
private animal shrines
of maple oak ash and pine
Detachment from the world
on their heights
Cliffs which protect
from invaders' fights
The solitary wild places
shedding spiritual light

Saiom Shriver

Mountains In Flight

Though miracles are light
of weight
and formed of pure light
they lift mountains
into soaring flight

Saiom Shriver

Movable Seeds

Some seeds cling to Mother
Earth, such as
moonchildren pine cones
and some are
sagittarian acorns
rolling away
from where they were born.

Saiom Shriver

Moveable Feast

Mother Earth has
set a moveable feast...
a field of flowers
for the bees.
May bulldozers and bombs
mowers and scythes
let the feast be

Saiom Shriver

Moving The Stars

It was not
his tipping
but the waves
rippling
which moved
the stars as
they were
sea-stippling

Saiom Shriver

Mow No More

They don't
want to mow

They want
plants to grow

and more rain
to flow

and more fireflies
to glow.

*

Licking County couple don't want to mow

Mowing, machine harvesting, deforestation... major causes of global baking and freezing

66 reasons to stop mowing

Saiom Shriver

Mowing Down Wings

Where people mow
trees do not grow...
nor butterflies move
their wings to and fro
nor innocent toads
keep Godgiven toes
nor spirits lift
from fireflies' glow

nor daisies wave
when new winds blow
nor grape vines spin
new tendril bows
nor chicory give
their cheery show
nor perfumes from
wild roses flow

Saiom Shriver

Mt Everest Climber

Every day the sun climbs Mt Everest
inching her way up to the peak,
pausing not at all at the summit
as she soars
higher and higher

Saiom Shriver

Muffled Music

The screams of
murdered elephants
are muffled in
ivory piano keys.

Gutted cats'
dying sirens
in strings of violins
speak only silence.

The goat's shrieks
are quiet
when humans strum
his skin on drums.

Saiom Shriver

Mules

Mules aren't stubborn.
They're slavery resistant.

Saiom Shriver

Multistory Castles In The Air

Angels aid building
castles in the air...
as more stories are
added on top of
the rain dwellings
they become thunderheads

Saiom Shriver

Municipal Garden Club Volunteers

Nine volunteers
pull up a gold-dotted jade carpet
of dandelion volunteers..
replacing it with
thin rows of respectable flowers
.. the dominant theme
being brown dirt

Saiom Shriver

Murmuring In The Sea

A river sings her
way oceanward.
Merging with the sea
her melody turns to
quiet murmuring.
Masters who merge
with God
are no longer by
noise or ego shod.

Saiom Shriver

Museum

How many museums
have become mausoleums

Saiom Shriver

Music Pinions

Spirit's music pinions
lift aloft any
lyric opinions.

Saiom Shriver

Musical Chairs

His wife had a nervous
breakdown. Not having
a supportive environment
she was committed to
a psychiatric ward. He
deciding he could not
forego conjugal rights
became a Moslem and
took a second wife.

His first wife hearing of
this found a willing partner
on her ward. Thus
the game of musical
chairs continued.

Saiom Shriver

Musician Lockjaw, Aztec Sacrifice, American Hunting Party

LM was afflicted by lockjaw.
She went to a hypnotist skilled
in past life regression.
She saw herself as a male
musician
in the court of Louis XIV.
Whenever prompted to speak,
in that life he repressed his words
in order to keep his job.
His spiritual muzzling manifested
physically as well.

LM began to write out her
thoughts and feelings and to
experience the gradual loosening
of her jaw.

GC as soon as she was 6 or 7
seemed to have a phobia for
any priest, pastor, rabbi.
Through a series of dreams
she began to realize that
she had been selected
as a virgin to be blood sacrificed
upon an Aztec altar.

**

This writer dreamt she was
an Erie Indian brave, crouching
down in the woods to avoid being seen by
a white hunting party queueing
through the woods.
A 13 year old boy in the line
was dressed in girl's clothing.

The Indian knew intuitively that
he was dressed as such to
avoid being forced to kill animals.

Saiom Shriver

Muzzled Muse

Her intuition is
highly
honed
but she fears it
like a muse
she is muzzling.

Saiom Shriver

Muzzler And Muffler

Like a conductor who lays down his baton,
Jack Frost hopes once again to muzzle
cricket choirs
and muffle birdsong by driving flocks south.
May he be foiled.

Saiom Shriver

My Belief

I am one of billions who believe
that when we shed our bodies
our unique souls go on to another
newer body...
until our ego is gone... all our desires
fulfilled... our hearts have expanded
to include all....and we want only the destiny
of merging in God like a bubble in the sea.

Saiom Shriver

My Beloved

He has a light
twinkling merriment
and a heavy intense
magnetism
He has a psychic sympathy
for all beings
in the One and
Universal Symphony

Saiom Shriver

My Brother Leonard

My first memory of my brother was the family picking Mom and him up at the hospital in April of 1950. One of several reasons we were part of a large family was that my father wanted a son. When his fifth daughter was born his brother telegraphed him in Korea... 'sorry missed again! '. When Leonard was two years old he decided to run naked down the street .. I retrieved him. He was sunny, cheerful, charismatic, smiling at everyone. I would not know til he was an adult how brilliant he was. His timing with his humor was masterful. His wit was unique and as fast as lightning. Nor would I realize when he was little his waterfall of generosity... to all.. thousands of acts of giving... but especially to those in pain or poor. It was always anonymous. He seldom had a 5 digit balance in the bank.

When he was nine and on his bicycle he was hit by a 16 wheeled truck. I can remember our father in agony running down the long driveway to the street. Leonard was not expected in the first few hours to live. After surgery, he wore a helmet to cover the metal plate in his head and was unable to walk. It was his incredible will that he regained the ability. The metal plate was not replaced with more merciful alloys. It baked his head in summer and froze it in winter. He was never again without physical pain. It would make him less patient than the average person. In later years he told his sister that because he was in his eyes after the accident 'a freak' he began to develop his sense of humor. He would go on to have two serious motorbike accidents and to encounter black ice driving a tanker, a condition which overturned the truck. He was a peacemaker who could walk into a violent bar scene and calm people down. Bev told us that her mother in law was in the hospital the day of their wedding, and that L stayed with his aunt rather than go to the reception. Jesus and the message of the Gospel to 'love your neighbor as yourself' were imprinted on his heart, which included everyone. My mother asked my sister if she should buy him a new coat for winter. She was told he'd only give it away. And so he did, to the first

homeless man who needed one. He was a good listener to those in pain.
He had an amazing memory and focus
He could keep a secret forever.

Some of the many things he said to me:

'You drive so slowly the bugs in the park are on your rear windshield'

*

'Don't think you have to be a chatty kathy doll and dump your entire tape load when someone pulls your string'

*

(After putting a picture of a guru on the stove) 'Om on the range'.

*

When he was healthy he said the video of his last will would start 'I'm dead now'.

His first wife Margaret was a wonderful hardworking reliable nurse, a beautifier of every place in which she's lived or worked. They had a daughter, Sarah. When she was nineteen, his daughter died in a car crash. For several years after that he wanted to check out. He told his sister S that every day he peered into the abyss until one day God pulled him back.

Then he was fortunate enough to marry Allison, who gave him a reason to stay on earth. They lived simply. Neither has ever held onto things they don't need. Allison whose nurturing achieved a 23 year life span for her cat Yak made him a fellow cat person

Every year on his birthday he gave flowers to his mother since she had done all the work.

His sister S remembered that he would park his truck out front and come in to take her toddler daughter for a ride in it.

My brother never served in the military because of his injuries. He often spoke against the military policies of later presidents.

At the funeral home a scarred Vietnam veteran came up to the coffin and put what seemed to be a piece of cloth into the coffin.

Then the vet approached my surviving brother and said 'I gave him my purple heart. He fought for everyone.'

He had grown up with a father who was the first in our city to sue the local authorities over the beating of black men in custody.

Because of that lawsuit he was disbarred on a trumped up charge, losing his ivy league law degree. L continued his parents' work of opposing

racism.

In 1956 the Japanese encephalitis compulsory shot given to US military including our father in Korea would develop as it had in many others into Parkinson's disease. He was bedridden for many years. Our mother would for 20 years get up at 5 am.. take care of her husband and children, teach school all day, and then come home to work til 11pm. When our father died Leonard was so moved by those who had taken the time to come and pay their respects that after that he rarely missed a funeral of any one he knew.

Leonard supported his giving by starting a business imprinting corporate, school, and other logos on cups, t shirts, pens etc.

He wasn't perfect. Who is? But my surviving brother D said in his eulogy, 'If you were Leonard's friend, he had your back.' and he recounted what Leonard told a teen: 'The body is only a car. We're here to make life better for others... to give them rides.'

Saiom Shriver

My Dog Ruthie

Less cautious in those days,
when receiving the answering service
call that a reddish haired dog with a broken leg and
her puppy were under someone's porch,
I crawled under the porch to retrieve them.
Stupidly I caught the black curlyhaired puppy
first. Even so, the mother did not harm me.
She was taken to a veterinarian who set her leg.
He said she was a throwback wolf. Her puppy
was placed in a loving home.
It was a surprise to find she had immediately
bonded with me and so she was adopted. Months went by.
Having to be away for the weekend, I took her
to a kennel. Returning, I was told she had
crawled up the 6 foot chain link fence and jumped over
but had been circling in the fields waiting. When she
saw me, she shot forward running like the wind.
She also had exceptional smell and hearing.
But these qualities were nothing in comparison
to her loyalty, intelligence and unconditional love.

Saiom Shriver

My Partner

My partner is like the sun.
He arrives home as it sets
and moves not again
until dawn.

Saiom Shriver

My Poetry

Susie says it's schizophrenic
Janet that it's drivel
Don says it's irrelevant
Tony that it's trivial.

How fortunate only my opinions
count.

Saiom Shriver

My Sister

My sister: helicopter
rescue carrier
floating in sea that others
may fly
My sister the mother bird
restrained
by nestlings
teaching them to
soar in the sky
My sister the lake
remaining in quarry
that thirsty babies
may come to drink
My sister the guru with eyes
so starry
carrying more weight that
others not sink.

My sister the last to leave the ship
making sure that all others are safe
My sister the Statue of Liberty
taking all weary all starving heart waifs
My sister the flower
who blooms where she's planted
that lonely bees may come to sup
My sister the gentle ear
which listens
and gives of her heart's
always full loving cup

(to N)

Saiom Shriver

Myopia

I have myopia
where my Opie
is concerned

(to Ron Howard)

Saiom Shriver

Myriad Shades Of Green

The forest weaves
myriad green shades
from lime and olive
to kelly green and jade
as it keeps on knitting
its cooling shade

Saiom Shriver

Mysterical

How mysterical
How lyrical
these spherical
orange miracles

Saiom Shriver

Mysterious Date

Younger souls
prefer the dark
mysterious clouds
in a relationship.
When the enigma
is unraveled
... spun clouds
raining their
treasure way....
these emotional
adolescents run away
like Draculas
fearing the sun

Saiom Shriver

Mysterious Poet

Her rosebud poem
with
some wordpetals
open to all

but her inner
thoughts
held close
like the unfolded
rose

Saiom Shriver

Mystery Of Light

Lighted candles to other
candles
give their flame entire
Yet remains whole...
their own enkindling fire

Saiom Shriver

Nabokov

Did Nabokov see a connection between
his lepidoptery, his impaling of butterflies
and his attraction to
writing of pedofiles

Saiom Shriver

Nabokov And Butterflies

Nabokov was a lepidopterist
hobbyist
... he liked to catch and impale
with a pin
beautiful helpless butterflies
In one of his books, that psychopathy
is directed through his main character...
a pedophile violating a twelve year old
girl.

□

Saiom Shriver

Napoleon To Isis

To ISIS say Hitler
and Napoleon Bonaparte
Invade Russia if you want
to be blown apart

Saiom Shriver

Natalie

'Grandpa, were the worms bad? '
said little Natalie E
as she watched him
impale them on a fishing hook.

Saiom Shriver

National Enquirer Lies

Forests are bulldozed.. animals die
for the National Enquirer's constant lies

To the Enquirer:

George Clooney's never been gay
and Nixon didn't kill JFK

Saiom Shriver

Native Americans, Bird Watchers, And Many Residents

What do Native Americans,
birdwatchers, and many residents
of Burn, Oregon have in common?
They want the right wing militia and cattle
ranchers occupying the buildings
of a federal bird sanctuary to leave.

Saiom Shriver

Natural Fence

Bougainvillea is a fence
providng natural defense.
Less cruel than barbed wire
the vine was born
with thorns
by vivid colors adorned.

Saiom Shriver

Nature Bible

As he watched
ferns unroll
their green scrolls
he thought
Nature is my Bible...
the brooks babbling
Deer at pools
silently drinks bibbing...
Balls msthrown
into streams
bobbling
Bursting underground
springs bubbling

Saiom Shriver

Nature Everywhere Sings

Cricket choirs
Concerts of toads
Solos by the nightingale
and the meadowlark

counterpointed by
the inexhaustible throat
of the singing brook
and the bee's buzz
ambling through blooms amber

Saiom Shriver

Nature Teaching Meditation

Watching:

rain orbs dropping from
pine needles they wand

cloud flotillas so slowly
and silently floating by

gentle rain making circles in
the ponds

Reducing our heart rhythms:
ocean waves: conductor batons

Saiom Shriver

Nature Trumps

Plant rights
trump
archeological
rites

Saiom Shriver

Nature's Meditations

Gazing at the dance
of flames in the fire..
Watching the
sun rise in the skies..
Conforming to the
rhythm of the sea..
... all gates to
Love's infinity.

Saiom Shriver

Nautilus Antechamber

The antechamber
of the nautilus chambered
is the sea.

The antechamber
of the mystic
is Divnity.

Saiom Shriver

Ne Point, Many Points

Climbing, striving, one finds
there is room for only
one upon the heights
at the pointed mountain peak

Descending one sees
there is room for all
at the sea
so many seek.

Saiom Shriver

Neap Tide

The moon trumps
Neptune
in willing how deep
an ebbtide, high tide or neap

Saiom Shriver

Near Reed Flutes

In marsh flats
near reed flutes
birds flutter and
butterflies flit

Saiom Shriver

Nectar

cider of apples
milk of coconut
nectar of mango
juice of grape
ambrosia of peach
.. so many words
for the merciful rain
arcing transubstantiation
in its train

Saiom Shriver

Nectar Of Light

This bloom's nectar
will become
firefly light

This bloom's nectar
will be
firefly flight.

Saiom Shriver

Needless

Needless to say
the pine tree needn't worry
that King Winter will make
her needleless

Saiom Shriver

Needling African Children

On African children
should Walgreen's
be forcing
lethal 'vaccines'?

Saiom Shriver

Needs Will Be Filled

As the river
empties into the delta
its waters are replaced
at its source.

In the same way
we have everything
we need each moment
of our life's flowing course.

Saiom Shriver

Neighborhood

Ted Zagar has wanted to draw
a cartoon of American Indians
watching from a hill
as English pilgrims land..
captioned, for instance,
'there goes the neighborhood'.

Saiom Shriver

Neither Love Nor Lust

Neither love
nor lust
can be
compelled

Saiom Shriver

Nepal

If one wants rhododendron
to grow 90 feet tall
as it often does
in nonviolent Nepal
If one wants a flowery
purple mountain wall
then throw away pruning shears...
in answer to God's call

Saiom Shriver

Neptuna's Secret Ingredient

In the dish
of tuna fish..
are dolphins who their deaths met
suffocating in trawler nets.

To every perch, cod,
shrimp and tuna
our prayer for you is
'buona fortuna'

May you be protected
by God, sometimes
called the searuler
Neptuna.

*

Saiom Shriver

Neptune And Uranus No Longer Squared

In each love affair,
whenever the hands of the clock
struck a certain number, like
a magnet whose direction
was reversed, the relationship
would end, until she
learned what that star aspect
taught her as love began
its inevitable growing in her life.

Saiom Shriver

Neptune Mars Wedding

When the trident of neptune
and the rosy glow of mars
come together for nefarious purpose
the result is a Satanic pitchfork.

When mars and neptune come together
for good,
mystical miracles happen.

Saiom Shriver

Nettles

Light so softly alights
on the nettles..
It is never harmed
as it settles.

Saiom Shriver

Never Married

Never has political democracy
coexisted with economic plutocracy,
except for exterior sham
Potemkin villages of hypocrisy.

Saiom Shriver

New Haven Magnet

There is a specific weather grid
... which for high wind
and ice storms is a dragnet
Why is New Haven
for bad weather
more often a magnet?
Could it be Yale abuse of primates,
other animals, birds, and
fishes as well as complicity
in black ops.

Saiom Shriver

New Roses

Buds of new roses
A cure for neuroses
Their tight pink scrolls
In fragrance to unroll

Saiom Shriver

Newcomer

He said to my friend
Jean about her newcomer
status.....

'we've been in these
parts since the 1600's'
and she replied

' If you want to get out
of here, they're selling
maps at the gas station
on the corner.'

Saiom Shriver

Newspaper News

The Hindu newspaper failed to publish
for the first time in 137 years
because of Chennai floods

The New York Times does first
front page editorial since 1920
because of guns' shed blood

Saiom Shriver

Next Life Of Man From La Mancha

He dreams the possible dream
He now fights the beatable foe
He bears with much less sorrow and
victory follows him
wherever he goes.

Saiom Shriver

Nexus

The nexus of the neck...
a four lane highway...
nerve cars down the spine
blood cells through the carotids
oxygen through the breath tubes
food and water down the throat passage..
God protect all necks

Saiom Shriver

Nicotine

What has more pull
than a two ton truck?
Can pull most addicts
out of bed...
nicotine
and caffeine.

Saiom Shriver

Night Of No Moon

The night of no moon
The darkest night..
is the time she rests
with the Lord of Light.

When we grieve alone
a mother gone
she is immersed
in God's delight.

Saiom Shriver

Night Outs The Stars

Night outs the stars

.. they fall in love with their
own light, realizing they
need no other.

Saiom Shriver

Nightingale Nocturne

The nightingale's nocturne
is seldom heard
while the sun in the west
does blaze and burn

Saiom Shriver

Nightingale Notes

When the night is most still
nightingale notes spill
born of joy
not of will

Saiom Shriver

Nightstill

Suddenly in
the nightstill
kindness to
love did distil

Saiom Shriver

No Adieu

The sun bids no adieu
to the sparkling dew
but to himself gathers
each drop.

Refreshed buttercups
are the residue.

Nor does God ever say goodbye
but only an infinitely welcoming
Hello! to those who slip from form.

Saiom Shriver

No Bare Feet

The diner says 'no bare feet'
Inside they eat severed pigs' feet.
The cafe says 'no dogs allowed'.
Only dead animals
inside. Their victim status shouts outloud.

Saiom Shriver

No Bench

As cold rains drench
.. no bus stop bench
while Supreme Court gavels
kill from the bench.
The post office errs
in providing no chairs..
money instead to
bomb babies by air

Saiom Shriver

No Bubbles

Where there are no bubbles
the reflecting sea
does the sun double

Saiom Shriver

No Epitaphs

Given no epitaphs
for trillions of calves...
Evidence of crime disappeared..
Their bodies were eaten.

Saiom Shriver

No Exceptions

Gnats

bats

rats

cats..

everyone is sacred

each God begat

Saiom Shriver

No Fly Zone

At a picnic he said
to the flies:
around my
head there is a no fly
zone.

and they left him alone

Saiom Shriver

No Forfeit

More no longer forfeit
the lives of the
innocents with four feet

Saiom Shriver

No Living Animals In The Diner

No living animals
allowed in the diner
Only dead animals
on whom to dine
Only dead animals
made into dinner

Note:

to Representative Andrew Jacobs,
a former congressman from Indianapolis who spoke
against the war in Vietnam. So often,
he said, in speaking about peace
he quoted 'many love the meat...
few go to the slaughterhouse' that
he became a vegetarian.

Saiom Shriver

No Longer Starcrossed

No longer starcrossed
neath starry trines
their souls entwine
as all send them
eternal valentines.

Saiom Shriver

No Longer Zigzagging

The bee zigzags as he looks for nectar..
but once found, hivestraight is his vector

thinking only of the Queen Bee
for whom he strives
in the hive

=====
to all men faithful to their wives

Saiom Shriver

No Medicine

For the elephant
there was no medicine...
the elephant electrocuted
by Edison

Saiom Shriver

No More Fast Food Ads

Cigarettes are bad
Therefore they're banned
from radio and tv ads.

Meat is very bad
Therefore it should be
banned from
radio and tv ads.

Saiom Shriver

No One Is Lazy

No human being is lazy.
Some are broken hearted
and unplugged from their energy
source, or discouraged by many
obstacles.

Like spinning daisies
no human is lazy.

Saiom Shriver

No Requisition

None need the
oak recruit
to delve with
his roots
nor ask the
cherry tree
to swell with fruit

Saiom Shriver

No River Commanded

One can't tell a river
to flow uphill
or a water sign to
exert her will.
They go as God
did ordain
moved by the rain.
To the Deity Will
they spill.

Saiom Shriver

No Room At The Inn

No room at the inn
for those of dark skin.
What stops some... makes
the courageous begin.

Saiom Shriver

No Scapegoat

He refused to be
a falsely charged scapegoat
and so he managed to
become an escapegoat.

Saiom Shriver

No Squealing

There are some men
who run from giggling
squealing verbose women

Saiom Shriver

No Stained Glass

She wants no stained
glass between her and
the sun

... no longwinded
lecturing male pastor
between her and her
Master

Saiom Shriver

No Ugly Ducklings

There are no ugly ducklings
.. only beautiful babies
on the road to swandom

Saiom Shriver

No!

He heard others say
'bloom where you are planted'
and back he roared 'No!
I don't need this job!
I don't need this home!
I have a right to be free!
to live by the sea!
I can pull up my roots
I can take any route
but I WILL arrive at the sea!
I WILL arrive at the sea! '

Saiom Shriver

Nobel Sadists

Animal torturing scientists
their own souls did sell
The kidnapped creatures
lived in a manmade hell
Who rewards and enables them?
The sadists of Nobel

Saiom Shriver

Nodded Assent

Gardenias
to the wind
nodded their assent
and
gave forth freely
their sweetest scent
as the wind
said goodbye
and began his ascent

Saiom Shriver

Nodding Assent

Sweet pea vines from buried pods
in the spring burst from the sod
from the seeds bequeathed by God
In the wind they toss and nod.

Saiom Shriver

Nodding Assent To The Wind

Sweet pea vines from buried pods
and bright blooms burst from the sod
from the seeds created by God
In the wind they toss and nod.

Saiom Shriver

Nominee

It is hypocrisy,
anomaly
that those who want
to be party nominees
advocate war and execution
yet mouth their
prolife homilies

Saiom Shriver

Nonarresting Rocks

The rocks do
not arrest
the riverflow of joy
which needs no rest

Saiom Shriver

Nonduality: God Is The Only Doer

CLOUD APERTURES

Through apertures in clouds
the blue moon seems to make
symbols..
but when the clouds of
desire are gone
and with them the night
.. there is only the sun
.. there is only light.

EVENING STAR MORNING STAR

There are not 2 stars:
a star of the evening
and of the morning..
but 1 only..
Venus

.. for Love has no
opposition..

(CIM: What is all encompassing
can have no opposite)

HEAVEN AND HELL ARE THE SAME PLACE

As time flowed on
she was able to see..
heaven and hell as the same place..
viewed with eyes of varied frequency.

She was able to see
God has no secrecy
.. the gates only
seem barred
when she tunes into
low frequencies

(CIM: What is all encompassing
can have no opposite)

DUSK BLANKET

The grey cloud blanket
of dusk is ripped
in several areas...
through the slits
light pours..

the curtain of maya
is rent..
and will never again
be able to hide the
Truth

LIVERPUDDLANS

As many Liverpuddlans
make a Liverpool
many little puddles
make an ocean pool

LOTUS AND CROAKS

As daybreak daily broke
On the lily pads which pond cloak
are froggies which do always croak
..'the lotus bloom is impure'
'the lotus bloom is impure'
but round the unaffected lotus
the bee found he awoke

SPIRIT

Matter is visible
and more often divisible.
Spirit is more often invisible
and always indivisible.

(The sun and auras..
2 examples of Spirit visible)

BUCKEYES

As boys send buckeyes crashing
through church stained glass
so are thought chains past
shattered by iconoclasts.

ATMIC REALITY

All creatures are sentient
God permeates all quickened beings.

Albert Einstein who wrote that angels gave him the theory of relativity in a dream, believed that Hindu nonduality and the unified field theory of physics taught the same thing.. there is only 1 Doer.. God

Saiom Shriver

Nonevictable

God has a chamber
in each heart.
Try as one might
God can't be evicted
no matter how much
one covers the
portal with clouds
of delusion
or the lightning
of anger

Saiom Shriver

Noninteractive

A congregation full of women
looking adoringly at a male pastor...
... sheep so easily led...

Saiom Shriver

Nonmagnetic Gold

Nonmagnetic are
nonferrous metals such as
platinum, silver,
copper, and gold,
as moneylovers'
hearts attract less
because of the cold.

Saiom Shriver

Nonviolence

Whether it is a guillotine, an electric chair, a lynching noose, or a lethal injection by employees of the state, it is murder. Only the Creator has the right to end the life of the Created.

Saiom Shriver

Nonviolent Bees

bees never sting
the flowers on whom
in the wind they swing

Saiom Shriver

Nonviolent Energy

Unlike wood from deforestation,
nuclear power from radiation
oil from earth's devastation
coal from air and water pollution
nonviolent energy is the solution

With power inslides
the oncoming tide
With power the waves
flow into the caves
The giving wind's flow
makes propellers go.
With heat geothermals
warm earth's epidermals
radiant energy machines
can make the earth green
One needn't build a violent dam
to harness the roaring waterfall.
The allblessing blazing sun
is available to everyone

Footnote:

Wind, solar, geothermal, tide, wave
nondam waterfalls and radiant energy machines
are some of the many nonviolent
energy sources which can save
our planet

Saiom Shriver

Nonviolent Plants

Plants live safely in
glass greenhouses
because they
don't throw stones

Saiom Shriver

Nonzoophagous

To say we are zoophagous
is quite preposterous
said the erudite rhinoceros.
To say we are carnivorous
is false and ridiculous
said the learned hippopotamus

Saiom Shriver

Noodler

He is a noodler.

He likes to catch catfish barehanded.

Does he then

- a. strangle them?
- b. throw them in a corner slowly to suffocate
- c. chop off their heads.

Saiom Shriver

Norm And Ethel

They met at our parents' wedding..
and dated for several years...
then married. This year they
are both 97... and celebrating
their 72nd wedding anniversary.
When I called her last year... she
was on her exercise bike. He
still teases her that she is older
... by 5 months. She said she stays
alive to cook and care for him.

Saiom Shriver

Norway Spruce

Trees of Norway spruce
at night become
tall towers of babel
attracting birds to their free inns
.. to rest commune and babble
God Let these towers stand
.. as they weave their
green lace strands

Saiom Shriver

Norway Whale Slaughter

When Norway's Nobel
gives a prize for peace
they mean it not
for the whales of the seas

Saiom Shriver

Norway's North Star Way

Norway
has taken
the North Star way

On the mess hall
tables of their military
there won't be sheep cows
pigs or canaries

*

Saiom Shriver

Nosering Of Nandishwar

On that day twas divinely bored
twas divinely bored so I had you gored
that you my favorite might have room
for the gold nosering of Nandhishwar.

Saiom Shriver

Not A Bethesda Pool

He is no longer a
Bethesda Pool,
angel-stirred, healing
only one a day
but the sea
wreathed in
waterfalls
welcoming each bather
... healing all

Saiom Shriver

Not A Cemetery

When one frequently eats
the decaying cadavers
of innocent murdered animals
his body becomes
a cemetery mobile
until disease
makes him immobile.

Saiom Shriver

Not A Clue

Unique each fruit
of different vine or tree
.. and each unique seed
gives no clue
as to the future fruit's
shape or size or hue

Black seeds grow in
red skinned whitefleshed apples.
Tiny acorns yield massive
millennial oaks.
White seeds in the
tabernacle
of the pumpkins'
orange cloaks.

Saiom Shriver

Not A Poppable Balloon

Rising in the sky
was not an ephemeral
poppable balloon...
but the nightlighting
radiancepouring
bluest of blue moons

Saiom Shriver

Not A Synonym

Some believe,
mistakenly,
that justice
is a synonym
for revenge,
for punishment.

Saiom Shriver

Not A Thief

Not a caped Dracula
invader
nor a sworded
warring crusader

...

the butterfly
takes only
that which the flower
freely gives.

Saiom Shriver

Not Astronomers But Astrologers

Said One

Who were the first Gentiles to worship Jesus?

The Magi astrologers from Persia.

Said the Second:

They weren't astrologers. They were astronomers.

Said the First:

If they had been astronomers

they would have seen no spiritual

significance to the trinity of stars, saturn,

jupiter and mars, so close they had

one glow, which made up the Star

of Bethlehem.

Saiom Shriver

Not Asunder

'What therefore God hath joined together, let not man put asunder.'

God has woven together
the wren's wing feathers.
God has stitched leaves onto the trees.
What therefore the Creator in any creature
has joined together
let no one by slaughter put asunder.

Saiom Shriver

Not Divisive But Divine

Not divisive
but divine...
the peace with which
snug grapes
grow together
on the vine

Saiom Shriver

Not For Naught

Nate knew now
it was not for naught
that Nat him taught
about nautical knots

Saiom Shriver

Not Immoral

Some say
that mountain laurel
is queen of
burstings floral
In her innocence
attracting bees
in ways which
are not immoral

Saiom Shriver

Not It

Animals and birds have gender.

They are not objects.

Please, media, quit

referring

to them as 'it'.

Saiom Shriver

Not Laurel Leaves

Not dead laurel leaves
but an entire living
laurel tree
for poet wordworkers

Saiom Shriver

Not Libelous

Truth is not libel.
but a command
in most bibles,
no matter the
traditions
of ancestors tribal.

Saiom Shriver

Not Lighthouse

It is not the lamp
of the lighthouse
but of the sun
unfolding its welcoming gold
carpet across the sea

Saiom Shriver

Not Miles To Go

They do not have
miles to go
before they sleep

Saiom Shriver

Not Milk

Are we the only species
drinking the stolen milk
of an animal designed
to become 1000 pounds
in a few months time?
Does cows' milk give us Cadillac
bodies with VW hearts?
Is it a factor in American
obesity? Are fast food
chain hamburgers made
mostly of exhausted old
or infertile young captive
dairy cows? Do milking machines
give the slave mammals bloody udders
and cause the infection
to drop into the milk?
Can one contract salmonella
and other food poisonings
from old milk?

Saiom Shriver

Not Night's Newborn

Not night's newborn
is the Sun at morn
but the self luminescing
yellower of lemons
and golder of corn.

Saiom Shriver

Not Of Stardust

We are not of stardust
made, but of stars
by our Indweller...
by the Starburner

Saiom Shriver

Not Oil But Water

The artist outdoors
found the rain turning
his oil painting into
a watercolor.

Sometimes God
wants a lighter
touch.

Saiom Shriver

Not One Cent For Tribute

'Millions for defense, not one cent for tribute' has evolved into billions and now 'Trillions for offense, and for the poor a few cents.'

Saiom Shriver

Not Red Rockets

Not red rockets
bursting in air
but rainbow covenant
of peace everywhere.

Saiom Shriver

Not Ripping The Unripe

Why should I rip
from tree fruit unripe.
Let it fill slowly
and swell with rain.

Why should human beings
hurry relationships
which unfold
gradually, peacefully

Saiom Shriver

Not Rooster-Pecked

Every year
Edith
became less
and less
rooster-pecked

(to Jean Stapleton)

Saiom Shriver

Not The Red Frame

As a red border to
A mirror says nothing
About that which it frames
A soul with the outermost
Shell... beset by anger
Inside is ever
With God aflame.

Saiom Shriver

Not The Shadow

Satanic accusers
see only the shadow.
God sees only
each being's light.

Saiom Shriver

Not Through Violence

Not through money or violence
but through God's will
and Love's force
in England did slavery end
because of William Wilberforce

Saiom Shriver

Not Unbuttoned

A sheep skin
they do not from
the sheep unbutton.
There is murder involved
in lamb and mutton.

Saiom Shriver

Not Young Clouds

It's not young light clouds
which shower mercy's rain
but the heavy dark grey
which give all.
Not a drop remains

Saiom Shriver

Noxious Fumes

Humans wear
heavy alleged
perfumes
which rape
nostrils with
their fumes.

Saiom Shriver

Number 534

When he was just a baby
boy bull, they brought
out the knives, needles,
and red hot branding
irons.. to cut off
his testicles,
burn him with their
brand, and needle
him full of antibiotics
and toxic vaccines.
A few months later
they stapled his ears
with numbered tags.
Now he is called a steer,
not a bull, for his identity
is defined by the mutilation
they performed.
He was not a living
being to them, but
an object to be
numbered.
His eyes were bloodshot
from the irritation
of sleeping on his
own and others' fecal
matter. If he had gone
East, he might have
been in an open slatted
truck as the sub zero
temperatures whipped
through the Pennsylvania
mountains. Or if he
were transported
in the summer, he might
have died of thirst,
or been smashed
in the stampede
inside the trailer
as the terrorized

animals bellowed.
At the slaughterhouse
at age 14 months
he was shot
in the head with
a huge metal cylinder.
Because he was luckier
than some, the metal bolt worked
and he was not skinned alive.
As his spirit soared to God,
his body's
weight dropped from
1200 lbs or so to under 800
for they cut off his head
and chopped off his hooves and
tail.

Saiom Shriver

Nuremberg Trials

The Nuremberg judges
added illegal hanging atrocities
to violent Hitlerian
racist ferocities.

Saiom Shriver

Nurse Ratched

Nurse Ratched sat
at her psych ward monitoring station
as if the patients were clothes in
a row of laundromat dryers,
tumbling in crisis.
Most of he crises were her projection.

Saiom Shriver

Oak Tree Hello

Whenever he entered or
exited his home
his oak tree waved a hello
with its leaves.

Even in winter,
hanging onto its leaves, it
continued to rustle
we believe.

Saiom Shriver

Oak Tree Toss

The oak tree
does toss
another crown jewel
acorn
onto the velvet moss

Saiom Shriver

Obama Begins 6th Year Bombing Children Of Afghanistan

This is Barack Obama's 6th year of waging war
bombing children, soldiers and other civilians
burning tax money by the trillions
as war profiteers steal blood money billions
He's spilling mammal and bird blood vermilion
And burning green trees by the octillions

Saiom Shriver

Obama Wants To Be A Czar.. Asks For More Powers Of War

Obama wants to be made a Czar
to bomb even more in barbarous wars
We're all made of peace..
We're all bright stars
Show him the infinite power you are.

Saiom Shriver

Objectified To Death

Some faiths believe
animals have no souls
Many pseudoscientists project
that they have small brains
Meateating gourmands don't care
that animals feel great pain.

Saiom Shriver

Objectifiers

Human chauvinist
vivisectors
call inspection
of human cadavers
an autopsy
.. and inspection
of primate cadavers
a necropsy.
Their ethics are
quite topsy.....
turvy
in all cases from
heart attack to dropsy.

Saiom Shriver

Occupy

Crabs and shrimp
fear to occupy
the same regions
as the octopi
lest they
a flat in an
octopus belly
occupy

Saiom Shriver

Ocean Crown

Change do landscapes
but not seascapes..
one cannot look at the sea's surface
and know if it is 20000 BC or 2000 AD

Neath the wingweave
of gulls..

they tossed a wreath upon her
to give her a crown
How absurd.. this tiny little
crown.. upon her infinite
immensity

.. but she is not interested
in honors from earth..

and she swept it to the shore

Saiom Shriver

Ocean Ovation

waves are the ocean's ovation
to the moon arisen
from the seafont's baptism

waves are the applause of the sea
to the sunhost ascendant
from its chalice resplendent

Saiom Shriver

October Orange

Blazing October
orange conflagration
.. of earlier months
the fiery consummation

Saiom Shriver

Octopi And Squid

When they eat innocent
octopi or squid
do they suck up
the suckers on
the tentacles of these kids

Saiom Shriver

Oedipal

Oedipus
learned
the lesson oedipal
... in suffering
and grief
nothing seems
edible

Saiom Shriver

Oerhoverer

You are the nectar,
the hummingbird, the clover.
You are the bloom, the bee, the OerHoverer.
You are the child, the bond and the mother.
You are the Love, the Beloved, the Lover.

*

(to our mother.. who worked 16 hours a day for decades...
taking care of her invalid husband, teaching full time, and
taking care of her children.)

Saiom Shriver

Off Switch

A says: Turn your mind switch off

B: My mind doesn't have an off switch

Saiom Shriver

Off The Menu

Pigs and dogs are
not meat
Pigs and dogs
none should eat.

Saiom Shriver

Officiate

The lobster-boiling chef
at his event did officiate.
Outside pickets described
his torturing the fish he ate.

Saiom Shriver

Ogden Nash

How can anyone his teeth gnash
when reading poems by Ogden Nash?

Saiom Shriver

Oh Say Can You See

'Oh say can you see'
by the bombs' early light
the agony, the despair
when blind men fight

Saiom Shriver

Ohio Has Not Swung

For many decades
Ohio has not been
a swing state.
Ohio has not been
a state that swings.
Republican fraudsters
did Democrat
winning numbers
de-wing.

Saiom Shriver

Ohio State

The rhodescent dawn
and then the sun's rising red
divide gray sea fog
from the gray sea
as awakening truth dispels
illusions' unreality.

Saiom Shriver

Old Men

The old man running out of his
burning hut, set on fire
by napalm
in Vietnam..
Another old man was not as lucky,
bulldozed and buried alive
in his home
by the tanks of the occupiers.
A third, the father equivalent
of the Pieta, silently
wept as his son's coffin
came home, disgorged from
the plane's metal belly.
Countless others
were incinerated by
incendiary
firebombs dropped on
Tokyo's rice paper
homes.

Saiom Shriver

Old Plutocrats

Have started wars
old plutocrats
for expanded capital markets...
these fatcats.

How many tens of millions
of young strong beautiful
men, the waves of a blessed
future, the pillars of the new,
enshrined in the hearts of
their parents, wives, and children,
were sacrificed on the
altar of the greed of the rich.

Saiom Shriver

Oliver Goldsmith

Down down the mountains
descend
to the streams which
to the sea wend.
Oliver of glades foxdened
and glens wrenned
with empathic spirit
many pages penned.

Saiom Shriver

Oliver Octopus

Did anyone knit doublets
for Oliver's tentacled octuplets?
Or write odes and couplets
for Oliver's sweet octuplets?

Saiom Shriver

Olympic Torch

This year, not the Olympic torch
but the Olympic fire was passed
from runner to runner.

How mysterious that one
can a torch ignite with fire
while his own flame remains
whole and entire.

Saiom Shriver

Om Parvat

Into Mount Kailash stone
is ever engraved the Om
In it enshrined
are eternal snows
no matter how
the sun glows

Saiom Shriver

Om Shanti

Om Shanti
Omar Sharif

Saiom Shriver

Omkar Under The Stars

The sun daily
drops into the sea
The radiant moon
lacks constancy
but waves
play their omkar
ceaselessly
beneath the stars.

Saiom Shriver

Omnibus: For All

All Creation
in every nation
sings God's
praises.
Sooner or later
to all beings
comes salvation

Saiom Shriver

Omnipresent

If we believe God
is omnipresent
it follows
that God is present
in the lowest levels of hell...
that God even serial
assassins indwells.

Saiom Shriver

On Pegasus Born

On the wings
of Pegasus
he did alight
in the dawning
purple light
with a commission
angel charged
that millions he
would serve and delight

Saiom Shriver

On The Morrow's Morn

On the morrow's morn
He was born
Of angel's' wings
was never shorn
Down a rainbow he did slide
Off gilded gleams
he did glide.
From comet tail he was sprinkled
Of the stars he
was the twinkle
Of God's cheek
he was the dimple
Of God's smile
he was the crinkle.
Out of softest cloud he slept
into mommy
while she slept
Chose the purest of all mothers
Only she.. he'd have no other.

=====

(to Brandon B)

Saiom Shriver

One Flew Over The Slaughterhouse

A few lucky animals fled
but trillions were in terror led
into the dark slaughterhouse shed
as they secreted adrenaline dread.

There their blood was cruelly shed
Now their bodies ecoli ridden are dead
Their blood full of
fat and uric acid is still red

Saiom Shriver

One Green Light

As one green light
can move tons of
waiting steel vehicles
so positive thought
moves mountains

Saiom Shriver

One Point, Many Points

Climbing, striving, one finds
there is room for only
one upon the heights
at the pointed mountain peak

Descending one sees
there is room for all
at the sea
so many seek.

Saiom Shriver

One Straight Path

Legion are
the paths of evil.
One straight path
is that of God.

Saiom Shriver

One Thousand Lives

One thousand male arrows
it takes
to make one maid
dandelion seed ball

After 1000 lives
as husband son and brother
God did trust him
with one lifetime as a mother

- - - - -

(to writer's nominee for the world's
best father, Wallace O)

Saiom Shriver

One With Her Muse

She is one
with her muse,
Love Incarnate

Saiom Shriver

One With The Infinite God

The God he defied
others deified.
The God he defied
he now deifies.

Saiom Shriver

Only A Tree

Giver of free fruit, divine food
Protecting from heat of the sun
Giving homes to birds and squirrels
Giving ladders to raccoons
And trellises to climbing vines
Through evaporation creating rain
Turning carbon dioxide into oxygen
Making coconut husk cups
Replenishing Mother Earth with
 fallen leaves
Inspiring watercolorists

Saiom Shriver

Open 24 Hours

She rescues animals
in the cold wet and muddy dark..
those who squeal or moo
meow or neigh or bark
Unlike Noah's shelter,
from which after a few moons
animals did disembark
open 24x7 for many years
has been her constant ark.

Saiom Shriver

Open Heart

If he loves, releases and
opens his dammed
painridden heart
the cardiac surgeon won't need to.

Saiom Shriver

Opposing Professor Higgins

Aint is shorter
than is not
Wit as in 'wit you'
is shorter than with.

Ampshire
faster
than Hampshire
Sounding H takes
time from kith.

Dialects are penalized
for abbreviation..
but speech freedom
is slavery alleviation.

Saiom Shriver

Opposite The Reflection

The setting sun's image
in the office buildings is
radiant with light.
Yet do not follow it, for
the Sun's way
of perfection
lies opposite
to its reflection.

Saiom Shriver

Opposites Attract

Her voice was as soft
as a seabreeze, his
like rumbling thunder.

Saiom Shriver

Oracle

Made complete, he
the poet oracle
by others' eyes,
by others' auricles.

Saiom Shriver

Oracular Flight

She took the direction
and number and species
of birds in skyflight
as guiding messages
from angels
written in winglight

Saiom Shriver

Orange Flag

There was an upright
pinecone..
into whose top
the stem of a falling
leaf had stuck...
an orange flag on a fallen
castle

Saiom Shriver

Orange Full Moon

The orange full moon
rise note ascends the pier scale
slowly through the hour

Saiom Shriver

Orange Has A Shadow

In meditation these words
came
'orange has a shadow'...

Did it mean

- a. leaves beneath oranges
on tree receive less light
- b. insecticides in the
citrus fruit industry harm many
- c. a monk pretending
to be celibate
- d. someone ever
serving his guru
- e. Chinese agents
shadowing the Dalai Lama
and other Tibetan Buddhist
sannyasis.

Saiom Shriver

Orange Helmeted Biker

There she was with orange helmet
on an orange motorbike...
in her orange face mask and
kneepads... someone strong and slight.
Because it was so bright
cars would more respect her light

Saiom Shriver

Orangegold Strands

More quietly than dewdrops
condense on the land
More silently than mangos
weave orangegold strands
More gently than through
hourglass slide silky sands
do Jupiter's starbeams
as thoughts in minds land

Saiom Shriver

Orb Of Silence

The orb of silence was broken
.... were excess words spoken?

Saiom Shriver

Orchestra Tuneup

Predawn purple light...
the backdropp
as bird orchestra tunes up
for sun's curtain rise....

always responsible
they show up daily
performing free concerts
cheerfully giving all no matter
what happened through the night

Saiom Shriver

Original Sin

In Eden's garden
Adam and Eve
no longer saw
animals as kin
and began to murder
them and
cut into their skin...
that was.... the first...
the original sin.

*

Father Ron Lengwin, priest

whose show was on KDKA Radio:

'The apple Adam and Eve ate

was the first heart of a butchered

animal'.

On another level, God is Love. The creation is

always one with the Creator and Love.

Saiom Shriver

Original Sinlessness

How can there be original sin
when all are created
by God Who is Love

Saiom Shriver

Oscar Hammerstein

So great was Oscar Hammerstein's art
... a power everflowing his heart
that he reversed the order
of the horse and the cart.

Saiom Shriver

Outdoor Stone Stairway

Vision of a high outdoor stone stairway with an acute grade....

rain's downpour is rapid and forceful

turning the 2 way stairway into a 1 way waterfall

Saiom Shriver

Oval Eggs And Orbed Seeds

What angled species
will burst the oval
egg into shards?

Which fruit tree
dwells inside the
orbed seed hard?

Which genes
will win in the
kaleidoscope mix
of conception?

Saiom Shriver

Over 100 Million A Year To Arrest Ohio Pot Smokers

Each year over 100 million
added up is several billion
spent in Ohio enforcing pot laws
and bursting asunder
the families of nonviolent civilians.

Saiom Shriver

Over 40 Years In Solitary

Over 40 years in
prison solitary
Herman Wallace'
soul
on earth doesn't tarry

Saiom Shriver

Over All The Warm Sun Rose

Fall winds blow
to and fro
Winter snows
The river froze
Spring sun glows
and river flows
Summer grows
and over all
the warm sun rose

Saiom Shriver

Over Fire And Granite

On our planet
made of fire and granite
after millions of years
grow allgiving
dates and pomegranates.

Saiom Shriver

Over Water

Over water
sound carries further
hurricanes gather speed
clouds attract mass

Saiom Shriver

Overgrown Is Impossible

In wild fields once pastured
the buttercups have captured
the hummingbirds now flit
the bees are enraptured

Saiom Shriver

Overjoyed

Only Draculas
sun rays avoids
The sun is always
overjoyed
as with rays
he fills night's void

Saiom Shriver

Oxecutions

Edison demonstrated
his electric chair by
prisoner and elephant electrocution
but mammals' murders are done by
knifing, clubbing, shooting,
suffocation,
and other executions.

Saiom Shriver

Oxymoron: Embedded Journalists

Journalism is a reporting of
the truth. Can an 'imbedded
journalist' be anything but
a propagandist, beating
the drums of war?

Saiom Shriver

Oxymoron: Fresh Meat And Fish

Is it oxymoronic
to call meat and fish
fresh
when killed beings' spirits
have left behind
only their cadavers

Saiom Shriver

Oxymoronic

From Martinique to Marrakesh
wherever served is animal flesh
or fishes strangled
in net mesh...
the cadaver pieces 'food'
are never fresh
and offend Shiva, Allah,
YHWH,
and the Christchild in
His creche.

Saiom Shriver

Pacific

Some aren't total
pacifists,
but about some wars pacific.
Re wars they oppose
they are very specific.

Saiom Shriver

Pacifist

Many think it admirable
for someone to become an admiral.
But pacifists
prefer no fists
and as a rule
send their children
to nonviolent schools.

Saiom Shriver

Padre Pio

The great saint
Padre Pio
of healing
and grace
an unfailing rio

Saiom Shriver

Pair Of Eyes

The mystic
mystery
that a pair of eyes
can paralyze
and draw
someone
to paradise

Saiom Shriver

Palestinian Dna

A number of DNA studies over the last 20 years indicate that Palestinians have more ancient Hebrew DNA than do Israelis.

Love your neighbor as yourself, says the Hebrew bible. Palestinians are the neighbors not only of the Israelis but of all people.

May the desire awakened or not in all hearts for universal peace, rights and economic justice ignite all souls.

Saiom Shriver

Palm Sculptor

He who guided the
sea to carve the caves
who causes fruit trees
to drop for-all alms
has sculpted unique
lines
in each person's palms.

Saiom Shriver

Pansy And Posie

The pansy and posie
rest in repose
unless the wind
otherwise dispose

Saiom Shriver

Pantheism And Omnipresence

There is a very highly
placed religious figure
who criticizes pantheism
while affirming the
omnipresence of God.

Yet if God is omnipresent God is
also present in all beings, which
is the meaning of pantheism.

Saiom Shriver

Parachute Packing

When to seed
have grown
the milkweed shoots
.. they show how
to pack
a parachute

Saiom Shriver

Parallel Bands

The setting sun
left parallel bands in
the sky... with
no separating delineation
as dark pink misted into
light pink.. and that layer
merged with gold
and flowed into saffron.

Saiom Shriver

Paramahansa Yogananda

To him of unconquerable will
they said 'it's impossible'.
A few days later they
remarked it was improbable..
and then implausible..
and as they watched
the gathering mass
of his visualizing power

they had to say it
was plausible
and then possible
and then probable
until they finally
witnessed his
thoughts clothed
in reality,
his vision's touchdown to earth..
.. his spirit's alighting
power. All of his words
became flesh, enkindled
by Waccha Siddha, the mystery that the words of
the truth-teller by angels are made true.

(to Yogananda, who
first brought the theory
of positive thought
to the US)

Saiom Shriver

Parental Love

Seawaves lave in love
Tree leaves weave in love
Parents live to love
before they leave for
a higher love

Saiom Shriver

Paris Massacre

Extremist Muslims who use violence have angered nearly all other major religions: Buddhists (destroying their statues) , Christians, Jews, Hindus, and others.

How much of this violence is generated by a response to capitalist imperialist war violence and theft of oil, land, houses, olive trees etc. is known by God.

It seems that the massacre in Paris has been coordinated by violent Muslims. God and those who planned the actions know who it was who were the architects.

The bombing of the World Trade Center was blamed on Muslims but was an act of the US government in conjunction with elements of the Israeli government as an excuse to wage war in Afghanistan, a war begun 6 weeks later.

Violence against nonMuslims is not in the original Quran.

God bless all who suffered because of it.

Note:

Pope Francis Calls Paris Massacre Part Of 'Piecemeal Third World War'

When opposition to the war has reached critical mass, the banksters and other imperialists arrange a black op designed to demonize the enemy of the month. -
Raymond Lee Fulkerson-

Saiom Shriver

Pariscide

Those who bombed
Paris
were guilty of
parricide
and of Pariscide

Saiom Shriver

Parish Priest

He is the only priest
for a parish of 2500.
He conducts 14 masses a week,
over 100 confessions,
visits the sick, counsels
the married, conducts baptisms,
weddings, and funerals,
supervises the grade school,
.

He needs help.

There are not enough priests
for the Catholic population.
Is it time to allow priests to
marry?

Saiom Shriver

Parvati's Shawl

Parvati mysterious
wears a white
shawl of mist
over her
angular shoulders

Saiom Shriver

Pastel Mars, Bright Bold Venus

How ironic that
Mars' April is
pasted by
aqua, lavender,
lemon, and pink
while
Venutian October
is of bright and bold
crimson
orange and gold

Saiom Shriver

Pastels

Intense are fall's hues
Soft are spring's pastels.
Autumn's orange is specific
Spring's sweet pinks are pacific.
October's golds are defined
his crimsons confined
while April's soft apricot splashes
are not bound or lined.

Saiom Shriver

Pastels Of Spring Intense Colors Of Fall

Vanish.. the white black
grey brown tapestry of winter.
Come white apple blossom cloud
pink cherry blossom cloud
yellow daffodils...aqua blue bells
These pastels of spring
will to the monochrome
of summer give way..
Then the intense colors
of fall will hold sway.

Saiom Shriver

Patagonian Glacier

There are few
spring begonias
near the glaciers
of Patagonia

Saiom Shriver

Path Of Life

Eating killed animals
yields bloody dead meat.
Eating death is not
good for life.

Saiom Shriver

Patient God

As light patiently
pulls a sweetpea
up the spiraling
line
so God slowly
life after life
pulls us
to higher
frequencies.

Saiom Shriver

Patterns In Rain's Patter

PATTERNS IN RAIN'S PATTERN

Patterns in rain's patter
design in all desire
beckonings in the beacons
of primordial fire

We go by much too fast
the hidden gate to see
Millions of frequencies
we can't receive on the tv.

Yhings have shook the world
too subtle to perceive
Milton's kind smile for all
Milton's sweet gentle soul

Melded stars a
quadrillion miles away
to make him stay on the stage
God made him believe the play.

(to Milton Radney, a vegetarian
cab driver in NYC before
becoming a successful
entrepreneur, a man who quietly
gave money to thousands
anonymously)

Saiom Shriver

Paul Beats Rubio

Dear Marco Rubio,
Senator Rand Paul is not an isolationist.
Those who want to stop insane wars are
not isolationist. They know how to
interact with people around the world
without killing them.

Saiom Shriver

Paul Robeson

The racist mob
beat the
thongs
gathered for the song
of Paul Robeson

The whitebodied unconscious
not recognizing God
when He came
with His black robes on.

Saiom Shriver

Pax Romana

Tens of thousands crucified... Christians fed to lions...
slavery...gladiators killing each other for public amusement
emperors deifying themselves...a culture of hedonism..
animal sacrifice.. the eating of peacock tongues..

Was the Pax Romana
also a Pox Romana

Saiom Shriver

Peace For All Beings

Paz Mir

Pax Vobiscum

Salaam Shalom

Peace Shanti Om

Saiom Shriver

Peace In The Fields

Yellow peppers
saffron pumpkins
golden pears
purple plums

pinkest peaches
orange persimmons
red pomegranates
greenest peas

Infinite shades
in the rainbow He made
His agriculture ways
are of perfect peace

Saiom Shriver

Peace Prevails

The wind assails
the tiny sails
but oer travail
peace prevails.

Saiom Shriver

Peaceful Master

In the holiest of climes
where the vines to heaven climb
the sweetest fall of rain
becomes sour juice of lime.
And the rainfall mercy clement
becomes the sour juice of lemon.
So did the words of peaceful
Master
become the force of
warmonger pastors..
Soon these clerics
too will be aligned
by the God of the astras
.. the God of the asters.

Saiom Shriver

Peach Grove Next To Abbatoir

Next to an abbatoir
grows a peach grove.
The former has screams.
The latter is silent.
The slaughterhouse
stinks of blood and urine
and solid waste.
The peach grove is fragrant.
The slaughterhouse yields
a maximum 1000 pounds an acre of
food.
The peach grove yields in
trilevel agriculture four hundred
fifty thousand pounds an acre.
The slaughterhouse is labor
intensive and causes many worker
injuries and deaths.
The peach tree requires nothing
but a seed beneath dirt. The sun
and rain and mother earth
do the rest.
The slaughterhouse food causes
cancer, heart disease, food
poisoning, kidney failure, arthritis,
food poisoning fatalities.
The peach grove is God-designed.

Saiom Shriver

Pear Tree Reponse

The dump truck with
driveby violence
slapped the pear
tree
in her branch face
releasing a shower
of her sweet fruit grace
as a holy one responds
to hate with love
in his focused Godward race

Saiom Shriver

Pegasus And The Froggies

Knowing that froggie fear
was engendered by horse hooves,
Pegasus grew wings
and then he arose
framed by a sky
of orange pink and rose.

Saiom Shriver

Pegasus Rising

Pegasus

flicked off the
snowflake flocks
flecking his mane
and into the air
arose.

Saiom Shriver

Pelican

The turtle carries his home
The giraffe his built-in ladder
Her dinner bowl carries the pelican
Does it hold more than her belly can?

Saiom Shriver

Pen Muse

The writer's pen
sometimes his magic
wand... a muse
calling to him
to pour forth

Saiom Shriver

Pengelly To Penzance

As they inscribe the lands
from Pengelly to Penzance
the sea's pens dance

Saiom Shriver

Penguin Queues

In queues, the penguins
waddle slowly to the sea
from the frozen wastes,
balancing their plump bodies
by extending flippers out to
the right and left, until
they take the leap into
the sea and the graceful
gliding freedom of their lives.

Saiom Shriver

Pension Costs

How do conspirators within
the US Government plan
to reduce
senior citizen pension costs?
Lethal flu shots.

Saiom Shriver

Peons

To all peons
a heartfelt paeon
including ants who
open peonies

Saiom Shriver

Peoplefights

The world is
gradually ending
cockfights
dogfights
bullfights.

What about
boxing, war
and other
peoplefights?

Saiom Shriver

Peregrinations

Gulls wheeling above
squirrel circumambulations
while peregrine falcons
wing their peregrinations.

Saiom Shriver

Perennial

All fruit, nut, pine
and other trees
are perennial.

Many oaks are centiperennial
Banyan trees and redwoods
sometimes perennial millenials.

Saiom Shriver

Perfect Art Bows

Out of the perfect
marble oval egg
comes the angular
alligator
as perfect art
bows to imperfect life.

Saiom Shriver

Perfect Life

Our lives are perfect
from beginning to end.
There is nothing that
we need to amend.

God has been our
constant unseen friend
to teach us in each
scene that
love all transcends.

God has been
the playwright Who
has every life penned.

Saiom Shriver

Perfect Pome

The dawn full of rose
.. is mystical prose
Trees fruited by pomes
...are perfect poems
Light of farstars echoes
in Rembrandt frescoes
In brush of Raphael Santi
Flow's God's shanti

Saiom Shriver

Perfume Numbered Five

That famous perfume numbered five
contained ambergris from the sperm
whale, castor from the Canadian beaver,
civet from the civetcat,
put into a rotating drum and
terrorized into secreting fixatives,
and musk from musk oxen,
38 of whom had to be castrated
to produce one ounce.

Should it have been called
Number 41?

*

(Current ingredients of that
perfume are not known by this writer)

Saiom Shriver

Permission For Caffein

She once decided to
ask God for permission
for each cup of coffee...
she would say a prayer
and then flip a coin
asking that its fall
be Godguided.

Over 3 days she
got 9 no's in a row.
The odds of that
happening on a random
basis are 1 in 512 or
2 to the 9th power.
She obeyed for those
3 days. What did she
learn? Not to ask
again since she was not
surrendered to the
answer.

Years later she's
still drinking 1/4 cup
a day

Saiom Shriver

Perpetuity

Shall grape vines
in perpetuity
weave their gifts
of purpletuity.

Saiom Shriver

Persimmon Philter

The allgiving sun
passes light through
persimmon tree filters
filling their fruit
with lovepotion juice,
Godgiven philters

Saiom Shriver

Pet Kidnapping

Some vets
kidnap pets.

Saiom Shriver

Petal Fingers

Slowly the bloom bud
relaxes her fist
.. finger by finger
she opens her petals to
light and the bees.

Saiom Shriver

Petalfall

Peachpetalfall is prelude to peachswell

Saiom Shriver

Petals Unfurling Version 2

Like a rose
with petals clothed
.. some open to all
and some are closed

is the poet
whose meaning is clear
except when her thoughts
are private and dear

She has decided to be
not a bud and not fullblown
but fragrant and free
a rose halfblown

Saiom Shriver

Petra

The sun has
crystallized his light
with fiery brush
mystically slight
in Petra's polyhued
iridescent
sandstone might

Saiom Shriver

Petri Dish Surprise

There are infinite
invisible toxic germs
and myriad wiggling
spiraling worms
and other wee beasties
which spin and squirm
an immense variety
to make humans infirm
in the carrion of cows
and sheep and pachyderms

Saiom Shriver

Petrifying

To animals slaughterhouses
are terrorizing, petrifying.

To humans their consumed
flesh is putrefying.

To humans their consumed
flesh is rigidifying,
petrifying.

Saiom Shriver

Petroleum Engineer Bug

Like a petroleum engineer
seeking oil, the mosquito
travels my hand, looking
for a place to drill

Saiom Shriver

Pharmaceutical Company Black Op

Why does the military
continue to force poisonous vaccines
on powerless soldiers...
every Max and Maxine?

Saiom Shriver

Philistine Puddles

All Philistine
iceberg
temple pillars
are melting
without violence
to puddles
at the feet
of the sun

Saiom Shriver

Phlebitis

Why bother if
the fleas bite us?
It reduces cholesterol
and cures our phlebitis.

Saiom Shriver

Phnom Penh

From New York
to Phnom Penh
and back again
all love
Sean Penn

Saiom Shriver

Phonograph Photograph

Sound through the ears goes to
a different part of the brain
than light through the eyes.
Sound is more of essential nature
than form. Voices remain more
recognizable after 50 years than
forms. When a soul is preparing
to shed the body, often the hearing
remains after sight.
Light capturers are photographs
Sound capturers are phonographs.
Masters of spirit unite and
transcend all sensory streams.

Saiom Shriver

Photophobe

If you are not liked by
a photophobe
perhaps his Dracula demons
can't stand intrinsic
light probes.

Saiom Shriver

Phyllis

Woven of His sun and rain
is each sweet amaryllis.
Knitted of His light and love
is His beloved Phyllis

Saiom Shriver

Pickle Tickle

The sun with light umber
touches vined cucumber
The more he tickles
the more there are pickles.

Saiom Shriver

Pied

Because of the odium
of his words from the podium
They pied him in the face
with food low in sodium

Saiom Shriver

Pied Piper

Johnny Appleseed is
the saint of apple pie
but E.L. is most certainly
the Pied Piper of Pi

Saiom Shriver

Piercing Foghorn

Daybreak rays don't
come through the mist
but piercing is
the train whistle

The light does not
pierce the
fog of morn
but easily heard
is shep foghorn.

Light shows external
shapes
Sound reveals
the soul's core.

Saiom Shriver

Pieta Of Canada

On the white ice
flowing with red rivers of
a child's blood
a mother seal huddles over
her baby
who no longer nurses.
She cries outloud.. over and over
but there is
no response.
The little one has
been beaten with clubs and then
skinned alive.
With impunity they steal
the skinblanket of the baby seal
as on land they kill
the cow's baby and make him veal

=====

Canadian taxpayers are being forced to fund this welfare for
Newfoundland fishermen, literally with blood money.

Saiom Shriver

Pig Futures

They were raucous bidders
on pigs' dead bladders.

They bought
pork belly futures
but the pigs
had no future
No Samaritan
can save them....
no surgeon with
sutures.

but times they
are achangin

Saiom Shriver

Pigflesh Poison Peddlers

Pigs murdered
chopped into bacon
Their bodies causing cancer
....souls by humans
forsaken.

Saiom Shriver

Pigs' Futures

Wall Street bets
that all 'livestock'
will soon be
'deadstock'...
that people won't
free animals
from their chains
and locks.

Re pig futures
fortune tellers
might say
few pigs have a future.

Change the world
with nonviolent forks
on nonviolent plates.

Saiom Shriver

Pillars Of Heaven

As these trees
are the pillars of
heaven
so all trees
are the pillars
of earth's survival

Saiom Shriver

Pillars Of The Parthenon

Awash in moonlight,
whitebarked birch trees..
pillars of the Parthenon:
Athena's hermitage
in the forest

Saiom Shriver

Pine Needle Clusters

October leaves fall
Onto pine needle clusters
Soon only evergreens
Will keep their luster

Saiom Shriver

Pinecone Shutters

With cloud's
first raindrop shudder
the pinecone
begins to close
her shutters

Saiom Shriver

Pink Butterflies

Unfurled flitting pink
butterfly flags flutter
in forests
near
unfurled flags of
phlox
in the meadows of Fairfax

Saiom Shriver

Pink Cathedral

The blossoming tree
a pink cathedral
with stained glass petals
of blooms polyhedral

Saiom Shriver

Pink Flame

The cherry tree
explodes into blooming
pink flame.

April's Burning Bush

Saiom Shriver

Pink Lace Cloth

Peony pink... the
shade of the lace
on which nectar
will be served
to the bees

Saiom Shriver

Pink Mist

Sunset horizon pink mist
with no separation line
rises to saffron
and then lavender
until becoming the
bluepurple evening sky

Saiom Shriver

Pink Ribbons Of Light

Each morning the sun's presence
gives of himself as presents
wrapped most days in streaming
pink ribbons of light

Saiom Shriver

Pink Table

I shall prepare a table for you in the presence of your enemies
said God to the bee as He grew daisies and dismantled the bulldozers.

Saiom Shriver

Pink Us

The sun with dawn pinks us
.. each Rao, Lee, Mohammed,
Brown, Chavez and Pinkus.

Saiom Shriver

Pink Whirlpool

Lost in
the pink whirlpool
is the bee.

His mind once was buzzing
but is now
nectar guzzling

Saiom Shriver

Pioneer Posie

Integrating a racist
neighborhood
the dandelion courageously
catapulted her gold seed
over to the allgreen lawn.

Saiom Shriver

Pipeline Heist

The Koch brothers think
that they ought
get the votes which
they have bought.
The Keystone Pipeline
is McConnell's thought
.. a desired gift for
for the heist they wrought

Saiom Shriver

Pizza

A pizza company
named Tombstone...
does each little piece
of pepperoni
deserve a little
gravestone?

Saiom Shriver

Planned Decapitation

An innocent they plan
to decapitate.
Allah is all merciful
but not all Saudi sheiks.
May all beings protect him.
May none his body desecrate.

Saiom Shriver

Plants Don'T Like Being Eaten

When plants are killed
or eaten they feel pain,
whether greens or
carrots or sugar cane.

Trees, vines and
berry bushes gladly give
their nuts and fruits
but ask that we leave
alone their
leaves and roots

Note: New research at the Univ of Missouri is added to the thousands of studies
recorded in books such as *The Secret Life Of Plants* which prove plant sentience
or
feelings.

In addition, Stevie Wonder did an album on the secret life of plants

Saiom Shriver

Plattsburgh Miracle

1970, the Fifth of May
One day after
the Kent State Four.
The Plattsburgh students
decide to act
from their very heartcores.
They say that in league
with those at Kent State
They will march to
the SAC Air Force Gate..
The SAC commander now decrees
that any who touch the Air Force gate
will be shot summarily.

The students say they
want peace evermore
that they want violence
gone from our shores.

And as the students file by
what a miracle is in store!

Out of base homes come
the Air Force wives.
Holding their babes
they offer their lives

and stand between
the young and the armed
and by their courage
is peace reborn.

=====

May 4,1970 Hundreds of students are protesting the war in Vietnam
at Kent State University when the Ohio National Guard shoot 4 of
them dead.

The story of Plattsburgh was told by Dr Bob Lance, then on the faculty
there.

Saiom Shriver

Plighted Troth

A moonlit evening
they plighted their troth.
Before the altar, yes, both
took a marriage oath
but they broke away
in separate way growth

Saiom Shriver

Pluck A Plum Where There Is No Tree

PLUCK A PLUM WHERE THERE IS NO TREE

God who freed
from fruit the seed
can pick a pear
from a baby tree.

God who sired
the hallowed fig
does harvest fruit
from a barren sprig.

God made blooms pastel
and bright fruits
and can a kumquat take
from a tree of quince.

Who made Pluto and
the Pleiades
can pluck a plum
where there is no tree.

=====

(to Senator George Mitchell
.. tireless worker for peace
in America and Europe)
The Sanskrit word for the Wish
Fulfilling Tree is Asritakalpalateeka.
It is spoken of in Revelation.. the
tree with 12 kinds of fruit.)

Saiom Shriver

Plum Tree

By the sandy beach grew
a plum tree.
She would not leave
for a gathering of punditry
for she must be about
her Father's business.

Saiom Shriver

Plummer

That the plum tree branches
become purple plummers
the tree roots endure as
deep plumbers

(to Christopher Plummer)

Saiom Shriver

Pm Harper's Dwindling Support.. Only 28%

PM Stephen Harper
... is his name from
harpooning harp seals?

He's caused billions
of innocent
seals to be killed.

Does he think
that seals don't feel?

Saiom Shriver

Poems Of Christianity

DECEMBER TWENTY EIGHTH

the feast of the Holy Innocents
.. those 2 year old baby boys
slaughtered by Herod
in his mad search for the little
Jesus..

December 28th.. when little
baby trees.. slaughtered
.. begin to show up on the curb

their resident flightless
baby birds and squirrels
long scattered or smashed

other trees' green flesh turned
into ephemeral wrapping paper
and Christmas cards

RIVER WINE

River water
turns Christ wine
at the falls
as it pours onto
the altar rock.

JESUS' FIG TREE

He did belittle you..
but soon he'll bebig you..
In soonspring
on twigs
with blooms he will wig you..
in summer he'll summon
a jade garb to resprig you..
and in the fall with fresh fruit
he'll refig you

NO STONES NO SWORDS

Jesus told stoners to put
down their stones
He told Peter to put down his sword
Thou shalt not kill.. said His Father
Blessed are the Peacemakers..
his eternal words.

God give us the grace
to follow his words
to stand with the Prince of Peace
and speak against the warlords

ELEVENTH HOUR WORKER

Why should the 100th lamb
receive more love
than the 99 who
never strayed
and never disobeyed

Why should the 11th hour
worker with just 60 minutes
receive the same pay
as those who worked all day?

Only love.. like his..
knows the answer..

but this we can say
Our pain was in the
longer way

(to M McDermott)

FIVE MURDERERS GIVEN CLEMENCY BY GOD

Moses murdered an
Egyptian in anger
David murdered Uriah
in lust.
Cain murdered Abel
in jealousy.
Paul murdered Christians
in blind obedience to
a cruel state.
Barabbas killed in
a revolution against
an illegal occupying power.
Most suffered afterward.
Yet God spared their lives.

(See John 8: 7)

CHRIST'S MOVIE ENTIRE

Father let us see the movie
entire
of the life of Your Son Jesus' fire..
all the minutes and days
and months not in the Gospel
... all the private conversations
with His mother, and crowds and apostles

CHRISTIAN COCKROACHES

' No room at the Inn'
they said when His cockroaches
were born.
and in the middle of their lives..
the cockroaches loved by the Son of Man,
like Him have no place to lay their heads.
And at the end
'Father Father
why hast Thou forsaken us' they cried..
as they died
nailed by the shoes of the unripe
as their souls to Him soared in bliss

Only Love and Loving Creatures
can be created by the Source of All Love

WHAT MOST HURT JESUS' HEART

Was it the scourging? the crown
of thorns? the carrying of the
cross? the thirst? the sleeplessness...
Those in the Sanhedrin who lied about
Him?
Was it Pilate's cowardice?
His followers who slept through His
agony?
His followers who ran away?
the betrayal of Judas?
the denial by His chosen successor Peter?
(the crumbling of His chosen Rock?)
No.. it was the few seconds
on the cross when He thought
Abba had abandoned him.

(More of His women followers were faithful)

WHEN IS THE OPERA OVER?

The opera is not over until
Satan himself sings..
until the Luciferian stone
of ego is melted in God's love..
until the diabolical cold
becomes the warmth of Divine
Love

Every being will be saved..
including the most powerful
demon

JESUS BEYOND TIME

Jesus is beyond time.
When He forged the keys
to hell in the chalice
of his suffering
they were for all time
.. past present and future.
He has already let all
out of hell forever.

SAMSON PILLARS

Need not fear,
the caterpillar,
the falling of
the Samson pillars
for he has become
a butterfly.

And leaves need
not squirm
round caterpillar
worm
for he has become
a no-leaf-eating
butterfly.

JESUS PREFERRED STABLE TO STEEPLE

Jesus preferred
stable
to steeple

The animals loved
Him..
they were not coming
to show off their clothes
.. to act as human sheep
following 1 male pastor

EXECUTED FELON

Jesus Mary and Joseph
were by Herod's hate
hounded into Egypt

Jesus was followed
and then arrested beaten
scourged suffocated
and crucified in the last
days of His life..

When one hears 'felonious
assault' or 'felons may
not vote' one remembers
that the Lord of Love
was considered a felon.

JOHN CANDY

Each time angel wings
stirred his genius
the Bethesda Pool of his Heart
was able to heal not just one but all who entered.
He is no longer bodybound..
and when we hear the wind stir the lake..
we will know.. he is calling us to joy.

WOUNDS ARE NOW WANDS SCARS ARE NOW SCARS

Whether widowers or wed,
windkissed we wend along
the winding way.
What a wonder to see His wounds..
and ours too!
have become magic wands.

Wednesday is no longer for woe.

WHO ARE THE CHOSEN PEOPLE?

Who are the chosen people?
After the Messiah came to earth,
the chosen people became those who recognized Him
He has chosen All
and All will sooner or later
choose Him.

HAWAII SPIRIT

First the lightning bolts
of spoken word
and then the rain of grace
As clouds from ocean clashed
gainst peaks of Hawaii
turned into rain and
waterfalls
and down slopes poured
to the waiting sea
so seekers to those with
Spirit Gifts come..
their hearts melt in Fire..
from above they pour down
cascade aisles and fall
to the ocean of God's love

*

MINGLED BLOOD

On Calvary Hill Jesus' blood drips from the cross..
With the raindrops it mingles.. and pours
into ruts before noon.. made by the dragging cross...
then into rivulets it goes
which to creeks flow

and to streams grow
.. to rivers.. to great rivers.. to bays and gulfs
til finally in ocean seas it merges.
The blood is everlasting.
Even this evening it enters as the residue..
in pine resin.. and mornoglobes of dew.
Beetles bib and bees sup
it from each buttercup.
Hummingbirds sip it
in each trumpet flower goblet
It fills the cheeks of little plover
Alice
draughting of a cherrybloom chalice.
Each chrysalis is washed
in the crucible of Christ's rainblood.
Now winds are winding round cocoons
unwinding.
Each lake, every pond, yea every puddle
and rain drop.. is the Holy Grail
holding the Savior's
everlingering blood
and reflecting the SunSon of God.

SANDI PATTY

Perhaps she sometimes
feels sad
that her body is bound
by gravity
.. as she
wings the hearts
of millions.

KNOCK

Jesus was knocking
on my heart's door
I told Him to come
back later..
and then discovered
He lived Inside.

God indwells every
being..
no matter what
we have done..
tiny clouds on earth
can't bar
the blazing infinite
Sun

BLACK EYED SUSAN

'Take Me.. Take Me
Take Me' waved
each bloom
to the bee
..but he went
to the Blackeyed Susan
who was needless
and free

OCTOPI

an 8 piece vegan
pecan pie,
.. it was an octo-pie
Along came
an octopus
..1 tentacle to
hold 1 piece each
for the other octopi

GAIL

walking on the waves
in the midst of the gale
He walked on the water
calming Gail

and invited her

to walk with Him
beyond sinking despair
beyond fishes' swim

(to Gail Thompson)

KEYS TO HELL

Jesus showed He
has the keys to hell
and at anytime
can release
souls from jailcells

EURYDICE

Orpheus tried to
remove Eurydice
from hell
but J was willing
to trade places
to save a friend
from hell

CHALICE VISIONS

1. Heard in meditation: 'Inside the chalice of wrath is the blood of Jesus.'
2. Vision of a Y of streets.. at its intersection in the bricks.. there was blood
3. Was told by someone that a common symbol is 2 swords upside down in a chalice. This can be 2 former enemies united in the chalice of communion.. or a triangle of 2 men and 1 woman the painful effects of which must be worked out or else cancelled through grace.

GENTLE GENESIS 1: 29

God designed not
sweat
nor that we be
with labor wet
but grows
easily wild wheat
and drops in our
lap
fruit so sweet

NOTHING IS CAESAR'S

Render unto Caesar what is Caesar's
and to God what is God's said
Jesus... leaving it to us
to discover after a long time
that nothing is Caesar's..
Those who commit larceny by trick
or achieve power through murder
or other violence
forfeit the right to their
stolen goods.

FINGERS POINTING

The morning cornfields in ecstasy
each plant points its crown
to the sun.. and says
'Seek ye first the kingdom
of God.. and all will be added
unto you.'

(to the people of Indiana)

OUT OF THE BLUE OUT OF THE BROWN

Out of a monochrome of brown

out of the blue
from last year's leaves and barren
trunks and fallen pine needle quills
of a sudden everywhere
bursts of golden daffodil

LAZARUS COME FORTH

Mother Earth is struck
by spring's magic wand
From His 'Lazarus Come Forth! '
command
have obeyed a zillion
greening sapling wands.

GONE THE GRAY

Rustbelt cities..
gone their cloak
of grey smoke
.. the skies
are blue

Gone Mary's foot
of the cross despair
Her Son is resurrected.

*

GRAPES OF WRATH

The grapes of wrath
have turned to raisins
no longer bringing
others down
but their spirits raising
.. no longer cursing God
.. but ever God praisin

*

BARABBAS

In all beings resides Abba
in all criminals

in Bar-abba-s

30 PIECES OF GOLD

The full moon
through the clouds
threw 30 pieces of silver
to Judas on the shore.
But in the morning
they were turned gold
by sunfire
For all
redemption is entire

NOT COWARDICE BUT FOREKNOWLEDGE

It was not cowardice but foreknowledge
that Jesus' family hid from Herod.

MORNING RAYS

The morning sun beckons
and sends his morning rays
to show the way
The reborn Son calls
and sends his angel rays
to show the way

STYGIAN RIVERS

Near blood rivers
Stygian
they turned to squab
the guiltless pigeons
They desecrate Jesus'
nonviolent religion
as they add a pinch of
salt.. just a smidgeon

PRESENCE

Before Himself the sun
.. Before His Presence
Come His Spirit Rays
His Presents

Before
The Giver
Come His Gifts
Before the Great
Forgiver
Come the ForeGifts

ETERNAL CHAIN OF KINDNESS

From a stranger
the hunter peasant
received a heartfelt
surprise gift most pleasant
and so to the trapped
and frightened pheasant
he granted life
as a present

NUTHATCH

In winter winds
Sweet little nuthatch
can't find in
the nut a hatch
.. never fear
JR is here..
ready to spread a table for
you in the presence of your
enemies..
full of seeds and raisins
and peanuts..

down the hatch

NIMBO

He knocked on our door
.. this stranger angel
from Miami..
and said that all he had
in the world was \$2000
.. and that God had told
him to give us
9 \$100 bills.. which
he did.

UNIVERSAL SHOWERS

The rising sun
does all with
divinity gild
The falling rain
does all with
mercy shower.
The blowing wind
does all with
kisses love.
Mother Earth
does all with
treefruit feed.

ALLEN

Allen's heart compass
is all encompassing
Allen's heart compass
is Allen-compassing

EASTER BASKET

If it harms none
and in prayer you ask it
God has it for you
in your Easter basket.

And as time and tide
flow on
one sees that
his own heart
is the Easter basket.

BELLIES OF OCTOPI

'My ashes shall occupy
the bellies of octopi.
My aging brings
senility
and its even
more evil
twin sterility.
Declines my body's
utility.
All is futility'
did I moan to my teacher
who to my mind's
intuition replied

'It is a lie from hell
to think yourself
the body's shell'
'Do not cling
to the petals of spring
for that retards
the ripening fruit'

'Each day all spirits
uncover more of
their infinite
love, power, beauty,
peace, miraclemaking.'

WINDSTAR

Whenever winds howled
and whirled
and around homes
curled

he knew that beyond
them shone
the unchanging
evening star

CLARA T VERSION 2

She could make a room
full of corpses laugh
.. could Clara T
behind her trails hilarity
Kindness-sheathed her verity
.. never with severity
She has a
mind of perfect clarity..
heartfont of pouring charity..
.. as in the woods of Cherokee
an allfruit giving cherry tree

APPLE CORE

The discarded block
became the cornerstone
of the Heart Temple
with His LoveThrone

The apple core
thrown into the weeds
contained timeless seeds
.. they are His Word
Made Flesh
in Apple Tree Deeds

23RD PSALM DANDELIONS

'I shall prepare
a table for you
in the presence of
thine enemies'

said God about
the gold dandelion
table.. to His
bees.. as He
prepared to
dismantle all herbicide
and
insecticide companies.
all machine harvesters
and mowers.

THEY HAVE DIVIDED MY LOTS

They invaded the woods
temple of the deer.. ran after him
with highpowered weapons
and dogs.. as his flesh
became saturated with
the adrenalin of terror..
it took 12 arrows to
bring him down..
while he was not yet
dead they stripped him
of his skin..
to make a coat
.. drew and quartered
his muscles
.. made salami
of his bowels..
and reduced and defined
him by the number of
points on his antlers
.. they divided his
lots amongst them.

11th Hour Worker poem to M McDermott 1. Heard in meditation: 'Inside the chalice of wrath is the blood of Jesus.' 2. Vision of a Y of streets.. at its intersection in the bricks.. there was blood 3. Was told by someone that a common symbol is 2 swords upside down in a chalice. This can be 2 former

enemies united in the chalice of communion.. or a triangle of 2 men and 1 woman the painful effects of which must be worked out or else cancelled through grace. Four Murderers Given Clemency by God Moses murdered an Egyptian in anger David murdered Uriah in lust. Cain murdered Abel in jealousy. Paul murdered Christians in obedience to a cruel state. All suffered afterward. Yet God spared their lives. (Commercially harvested grains kill many animals and are sometimes sprayed with insecticides 3 or more times..)

Clara T's rosary links turned gold at St Jude's when she was praying for another.

There were 3 witnesses to this. -THE QUESTION OF JESUS AND FISH THREE OF MANY INTERPRETATIONS

1 The Greek word for the fish of the miracles of loaves.. is opsarion.. or pickled fish. Jesus materialized something chemically identical to dead fish without suffocating innocent fish. (Albert of Michigan is one of many who follow this interpretation.)

2. Jesus materialized fishes for others but did not eat it Himself. He did this feeling that the world at that time was not ready for the Genesis 1: 29 fruitarian world prescribed by His Father.

3. The most radical with the fewest adherents is that of the father of Edwin Booth, a 19th Century pastor, who said that if there had been no fish suffocation there would have been no crucifixion. River Wine is to George B

John Wesley, founder of the Methodists,

General Wm Booth, founder of the Salvation Army

Ellen White founder of the Adventists,

St Francis of Assisi, Benedictines, Cistercians, Trappists

all believe that in being vegetarian they follow the example of Jesus

Christianveg has a website

and PETA has a free vegetarian starter kit

Saiom Shriver

Poems Of The Wind

WINDBROOM

More nonviolent than
a Buddhist monk's
soft feather broom
is the gentle wind,
when he wishes to be.

WINDBLOWN

On the desk a book open, windblown to a different page
with his airy finger underlining a message from the angels

WINDGUIDED

Said the Weathervane: I am not a flake
but an obedient instrument
of divine windwill.

WINDSIREN

Ripe dandelion seed windsired
as open hearts by God's words fired

WINDWAVED

Oh the playful wind fans the sea
As Spirit makes reality of Divine Fantasy.

WINDSAVED

The Memphis Belle took a sudden dive
that high wind extinguish
the fire in the right wing
..as Rushing Spirit
extinguishes evil.

LUCY AND AMY

Some strive to beat
their drums in music time
but the wind randomly plays
on her windchimes.

WINDKISSED

The sea windkissed
with whitecaps bloomed

HEART

All finite arks
and shelters sooner or later shut their doors
God open my heart door
a little more

DAWNDRAWN

By dawn drawn
dandelion down
is falling down
falling down
and floating
still at sundown
the soft snow
of her spun down

POD OF CLOUDS

Slowly swimming
in the sky
a pod of greywhale
clouds, baby wisps
trailing along behind,
soon to bless all
with the rain of grace.
They are a backdrop

for starflakes of
prana which float
everywhere.

CLOUD CURTAIN

At intermission the
wind pulled a grey cloud
curtain over the stage.
The main actor, the sun,
needed no rest
nor any new dress.

RIVEN BY THE RIVER

A mountain of ice
by spring's river riven.
A mountain of snow
away by winds driven.

CLOUDS UNFURL

near the sound of waves uncurling
o'er unmolested oysters' pearling
neath eastmoving clouds' unfurling
and the downpour of the sunlight swirling
the spinning heliotropes are still twirling
*

CATARACT CAROLS

The cataract is carolling without the help
of winter winds.

TIMERIVEN

Plumes of spray, hurricane
driven,
smash gainst rock
by time riven
.. an ecstasy
to the sea
by God given

A DIFFERENT TIME

It was a time when more pennants
streamed from the chimney
as red fire's stokes
released grey smoke

SEEDS SETTLE

By the wind blown
by the wind sewn
after on the wind flown
the seeds settle
to make Mother Earth gowns

Saiom Shriver

Poems To Fruit Trees

DEW CLEMENT

*

As the falling dew clement
became bitter juice of lemon
so did the words
of the Peaceful Master
become the swords
of warmonger pastors.
One day in a vision..
saw the pastor
the same God glow
in astras and astors
and then he became the
most peacemaking
of pulpit pastors.

*

ALMS

*

He felt sad
that napalm
had burned
unnumbered Vietnamese
palms
and so he planted
countless trees
with his own tireless
and loving palms.
Their oil is balm
Their leaves their psalms.
Their coconuts
their alms.
Their presence
brings calm.

*

DIVINE ALCHEMIST

*

The omnipotent
Alchemist
has fashioned gold fruit

from sun earth and mist

*

BAMBOO

*

The pandas want to

steal his shoots

The flutist wants

his wood for flutes

but bamboo wants

to find new routes

to deepen and widen

his lifegiving roots

*

WHO IS HE?

*

Who is this

who is all giving of his food

.. with legendary patience

.. always an openarmed and allaccepting
sanctuary

.. granting a space of privacy

..like Gandhi constantly weaving yet

..ever peaceful and grounding

.. who purifies his surroundings

... whose tenacity prevents destruction

.. he is silent and confers silence

.. he is a rainmaker who gives wealth to an ever expanding
circle

...he is strikingly beautiful

.. creating from out of nothing

He is the centenarian fruit tree

who supports bird choirs

singing to angels

and himself sings

when moved by the Spirit Wind.

(dedicated to M Mason)

*

PEAR DEW

How quietly has the

dew

become the juice of pear?

*

PECAN TREE PEACE

*

The branches of
the pecan tree
do not fight one another.

The branches of
the 1 human family tree
were made the same.

(sparked by an Ojibway
Tribe thought)

*

REDEMPTION LIMES

*

How awestriking
How sublime
that out of muck
and mud and dirt and slime
God makes lemons
and God makes limes.

*

LITTLE TREE LITTLE TREE

*

Little Tree Little Tree
We Wonder where you are
to thank you for the gold sweet fruit
you did weave from distant star.

*

to Tattva

*

DATES RAVELED

*

Oh Untouchable Light
how far you did travel
to become touchable dates
in the tree You ravel.

Oh Untouchable Sound
how we marvel
that You touch our ears

through the notes of Ravel

*

ACORNUCOPIA

*

The oak tree has gifted

an acornucopia!

The cornfields have bequeathed

.. a cornucopia!

And banana groves.. a bonanza
of bananas!

What is Acorn Lib? An Oak! ! !

*

A POEM TO POMEGRANATE

*

Oh sweet rubyseeded pomegranate
with juice, not inner seeds of granite

*

OUT OF NAUGHT THE TREE OF NUT

*

Each night

the Tree of Nut

Out of Naught

knits

neat

nuts

for every Natalie

and Newt

.. and Nate

and Nat and Knute

*

CLARA T

*

Oh Clara T

... a mind of perfect clarity..

heartfont of pouring charity..

.. as in the woods of Cherokee

grows allfruit giving cherry tree

behind her trails hilarity

Kindness-sheathed her verity

.. never with severity

*

OLIVES ON ALLAH'S ALTARS

*

An altar is the
olive tree of Allah
On it Allah has placed
olives free for all.
May Allah allow none
to alter His altars.
In protecting trees
may no one falter.

*

JESUS' FIG TREE

*

He did belittle you..
but soon he'll bebig you..
and in the spring
with blooms he will wig you..

*

in summer he'll summon
jade garb
to resprig you..
And this fall with figged twigs
he'll refig you

*

STEPHEN JOBS

*

What are the jobs
of appletrees?
To breathe and to be
.. while apples
come automatically.
What are the jobs
of apple trees?
To relax and to be
.. and joyfully to
continue
red appling

*

FAVORITE CHAPEL: WOODS OF APPLE

*

Their favorite chapel
..sunlightdappled.. orchards appled.

Their most cherished shrine..
.. woods of jadegreen spruce and pine.
Their pure synagogue
... crimson fruited cranberry bog..
Their hallowed church.
blanchebranched birch
Their holiest mosque
vinecovered kiosk..
Their sanctified mandir
Cherry groves starred with deer

(to Norman and Ethel Kempels... their
brothers and sisters.. their parents Clarence and Emma...
and their 3 chidlren)
God's beloved temples and
to Eddie Albert of Arbour Day)

*

OF HIGHER HUE

*

All fruits are equal and
yet and yet
oranges are better
than cherries
.. purple grapes
surpass blueberries..
for the higher the hue
of the jade of the blue
.. the higher the frequency
.. the more divine we see.

*

HEROIC ROOTS

*

The flood preventing
water holding roots
have found a route
to almond tree's heart
..and from thence to
quicken her fruits

*

MANGO MANNA

*

How gently

and gradually
does the
mango tree
give her manna
to each being
and to all humanity

*

KUMQUAT CLEPTOCRATS

*

The tree of kumquat
did reform the kleptocrats
Thenceforth they planted
the seeds
when they partook
of the fruit.

*

QUINCE TO PRINCE

*

Said the tree of quince
to the martial prince

.. only if you
want the fruit
should you plant the seeds

*

CANDIDATE

*

Neath a palm
dropping
God's candy dates
said a woman
candidly to her
date
Al Gore
was our elected
candidate.

*

KOKO

*

There is no cacophony
as coconuts drop
from trees
and coca beans
ripen in the sun

*

TREESON

*

Heroines shut down the
bulldozers of builders and bombers
who rape Mother Earth
and her sentient trees...
They end the treeson.

*

JOHNNY APPLESEED

*

Jonathan Chapman spread
appleseeds from
Massachusetts to
hills Appalachian.
Because of this he
was given
the appleseed
appellation.
Because of Johnny we
are now closer to a

white
blossomed blueskied
and redfruited
apple nation.

*

MCADAMS

*

They were of the McAdams
family tree
and removed earthsuffocating
macadam
to make room for
macadamia and macintosh trees

*

RED RUBIED POMEGRANATE

He hangs juicy red rubies
in the halls of the pomegranate
and fastens little white bells
in the jade pepper's belltowers
He places nuts in the carved
caverns of the black walnut
and sets a sea of coconut milk
(stolen from no mother's calf)
inside a husk which can later
become a cup.

Everywhere His creation is beautiful,
simple, of infinite variety,
causing great yield and little energy.

*

JESUS' FIG TREE

He did belittle you..
but soon he'll bebig you..
and in the spring
with blooms he will wig you..

in summer he'll summon
jade garb
to resprig you..
And this fall with figged twigs
he'll refig you

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when they partook
of the fruit.

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to the martial prince

.. only if you
want the fruit
should you plant the seeds

OLIVER STONE

Within the olive
is the pit..
an airless stone
.. how is it
that the green life candle
burns within..
its polytongued fire
ready to burst
into infinite olive
orchards

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John Kerry
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macadamia trees

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(stolen from no mother's calf)
inside a husk which can later
become a cup.

Everywhere His creation is beautiful,
simple, of infinite variety,
causing great yield and little energy.

ITALIA: FRUITARIAN PARADISE

In millions of acres in Italy are
growing trees of fig,
pendant jewels hanging from twigs,
green and silver olive groves,
attracting birdflocks in winged droves,
trellised vines of grape
which with green
Mother Earth drape,
orchards of apple
through which sunbeams dapple,
datepalms,
conferring on all their free alms,
hazelnut trees,
pouring forth serenity.
tomato and eggplant vines..
of God's giving the holy shrines.

Saiom Shriver

Poet Christening

Are writers christened into
poetry by the tears
of the first reader
who cries upon
reading their words?

Saiom Shriver

Poetic License

No control freak
is n charge
of granting
poetic licenses

Poetry
demands
to be free

Saiom Shriver

Poets

Poets

put infinite experience
inside a tiny box
as trees put endless forests
inside 1 nutshell.

They weave hay into
rubies,
imprison waves of love
in words.

They marry disparate objects,
mint new words, create nouns
from verbs and vice versa,
link cars into long adjectival trains.

Poets expand our universe...
arc their compassion into our hearts.

Breaking all rules is a
poetic license commission.

To Love all creation is
poetic license permission.

Saiom Shriver

Policemen Are Not Pigs

Policemen are not pigs.

Like all beings including the mammals
known as pigs they are moving
temples of God.

Those who call policemen pigs are
spreading hate thoughts and intending
insult to
both policemen and pigs.

Saiom Shriver

Polish Horses

O Lord
to You
we give thanks
that in time
Polish horses
defeat Nazi tanks

Saiom Shriver

Politician Chameleon

Like a politician
the flexible chameleon
can change to lime
quickly from carnelian

Saiom Shriver

Polycentric Stars

Polycentric are fields of buttercups.
Polycentric are the stars of heaven.
As we peer into midst
of the mist
of ageless mysteries
we see that few living things
are hierarchical pyramids.

Saiom Shriver

Polycidal Drones

Polycidal drones assassinate
dropping bombs aerial
which also cause elders',
children's, and animals burials

Saiom Shriver

Polyennial

The fact that
a polyennial plant
was neglected and
froze to death is
not a reason to classify
the victim as an annual

Saiom Shriver

Polyhedral Cathedral

Magnificent
the cathedral
of stone wings
polyhedral.
Yet not
shadowing
edifice but
direct Christlight
do the firs
prefer.

Saiom Shriver

Polymorphing Water

As water takes
the form of
the vessel
into which poured...
so do our desires
act as molds
magnetizing
the grace of the Lord

Saiom Shriver

Pond Frond

In the water
the wind-ed willow
traces her frond.

Iinfinite
consequence
for the pond.

Saiom Shriver

Pond Scum

Pond scum..
some insult
this radiant lime
wet and sublime

Saiom Shriver

Pond Sky

The pond was skied with green lily pad clouds
and shooting comet goldfish.
At night it also held the moon and
the stars.

(to M and M Lytz)

Saiom Shriver

Pondicherry Pond

In Plum Village
or in Pondicherry
where ponds reflects
the trees of cherry
and also the full moon
he hoped to catch La Lune.
So great was his power
he jumped in..
and arose with it
streaming pondwater
through his fingers.

(to the devotion L Cook
has for his family)

Saiom Shriver

Ponerology

Ponerology is the study
of evil.

If we become what we
focus upon...
we might pass into
states co-evil.

Saiom Shriver

Poodles And Frogs

When poodles
piddle in puddles,
frogs
get out their paddles.

Saiom Shriver

Poornavatar

Many masters say
'charge your thoughts
with positive power.'
It is focus on the sun
and not on the void
which gives the
mirror
the might
of reflecting light.

Saiom Shriver

Poplar And Beech

Beseached the beech
the poplar
asking how to be more popular
Replied the beech
'Move to the beach.'

Saiom Shriver

Popping Poppy Pods

Poppy petals
by seeded
popping poppy pods
neath tree branches
whose shadows
have the ground pied

Saiom Shriver

Poppy Pods

POPPY PODS

Up peep and pop the poppy pods
Does scotching them please Papa God?
Used for ill by growers and spooks..
Killed by narcs.
Who love poppies for themselves?

-Saion Shriver-

Saion Shriver

Portuguese Man Of War

It was not a jellyfish who wrapped his
tenacles around many inches
of a swimmer.

30 years later she bears
many scars
from a siphonophore...
a Portuguese
Man of War.

Saiom Shriver

Positively Charged Thoughts

LES COEURS

It is not
le coeur de la mer
but les coeurs de la mer
for the sea
has hearts beating
everywhere

BIRDFRUIT

Every mature tree
from twig to root
yearns to be home
for flocks of birdfruit.

MASSED THUNDER

In the mountains...God has
massed his thunder
Your faith can...
help the power break asunder

JOE ROSENTHAL

more
than the sight
of a rose
did enthrall
did the pictures
of Joe
Rosenthal

(Not all know that
within a few days
3 of the 6 men
staking the flag
on Iwo Jima would

be dead)

ETERNAL NOON

When comes eternal noon?
When soul turns around
each no... to on.

BLUE FLOWER FLAME

To see the divine
in everyone
is akin to
turning a pilot
light
into a multipetaled
blue flower flame

FLASHING LIGHTS

Behind me
in the twilight
I saw flashing lights
.. oh oh
an officer of the law
I thought
but it was
the sun inbetween
clouds flashing
HELLO

FOECUS

When one focuses on
a foe..

one becomes that
foe.. this is
foecus...
the enemy growing
inside one
... like a foetus
Positive thoughts
vanquish foes
as they try to defeat us

BREAK OF DAY

The break of day!
The crack of dawn!
Look not at night's
shellshards
but at the newbird sun!

(to David Wright)

SPIDER WEB BEJEWELLED

A spider web
dew bejeweled
.. shining necklace
hung on the throat
of dawn..

though its builder
means it as a deathtrap
for innocents
.. God has other plans

CATCH A FIRE IN THE SKY

Catch a fire in the sky
with water.
Catch sun father

with pond daughter.
Water is not the foe
of fire.
Together rainbows they
do sire.

SUN ARRAYS HIMSELF

Over the lip of the earth
broke into night the sun.
A little cloud
.. a baby herald
ran and told everyone.
Each little cloud seemed to
catch the sun
and to steal his homerun.
But as they were later
rained away, we knew
his ball has gone
further than anyone's.
Himself sun arrays
in His own rays
and as He arises
and all birds He arouses
His rays are of
pink and purple and rose.

(to MBC of Columbus)

OBEDIENT ANGELS

Angels are obedient
to our wishes.
They are genies
in the bottles of
our hearts,
waiting to be prayed
into appearing..
waiting to
make concrete

our deepest desires.

IN MAY TO BLOOM COME THE BEES

She prayed and
into inviolate ethers
suddenly came
ultraviolet feathers
delicate gossamer
wings of thought
turning to real
all maybes and oughts
turning the verb of may
to that of be
as surely as in May
.. to bloom come the bees

DESIRE IS DESTINY

The foghorn sounds in the mysterious
mists.. a lonely call for his mate.
The train whistles
beckon to our desire which is our destiny.
The sea sings to the shore.
In Siberia snow falls soundlessly.
In a world beyond time
horses' hooves on cobbled stones,
the crash of the cataract,
the boom of the ocean,
the cheerful babbling of the brook,
.. the first trill of absolute joy
from a predawn bird.. a trill
which is a sword to
Dracula's night curtains.

First and last, God is in our
ears.

CHARGING THOUGHTS

Garbs her thoughts does Marge

with a positive charge
as surely as
putting things
in a bag of white
more than a dark one
reflects the light..
as surely as
rainbows striking
resin's dew
leave hope
as their residue

CLEMENT STONE

Pain is the clement stone,
the hard seed within soft fruit.
Those who chip away at it destroy life.
Others shine on it with sunlove
and rain mercy upon it..
and watch as green fire tongues
forklaugh through the hard
shell and to a sapling grow
.. which to a tree gives sway
which gives away
all her free food of life
From her fruit come unnumbered
pastel bloomed
and bright harvest orchards.

EASTRIDGE

Over the mountain's
Eastern ridge
Of a sudden came
mornlight's dawnbridge
Which distilled into
matter
and became
a light ladder
transporting
them..

wherever they wished

IN FRONT OF 8 BALL

We are all
in front of eight balls..
never behind them..
because we act with all power of God
all evil
vanishes from our presence
as the shards of night
vanish before morning light

A DUPRE

Oh once fired
was A Dupre
for giving all
of his students
an A
.. for living
beyond the judgers' realm
above the
Ivy League vines
and winter elms

FEW MORE SECONDS

She knows Dawn is coming
She saw his pink violet light suffuse the air
and though the sky is now
depressingly grey..
from a stray ephemeral
passing cloud
in a few seconds
oer the horizon
will pop
the blazing eternal sun!

(to Cathy Marshall)

INVIOLATE

Roses are pink
Violets are violet
Our love for you
is forever inviolate

(to JB)

RAISE HELL

-

Raise hell..
raise it to heaven
... use to lift it aloft
... love's airy leaven
the same place
.. are hell and heaven
.. only eyes of varying
frequencies
will difference see
Those immersed in ecstasy
.. see only divinity

RED LIGHT TO GREEN

the red light to green goes
fixed ice melts to water flows
to yes is wanded all the no's
now allies are all former foes

each thought
magnetically with

plus..
turning lack into
surplus
each thought
surcharged
with divinity
empowered

linking
connecting
through the
will God-aligned
as divine currents
flow down the spine

Love drops
its garb of hate
..the nine emerges
from the eight

allow not
the slightest doubt
to unplug current
or put light out

reaching out
to the Love in each
.. as each does
his own love teach

LOTTERY TICKETS

He thought himself unlucky
but it was positive
thoughts he
must unlock..
as he sat by

the abandoned
lottery tickets..
broken dreamshards
but near them
in a puddle
the sun beams
gleam
.. infinite
stems of the sunstar
asking him
to change the angle
of his vision

FORTUNE COOKIE SHARDS

Some impatiently pull
out the fortune
anxious to devour
the fortune cookie shards
Others care more for
the fortune
and abandon the cookie
shell
Still others make their
own good luck.

REMINDER TO MYSELF

Come from the mind to
the heart
.. to cool drinks
which quench thirst
.. not everquesting salt water
Extinguish the fire of
greed not by feeding
it but by walking away
Exhaust yourself not

in ever ending
multiplication of twigs of trees

but rather love their unity
Love less the
external
form everchanging
than the internal
Spirit neverchanging.
Still the endless ocean
waves
by dwelling in seadepths
Love less the ocean's
foamy pieces
than its deep blue peace.

RISING WATERS IN A QUARRY

As rising waters in a quarry..
fill every niche and nave..
so do Spirit's rising waters
grant each desire..
dwelling in heart cave.

(to the McGee's)

SIBERIAN SNOWDROPS

She was in the
north after the sun went down..
toward a snow machine's path
in the snow.. which ended
in vast measureless signs
of Siberian silence

of frozen dark cold wasteland
.. hell was cold not hot

But in the morning she looked
south.. and saw
the avalanches melting
into snowdrops

which would nurse
the headwaters
of the rivers of
joy and supply

Cold hell
is heaven's shell

God was telling
her for the thousandth
time.. to look upon
the bright side..

SPANGLE THE RODS

A grass spire
dewcrowned
reflects the entire sun.
Spangle the rods.
A stick discarded
or used as a club
becomes a magic wand
if it is starred
with the physics of
positive thought.
We write what
we must learn.

SUN'S YEAST RAISING THE EAST

It was the time of
the sun's yeast
raising all the East
... and he could
not understand
how quickly the
sky's hue
changed to sunrise pink
from blue..
until he realized

he had changed directions.

TOUCH DOWN SPIRIT

Angel Air..

lift our wordwings
into the realm of
reality.

Connect the dots
between our wishes and
their
fulfillment.

Color in our dreams.

Manifest our God
planted desires.

Materialize our
prayers.

Alight,
Spirit! Touch down!
into our
hearts

WE

We.. who are
dwarfs or giants or
paraplegics or
who have not been
by headturning beauty graced
or who have neck lines
of time beneath the face
we who haul extra weight
.. or are afflicted
by painquelling addictions..
or sit in prison..
or face bankruptcy
..or do not know where we
will lay our heads tonight..

we are among the first
to realize that the soul

is not the body machine
through which it pours..
and that beauty is not
Divine Love, that
the 999th match after 998
tries.. is enough to
set the world aflame
with Spirit Fire
...

WHAT HER OBEDIENT HEART ORDAINED

A magnet was her spine
attracting all to its line.
What her omnipotent heart ordained
her obedient will quickly obtained.
Around her granite resolve
worlds began to revolve!

WHAT WE THINK TOGETHER

What we
together think
manifests as
words in ink
.. and builds to
critical mass
.. more lasting
than the sphinx

WISH BECOMES WILL

Wish becomes Will
becomes action
becomes reality
as dreams touch down
..6 points
for all

Beneath his gaze
the impossible
became improbable
and then implausible
.. and then plausible
and then possible
and then probable

until that it would not
manifest was impossible

FILAMENT

A tiny piece of metal
plus the radio into
the universe.

A slender silk filament
of grass was enough
to bridge the vine
to a water trough..
as her prayer wishes
for loved ones
help them
in invisible ways

YOU ARE STRONGER THAN URI

As many like Uri Geller
can with mindpower
bend metal
so prayer and positive thought
can melt weapons.

FOUR DREAMS

A dreamt she rolled
a woman into an intersection

so great was her desire
to speed her to perfection

Then she was lifting
in a dream
a needle off a record
during static periods

B dreamt her friend
awakened someone
who wanted to go deep
back into the fields of sleep

and then she dreamt
she was singing in a choir
.. and wanted to sing
Amen before the appointed hour

(2 devotees with dreams
about the speeding up of liberation
from karma)

GANGRAPES

The sun's sharp sword
rays
.. were like many gang rapes
.. yet in the end
they gave purple grapes.
The sun is a lust-er
and yet and yet
his brilliant lustre
is now graped cluster.

(to LM)

EVER PROTECTED

She sits neath

the tree's
apples uncured
All round her
her angels sing
mantra's sweet chords
All beings
united in one sweet accord
to protect and to
guard
their love L McCord

HELLO

Out of the darkest
night
is born the
dawning light.
Out of the greatest
pain of
hell
so low
is born of goodbye
the
sweetest
hello
(to E)

BOUNDARIES

You don't respect
boundaries
complained the mineshaft
as daily at noon
sent the sun
into his dark
her freeing light shafts.

LEMONS AND LIMES

How awestriking
How sublime

that out of slime
God makes lemons
and God makes limes.

LIME WEAVE

The lime tree weaves the light
into limes on loom of night.
Some in theatre limelight
seek to hearts ignite
and others desire only
to weave lime-light.

(to Michael Lightweaver
whose email is Lightweave@)

WASHING WISHES

If we wash our wishes
they will sooner
whoooooosh into reality.
May God now wash Washington..
through grace and miracles
cleanse it of greed and
violence, lies and
dictatorship, racism
and cruelty.

WHAT ARE PRAYERS?

What are prayers?
. the insistent ringing
of loud suffering
. desire seeds planted by God
springing.. greening
.. love leaving its birthplace
heart... as perfume
.. the incense of wishing all well
from the soul's wishing well

We pray Father Mother God
that the

ringing bell
does not crash down
calling us to
bellum's hell
but calls us to the
shrines of peace
.. most holy calm and belle

THE PINE DOES NOT OPINE

The spruce, the fir,
the evergreen, the pine
does not to the air
or peers opine
and attracts more quickly
Spirit bird pinions
than those of more
Procrustean opinions.

NOT CATERPILLARS

Those who focus
on his past
are telling lies
as if referring
to as caterpillars..
the now butterflies

NO SNOW AT SEA

snowflakes
fall on seashore sand
.. they blanket not
the sea but land
as cold insults
at saints thrown
do not remain
on their warm heart thrones

FLEUR DE LIS TRAIL

The raccoon's tracks
preceded hers in the snow
.. time kept them from
colliding.. (as does
space
in another case)
Even so she did not wish
to obscure his little
fleur de lis trail and
so stepped over it

POLLONIUS FELONIOUS

It was felonious
to stab Pollonius
but not to lob
a water balloon
at Dennis Hastert..
that sound was
euphonious

JIMMY BUFFETT

Jimmy said that on the tipend
of each sunset ray was an evening
star...
sunset and sunrise.. the time
when magic wands are most powerful

GOLD LINING

Every cloud has
a gold lining
a sign that the
sun behind it
is always shining.
Inside the
ore of war
are diamonds
for the mining.

(Anger about the Iraq

war will sweep out
many Republican governors
legislators executives
senators and congresspersons)

DATE SUGAR

As the date sugar is often
more at the bottom of the teacup
so the second half of your life
will be more filled with sweetness
than the first.

BLUE SMOKE IN MIRRORS

Spiraling up in the twilit
mirror.. curls of blue smoke
.. called substanceless
by many.. who do not
realize.. it is smoke
from the prayer fires
rising to the Almighty
Heart of God.. who
materializes sooner
or later all desire

WINDMILLS TURN

This Quixote seemed to tilt
at windmills
and they began to glow
Through them the air
did flow
and back to its mother
the sea
made the water go

(to Bill Zavarello)

SILVER LININGS

A gift for us all is
coming.. wrapped
with all the silver linings
that ever were..
with a bow of the
rising sunburst
.. inside... the present:
to be to all present
and most of all
to love ourselves

RUTH LOVEJOY

She paints a picture
with her words..
so beautiful and real
.. all she need do
is step into it
and materialization
follows

SHELDON LISS

When Timothy was three
we do not know why
he could not pronounce
a y..
and so instead of yes
he said
Liss Liss Liss

(authors on controversial
subjects.. seldom have
everyone agree with all
their points)

DATE DESTINY

Each sweet dessert
dropped by the date palm tree
has her own unique

palmistry

WISHING WELL STARS

He looked down into
the wishing well..
mirrored stars were
caught there in the well's upswell
It was those stars he wished upon
.. the same stars caged
in the nearby pond
and because angels answer
all wishes in time..
in a cloud of love with
his love he
now dwells

FIGMENT

Born is the sky blue and big
of the palate's pigments
and come the luscious figs
from imagination's figments

EVER POSITIVE

The sun is always positive
... ever pouring his infinite light
.. and fruit trees burst forth
with orbbed delight
The negative comes from
shortlived shrouding of his rays
.. the clouding of his light
vanquished soon the forces of night.

EFFECTIVE

Worldchangers release
alienation and negation
to make a kinder nation
through inspiration

through negotiation.

PLUG IN

Don't discourage people..
don't spread despair,
hopelessness.
Lift hearts..
say everything positively
not with negation.
Plug in the current
of energy.

USHERED

You dwell were
dreams immortal
are ushered through
reality's portal

DR DOLITTLE

Oh Dr. Dolittle
may your spirit
grow..
and there be
among veterinarians
fewer meat inspectors
fewer vivisectors

THOUGHT MADE FLESH

Before the Word is Made Flesh
the Thought Becomes The Word
It is Thought Which is
Grandfather to Materialization

FIRMAMENT

FIRMAMENT

A grey fury's ferment
veils far sunfire
in the bluefair firmament
.. cloud rains for mint
and fern and fir meant
... puddles for fawns furry
... new greenweave
for fir and mint

(for Jan B)

MULTIPLIED NEGATIVES ARE POSITIVE

As two negative numbers
added become a greater
negative, but multiplied
become positive
.. so good comes
as your foes
each other oppose
create

POSEIDON LAND CREATOR

Neptune sends to
shore his
seaweed hair strands
.. they net seashells
and twigs and sand
and soon they create
new fingers of land
... so do visualizations
like electric blueprints
become real in the weaving
of the rainbow's bands

FIBONACCI AND THE NEW CHAMBER

How amazing that
when the chambered nautilus
leaves his old home

for a more spacious one,
God has designed and Fibonacci
has discovered that it be
160% of the size of
the abandoned lair..
in letting go he finds
a better home.

EVEN SO

Even so
there won't be
evening snows

MAST REFLECTIONS

In the sea
the mirrored
mast spears
can do no harm

She turns
wavy
their
frozen force

(to Kenny Richey
innocent Scot
held on Ohio's death
row.. by the pressure
of the world, released)

- . A Dupre
- . Birdfruit
- . Blue Flower Flame
- . Blue Smoke In Mirrors
- . Boundaries
- . Break of Day
- . Catch a Fire
- . Charging Thoughts

- . Clement Stone
- . Date Destiny
- . Date Sugar
- . Desire is Destiny
- . Dr Dolittle
- . Eastridge
- . Effective
- . Eternal Noon
- . Even So
- . Ever Positive
- . Ever Protected
- . Few More Seconds
- . Fibonacci and the New Chamber
- . Figment
- . Filament
- . Firmament
- . Flashing Lights
- . Fleur De Lis Trail
- . Foccus
- . Four Dreams
- . Fortune Cookie Shards
- . Gangrapes
- . Gold Lining
- . Hello
- . In May To Bloom
- . Inviolat
- . In Front Of The 8 Ball
- . Les Coeurs
- . Lemons and Limes
- . Lime Weave
- . Lottery Tickets
- . Massed Thunder
- . Mast Reflections
- . Multiplied Negatives are Positive
- . Not Caterpillars
- . No Snow at Sea
- . Obedient Angels
- . Pine Opine
- . Plug In
- . Pollonious Felonious
- . Poseidon Land Creator
- . Raise Hell

- . Red Light to Green
- . Reminder to Myself
- . Rising Waters
- . Rosenthal
- . Ruth Lovejoy
- . Sheldon Liss
- . Siberian Snowdrops
- . Spangle the Rods
- . Spider Web Bejeweled
- . Sun Arrays Himself
- . Sun's Yeast Rising In East
- . Thought Made Flesh
- . Touchdown
- . Ushered
- . Washing Wishes
- . We
- . What Are Prayers?
- . What Her Obedient Heart Ordained
- . What We Think Together
- . Windmills
- . Wish Becomes Will
- . You Are Stronger Than Uri

74

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The writer was ignorant that cherrystones were clamshells as well as the seeds within cherries. She meant no promotion of the eating of shellfish. Said by many: energy follows thought.. where thought goes manifestation follows Jillelamudi
Mother: The mother sees no fault in any of her (infinite) children

Saiom Shriver

Posse

They send a posse
to harm the possum
Is it because of their
skinny tails
that the cruel are on their
trail?

Saiom Shriver

Post Partem

Plants have feelings, I said
to my brother.
And he replied: 'So a tree has post partem
depression when its fruit is plucked? '

Saiom Shriver

Post Rain Peace

3000 pine needle fingers
drip grace in the
post rain peace.

Saiom Shriver

Postbellum

The agony for the calf
is over..

In period postbellum
his skin ripped off
for leather or vellum

Saiom Shriver

Poster Of Cow On Blackboard

The cooking teacher put on
the board a poster of a cow.
She was full of dotted lines
.. she had on paper
been drawn and quartered
into steaks and chops..
objectified
and
crucified.

Saiom Shriver

Poverty: The Only Financial Crime

Steal a thousand dollars
and go to jail.

Steal billions or trillions
and one doesn't
even need bail.

Saiom Shriver

Power Ball

I've decided not to buy a ticket
for the lottery called power ball.
A high percent goes to waging war
and bombs which on children fall.

Saiom Shriver

Power Inside

Whenever away from his
warm healing magnetism
she felt cold, cut off from
the light, and unplugged.
This same power was inside
her. She resolved to
develop drilling tools.

Saiom Shriver

Powerless Feeling

A powerless feeling
comes to those
who witness a German
Shepherd grieving
at his human's grave

Saiom Shriver

Pp 25 Of Many Prisoner Rights

Prisoners have a right to

- 1 life
- 2 libraries
- 3 communication tools
- 4 clean surroundings
- 5 blankets
- 6 immediate release for marijuana arrests
and many other nonviolent crimes
- 7 conjugal visits
- 8 food in accord with spiritual or ethical beliefs
- 9 noise free environment
- 10 protection from guard or other prisoner violence
- 11 access to lawyers
- 12 protection from extremes of heat and cold
- 13 protection from medical experiments
- 14 exercise... sunlight
- 15 job training
- 16 high school and college classes
- 17 medical attention
- 18 freedom from slave manual labor
- 19 voting (Jesus, Gandhi, Dr King were defined by
the arresting authorities as felons)
20. spiritual and or meditation time
21. ethical sentencing

22. the right to food without saltpeter or other toxic additives

- 23 the right to fresh fruit and vegetables in quantity

- 24 for citizens imprisoned in another country (the right to contact ones
consulate... a right not honored by G W Bush... citizens of Germany, Canada,
Mexico were executed without their contacting their embassies)

- 25 the right to human companionship (not solitary confinement except in rare
instances)

Prison Facts

1. The US has 2.3 million prisoners, more than any other country in the world including China which has 5 times the population.
 2. 56% of these prisoners are incarcerated for nonviolent drug use.
 3. One million guards, prison cooks, and others depend on this large prison population for their livelihoods. Prisons were built in poor, white, rural counties to provide jobs.
 4. In addition, the federal ATF agency and several others have higher budgets because of the high prison populations.
 5. Corporations make huge profits from the privatizing of prisons.
 6. Mandatory sentencing laws passed by Congress are harsher than what 99% of jurors want.
 7. The average prisoner costs the taxpayer \$27,000 a year. The average is more than doubled for older prisoners serving life sentences with medical problems.
 8. Glenn E Martin stated in a radio show that a robbery in which no one was home is still classed as a violent crime.*
 9. Sentencing of prison populations has involved much heavier incarceration rates for blacks and for the poor. Bernie Madoff is perhaps the only member of his economic class in jail, and that, say some, is because he stole from the 1% who were richest and not the other 99%.
 10. One example of the racism in sentencing is that crack cocaine guidelines are much harsher than those for cocaine. A white cocaine user had to have 100 times as much of his drug as a black crack user to land in jail. That was changed. Now it's 18 to 1 instead of 100 to 1.
 - 11 'Why call prisons correctional facilities when their goal is punishment not rehabilitation'
- was the statement of a caller to Tom Ashbrooks radio show On Point.
12. Senator Rand Paul, candidate for President: Youthful mistakes should not

cause someone to be punished for his entire life. (paraphrased)

13. Joblessness creates idleness which is a cliamte for crime.

14/ Between 1990 and 2000, says Judge Mark Bennett, in a mere 10 years the prison population went from 1 million to 2 million.

15. Tom Ashbrook reported that both Bill Clinton and Joe Biden created 3 strikes legislation, requiring that those who have been convicted 3 times of felonies receive life sentences.

16. In many prisons, religious and ethical dietary principles are not respected.

17. At least 14 prisoners in Texas since 2007 have died of temperatures as high as 130 degrees.

18. Prison guard violence has caused untold deaths and beatings.

Saiom Shriver

Prasad

Gopal said that
for someone of Sai Ma's spirituality
a cup of coffee
becomes prasad.

*

Footnote:
a caveat:

Prasad: food offered to God...

Who gives it back the offerer sanctified

Saiom Shriver

Prayer Beads

Catholics have rosary beads.
Hindus and Buddhists have
japamala beads and prayer wheels.
Moslems have prayer beads.
Repetition of prayers or mantras
is practiced in most creeds.
As 3600 moves of the second hand
make one of the hand of the hour,
3600 repeated prayers
make a mighty deed.
By such actions, the summoned
Presence of God is guaranteed.

Saiom Shriver

Prayer For Rain

Towering pinespires
now pillars of fire
innocent mammals
burned into friers...
to reach God:
source of all rain
our prayers aspire

Saiom Shriver

Precognition And Karma Burning

Sometimes visions
are precognitive.
Sometimes they
are karma acted
out in dreams rather
than reality.
Sometimes they
tell the future.
Sometimes they
erase a negative
future.

Saiom Shriver

Precognitive Insight

The entire way can be
seen from great height
as masters God-connected
have precognitive insight.

Saiom Shriver

Predawn Stillness

When the night is most still
in the predawn chill
Sudden eastlight spills
and slowly
the sky chalice fills.

Saiom Shriver

Pregnancy

Black, brown, red and blond
are the hues of the hair of
most pregnant woemn.
But gray are the wispy
tresses of pregnant
rainclouds.

Saiom Shriver

Premargeshwara

Prema

Marga

Premarga

Premargeshwara

Shiva is

The Lord of the

Lane to Love

*

(to M Slocum)

Prema: love

Marga: path

Saiom Shriver

Premarin

Should horses
be enslaved in stalls?
Kept in constant
pregnancy
are 75,000 mares
so that their
urine's hormones
can give women
cancer nightmares

Saiom Shriver

Premed Premeditation

Was it as a premed student
forced to harm animals
that he first began
to premeditate harming
humans?

Saiom Shriver

Premeditated Crime

Abolitionists believe
the hangman is
worse than the hanged,
the decapitator worse
than the beheaded,
the stoner worse
than the stoned.

Saiom Shriver

President Carter

More committed than any other
president to peace
President Jimmy Carter
would never barter
away his soul's
Godfixed charter

Saiom Shriver

Priest And Priestess

Priest and priestess guardians
of each other's sacred flame
One dolphin buoying up
the other when he's maimed
Each in giving space does
the other's beauty frame.
From wedding of fire and
water
now the rainbows came.

Ohio and Missouri rivers
married to become
the Mississippi River..
they were destined to be One.

As balloons went up into sky
paradise in pair of eyes
their fires joined.. all saw the glow
as each to other.. self bestowed

From North and South
one Union
from bread and wine:
Communion
Two bodies: one heartlove shrine
to their eternal valentines

=====

(Anne Morrow Lindbergh
said beauty is framed in space)
(to Ross S and Patty T)

Saiom Shriver

Primogeniture

One twin boy was
born two minutes
after the other.
Their sister was older
than both.
The older twin
inherited all.
The stuff of which
murders were made.

Saiom Shriver

Prince Charming Light

Prince Charming
light
has kissed the seed
Her life force now
is newly freed
unfurling now her
scrolling green
Soon the world
will be more treed.

Saiom Shriver

Prison Apartheid

Prisons in the US have become
systems of South African apartheid,
but now consciousness is growing
... changing is the tide.

Saiom Shriver

Prison Band

In the belfry
No bell is free
Even so each makes
music in harmony

Saiom Shriver

Private

An army private
does not own or control
even his privates

while making trillions
off of him
are war profiteer
pirates

Saiom Shriver

Problems With The Mirror

Dory Previn wrote
'reflections in a mud puddle'
while St Paul in Corinthians
penned 'For now we see
through a glass, darkly,
but then face to face.'

It is the reflecter's
fault if he mirrors back
darkness.

The higher our souls'
frequencies
the more we can
true reality see.

Saiom Shriver

Professional Sadist

Animal research scientists
are often professional
sadists.

Saiom Shriver

Projecting Onto The Sea

One thought the
sea was sibilant and hissed
The other that the
yearning sea the shore kissed.

Saiom Shriver

Prolife Candidate Abortionists

'Prolife' candidates
promoting abortion by polycidal
bombers:

Carly Fiorina

Jeb Bush

Ted Cruz

Marco Rubio

John Kasich

and all other

Republican candidates

except Rand Paul

Saiom Shriver

Prolife, Prochoice

'Starseed Transmissions: One never has enough data to assign value to any action.'

1. The world is estimated to reach nine billion humans in population by 2040. How many trees will be left standing? How many animals' habitats will have been destroyed?
Will the violent weather patterns increase exponentially from the crushing human tread on the planet?
2. Children born to parents who did not choose and do not want them are more likely to be beaten, sexually abused, neglected. Other babies are thrown into dumpsters or given to neglectful foster homes whose bottom line is money.
3. Should women be instructed about their bodies by celibate priests? Should the predominantly male governments of Romania, Spain or other countries insert themselves in decisions over the autonomy of Women over their own bodies? Many women believe no government nor hospital nor religious hierarchy of males should have sovereignty over women's bodies.
4. When a Catholic hospital chooses to sacrifice a mother's life to save an unborn child... is that murder? Many Catholic hospitals are refusing to give abortions to women with fallopian tube pregnancies.
5. Pregnancy is still sometimes a cause of death for the mother from breach births, toxemia, placental abruptions, hospital MRSA etc. Does anyone have the right to force a woman to risk her life?
6. Those who claim that aborting a first trimester foetus takes away forever the chance of human birth are unaware. One woman who'd had 3 abortions went to a counselor with the gift of spiritual prophecy who said to her never having met her or known of her 'A soul has knocked on your door three times. The fourth time you will let him in.' Those who are aware of reincarnation (something not banned in Christian sects for many centuries) know that no abortion is murder... only the delay of the entrance of a soul onto a human stage.

7. The time at which a soul enters a body... can be at conception, the quickening of the first heart beat, often in the 5th month, or at birth. No one but God can say when a soul enters a body.
8. Attending a mass in New Hampshire, a woman heard a priest pray that all human life is sacred. She stood up and said 'The life of all creatures is sacred.'
9. How often the 5 'prolife' Supreme Court judges, governors, senators etc. vote money for bombing others, ratify judicial murder, eat the flesh of murdered mammals, suffocated fishes.. The term 'prolife' is very narrow for such people.
10. How many 'spiritual' teachers who preach prolife are silent about the abortions by bomb of their governments, governments involved in the murder of pregnant women by drones.
11. Priests have counseled women with a dozen children, unfaithful nonproviding violent alcoholic husbands, that to divorce them would be a sin. These women are never free to pursue the true destiny of their hearts' labors of love. Their husbands often die sooner than the average life expectancy from lives of constant drudgery in jobs they hate trying to support the load of many offspring.
12. Alcoholic or drug abusing Women, women with AIDS, syphilis, etc., women beaten during pregnancy, have children who start off their lives with physical injuries and crippling handicaps. Often the brains of these babies are smaller because of nerve tissue destruction.
13. Jesus made no recorded comment about abortion but Jesus often condemned the hypocrisy and judgmental ways of the Pharisees.
14. Some males even want women whose pregnancies come from rape or incest to be forced to give birth.
15. The Catholic Pope says contraception is a sin. Are not many priests involved in voluntary contraception by refraining from sex?
16. Polls indicate that a majority oppose third trimester abortions... and support first trimester abortions.. with no majority either way regarding 2nd trimester abortions.
17. Daughters of fundamentalist parents or controlling judgmental parents have

often been beaten or shunned by those parents when their pregnancy is discovered.

18. Marriages and families can be destroyed by a husband's fathering a child with a woman not his wife.

19. Because the Catholic hierarchy in the US has aligned itself with the ostensibly prolife G W Bush and G H W Bush as well as countless Republican prowar senators, there have been wars initiated in Iraq and Afghanistan.

This poster has never had an abortion, but has not faced the crippling poverty and abuse that many women have.

Saiom Shriver

Promontory

Standing by the sea
on a promontory
he no longer had feelings
premonitory.
Gone now were
the minoTauries.

Saiom Shriver

Prostitution

Money turned her
love into prostitution
and opened the door
to arrest and prosecution
but a Chilean earthquake
released her from jail
.... grace and release
a positive tale

*

-saiom shriver-

Footnote:

Johnny Carson and his writers
.... spoke of a woman who advertised
she wanted spaghetti dinners rather
than cash for her sexual favors..
she was a pastatute.

Saiom Shriver

Protest Signs, Easels, Pools, Mirrors

The protest sign
puts forth an opinion.

The empty easel
invites brush and pen.

The reflecting pool
shows Narcissus his
face, sometimes fragmented
by the wind.

The mirror shows
the passerby her face,
sometimes distorted by
dust and lack of light.

The eyes of the Lover
show the Beloved
that she like all
is made of Love.

Saiom Shriver

Pruning Editor

Some editors who wouldn't think
of taking a brush and painting
over an artist's wet seascape
or a chisel to a sculpture
do not mind excising
living cells... the words of a poem

Saiom Shriver

Public Request For Forgiveness

When leaders, for what
they've done, ask
publicly to be forgiven,
no greater example
could they have given.

Saiom Shriver

Pumpkin Newtons

Isaac Newton discovered a law
of gravitation, indubitably.
We're just glad that pumpkins
do not grow on trees.

And yet we query..
why are fewer newtons
made of apples than of
figs or cherries?

Saiom Shriver

Pumpkin Swing

An orange pumpkin swing
to birds seeds brings.
Some seeds drop
and new plants spring.
Sated, more songs
now the birds do sing.

Saiom Shriver

Puppeteer

Does God the Puppeteer
pluck our puppet strings
making us dance...
then punish His
powerless pawns
for each misstep?

Saiom Shriver

Puppets Suffering

Those who like me
believe in nonduality
might agree
that God makes
His puppets
suffer hideously

If I were a self realized master
I might see
as those
who dwell in highest frequencies
and understand the mystery
that everything is happening perfectly

Saiom Shriver

Pure Bright Mirror

As the pure bright mirror
transmits the morning
sun,
we need not understand God
but only pass God on.

to Richard Marshall

Saiom Shriver

Purified Dipper

The dipper which
lifts the water
from the spring
to the pitcher
is purified by
the action
as healers who
transmit God's grace
are also cleansed.

Saiom Shriver

Purple Moons

These purple moons
rise and swell
on vines nursed
by God's infinite wells

Saiom Shriver

Purple Mountained Majesty

The 'purple mountained
majesty' of Nepal
Has rhododendron trees
ninety feet tall

Saiom Shriver

Purple Tracks Dream

The dreamer was in Rock Creek Park...
there were three parallel offroadvehicle lanes...
each narrower than the one before
in the second lane the wheels left
blue tracks... in the third purple tracks

Dreamer's Interpretation... no matter
how much one tries to walk in the woods
one does some damage.

Saiom Shriver

Purpling

Weeks after the annual
violet berry plant
leaves have died
the berries
keep on purpling.

Saiom Shriver

Puzzle Piece

Every being is a puzzle piece
without which we're not complete
including those with whom
we once did compete

Saiom Shriver

Qanun In Qatar

The qanun in Qatar
In Tennessee guitars
In India sitars

All can be
stairways to heaven
portals to the stars

Saiom Shriver

Quadragenarian

Why do we read often
of a nonagenarian
and seldom of the
more populated rank:
quadragenarian?

Saiom Shriver

Queen Anne's Lace I

Queen Anne's Lace
Sun's crystallized grace.
Her roots go much deeper
to the waters of God
She is able to weave
pure lace out of sod.

(to Gale Hudson)

Saiom Shriver

Queen Anne's Lace II

For bees by His grace
God has raveled from space
a table which has merged
with its cloth of lace

(to MKJ)

Saiom Shriver

Queen Of Pentacles

A desire for
gold's pinnacles
had the queen
of pentacles

til one day
Love drew her
seaward
with invisible
tentacles

Saiom Shriver

Queen Victoria

It was Queen Victoria who introduced
to the rest of the West
the German Christmas custom of
axing pine trees.

How ironic that it was also she
who knighted Chandra Bose
for proving that
feelings are experienced
by trees.

Saiom Shriver

Queued

When soon to be slain
cows pigs and sheep are subdued
By kickers and shockers
they are roughly queued
One by one they are murdered
ringed by the rude
They are crudely skewed
and cruelly screwed
so that their flesh,
falsely called food,
can be stewed,
can be chewed.
May we soon read
that the cows have sued.

Saiom Shriver

Quiet Sentinels

The earthbound spirits
in the trees
watch as free river
flows to the sea

Saiom Shriver

Quiet, Silence, Soudlessness

BIRD CHOIR

When more than 1 human
speaks at a time
is it cacophony..?
not if they are singing
in a chorus

When birds sing and frogs croak
.. by the babbling creek
and the wind
blows notes through
woodpecker carved flutes...
whose drilling has such
a peaceful sound...
some say....
harmony

FEAR NOT

We wish for a peaceful
quiet world
in which
no flea
need in fear flee
.. no fly
need in flight fly

POND PALATE

Fall trees
.. their pond reflections
are paintbrushes
dipped into the
pondpalate's rippling water
.. aswirl with colors
of crimson and pink
and gold and yellow
and orange

... the wind's rustle
and the splashing fish
only for a few moments
obscuring the
kaleidoscope

FRIGHTEN NOT THE LITTLE ONES

Some thoughts must be expressed
to be released.. put on paper..
so that emotions may flow
into release..
sometimes thoughts are so painful
that after written in the blood
of the past
they should be erased, burned,
torn up and flushed
as the sea
erases the scrawls
in the sand..
that their echoes
not others kill

NONVIOLENT WORDS

For many lives she
had expressed
anger with her fists..
but even now she
could see her angry
judging words..
becoming
others' fists..
and God whispered
to her..
that nonviolence in
thought and speech
is required of
aspiring pacifists.

DUSK HUSH

Gone the day's rush..
Gone traffic push....
Light scattered
by sunset paintbrush
.. Now valleys hush..
and the birdies shush.
the valleys hush..
and the birdies shush.

(to poet S Steigerwald)

POLARITY OF THOUGHT

One thought that in presenting
his opinions he would attract
those of like mind.
The other thought that
if he presented an idea he did not
totally live up to, he would
turn people away. If he did live
up to his ideal, his thoughts
would spread effortlessly.

MORNING HUSH

mist lies in parallel
layers under the clouds
as satin sheets
lie under cotton blankets

EVE ANGEL

Eve Angel does never
evangelize..
but who can hide
the Godlove in her eyes

SLOWING DOWN

We go by much too fast

the hidden gates to see
.. the quiet love..
silent caring
.. anonymous frequencies.

(to M Radney)

WIND FINGERS

The wind's fingers
stroke the tree harp
and the tree's green fingers
in turn stroke the wind.

SILENT THE SUN

Silent the Sun
Speechless the Sea
Quiet the
Tree of Quince
Nontalkative the nut tree
Incommunicado
the avocado
Nonloquacious
the wind

VOLUME CONTROL

Her kind smile to him
when he asked her to turn
down her radio..

melted his heart

SEEING RED

It was a gift to be able to see
auras..
Once when she saw red
she knew the woman who
was pouring out her soul

had had second thoughts

..

like a criminal angered
that he had confided
in a priest

but she resolved
to be as silent
as the sea
... the sea
which turns red
rivers of sound
into ultraviolet
jewels

SUN DOES NOT KISS AND TELL

The sun does not
 kiss and tell
 but how can the
tree of quince
 hide
her new quints
 in the dell?

(to John J Price and his
family)

SEAL OF CONFESSIONAL

The virgin nonvegetarian
and the nonvirginal vegetarian
both agreed
not to discuss
which animals
had in the past been chewed
..

for all are bound by
the seal of the confessional
of friendship

GURU RIVER

As a river carries
fish to the sea
does a guru carry
secrets
.. giving them
to God the sea

SHELLS SHED

As she shed
all her shells
and dove past
the shards
of seashells
into
the depths
from ocean shelf
she was shshshed
into shanti

STARTLING NO STARLING

Dawn's pastel stirring
heralds day, sun-starring
.. with His quiet ways
startling
no robin or starling

SILENT MUSIC

In a dream he said to me:
'I have never known a 3 string
guitar to be silent..'
as he pointed to an apricot
branch.. with 3 twigs..
each playing the music

of apricot making

LA SCALA

At La Scala, the opera house,
news that a diva is ill
and cannot appear.. causes
boos
Outside.. the stars play
their silent ecstasy

MOUSHIKA

The little moushika
in gnawing does
make musica.

BENEATH THE WIND

Beneath the wind
shivers the river
With lightbeam slivers
she does quiver

BUBBLES OF JOY

like joyspheres rising from a fountain
like moons being born of the sun
like round seeds floating in air
are the soul bubbles of God

IMPEACH

GOD does not preach
to the tree of peach
Without force..
Love He does impeach

POLYTONGUED FLAME

death by violence
is a hydra headed monster
with more tongues of flame
than Medusa's snake coils
or gossip
or fire

anyone who advocates
violence is a terrorist
who metastasizes the
hatred he fights with
hatred

ASIA

When one cannot speak
it is called aphasia
.. but silence caused by
ecstasy
... occurs more often
in Asia

SWORDS OF SPEECH

As I admired her gold squash blossoms
and sunshine yellow cucumber blooms
.. her pink! not orange tiger lilies,
pink! not whiteQueen Anne's Lace,
I made the mistake of praising her
Morning Glories along the fence..
calling her attention to the sweet vines
she considered sunveiling vines
.. and watched helplessly as she
killed them.

BAMBOO SHOOTS

It was not the willow
who whistled in the wind
but the bamboo shoots
.. empty of desire
they were God's flutes
They hoped the panda
bears would like
different foods.

CREATION SPACE

If you say it
he cannot.
Your speech
ties him in knots.
Your words
take up the space
the vacuum in which
his language is born.
Your spoken thesis
invites antithesis.
Your words are colors
blocking up the empty
cavass which invites
him to paint.

DAYBREAK DRINK

In the forest was a deer
maddened by thirst
but paralyzed by fear
.. afraid of mountain lions
he could not approach
the cool lake

The willow bent down
and in the water traced
his fingers with touch so slight
slighter than his touch was
tiny rippling wind sprite's
Slighter than she is the touch
of quiet

And non is quite as slight
as the touch of light
pon the face of night.

Now came a freedom from fear
for the gentle deer
who arched his neck
and humbly lowered it
to drink from master lake
his thirst pain to slake.

INTERTWINED

The ego is entwined
with the heart.
It is very difficult
to harm the ego
without hurting the heart.

LEMNISCATE

On the ice lemmings skate
leaving patterns
of lemniscate

but not too deep their etching
lest others from the icewater
them be fetching

SPARKLING STARS

Sparkling stars
speak not a word
but the loyal light
of their constellation
brings always
consolation

SLOWING DOWN

I drive more slowly
than before because

chipmunks,
skunks, the drunk
and lost monks
are likely to dart in front of my car

LAST WINTER

Last winter jeweled
snowflakes
aped the flat beetables
of Queen Anne's Lace
falling to the ground
with their muffling grace

DEPOSE

Who can depose
the silent rose?

THREE SQUARED

Three squared is nine
Sometimes obstacles
to communication
lead to higher communion

NIGHT PEACE

The sea is rhythmically snoring tonight
beneath a blanket of glowing moonlight.

TRUTH BOWS TO LOVE

Love is the highest form of truth
Truth bows in silence to the demands
of love

BASHO

Basho taught us
the pond has no
sound, no refrain
until violated.. by a stone
or frog.. or the fingers of the rain

THE SOUND OF ONE HAND CLAPPING

'What is the sound of one hand clapping'
Striking the waters, the waves are lapping

THREE QUIETS MERGE

3 quiets merge..
the silent snowsift
.. night's fall swift
and the stillness
of the wilderness.

ISLAND ISOLATION

Daily the rising tide
turned their high home
into an island.
Daily the ebbside
made a bridge to the land.

GIFT FROM THE SKY OF GREY

How soft and swift
muffling snowflakes sift
onto deep drifts
and when melts away
the sweet sky's gift
it's seaward sent
by Mother Earth's thrift

RECALLING WORDS

A bullet fashioned from ice

can kill and melt in a trice
.. leaving no trace
of its icy lace

as cruel words
said in secret
can kill the heart of
another

God withdraw every cruel word
ever spoken.. now

PERFECT MIRROR

reflection so perfect
that the sky's waterweave
becomes
lily petal weave

JADE FINGERS

After the storm,
Mother Earth's ten million
jade pine needle
fingers are dripping
grace.

BREAKING PEACE INTO PIECES

One neighborhood carhonk
shocks hundreds of sleeping ears
One volley of hunter drums
sends thousands of birds away
terrorized

BIRD FLIGHT

bell tongs chime
.. bird flight time

QUIET RIVER

The river's glide
is almost as quiet
as the descent
of Spirit Power

Saiom Shriver

Quintuplet

For each quintuplet
a dedicated couplet
as each was bequeathed
a rubied cuplet

Saiom Shriver

Raccoon And Bird

The raccoon is able to climb
to the highest branches of the tree
The bird who can fly
cares not for tree hierarchy.

Saiom Shriver

Race Of The Ace

It's no disgrace
for the ace...
no losing face..
to come second
or last
in a race

Saiom Shriver

Racetrack Abbatoirs

Every year 1000 of horse
die in pain on a British racecourse
of broken necks and legs and hearts
spurred by kicks and whipping force

Saiom Shriver

Rachael Ray

Rachael Ray
hasn't yet learned
the lesson of her stars
.. for on innocent animals
she's still waging war

Saiom Shriver

Rachel Corrie

Bulldozed and suffocated
was Rachel Corrie
in a fashion most gory
not beneath a dory
but underneath
a mechanized several ton lorrie.

Saiom Shriver

Racist Tea Party

The Tea Party is full
of whites who dislike
those of another race.

It's seldom at a Tea Party
gathering
one sees a nonwhite face.

Saiom Shriver

Racists Burning Black Churches In Missouri And Other Southern States

No longer piercing the sky
the steeple was set afire
but whether or not they
repeat God's name
the Spirit of the people
cannot be killed by flames.

Saiom Shriver

Radiant Tails

Translucent trails
left by snails
and windshield raindrops
have radiant tails.

Saiom Shriver

Raging River

When the raging river
runs awry
she rallies the raspberries
... and the rye.

Saiom Shriver

Raiment

Sunrays radiant
have spun into the
rising rose' raiment.

Saiom Shriver

Rain Bubbles

In the ponds
the raindrops
faster than any
iceskater
make their circles
but on smaller puddles
they make momentary
bubbles

Saiom Shriver

Rain Dancing

They do a
tribal rain dance
that on their roofs
and on all plants
rain gifts will fall
and rain will dance

Saiom Shriver

Rain Falls Bubbles Rise

Rain drops fall
and bubbles rise
Some tides ebb
Some inflow
Some wend to
Some wend fro
Each with
his own
way to go

Saiom Shriver

Rain: The Potter

Tendrils of fog
form into figs.
Mysteriously,
mist figments
are minted
into spearmint.

Version 2

Saiom Shriver

Rainbeads

Rainbeads
spark seeds
From husk
they're freed.
Pods pea'd
Acorns tree'd
Swamps fringed
by reeds.

Saiom Shriver

Rainbird

In an aquamarine sky
the translucent feathers
of the rainbird
begin to take form.

Saiom Shriver

Rainbow Over The Grand Canyon

Over the concave rivercarved quarry
night arched explosively starry

and then broke magnificent sunrise
Canyon Void and Rain
birthed rainbow surprise

As the sky
covers all of July
so rainbow band
over all canyon expands

*

Footnote

based on dream vision...in which I felt God or God's angel messengers telling me... that nonattachment (the empty canyon) draws miracles.

Saiom Shriver

Rainbow Ribbons

Rainbow ribbons..
wrap the present
of poststorm peace

Saiom Shriver

Rainbow Span

piners grow
tall spines
trees gift
fruit spin
above it all
the rainbow spans

Saiom Shriver

Rainbowhued, Soft And Sweet

One does not expect the sour hard green fruit
to be rainbowhued soft and sweet.
nor the rosebud to have the beautiful fragrance
of the fullblown rose
nor the sapling to provide the shade
of a centuries old oak.

Saiom Shriver

Rainbowl

After God ordered
ocean to quaff the flooded world
He sent a ribboned rainbow
to say Never More

But when Neelakanta
drank venom of the globe
He sent polyribboned rainbowl:
a sky of liquid ore!

Saiom Shriver

Rainbows Sired

Rainbows sired
in the holy midst
where sunbeams' fall
meets rising mist

Saiom Shriver

Rainbows Within

One need not chase rainbows.
They are within and pour
out through the aura.

Saiom Shriver

Raindrop

The raindropp fell
and died in the earth...
as a pink raindrop
in a watermelon
she took rebirth

Saiom Shriver

Raindrops Quench Not

raindrops
quench not
fireflies' glow

Saiom Shriver

Rainfall Plus Dew

How can it be
that there is more of vine's grape juice
than the rainfall plus the dew?

Saiom Shriver

Rainsifters

Cloud Shapeshifters

Cloud Rainsifters

Cloud Winddrifters

Cloud Shadegifters

Cloud Moodlifters

Saiom Shriver

Raking

When raked are autumn's
blanketing leaves
sooner living plants
beneath freeze

Saiom Shriver

Ramana's Rules

In Ramana's ashram,
first the animals were fed,
then the homeless who came for food,
third the visitors,
next the residents
finally after all else had eaten,
Ramana Maharshi ate.

Saiom Shriver

Ramayana

That karma sparks
kama
is one teaching
of Avatar Rama

Saiom Shriver

Rampant On The Beach

A vision of 2 horses facing
each other on the beach...
rampant (standing on hind legs
with their forelegs in the air) .
The hooves of their 4 front
legs framed the sun rising
between them.

Saiom Shriver

Ranches

Where there are
sheep and cattle ranches
there are mostly dead trees
and very few branches

Saiom Shriver

Rapeseed

She buried the thought
seeds of the longago rape.
Spirit fields then did ignite
with rapeseed light.

Saiom Shriver

Rapunzel The Moon

Rapunzel the moon
imprisoned in her orbit
frees her children beams
to travel everywhere

Saiom Shriver

Rats Caused No Plague

The medieval plague was not
caused by rats nor bats nor cats
It was diseased rotting cadavers
which caused the plague..
It was meat which the plague.... begat

Saiom Shriver

Re Alfred Tennyson

Until finally becoming a vegetarian
I thought of plants as objects..
but as the layer of animal fat
over perceptions
slowly dissipated
senses did ignite
and plants were seen
aura'd by divine light

*

(Most often quoted is the third line of Tennyson's
Canto 56 within the poem 'In Memoriam AHH'.
The other three are omitted.)

Canto 56:

Who trusted God was love indeed
And love Creation's final law—
Tho' Nature, red in tooth and claw
With ravine, shriek'd against his creed.)

Saiom Shriver

Rebellious Insurrection

The Great Lord can behind us twirl
vast universe' gyrating swirl
that our rebellious insurrection
become our glorious resurrection!

Saiom Shriver

Red Cross Not Forthcoming

The US Red Cross
caused thousands of
Katrina animals to drown
not allowing them into
the shelters in town.

Saiom Shriver

Red Flag Of Death

Behind crimson cape
of the matador
for the innocent bull
lurks death's door

This crimson cape
the scarlet flag of death
as crowd pleasers
for fame
deny the being his breath

Saiom Shriver

Red Holocuast

Green beings afire
from a red holocaust
Only God can count
the infinite cost.

Saiom Shriver

Red Light Blue Sky

Ahead a red light.
Beyond it infinite blue sky.
The red says stop awhile
but the blue says Go with God.

Saiom Shriver

Red Oak

The leaves of oak...
summer's dark green cloak
...in October redgreen
crimson in November
.. then scarlet brown
next solid brown
.. then all fall down
until April's resurrection
... a lime green gown

Saiom Shriver

Redcoated Penguins

The redcoated penguins
are on parade again
Absurd and brutal
anachronism...
their bloody kind of
catechism

Saiom Shriver

Redder

Watermelon raspberries
strawberries cherries
... as they give sweeter and better
each day they get redder

(to Chris)

Saiom Shriver

Reflected Wing

As 1 wing of a butterfly
sees in a lake his
reflected complement
so he upon meeting her
knew immediately in her eyes
that she was his
soul's completion

Saiom Shriver

Reflection Perfection

The brook babbling bubbling
fragments reflected sun.
The lake serenely doubling
reflects her as One
and yet closer are
brookwaters to the Sea.
Sooner will brookwaters
unlandlocked be free.

Saiom Shriver

Refugee Roundup

Refugees, immigration, 'Give me your tired, your poor, your huddled masses yearning to be free', an infinitely complex subject.

The Department of Homeland Security, born of what millions consider a black op conducted by rogue elements in our own government, has been criticized as a redundant federal agency gobbling up the jobs of the FBI and Immigration at great cost. DHS's purchases have been questioned as unsupervised and unethical. DHS is currently rounding up refugees from Guatemala, Honduras and El Salvador, sending them back to violence torn countries from which they escaped.

Dialogue between Mr A and Ms B:

A: We have hungry people here, with no jobs or health care. Our infrastructure is falling apart. We can't afford any more refugees.

B. Then stop the illegal wars which are hemorrhaging trillions of dollars, the spending of which bears only death, injury, destruction.

A. These people go to immigration court. It is due process.

B. Even when some go to court, most of that number have no attorneys.

A. They have no respect for our laws.

B. Each case is different. Many have come here legally. A certain percentage will face injury or death if they are forcibly returned.

A. The security of the United States is harmed by unchecked immigrants.

B. This roundup is family busting violence. People who've lived here for years are losing friends, jobs, possessions and homes.

A. Terrorists have come to the US in the guise of refugees.

B. Our government is bombing children, elders, animals and forests around the world. The best way to protect ourselves from violence is not to cause it. This is a job for the United Nations, not just one country. War is organized terrorism and the government has lied to us about the WTC bombing.

A. This is leading to a breakdown in law and order.

B. Most religions and ethical systems teach that we should feed the hungry and shelter the homeless. Where there is a loving will there is a way.

Saiom Shriver

Releaf Iii

In tree's release
a sweet relief
and soon the tree
will itself releaf

Saiom Shriver

Religious Hotspots

Catholic and Protestant
in Ireland and N Ireland
Muslim and Jew
in Palestine and Israel
Buddhist and Hindu
in Sri Lanka.
God send your cooling
rains of mercy and grace
to these and all religious hotspots.

Saiom Shriver

Rematerialize

I wouldn't mind getting
married, she said,
if I could dematerialize
and remanifest him at will

Saiom Shriver

Remembrance

Light everywhere
contains remembrance
of Van Gogh
and Rembrandt

Saiom Shriver

Republicans: Party Of Serially Killing Trophy Hunters

There are men who shoot
highpowered arrows
into innocent mammals'
unsuspecting bone marrow.

Some in helicopters
break other countries' laws...
machine gunning rare species
from deathplanes aero

Saiom Shriver

Requiem For A Daisy

What requiem for the
decapitated daisy?
Who mourns this
unheralded
innocent
once born
arrayed in the
light of morn?

Saiom Shriver

Required

All unrequited love will be requited.

All good wishes into life ignited.

All the blind..newly sighted.

All dark places slowly lighted.

Saiom Shriver

Respect

He may play my
heart instrument
if he is careful
with the strings

Saiom Shriver

Respecting Autonomy

Only for a brief time
can one control
the movements of
another's soul.
He thinks this
while waves unroll
their uncontrolled
and ceaseless scroll.

Saiom Shriver

Respecting Children's Ethics

The child could swallow the
entire moon... reflected in his cup
but the thought of eating
flesh... made him throw up

Saiom Shriver

Restaurant Kitchen

Restaurant kitchen
seems immaculate.
Does the smell
of cooked animal blood
come from under
the stove hood?

Saiom Shriver

Resurrection

APRIL RELEAF

Oh what a blessed relief!
Aprillife does the trees re-leaf!
and a windbussed Noreaster
fragrant with laughs Easter
lifts away the last ice-lings
of grief.

(to Leonard B)

EVERY LEAF

Every lovely leaf
in the rainforest
weaves clouds of
longed for rain for us.

INEVITABLE

The cross has
become the crown.
The rejected stone
is in temple installed.
The metal resoldered
is stronger than
original.
Wings have emerged
from cocoon.
The most sacred place..
where foes have
reconciled.

AMAZING GRACE

The cloud which blocked
the reveling sun
became a rain of grace
and in the barren

winter tree
has raveled to green lace.
The stone cold foe has
turned around
.. is now of hearts the ace
and out of the invisible
God
has given love
a face.
The world is now awahs
with love
.. arinsed with rains
of light..
everywhere has been
cleared away
.. the illusory
pain of night

ARBOR AND HARBOR

Of every leaf's placement
in any arbor
God is the
First and Final Arbiter

Of every lapping wave
in each sacred harbor
His birds
are the harbingers.

BEIJING SPRING

In Beijing
the I Ching
joyful sings
eternal spring

Birch bloom strings
silent ring
Sun to all
quick'ning brings

BLUEBIRDS ON A BARREN TREE

Bluebirds sit
on the barren
black branches
of a winter tree..
but it is not
their gentle touch
which will resurrect
him with lifespringing.
It is the God ever within himself.

GREEN ROOM

She'd had a few lines of
tears in the scene
but in the Green Room
before and after
and on the stage as well
from her they heard laughter

BURSTING BRANCH

How has withered
winter ebony branch
become bursting flute
of bloomed blanche?
Though the kisses
of the sky's rain dance
and the wand of Sun's
most casual glance

They find no longer room
do the bursting blooms
in the branches' cocoon
Butterflies of purple
redbud
burst out of their tombs

(to J Dunlap)

CRIMSON RAINDROPS

Blood from the wounded deer
splattered everywhere..
it has become crimson
raindrops over there
.. raindrops which
to bright red berries
crystallized..
.. foiled more beautiful
by the bright blue air

when they fall to the
ground they become
greenleafed shrubs

BUTTERFLIGHT

Transubstantiate.. Metamorphose

Jesus miracles water into wine
Merciful rain turns
to grapes violet upon
the vine
and the communion giver
turns that wine into
Jesus' blood
as willow trees are
born of flood
as acorn becomes oak
and kernel the corn
and the love of a father
in forlorn child reborn
and Tolstoy's ink
becomes Sathyagraha
which Gandhi thinks
and the murdered pig's

fat candle becomes
sacred enkindling flame
and the manure pile
becomes the pink rose
and moon's night
becomes sun's light
and crawling worms
become butterfly
So does the Holy Spirit Dove
turn anger into Love
and make us One with
OUR GOD who is Love

(not an endorsement for
butter stolen from cows
)

CROSSROADS

We came to a crossroads sign
and what did we see?
All directions pointing
to his heart's infinity.

(to Mahashakti D'Alessio)

NOT YET READY

Half worm
half butterfly
fearing death
of cocoon
is not ready
to fly
to come forth..
from the tomb

CHRYSALIS IS NOT CRYSTAL

The larva..
the chrysalis
is not translucent
bright crystal..
but hidden
in the dark
.. the dark night
of the soul
before emerging
as the Christ

**

inspired by Emily Dickinson's
'My cocoon tightens
colors tease
I'm feeling for the air
A dim capacity for wings
Degrades the dress I wear'
and by the questioning of Jan F

POISONED APPLE

By the abandoned
crystal casket
of Sleeping Beauty
are groves of trees
ignited by the
poisoned apple's seeds

And in the empty
Trojan Horse birds
are nesting

JUDAS IN HEAVEN

The world the silver moon
shattered into shards

in the shallows and
upon the seashore
has been gathered into
One
by the Resurrecting
Morning Sun!

GREEN SWADDLING

The seeds..
little godlings
as the rain
soaks the sod spring
are by sun sparked
with green swaddling
..

RIVERCLOVEN

On the banks
of the valley
rivercloven
are fields of
daisy, phlox, and clover

APPLE APERTURE

In the dirt
of Mother Earth
God had made
a hole of pain
.. into this aperture
fell apple seeds
which filled
Her now with
a grove of apple trees

(to Jean Giono, famed
French novelist, who
wrote *The Man Who Planted*

Trees about patient
treeplanting as a way
to reclaim desert)

SOUTH WIND

The south wind her
evening messengers
has sent
.. each donned with
her jasmine scent

CLOUD CREATOR

I am the cloud creator
ever spinning veils
which block the Sun..
the Lord of Light
His Love He can't reveal

FEAR NOT

They need not
fear the gathering storm
He brings life
..blooms will be reborn

IGNITE THE NIGHT

Daily God rejects the blue
with purpled streaks of
evening hue
He now ignites the night!
with the sun!
and calls it day!

(to Pete Seeger.. his
purity, courage, vision,
heart)
(Lahiri Mahasaya: Oh God
who ignites the stars)

DRACULA DEMONS AND DEVILS SAVED

Dracula thought he could
escape
under night's dark
hiding cape
but the morning sun's
rays
left night in disarray
and brought
each and everyone
to the Father and the Son

SOUTHERN CROSS

The Southern cross
conveys no pain..
it is a crucible
of light
a crux..
of lux.

(to the Lux family)

POOL

The swimming pool
shaped like a crucifix
.. it hurts not to
swim in its waters.

DREAMFILL

Some dreams seem to die
so very quietly
like the soft snow falling
upon the mountain lee
But in the morning sunrise

light we see
Dreams filled for
all eternity

ELEPHANT FOOTPRINTS

Around elephant footprints,
small animals circle
to drink the captured rain.

The ruts made
 by a visitor's drag race
 have left pools
 in which
 butterflies sip.

GANGRAPES

The sun's sharp sword
rays
.. were like many gang rapes
.. yet in the end
they gave purple grapes.

The sun is a lust-er
and yet and yet
his brilliant lustre
is now graped cluster.

(to LM)

EVER PROTECTED

She sits neath
the tree's
apples uncored
All round her
her angels sing
mantra's sweet chords
All beings
united in one sweet accord

to protect and to
guard
their love L McCord

HELLO

Out of the darkest
night
is born the
dawning light.

Out of the greatest
pain of
hell
so low
is born of goodbye
the
sweetest
hello

(to E)

BOUNDARIES

You don't respect
boundaries
complained the mineshaft
as daily at noon
sent the sun
into his dark
her freeing light shafts.

CHICAGO

The sun left for Chicago
last night..without saying goodbye..
as he the sun has always done.
We knew he had gone
for suddenly
we felt alone.
This morning he was here again!
He has just now flown in from Spain!
We knew he was home....
for suddenly we feel warm.

MOSES' ROD

Struck water, Moses' rod
empowered by the grace of God.
Tears struck
from the stonyhearted
.. the holiest water in creation.

HERR HERON

Herr heron
no longer
the free herring
hearing

MEDUSA VANQUISHED

The sight of Medusa
turned humans to stone
The sight of the past
turned Lott's wife to salt
but the sight of the sun
turns gloom to cheer
as the sight of Christ
breaks the stone in hearts.

PHOENIX ARIZONA

The ashes of the
past do sire
Phoenix feathers

born of fire
.. out of the
maelstrom gyre
alights the fulfilling
of desire

POOLING

In niche where other rocks
did that rock cleave
water has pooled and
does flowers weave

BLUEBELLS

At long last
she had
fullblown
bluebell
blooms of her own

WINDTOSS

Onto the rocks
the storm's windtoss
has turned smashed apples
into sauce
To these who survived
their stony cross
the ants more
quickly come
as to heartbroken souls
come sooner seekers
after sweetness

FATHER WINTER'S KISS

The inebriated woman
fell asleep in the snow
Touched by Father Winter
in the dead of the night
she awakened to find

his kiss of frostbite,
and began to climb
1 step at a time
abstention's awesome heights.

ABOVE THE CLOUDS

Pass the clouds of nonlove
while blazing them above
glows the eternal
Sun of Love

EARTH SCARS

as earth protects animals
in her scars, her ravines
so people's heartaches
help them to know other beings

GREY BREAK OF DAY

The sky is grey
at the break of day
with crimson streaks
sending night away

(a prayer for the resurrection
of scarlet and grey Ohio
State.. that no more animals
be caged or harmed or killed
..)

SKYBOWL

Into the dawn lake.. the
skybowl...
flow hidden streams
until with light
the lake is whole

GOD IS NOT MADE OF HATE

Think not God is
hate.
He leaves none in
realms infernal
He renews all
in Earth's dress vernal
those He made of
Love Eternal

VALEDICTIONS

As they melt away,
all icy maledictions
flow into blessing
filled valedictions.
In the gathering light
all past friction
is seen as mirage:
disappearing fiction.

SUNGOLD COMPANIONS

After to the cruel mower
the dandelions gave way
..now the sunny buttercups
in the yard hold sway
... but soon new
dandelions with
the buttercups will play

BROWN CRANE

The dead little tree
standing in the swampwaters
was touched by the wind..
and up flew the brown crane..
movement revealing his quickening.

TEMPLE OF BREATH

Pillars uphold
the Temple of Breath

He has transcended fear
and no longer locks the
doors. Now
the Deity Wind can blow
even in the 'lower lobes
of the lungs'*.

* a phrase by Yogananda

MILLENIAL OAKS

The squirrel dug up
the new zucchini plants
of Dattatreya, she said,
and replaced them
in the apertures with
acorns. Not a
vine which would last
a season, but millennial
oaks.

BEYOND TIME

The hourglass has broken
The hands of the clock are still
Time's scythe stopped
by an act of divine will.

MELTING PRISON BARS

Sun melts the hexagonal shape
of the fallen snowflake
So Spirit melts the bars
of pentacles
turning a curse into cures

CRICKET SONG

The cold little cricket hopped behind the furniture that the evicting resident not discover him and drive him into the cold. Alas, his song betrayed his hiding place. He was put out.. but angels directed him to hop and spring to a kinder

hearth from which he pours out melodious joy.

SPRING COIL

Impelling each forward
step of marching spring
.. is a hidden bubbling
gurgling spring
.. a hidden coil of pushing
shakti which makes
jade spears
through the hard ground spring

BLACK FRAME GONE

They removed the unseemly black frame
from the oil painting of bright
spring with her pink and saffron
and lavender flowering trees

THRONE OF THORNS

It is the rosebush who
is the throne of thorns.
Above their spears in
dawning light
shine myriad blooms reborn.

EVENING RESURRECTION

So clarified was the window
it mirrored the setting sun in the west
with a blazing light in the east..
making the evening.. a time of resurrection

HE EARTH SPRINKLES WITH PERIWINKLES

He earth sprinkles
with periwinkles
and wild places peppers

with green vines of red pepper
With unannounced blooms
the deserts He stars
and with sunrays arrays
spring trees with new sprays
He grows new green clumps
in junkyard dumps
With goldenrod He dusts
abandoned car rust
and with dandelion down
He powders the dawn

THIRTEENTH FAIRY

The 13th fairy not
invited to the ball
.. threw the apple of discord
... it rolled right out of
the hall
and fell into a ditch.. a niche
and her seeds grew and grew
.. into an orchard so fragrant
that all around it drew
In its midst the 13th
fairy..
her holy light blazing anew

SHORT POEMS

Reborn... Sappho... wears monks' saffron.

*

How awesome How sublime That out of muck and mud and slime God makes
lemons God makes limes.

*

Oh Julie.. God's sun is shining She is grapevining
and the grove tree now she's liming

*

Out of the pain of hell so low..
was born of goodbye the sweetest hello

*

the bee the purple blooms did rape.. and now there

are sweet violet grapes

Glass shatters.. neath sunfire.. each shard reflecting his orb entire

*

The Great Lord can behind him twirl... vast universe' gyrating
swirl... that his rebellious insurrection

.... become his glorious resurrection

*

No lid for the cups of sunlemony buttercups..

they just infold to escape night cold..

but in the morn... once again unrolled... their cheery gold

*

One upright pier pillar after another yields in the night to the
hegemony of the tide.

*

Those who took opposition roles...

were midwives of her strengthened soul

*

The sun arises and rouses the rose. In raspberries,

His arisen rays are rose.

*

A wee teardropp reflects a star. The tears dry.. remain the stars.

*

Meet the sea the icebergs melted

.. and now reflect the sunrise molten

Transmuted scorpio's sanctuary is the Spirit Eagle's aerie.

*

Every dawn a straight rainbow of promise is on the horizon

...heralding each heartsun's rising.

*

As resoldered metal is stronger than when first forged,

so the resurrected are paradoxically more perfect than

the Godcreated original

*

The soul's essence is ever in God's presence, and unharmed by the
fires of creation or the ashes of cremation.

*

He was so loved by all creatures that when it rained

a cloud served as his umbrella.

*

Filling every inch of the line of floodcracked cement
is a thread of velvetjade moss

*

In the empty chalice of the rivercarved grand canyon
dawn has drawn with gold pink orange light crayons.

*

Candle flame fear not results if you ignite
the snuffed candle's reborn light.

*

As a clock with no hands can register time as the sun
plays across its face, so Spirit needs no body in order
to manifest its power.

*

The apple tree's each barren branch.. burst to
wands of blooming blanch

*

At the base of the birdfeeding pole, a perfect circle frames
it... the lace trace of birdprints, as they ate the
seeds which had a precipitous fall

*

God the Divine Genie is waiting in the bottles of all hearts
to answer wishes.

*

On Ararat rests the ark. A rainbow is born in the dark.
Out of silence bursts the joyful song of the lark.

*

.

Saiom Shriver

Resurrection Anytime

The dying sun's fire
cannot til dawn ignite
the purple cloak
of gathering night

and yet God's miracles
are beyond human sight
God controls the stars
and their orbits of light.

*

Saiom Shriver

Retentive Oak

They called the
oak retentive
for he'd drop no acorns
onto smashing car street
nor near the mower's
cruel feet

Saiom Shriver

Reveille

Nights of boozing revelry
Then a snoring reverie
hid beneath the covers from
daybreak's harsh reveille

Saiom Shriver

Reverie

All memories
each and every
can take the path of
winding reverie

Saiom Shriver

Reverse Alchemist

The sun, reverse alchemist,
from his gold weaves
mangoes out of mist

Saiom Shriver

Revolving Cross

A certain degree of the 360 degree
zodiac wheel made a grand cross
in my chart. I was attacked by
a man with handcuffs and a hunting
knife when neptune was that degree.
My father, my husband, and my son
in 3 different years.... died with
a planet at that degree.
But God turned that cross into
a dynamo... and now that
degree
blesses me.

Saiom Shriver

Rib Cage In Hospital

a vision of a woman
in the hospital..
a live bird trying
to escape her rib
cage...
was it the soul
trying to leave the body...,
the sickness caused
by eating a chicken,
or both?

Saiom Shriver

Ribbon Leashes

A five year old girl in a lace trimmed dress holds two leashes made of pink ribbons. They are attached to two thousand pound cows. The caption is 'a carnivorous animal and her prey'.

Saiom Shriver

Ribbons Of Light

The present
is a present
from divine Omnipresence
wrapped in ribbons of light
which stream with delight
waiting with wands of power
myriad miracles to ignite

Saiom Shriver

Richard Rodgers

It was Richard Rodgers
partner of Oscar Hammerstein
who could make a piano dance
as he hammered a Steinway
Pegasus was he, lifting
all hearts on his endless wings
making Oscar's lyrics soar
making our spirits sing

Saiom Shriver

Riddled With Termites

My sister said my soapbox was
riddled with termites.

The Termite Antidefamation
League objected.

Saiom Shriver

Rights Of The Small

Human chauvinists
say 'pesticide'.
Those who respect
insects
prefer to
say 'insecticide'
while working
to eliminate all 'cides'

Saiom Shriver

Ripe Apples

Sun and shade
the rye dapple
as the sun
swells ripe apples

Saiom Shriver

Ripping A Seam

Someone ripped
the seam out of
a cotton cloud...
through it sunbeams
spilled light everywhere.

Saiom Shriver

Rippled

Rainbow ribbons

By reflecting

Rivers

Rippled

Saiom Shriver

Rippling Ribbons

Daybreak ray ribbons
riven by the river's rippling
goldfish bread nibbling

Saiom Shriver

Rising In The East

Western windows
mirror the Eastern light
but the West reflection
is not the sun's direction

Saiom Shriver

Rising Laughter

'Rising tides lift all boats.'
Spring winds swell all sails
His laughter lifts all aloft.

Saiom Shriver

Rising Tide

'A rising tide
lifts all ships'
uPwelling
heartlove lets
none away slip

Saiom Shriver

Riven

Water of the river
only seems riven
by the sun's
rippling ribbons.
It is actually
the river
which rives itself.

Saiom Shriver

River Apples

River apples bobbing
cloud dew dropping
blossoms nodding
puddle bubbles popping

Saiom Shriver

River Fog

Like an angel guardian,
the fog follows the
river's course
covering him
with a blanket
from delta to
headwaters source

Saiom Shriver

River Hourglass

The delta'd river's hourglass sands
slowly into the bay do sift
Some then into currents drift
as sea to sun her waters lifts
Beyond the river's hourglass...
timelessness... is one seagift.

Saiom Shriver

River Of Love

There is a river of love
which joyfully trips over rocks
minding nothing difficult
done for the beloved.

Saiom Shriver

River Over Sharp Rocks

Over sharp rocks in
ecstasy flows the river
When their edges
make her quiver
multiplied are
sunlight slivers.

Saiom Shriver

River Seeks The Low Points

The river seeks
not the mountain's
dizzying heights
but its lowest
points
as grace comes
most
when we are at
our least

Saiom Shriver

Riverdrop

Like a riverdropp pulled by those
ahead and pushed by those behind,
some must be helped..
even so we are all a part of
a mighty river of souls flowing
to the Sea of God.

Saiom Shriver

Riverrush

As rivers rush
to the waiting sea
a burdened heart seeks
a listening ear
to set his sadness free

Saiom Shriver

Robber Barons

May we all differ
from robber barons
who thought themselves examples
Of 'survival of the fittest'
as they made the earth more barren

Saiom Shriver

Robert Bruce Hero Of The Scots

When spider webs were destroyed
by Robert Bruce hero of the Scots
he left the spider alone
the spider he didn't scotch

Saiom Shriver

Robert Bruce's Spider

Robert Bruce's spider after
8 human destructions of his web
sustained the 9th.

Bill W after 9 lapsed dryouts
cofounded AA

Isaac Tigrett after 14 trips
of 10,000 miles each
was finally able to see his teacher.

Susan Lucci after 18 nominations
won an Emmy on the 19th.

The author of *Gone With The Wind*
had her manuscript accepted
after 40 submissions.

The second hand after 3599 tries
was able to move the heart
of the hourhand.

Saiom Shriver

Robert Maguire

We don't know
how many angels
sit on a pin

but myriad angel
choirs
sit on the pen
of Robert Maguire.

Saiom Shriver

Robin Nest

Wherever robins build
for their young a nest
is a Robin Hood

Saiom Shriver

Robin's Egg Blue

She wanted more
sun
for her south room
She wanted more
sun
for her blooms
as so she made
the world hotter
for everyone else

Inside the lumber
company's hellnoise chippers
is a smashed squirrel
.. inside
the chipper
his dead body swirls

Across the asphalt
rolls an empty bird nest
.. the azure robin eggs
on the ground in fragments
as if the sky to earth
had fallen

God took 70 years
to grow these 5 pines.
Her hirelings
in an hour
have paved away this
jade shade shrine

whose fallen sentries
in most of a century
gave their cooling
grace

and bequeathed
as they died
to us baby cones

heavensent
.. cones who touched us
with their sweet scent
... their parents
evanescent

rean incident in June 2003

Saiom Shriver

Rod Of Will

The rod of your will
will always open up the
fountains of joy
ever surging
and bubbling within you.

to Carolyn

Saiom Shriver

Rodeo Rogues

Callous are the
NFL owners who
sacrifice the lives,
necks, spines, eyes
and knees of
football players
for profit.

Even more are
rodeo owners
who make bulls buck
for big bucks.

Is the Texas firm
Exclusive Genetics.
in sacrificing the
human riders
and the bulls ridden
ever apologetic.

Saiom Shriver

Romeo And Juliet

In that life
Romeo and Juliet
.. their futures
unrequited
left for God
their unbodied
love united,
until desire
re-embodied them..
Their mutual need
forever reunited.

Saiom Shriver

Roosevelt

In the Rose Garden
did Roosevelt
leave alone to grow
the velvet roses

Saiom Shriver

Rooster

Murdered
was the rooster
into a roaster,
his flesh served beside
demitasse
cups on coasters

Now there are none
to wake us at dawn

Saiom Shriver

Rootshod

Cut down that tree..
the lumberman cried!
She's so ugly and so slipshod
with her flaky head lost in the sky
and her feet in the filthy sod!
But all who loved her encircled her
and kept her from the axe and the blade.
In the spring a laceleafslip from God
and with deep new roots was she shod.

Saiom Shriver

Rose Colored Glasses

Neptune's mist
veils earth reality,
winging it to higher
frequencies.

Neptune confers
rose colored glasses,
for the higher anyone
goes, the more he
sees the diviine in all.

Saiom Shriver

Rose Hedge

Over a precipice
on the ledge
they left uncut
the wild rose hedge
which kept more than
one
from going over the ledge

Saiom Shriver

Rose Not Uniformed

Not dressed in uniform
is the rose
.. but clad in
civilian clothes
Was she working under cover
.. with some of her
petals furled
so close.

Saiom Shriver

Rose Parade

Why behead
a rose of red?
Faster it dies
and then is dead.

How many bees are
trapped in the folds
of numberless roses
of pink orange and gold?

Saiom Shriver

Rotting Fruit

Within rotting fruit
are living seeds
which can
the world feed
and turn deserts into
wild places treed

Saiom Shriver

Roving Fires

Fires rage and rape
and roar and rove
through the forest firs,
the nut and apple groves.M_FIRE

Saiom Shriver

Row Of Peonies

They bulldozed a half acre of trees
to have a row of peonies.

They added to
air conditioning trees' dearth
and joined those harming
Mother Earth

Saiom Shriver

Royal Raiment

Sunsparks: the royal raiment
of rainbowed rain

Saiom Shriver

Royalty Abducted In Iraq

They would not have
been kidnapped
the hunters Qatari
had they not
been on a safari.

Saiom Shriver

Rulebreakers

Some police are rulemakers.
Some thieves are rulebreakers.
Megathief butchers, banksters,
hedge fund billionaires, war profiteers
are of others' money partakers.
They are the biggest thieves,
the biggest heartbreakers.

It's good to act outside
the box if no one is harmed.
But megathieves harm many
and are backed by thugs who're armed.

Saiom Shriver

Rules

Rules are finite.
Freedom is infinite.

A vase is broken
as a bonsai grows

Rules are broken
as spirit flows.

Saiom Shriver

Rumi On Love

As Rumi said 'Your task is not
to seek for love, but merely
to seek and find all the barriers
within yourself that you have built
against it' so the heart seeking
liberation works to remove the desires which
block the Light, the Space, the Love of God

Saiom Shriver

Rushing Bride

Trailing behind the boat
her wedding veil of white
sparkling for all
in the morning light.

Saiom Shriver

Russia Please Stop Monkeys In Space

Please ask Russia
not to send monkeys to Mars
to circle forever
in the void of space
amidst the powerless stars

Saiom Shriver

Ruth

She is betrothed
to Love,
the highest Truth
for she is kind
She is Ruth.

Saiom Shriver

Sacred Christening

The first kiss..
a sacred christening
in the cathedral of love

Saiom Shriver

Sacred Cows

All pigs are sacred
All sheep are sacred
All cows are sacred
All beings are sacred

Saiom Shriver

Sacred Light Of Dusk

In the hour before the
sun sets...his gold halo
immerses all in a sea of mystical light
confirming universal sacredness
as a master preparing
to shed his form
imparts to each being
that all are made of divine love

Saiom Shriver

Sacred Matter

The manger swaddling.
Veronica's veil
The garments of Jesus
divided amongst
Roman soldiers
The Shroud of Turin
Juan Diego's cloak
showing The Lady
of Guadalupe
Matter too is sacred.

Saiom Shriver

Sacred Pillars

Sacred pillars
in ancient temples
which took
200,000 or more
years to drip into being
are stalagmites
of enormous might

Saiom Shriver

Sacred Secrecies

The full moon
kisses waves
in secret seas
as higher frequencies
sometimes mean
sacred secrets.

Saiom Shriver

Sacrifices Born Of Love

Does anything
open our hearts
more than sacrifices
born of love?

Saiom Shriver

Saffron Cloud

Salmon is a pretty color
but saffron says it better.
Salmon a choked fishie's shroud..
while saffron is a pastel cloud.

Saiom Shriver

Sagittarian Slide

The silent sun
slips behind a mountain
as sagittarian fire
slides into capricorn
...and saturn's earth acquires

Saiom Shriver

Sagittarian Starlight

The sagittarian is more
likely
to be out of doors
where sunlight streams
and to sleep under skies
where starlight beams

Saiom Shriver

Sagittarius 9

Sagittarius,
The fire sign
Of reverence for truth,
Joy,
Humor,
Travel,
Nature,
Freedom
Physical excellence,
Publishing,
And tolerance for all paths.

Sagittarians gently
Untie our roots
And set us free.

Whoever projected hunting
Onto them was wrong.
Their arrows are Cupid's.
Their bow
Is the rainbow.

Saiom Shriver

Saigon

The sixties days in Saigon
are mercifully bygone.
Night has away been drawn
by the resurrection of the dawn.

Saiom Shriver

Sailflags

Sails are the
flags of the nation
named Sea Freedom

Saiom Shriver

Sailing

My teacher told me
that attachment
to my pen
was an anchor
which kept my ship
from sailing

as my anger
kept me from
Sai-Ling

=====

Sai: Sai Baba: believed by over 100 million people to be the 2nd
Poornavataar or full avatar in history

Ling: the conjunction of invisible and visible, of formless and form

Saiom Shriver

Sailstarred, Sandsifting, Seaweed Scripted Sea

Sail-starred, shell-shored, stream-swelled
sand-sifting, seaweed-scripted sibilant Sea
secedes silently, softly

Shadowed shallows sheathing scallops,
sheltering seals, shielding scuttling snails,
shrouding sharks. Sands shifting secrete starfish,
scampering shrimp.

Serene Sea supports Spanish scows, Sicilian
skiffs, Senegalese schooners, Seychelles ships,
Sardinian skulls.

Saltsmelling sailors see soaring shrieking
seagulls, striped sunrise, shining sunset,
shshshing surf.

Sudden surprising storm's symphonic sounds
slap shore shacks. Snows slip seaward, spring-subdued.
Soon sloop slides spiral sleep stairway.

Saiom Shriver

Saint Excretia

Tom is an atheist... suffering in agony
from metastasized prostate cancer. He has been
unable to urinate or release solid waste.
His Catholic sister told him there is a saint
for every situation. Partly as a joke, partly in
desperation, he prayed to a saint whose name he coined: St. Excretia.
In the morning for the first time in a month he was able to
pass waste.

Saiom Shriver

Saint Francis Trumps Francis

Samson tore apart a lion...
and set fire to foxes
but Saint Francis tamed
with his glance
a maneating wolf's
menacing dance

Saiom Shriver

Saint Michael

The sunray swords
of St Michael
pierce the gray
cloud shroud
The pouring
power of truth
light and love
now silently
shouts outloud.

Saiom Shriver

Saint Polycarp

Since he preached
to fishes, including carp
should St. Anthony also be
called St. Polycarp

Saiom Shriver

Saint Simplicity

Would Francis of Assisi
be uncomfortable
in the Beverly Hilton?

Saiom Shriver

Saintly Scorpio

The saintly scorpio's
secret springs
contain no hidden
jellyfish stings

On wings of eagles
his soul swings
With a lark's throat
his spirit sings.

Saiom Shriver

Sammy

Thank you Sammy
for all the love you
gave and received

Saiom Shriver

Samskaras

Our hearts remember
lessons taught by
previous lives' scars.
As we take new
birth we bring along
ancient samskars

Saiom Shriver

Samson... The Sea

Will the new Samson
be the sea...
the inundation of the
 seacave temple
 its destiny?

Saiom Shriver

Sandlines

In the sand
animals leave tracks
and snakes
leave lines

Saiom Shriver

Sands Of Time

Time's hourglass sands sift.
Suddenly there is a shift.
Of a sudden, a descending Gift
which does all spirits lift.

Saiom Shriver

Sandstitching

The sea sandsifting
Birds sandshifting
The wind sanddrifting

but the grass....
sandstitching

Saiom Shriver

Sandwich

A cadaver in
a coffin
A hotdog
in a bun

Saiom Shriver

Santa Claus And The Red Dot

A woman was given a vision
of Santa Claus outfitting her
as Rudolph for his reindeer
driven sleigh. When he started
to affix red makeup to her nose,
she made a request and he
obliged by putting the red
(Hindu bindi or marriage dot)
on her forehead instead.

Saiom Shriver

Santa's Weight Loss

Santa has given
freedom to his reindeer
He's lost so much weight
his belly's not a sphere.
About heavy weights
he no longer no fear.

Saiom Shriver

Saplings

It was his newheld
creed
not to crush saplings
as he scattered tree seeds

Saiom Shriver

Sardines In A Barrel

Some shoot sardines in a barrel.
Others beat the bushes
to cause an explosion of
pheasants from the greenery..
a form of canned hunt...
which trophy hunters call sport.

Saiom Shriver

Satan Is The Accuser

No more shall prosecutors
make rosy futures
for themselves
by blackening the
reputations of innocents

Saiom Shriver

Satan Lord Of Wall Street

In the time of Jesus
the moneychangers were also
the animal butchers.
It is true now as well
in the temple of all Mother Earth
that many billionaires have
made their red blood money
from slaughterhouses, their
green blood money from
lumber and paper, Satan
is the Lord of Wall Street,
the oil, pharmaceutical,
slaughterhouse, war profiteer
and other violent industries.

Saiom Shriver

Satan The Accuser 2

No more shall prosecutors
make rosy futures
for themselves
by blackening the
reputations of innocents

Saiom Shriver

Satanic Tempting

Tempting people with addictions
Making Americans fatter in addition
Causing children and adults leukemia
Generating greater freezing and baking
of climate change
Nailing animals on murder crosses done by
all who advertise, profiteer by, or
serve animals' flesh.

Saiom Shriver

Saturn Parts

With thread of pain
Saturn weaves
veiled leaves
over the transparent heart...

yet to admit
rays of
unconditional love
do these part

Saiom Shriver

Saudi And Other Muslim Women

Saudi women can't
drive but now can vote
More and more places
ban the burqa coat.
Hidden repression of
women
is a foul smelling moat.

Saiom Shriver

Saudi Arabian Dictators Murder 46

Capitalist dictators are the Saudi sheiks
who rule Wahhabi Sunnis.

The world they create for
women, servants, gays, tortured prisoners,
Yemenis, refugees, Shiites, Christians,
Jews, Hindus and Buddhists is not sunny.

They decapitate, hang or to death stone
from their petrocratic haremed thrones.
Annually for pilgrims millions of
animals they cut to the bone.

Saiom Shriver

Scalp Not Scallops

Please scalp not
scallops..
even if they look like
disembodied lips
beneath the ships

Saiom Shriver

Scattering Pinecones

Scattering pinecones
in the wildwood whirl
...crunchy food
for the squirrels
and new lacy trees
with their mintgreen swirl

Saiom Shriver

Scofflaw Japan Murdering Whales Again

The entire world from
Washington to Wales
wants Norway and Japan
to stop murdering whales

Saiom Shriver

Scorpio Choice

The unforgiving scorpio
stings and stings and again
stings.

The transcended forgiving
scorpio
is a holy healer
awakening in others
God's Love springs.

Saiom Shriver

Scylla And Charybdis

Scylla and charybdis..
the rock and the whirlpool's gyre...
the pendulum of thoughts
from fear of pain
to ephemeral desire

Saiom Shriver

Sea Blooms

Kissing the shore with
touches slight
evening waves
bloom in delight

Saiom Shriver

Sea Currents

Sad was the Sea of Being
that she was not a river of doing
so God gave her currents
as Night was dewing.
While the woodpecker
wooed the woods with his whittling
she carved caves.

Saiom Shriver

Sea Darshan

The sight of the sky
and the sea!
No green to block
the blue sky..
an empty
easel waiting!
nor the blue sea...
a blank page
calling!

Saiom Shriver

Sea Frequencies

The many frequencies
of seven seas
Shallow waves pound
without surcease
In the depths
the silent peace

Saiom Shriver

Sea Liberation

a row of comma shaped clouds
above the breeze-waved ocean
... they are the sails of the
sea itself...
proof of the miracle of
evaporating liberation

Saiom Shriver

Sea Poems

* Poems To The Sea

SAGARADHAR (GOD: THE HOLDER OF THE SEA)

Rocking Cradle of the World
Sunset Stairway to the Stars
Only by Great Masters Trod
Only Written on by God.

IT SNOWS AT SEA

It Snows At Sea
Quiet Falls

in flakes

Melting designs

leave form for All.

INGATHERER

As the sea does each drop,
all rivers ingather
so flows every soul
to God Mother Father

RAIN AT SEA

Rain on the sea....

a redundancy?
as are reflected fires
neath ignited stars?

giving back a tiny
peace of the love God pours

MAVOORNING

Out of the sea
the sun aborning
with his awesome
light of morning
Not adorned
but all adorning
says to you
'Come!
My Mavoorning! '

DO NOT DISTURB

God has put a 'do not disturb'
sign
over the green shelled lobsters
and limpets
cozily nesting
in lime waters limpid

DUNE GRASS BRUSHES

From the shore.. one looks
upward to the sanddune grass..
10,000
green brushes attempting
where they laid
to paint the blue sky
jade

HURRICANE KATE

Hurricane Kate
forced proud palms
to padnamasakar
the humble ocean

Because she the sea
everywhere has feet
it's not hard for them
to show their devotion

COCONUT PITCHER

The full moon poured
pitcher after pitcher
of coconut milk
into the sea..
and the sea..
she silvered it all.

SEA PITCHER

I gave him a pitcher.
He gave me the sea.
*

FOAM LACE TABLE CLOTH

Mother Earth set daisy tables that
upon them bees might sit.

Mother Earth
set buttercups
that from them
bees might sip sunup

Mother Sea.. threw a foamlace
tablecloth over the flat rock
in the bay..
that her fishies might dine..
and when they were finished
she slid it off and sudsed the
rock clean with her surf.

SEA NILE

Where to salt water
turns the sweet
Where aqua becomes
deep navy

Where robins slowly
become sea gulls
And the linear
to spherical
gives sway

is where the
sea is wed
to Nile..
Some thought
the Nile
was senile..
but he was far beyond
earth's cares
merged in the ecstasy
.. of the ebbtide sea
.. only a murmuring
to say where he'd merged

LAVA TURNED TO JEWELS

She the sea.. receives red hot lava
and transmutes it
into green glass jewels
while on land pressure turns
charcoal's black chalk into translucent
diamonds.
She the listening compassionate
ear turns anger into
love.

SEAS OF PEACE

The tides of the seas
do wane and cease..
but the waves of the sea
have no surcease..
These restless waves
do give us peace..
all on her shores healed

by her perfect peace

SHROUD TO SAIL

The shroud in which she did lie
is now sail for ship of joy.
Her tomb's boulder now
the cornerstone of resurrection.
The mist which clouded mirror
of soul
replaced by God's reflection
and ice of pain on sea did
melt..
it now flashes sun's perfection.

SEA RECEIVES ALL LONELY RIVERS

Receives all arrows
the universal quiver
as the sea receives
all lonely rivers
as the sea purifies
all polluted rivers
as the sea
calms all
ruffled rivers

PEACEMAKERS

At times they crash upon the shore
.. sometimes they gently lap
sometimes.. they roll
sometimes they scroll
these waves.. these peacebreakers
.. never breaking the peace..
these peacemakers

OCEAN CROWN

Changing landscapes

but not the seascape..one cannot look at its surface and know if it
is 2003 BC or 2000 AD
Neath the wingweave of gulls..
they tossed a wreath upon herto give her a crown
How absurd.. this tiny little crown.. upon her infinite
immensity.. but she is not interested
in honors from earth..and she swept it to the shore

NEPTUNE AND THE MOON

The full moon
is a
mate of Neptune
Into the silent
mirroring sea
was thrown a stone
which shattered her face
but calm was restored
and the healed icon
was ensconced
once again in her
watery throne...
He did her array
in azure seaspray
.. and made
a necklace
which heightened her
rays and
let no drop
go astray

ARRIVE SHE SHALL

Beyond shallows
where
conch has left
his shelter
for a less confining shell
Past sunslivers
quivering
in waves' gentle swell
Away from softly

lappin tidalpools'
diurnal upwell
Daily to her quiet
seasoul
for a brief spell
.. come she shall

3 WAVE STEPS

3 tiers
of waves
.. each of them
starred by the
diamond sun
3 rings
.. a triple crown
.. for the horse
as she entered the sea

CALL OF THE SEA

Ubiquitous is the voice of the Sea
in the steady raindrops'
beating of the leaky roof's
peachcan drum...
in the trickle of
spring's melting snow

..
in the brook's cheery chirping
wintershaking
as he seaward faster flows

in summer's lightning
and rainpour
in the waterfall's awesome roar

in powerful Mississippi's silent murmur
in the portal waves' omkar*

Millennial temple to Poseidon
stands on his shores..
its granite rectangles
crumbling.. while His
pourable Blueness remains.

Rockgirt tide pools,
and bonegirt eye depths
remind us of Him.

Down from his heights
His Royal Lowness Piscean
calls
his brother
Capricorn
From her crystallized opposition
with the magnetism of His
limitless pull
He calls Mother Earth.

How does he heal? the sea?
With his lowlying humility?
Proud rivers must stoop
to take padnamaskar.
In every conch shell
hear his gulls.
In every place where
lovewaters gather and pool..
hear his call..
summoning all to his
vastness his majesty

Sooner or later every drop
will
rush to His call.

(to the 12th chamber in everyone's
soul mansion)

* based on Baba's sentence

(to the Avatar and all His children drops)

(padnamaskar: touching the feet of the Guru)

NUTSHELLS AND SEASCAPES

On the left, her haiku.. capsulized as beautifully
as any tiny nut in a shell..

On the right, her seascapes... infinite
in their endless joy

SCHUYLKILL

The Schuylkill
does no fish schools kill
When she encounters a rock
the river never stops
never stops growing
.. she keeps rising
or seeping....or flowing
Past banks flowering she will flow
.. she will arrive
.. to merge in her Love, the Sea
and In him in joy to dive

DONEGALWAY

So many sires
he had in Donegal
.. so many
foremothers in Galway
..he was
made of
Donegalway
...in every
cell of his being
called the sea
to itself

DORIES ANCHOR

Quiet Peace of Eve

Fishing dories
anchor.. lapping
Grateful are fishes.

POSEIDON TEMPLE

Millenia ago
sealovers built
to Poseidon
a temple by the
sea..
they hoped
it might outlast the sea..
with its marble pillars
by the sea's wave pillows
with its rockhard stability
..and unfishy sterility
by the sea's
ancient senility..
As it has crumbled
into seagirting sand
it seems to have
multiplied everywhere..
in blue wavewashed tidal pools
..(resembling blue eyes
set within noble brows)
.. they lead
to their master:
the Sea Eternal

GULL STACCATO'D

He says the sea
forever chants omkar
as she abides
reflecting the stars..
.. gull staccato'd
.. their screams counterpoint
her invulnerable ananda.

NOT THE BOAT

You're not the boat
.. you are the sea

SEACHARGE

The sea
charges the shore
and withdraws
to charge some more.

NEPTUNE'S HAIR

Neptune's hair
its wavelet strands
melted the castles
in the sands
but further inland
with his tidal hand
sent coconuts
onto the shining sands
which have become
a palm tree stand

MERE'S MIRRORS

A storm tossed sea reflects
a fractured Sun
as if God were chaotic

The silent ocean
of no motion

mirrors God's miracles
and mercy..
in the mere.
Even those moored
on the shore
harvest the bliss.

SERMON OF THE SEA

What is the silent sermon
of the sea
she bequeaths to each mermaid and merman
she in seaweed wreathes.
What is her legacy
in each leg of the sea?
Accept all lonely rivers..
Don't strive.. just be
Offer your self to God the Sun
Be at peace beneath
gulls' staccato shrieks.

WHAT ARE THE THISTLES' EPISTLES

Merely let go of your seeds
and the wind will scatter them
the rain will enkindle them
the sun will lift them

WALKING ON WATER

only He who can
control
the ocean's roll
He who can walk
on the sea's liquid
scroll

DREAM OF PIER

She walked to the edge
of the pier.. the
Sea of God beckoned
to her.. but she could
not bring the discs
she clasped in her
hand with her..
and sadly turned around
.. never mind.. there will

come a time
when her strongest urge
is with God to merge

CRASHING ATLANTIC

We do not always want
the sea
to be at peace
.. or to be specific
we don't always want
a pacific Pacific

at times we want to
stand on a mountain
above
and watch the waves
crash upon the rocks
.. the sound is
shakti itself

ENTERING THE TEMPLE

Children enter the temple
of the
sea
splashing raucously
Older souls enter
with reverence
slowly silently
They enter
the shrine of the sea.

WHITE AND BLUE

fringe of white sand
then blue of the sea
fringe of white wave
then blue of the sky
fringe of white cloud
then blue of your eyes

AFOOT

The tide is
afoot
in the 10 million
fingers of the sea

DRIFTWOOD STREWN

The shore may
be
with seaweed and shells
and driftwood strewn
but the open uncluttered
space of sky and sea..
.. as soon as it's smelled...
... pours in the peace

UNBOTTLED MESSAGE

With a rare wave
Bottled messages
float to the shore
but with each wavelet
the sea's unbottled
message is
'they love you ever more'

UNBOTTLED MESSAGE COCONUT

Grew the palm tree
on a hill oer the sea
and dropped into the blue
her coconut gift free
.. whose bottled message
bobbed on the waves
and wafted to a different shore
where she unscrolled
her message seeds
into palm forests galore

SPARKLING REFUSE

They dig trenches
in the sand and bury
their father neckdeep
while with the sparkling
refuse their mother
makes sandcastles

SEACHANGER

One goes to the sea
When afflicted with anger
By her calm shores
gulls are no strangers
..
in the quiet pools..
the sea's little manglers
.. She rocks us to peace..
with God.. the Seachanger

WAY OVER WAVES

waves break the lightway
across the waters into pieces
but if the direction is maintained
one finds again the path to peace

COBBLER

I am the tree
which made the
peach which
became the cobbler,
said the peachtree.
I cobbled the street,
said the stone.

I cobbled the sea,
said the wind.
I made the wind
so I cobbled the sea,
said God.

SWALLOW THE SHALLOWS

In his becalmed depths
the sea swallows
the waves he caused
in the shallows.

SEA HEALER

Whenever she feels
blocked..
she goes to the
sea
where waves
crash over the
rocks

see the unbounded sky
and the emerald necklace
of seaweed
by seeds shore strewn
and then shore sewn

and the sun melting
its gold delight
at dawn into
the azure light

and begin to feel
the energy of joy
being unlocked

SEACARVED CAVES

How the softly lapping
ocean waves
.. with patient
chisels.. lick and lave
.. sculpting new
seacarved caves

And standing kneedeep
in her shallows
the rocks
she has turned to
rookeries..
some places turning
convex to concave
.. in others
new holes she has made

Beyond the world
of skill
She has sculpted
the coral reef
to make room
for the scallops

but inland
the falls roar
the falls thunder
faster breaking
rocks asunder

as Spirit too
can make new holes
in
hearts of stone

AQUARELLE

Her azure
and aqua skies
are not captured by aquarelles

her sight and sound
and smell
lift us out of hell

.. an infinite blue jewel
framed in the dead past..
her shells

-

SEAGULLS

Not arrow grasping
bunny attacking
eagles
but the melodious
singing shipcircling
seagulls

...
not lone stalkers
.. no.. each of them
equal
to his sequel

CURRENTS

Sad was
The sea of being
that
she was not
a river of doing
so God gave her
currents.

While the woodpecker
wooded the woods
with his whittling
she carved caves.

Red Carpet

RED CARPET

The sea unfolds
her carpet of silver waves
with constancy..
yet at daybreak
and dusk the sun
wands it into
an unrolling
welcoming
red carpet.

Penguins And Pelicans

PENGUINS AND PELICANS

Cold water penguins warm sea pelicans
one is anarchic in the Antarctic
the other avoids the jelly cans

OF LOONS AND PENGUINS SANDPIPERS AND PELICANS

Because of her God
will sooner bring
a world of no more suffering
.. where none are swallowing
a chicken's or a swallow wing.

Over fields all following
rise flocks of follow Wings

.. feeling holy Spirit Wings
.. all flying birds His following.

(to Nita Nickol)

BLUEBLOCK

The place I most want to be
is by.. the blue sky
and by the blue sea
yet I bar these hues
from my home
choosing sunny yellow, enkindling
orange, cups of pink and aqua
and saffron
on walls of vast white

MARE MIRROR

Some project that the sea raves
as she smashes rocks with awesome
waves
daily nursing with tidal milk
her hungrymouthed caves

SMOKE AND MIRRORS

Every morn
the sea reborn
is smoke and mirrors..
fog and reflection.

POSEIDON TEMPLE

Millenia ago
sealovers built to Poseidona temple by
the
sea..they hoped
it might outlast the sea..
with its marble pillars
by
the sea's wave
pillows
with its rockhard stability..and unfishy
sterility
by the sea's
ancient senility..
As it has crumbled
into
seagirting sand
it seems to have
multiplied everywhere..in blue
wavewashed tidal pools..
(resembling blue eyeset within noble
brows) ..
they lead
to their master:
the Sea Eternal

GULL STACCATO'D

He says the sea
forever chants omkaras she abides
reflecting the
stars.... gull staccato'd.. their screams counterpoint
her
invulnerable ananda.

NOT THE BOAT

You're not the boat.. you are the sea

SEACHARGE

The sea charges the shore
and withdraws
to charge some more.

NEPTUNE'S HAIR

Neptune's hair
its wavelet strands
melted the castles
in the sands
but
further inland
with his tidal hand
sent coconuts
onto the shining
sands
they have become a palm tree stand

MERE'S MIRRORS

A storm tossed sea reflects a fractured Sun as if God were chaotic
The silent ocean of no motion mirrors God's miracles and mercy.. in the
those moored on the shore harvest the bliss.

SERMON OF THE SEA

What is the silent sermon of the sea she bequeaths to
each mermaid and merman she in seaweed is her legacy in
each leg of the sea? Accept all lonely rivers.. Don't strive.. just
be Offer your self to God the Sun Be at peace beneath gulls' staccato
shrieks.

WHAT ARE THE THISTLES' EPISTLES
Merely let go of your seeds and the
wind will scatter them the rain will enkindle them the sun will lift
them

DIRECTOR'S CHAIR

Pat Leigh, please pray for her.. asked God who her
teacher was and was given a vision of a director's chair
facing the ocean.

Perhaps it meant

Her who can

control the ocean's roll or Him who can walk
on the sea's liquid scroll

I think of her

When I see a lifeguard chair..

on the sands

instead of in the shallow

sea

DREAM OF PIER

She walked to the edge of the pier..

the Sea of God beckoned to her..

but she could not bring the discs

she clasped in her hand with her.. and sadly turned around.. never
mind.. there will

come a time

when her strongest urge

is with God to merge

SEA CRASHING UPON ROCKS

We do not always want the sea

to be at peace..

or to be specific

we

don't always

want a pacific

Pacificat

times we want to stand on a

mountain above and watch the waves

crash upon the rocks.. the sound

is shakti itself

ENTERING THE TEMPLE

Children enter the temple
of the seasplashing raucously
Older souls
enterwith reverence
slowly silently
They enter the shrine of the sea.

WHITE AND BLUE

Fringe of white sand
then blue of the seafringe of white wave
then blue
of the skyfringe of white cloud
then blue of your eyes

AFOOT

The tide is afoot
in the 10 million fingers of the sea

DRIFTWOOD STREWN

The shore maybewith
seaweed and shellsand driftwood strewn
but the open uncluttered
space of sky and sea.... as soon as it's smelled.....
pours in the peace

UNBOTTLED MESSAGE

With a rare wave
Bottled messages float to the shore
but with each waveletthe sea's unbottled message
is 'they all love you ever more'

SPARKLING REFUSE

They dig trenches in the sand and bury
their father neckdeep
while with the sparkling
refuse
their mothermakes sandcastles*****

SEACHANGER

One goes to the sea
When afflicted with anger
By her calm shores
gulls are no strangers..
in the quiet pools..
the sea's little mangers..
She rocks us to peace..
with God.. the Seachanger

WAY OVER WAVES

waves break the lightway
across the waters into pieces
but if the direction is maintained
one finds again the path to peace

COBBLER

I am the tree which made the peach
which became the cobbler, said the peachtree.
I cobbled the street, said the stone.
I cobbled the sea, said the wind.
I made the wind so I cobbled the sea, said God.

SWALLOW THE SHALLOWS

In his becalmed depths
the sea swallows
the waves he caused
in the shallows.*****

SEA HEALER

Whenever she feels blocked..
she goes to the sea
where waves crash over the rocks
see the unbounded sky and the emerald necklace of seaweed
by seeds shore strewn
and then shore sewn
and the sun melting
its gold delight
at dawn into the azure light
and begin to feel
the energy of joy unlocked

SEACARVED CAVES

How the softly lapping ocean waves..

with patient chisels.. lick and lave..
sculpting new seacarved caves And standing kneedeep
in her shallowsthe rocksshe has turned torookeries..some places
turningconvex to concave.. in othersnew holes she has madeBeyond the
worldof skillShe has sculptedthe coral reefto make roomfor the
scallopsbut inlandthe falls roarthe falls thunderfaster breakingrocks
asunderas Spirit too can make new holesin hearts of stone

AQUARELLE

Her azureand aqua skiesare not captured by aquarellesher sight and
soundand smellift us out of hell.. an infinite blue jewelframed in
the dead past..her shells

SEANILE

Where to salt waterturns the sweetWhere aqua becomesroyal navyWhere
robins slowlybecome sea gullsAnd the linearto sphericalgives swayis
where thesea is wedto Nile..Some thoughtthe Nilewas senile..but he
was far beyondearth's caresmerged in the ecstasy.. of the ebbtide
sea.. only a murmuringto say where he'd merged-

SEAGULLS

Not arrow graspingbunny attackingeaglesbut the melodioussinging
shipcirclingseagulls...not lone stalkers.. no.. each of themequalto
his sequel

CURRENTS

Sad was The sea of Being
thatshe was not a river of doing
so God gave
her currents.
While the woodpecker wooed the woods with his whittling
she
carved caves.

RED CARPET

The sea unfolds her carpet of silver waves
with constancy..

yet at daybreak and dusk the sun wanders it into
an unrolling welcoming red carpet.

PENGUINS AND PELICANS

Cold water penguins warm sea pelicans
one is anarchic in the Antarctic
the other avoids the jelly cans

OF LOONS AND PENGUINS SANDPIPERS AND PELICANS

Because of her God
will sooner bring a world of no more suffering..
where none are swallowing
a chicken's or a swallow wing.
Over fields all following
rise flocks of follow Wings..
feeling holy Spirit Wings..
all flying birds His following.

(to Nita Nickol)

BLUEBLOCK

The place I most want to be
is by.. the blue sky
and by the blue sea
yet I bar these hues
from my home
choosing sunny yellow, enkindling
orange, cups of pink and aqua
and saffron
on walls of vast white

OCEAN MIRROR

Some project that the sea raves
as she smashes rocks with awesome waves
daily nursing with tidal milk
her hungrymouthed caves

SMOKE AND MIRRORS

Every morn
the sea reborn
is smoke and mirrors..
fog and reflection.

SMELL OF THE SEA

Windsent seascent

CONFIDES

The silent sea to
her confides
that though daily
do his highest tides
subside and to
depths slide...
in form and formless
he stays
by her side
He ever does
with her abide.

TEMPLE OF THE SEA

Under the rays of the ocean moon
one sees the rocky temple of Neptune.
The temple is gray but its deity
sea is blue.
The temple is frozen in form.. the
sea is flexible and formless.
The temple has fallen stones
but unchanged is the seathrone.

(to seasouls N&E

thousands of other groups

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3 Wave Steps. e She Shall to Jan P
lockCall of the SeaCobbler of the Sea to Bill LanceCoconut
Pitcher to Ruth Thomas, at 95 with 75 years of peaceeducation under her belt.. still going strongCurrentsDirector's
ChairDongegalwayDories' AnchorDream of PierDriftwood StrewnDune Grass
BrushesFoam Lace Table Cloth to Betsy FrostFour NationsGull
Staccato'dHurricane Kate to EKBit Snows at Sea (to J Denholm and David S) Lava To Jewels (to L Lichty) Mare MirrorMavoorning to Ethel
LMere's MirrorsNeptune and MoonNeptune's HairNot BoatNutshells and
SeascapesOcean CrownOcean Pitcher to C Lassell who got our water turned onPeacemakersPenguins and PelicansPoseidon Temple to Ed and Nancy who have done so muchteaching others to cherish the seaRain at
SeaRed CarpetRocking Cradle or Sagaradhar (to D and P Wilson)
Redundancy (to our father) Sagaradhar to D and P
WilsonSchuykillSeacarved
CavesSeachargeSeachangerSeagullsSeahealerSeanileSeas Of PeaceSea
Receives All Rivers (to E Hubiak) SeaNile (to M and B Milcetic) Sermon
of the SeaShroud to Sail (to J B O) Sparkling RefuseSwallow The
ShallowsUnbottled MessageWater Held the Quill (to Mark Braunstein) Way
Over Waves--Sagaradhar: Sanskrit for God as holder of
the oceanPadnamaskar: Sanskrit for the devotion of touching the Feet
of theMasterOmkar: repetition of OmAnanda: joyHe in 'Gull
Staccato'd'.. refers to Sai BabaYOU're not the Boat is to Jan Wemni

3 Wave Steps
Afoot
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Smoke And Mirrors
Sparkling Refuse
Swallow The Shallows
Temple Of The Sea
Unbottled Message
Water Held the Quill (to Mark Braunstein)
Way Over Waves

--

Sagaradhar: Sanskrit for God as holder of the ocean
Padnamaskar: Sanskrit for the devotion of touching the Feet of the
Master
Omkar: repetition of Om
Ananda: joy
He in 'Gull Staccato'd'.. refers to Sai Baba
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Please consider downloading on the web on rice, cotton, scrap, or other nontree
paper

working for marine mammals

and thousands
of other groups

48

Poems To The Sea II

SEA RECEIVES ALL LONELY RIVERS

Receives all arrows
the universal quiver
as the sea receives all lonely rivers
as the sea purifies
all polluted rivers
as the sea calms all ruffled rivers

RESURRECTING SEA

How does the sea heal?

He is trustworthy
Greater than the seal of
the confessional
is the secrecy of the sea.

He is freeing.
I look upon the vast empty canvass
of his seas
and I am released..
free to write my destiny.

He is resurrecting.
As his waves crash upon the rocks
he reconnects me to divine energy.

He is harmony.
My body begins to beat to
the rhythm of his waves
and I return to peace.

PEACEMAKERS

At times they crash upon the shore.. sometimes they gently
lapsometimes.. they rollsometimes they scrollthese waves.. these
peacebreakers.. never breaking the peace..these peacemakers

OCEAN CROWN

Changing landscapes
but not the seascape..one cannot look at its surface and know if it
is 2003 BC or 2000 AD
Neath the wingweave of gulls..
they tossed a wreath upon herto give her a crown
How absurd.. this tiny little crown.. upon her infinite
immensity.. but she is not interested
in honors from earth..and she swept it to the shore

NEPTUNE AND THE MOON

The full moon
is amate of Neptune
Into the silent mirroring sea
was thrown a stone
which shattered her face
but calm was restored
and the healed icon
was ensconced once again
in herwatery throne...
He did her array
in azure seaspray.. and madea necklace
which heightened her
rays
and let no dropp go astray

ARRIVE SHE SHALL

Beyond shallows where conch has
left his shelter for a less confining
shell

Past sunslivers quivering in waves' gentle swell
Away from softly lapping tidalpools' diurnal upwell
Daily to her quietseasoulfor a brief spell.. come she shall

3 WAVE STEPS

3 tiersof waves.. each of them
starred by the diamond sun 3 rings.. a
triple crown.. for the horse as she entered the sea

CALL OF THE SEA

Ubiquitous is the voice of the Sea
in the steady raindrops' beating of the leaky roof's peachcan
drum...in the trickle of spring's melting snow..in the brook's cheery
chirping wintershaking as he seaward faster flows
in summer's
lightning and rainpour
in the waterfall's awesome roar
in powerful
Mississippi's silent murmur
in the portal waves' omkar*
Millenial
temple to Poseidon
stands on his shores..its granite
rectangles crumbling.. while His pourable Blueness remains. Rockgirt
tide pools, and bonegirt eye depths remind us of Him.
Down from his
heights His Royal Lowness Piscean
calls his brother Capricorn
From her
crystallized opposition with the magnetism of His
limitless pull He
calls Mother Earth. How does he heal? the sea?
With his lowlying
humility? Proud rivers must stoop to take padnamaskar.In every conch
shell hear his gulls. In every place where lovewaters gather and
pool..hear his call..summoning all to his vastness his majesty Sooner
or later every dropp will rush to His call.(to the 12th chamber in
everyone's soul mansion) * based on Baba's sentence(to the Avatar and

all His children drops) (padnamaskar: touching the feet of the Guru)

NUTSHELLS AND SEASCAPES

On the left, her haiku.. capsulized as
beautifully as any tiny nut in a shell..On the right, her seascapes...
infinite in their endless joy

SCHUYLKILL

The Schuylkill
does no fish schools kill
When she encounters
a rock the river never stops
never stops growing.. she keeps rising
or
seeping....or flowing
Past banks flowering she will flow.. she will
arrive.. to merge in her Love, the Sea
and In him in joy to dive

DONEGALWAY

So many sires
he had in Donegal.. so many foremothers in
Galway..he was made ofDonegalway...in every cell of his being called the
sea to itself

DORIES ANCHOR

Quiet Peace of Eve
Fishing dories anchor.. lapping
Grateful
are fishes.

POSEIDON TEMPLE

Millenia ago
sealovers built

to Poseidon a temple by
the
sea..they hoped
it might outlast the sea..
with its marble pillars
by
the sea's wave
pillows
with its rockhard stability..and unfishy
sterility
by the sea's
ancient senility..
As it has crumbled
into
seagirting sand
it seems to have
multiplied everywhere..in blue
wavewashed tidal pools..
(resembling blue eyeset within noble
brows) ..
they lead
to their master:
the Sea Eternal

GULL STACCATO'D

He says the sea
forever chants omkar
as she abides
reflecting the
stars.... gull staccato'd.. their screams counterpoint
her
invulnerable ananda.

NOT THE BOAT

You're not the boat.. you are the sea

SEACHARGE

The sea charges the shore
and withdraws

to charge some more.

NEPTUNE'S HAIR

Neptune's hair
its wavelet strands
melted the castles
in the sands
but
further inland
with his tidal hand
sent coconuts
onto the shining
sands
they have become a palm tree stand

MERE'S MIRRORS

A storm tossed sea reflects
a fractured Sun
as if God were chaotic
The
silent ocean of no motion
mirrors God's miracles
and mercy..in the
mere.
Even those moored
on the shore
harvest the bliss.

SERMON OF THE SEA

What is the silent sermon
of the sea
she bequeaths to
each mermaid and merman
she in seaweed wreathes.
What is her legacy in
each leg of the sea?
Accept all lonely rivers..Don't strive.. just
be
Offer your self to God the Sun

Be at peace beneath
gulls' staccato
shrieks.

WHAT ARE THE THISTLES' EPISTLES

Merely let go of your seeds
and the
wind will scatter them
the rain will enkindle them
the sun will lift
them

DIRECTOR'S CHAIR

Pat Leigh, please pray for her.. asked God who her
teacher was and was given a vision of a director's chair
facing the ocean.
Perhaps it meant

Only She who can control
the ocean's roll
or He
who can walk
on the sea's liquid scroll

I think of her
When I see a lifeguard chair..
on the sands
instead of in the shallow
sea

DREAM OF PIER

She walked to the edge of the pier..
theSea of God beckoned to her..
but she could not bring the discs
she clasped in her hand with her..and sadly turned around.. never
mind.. there will
come a time
when her strongest urge

is with God to merge

SEA CRASHING UPON ROCKS

We do not always want
the sea to be at peace.. or to be specific
we
don't always want
a pacific Pacific
At times we want to stand on a
mountain above and watch the waves
crash upon the rocks.. the sound
is shakti itself

ENTERING THE TEMPLE

Children enter the temple of thesea splashing raucously
Older souls
enter with reverence
slowly silently
They enterthe shrine of the sea.

WHITE AND BLUE

Fringe of white sand
then blue of the sea
fringe of white wave
then blue
of the sky
fringe of white cloud
then blue of your eyes

AFOOT

The tide is afoot
in the 10 million fingers of the sea

DRIFTWOOD STREWN

The shore maybe with
seaweed and shellsand driftwood strewn
but the open uncluttered

space of sky and sea.... as soon as it's smelled.....
pours in the peace

UNBOTTLED MESSAGE

With a rare wave
Bottled messages float to the shore
but with each wave the sea's unbottled message
is 'they all love you ever more'

SPARKLING REFUSE

They dig trenches in the sand and bury
their father neck deep
while with the sparkling
refuse
their mother makes sandcastles*****

SEACHANGER

One goes to the sea
When afflicted with anger
By her calm shores gulls
are no strangers..in the quiet pools..
the sea's little mangers..
She
rocks us to peace..
with God.. the Seachanger

WAY OVER WAVES

waves break the lightway
across the waters into pieces
but if the
direction is maintained
one finds again the path to peace

COBBLER

I am the tree
which made the peach
which became the cobbler,

said the
peachtree.
I cobbled the street, said the stone.
I cobbled the sea, said
the wind.
I made the wind
so I cobbled the sea, said God.

SWALLOW THE SHALLOWS

In his becalmed depths
the sea swallows
the waves he caused
in the shallows.*****

SEA HEALER

Whenever she feels blocked..she goes to thesea
where wavescrash over therocks
see the unbounded skyand the emerald necklaceof seaweed
by seeds shore strewnand then shore sewn
and the sun melting
its gold delight
at dawn into the azure lightand begin to feel
the energy of joy unlocked

SEACARVED CAVES

How the softly lappingocean waves..
with patient chisels.. lick and lave..
sculpting new seacarved caves And standing kneedeep
in her shallowsthe rocksshe has turned torookeries..some places
turningconvex to concave.. in othersnew holes she has madeBeyond the
worldof skillShe has sculptedthe coral reefto make roomfor the
scallopabut inlandthe falls roarthe falls thunderfaster breakingrocks
asunderas Spirit tooacan make new holesinhearts of stone

AQUARELLE

Her azure and aqua skies
are not captured by aquarelles
her sight and

sound and smell
lift us out of hell..
an infinite blue jewel
framed in
the dead past..her shells

SEANILE

Where to salt water
turns the sweet
Where aqua becomes
royal navy
Where
robins slowly
become sea gulls
And the linear
to spherical gives sway
is
where the sea is wed
to Nile..
Some thought the Nile was senile..but he
was far beyond earth's cares
merged in the ecstasy.. of the ebbtide
sea.. only a murmuring current
to say where he'd merged-

SEAGULLS

Not arrow grasping
bunny attacking eagles
but the melodious
singing
shipcircling seagulls...not lone stalkers..
no.. each of them equal
to
his sequel

CURRENTS

Sad was The sea of Being
that she was not a river of doing
so God gave

her currents.

While the woodpecker wooed the woods with his whittling
she
carved caves.

RED CARPET

The sea unfolds her carpet of silver waves
with constancy..
yet at daybreak and dusk the sun wands it into
an unrolling welcoming red carpet.

PENGUINS AND PELICANS

Cold water penguins warm sea pelicans
one is anarchic in the Antarctic
the other avoids the jelly cans

OF LOONS AND PENGUINS SANDPIPERS AND PELICANS

Because of her God
will sooner bring a world of no more suffering..
where none are swallowing
a chicken's or a swallow wing.
Over fields all following
rise flocks of follow Wings..
feeling holy Spirit Wings..
all flying birds His following.

(to Nita Nickol)

BLUEBLOCK

The place I most want to be
is by.. the blue sky
and by the blue sea
yet I bar these hues
from my home
choosing sunny yellow, enkindling
orange, cups of pink and aqua

and saffron
on walls of vast white

OCEAN MIRROR

Some project that the sea raves
as she smashes rocks with awesome waves
daily nursing with tidal milk
her hungrymouthed caves

SMOKE AND MIRRORS

Every morn
the sea reborn
is smoke and mirrors..
fog and reflection.

SMELL OF THE SEA

Windsent seascent

CONFIDES

The silent sea to
her confides
that though daily
do his highest tides
subside and to
depths slide...
in form and formless
he stays
by her side
He ever does
with her abide.

TEMPLE OF THE SEA

Under the rays of the ocean moon
one sees the rocky temple of Neptune.
The temple is gray but its deity
sea is blue.
The temple is frozen in form.. the

sea is flexible and formless.
The temple has fallen stones
but unchanged is the seathrone.

(to E E and N A Lynch)

THE TIDE SHALL RETURN

Sudden showers
swell the shallows
of the seceding sea

SCULPTOR

They argued whether Michelangelo's Pieta
or Kamakura's Amita Buddha was greater...
while yonder
is the sea wonder
whose chisel
has in 1 place turned the rock into rookery
while elsewhere she pummeled
boulders into little rocks and then to sand..
She has whittled the driftwood
has etched stairs in the cliff
and carved sea caves...

We see
that the oarcleft sea
returns to whole

...while water is the master

as love is the most powerful
miracleworker

DRIFTWOOD BLANCH

Driftwood gift the sea did bleach
Tide has left upon the beach.
Driftwood gift: seacarved branch
the sea has helped the sun to blanche

thousandsof other groups

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Sagaradhar: Sanskrit for God as holder of the ocean
Padnamaskar: Sanskrit for the devotion of touching the Feet of the Master
Omkar: repetition of Om
Ananda: joy
He in 'Gull Staccato'd'.. refers to Sai Baba
You're not the Boat is to Jan Wemni

© Saiom Shriver

Saiom Shriver

Sea Shakti

From sea-rim, foam is springing
and then back to sea is sinking
while on piers the spray not stinging
gives all shakti with its sprinkling
as the gullcries keep on singing
and near boats they keep on swinging

Saiom Shriver

Sea Shanty

Framed by the silence of
his pier supported shanty
he discovered in
the sound of lapping
his own special Shanti

Saiom Shriver

Sea Sights

Ocean
horizon frames
the ship
as at the shore
boys stone skip.
Pipers from the
dune pools sip.
Bathers into
warm seas slip
Fish protectors
hook metal snip.
Time from
driftwood
bark does strip

Saiom Shriver

Sea Spears

To the sea are brought
the clubs, the fishing rod spears.
Though they cannot pierce her water
they harm her fishes and her seals.

Saiom Shriver

Seabeat

Where land the ocean meets
There I'm most complete
There one can release
to rhythms of seabeat

Saiom Shriver

Seacarved Caves

How the softly lapping ocean waves..
with patient chisels.. lick and lave..
newly sculpting seacarved caves
turning convex to concave.

Massive rocks
found in her shallows
she has turned
to rookery hallows.

She has made room
near the coral reef
for the God-sculpted
scallops.

Inland the falls roar
the falls thunder
faster breaking rocks asunder
as Spirit too can make
new holes in hearts of stone.

Saiom Shriver

Secrets

The sea believes
the secrets she holds
are not hers to tell

Saiom Shriver

Seagull Halo

At the mall not a seagull
to be seen.... until he appears
with his bags of popcorn...
within 30 seconds he
is bird-halo'd, bird-satellite'd

Saiom Shriver

Seajoy

Beneath crowboast
immersed in fogghosts
standing on shellhost
painting pierposts
at salty seacoast

Saiom Shriver

Seal And Signature

In every stamped fossil, deertrack, snailtrail
In each frost etching, all blossoming quince
are God's seal, God's signature.
All footprints are God's fingerpints

Saiom Shriver

Seamstress Of The Sea

Everspinning
seaweed seamstress
Neptune's trident-
tangling seamstress

Saiom Shriver

Sean Penn

As water takes the form
of the vessels into which poured,
his Spirit has in each
chosen role soared.

Saiom Shriver

Searching For Water

The tree sends out
tendrils...
overtures..
tentacles
silently
begging for water.

Saiom Shriver

Searchlight Directions

The stars do not
announce their presence...
but their beams are
quiet searchlights
leading back
to their glowing

Saiom Shriver

Searchlight Sign

He was planning on completing
an errand before calling
it a night. Then he saw
an upside down V shaped
searchlight in the sky
pointing down toward his home
and obeyed the sign.

Saiom Shriver

Seashells In The Seychelles

She picked up only vacant seashells
at the shores of the Seychelles.
For chambered nautili hollow
were minnows' castles in the shallows

(to my mother)

© Saiom Shriver

Saiom Shriver

Seasons Of The Seas

There are more
even temperatures
and more silence
in the oceans...
Fewer seasons
have the seas....

Saiom Shriver

Seastars

At night, the sea's
aqua waters
reflect the stars
while beneath
crawl manyfingere
sunflower seastars

Saiom Shriver

Seastorm

A lightning storm
at sea
Waves crash upon the rocks
Down all sides
wavewater glides.
Now it subsides
... and in the stillness
the surf barely murmurs

Saiom Shriver

Seastorm Orchestra

Seagulls wheel and oerfly
with piercing raucous cries
The wind through palmfrond
instruments sighs
High tide waves crash
Sand castles fall awry

Saiom Shriver

Seating Arrangements

There are no place
cards in paradise.

Saiom Shriver

Seaward Driven

The waterfall into
ribbons
has by the rocks been riven
but onward it roars
by its seaward destiny driven.

Saiom Shriver

Seaweed Nestled

The tide has gone out
leaving the clams
rippling on the shore
in the sands.

Will they be protected
from gullswoops...
.. letting them be..
nestled by
the seaweed strands

Saiom Shriver

Second Amendment

Are all supporters of
the second amendment
in alignment with God's
'Thou shalt not kill'
commandment?

Saiom Shriver

Secret Love

Secret love will
manifest, it has
been decreed,
as pear trees
will emerge
from hidden
pear seeds.

Saiom Shriver

Secret Springs Upgurgle

Secret springs
upgurgle...
as we do not fear
the bursting of fragile
bubble spheres
... thin skins of water
filled with air..
for back into the water
they disappear
so we are not afraid
of death
which releases the soul
from fragile imperfect
finite bodies

Saiom Shriver

Secretkeeping Sea

The sea is her confessor
because the sea
never accuses...
never violates a secret

No true confessor
does.

Saiom Shriver

See The Music

There are those who
can smell
beauty's sight,
hear the
dawning light,
and see the music
of the mockingbird
at night.

Saiom Shriver

Seek And Ye Shall Find

Jaguars streak

Foxes sneak

Owls screech

Eagles shriek

Mice squeak

Humans speak

All beings do

love seek

Saiom Shriver

Seeping

As the raindrops
drip from the
needle fingers
of the pine,
peace slowly
seeps
into my soul

Saiom Shriver

Seeping And Sipping

Adults below
hot soups are sipping
as their berry
teas are steeping.
Upstairs littel babes are sleeping
while into their minds
spirit is seeping.
In spring with
limecolored leaves,
within trees
life is upsapping
and squirrels on
their stored nuts are supping.

Saiom Shriver

Self Indicting Actions

When one projects his
shadow self
onto others' light,
it is his own self
he unconsciously
indicts.

Saiom Shriver

Semantic Falsehood

They say they
are field dressing a
deer... but in reality
they are undressing
a deer... not his clothes
but his skin itself..
next is the disemboweling,
the drawing and quartering

Saiom Shriver

Senate Sandwiches

The Senate's making
sandwiches again
.... young dead soldiers
in flagwraps

Saiom Shriver

Sensitive Mouth

How sensitive is
the hook-ripped
mouth
of the fish
as he suffocates
and flops...
dying to
drape a dish.

Saiom Shriver

September Songs

The field is starred by Queen Anne's Lace.
Meadow melodies are cricket songs.
Milkweed seed is snowing, visible grace.
Sunrays from quivers of God
gild six foot high goldenrod.

Saiom Shriver

Serendipitous Spill

Accidental spill
of shampoo
into the tub:
bubblebath

Saiom Shriver

Serenity

The restless see
an agitated sea.
The serene only see
her serenity.

Saiom Shriver

Serial Womanizer

They looked for the
serial womanizer
culprit...

He was found.. a pastor
preaching in the pulpit

Saiom Shriver

Serially Killing Demons

Sometimes ghosts
kill their hosts
but do ghosts ever kill
those not their hosts?

Ones favorite name for God
can drive them away..
Jesus, Buddha, Shiva,
Allah, YHWH, Holy Ghost

Saiom Shriver

Set Free

Prisoners looking
through metal bars
to the distant
glowing stars.
God cause all the
nonviolent
to be set free
to be set free

Saiom Shriver

Set The Ghosts Free

There are ghosts who
remain
on world battlefields
trapped by pain...
in torture chambers
in agony's chains.
Prayers set them free..
and they find
all past treasures
they retain.

Saiom Shriver

Seven Pines

That day she
razed a row of seven
45 foot high pine trees...
the flightless baby birds
fell to the pavement
.. and several now empty
birds' nests
rolled.

She chainsawed the trunks
and sent the caterpillars
along with the wood into
the chipper.

She thought herself
the equal of any man

Saiom Shriver

Seven Sins Against Donkeys

Donkeys have been forced to carry arms and war supplies in Afghanistan, often plunging to their deaths over mountainsides.
In many places, donkeys have frequently died of heart attacks from exhaustion.
They have been shot to death at Israeli checkpoints,
deliberately infected in a Brazilian and other universities,
murdered and eaten in Kenya,
singled out and pummeled by crowds in Spain
whipped and beaten, everywhere they suffer pain.

Saiom Shriver

Seventy Seven Springs

Every day
the man who had had
already seventy seven
springs grieved
for his wife of fifty falls.

Saiom Shriver

Sex And Fear

There is a matrix of fears associated with sexual activity.

1. Fear of STD's (sexually transmitted diseases) , some lethal
2. Fear of violence (rape, death, kidnapping, pain)
3. Fear of pregnancy
4. Fear of loss of reputation or love
5. Fear of loss of freedom, control, power (e.g. fear of being enslaved)
6. Fear of financial loss in general, theft
7. Fear of rejection by family or church group
8. Fear of rejection or cruelty by a sex partner
9. Fear of embarrassment re bodily defects
10. Fear of loss of energy (chi)
11. Fear of hurting ones own or another's partner or children
12. Fear from belief in fundamentalist spiritual systems re the concept of sin and hell
13. Fear of lapse from celibacy
14. Fear of being overpowered
15. Fear of arrest for violating laws
16. Fear of losing a better partner because one didn't wait
17. Fear of partner jealousy and possessiveness or of ones own
18. Fear of violating ones own spiritual beliefs
19. Fear of not pleasing ones partner

Humans are not kangaroos with pouches for keys, money and credit cards. When one who is not focused on security but on passion chooses to be vulnerably naked with a stranger who is often stronger, who does not practice safe sex and can transmit STD's with pregnancy-generating semen, he or she is practicing Russian roulette.

There are hazards too in virginity.. In fear of offending elders and others, the young are often funneled into marriages they would not choose otherwise. They are programmed to feel that one must marry someone with whom one has had sex.

Women propagandized into virginity are also responsible for teasing a partner and themselves. Without an outlet, some partners seek prostitutes or other companions for release.

Seychelles

Are more beautiful
the bluebells
in Devonshire's dells?
Are more stunning
the sweet shells
by the seaswell
of the Seychelles?

Saiom Shriver

Shade Sprayed

Rain has... each leaf sprayed
There aren't rainbows
in the shade
where the sheltered
animals stayed
but rainbows sparkle
where drops have strayed.

Saiom Shriver

Shades Of Purple

Shades of purple:

lilac beetle-turned into lilace
lavender a glowing pastel
the bluepurple of the seas
redpurple... where
aries meets pisces
royal purple.. holy auras
which the depths do plumb
and the tree wandring
sunlight into plum
violets... in deep woods inviolate
heliotrope... literally... drawn to the sun
vines of grape...
hide past bulldozer rape

Saiom Shriver

Shadow Play

The One Godsun
creates in all His creation
the infinite
play of the shadows
of desire
.. the dance of lovefire

Are we all attracted
to the varying forms
of the One in the many.

Saiom Shriver

Shadowing

In the woods the fright
from the darkness of night
with each tree's shade and shadowing
until realizing one
is ever neath
the Shadow of His Wings

Saiom Shriver

Shadowmerge

Before they ever
touched each others
their shadows
had merged.

Saiom Shriver

Shakespeare On Rich Republicans

William Shakespeare's poor man in the play
Coriolanus says: 'Our sufferance is a gain to them'

They send the poor off to profiteering wars.
They steal from the powerlessness of the poor.
They profiteer from the suffering of the poor.
They profiteer from the sufferance of the poor.

Saiom Shriver

Shakespeare's Victims

Unjustly Shakespeare's words
indicted Richard the Third.
His actors' breath
libeled the king MacBeth.
And Caesar the blood of
many thousands did spill, , ,
many times more than
Brutus did kill.

Saiom Shriver

Shallows For The Shellfish

An unsolicited package
arrived in the neighbor's mail.
It contained a living lobster
nearly frozen, packed in ice
sent hundreds of miles in a dark box.
They prepared the boiling water
and dropped him in.
It is said that fish don't
scream when they are suffocated,
but this lobster shrieked
and propelled himself out.
They took him to the seaside
and let him go.

Saiom Shriver

Shanti Trumps Sani

Shanti
trumps
sani.
Peace
trumps
saturn.

Saiom Shriver

Shards Of Peace

Birdsong of dawn...
suddenly hunters' guns
fracture the silence...
shards of former peace
are flung everywhere
flocks terrorized by fright
soar in sudden flight
in the most unequal fight

Saiom Shriver

Shards Of War

Jeeps covered by N African
desert sand..
Palm trees upsurging through
tanks abandoned in the jungle..
Submarines rusting on the ocean floor
The visible shards of war.
The invisible shards: broken hearts

Saiom Shriver

She Can't Do It Anymore

She shall
no longer shill
for Shell
nor
for companies
fracking in shale
on the earthquaked land
or in the sea shallows.

Saiom Shriver

She Has No Name

To ranchers she's just
number 12 or 3000.
She's never
given a name.

She's an object
the law says they 'own',
to sell or
murder or maim.

Saiom Shriver

She Makes Americans Fatter

The Food Network tv chef
calls herself the barefoot contessa
as she makes Americans fatter
with bloody flesh and copious egg batter.

The body slides to hellish health.
It needs no downward ladder.
Her recipes are for heart attacks,
strokes, and destroyed bladders.

Saiom Shriver

Shellclusters

Raped the cloisters
of innocent oysters
.. a sign their souls
have gone to God
is the glowing luster
bathing their shellclusters

Saiom Shriver

Shelter

He brought in the
tomato plant before
the first frost
Now in the last
days of December
it has lemonyellow
blossoms.

Saiom Shriver

Sheltering The Homeless

Who are giving
sanctuary, shelter
haven
to the poor, the sick,
the unshaven?

Saiom Shriver

Shep Of Montana: Fidelity Beyond Death

Did God send dogs
to earth to teach
us more silence,
more service,
fidelity beyond death,
unconditional love?

Saiom Shriver

Sherlock's Shamrocks

Contented flocks
of pinkest phlox
grow near Sherlock's
unshy shamrocks

Saiom Shriver

Shift Change

Bees hurry home to their fellows
as the sunset shift bell rings.
The air is quieter... cooler.
Now eve stars into view swing.

Saiom Shriver

Shining Shrine

He no longer
dismisses pigs as swine.
He was gifted with
a holy sign
that each little pig
is a divine shrine
in which the sacred light
of God does shine.

Saiom Shriver

Ship On The Horizon

It is not just your
long awaited ship on the horizon
but a whole fleet!

Saiom Shriver

Shiva Neelakanta

He repeated his mantra
to Shiva Neelakanta
Its harvest: premananda
Its fruit:
shanti ananta

Saiom Shriver

Shiva Never Shoves

Shiva never shoves
but as His dawn light
fills Night's void
one finds himself
slowly... joyed

When Shiva melts a form, He replaces
it with something better

Saiom Shriver

Shivananta

Premananda

Neelakanta

Shivananta

Saiom Shriver

Shoals And Shale

Far from the shoals
and seashells
of the azure Seychelles...
poised to violate
the Arctic shale
is the world's largest
energy company
Royal Dutch Shell

Saiom Shriver

Shocking Rods And Ropes

A field of goldenrod
are gentle rods
unlike the shocking rods
and choking ropes
used in rodeo.

Saiom Shriver

Shoes

Because butchers
threatened to cut off
his feet
cows got together
for a pig-shoeing feat

Saiom Shriver

Shoshone Shawnee And Cheyenne

Beyond the shining
Shenandoah,
Shoshone, Shawnee
and Cheyenne
breathe Shanti

Saiom Shriver

Shower Of Shards

After the explosion's shock
came the shower of shards

Saiom Shriver

Shrieking Hawk

The shrieking
screaming
circling hawk
hoped he was
sounding a dinner
bell... as he swooped
toward the rabbit....
but the refuge tunnel
was 2 inches away

Saiom Shriver

Shrine Sacrifice

They destroy future forests
in burning cones of pine..
the Godcarved little
Shinto shrines.

Saiom Shriver

Shrink Numbers Shrinking

The number of shrinks
is shrinking.

Saiom Shriver

Shrinks

Carving up animals, Simon Legrees
sold their souls
to get their degrees.
atheists others visionmocking
control freaks illegally gatelocking
and brainerasers electroshocking
pricegouging and ticktocking timeclocking,
addict creating, fat making, privacy pickpocketing,
for their military bosses warjocking...
dispensing toxins which cause suicide,
homicide, or brain signal blocking.....
their forced medications stifle meditation.
promoters of the thorazine shuffle, tardif dyskinesia shaking, heart attacks
homicide
opening old wounds.. creating family conflicts, ,
Freudian sexual determinists serially sleeping with their captives
creating addictions with legal dope.
they cause despair as they stigmatize.
they cause suicides as they pathologize.

1 dedicated to Bonnie H, John L, John M, James L and tens of thousands of
others

who died as a result of psychiatrists and
to the victims of torture around the world
in whose deaths psychiatrists and psychologists were complicit.
How does this profession kill?

- a. Toxic psychiatric medications (Leonard Finz of Manhattan is one of thousands of attorneys who sue drug companies over the suicides caused by their medications. Prozac, Zoloft and others cause suicide and homicide, incidents of violence
- b. 'patient' visions and beliefs mocked
- c. diagnoses of 'incurable schizophrenia' which cause despair and are inaccurate
- d. the shame caused by such diagnoses
- e. depression from being locked up
- f. depression from increased weight caused by medications and hospital diet
- g. torture

2 It is also dedicated to Neal Barnard founder of PCRM dot org, Sam Sandweiss,

author of *The Holy Man and The Psychiatrist*, Leonard Rack, Dr M Cohen, Dr Jerry Jampolsky and other heroes who refuse to do harm as they create a world of greater compassion

3 The screenwriter of *A Beautiful Mind* distorted John Nash's biography. Nash refused psychiatric medications but he was in the movie portrayed as crediting his recovery to the poisonous biochemicals. There are many other instances in tv and movie productions of drug pushing propaganda

4 Psychiatric drug companies have been sued repeatedly and successfully for causing homicide suicide, deaths from side effects of the drugs, weight gain, heart attacks, permanent shaking and fatalities from tardifdykinesia. Certain drugs such as Navane and Ativan are more addictive than heroin.

5 The FDA, NIH, organizations like NAMI, many health departments and universities are dominated by the international pharmaceutical cartels

6 DemocracyNow dot org has a series on the APA members' involvement with torture

7 Thank you to SV for her research into the mental illness industrial complex.

8. TV networks have reported studies that friends and free support groups have a better record than professionals in curing stress episodes, depression etc.

9. The only legal grounds for locking someone onto a mental ward are proof of homicidal or suicidal tendencies.

10. The sexual determinism of Freud, the economic determinism of Marx, the genetic determinism of biologists, the religious determinism of religious fundamentalists are all projections from the adherents of those philosophies

11. Psychiatrists and psychologists have higher incidence of suicide

Saiom Shriver

Shut Out

As Don Drysdale was
in Los Angeles pitching his 6th
consecutive shutout,
Republican conspirators
arranged that from
earthly life
Robert F Kennedy
be shut out

Saiom Shriver

Siamese Twins

The Saimese
twins.....
entwined
... were cut in twain
that the life of each
more joy...
might contain

Saiom Shriver

Sid Caesar

Though in later years
out of fashion,
Though his body
now become ashen,
his soul rises arrayed
by his loving compassion.

Saiom Shriver

Sidewalk Cracks

His neighbor thought
him crazy, watching
him water thirsty
sidewalk crack
weeds.

Saiom Shriver

Signs Of Love

What is the core
of love's music score?
That it's unconditional, forever
and beyond keeping score

Saiom Shriver

Sikhs And Sheiks

Abused by racial profilers
have been courageous Sikhs.
Some have confused
them with Muslim sheiks.
Neither have received
the inherent rights they seek.

Saiom Shriver

Silence Of Violence

The mower
permanently broke
the frog's sweet croak

Saiom Shriver

Silence Turns To Speech

Silence turns to speech.
Waterfall ice begins to drip.
Grateful forest animals
gather now to sip.

Saiom Shriver

Silence Within The Ashram Walls

There is silence
within the ashram walls
though beyond its bounds
birdsong calls
and in the distance
roar waterfalls.

Saiom Shriver

Silencer

In the US,30 states allow silencers
on hunters' guns.
The effects of this have been
more children's and adult
nonhunter fatalities,
more hunter fatalities,
and more illegal hunting
in national, state and local
parks as well as private property.
Silencers keep hunters, nonhunters,
and animals from knowing where
the stalking killers are,
as the animal slayers continue attempting
to silence mammals' cries and
birds' songs forever.

Saiom Shriver

Silent Cheer

Over the pier
the sun without peer
suddenly appears
spreading cheer
silently stating
'nothing to fear'

Saiom Shriver

Silent Culpability

Each and every hour
Pope Francis speaks
truth to power.

Saiom Shriver

Silent Stars

Tree choppers send
caterpillars live
through a chipper.
Long lines fishing boats
cut off dolphin flippers.
Mowers shred the fabric
of blooming ladies' slippers.
Sheep freeze when too soon
the fleece removed by clippers.
Jockeys who bet on races
more likely horse whippers.
Whales killed by pollution,
sonar, and shippers.
For cinnamon some kill
the plant as barkstrippers
Sturgeon cut open for
caviar
by modern fishermen rippers
who don't care that
the sturgeon have no zipper.
For topiary, plants
mutilated by
gardening snippers.
All of this happening
beneath the Big Dipper

Saiom Shriver

Silent Summoning

The sun calls
but I don't answer the phone

Saiom Shriver

Silent Tide

Silently with
great speed and power
the massive tide
inrolled
seemingly chaotic
but every drop
by God controlled

Saiom Shriver

Silent Trumpets

They are jonquils
of the family daffodil.
From their silent trumpets
the music of silence spills.

Saiom Shriver

Silently Silken Shadows Slide

Silently silken
shadows slide
though their
parent leaves
are noisily
rustling in the wind.

Saiom Shriver

Silkworm Odyssey

Ken Kesey described one
who flew over the cuckoo's nest.
Occasionally a bull
from the abbatoir escapes.

Sometimes a silkworm
which God begat
makes it to adulthood
without being boiled in a vat.

In memento mori
for the Bombyx mori.

Note: Bombyx mori: the

Chinese mulberry silkworm

Disturbing way silkworms made China world's leader produces 58,000 tons
of silk yearly

The short and sad life of a silkworm

Doki, a children's tv show, promoted silk without mentioning that
the silkworms are killed. It is carried by Discovery Kids and Portfolio
Entertainment

is broadcast by the Quba network.

Saiom Shriver

Sillspill

Wwilight birds were chirping still
and then the violet night was still
until dawn rays began to spill
over the curtains-parted window sill

Saiom Shriver

Silly

Oh not with Penelope
rhymes Antelope.
It rhymes instead
with Canteloupe.

Saiom Shriver

Silver Screen Projection

She never feels rejection
by others' projection..
as they describe their
own faces..
in her soulmirror's
reflection,
as they cast
their negative movies
upon her luminous silver
screen. Its very purity
invites the process..
as a blank page invites
pen scrawl.
as a sea receives
rivers. Slowly
others learn it is their
own movies on her screen..
their own faces in her mirror.

Saiom Shriver

Silver Stars

The sky is bemedaled
with myriads of silver stars
each for a human victory
in transmuting
to divine love
..... crimson scars

Saiom Shriver

Simon Legree

Not all at once
but by degrees
did he become
Simon Legree

But all at once
by God's decree
can be transformed
Simon Legree

Saiom Shriver

Simon Of Cyrene

Simon of Cyrene
helped heal Irene
of the cancer caused
by styrofoam's styrene

Saiom Shriver

Simple Step

To enter the stream
of nonviolent ways and
to eat a nonviolent plate

is such a simple step
which took me
many lifetimes
to contemplate

Saiom Shriver

Singing Rain

Crystallized cold snow
falls quietly..
Flowing rain
makes a song.

Saiom Shriver

Sister Dorothy Stang

The cattle ranchers of Brazil
could kill her body
but they could not steal
her aura.

They could not
abscond with her halo
nor bury her light.

Saiom Shriver

Sisyphus

When mum
was Sisyphus
about
his syphilis.
the mattress side
caused matricide

Saiom Shriver

Six Buttercups

Clad in gold dublets
the little sextuplets
the six buttercuplets
demanded their couplets

Saiom Shriver

Six Words

Family photo album.

Estate Sale.

Unsold

Saiom Shriver

Skinny Legs

On such skinny legs
did Sea Biscuit
carry the whole
nation's soul...

as over and over again
he ran out his entire heart

(Not an endorsement of
the brutality of horse racing
.. the horses' broken necks
and legs, their deaths in barn
fires, their victimization by
whips and spurs, their
forced reception of drug,
their lives of loneliness shipped
from one place to another)

Saiom Shriver

Sky Entrance

In the mountains
the sky more quickly
entered his body
with the gift of breath

Saiom Shriver

Skywriter

With his wings
the bird skywrites
Not all can read
the invisible ink
of his flight

Saiom Shriver

Slaughterhouse Chaplain

The military chaplain
left the world of captains
exchanging war slaughterhouses
for cow slaughterhouses.
He ensures company profitability
and employee stability
by telling people it's ok
to kill animals.
whether birds, cows, pigs
or other mammals.

Saiom Shriver

Slaughtet Train

The train full of slaughterhouse cars
rolls through states... the sheep are huddled
together sometimes bleating.. sometimes
silent. The cows and pigs press their noses
against the metal. In the winter they
freeze in mountain passes and treeless plains

as winds rip through. In the summer
they roast. Trains and more often trucks are often
involved in crashes in which the animals are crushed.

Saiom Shriver

Slave Of Those He Loves

He who can increase the
size of the sun,
change the course of
the moon,
resurrect the dead,
materialize water in
the desert,
create apples growing
on a spruce..
is God, resident
as a genie in the lamps
of all hearts, ready to
actualize good wishes.

Saiom Shriver

Slave Stewards

The kings Stuart
with their slave stewards
their cows and sheep skewered
their castle moats sewered

Saiom Shriver

Slavedriver Karma

Karma is a slavedriver,
forcing one to dance to
obnoxious tunes with
former foes.

Saiom Shriver

Sleeping Oak Forest

The oakforest sleeps
within the acorn
Golden fields lie
within kernels of corn
God dwells in each being...
in most of us
not yet fully born

Saiom Shriver

Sleepslip

As the south wind slapped
his sails and seawaves
slapped his sloop
his soul slipped down
a sweet slope into
sleep

Saiom Shriver

Slide To Heaven

The way to heaven
is not a stairway
but a slide.
Holiness is letting go..
a very easy glide.

Saiom Shriver

Slight Alternation

The couple prevented
altercations
by making a
slight alteration.

In explaining the
partner's point of view
there was a pattern
of alternation.

Saiom Shriver

Slight Smile

It's not her
smile so slight
but her
sparkling eyelight
which betrays
her delight
at the
sudden sight
of his
loving light

Saiom Shriver

Slipping Earth Ties

FIRE HAS LEFT THE HEARTH

Fire has left the hearth
Nautilus climbed from shell
Perfume flowed from bottle
Prisoner gone from cell

Butterfly flutterbied cocoon
nor hand restrained by glove
Jesus away from manger
Cage deserted by Dove.

Sparklings soared away from wand.
Chick's egg become the bird.
Omkar sung from out the throat
Violin's notes now heard.

Buddhist temple pine cone
tabernacled godlet seed
Shattered that it might manifest
thousand forests of fir tree

The heart that was
from body cut left a hole
a stencil which paradoxically
heals other hearts to whole

Eternal snow of mountain top
now nurses meadow flowers.
Shining never held by sun
relentless melts ice towers.

Love has left its
spring the heart
Is now a liquid pond
Host stolen from the chalice
consumed in mouth of God

Starlight abandoned star
a billion years ago
Left that tonight you
might
have its sight
and know

Know Love is forever
no dropp of God ever dies
Lover not bound by form of love
God's bodies are not God's souls

(to his wife and children
on the death of Robert S)

IT SNOWS AT SEA

It snows at sea.

*

*

Quiet falls in flakes.

*

Melting designs

*

* Leave Form

For All

(to J and D Shriver
on the death of their mother
Sylvia)

DIAMONDS IN THE LIGHT

They asked Martha to give
her family a sign that she
was still with them.

.. She had left her
body as a baby leaves
the mother's womb
.. a hand leaves a glove..
a light leaves a room...

of a sudden
a gust of wind
blew light dust
snow from a branch
.. each particle
in sunlight shafts
was a diamond foiled
by a backdropp blanche..

a cheery hello
for others too

(to Martha D's loved ones)

DAISY STREAM

Reflected in the rippling creek
the sun was made a daisy
.. fragmented by the faster current
into daisy petal sparks
Windstirred and starred
each unplucked firepetal
traveled downstream
while the full daisy sun remained
and murmured
SHE LOVES YOU EVERMORE
SHE LOVES YOU EVERMORE
SHE LOVES YOU EVERMORE

JACQUELINE KENNEDY ONASSIS

Fate oerfixed you
and flung down his starry spears.

By strangest alchemy
starlight turned into biers.
The plump pumpkin of your life
was shattered.
Its evergreen seeds were
most widely scattered.
By prearranged script
God's and your co-writ
your sacrificial pain did
a grateful nation lift.

LOVE IS THE ONLY LEGACY

The sand castles have fallen.
The ice sculptures have melted.
The pink chalk on the sidewalk
has been rained away.
The corn stalks are earless
and summer leaves have disappeared
from the centenarian oak.
Matter's traces of the Unquenchable
Spirit's path

But her Love
forever remains...
murmurs the leg of the sea
Her love
is everyone's legacy.

(to Sarah B)

re Sarah B who hovers around her loved ones as a 3 shift a day
guardian angel.. through whom God spoke from the time she was a
little girl

LIKE A CHARACTER ALLUDED TO IN A PLAY

Like a character
alluded to in a play
whom we neither see nor hear
.. yet his influence permeates
the stage...

like a fragrance.. we know
not whence it came
.. yet it fills the room

is he in the lives of
his children

(to C Grafo)

INTO HEART DRIFT PARTICLES OF TIME

Into the chasms
of pain in the heart
quietly drift
snowflake particles of time
.. slowly sealing
.. softly healing
.. joy annealing

CURRENT OF GRIEF

The current of grief
at the funeral
is of lightning bolts
which strike even
strangers...
causing them for
no explained reason

to release tears of
rain.

(to all who love
C Turchan M)

LIMA BEINGS

She buried
her father's
discarded shell
with a seed of
bean upon his face
that out of rain
sun
and freeing space
a vine would weave
new bean lace
and let all eat
of new bean grace
As his unneeded limbs
become limas
Her father now
dwelt in
a happier place

KOREAN PERSIMMONS

Buddhists come to the Korean
graveyard on ancestor day
to leave prayers and food
for foremothers and forefathers..
but the persimmon tree above
the stone.. gives all
she has the entire season

NO FLAME FLAKES

The Spirit Flame
Leaves No Matter Flakes
.. no flame flakes

.. the crystallizations
are what's left behind

PETER SELLERS

The pink panther
.. master empath...
took the pink path
.. the sun-on-sea path
to the land of God
.. a land beyond paths

MARBLEHEAD

When I leave my body
.. I want no marble head
over a grave with lies
proclaiming I am dead

May my ash
make no splash
as it sifts into
the unstoned sea
off of Marblehead

ASHES OF MY SON

As we tossed his ashes into
the sea..
the wind came onto
the quay
and into our mouths
she blew
a few
as she blew others
away

which might have
made us
unwitting cannibals

had we not thought

that he was such a holy man
.. it was instead
a communion on the quay..

HANS MAMLOCK

he wanted no carved script
engraved in mausoleum's crypt
for he knew the body
to be at best a prism
at worst a prison
of Infinite Spirit

ANNE MORROW LINDBERGH

Her soul is the typewriter
whose carriage can return
to former times through prayer
to whiteout certain lines.

Her soul the screenwriter
for the movie of her life
edits adds deletes improves
future scenes and those
transpired.

Searing agony in the past
is visualized in light
and God is asked to send
great grace
and kind anesthesia there.

He most often the soul
removes
before moments of great pain..
the soul with Him looking down
on the stopping of lifetrain.

She controls time and space.
Within her is all that is..
Because she is one with God

playing His role as Anne

BABY BOY

He sent trusting tendrils so tenderly toward me..
I did not fear these insignificant little shoots
which found their roots in the chinks
in my heart and there began to grow
and grow and grow.. until there was nothing in
my heart but him.. When he left
he took my heart with him.

BARRIE

Our dog Barrie
used to jump
up on my bed
and bury bread
beneath
the bedspread

CURTAIN CALL

A yogi views
without desire
entrance into
form..
life's curtain calls
and exit from
the body..
life's curtain falls

BUMBLEBEE MOURNS

Seeing
the bumblebee mourn
the bloom newmown
and goldilocked dandelion
not ready

to doff his down
they are mowing
no more wings.

UTERI

We were born
of not 1 but
2 uteri

..
my twin,
you and I

how seldom those
of us who alight
at the same time
leave for God
at the same time

but now you
hover round
me like
a sun shining
from all sides.

(to E Daughterty,
Clara T, and other
twins whose birthmates
left for God first)

HARVEY MILK AND
DAN WHITE

All works for good.
If when we remember
the senseless slaying
of Harvey Milk
by Dan White

we are reminded
that White..
Milk Kills..
it will not have
been in vain.

GUARDIAN ANGEL

Death is a loved one's transition
to guardian angel.

SHOCK OF SHARDS

Those who focused on
the shock of shards
as the phoenix bird
burst from his shell
nearly missed the sight
of his wondrous maiden flight
as he soared up and away
and out of sight.

WILLOW FROND

A jade curtain of
willow fronds
parts world of
green earth
from that of blue pond

A grey curtain
of morning mist
separates turquoise waters

from blue sky

A more slender
veil is
at the portal
hiding the paradise
of the immortal.

LINEUP

As far as the eye can see
.. endless lineup of
planes waiting to take
off from the runway..
as they break the bonds
of earth one by one
so do souls one by one
slip the gravity field
and fly free

BEYOND THE GAME GRID

He had many points in the game
of life... the love of many friends
and family, wealth, attractiveness,
intelligence, power, ...
and when he was taken out of
the game suddenly by an early
death.. we were reminded
that those who win the game
are those who transcend it

MOTHERING EACH OTHER

They found
after the death of their
mother
the sisters and brothers
were mothering each other

INVULNERABLE

If a scale breaks
is the weight affected?
If a mirror breaks
is the reflected face harmed?
If an apple is peeled
are the seeds killed?
If a body slips off
is the soul hurt?

MARILYN

She hovers around him
in a cloud of love
smoothing his way
... the cable connecting
them indestructible..
a cable which slips
under the veil between
earth and heaven

(to Greg C)

MONOCHROME

Today we spied
spring's first dandelion decapitators..
ride on mowers
turning the goldstarred jade meadows
into monochrome green.

Their goldilocks
will never turn gray.

MELTING POINT

Souls ever entering
and leaving
form as quietly
as the sea near
the Arctic freezes

into ice and is
then melted into
liberation

WILLIAM CHARLES ENNIS

As a nimbus
encircles a flame..
as a father
holds his child
his love surrounds her
He has gone ahead
to prepare her chamber
and yet he hovers
around her

(to Jan)

WINDOWS ON THE WORLD

At the top of the world
as they anon did dine
they died without
an anodyne
And animals
upon whom
we dine..
have died
without.. an anodyne

ANNE PERRY CHARACTER

Poisoned by the water
in which severed
lilies of the valley lie
now his body
in a lily'd valley lies
... the bells on
the flowered stem
silent
but in kinder worlds

they now peal

BREAKING OUT OF TIME

The minute bursts
like a nut with thirst
to be beyond time
.... to be all

BIRD IN RIBBED CAGE

Once again the soulheart bird
began to beat in ribb-ed cage
For God wanted him to make
another entrance on world stage

(to B W)

(Kabir compares the soul
in the body to a bird
in a cage)

(Neem Karoli Baba calls
the body central jail)

BLACK SPHINX

From your infinite
eyes we drink
Stars within skies
of blackest ink
Please do not eclipse
us when you wink
but hold us in
Your eyes, Black Sphinx

RAY CHARLES

Perhaps Ray is singing
'I can see clearly now..

the rain is gone'

RISING ELSEWHERE

The 2 suns have
set from her eyes
and in kinder skies
her soul does rise

PORTAL TO IMMORTAL

A jade curtain of
willow fronds
parts world of
green earth
from that of blue pond

A curtain of
morning mist pf grey hue
separates turquoise waters
from overarching sky's blue

A slender band
of post wave sands
sparkles between
the sea and the land

A more slender
veil is
at the portal
hiding the paradise
of the immortal

BODYFALL IS SOULRISE

Bodyfall is Soulrise
when the sun within his eyes

no longer chained by body's cage
away to the Lord of
Love
does fly

While others grieve
crushed by the grave's
gravity

she saw in dawnlight rose
above the stones of sculpted
rose
and carved angels
row on row
his Spirit yond
prison in joy arose

HIGH TIDE NIBBLES

nibbled at the sand castles
the high tide
and nipped at beachballs...
away they slide
but the rock
the rock abides

IRAQI CHILD SENT TO ALLAH

The little child.. bombed into
heaven

should we be angry with
those unripe souls
.. who love combat..

who sent him there?

Though a child he was an old
soul.. tired of the game

of time..
wanting only to
be with his Eternal
Beloved

The Lockheed F16 was
his best friend, ushering
him to Allah

For such a one as this
writer, nonjudging is
a steep path

GOD COMES HIMSELF

E students walk to heaven
D students take a bus
C students take a car
B students take a limousine
For A students: God comes
Himself

TABERNACLE OF ALL HEARTS

Where the mirror meets the frame
Where the river joins the sea
Where the fire becomes all flame
is where she waits for you.

Where the wand meets Cinderella
Where desires touch starfire
Where soft crocus bursts hard plain
There she waits for you.

Where the cross turns to crown
Where the up is born from down
Where the saint receives God's gown
in bliss she waits for you.

Where ice melts to the drop

Where pain transmutes to love
Where prayer swirls to miracles
Now she waits for you.

Where torches light new candles
Where the rain weds the rainbow
In the tabernacle of all hearts
There she waits for you.

ROME FOUNTAIN HORSE

Crystalline thirstquenching
water
through the mouth
of the fountain horse..
does course
yet none think the horse
.. of the water the source.

ANNE PERRY CHARACTER

Poisoned by the water
in which severed
lilies of the valley lie
now his body
in a lily'd valley lies
... the bells on
the flowered stem
silent
but in kinder worlds
they now peal

RUPTURE RAPTURE

The running rabbit
was seized by the raptor.
The clawcaused rupture
sent him to rapture.

(unethical research done by
NIH found that mice seized
by cats secret endorphins
which send them back to GOD
in ecstasy.)

Hippocrates: first do no harm

OMNIPRESENCE

there is no eternal hell..
hell is living distant from God
in the universe' outer shells
How can there be a hell
if God is Love and omnipresent..
present in the universe'
each and every cell

TO THE PARENTS OF A BOY WHO KILLED HIMSELF

God does not tell us the time
or the way He calls us back
to Him. A soul, lonely in
separation from the Eternal
Father, sometimes takes charge
of his own destiny. This is, if we
could see with Divine eyes, a
release to joy. May God bless you
for all the love you showered on
him.

FAITHFUL BOY

His heart metronome
beat faithful all the way Home
Like the sun rising above tree bars
on its way back to the stars
Like a bird soaring in joy

above the earthly cage
he left
and yet the umbilical cord of
his soul
like the very long string of a balloon
ever hovers around you

(to A Magoun)

BETWEEN FILM SHOWINGS

As a good theatre is cleaned
between film showings,
so a healer takes time to
meditate between sessions,
so angels, devas help
in cleansing a soul before
he returns to earth.

SHAKTI

Before it goes down
seems largest the sunball
The leaves seem most orange
before they fall
The fire burns hottest
before leaving the hall
The soul blazes brightest
before returning to All

OCTOBER LEAVES

As the sun shines through
October's dead stained glass leaves
so though for her presence he grieves
her existence transcends
what he merely believes

..

that she lives forever
that he will be with her
he knows

50TH FLOOR OF WORLD TRADE CENTER

The fiftieth floor..
where firefighters ascending
met the fleeing descending
.. where the courageous
spiraled up to God
leaving us
their loving legacy
of boldness and bravery
as they dove into death

()

SNOWFLAKES

Spring's petals snowing
Falls' leaves snowing
Ash from fires snowing
Bodies snowing as
souls rise to God.

FAMILY PHOTO ALBUM

JBO went to an estate
auction... saddened
by the lack of interest
in the family photo albums
of thw woman who had survived
all her loved ones.

A family photo album
full of those who
have passed on..
faces.. are snowflakes
.. each unique pattern
melting.. the
new faces will be even
more beautiful

God's family photo album
contains all beings..
each with purple place holders...
each face carved in His heart.

STEAM SPIRALS

As joyfully as steam spirals above a cup of berry tea
do souls leave their bodies and fly to the Lord
As softly as windblown dandelion down lifts from its
pedestal to souls slip from earth's chains.

LASTING REALITY

Clouds are real and passing
Sun is real and lasting.

COLUMBIA

Dark widow clouds
over the vale
do the sun's
brightness veil

Rows of icicles
drip slowly in grief.
A ship unable to land
had it enough fuel
because the docking collar
was removed and helpless
frightened powerless NASA Glenn
lab animals filled the hold..
animals blown to bits over 5 states.

Rising Elsewhere is to the K T Salem family. Baba Hari Das: Love is more
powerful than Lover for Love is not bound by form.

Saiom Shriver

Slipshod

Cut down that tree!
the lumbermen cried!
She's so ugly and
so slipshod!
With her flaky head
lost in the clouds
and her feet in the filthy sod..
But all who loved her
encircled her
and kept her from the axe and
the blade
and in the spring with
new roots she was shod
and clad in a jade
laceleafslip from God.

Saiom Shriver

Slow Drivers

Tailgaters get
a lot of fumes.
Slow drivers breathe
the fall's perfume.

Saiom Shriver

Slow Learner's Autobiography

At 17 this writer had sponged
up my father's conservative politics
and wrote a paper about
bombing an Asian country.
ate the flesh of animals,
mowed in ignorance the butterflies
small reptiles and plants in my
family garden,
was ignorant about how
to deal with a married man's
advances without hurting
his feelings.

At age 32 I still thought it
alright to draft teens
into my animal rights phalanx,
feeling the cause more important
than their individual desires.

At age 38 I was still killing trees
and their resident fledgling birds
and squirrels... by sending press
releases to newspapers, and was
unable to delegate
mail opening and other tasks.

Life is a river. Our souls each day
shed the past and take on the new.
I try to remember the Course In Miracles
sentence: 'guilt is a sure sign your
thinking is unnatural'.

Saiom Shriver

Slower

Because their cargo is
heavy, some trucks
moving uphill are slower.

Mountain cascades pour
very fast.
Greater rivers
near deltas
are slower.

Saints carrying many
souls... often
their actions are slower.

Saiom Shriver

Slowmoving

A mountain cataract
has great speed
as it travels
from heights alone.

The Mississippi
flows slowly
with the weight
of many.... all One.

Saiom Shriver

Smaller Acorns

He observed that
the smaller acorns
drop last..
like thin
nonagenarian men

He saw that the
oakleaves first
turning scarlet
were those which
had received
the least light.

Saiom Shriver

Smedley

Smedley, you are a sniveling snide snarky snit, she said,
but it was not Major General Smedley Butler of whom she spoke

Saiom Shriver

Smile In The Eyes

Sometimes smiles of the mouth
do not to the eyes rise
but with love for all
ever smile his eyes
even if the corners
of his mouth don't rise

Saiom Shriver

Smoke And Mirrors

The private train car
had smoke
and mirrors, reflecting
candles' flames.

as the mirror lake
beneath the morning
mist reflected the
sun on the horizon

Saiom Shriver

Smoke In Mirrors 2

Smoke in mirrors
Morning mist on lake.
Illusion burned away
by the rising sun.

Saiom Shriver

Smoke Signals

Is smoking a form
of mouth flatulence?

Saiom Shriver

Smoking

Hypnotism helped
as one awoke
to the dangers
of cigarette smoke.
He would not now
be going broke.
His throat no longer
feared to choke
His habit he didn't
need to cloak
from an addiction
worse than coke.
He would not now
of lung cancer croak

Saiom Shriver

Smoothie

Realizing his belly
was full of
invisible tombstones
... for the unnamed
beings he had consumed
he resolved to begin
a cleansing fast of fruit smoothies.

Saiom Shriver

Snake Plant, Sansevieria

Plants precious to my mother-in-law were
to me an oxymoron..things which could demand attention.
She left an unwanted house full of
them.. The dogs and cats tore some apart.
Some died of neglect. One was left.. year
after year she endured..in a dark corner with
occasional watering..and the tooth marks
of unwanted attention. She, a sansevieria, is also
known as mother-in-law's tongue or a snakeplant.

The 10th year... one morning...
upsurging from the center of her green swords
was a rod of slender white
bells eighteen inches high..
The sweetest fragrance
poured from them as
they silently rang
in mystical beauty,
enduring spirit.

She taught me that
she had feelings..
and rights
and resurrection power
in God's light.

I realize writing this that my snake plant flowered shortly after the decision to
stop mowing a lawn was made when a leg was chopped off a toad by the mower.

*

to Ruth Shriver

Sansevieria can live 6 months in
the trunk of a car and still survive.
it is made of swordlike
long forest green leaves.. if they are not

getting enough light
they have a yellow fringe

In, I believe, The Gospel Of Mary, it is recounted that when Mary had the child Jesus growing in her womb, her temple devised a plan by which God could choose her partner. Each man who wished to be part of this would put a stick on the altar. The stick which flowered would be her husband. Joseph did not join in, thinking himself too old. Several urged him to. Lo! The stick he put upon the altar was the one which flowered. Thinking of the rod of bells in the snake plant reminded of this story.

Saiom Shriver

Snakecharmers

They who listen with love
to those who are harmers
can be miracle workers..
can be.. snakecharmers

Saiom Shriver

Snapping Version Three

On Land:

Woodpeckers tapping
Baby crows yapping
Baby trees sapling
Maples upsapping
Orchards appling
Sunbeams dappling
Branches rapping
Lakewaves lapping

On The Sea:

Winded sails snapping
Boat flags flapping
Barnacles napping
Deckhands grappling
Waves whitecapping
And shorerocks slapping
Thunderrolls clapping
Sailors course mapping

Saiom Shriver

Snow Light

She said:

Many are sick of the snow
but that immensity of white
banishes winter blues
by reflecting more light

Saiom Shriver

Snow To Water Train

When to snow freezes
the skygift rain
when it's shoveled into
insulated boats and trains

it can to drought areas
bring mercy in its train
with blessings for all
its liquid refrain.

Saiom Shriver

Snowcrowned Sentinels

Always in the distance
the snowcapped high mountains
like guardian angels
call our attention
to higher things
and other dimensions

Saiom Shriver

Snowdrops

Where the snowflakes do half melt
into quivering shimmering drops
they're by sunbeam needles knit
to blooming miracled snowdrops

Saiom Shriver

Snowfall

Soundmuffling blankets of
sparkling hexagons woven...
snowflakes are not harmed
when by footprints cloven

Saiom Shriver

Snowflake Resistance

One snowflake refused to let go
.. to lose form and to flow
but soon he, hundredth lamb,
in loneliness cold
decided he wanted to
melt and to glow

Saiom Shriver

Snowflakes Flow

Forgiving
snowflakes
begin to flow.
Six spears
are pacified

Saiom Shriver

Snowflow

'Give me your cold
and lonely' says
the river as she
welcomes all snowflakes
into snowflow.

Saiom Shriver

Snowing At Sea

Snowing at sea
Quiet falling in flakes
Melting designs
Slip form for all.

(to Julie and David
on the death of their mother,
nee Sylvia Dobkin)

(latest revision)

Saiom Shriver

Snows Of January

Rain froze
Winds blow

Sun glows
Dawn rose

March snows
April flows

Saiom Shriver

Soldier Teeth

His tongue
lies guarded by
two rows of soldier teeth...
until love moves him
beyond their fortification

Saiom Shriver

Soldiers Of The World

Recruited by promises
of adventure, relief
from poverty

Patriotic feelings
manipulated
by martial music

Programmed to believe
this is what
real men do

Injected with toxic
vaccines... denied
the right to refuse the
needle.. not informed
even of the name of
the chemical

Being forced to rise
at dawn

or standing watch
all night
freezing or baking
hungry
tired
... legs cramped
and in pain

Tied to a rope
jerked by senior
officers...

forced to swallow
insults

low pay

treated as objects
... collateral damage

sacrificed for the
expansion of billionaires'
oil or copper markets

or killed in wars of
religious rivalry

ordered to kill
brothers of another
color

living out
a life as a blind man
or paraplegic

sometimes blown
apart beyond
all recognition

Saiom Shriver

Soldiers Sold

Countless soldiers
into death zones sold
by the agendas of
billionaires and
religious haters..
.. only some
are resoldered

Saiom Shriver

Solomon

Solomon had 700 wives
and 300 concubines.
Can such a man be said
to be wise?

Can the Song of Solomon,
which glorifies lust,
be said to be
Scripture?

Saiom Shriver

Solve Love

SOLVE LOVE

Loves and Solve
have the same
letters.

Love...for all problems...
is the solution
love... for all problems...
is the absolution.

Saiom Shriver

Somasvara

The temple of Somasvara,
Shiva, the Lord of the Moon,
is the sky... with its rainbow
arches, ceiling of stars
and high tide wave carpet

Saiom Shriver

Some Couples Love To Fight

When a prosecutor on
the side of offense
marries a lawyer
for the defense
special grace is needed
for mediation
at the fence

Saiom Shriver

Some Results Of The 2000 And 2004 White House Thefts

Our environment would have
been better protected
by Al Gore whom
the people elected.

Our soldiers would not
in Iraq
and Afghanistan
die.

A Democrat Supreme
Court would not
onto death gurneys
prisoners tie

Saiom Shriver

Something Fishy About French Fries

Around here, one can buy
a 20 pound bag of
potatoes for 4.41 or
22 cents a pound.

Why is it that at least two
national burger chains the toxic
flesh is being sold
for less than the fries?

There is so much
warehoused animal flesh
not moving that the
price is coming down.

Is it also secret
USDA skullduggery
as it continues its over
a century of cadaver mongering?

Saiom Shriver

Something To Think About

Meat and fish are cadaver foods.
No amount of irradiation,
preservative, freezing,
skinning, gutting,
dehydrating, scrubbing,
boiling, or drying
can prevent their toxic affects.

Saiom Shriver

Somnolence

Invoking the sommelier
can later summon somnolence.

Saiom Shriver

Songwriter, Author, Philanthropist P F Sloan Died On Nov 16,2015

Los Angeles resident P F (Philip) Sloan was born in New York in 1945. He died on Nov 16 of 2015.

In his youth he had been a rabbinical scholar, before choosing the path of music. He was made a millionaire by his songs' royalties. But he gave nearly everything away. He never liked to criticize anyone.. His intuitive empathy and brilliance were exceptional.

He was with Steve Feinberg the coauthor of What's Exactly The Matter With Me.

In the last few years, each morning he began his day with a chapter from I Am That by Nisargadatta Maharaj followed by one from Sai Satcharitra.

Several decades ago he was near death when he dreamt that Sai Baba promised to heal him if he came to Baba's ashram. He went and he was healed. During and after that time he experienced numerous miracles, of which some are recounted in 2 links below.

He incorporated in his correspondence the shared letters of Sail Over and Sai Lover.

Sail over
Sai Lover
sail over
the sea of samsara.

(samsara: illusion, maya)

Saiom Shriver

Soul Chalice

She drinks from
the chalice of his soul
and is never sated

Saiom Shriver

Souls Of All Seals

The souls
of all seals
will now sail
Steve
from office.

Steve Harper has been responsible for the clubbing deaths of millions of Canadian seals.

Saiom Shriver

Sour Grapes

All sour grapes
sweeten in time
but sourness is sought for
in the lime

Saiom Shriver

Space Framed Beauty

Perhaps the sea was her muse
when Anne Morrow Lindbergh
wrote that beauty is framed
in space.

Spirit is framed in emptiness.

Saiom Shriver

Spangler

It was not God....
All heavens' Spangler
who turned baby boys
into adult fish stranglers
or the ropes of wranglers
into baby calf stranglers.

Saiom Shriver

Spanish Government Rams Greenpeace Boats

The government of Spain
turned black the blue main
and rammed Greenpeace boats
as they guarded blue peace.

Saiom Shriver

Spark Of Life

One needn't massacre
avocado seeds
with toothpicks
to make them grow.

Push them halfway down
in very wet mud
and watch
the lifeforce flow

Saiom Shriver

Sparrow Flock

A startled flock of sparrows
instantaneously..
soundlessly...
not lined in any queue..
flew into a big bush
from all sides.. without
ruffling a single leaf...
each onto his or her
own perch... and were
hidden from view.

Saiom Shriver

Sparrows And Mulberries

Sparrows ignored fresh fragrant
juicy tree mulberries
for the dumpster trash...
filthy, foulsmelling and scary.

A metaphor for the fare
that fast food stores carry.

Saiom Shriver

Speak Up

Those who are silent about the immorality,
illegality, security-endangerment, bankrupting
genocide of our occupying government's
wars are not supporting our troops, not defending
our soldiers, but making them cannon fodder
for the warmongers and war profiteers who
send them to lives of constant nightmares, to injury,
to family busting, alcoholism, PTSD, homelessness,
to the highest rates of suicide, of death by friendly fire,
by training accident, by depleted uranium, by Veterans'
Administration neglect, or by those who are the flavor
enemy of the month.

Saiom Shriver

Spearmint Leaves

God didn't need
to experiment
when He created
the leaves of spearmint.

Perhaps we should leave
alone the leaves.

Saiom Shriver

Sperm Personhood

Koch Brothers monied
Iowa Senate candidate Joni Ernst
wants human legal status
for every fertilized human
egg.

Rumors that she wants this
also for every Iowa sperm
we cannot as yet confirm.

Saiom Shriver

Sphinx

She was a few thousand years
old said the Egyptologists
but 18,000 years old
said the geologists.
She the sphinx... with the head
of a woman and the body of a lion...
not so far from radiant Orion
symbolizes that point of the sky in
which
the constellation of leo the lion
with the stars of virgo
makes alliance.

Saiom Shriver

Spiders Transformed

Rain-sprayed webs spider-spun
sparkle in the springing sun.
May webdwellers to kindness come
and spell-broken, catch no one.

Saiom Shriver

Spinning Soul

Faster spins the soul
.. out of the control
of the grid and limits
of space and time.
Are earthly rules
for those still in school?

Saiom Shriver

Spirals Of Spirit

Through winter ice
love rises as green spears
and then further grows
into taller green spires
Now outward as branches
and leaves, love spirals.
To reach the sky he aspires
ever indwelt in all
cells by Spirit

Saiom Shriver

Spirit Not Matter

Black Lives matter.
All human lives matter.
and because they too
are Spirit not matter
all beings' lives matter.

Saiom Shriver

Spirit Recognition

Their Spirits
immediately
recognized
past lives of Love
for Love always
recognizes itself.

Saiom Shriver

Spirit Spirals

Spirit spirals
beyond stone spires
Spirit spirals
below martial spears
Spirit spins spiders
and spirea.
Spirit everywhere swells
Spirit in each being spills

Saiom Shriver

Spiritual Semantics

It's not murder
if one shoots
a body
already dead.

The innocent
murdered mammal
is not termed 'beef'
until his blood is shed.

Saiom Shriver

Spongiform Encephalopathy

Whether in front of the phrase
spongiform encephalopathy
is equine or bovine
cervine or ovine
porcine or caprine,
much greater than
reported are
the instances of
Mad Cow,
Mad Sheep,
Mad Swine

Saiom Shriver

Spring Leaf Light

The flooding beams of
full moon at night
in the spring leaves
become limelight

Saiom Shriver

Spring Rose

Spring rose
in the rose
of pinkest rose

Saiom Shriver

Sprinkling Grace

The loving sun arose
garbed in pink and gold and rose
sprinkling everywhere
lightdropp grace
from His endless and infinite rays

(to Wm Marshall)

Saiom Shriver

Spun Light

Fruit is
the highest frequency
food.

It is literally
the sun made flesh
...spun light.

Saiom Shriver

Spun Of The Sun

Animal flesh is
the densest
heaviest 'food'.
Fruit
is the lightest...
spun of the
sun itself.

Saiom Shriver

Squabble

He threw books by her guru
into the nearby creek.
She in 2 year old retaliation
dumped his shoes in the mailbox.
One wonders where the
postman sent them.

Saiom Shriver

Squared Deer Tracks

Deer tracks seemed
to the hunters squared..
but several hours before
came their prints
and they escaped,
the doe, fawns, and
buck prince

Saiom Shriver

Squire Of Squid

God is the squire of squid
of squirrels and squills
God is the sharpener
of porcupine quills
In every being
His divinity spills
He stops the hunter
who sweet birdvoices stills.

Saiom Shriver

Squirrel Crunch

He hated to see
oak nuts crushed under cars
but was happy when squirrels
on them left scars...
leaving the ground
full of shells of acorns
like a post movie theater floor
filled with popcorn.

Saiom Shriver

Squirrel Dialogue

Said mother squirrel:
'It's time we gathered
nuts by trees scattered'

Her little one replied
'Why couldn't the tree
drop them all
in one pile? '

Mother replied
'They're not all for
squirrels to eat.
Many must become
bursting new trees.'

Saiom Shriver

Squirrel Involved In Fire

Some are upset that
poverty causes fires.
The squirrel's death
causes others' ire.

Saiom Shriver

Squirrel Sculptor

Squirrel sculpts out
pumpkin shell
in which he and his love
will merrily dwell

Greater than pumpkins
are squirrels
With more consciousness
they twirl and swirl.

Saiom Shriver

Squirrel Teens

Squirrels drop acorn shards
on the lawn....
teens with popcorn
at the movies

Saiom Shriver

St Lawrence

Saint Lawrence was tied to an iron grille
and slowly roasted to death. That action
was called torture, resulting in martyrdom.

At noon an ad aired for 'slowly roasted turkey'.
That action is called advertising.

Saiom Shriver

St Pete

With St Paul
revered St Pete
never did compete.
In his own union
with God
he was complete.

Saiom Shriver

Stained Glass Flight

Cathedral stained glass
is now wings.
Immobility
has taken butterflyflight.

Saiom Shriver

Stairway

From the fairway
he saw the glowing stairway...
Acts of love from far away
point to the heaven starway.

Saiom Shriver

Star Chambers

Soon may be gone
unelected high court judges
as did the English
court called the
star chamber.
Shining above
remain
the stars in
their chambers,
some glowing
blue or pink
or red or amber.

Saiom Shriver

Star Dots

in my theist opinion,
only God
can connect
star dots

Saiom Shriver

Star Lake

Reflected stellar
lights in the
lake of the quarry....
moonglowing waters
radiant and starry

Saiom Shriver

Star Of Evening

Birthed of the sea..
rises the Star of Evening
with her stellar light
all earth heaving.

Saiom Shriver

Star Of India

'The Star Of India
is within you.'
whispered
Yogananda
to the heart of
his meditating
disciple.

Saiom Shriver

Star Of The Tsar

Apparent
from afar...
as the people
rose...
the
falling
star
of the tsar

Saiom Shriver

Star Rays

New shoots burst forth
from the periwinkle
as the rays of stars
send out their twinkles

(to Jessica A)

Saiom Shriver

Star Trine

As one, of
earth wind
water and fire
they made four trines
Slowly more and more
each's heart roots
the other did entwine.

Their advancing love
became visible,
no longer clandestine.

Their actions
bespoke
'You are forever
mine. I am
eternally thine.'

They were together
love to gather

Saiom Shriver

Starlove

The glow of blazing stars
bathing us from afar..
God's love as light saying
Love is what all are.

Saiom Shriver

Starring The Pine

The morning glory vine
branch by branch
did climb
until her white stars graced
each needle cluster
of the pine

Saiom Shriver

Starring The Wand

Sunbeams pour through
the sky to the sea
every one a magic wand.
As they enter the
the water..each
tipped with
a sparkling star

Saiom Shriver

Starry Consecration

When was His first consecration
of myriad blazing constellations...
glowing stars whose radiance
on silent nights
confers a quiet consolation
and draws us gently to
spiritual concentration

Saiom Shriver

Starry Curtain

The Milky Way drew
its cloudy curtain
over brighter stars.

The milk of cows
dulls human intelligence.

Saiom Shriver

Starry Road To Heaven

The Milky Way....
starry road to heaven....
wide is its
path to paradise
because God is all-merciful

Saiom Shriver

Starry Stairways

Myriad starry stairways
spiral beyond
the Milky Way

Saiom Shriver

Stars And Dogs

Capricorn stars love
the achievement of winning top dogs
Aquarius stars work for
the uplifting of all underdogs
Pisces stars shine equally
on all breeds.. all sizes of dogs

Saiom Shriver

Stars And Stripes

Under the red
stripes of sunrise cloud strata
Under the light of
the Milky Way stars
all countries and all flags glow
including our own stars and stripes.

Saiom Shriver

Stars Beckon

Stars beckon
The moon calls.
The sun summons
Light bids us come.

Saiom Shriver

Stars' Constancy

Changeling mind. Constant heart.
Changeling human Constant God
Changeling clouds Constant sky.
Changeling moon. Constant sun.
Stars' constancy oer Constant sea.

Saiom Shriver

Stars Don't War

Stars don't war
nor planets collide
nor moon fight sun.
In peace they glide.

Saturn rises
from the sea
without being wet
from the upward slide.

Saiom Shriver

Stars Of Capricorn

12 YEAR OLD BOY ON A TUESDAY MORNING

He looked so sad as he walked..
a few minutes later.. there
he was again.. walking
with a 12 pack.. back
from the store...
to one of his parents?
on a Tuesday morning

..
Little man..
carrying the weight
of the world..
You have been handed
the wand of all power
.. bejeweled with
a trinity of Saturn and Neptune
and Uranus.. a capricornucopia.
You will change the world
for the better.
God bless you and
those you love.

(to those born between 1989
and 1992)

SPIRIT FLAMES

Out of Saturn's
boxing frames
burst infinite
Spirit flames

HANDI CAP

Perhaps Andy Capp
was by marriage
handicapped

but a Capricorn
is seldom handicapped
.. so handy is the cap
..so powerful the
will of the handy cap

GAS AND BRAKES

Capricorn has the gas
of will
to help him speedily up
the hill..
Aquarius needs more
good brakes
to keep him downhill
from landing in the lake

CAPRICORN COCONUTS

John Denver,
Martin Luther King,
Elvis Presley,
sweet capricorn coconuts..
with the hard shell
of discipline and
the pisces moon
of inner soul milk..
a love for every creature
which draws and opens hearts
as it enfires all to
change the world

CONTROL FREAK SATURN

Where is the Saturn..
the control freak
.. in the chart..?
wherever it is
.. Pluto.. the
infinite.. will sooner
or later show

the only way
to hang on to all
.. is to let go

CAPRICORN MOON

The full moon
rose
hitting the left side of
the mountain
spreading a pink
glow
over the sparkling snow

as she further upward
did glide
it appeared that
the mountain and moon
never did collide

HALF MOON

Half moon over the sea
and the skyline's building squares
The moon soon will not be
with the sun in monthly square.

COCONUTS

Taking the coconut milk path
to the Milky Way

CLOUDCAPPED

Sometimes Capricorn mountains
are cloudclad
.. cloud capped
.. obscuring to those
below
their monumental
achievements of will

HOTTEST HEART

Behind its smooth and cool
furnace walls
perhaps the Capricorn
heart
is hottest of all

a Capricornucopia

FIRST LIGHT LAST LIGHT

As the sun kisses
first with dawnstreaks
the snowcapped winter
mountain peaks
and from the heights
with his light
takes his final
daily peek
so Capricorns
as children are holy
as old women and men
are sacred.

CAPRICORN SPHINX

Oh the capricorn stone
sphinx
.. finds it harder to
wink
..

Her sign of rising
on the horizon
the cusp
of leo/virgo

the crouching lion
the woman's head

RICHARD NIXON'S CAPRICORN

Richard Nixon's
capricorn
knew withering heights

CAPRICORN BLUE

Red orange pink
yellow green and gold
think that royal and
midnight blue are cold

They don't perceive
blue's frequency
too high to touch
beyond earth's trees

T SQUARES

Where the river
meets another river
at square..
there are eddies
in the flow..
in time they become
curves softening
the harsh lines
.. the curves of power.

URANUS

Uranian lightning
fire
quenched in Neptune's
waters of love

(Neptune's orbit 168

years around sun is exactly
double Uranus' 84
which is exactly 7 times
Jupiter's 12.. the octaves
of the music of the spheres)

ANTIQUARIANS

Capricorns are antiquarians
while Aries' breakouts
seem antiantiquarian
.. Friendly to both
are God and
kind aquarians.

FIREBIRD

Seen floating to earth
in blackest night
an orangered feather
as firebird passed
in flight.

A winglace ablaze
A flake aflame
Fiery waves
cross the wing lave
Yet remain inside
its glowing plume.

Firebird circles
every 2 1/2 centuries
enkindled when
he first touched God.

And to PoeRaven's
'nevermore'
he answers
.. to you his wings
he tips

to you his wings he dips
before flying back
to Pluto 248 years more

And drops
a redfernfeather
as a sign
'All Beings Love
You.. Ever More! ! ! '

FORGIVING HEALS CANCER

33 degree water
can be colder than ice
for it is not barred
from entering the skin

When Cancer forgives
cancer can disappear

CAP SUN PISCES RISING

A stable mountain, his
.. feet immersed
in the lake at his base

MAGI AND MANGER

It was the Magi..
who stood round Jesus' manger
.. and not those who
criticized their stargazing

HIGHER SUNFIRE

Some Capricorns are like
sunfire
blessing all as they rise

higher

CAPRICORN SUN: JOHN THE BAPTIST

The sun went into capricorn
before the moon.. John the Baptist
preparing the way for Jesus

TIDAL POOL

A rockgirt tidal pool
reflecting the stars
.. is the sun in Capricorn
framing Piscean stars..

(to Dyan Cannon)

WANDING GREEN TO BLUE

As a boat slips from
its moorings and slides
away... and the green
of earth turns blue
so Libra green through
distance becomes Capricorn
blue

PLUTARCH

To God did Pluto arc
in the chart of Plutarch

=====
=

Firebird is to Tom and Bill Kinzie and their anonymous tireless animal rights clipping service, networking with vegetarian athletes, and compassion unbounded Women's groups say that past use of alcohol is the most predictive factor in domestic battering. Alcohol causes fatalities and paraplegics, shattered families, demonic possession as the aura is rent. It causes cirrhosis of the liver. The GOP is the party more funded by alcohol corporations. General Bramwell

Booth of the Salvation Army treated alcoholism in London with vegetarian diet.. highly yin alcohol and extremely yang meat crave each other. His success in breaking alcohol addictions was a factor in the spread of the Salvation Army around the world

Saiom Shriver

Stars Of Scorpio

His hands glow
with the light of
Scorpio stars
as he heals
many
wartime scars

Saiom Shriver

Stars Of The Southern Cross

Unseen are the stars of the
Southern Cross in parts of the
northern hemisphere,
as those who take the east path
up the mountain are guided by
different lights than those who
climb the west path.

Saiom Shriver

Starscape

Not for long do garish street lights
block the shy stars of night
nor fire sirens shroud for long
the mornbird's chorus song
The eclipsed moon
glows
as the clouds pass on..
And the whispers
of God... roar through eternity.

*

to DPB: the star, the birdsong

Saiom Shriver

Starstir

The lark spurs
starstir
Sunstar stir
spins larkspur

Saiom Shriver

State Of The Soul

He said to the
gay man living
with his mate
'You are in
a mortal sin
state'
and the man replied
'Only God knows
the state of my soul.
The most judgmental
are the least
likely to know.'

One is given pause
when those who are
cognizant of
an infinitesimal sliver
of God
presume to know
God's infinite heart.

Saiom Shriver

Statues And Statutes

Not liquid love
are legal statutes
but inflexible
frozen statues.

Saiom Shriver

Steerage

19th Century Britain
was an ocean liner..
On the sunny top decks
constantly waited upon
were the 'peerage'
while the poor were
confined to dank and
dark bottom
decks of steerage.

Saiom Shriver

Steering The Steers

After cows are branded
eartagged and brutally castrated
they're called steers.
Finally men to murder
the innocents steer.

Saiom Shriver

Steve Jobs

What are the jobs
of apple trees?
To breathe
and to be
as apples come
automatically

Saiom Shriver

Sticks

Her loved ones' prayers
have removed the sticks
of Charon's ferry
on the River Styx

Saiom Shriver

Sticks And Stones

As tiny sticks tossed into ponds
make circles
so spiritual people respond to
attacks with positive energy.

*

Saiom Shriver

Stitching

Mouse tracks
stitch an edge
to the snowthrow
on the ledge

Saiom Shriver

Stolen Brightness

A queen
wears
stolen crown jewels
shining bright
from a country
her ancestors invaded.
They shine in the light.

The moon also
shines with stolen
light.
She does herself
array
in sungiven rays.

Saiom Shriver

Stolen Honey

Like factory workers are bees
who work tirelessly all day
only to have their labors' fruits
stolen and receive no pay.

Humans often queenwings clip
so that with their hives they can't away slip.
Worker bees often crushed in the racks
as the trays slip from their tracks.

Some 'owners' in fall wipe out
the whole hive
rather than feeding their own food
to those who strive.

They also often leave
their hives unprotected
so that remaining bees
freeze in winter.

Chemical and insecticide multinationals
have been killing frogs and bees
butterflies and fireflies for money.
Poisonous is nonorganic honey.

The design for the brilliant
geodesic dome
came from the Goddesigned
hexagonal honeycomb.

How magnificent that
these architects with wings
trillions of times over
create this perfect thing.

Saiom Shriver

Stone Etching

With carved love's letters
he would harm no tree
but etched in stone
is the love he owns

Saiom Shriver

Stones Of Cherry

PONDICHERRY CHERRIES

By the Po and Potomac
and in sweet Pondicherry
are many many
trees of cherry
each
with many scarlet cherries
.. each a cheery chariot
of future trees of cherry

How different these
seeds of life
from cherrystones
.. clams ripped from
their ocean thrones

-

(to C and P DiFazio)

FRONDFRAMED FRUIT

Juice for the
frondframed fruit
rises from coconut
palm's hidden roots

as water like grace
turns into leaf lace

Saiom Shriver

Stool Pigeon

Pigeons used
as spies
'Collateral damage'
those shot out of skies

Saiom Shriver

Stop New York Governor From Geese Genocide

Animals have been murdered
for their fur and feathers,
flesh and fleece.

Now New York gov Andrew Cuomo
wants to massacre 165,000 geese.
Conscious humans would
the birds catch and release,
offering plans not for
murder
but the birds to free.

Saiom Shriver

Storage Unit Auction

A storage facility owner
holds an auction for
contents of a storage
unit... renter could
not pay.

Broken dreams...
'they have divided
my lots amongst them'.

Footnote:

Why do television producers
glorify the greed and cruelty
of selling someone's belongings

Saiom Shriver

Storm Symphony

The storm's thunder clapping
The wind's clothesline flapping
The rain's drumbeat rapping
The lake's rocking lapping
foil the woodpecker's
brave spruce tapping

Saiom Shriver

Story Of The Sea

On a beach stroll
a solitary soul
free time stole
watching waves unroll
beyond the shoals
their endless scroll.

Saiom Shriver

Stranded

The evicted family has moved out,
leaving behind their bewildered cat.
He goes from door to door
hungry and alone...
Jesus Joseph and Mary, with no room
in the inn, slept in a cave.
Where will he sleep?

Saiom Shriver

Strange Death

It is said that those who
live by the sword
often die by the sword.
It is not to criticize Steve Irwin
that one notices the
man who speared countless animals
died by the spear of a manta ray.

Saiom Shriver

Straw Paper, Corn Husk Paper, Rice Or Cotton Paper, Elephant Dung Paper

Light paper is
made from rice
in a twinkling or a trice
Paper from cotton
is by God begotten.
Paper is made
from corn husks
saving the homes
of those with tusks.
Paper made from straw
helps children learn to draw.
Paper made from
bags which held coffee beans
makes the world
a little more green.
Paper is made from
elephant waste
rather than killing
trees in haste.

Saiom Shriver

Stray

A hungry cold
abandoned stray
Malnutrition did
his feet splay.
Homeowners doused him
with pepper spray
and terrorized him
shouting
'go away'.

Saiom Shriver

Stygian

Not harming is not
their religion.
They murder pigeons
into realms stygian
serving their abandoned
flesh... namechanged
into squab
with of spice a smidgen

Saiom Shriver

Sublimity

On his path
of sense sublimation
he found that
he had reached
the inner sublime.

Saiom Shriver

Subtle

He sat across from his
dinner companion
and said 'you are so
unsubtle' as he
pulled pieces of flesh
off of a chicken's severed
leg and shoved them
into his mouth.

Saiom Shriver

Sucking Piglet

The piglet was untimely ripped
while from his
mother's milk sucking

... then murdered, subdivided
and his corpse sent to a
posh restaurant
where it was renamed
'pig suckling'

Saiom Shriver

Suckling

Pawns of butchers
call nursing baby piglets
'roast pig suckling'
while their mothers are
sent to men who are
their slaughter chains buckling

*

Footnote:

WKSU, one of the largest reaching
of the NPR affiliates, has been
promoting the Ohio pig murder
industry on a show called 'Quick Bites'
as Minnesota Public Radio shills
for the animal flesh industry with the
program 'Splendid Table'.

Both are also part of NPR's
promulgation of carcinogenic,
animal agony producing,
environmentally destructive
meat through a 200 million dollars
investment in McDonald's.

The WKSU signal reaches from Northeast Ohio to Central Ohio and blocks out other signals. A Kent State Univ. president was on the NPR national board, after she invited many Republican speakers to the university and paid their speaking fees from the students' compulsory fees. The vast majority of the students are not Republican.

Saiom Shriver

Suffer Not

Pears and blueberries
suffer not
as from bush and tree
they separate and are free.
Nor need human beings
suffer
as in God they gain
final liberty.

Saiom Shriver

Sufi Nonviolence

Sufis say
suffer not to cause
suffocation or suffering
to any creature
For all beings are
within the Sufi ring.

Saiom Shriver

Sufis And Quakers

Not restaurant tree paper.
We want salt in shakers
say more and more from
Sufis to Quakers.

Saiom Shriver

Summer Concerts

Summer evening...
the birds are first to
end their free concerts...
The treefrogs
and their cousins in bogs
continue
for a while on their
leaves and their logs.
while crickets stroke
their violin wings
and into the dawn
play on.

Saiom Shriver

Summon No Demon

To criticize
someone in her cups
(inebriated, besotted, plastered)
is to summon her demons

Saiom Shriver

Summoned By The Sun

They grieved
that the sun
into sea had sunk
until at dawn
by Him
they were summoned.

Saiom Shriver

Sun Actor

The sea is the gallery
for that actor the sun.
As dawn cloud curtains
rise
He makes his entrance
in the skies.

She laughs her tides beyond
the dunes
.. sometimes boos
him off stage
with stormy shrieks

Sometimes in boredom
rustles her skirts
Often her wavy arms
clap in applause
but mostly she is silent
in awe

and gives her heart
to him
that there be rain
and gives her
all
to continue his reign.

Saiom Shriver

Sun Dyed At Dawn

The sun egg dipped
into many cups of dye
.. pink and purple saffron yellow
orange and red.. a gold mellow
but He preferred His own color..
that of blazing light
and emerged untouched
by dawn, dusk or deepest night

*

Saiom Shriver

Sun Flashes Light Elsewhere

It is not faith but knowledge
to understand that the
sun whose setting light
seems extinguished by the sea
is flashing a hello elsewhere.

So it is with the illusion of death.

Saiom Shriver

Sun Ring

He was meditating on the sun
as the jewel in a ring
on God's hand

Saiom Shriver

Sun Shakti

The Godcreated sun
we cannot seize his light
yet trees store juice
made of his might
and his shakti can be stored
we find to our delight

Saiom Shriver

Sunbeam Baton

The sunbeam baton
says to the seed...
open sesame
and begins to unfold
the seed's music score
the scroll of the sesame

Saiom Shriver

Sundered

When Jesus said
'what God has joined together
let no one put asunder'
was He also referring
to animals' bodies?

Saiom Shriver

Sunfall

Sunfall is moonfull
Moonfall is sunfull.
Bodyfall is soulrise
In a new form
we'll see his eyes.
If he desires
to return
he'll slip into
a new form
and be reborn.

Saiom Shriver

Sunflower Aura

My sister was waiting to
photograph
the sunflower a little
more grown
in order to position
itself as the radiant
aura over the four
foot high stone statue
she was waiting to
photograph.

A traveling deer came
along and decapitated
it, perhaps grateful
for the tasty meal
she had provided.

Saiom Shriver

Sunflowers Spin

Sunflowers spin to
catch solar perfection
and to mirror the sun's
radiant reflection

They swivel their
heads to catch
his rays
as he with his
gold
does them array.

Saiom Shriver

Sun's Spinning Whirl

Sun's spinning whirl
makes colors twirl
and flowers curl
and phlox unfurl

Saiom Shriver

Sunset Couple Time

Sunset...
couple time
as the evening
enters the seventh
chamber
tapestried in the light
of violet, rose and amber

Saiom Shriver

Sunset: Couple Time

Sunset...
couple time
as the evening
enters the seventh
chamber
tapestried in
light of violet
rose and amber

Saiom Shriver

Surpassing Peace

Because of her fear
that after death was only
a void
She had reached
101 years with
Virtually no sight, hearing,
Touch or taste...
Someone she trusted told her
That souls shed bodies
Which have become like
Ragged clothes... and then
go back to God or if with
unfulfilled desires
Pour their souls into new bodies and
Are reborn.
She felt peace and
that night slipped from her body.

Saiom Shriver

Surrender To Love

When I am feeling antiauthorian
and do not want to surrender to
God, I can surrender to Love.
When some doubt that God exists,
they can still believe in Love.

(Divine Love: another name for God)

Saiom Shriver

Surrendered Mars

Pinocchio becomes
a real boy.
Many movements of the
second hand become
one of the hour.
The eight flows into nine.
Mars surrendered becomes
divine.

Saiom Shriver

Surrendered Scepters

Twelve foot high
cattails are forced
by storms of September
to bow down
and to surrender
their seeded scepters....
Soon though clouds
rain their essence into specters.

Saiom Shriver

Suspended In Clouds

Suspended in clouds,
raingrace
like diamonds woven
in lace



Saiom Shriver

Swaddling

About Jesus' final shroud
there's been more squabbling
than 'bout His simple
natal swaddling

Saiom Shriver

Swallow Wing

Because of her God
will sooner bring
a world of no more suffering
.. where none are swallowing
a chicken's or a swallow wing.

Over fields all following
rise flocks of follow Wings
.. feeling holy Spirit Wings
.. all flying birds His following.

(to Nita Nickol)

Saiom Shriver

Swallows And Swans

Swallows and swans
with nests of swaddling
rest on the Swanee
with cygnets and goslings

Saiom Shriver

Swallowtails

Midnight swallows
the swallows' trails
and the swallowtails.
Dawnfire resurrects them
entire.

Saiom Shriver

Swansdown

Floating feathers.....

Swansdown...

Luminescent

Sundown

Saiom Shriver

Sweden

May there be more
and more spots of Eden
... untouched by humans
like parts of Sweden

Saiom Shriver

Sweet Alfred Beethoven

A sweet little pig, Alfred Beethoven
escaped with his life from the knives of a coven.
Because God protected him with four hooves cloven,
he is safe from many religious diet ovens.

Saiom Shriver

Sweet Domicile

A sweet domicile
on a sunny isle..
stars us beguile...
gone are trials

Saiom Shriver

Sweeter Than The Red Rose

Sweeter than the red
smell pink saffron
and gold rose.
Their hues do not ignite
lust or anger.
They spread more perfume
as they grow.

Saiom Shriver

Swirling Constellations

Swirling constellations
of bees
wheel
round the peonies

Saiom Shriver

Sylvan Silver

Fields and lands sylvan
awash in moonbeams'
silver slivers

Saiom Shriver

Symphony Of The Elements

Wherever rain and sun,
wind and mother earth
work in a symphony of unity
to swell a fruit with juice,
there is divine ambrosia.

Saiom Shriver

Symphony Of The Sea

Seawaters have a fizzing
sound in surf..
Further along they
slap against the piers,
crash against the rocks..
silently slide
in the tide
Above them
sails flap in the wind
lightning cracks
gulls shriek
In the poststorm sky
the wind sings lullabies

Saiom Shriver

Symphony Of The Storm

Lightning cracks clouds open.
Then thunder loudly rumbles.
The wind screams.
Rain begins to tapdance
on roofs and cobblestones
but quietly merges in pools.
Gradually the dance subsides
until only the xylophone
of drip drip drip
remains
in dropping refrain.

Saiom Shriver

Syrian Refugees Have No Food

The US
and others deleterious
have with policies
most imperious
and warwaging arms
mongering most serious
made lethal hazards
for refugees Syria's

*

Saiom Shriver

Taboo Re Tattoos

For years he abided
by his taboo....
he'd date no woman
with tattoos....
until he met a woman
beneath bamboo
so amazing that
to his thought box
he bid adieu

Saiom Shriver

Take A Stand

Seeds land
on sand
and slowly
take a stand

Saiom Shriver

Taking Anger Out On The Helpless

It is too easy for angry people
to take out their rage
on voiceless powerless
animals in a cage.

Saiom Shriver

Taking Jude's Name In Vain

It is wrong for hospitals
which torture animals, such
as St Jude's, to take Jude's
name in vain. He never
approved of torture for humans
or animals.

Saiom Shriver

Talcum Powder Cancers

That corporation with its
talcum and baby powder
has treated women and babies
like clams in chowder.

Saiom Shriver

Talons And Claws

Sharp teeth and talons
beaks and claws
give many herbivores
cautious pause

Saiom Shriver

Tamarind

He who winds
the tamarind rind
has with sunrise light
the dawning lined

Saiom Shriver

Tapeworms And Cancer

A tapeworm
has transmitted
cancer to a human being.
Tapeworms are found
in mammals' flesh,
not fruit or beans.

Saiom Shriver

Tara

Tara is the emptiness
through which flute music pours
Tara is the queen throne zone
Tara is nonattachment's zen
Tara is desireless.. the
zeros which multiply
other numbers

Saiom Shriver

Tawny Tan And Tangerine

October when
summer green
turns
tawny, tan and
tangerine

Saiom Shriver

Teachers Disguised

God sends teachers
in the guise of students,
patients, maids
to heal teachers
doctors, employers.

Saiom Shriver

Teachers Of Love

Teachers of love
don't tie us in knots
with copious lists
of thou shalt nots

Saiom Shriver

Teaching Children To Kill

Raise and nurture
a piglet into a pig
Water him, provide straw,
maybe feed him figs.
As with their care
he grows quite big
he finds they care
for him
not a twig.

Saiom Shriver

Teaching Torture To Children

The PBS TV chefs
put the living lobsters
into the freezer
before dropping them alive
into the boiling water

The freezer you see
silenced their screams
before they were boiled
and then covered with cream.

Saiom Shriver

Ted Cruz, Contemptuous Of International Law, Facilitator Of Rick Perry's 234 Texecutions

'Prolife' Ted Cruz
facilitates execution,
whether by wars' bombings,
the needle, or electrocution.*

Saiom Shriver

Teddy Bear

Theodore Roosevelt is
remembered more for the one
orphaned bear cub he saved
(after killing his mother)
than for the hundreds of
bears he murdered. Because of
reporter coverage of it, the
teddy bear was born.
So God magnifies our good
and erases our crimes.

Saiom Shriver

Teetotaler Policeman

The policeman stood behind the bar
waiting for those who, with the
bathroom full, would come out
back to relieve themselves. He
then arrested several
and sent them to jail for 3 days
for 'urination in public'.

Saiom Shriver

Ten Thousand Acorns Don'T Equal One Millenial Oak

Ten thousand acorns don't equal one millenial oak.

Saiom Shriver

Ten Years Later

Ten years since her husband's death
she still craved the sight of him and
his magnetic smile
coming in the door, his suitcoat
slung over his back. She yearned to
glance at him in a long black
coat, resembling a materialized
laser beam, as they
prepared to go out for an evening,
or in old bluejeans walking barefoot
with her on the seashore.
She knew he was always with her...
but wanted his spirit to touchdown.

Saiom Shriver

Tennessee Williams

Would as many have
gone his plays to see
if Williams' first name
were not Tennessee?

Saiom Shriver

Tennyson The Reindeer

Did Santa crave
his reindeer Tennyson
as a cadaver
some called venison?

Saiom Shriver

Terror Saturated Food

The flesh of
Those who tremble in terror
Those who quake in fright
Those who shiver in fear
is saturated with adrenal
poisons secreted in agony.

Saiom Shriver

Testosterone Syndrome

War is a bad case of
testosterone syndrome....
burning children, adults
and animals
with bombs and corporate drones.

Saiom Shriver

Thailand's Treasured Trees

Thailand banned
the killing of trees.
Elephant dung is
turned into paper,
Tather than
have the forests gored
straw with glue
becomes building boards.

Saiom Shriver

Thank You To France

James Mitchener in his book Chesapeake
quoted historians who described
the Battle of the Chesapeake on September 5th, 1781.
The US had been losing the Revolutionary
War since 1776 until 1781. (Such drives for independence are called rebellions,
riots, mob action, insurgencies, insurrections,
uprisings or mutinies, e.g., by the ignorant and cruel who are in power.)
Soldiers often had no food, no pay, no arms, no shoes. At sea, many courageous
Americans lost their lives fighting the British.
The thirteen colonies who had named themselves The United States of America
were
on their eastern coast rimmed by a band of iron... of British warships.. the
shore the British cannonized sending many to be canonized... The ships' blockade
continued and so did the British control of New York City... when suddenly after
years of lobbying by Ben Franklin 5500 French troops arrived and, . on the
horizon..
like the miracle of sunrising,
appeared the French fleet.
Temporarily they would be trapped within
the Chesapeake Bay.. but courageously
they broke out... and two lines five miles long! composed of
British and French warships faced each other. The battle
out at sea was seen by very few. One American civilian captain
described his witness role as being a gnat watching eagles.
The British admiral's tactics were to focus on killing
the French sailors, while the French tactics were
to disable the British ships. It was the French who beat the
British in this decisive
naval battle of the war and who helped America's troops
to surround Cornwallis in Yorktown, Virginia. With all our hearts may we say
'Thank you eternally to the people of France.! '

Saiom Shriver

Thanksgiving Carols

Some think Christmas
carols should not be
played in mid November.
What would Thanksgiving
carols be...?
turkeys screaming
'help me help me! '

Saiom Shriver

Thanksgiving Massacre

Does it pollute the
process of giving thanks
... by murdering a bird
to celebrate gratitude?

For their murder
should turkeys give thanks?
Should they have a
cheerful masochistic attitude?

Saiom Shriver

Thanksgiving

The innocent turkey's
legs were tied... why?
he had already been
murdered and could
not run away

Saiom Shriver

The Altars Of God

As one climbs over
hidden crevasses, mountain faults
one is not
making an assault
but entering into
not temples
but the high stone
altars of God.

Saiom Shriver

The Animals Love You

Bees buzz Cats meow. Horsies neigh. Donkeys bray.
Geese honk. Froggies croak. Coyotes howl and bears
growl.
Mice squeak Heralds hark. Oceans whisper. Doggies bark.
Lightning crashes. Fishie splashes. Ponds bubble. Larks warble.
Lions roar. Rains patter Elephants trumpet Monkeys chatter
Pigeons coo. Ghosties boo. Flowers nod. Cowsies moo.
Trees rustle Thunder rumbles Bums whistle Grumpy grumbles.
Piggies squeal Sparrows chirp. Pig mommies grunt. Pig daddies burp.
Loons croon. Chickns squawk Tigers grrrr. Kitties purr.
They were all saying, they told me today, ' we love you
very much' in their own special way.

=====

(to Natalie Z K)

Saiom Shriver

The Bee Named Hector

The bee named Hector
needs no lector
to read him the sector
where blooms of great nectar
pour forth fragrant vectors

Saiom Shriver

The Being Of Pisces

Only boats and
birds and planes
take a path
across the sea

The sea need not do
but only be
for she is already
all for eternity.

Saiom Shriver

The Bells Of Cockleshells

The bells
of cockleshells
the wind
silently rings.

Saiom Shriver

The Blade Of Infidelity

Infidelity...
a sharp sword
whose blade never dulls
though it has pierced
billions of hearts

Saiom Shriver

The Choirs Of Summer

The crow's cymbals
over wind-ed willows
The pianist stream
flowing over rock keys
The woodpecker drummers
the cricket strummers
have unrevokable tenure
in the choirs of summer

Saiom Shriver

The Cow Jumped Over The Moon

The loon flew
over the lune
... oer the horizon
where
the moon was rising.

The cow jumped
over the moon
in the home of nine
dragons: Kowloon.

Saiom Shriver

The Dalai Lama

Long painless and joyful
life to the Dalai Lama.
The Chinese government
says it will decide who
is the next Dalai Lama.
May God give all governments
respect for the spiritual freedom
of all nonviolent paths
... whether Hindu or Christian,
Sikh, Muslim
Jewish or Buddhist or other.

Saiom Shriver

The Decentralizing Sun

Melting are icecaps polar
as more and more go solar.

1. Solar energy is decentralizing,
and takes one off of the grid of
corrupt companies. The sun
touches every point of the globe.

2. Solar is cheaper

3. Solar is the least polluting.

4. Solar protects trees from
utility company mutilation.

5. Solar prevents oil spill
pipelines.

6. Solar is democratizing,
reducing the power of
petrocrat billionaires.

7. Solar prevents
nuclear fallout by
taking citizens in
another direction.

8. Eliminate ugly power lines

9. Eliminate unsafe power lines

Saiom Shriver

The Deer Ball

Deer chomp on tiger lilies
but snub bright daffodillies.
The latter are not upset at all
that they're not invited
to the deer ball

Saiom Shriver

The Devil Can Quote Scripture

'The devil can quote scripture.'

He is a Biblical scholar

.. his minions are behind
the armsmongers' dollars.

The eyes of Satan

the beholder...are evil.

He began the meat industry
in times primeval.

He discards the killers

he has possessed

and leaves them

human shells..

He projects his sadism

onto GOD

and teaches there's

eternal hell.

He taught Solomon

to be polygamous

and then centigamous

and then milligamous

and then to edit

GOD's unasterisked

'Thou Shalt Not Kill'

into 'there's a time

to heal and a time to kill'

Satan advocates executions..

especially electrocution.

To pray for the success

of civilian bombraids

he encourages presidential

preachers.

He works at universities

to oust pacifist teachers.

But his troops fight

amongst themselves

stealing from each

others' shelves.

In the sunlight

which defeats the night

we are reminded
that GOD
dwells in every mite
and defeats with LOVE
cruelty's illusory might.

Saiom Shriver

The Devil's Palette

There is no restraint
in the way they taint
Mother Earth
with fracking paint.

Saiom Shriver

The Differing Hues Of Truth

Cartoonists win awards for
distorting truth.
Advertisers win sales by
repeating alleged truth.
Lawyers win client freedom
by selectivity with truth.
Campaigners win elections
by mononotes of truth's symphony.
Writers win readers by poetic
license with the truth.
Positive affirmers create new truth
by speaking only of future truths.
The therapist and the priest are
sealed, silent, about others' missteps on
the path to truth.
The sea is spherical silence
beyond all linear truth.
The mystic sees that only
eternal love can be called truth.
Saints and masters see the
indwelling divinity of all
as the only truth.
Angels.. for those who always speak the
truth.. transform their
Pinocchio words into real boy reality.

Saiom Shriver

The Elephant And The Skunk

The elephant
smelled through his trunk
that somewhere someone
had frightened a skunk
And though others
might say
the skunk sure stunk
Away the kind beast
has not shrunk
but did suggest
that the skunk
in the nearby pool
might his fur dunk

Saiom Shriver

The Eleventh Hour Worker

Why should the 100th lamb
receive more love
than the 99 who
never strayed
and never disobeyed?

Why should the 11th hourworker
with just 60 minutes
receive the same pay
as those who worked all day?

Only love.. like his..
knows the answer..
but this we can say
Our pain was in the longer way

Saiom Shriver

The Fog Of Semantics

Bulldoze ranforests
Slaughter a lamb
Swat a fly
Targets terminate

Thin a herd
Hunt a bear
Harvest a deer
Wasp nests exterminate

Pacify a village
Drone 'terrorist' camps
Weed a garden
Mice eliminate.

Mow a lawn
'Cropdust' a field
Fell a tree
'Invasive species' eradicate.

Execute a prisoner
'Control burn' a meadow
Scotch a dandelion
Foreign leaders serially assassinate.

Club a seal
Butcher a pig
Boil a living lobster.
Locusts decimate.

Harpoon a whale
A butterfly impale
Vivisect a rat
A fish asphyxiate.

Stone an alleged adulterer
Puppies drown
Cows down
Gay men decapitate.

Starve a population
Strangle a goose
Dartgun a manta ray
Ants annihilate

Electroshock an inmate.
Rendition an 'enemy'
Zap a dragonfly
By vaccination obliterate.

Nuke Japan
Snuff the kittens
Polycidally bomb Afghanistan
A population liquidate.

Elephants poach

Squash a roach.
Masking words for breaking
commandments not to kill..
Blowing semantic fogs...
the war propagandist's skill.

12

Author notes

We all know the atrocities of Hitler. Fewer know that Churchill deliberately starved the Indian population of Bengal during WW2.

Jesse Ventura: Thou Shalt Not Kill is not asterisked with exceptions.

The US Dept of Agriculture and Dept of Interior often set 'control burns' which when the wind turns direction kill even more humans animals and plants than intended.

Here are some synonyms for 'kill': abort, ambush, annihilate, arson, bane,

bloodlet, bloodshed, blot out, blue-pencil, bottle up, brain, bump off, burn, carry off, chloroform, choke, consume, cork, coup de grace, crucify, crush, cut down, cut short, damp down, deaden, defeat, delete, denouement, deprive of life, destroy, devastate, dispatch, dispose of, do away with, do in, do to death, down drop the curtain, drown, electrocute, end, erase, euthanize, expunge, expurgate, extinguish, finalize, finish, finish off, game, get rid of, gill, give the quietus, hit, hurt, ice, immolate, kibosh, knife, knock off, KO, lapidate, make away with, martyr, massacre, mercy kill, murder, nail, neutralize, nip, nullify, occupy, poison, polish off, prey, purge, put down, put to death, put to sleep, quash, quell, quench, ravage, ritual killing, rub out, sacrifice, scrag, shoot, silence, slay, smash, smother, snuff out, squash, squelch, starve, stifle, still, strangle, strike, strike out, subdue, suffocate, suppress, switch off, take life, torture, turn off, venery, void, waterboard, waste, wipe out

This is dedicated to Rand Paul, Ron Paul, and other voices of governmental and personal nonviolence

Picture source:

Saiom Shriver

The Freezers' Insides

Like mausoleums
are the freezers'
shiny white
exteriors

They are the
'whited sepulchres'
with rotting corpse
interiors.

Saiom Shriver

The Frozen Waves Of Nantucket

Right now, the frozen
waves of Nantucket
cannot be poured
into a bucket.

Saiom Shriver

The Fruit Of Love

If I plant
the seeds of hate
I cannot
the fruit of love await.

Saiom Shriver

The Fruits Of Spirit

Those immersed in Spirit
with Light always glow.
They rarely speak but
'round them Truth blows.
Their Hearts with Love
for everyone flow.
They needn't
believe in God
for God they Know.
Peace outpours
from them and
onward goes.
They are more
nonviolent
than rays of
ultraviolet.
Seeing God
in every being's
eyes,
they do not
any criticize.
Like the Sun
they are always
giving.
Like Mother Earth
.. always forgiving.

Saiom Shriver

The Furred Flee Firs On Fire

Animals flee
the firs on fire.

Mother birds perish
refusing to leave their
flightless fledgelings.

Bears in caves...
come out after days
to find all food charred.

Some fires caused by
drought
Some by arson
Some by bombs
set aflame palms.

Every protected tree
rained into raintree
helps prevent
catastrophes.

Saiom Shriver

The Guns Of October

The guns of October
summon hunters
to the woods' cruel hell.
Some by other
hunters will be shot
out of their body
shells

Saiom Shriver

The Heart Of The World

The heart of the world
is composed of every heart.
It is an infinite umbrella
for the poor
the sick
the tyrannized
those in pain.

Saiom Shriver

The Hiding Sea

The sea

.... blue serenity

... a flat indigo plane of
peace

concealing shale and shoals
and shallows

hiding volcanoes
currents icebergs
fissures..
whales and octopi

occasionally reflecting
clouds in the sky

like slight shades of
feeling in the eyes
or the unrevealing
face of a scorpio

Saiom Shriver

The Hour Hand Or Economy Of Action

The second hand's 3600
acts have the same
power
as only one movement
of the hand of the hour.

The painter tried to
make the world violet
with millions of dollars
of purple paint
The master donned
purple spectacles.

The traffic policeman
with great effort moved
his arms.
But the green light
effortlessly moved
hundreds of cars.

The unripe fruit had
to be hacked to
the ground.
The ripened fruit fell
without effort.

The swimmer exhausted
himself after a few thousand
strokes..
The sage found an
ocean current which
carried him
thousands of miles.

The hunter in vain
chased the deer through
many woods
.. the deer came unsummoned
to the nonviolent

forest meditater.

The honeystealing
beekeeper chased
bees
but they came unbidden
to the nectared blooms.

The hard worker chipped
away hour after hour
at the ice
while the serene
did more pleasant things
and allowed the sun
to melt the crystals.

The bunter had to scurry
around the bases.
The homerun hitter
could take his time.

The treasure seeker dug
everywhere and risked
his life under water.
The meek was given
a treasure map by God.

The fearful built an army.
The fearless with perfect love
needed only God.

One looked for the haystack
needle.. for hours
Another with 1 magnet
immediately magnetized it.

The scarcity conscious saved
thousands of dollars
but the friend had in his
bank only the hearts of
his friends.

The portrait artist took 20,000
strokes.. the mirror did
nothing and gave a better
likeness.

Students doctoral toil thousands
of days spending untold dollars
The great one is
given an honorary doctorate.*

The angry one had static
on his radio as he
furiously turned the dial
but the peaceful one
magnetized the right
frequency

The lovehungry traveled
the world seeking love
but the Godlover became
Godlove and love came to him.

The pyramid builders caused
death and suffering to slaves
but the saint moves mountains
with a mere gesture.

Like the engineer who
multiplies power
by adding hundreds of
cars to the engine
of the train
those who align
to God
act with the power
of
the Divine

Saiom Shriver

The Illusion Of Sisyphus

False is the story
of the agony of Sisyphus.
Floating downstream to
the sea of God..
is its antithesis.

Saiom Shriver

The Infinite Contained In The Infinitesimal

In the conch the sound of the sea
Endless pears within each pear seed
In the tidal pool are caught the stars
In all eyes the light of God

Saiom Shriver

The Invisible Woman

More subtle is invisible
Unseen greater than the seen
High notes are soft but higher go
Jesus washed His disciples' feet.

Yond ego's pale
she left no tracks
Turned so fast she
seemed not to move.

The child in man
do women feed
for what is it
love has to prove

Who is the prime minister of love?
Who the president of caring?
Who the chief exec of Kind?
Who the highest head of sharing?

Male pyramids melt
in female fire.
Mens' skyscrapers stop
where women's sky begins.

Who advertise
the soul in their eyes?
What anonymous saints
do we immortalize?

Some day master learns
the faithful servant
was his guru..
Male foam wake of ocean liner
riding on a female sea.

Male speech echoes
in mate's silence
Soundless quiet which

holds all beings

(to Constantina Salamone, lifetime worker for the rights
of women)

(The writer believes that we go back and forth between
male and female incarnations.)

(This poem is about the male principle, not about the hundreds
of millions of individually conscious men)

Saiom Shriver

The King In Armor

The king in armor
who goaded his horse
with sharp spurs
into the flooding river
was swept away when
his horse fell.

The king with his heavy
defensive metal drowned

An arms burdened country
can harm itself.

Saiom Shriver

The King Of Spring

The King of Spring
does decree
that from ice freeze
the sun all
water frees

Saiom Shriver

The Last Are Now First

The rejected fruit
last on the tree
with the most juice swells.
The 100th Lamb rescued
by Jesus
now knows God
within him dwells.
The ugly duckling
has become the most
beautiful swan.
The last has become first
and shines in the dawn

Saiom Shriver

The Law Of Attraction

Beauty trumps
striving emotion.
Seek others, says AA, through
attraction not promotion.
With not a word, no motion
the bloom pulls bee's devotion.

Saiom Shriver

The Least Of God's Brethren

If we knew that
what we do to these
the least of God's brethren
would be done to us,
would we continue to
murder and eat animals,
to trap them, hunt them,
subdivide them in laboratories?

Saiom Shriver

The Leg Of A Lamb

We're serving leg of lamb
they said and the truth
was actually that
they were serving
.....the leg of a lamb!

Saiom Shriver

The Lilies Of The Field

Jesus said that neither
do the lilies toil
nor do they spin
but Solomon in all his
finery is not
arrayed as one of these.

Yet do God's light threads
pour through their looms
They are lilled by His Love.
.. they are spun
by the Sun

Saiom Shriver

The Linden Tree

Not far from
the luminescent
lime lichen
ever spinning
is the tree of linden
pouring forth his
leafy linen.

Saiom Shriver

The Line And The Circle

linear river
spherical sea
linear work
spherical being

linear icicle
spherical water
linear stem
spherical bloom

linear baton
spherical music
linear yang
spiritual yin

linear eyelight
spherical aura
linear mind
spherical heart

Saiom Shriver

The Line And The Sphere

The conductor lifts his
linear baton into the music
noosphere, poised to
channel a stream of
beautiful notes.

But the fisherman
dips his linear rod into
the spherical lake,
only to rip out
gills and throats.

Saiom Shriver

The Marine Survives The Captain's Daughter

The marine was engaged to
the captain's daughter
at Camp Lejeune. She
discovered she was with
child... they hastened their
plans to marry. His low
rank did not please the
captain who, King David like,
had him sent into harm's way
in Iraq for an extended tour.
Meanwhile the daughter,
fearing her father,
bowed to his will
and married another.

Ten years went by.
The marine left
the military and
decided to attempt
once again to seek
love. His relationship
with the new woman grew
over several months.
He was in a jewelry
store on the bottom
floor of a downtown hotel
buying her an engagement
ring when coming out into
the lobby he saw her
making hotel room
arrangements
with another man.

Two decades flowed by.
He never again
sought to put out
the tentative tendrils,
the first overtures,
to a woman. In the

vacuum that creates
miracles, this time
Angel Raphael
made the move,
sending his destined
love into his path.

Saiom Shriver

The Mathematics Of Masters

The mathematics of masters
is that they need no mammon,
no medium of money
to materialize, to manifest
their multiplying
magnifying miracles.
Their hearts summon manna.
Their souls grow mangoes

Saiom Shriver

The Mightiest Rivers

The mightiest rivers
begin as a pooling of dew,
a melting of snowflakes,
a gathering of raindrops
which grace the grass
as they begin
from the mountaintop
their majestic march
til finally past
the delta'd marsh
they flow onward
invincibly to the sea.

Saiom Shriver

The Mighty Mississippi

The 1927 flood

made the Mississippi

seventy miles wide.

Only God then

could take all the sips

from the mighty Mississip

Footnote:

Greg Iles spoke of the width of Mississippi

picture source:

Saiom Shriver

The Mother And The Moth

In an open
candle flame
she saw a moth
burn his fragile
winged cloth

and vowed then
to dress in such a way
that her beauty
not deflect men
from their duties.

Saiom Shriver

The Music Of Rain

Rain drops
warble
as they enter
the pond

Saiom Shriver

The Mystery Of Attraction

The mystery of attraction...
Which seeds will root
in the garden of your heart?

Karma and genes,
mars, venus, sun,
moon, jupiter etc.
align with geography,
proximity and
interests in a vast
seemingly random
lottery to select
1 person of billions to whom
you are most attracted.

Some stay together
a lifetime.
Others after 1 night
or 3 months or
30 years are no
longer attracted,
as if the inoculation
for the disease known
as the other person
had taken hold.

Saiom Shriver

The Nature Of Flesh

In the open air Philadelphia market
with the animal carcasses hanging from
hooks, the flies gather to eat and to
lay their eggs on the mammals' dead bodies.
Soon their baby maggots will appear. Nearby
at the fast food chain outlet, flesh sandwich
wrappers too attract bugs and worms.

Saiom Shriver

The Nature Of Joy

It is the nature of
joy's essence
to spread everywhere
its effervescence.

Saiom Shriver

The Nut Tree Tithes Not

Tithes not
the nut tree
but to all
gives totally

Tithes not
the river
but to the sea
gives totally

Saiom Shriver

The Ohio Becomes The Mississippi

As a river often takes
the name of a larger
river into which it flows
and then at the
delta takes the
name of the sea,
when human beings
flow into God
they take on
God's divinity.

Saiom Shriver

The Omnipotence Of Inaction

If the world stops
bulldozing and mowing
zillions of seeds and
saplings will be growing.

Sometimes the most powerful
actions of all come
from refraining to cause harm...
come from doing nothing.

Saiom Shriver

The Only Difference

The only difference
among souls
it seems to me
is a temporary
difference
in frequency

Saiom Shriver

The Pausing Tide

Love letters
traced in sand
by his fingers
made the erasing
tide itself
pause and linger

Saiom Shriver

The Pen As Midwife

Do you ever write
to separate from pain
or anger
by birthing experience
onto paper?

Do you write
afraid of otherwise
forgetting?

Do you write to
persuade?

Do you write
to share?

Saiom Shriver

The People Should Not Pay

If a billionaire
trashed an
unwealthy landlord's
apartment
leaving pools of
arsenic, lead, mercury,
pyrite etc. which
destroyed the tubs
and sinks
should the landlord
pay?

San Juan and Kinross
corporations
left orange sludge pools
with countless
toxic metals
behind.
Why should the
US people pay
through the auspices
of the EPA?

Saiom Shriver

The Perils Of Pearls

The perils of pearls
affect oysters and earls.

Saiom Shriver

The Poet Aspirant Desires Not To Be Judged

Do not judge the poet aspirant
who strives
to put a forest
into a nutshell...
to wed lonely words to each
other...
.. to make nouns of verbs
and verbs of nouns
.. with adjectival trains
going off on their own tracks

to break all rules....
to create eyes which hear
and ears which see.....
to have God's creative
power as in a dream
to rearrange space
and time.....
and not to be bound
by others' meter or
rhyme

to turn the world upside
down..
that it be seen from another
angle..

that our identification
with other beings
expand
that we might
love and understand

Saiom Shriver

The Power Of The Void

BUTTERNUT AND BUTTERCUP

Held the dew
the concave buttercup
better than
the convex butternut

as listening ears
have healing
in their cups

with what
chalice'd joy
does the buttercup
hold
the liquid sunup

(to Jeff Miller and his wife,
to L Yost and her partner
and to others)

ALCHEMY OF ATTRACTION

The criminal desperate for money mused over counterfeiting,
forgery, teleportation, alchemy, treasure hunting,
perusing bank blueprints
.. not leaving fingerprints

Another prayed, did acts of love, gave things away, and
planted fruit trees, free food machines.. these bore the fruit
of needs fulfilled.

A third did nothing, knowing that God his heart indweller,
knew his needs before he himself did..

BAMBOO BAMBINOS

Helen Blavatsky described

her trip to India..
60 ft. high stands of bamboo
were beetle bored..
and in the wind
these trunk flutes
sang the sweetest symphony

Bamboo have bambinos
effortlessly...
everywhere are the
new spears of life

BEETLE BITTEN BEE BIBBED BLOOMS

The beetle bitten blooms
are now beautiful of lace
The bees have bibbed
all the nectar
and the emptied bloom chalice
will now hold new dew.

COINS IN THE FOUNTAIN

Coins dropped into the
wishing fountain
its serene surface
splatter,
.. as desire does
in the soul of
a master
his serenity
only seem to shatter.

DESIRE'S PRISMS

As long as one
sees the universe
through desires's prisms
one will be magnetized
after death

back to reincarnation's
prisons

ERASER

God can delete
all negative reactions
to any of our mistakes
or errors or actions
God can unite
all the factions
we have made
by the spirit of faction

FASTER THAN ONE THOUSAND BROOMS

faster than 1000 brooms
the Wind has swept.
As He passed trees
their petals wept

The wind has swayed
the bonnets of the blooms
faster than a million
hatteries

The mirror has painted
a picture
faster than
a thousand brushes

I DUB

I dub
the bud
the princess
of the bee
but not
his queen

INTO THE BREACH

The seed of birch
Into the breach..
and coconuts into
the sand on the beach

the seed of beech
and hardstoned
seed of peach
which wishes
to be
in softness impeached

LITTLE FROG

They watched the tiny
frog hop across the bike
trail..
Their decision to
walk rather than
bike
made safer his tiny tail

MIRACLE POINT

The lion skull in the desert
shelters a bee hive.
Sea water through the aeons
has made of rock a rookery.
Suffering has carved new
caves in the heart.
In Tara's empty space
miracles take place.

POWER POINT

The action point of
a pen..
is that point with the
least mass, the least weight
.. said the pencil, speaking

of his own point.
And another replied..
The Mississippi at the delta
is more
powerful than the
Ohio.. for though he flows
more slowly he flows with
more power.

OUT OF NAUGHT THE TREE OF NUT

Each night
the Tree of Nut
Out of Naught
knits
neat
nuts
for every Natalie
and Newt
.. and Nate
and Nat and Knute

POPLARS ARE POPULAR

The weary traveling
birds.. make
Italian poplars
popular..
a sanctuary.. a hostel
without
charge

WOODPECKER ARCHITECT

The melody of his pecking
is a counterpoint to the wind
..
as he creates
not skyscrapers vulnerable

but the holy of
holies.. emptiness...
.. out of a
sycamore

and builds for
his family a cave
.. a shrine with
niches and naves

A mystery that
his drilling without
surcease
gives us
a feeling of peace

SIX WAYS OF LETTING GO

Creating space is
of things letting go.
Losing weight is
of food
letting go.
Moving love is
of judging thoughts
letting go.
Meditative peace is
of the mind letting go.
Making time is
of plans letting go.
Miracles are of
money letting go

Letting go
Letting green unmolested grow
Letting friends listened to glow
Letting rivers uncontrolled flow
Letting the wind in windmills blow

(writer was mentioning to

S Vance that I had
resolved daily to
create space and go
for walks.. she said
they were both forms
of letting go)

ANGELS RUSH IN

Angels rush in
where those perceived foolish
have created vacuums by
giving..
they fill the emptiness
with greater quantity
and higher quality

VISUALIZERS STOP THE WARRING

Visualizers
stop the warring..
security warnings
replaced by hearts'
global warmings

MUSIC'S ATTAR

sitars of Qatar
guitars from afar
The Avatar fills
with music's attar

Saiom Shriver

The Pre-Constantine Bible

In the pre-Constantine Bible
Jesus says 'My house is a house of prayer.
You have made it an abattoir.'

Amplification:

The moneychangers WERE the butchers for after they exchanged money, they slaughtered the animals. Constantine was a violent flesheating pagan warrior who became emperor through his sword. He allegedly became a Christian upon his death in 337. This secular man in 325 AD convened and presided over a religious convocation of bishops. He oversaw the removal of many books from the Bible including the Gospels of Mary, Thomas, and others. He also distorted Jesus' words. Jesus ate no mammal or bird, yet these passages were removed from the Bible or distorted. Jesus' prohibition against polluting the body with the cadavers of animals was turned around into 'Not that which goeth into the mouth defileth a man, but that which cometh out of the mouth, this defileth a man.' How could eating decaying cadavers not defile someone?

Some of Jesus' words on diet remained such as Matthew 23: 27
'Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean.' The Aramaic word Jesus used was translated into a Greek word 'sarcophagi' meaning sarx flesh phagi eater. Jesus was an Essene from Galilee. The Essen

Constantine succeeded in destroying the first 3 centuries of Christian abstinence from mammal and bird flesh.

(There is still a debate on whether or not Jesus ate fishes.
Jesus was an Essene from Galilee. The Essenes were vegetarian.)

Saiom Shriver

The Religion Of Capitalism

Capitalism has a new
inscription under its
church steeple:
Corporations have rights
Corporations are people.

Saiom Shriver

The Right To Breath

Everyone has the
right to life, liberty,
the pursuit of happiness,
food, clothing, shelter,
and breath.

Everyone has the right
to avoid a violent death.

Footnote:

'I can't breathe' is a reference to the man who
was held in a chokehold by police and 12 times
said he could not breathe before he died.

LeBron James wears an I Can't Breathe
tshirt while playing a game with the
Cleveland Cavaliers. In his game this week
he scored 41 points, but the team lost by
a handful of points.

Martin Luther King III
said on Dec 13th,

'Police are in combat mode
24 hours a day. It is sometimes
as hard for them as for
war vets to reenter civilian life.'

(paraphrased)

The mayor of Akron Ohio, Don Plusquellic,
has proposed that the FBI investigate all police killings.

LeBron James strikes a blow for egalitarianism.

Saiom Shriver

The Right To End A Friendship

Rivers have a right
to flow on from banks
and people have a right
to say
goodbye and thanks

Saiom Shriver

The River Continues

The straight and sturdy
millenial oak falls
while the slippery
flowing river continues.

Saiom Shriver

The River Po

By the river Po
grow olive trees.
They're the stuff
of Poetry.

Saiom Shriver

The Scattering

From street and sidewalk
the pinecone gathering
In the woods
the pinecone scattering

Saiom Shriver

The Sea Is Waving

The sea is waving.
Is it a hello or a goodbye?
It is up to each to decide.

Saiom Shriver

The Sea Our Destiny

Our way back to God,
our destiny
is as surely laid out
as is a river's back
to the sea.

God knows every rock
over which we'll flow
every sandy bank
or grasping willow
beyond which we'll flow.

(to Spirit-immersed Thomas Carney)

Saiom Shriver

The Secret Unconstitutional Cia War Against Pakistan

The CIA calls its
illegal drone bombing
of Pakistan secret and
therefore not open to
questions. Scott Horton
on Democracy Now reported
that the government policy
of bombing Pakistan has
united the entire country
against America. Civilians
are being killed. Media
fail to report the war
or give the 'lion's share'
of the coverage to members
of the Bush administration.

Saiom Shriver

The Skin Of A Peach

The skin of the ripe peach...
pastels of lemon, saffron, pink
and gold, with a touch of crimson...
the fruit gift inside is gold or
pink...
so who can say what color peach is.

Saiom Shriver

The Sky Seems Shy

The sky
seems shy
blushing pink
at the entrance
of Avataric Sun

On the ground
the cold snow freezes
but dawn sky's blazing
furnace frees it

Saiom Shriver

The Smoke That Thunders

His voice could
be booming thunder
or a whipered breeze
of the seas
It could be wind
chimes
or Big Ben striking time
it could be
the soft laughter
of a brook
or the roar
of the Zambezi falls

*

Note: There are 2 different words
in Africa for what the invaders
called Victoria Falls, the world's

largest waterfalls.

They are
Mosi-oa-Tunya and Tokaleya Tonga,
the smoke that thunders.

The Zambezi river at the falls
forms a border between Zambia
and Zimbabwe

Saiom Shriver

The Smoke That Thunders: Mosi Oa Tunya

The world's most powerful
waterfall,
The Smoke That Thunders,
its force splitting countless
rocks asunder.

Saiom Shriver

The Sounds Of Many Waters

Rain drumming on the roof
but softly dripping
from the leaves
Frozen snow soundless drops.
Quiet the great river
flows near the sea.

Over stones the
singing brook..
the waterfall's
constant roar
The lapping of the
boat rocked lake
Waves doing omkar
to the shore

Saiom Shriver

The Spirit Of Johnny Appleseed

Temperance and
prohibition
activists axed
apple trees
mistakenly thinking
such arboricide crimes
would
protect
sobriety.

The spirit of
Johnny Appleseed
mourned
such violent creeds.

Saiom Shriver

The Sun Arose Version 4

The sun arose
all wrapped in bows
of peach and pink
and lemony rose

Omnipotent
and free he floats
above confined
and linear rows

Saiom Shriver

The Sun Doesn'T Rise

The sun doesn't rise
He just lies in bed
his rays do it all
for the sleepyhead

Saiom Shriver

The Sun Fights Not

darkness oppose,
for the sun
has no foes.
He need only
darkness expose
and it melts away
in dawnlight pinkrose

Saiom Shriver

The Sun Has Poured His Morn

The sun has poured his morn
into waiting cups of corn.
And his orchard plenty spills
out Cornucopia's horn.
He has renewed old love
in the temporarily lovelorn.
She is restored.. remade..
and perfectly reborn.

Saiom Shriver

The Sun Has Sung

Dawn has daybreak's
bell rung
The day's begun
The day is young
On sunbeams
the notes are strung
and the light's music's
being
by the sun sung

Saiom Shriver

The Sun Spun

Beneath skyspan
the sun spins
All trees... all fruit
are the sun spun.

Saiom Shriver

The Sun Turned Over

It was a grey dawn.
The sun groaned and turned over
and went back to sleep
under his cloud quilt cover

Saiom Shriver

The Sun's Longer Fingers

Where the ice lingers
held by Winter's cold fingers
The sun melts it away
with his much longer fingers

Saiom Shriver

The Thousand Sounds Of Water

The rhythm of raindrops
The roar of waterfalls
The river's running over rocks in constant cheer
The onrush and receding of ocean waves
The lapping of the lake against the shore

These sound streams enter our ears
and cleanse our minds and souls

Saiom Shriver

The Tide Inslides

Clams scurry
to hide
as the tide
inslides
and then outglides.
The clams abide.

Saiom Shriver

The Tree Grieves Not

The tree does not grieve
for her falling babe leaves
as they gently
quietly take their leave

Saiom Shriver

The Vacant Lot

A monochrome green...
a crewcut plane
is the average lawn.
Unlike the vacant lot,
it has no sapling trees,
few buzzing bees,
no skyblue chicory
no babies hickory
no pendant clover lamps
the sidewalk hanging over.
It is the lawn and not
the lot which is vacant.

Saiom Shriver

The Way Of Buddhism

Poems To Buddhists Or The Buddha Nature

ISSA

Issa saw from
the great Buddha's nose
a starling fly
Perhaps in the desert
Jesus saw a scorpion crawl
from a skull's eye socket.
An ancient warrior witnessed
a beehive in a lion's dead body.
Woodpeckers live in
selfcarved caves in deceased trees
while birds have replaced
cannons in the windows of the
seaside fortress.
Pigeons of life reside
on the heads of generals
who caused death.
Vines grow out of abandoned
tanks.
Sunlight
clothes a cemetery cross
with resurrection radiance.

A PLACE OF PERFECT PEACE

A place
of perfect peace
slows
world's fast pace
which touches bluefires
of peace
and comes closer
to perfect peace.

All are somewhat
or wholly changed
who enter the
infinite space
in such a small place

BUDDHA IN CHINA

He walked toward
us.. this man born
in 1963 under Aquarius..
.. there was a cloud
of peace around him...
which lifted us slightly
above the ground..
severing our magnetism
with Mother Earth..
so that things of
the world receded..
we knew that he
cared for all beings..
we knew that he cared
for us as well.
He served us in
a restaurant..
the tofu with berry tea
became
bread and wine
in an ancient
sacrament of
initiation.

Some are stars
shining beyond
the cyclone..
the dry place
within the monsoon
.. the warm shelter
in the hurricane

.. the calm center
.. of the typhoon

but Buddhas reveal
to us
that we are all.

ANGKOR WAT

Because he was
truly a follower
of the Buddha..
he valued living
creatures more than
stone deities..
he thought it a greater
sacrilege to remove
the vines which
covered the ancient temples

Because he was truly a follower
of the Buddha..
he would not repair the
roof of the Tibetan temple
.. with the felled pillars
of once living trees

THE WIND'S PRAYER WHEELS

The Buddhist saw that
when his wrist was tired
the Wind came and moved
his prayer wheel for him.

Spirit Breath comes and
goes
and the lung prayer
wheels
move to and fro.

(to Jim Gibbons)

KINDNESS RISES EVERYWHERE

The Tree and Bird Protectors
saw that
windmills and wind
dynamos were prayer
wheels moving in
divine current
.. and that more
and more were making
these dynamos birdfriendly

BUDDHIST WOMAN

Her meditation
brought streams of light
from her atma
.. with them was she
healed
... and auric holes
healed..
from then on her own
aura
was her shield

BUDDHA'S BEGGING BOWL

Buddha's begging bowl
was able to hold juice
because it was not
harmed by desire leaks.

PALI ANNA

In one life a Polyanna
In the next.. polyandry
.. In the next Pali Anna

* (Pali: language of Buddha's
stotras.. Anna: Sanskrit for
food)

MS TRUONG

Oh Ms Truong
floated down Mekong
past jungles King Kong'd
in pinkest sarong

to entempled Angkor Wat
As evening grew long
heard ancient priest Wong
pull torquoise jade tong

to start the bells..
little chimes pingponged
medium bells dingdonged
great drums bingbonged

and sparked memory
of most ancient lovesong
and she remembered
'here once I belonged'.

THE POWER OF EMPTY SPACE

The actionless beauty of
the honeysuckle sparks the
actions of the bees.
The blankness of the page
.. the emptiness of the canvass
.. inspire the pen and the brush.
The desirelessness of the Buddha
awakened the love of his disciples.
The matterless space of the
seashore sky
creates the flow of healing.
The charity of the bighearted one
causes the miracle of resurrected energy.
The release of unneeded possessions
molds a vacuum in which solutions come.

BEGGING BOWL HEART

In the begging bowl
heart of the disciple
of Buddha there are no
written prayers,
for Kuon Yin fills
all his needs without
his asking.

FEATHER BROOMS

Day by day the vine
has crept
While others slept
.. up the trellis
she has stepped..
and where climatis
has for joy
her petaled blooms wept
Buddhists have only
with feather brooms swept

CALYX

The tree is dead
and now its logs
are calyxed
where the firetongues
have licked..
as jewels are by
settings, as
rosebuds are
by green petals.

WRITING ON WATER IN VIETNAM

Those who attempted to
conquer Vietnam's daughters
have cut moonbeams
have written on water.

BUDDHIST CHRISTMAS GIFT

The Buddhist
gave his nonBuddhist friend
a Christmas gift
..a present in wrapping
of maya, with
dawnribbons of streaming
light..
inside was nothing..
the void which births
all wishes
the emptiness containing
all

MOON RESCUE

he thought the moon
was drowning underwater..
he dove in
so great was his faith..
he ascended with her in his
dripping hand

BURIED IN CHICKEN FEATHERS

the statue of the
Buddha Compassionate
is buried
in chicken feathers

(Thailand has killed 34 million chickens

in avian flu campaigns
Thailand is one of the 5 biggest
exporters of chicken bodies
in the world.
It is a 1.5 billion dollar business
Thailand has banned logging.)

TIBETAN INCENSE STICK

Plumes of snow were smoking/
off the high peaks of Tibet..
incense sticks on the mountain
altars to the Buddha.
Eddies swirled in the
mountain streams..
eternal prayer wheels
actualizing dreams.

(to all Dalai Lamas)

SAPPHO WEARS SAFFRON

The white orange blossom
has become the orange orb fruit
and reborn, like California poppies,
Sappho wears monks' saffron

BUDDHA NO PEST

No creature is
thought a pest
in compassionate
Budapest..
so great there
is Buddha's Spirit

in allembicing Budapest.

THIRSTY DEER

The thirsty deer looks
for water.. caring not
for the shape of the brook
nor the size of the pond
.. so the weary soul
looks for love
.. caring not
for the externals
of the cup of the heart

(to all those involved
in the making of the movie The Cup..
a swwet tale of the simplicity,
discipline, love, prayer power,
and nonviolence of Tibetan Buddhist
monks living in India)

PATRICK DUFFY

The film star was approached
and asked
if he would go to a summer
camp nudist..

'No but thank you'.. he said..
' I follow
the dharma path of
saffron clad Buddhists'

(to Patrick Duffy)

DARSHAN OF THE HIMALAYAS

Below the Himalayas..
mountains pure, cool,
detached, clarified is
nestled the monastery of Lhasa
a home of infinite mansions..
and in them live masters
and monks
whose eyes are pure, cool,
detached and clarified.

ORANGE SHOOTING STARS

Looking down from the little bridge
upon
the lotus-spangled goldfish pond
one sees orange shooting stars
and gold comets
as the fish dart beneath
the green lily pad clouds in
the watery firmament.

May the waters of the stream fed
pool be very deep
that in winter the fish and frogs
not freeze.

ALL PATHS LEAD TO THE CENTER

All paths
rise and converge into One.
Arriving in the Center
.. those who have no
desire...who love all beings

© Saiom Shriver

to Thich Nhat Hanh Baba said that Buddha discovered 1/2 of truth.. that desire

causes suffering, but did not in that life see that ananda or joy permeates all. There is worldwide Buddhist opposition to the violence of the Ariel Sharon regime which is contrary to the Buddha's teachings of ahimsa, or nonviolence to every being. In addition there are Buddhists who take no stance on any political subject. - End forwarded message - There is debate about the meaning of the Pali sutras as to whether Buddha died of pork in his begging bowl (pig flesh) or pig found flesh (truffles or mushrooms) Maryland prison officials reported on NPR a reduction in violence when vegetarian loaves were given to prisoners...16 million birds in Ohio are imprisoned in Buckeye Egg Farms.. many are featherless or semi featherless. Especially at this time of year when the electricity goes out some freeze to death. They are kept 6 to a cage,3 ft by 1 ft. They live in the constant smell of their own waste.. which has accumulated to the point it nearly killed an Ohio EPA worker. Their stolen eggs represent each one 32 hours of chicken jail, as well as 300 mg of cholesterol, food poisoning generating salmonella, passed through the mother to the chick..120 gallons of production water, ecoli in Ohio streams, toxic insecticides in Ohio streams, unnatural fly breakouts as these insects attempt to deal with the colossal tonnage of defecation. A year ago 1 million died.. half 9 days without food or water survived.. before they were bulldozed alive into graves.. similar to what happened to the humans in Jenin. Millions of chickens have been suffocated alive in summer time from electricity failures which turned their metal sheds into ovens. Please contact the Ohio AG, the EPA, and senators and reps. to shut down Buckeye now.. not allow it to be sold to another abuser. Footnotes: The Dalai Lama: The Only Religion Is Kindness A Place of Perfect Peace is to Thich Nhat Hanh Prayer Wheels is to J Gibbons

Saiom Shriver

The Way Of Catholicism

* Poems To Catholics

PINK PEACH FIRE
OR WOLF OF GUBBIO

Inside the soft peach flesh
lives hard peach pit.
Inside the hard peach pit..
eternal pink peach fire.
Inside the sheep's clothing
lives hard heart wolf.
Inside the wolf's belly
the wolf planned the lamb.
But instead.. inside
wolf's heart
the Lamb of God.

(the maneating wolf of Gubbio was tamed
by the love of Francis of Assisi)

INFANT OF PRAGUE

Why did this towering
masculine man
prefer to worship
the Infinite
.. as the cloaked
Prague Infant?

He had been abused
as a child..
by a strong male.
He found Spirit
in the Powerless

As a dewdropp reflects

the sun
so does the Prague Infant
pour forth the Infinite

LINKLING

A spiral swirl
of windwed weed
Each tiniest wheat-hued
needle
caught a globe of dew
.. a crystal rosary of 59 beads
already goldchained inside
and awaiting only the Jeweler
of Morning
to forge the links
and lift the love aloft to
the Lord

ANNUNCIATION

the Angel of
the Annunciation
cared not
about
Mary's
enunciation

CURE OF ARS

Cure of Ars
with ears
like the sea's
.. listening
hour after hour
to the filth
the rivers bring him

transforming
by listening

PURPLE GRAPE JUICE

Wanded are dew and rain
and underground springs
into new wine
as
the sun world over
says mass in grape vines

CARMELITE

In dusk's carmel light
In the convent Carmelite
where they care more for grace
than karma's blight

.. golddusted are
the garden's gardenias
and bee-kissed
.. the camellias.
As the nuns listened
to the birds' vowbreaking
song.. and the
bees' vowbreaking buzz
some left..
and others stayed

CATHEDRAL BIRDS

Birds are fed at the Cleveland
Cathedral...
unlike the skyscraper diagonal,
it has niches.. and caves..

nooks and naves

where
dew is caught

and dwellings made..

When they are fed by passersby..
the little sparrows sometimes
defer to the pigeons of greater size..
and sometimes quickly get their share.

ANEMONE

Beauty gives her
hegemony...
the pink bush of anemone
.. a flock of settled
butterflies..
...with nary an enemy

CRIMSON CROSS TO PINK JOY

The sun through the crimson cross
of stained glass
.. made pink patterns on
the tiles
as the crimson crucifixion
of Christ became
the joy of His children.

GOSSIP

As if one were throwing
human waste into
the church sanctuary,
gossipers
defile the air waves
of earth with their
gossamer winged thoughts..
which can not be retracted
.. save God do miracles

As they pick up
their dirt balls
they muddy their
own fingers.

GUADALUPE LUPINS

It was in a mountain meadow
of lavender lupins
that he first realized
his visit to the shrine of Guadalupe
had delivered him from lupus.

HOLY SPIRIT IN UNIONTOWN

The Church of the Holy Spirit in Uniontown..
has no stained glass.. no expensive
tower for the exposed bells..
only
a very big holy water font..
and a church
Spirit filled.

I CAN

In the heart of
everyone educated
by a Dominican
is the en-fired spirit
of 'I Can'.

In the fires of
God's embrace
it is transmuted
to 'I Will! ' grace.

MICHAEL'S BREAD

Their favorite Communion
is from the uneven hosts
made of Michael's bread
.. it tastes divine
.. love is its leaven
.. lining up to partake
are the hosts of heaven

(to M B C)

O LORD WE ARE ALWAYS WORTHY

O Lord We Are Always Worthy
that You should come to Us
.. for we are made in
Your image..

and no venial cloud
can for long
hide from us our
inner sunselves

OUR LADY OF ALL FLOWERS AND BEES

Flowers left alone
on the forest floor
flowing with
Father's Divine
SunFire

or a florist's flower
painted gold
a frozen bee
trapped in her fold

nor can she shed
her fragrance bold
nor is she allowed
to older grow

Which will it be?

to Joan BC whose love encompasses every flower bee and other bee-ing.
Scotching blooms will happen less because Joan continues earth to bless. George
Bernard Shaw: I love little children but I don't cut off their heads and stick them
in vases. Sai Baba: Why pluck a flower and hasten its death. Ram Dass: When
the flowers blossom the bees come

PAPAL BULL

Once the Holy Father
issued a papal bull
excommunicating all
who came to fights of bulls
Trappists would not eat
any part of the heart
or other piece of any bull
St Martin de Porres would
not eat any meat..
not spam or lamb or ham
St Francis ate no creature
not a mussel
Poor Clare consumed no being
not skin organ or muscle
Whether Jesus was an antiquarian
or an antiantiquarian
They all believed that
He.. was a vegetarian.

ROSE ROSARY TO GOD AROSE

Every japamala
every prayer bead
every rosary
every thought seed

With prayers for
immediate peace
each rose colored
rosary..
to God arose

WATERFALL PRIEST

An overturned clamshell
.. this slab of granite shelf
This waterf/alter oer which
priest river pours himself

Poured out to all
the amphitheatre below
this offering of his sacred wine
to his God's every creature shrine

NATIONAL SHRINE OF THE IMMACULATE CONCEPTION

Sally E asked us to
visit the shrine..
to be bathed in the
waves of blue light
in which it is immersed.

THE SEA AGREED TO BE CAUGHT

With the anchor, the naive thought he had
caught the sea.
With the fishhook, the child thought
he had caught the ocean.
So great was the heart of the deep, the sea
agreed to be caught.
But he went most quickly to those
with hookless hearts.

HOLY ONES

Holy ones among sisters, priests
brothers and laity
let no discordant papal legacy
stand between them and
Jesus Christ's legacy

DOMINE SUM DIGNUS

Lord I am worthy.
All are worthy..
for we all contain
the Indweller in our hearts.

UNIVERSAL SANCTUARY

The monk concealed the knave
in the hidden church nave
because his sanctuary was for all.
The monk kept all
in his secret heart caves
because his love was for all.

PURPLE GRAPED FEAST

The many armed vine priest
with Spirit Light from the east
offers communion to all
... purple graped feast

CATHOLIC WIND

Silent floating flotilla
of clouds.. supported by
a Catholic wind, prayer propelled,
which will cause them to rain
bringing peace in their train

(The Spanish armada was turned

around by a Protestant wind)

Millions of vigilers for peace in Frankfurt, London,
Paris, in many US capitals.. in many countries

26

'Waterfall Priest'

to George B of Norton, nee August,1913

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Father in Jesus' name align the Pope and bishops to Your nonviolent will. End the political support by the church of those who bomb babies and work to elect serial executioners. A worldwide coalition of tens of millions is praying the Holy Father will now be among those who work to end the cruelties of the animal laboratories run by international pharmaco-medico cartels Colman McCarthy former Trappist monk and syndicated columnist has publicly asked bishops to give good example by not eating animals. Anemone is to Sr. Mary Ellen, OP Crimson Cross to Pink Joy was sparked by Holy Family Church Clara's links turned gold while she prayed in the St Jude Shrine re Gossip.. writer counts herself among those who have been guilty of this and who hope not to be in the future

Saiom Shriver

The Way Of Islam

Poems Of Islam

ALWAYS

The All Merciful Allah
allows, yeh ordains, for all
joy peace and love
all ways
and always.

OLIVE ALTAR

The olive tree is
the altar of Allah.
On it Allah has placed
olives free for all.

May Allah
none allow
to alter
His altars.

ALLAH!

All! ! ! !
Ah! ! ! !
is Allah! ! ! ! ! ! ! !

RUMI

.. If ones heart
has great room
it may contain
the wisdom of Rumi

KABIR KASHMIR

..

the emeralds of Hafiz
glow forever
but these are foothills
in the mountain range
of Kabir

.. they give ear
to Kabir
from Khartoum and Diyarkabir
to Kerala and Kashmir

SUFI NONVIOLENCE

Sufis say suffer not to cause
suffocation or suffering
to any creature

ALLAH'S INCENSE

Allah, You have planted
seeds of desires
in the hearts of
all Your creation.
From all hearts rises
incense as prayers to
You. Be merciful to all.

RAMADAN SUNSET

As eagerly as the
faithful faster
of Ramadan
looks to sunset
and moonrise
not to the dawn
is the faithful
husband
to his loving

wife drawn

SCROLL

Alone Allah controls
the waves' endless roll
as they unwind
an infinite scroll
for those who along
His seashores stroll

MALIK ALLAH

Malik Allah
Owner of All
in each heart altar
mercy install

FORGET ME NOTS

The forget me nots
flourish neath minarets
and the lilacs
by the temple.
The roses grow
framing the mandir..
all of them unconscious
of the political
statements to which
others ascribe them.

OASES MARRY LAKES

There was a woman in
Libyan lands
who planted in the
thirsty sands..
a baby tree of date palm.

.. each day she
came
and gave him water alms..
..and watched him grow
and grow..
and stretch his roots
to an oasis..
She planted more and
more..
and the mist they
released each day
became clouds..
and rain..
which pooled
in a new oasis
.. which married
the first..
to become a lake..
More and more soul
torches were enkindled
in witnessing this..
and each planted
many green torch trees
.. reclaiming the desert
.. turning it back
into paradise.

SUFI RING

Mere illusion
is suffering
to the masters
in the Sufi ring..
who see pain
as a nightmare
from which one has
been awakened

ALLAH AKBAR!

Allah Akbar!
Allah Akbar!
Allah Akbar!
Allah Akbar!
Allah Akbar!
Allah Akbar!
Allah Akbar!
Allah Akbar!
Allah Akbar!

Trumpets brought
down Jericho's walls
Allah Akbar!
brought down
the walls of the Shah

Allah Akbar!
now
brings down violent walls
in the hearts
of nearly all
Allah Akbar! brings
down the walls
separating Palestine
from its own grapevines
and Palestinians from
their own olives' fall.

SPRUCE MINARETS

Woods of pine pinnacles
grounded by root tentacles
.. sparrows do minuets
in spruce minarets

BETHLEHEM BOMBER

The suicide bomber from Bethlehem
said he had a right to

reach out from the body cage
with his wings.. and unopen

its latch.. to release the
birdsoul of himself and others..

He said that the Bethlehem
Babe mangerborn..
was not obeyed..
that many who call
themselves followers of
Christ
blindly follow
homicide bombers and
that the sacred soil of
Palestine was desecrated
by the metal shoes of
tanks.

but Allah the All Merciful
whispered to him:
I do not write My victories
in the bloodink within
finger pens torn from
innocent children.

ALLAH'S BIRDS

You are joy's warble in all birdthroats
You are the guiding star of all flock migrations.
You are kindness to bird strangers
You in inns
along the way the blueberry bush's berrier
You are the flight which lifts feathers yond barriers.
You are the evening laving lakes
and You are the welcoming evening trees
You are the Indweller of each bird heart
You are the Warmth of every Mother Bird
Nestling Into Her Nest
You are the Love of every hardworking
faithful Father Bird

BEYOND RUPEES AND RUBIES

How is it that
Madison Ave tenants
became liars
for lira?

No amount
of rubies

can buy a single
lovejeweled
human heart

Even so,
it takes no
rubles no rupees
to mine
the Rubaiyat's
rubies.

ALLAH'S CUES

Allah prompts
reminds.. gives the cues
For every poem
He is the muse

THUMBPRINT OF ALLAH

The Islamic scholar passed on to us
that when an animal is born
with a spot midway between the shoulder
blades and on his back.. this
is referred to as 'the thumbprint
of Allah'.

And yet do all animals have the thumbprint
of Allah.. His loving protection.

ALLAH

5 times a day
do their prayers
waft upon the rising
air..
and then spread to
everywhere
for omnipresent
are Allah's lairs

NAMES FOR ALLAH

Water is hydra in Greek,
aqua in Latin, pani in
1 Indian language. It is
eau in French.
Just so is Allah called
God in the West, Shiva
in India, Abba in Christian
churches, YHWH in Jewish
temples.

FOR ALWAYS, ALLAH

Allah Who indwells all end all violence
to any being now and forever
as You bless all
in all ways and for always

TAPESTREE

Coconuts Allah's light did braid
and almond trees of Jordanian jade.
Translucent glows His Libyan limeade
Black olives grow neath Iraqi shade.
Gold lemons swell from rainmist greyed
Orange apricots by Allah made
Trees give all fruit to all.. from

every orchard, grove and glade.

INSHALI

Allah passes His nonviolence miracles
through human beings.
Peace for all, Inshallah
and Inshali.

WIND ALLAH SENT

The wind Allah sent
laden with sou
has blown away the thief's footprints
of the desert dunes
for Allah is all merciful.

Saiom Shriver

The Way Of Judaism

Poems To Jewish Teachers

DANDELION DIASPORA

The rain, weed-wed,
has
multiplied
these
gray haired flakeheads
and now

dandelion seeds float in the air..
by the Bubble Blower sent aloft..
which ones will mystically touchdown..
to root in our hearts?

NOT IN CHAOTIC SHARDS

Not in chaotic shards
do dandelion seeds
burst from their ball.
Each part as perfect
as the whole.
Each each contains
the all.

ABSALOM

Oh Absalom
Oh Absalom
we will not bid you
goodbye
but say shalom

NORTH AND SOUTH

If Absalom had cut

his hair it would not
have caught on the branches
of a tree.

If Samson had not cut
his hair he would not
have lost strength
to Delilah's wiles.
For each soul God
has a different path.

MARVIN KATZ

He expanded so many
from affection
for dogs and cats
to a love encircling
all beings..
did Marvin Katz

FIRE IN THEIR EYES

She could see
by the new fire
in their eyes
that she had lit
their souls

.. and yet
had not diminished
her own flame
**

to Betty Friedan and to
Doris Haddock, Granny D, who
at the age of 90 walked 3000 miles
across the US to bring about clean \$ in America

THE TORAH SAYS TO FEED ANIMALS FIRST

The Torah

says to feed ones
animals before
oneself.
They are voiceless
and need help
in bringing food
down from the shelf.

**

to D and H Newman who follow
this command in their lives.

DAVID SPITZ

Only the maker can make
the shoe.
Only the wearer
can tell if it fits.
This is the argument
for democracy..
said to his students
David Spitz.

* Dr Spitz taught his students that
the US Senate, Supreme Court, and
United Nations were inherently undemocratic.

DAVID'S MERCY TO GOLIATH

We know not the fruit's hue
from that of the bloom.
Gold tomato blossoms
become red spheres.
The pointed yellow star
becomes the linga
of the cucumber.
The red blood of Nazi
camp suffering
has been transmuted in

most..
to an awesome forgiveness.

By this mercy
did David
convert
the heart of Goliath

HELEN SCHUCMAN

She saw her parents
making love..
her mother
and father dew bejeweled..
and heard God say
'Do be Jewed'

(Helen Schucman was
the amanuensis of the Course
In Miracles. She heard herself
say to God about her agreement to take
birth 'Surely I will go, Father,
for it's for such

a little while.'

ELOHIM

He needn't reach the stars..
stars' light reached to him..
He needn't climb to God.
Inside him..... Elohim.

HEARTREMAKER

Some are heartbreakers
She is a heartremaker.

INDELICATESSEN

Sheep eyes, corned beef from the muscles,
salami from the intestines,

lamb stew with blood brew..
Not a deli
but an indelicatessen

PAINTER ONE WITH HIS PAINTING

The painter's smock is daubed
with the pastels of his palate.
He has become one with his painting.
While his portrait is concentrated
and Virgo specific
his abstract smock is light-full
and Pisces pacific.

(to Marvin Katz, ethics professor, fired along with
all other philosophy dept. members, for taking a public
stand against the war in Vietnam)

JEWISH UNHUNTER

God's lightning cleaved
the heaven's asunder..
and out of them
She spake in thunder...

There is no such
thing
as a Jewish hunter!

(to D Wasserman
and C Stahler)

YEHUDI MENUHIN

Released from clouds
by peasized dry ice

were thousands of pounds
of snow wedding rice.

Released from clouds
by wee tips of forked lightning
the rain's awesome downpour
.. sky sighed in lightening

The kiss of King Charming
Sleeping Beauty sparked
Total love's touch
to Beloved arced.

The words of the rabbi
resound in the mind
Guru shaktipat
forever opes crown.

The sun's rays
wand alive the iris
Waterdrops waken
the starseeds of Isis.

The notes of
Menuhin's
heartsky piercing violin
cause frozen tears
of pain
uncontrolled to rain.

Shaktipat: Over 20,000 year old Sanskrit word for the touch of the guru which awakens the thousand petaled lotus or the crown chakra.. Yehudi Menuhin was a vegetarian who worked for peace many decades..

NUNS TEND ROSEBUSHES AT HITLER'S GRAVE

A Jewish friend, Jan F, who has become a Hindu had a vision of a rose bush at

Hitler's grave tended by 2 or 3 Catholic nuns.

Did it mean

- a. that all sentient beings including rose bushes have rights..
no matter where planted
- b. that Hitler's body was becoming the leaves and flowers of a rose bush
- c. that all embodied beings including Hitler are temples of atma or GOD encased
in the impermanent..
- d. that some who are ignorant and or unforgiving still equate the half billion
Catholics with the actions of Pius XII

MEDITATING SUN

The sun does nothing
but meditate.. yet flow
his rays
in 360 cubed ways.
He is focused on one
point, but his energy
transforms..
all points.

(to Marty Solomon)

**

SNAPDRAGONS

Do snapping turtles
eat snapdragons?

THE SUN SPUN

The sun
that night did shun
seen everywhere
in trees and flowers spun

URI GELLER

He whose mind can bend metal
can defuse a nuclear weapon.

COW READING LEVITICUS

A gentle cow reading Leviticus
found that cloven hoofed animals
are forbidden. She took an
ax to her foot.

(Catholics were murdered more by Nazis than any other group except Jews)
(visions are symbolically true whether or not literally)

GOTTLIEB

Gottlieb
Gott Lieb
God is free
Whatever is of God
is free

MOSES' RED SEA

He keeps holy the Sabbath..
does no usual tasks..
he stands at the edge of the
Red Sea.. and commands
her to pull back on both sides..
... suddenly she is the cloven Red Sea..
he walks across the opened path
... the following day
he lets the ocean of chores
flow back again

(to Richard Schwartz,
author of many works on Judaism
and vegetarianism, which
are available
at

KIRK DOUGLAS

His name reminds us
every body is a church..
his an unusually beautiful
one reflecting the intensity
of his will..
his self deprecating humor
melting hearts

SID CAESAR

Thank you for the delight
you shed with your soul light.

MANY ROLES IN GOD'S PLAY

Young souls are ignorant of the gender race and faith
changes made from incarnation to incarnation as
God gives each soul
many roles
in His cosmic plays
unwinding scrolls

(It is the teaching of my gurus that souls incarnated
in Jewish bodies in 1 life... are often nonJewish in
the next and vice versa)

27

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SHRIEKS OF THE POSTER VICTIM A Jewish ethics professor I stood next to at a Vietnam peace vigil in 1965 told me if i protested for nonviolence.. i must begin with my own dinner fork. I made fun of him.. by calling him a pig lover.. one could tell his truth arrows hit their mark by the shrieks of this victim.. I never got a chance to tell him that 6 months later I finally stopped resisting..for he was fired along with the entire philosophy department for taking a public stand against the war in Vietnam. It was much easier than i thought it would be.. after the 1st day I never wanted flesh again. The addiction chain of stronger-than-caffein uric acid or trixoypurine was broken. The Bible Code was written by

someone who passed Hebrew scripture through a computer and then warned the Israeli embassy of the impending assassination of Rabin Heart Remaker is to Helen Schucman, transcriber of the Course In Miracles and faculty member at Columbia Presbyterian. Dandelion Diaspora is to J Ennis silent workaholic networker and funder of many compassion causes) Elohim is to Rabbi David Rosen, former chief rabbi of Ireland and vegetarian. Painter is to Dr. Marvin Katz, ethics professor, fruitarian, at the University of Akron in the 1960's and an organizer of Akron's international and dietary peace, one of 5 philosophy professors fired for taking a public stand against the war in Vietnam) Jewish Unhunter (dedicated to Debra Wasserman and Charles Stahler of Jewish Vegetarians)

Saiom Shriver

The Wealth Of Sweden

Why are the nonwarring
people of Sweden
closer to many's
idea of Eden?

They're not
spending trillions
to murder other
countries' civilians

Saiom Shriver

The Wind In The Fir

A 21 cone salute
dropped the fir tree in the breeze
affirming not endless war
but a resurrected peace.

Saiom Shriver

The Wings Of Spirit

Fixed the bottle of scent...
Unbound her fragrance' ascent.
Branched the nightingale
but her song to all ascends.
Moored tonight is the boat
but morn brings unfurled sails.
Earthbound the bodhisattva
but his aura spreads everywhere.
Amherst-circumscribed
was Emily's pen
but her poems to
distant lands took flight.
93 million miles away the sun
but his love left home
to give us light.

Saiom Shriver

The Word Made Reality

If one wants to keep his or her word,
he or she pauses to think before promising to
call the next day... or to
be faithful for a lifetime.

Saiom Shriver

Theatre Birds

Birds sit watching
from the theatre's brick
parapets
waiting for me to
stop eating the popcorn
and feed
them the rest

Saiom Shriver

Theft Of Iowa Caucus

More cruel and raucous
than Bush-Atwater tactics
against Dukakis
was the Romney and GOP
Party theft from Ron Paul
of Republican nomination
including
Iowa caucus

Saiom Shriver

They All Love You

**

Bees buzz Horsies neigh. Cats meow. Donkeys bray.
Geese honk. Froggies croak. Coyotes howl Sleepy bears
growl.
Mice squeak Heralds hark. Oceans whisper. Doggies bark.
Lightning crashes Fishie splashes. Ponds bubble. Larks warble.
Lions roar. Rains patter Elephants trumpet Monkeys chatter
Flowers nod. Pigeons coo. Ghosties boo. Cowsies moo.
Trees rustle Thunder rumbles Bums whistle Grumpy grumbles.
Piggies squeal Sparrows chirp. Pig mommies grunt. Pig daddies burp.
Loons croon. Chickens squawk Tigers grrrr. Kitties purr.
They were all saying, they told me today, ' we love you
very much' in their own special way.

=====

(to Natalie Z K)

Saiom Shriver

They Bar Not Bees

Bees unharmed
settle
on blooming petals
while others avoid
the spiny horse nettle

Saiom Shriver

They Call Propaganda Polls

It's a misnomer to
call propaganda polls
Their secret agendas
make for
highly selected rolls
It is a lie to say
a majority of Ohioans
want war.
Nearly all Americans
want peace under the stars.
Many like
Gallup Rasmussen and Quinnipiac
are supported
by war profiteer PAC's.

Saiom Shriver

They Dub The Bud

They dub
the bud
the princess
of the bee.....
but not
his queen

Saiom Shriver

Thieves Of Social Security

In October the Senate voted
to steal from the aged and poor
in order to wage more
violent illegal war

Saiom Shriver

Third Ear

God

caused me as I awoke

to hear

in my third ear

'Not in the morning

(mourning) pond does

the lion wash his blood.'

1. 'The Lion of Judah
is Jesus' interpreted one friend.

2. Jean said that the lion
does his killing at night.

3. If the evening pond is older
than the morning pond, a
lion chooses an older partner
who heals him.

4.

In the evening the lion

does not see his blood

... his sin... the pink suntinted
waters reflect only his
perfection.

Saiom Shriver

This Star Is The Seed Of Love

Mercury... this star is the seed of love...
for talking creates tendrils.. roots
between two souls.

Saiom Shriver

Thorns And Horns

Barbs, briars and thorns
Antlers stingers and horns
given by God for protection
against human weapon porjections

Saiom Shriver

Thorns Of The Rose

It is not the beetles
stitching in the velvet
rose who are harmed by
her thorns
but those who have her
from the lifegiving rosebush
shorn

Saiom Shriver

Thorns Remove Thorns

Stones polish stones.
Diamonds cut diamonds
Thorns remove thorns.
Fire fights fire.
Love enfires love.

(The thorn parable is
vedic.)

(to Bill and Pat Horn)

Saiom Shriver

Those Who Long For Death

Life is a theatre play. Actors come and
go from the wings.

Some long for death as much
as an actor yearns to take off his
costume, put his feet up,
and have a cup of coffee.

Saiom Shriver

Thou Art Not Dust

Thou art not dust
To dust thou shalt not return.
Thou art not the body, the shell
Each who has died
is Spirit which arose
unique..when the body fell

Saiom Shriver

Thou Art Not Dust. To Dust Thou Shalt Not Return

None have as their
destiny, dust.
All to God's loverealm
return must

Saiom Shriver

Thou Shalt Not Kill?

Thou shalt not kill
Blood... do not spill
No goose debill.
Ignite food will.

Saiom Shriver

Thought Paintings

People who see auras have
watched people exhibit
Drab Green with envy
Red with rage
Grey with depression
Pink with personal love
The yellow of thought
The blue of peace
The violet of compassion
The blazing gold light of Spirit
Each of us is broadcasting
Something all the time.
What is it?

Saiom Shriver

Thoughtless

As automatically as the
heart sends blood to the hand
do those who love all give charity.
Their actions are thoughtless
in the highest sense.

Saiom Shriver

Thousands Of Fires In Western Canada And Alaska

Flightless nestlings
burned alive
Bees on fire
in their hives
Trees, burning pillars,
none can revive.
To put out these fires
governments do not
enough strive

Saiom Shriver

Thrain

THRAIN

The river was riven
not in twain
but in thrain
now flow her veins

Saiom Shriver

Three Babies

Triplet baby raccoons peered out of
the highrise apartment building dumpster...
Their big eyes saying
see no evil, hear no evil and speak no evil.

Saiom Shriver

Three Shimmering Rainbarrels

The storm was full of menacing
dark clouds, hard cold rain..
treecleaving lightning.
Now it is over
and in the twilight
3 rainbarrels brimful of rain..
Atop them a mesh..
lifeguard for any country mice.
In its grid, the reflected stars
of peace are caught.

Saiom Shriver

Three Stars

Three stars magicwand the tines
of Neptune's dripping trident
as he rises from his seathrone
beneath astral trines.

Saiom Shriver

Three Survive The Late Summer Scythe

Three survive the late summer scythe.

First..the humble violet..

which lies beneath the blade.

Second, the mighty centenarian

oak too strong for any knife.

Third.. the royal purple ironweed..

so awesome is its beauty..

death, transfixed, forgets his duty..

and stops in his tracks.. leaves the

beheading of goldenrod and white daisies,

of blue chicory and pink

clover..

and asks God for a new assignment.

Saiom Shriver

Three Trump Ten Thousand

10,000 strokes
of the painter's brush
equal 3 words
from his pen

Saiom Shriver

Thrown Stones

The stones
at you thrown
are now foundations
of your throne

Saiom Shriver

Thucydides

You're rid of these
books of Thucydides,
harmd by humidity.
In promoting war
they created
stupidity.

Saiom Shriver

Thunder Herald

Thunder is
the orchestra's
drumroll
heralding
the symphony
of the rain

Saiom Shriver

Thundercloud Eyes

His grey thundercloud eyes
tell the swirling storm in his soul...
lightning flashes.. sometimes of
anger, sometimes of brilliance
or rapd fire wit.... until
they pour with the rain of
his compassion... onto the
seagrey waters of others' souls.

Saiom Shriver

Thundershowers

Thundershowers...
each pine needle finger
dripping with rainrace....
wanded by crystal orbs
containing the sun

Saiom Shriver

Tibetan Gong

A raindrop falls....
a conductor's wand
of peace.
a Tibetan gong of
transcendence.

Saiom Shriver

Tidal Swells

Full moon spell
Tidal swells
Salt water smells
fill conch shells

Saiom Shriver

Tidal Wave Moonbeams

Tidal waves fractured
fullmoonbeams
into silver slivers
while dewdrops slippery
gathered in new
ladies' slippers

Saiom Shriver

Tide Swell

Receding tidal swell
Oysters are still well
seasheltered
in their
shining shells
Peace in them
can now upwell.

Saiom Shriver

Tidings In The Tides

Messages in sea's bottles.
Valentines in seaweed script.
Melodies in gulls' cries
Tidings in the tides.
Time's rivers flow
to timeless seas.
Every being will
with God abide.

Saiom Shriver

Tiger At Zoo

People gawk at them
They pace back and forth
Sleeping on concrete
in a tiny cage
alternating between
despair
and justified rage

Saiom Shriver

Tiger Sadhana

The rising waters of love
shall immerse all creatures
in the Light and Love
of the Lord

Saiom Shriver

Til Death Or Distance Do You Part

Chaplains performing wedding
ceremoies might say
'till death or the Pentagon
do you part'
while in the slavery states
preachers intoned
'til death or distance do you
part'.

Saiom Shriver

Time For Speech Time For Silence

On top of water light glitters.
Underneath water light glimmers.
Sometimes his love for her shouts.
Sometimes it quietly shimmers.

(to D and E Belair)

Saiom Shriver

Time Revolutions

The crack of dawn
The bells of noon
The gongs of twilight
The stroke of midnight

Time revolves,
leaves and enters
circling around the
unmoving God center.

Saiom Shriver

Times A Changin

It helped Corey Booker
the New Jersey Senate to win
when people knew he
ate no flesh fowl or fin.

But years ago the Colorado
chef of Governor Lamm
was fired for revealing
the vegetarian Lamm
ate no cow, pig or lamb.

Saiom Shriver

Times They Are A Changin

A dream we were talking to Jackie Robinson,
the man chosen by his patience, intelligence,
courage and talent to integrate American baseball
on April 15,1947.

He endured tens of thousands of threats,
insults, bottles thrown at him from the field,
inability to steal home because it would
be inflammatory to plow into a catcher
stealing home.

In many cities he stayed in a different
hotel than his white teammates. He told us
he had become bitter from the virtually
infinite abuse but one day
"God turned my stony heart into
one burning with fires of love for all".

Saiom Shriver

Tiniest Muskets

Why did God give
tiny muskets
to mosquitoes?
Perhaps to save
the world's wildest areas?

Saiom Shriver

Tiny Cage

No more than
if they were twigs
fallen from
a tree of figs
do pig killing
profiteers
care about their
captive death-bound
innocent pigs

Saiom Shriver

Tiny Cloud Of Negativity

A tiny cloud measuring only
a few feet in length is not
strong enough to stop a pebble's fall
but it can block the virtually omnipotent
self luminescent sun.
So can a small negative thought
block energy and miracles.

Saiom Shriver

Tiny Steps Of Great Power

1000 cars go.. after I green light.
1000 tons of avalanche safely
move..
from I sound slight.
A thumbs up from Caesar..
saves the gladiator's life.
Make one phone call..
.. a call to reunite.
The dawn's breaking light
banishes the night.

Saiom Shriver

To All

A Merry Christmas to Maury
and Mary and Murray and all

Saiom Shriver

To An Atheist

In the cosmic spectra
are infinite frequencies
beyond what we can hear
beyond what we can see

Saiom Shriver

To An Insulter

To someone full of insults
one can say
'I enjoy the movies you have
projected onto my screen.'

Saiom Shriver

To Bless Or To Curse

Each moment of life
one can choose to expand
in love or
contract in selfishness..
to love or to fear
to forgive or to resent..
to give or to hoard..
to bless or to curse
to chain or to set free

Saiom Shriver

To Each His Own

To bloom bazaar
are attracted beebuzzers
To rotting bodies
are drawn the buzzards.

Saiom Shriver

To God Alone

To no regions
to no legions, , ,
To God alone do
we owe allegiance

Saiom Shriver

To God They Matter

In the kitchen
hung a fly swatter
used to smash
innocent flies into matter.
Perhaps not to unconscious humans
but to God they matter.

Saiom Shriver

To 'Hopeless'

I've had these feelings...
when I knew my parent would die,
for instance

In my nonomniscient opinion they pass...
some sleep, others eat, things like chocolate or pasta...
one group listens to music,
another gets out in company,
or specifically with a support group...

or physically moves to get endorphins going...
or basks in the sun or goes to a movie
and is magnetized to the seashore
or finds a quiet place in which to
sort out thoughts... in an undefined
or in a meditative prayerful way

God lives inside each of us...
and can at any moment awaken
forever the fountains of joy
within... with a rod infinitely
greater than any a human
being wielded.

God bless us all. We're all
facing frightening weather
patterns, news of wars,
suffering of loved ones,
private crosses.

Saiom Shriver

To Kurt Cobain

Over 1 billion vegetarians, vegans and fruitarians
respectfully disagree with Kurt Cobain
who said fish don't have feelings.
Anyone seeing the panic in their eyes...
or watching them struggle so hard against the hook...
as predators are them inreeling
or witnessing their gasping for breath on the dock as they
helplessly flop around
knows they have feelings..
What are their nerves for if not to transmit
among other things..... feelings

Saiom Shriver

To Luke

Keep away from raw fish sushi
said Janet to her Luke
if you want to avoid
fat burrowing liver flukes.

Saiom Shriver

To Observant Christians And Jews

Can both of these be right?

Exodus 29: 38 (1611 King James Bible)

Now this is that which thou shalt offer vpon the Altar; two lambs of the first yere, day by day continually.

Isaiah 1: 11 (1611 King James Bible)

To what purpose is the multitude of your sacrifices vnto me, sayth the Lord? I am full of the burnt offerings of rammes, and the fat of fedde beasts, and I delight not in the blood of bullockes, or of lambes, or of hee goates.

Sooner or later does a soul believe that Isaiah's nonviolence and not the animal sacrifice of Exodus is what God wants?

Saiom Shriver

To One Victimized By Thief Death

Her mind she retrains
Her heart she restrains
She will remember
his soul does remain
and again she'll dance
to his unique refrains

Saiom Shriver

To Someone Depressed

Despair is an outer shell
Your inner core is joy
You have a unique mission in all the world
Other souls are waiting for you
They need your cheer,
your individual magnetism.
They need you.

Saiom Shriver

To The Orient

She was a young woman
in her twenties able to
accept the harsh truth
that

- a. the average woman
lived longer than a man
- b. that men often liked to
date women younger by
a few years or several
decades
- c. that fidelity is
more difficult for men
than women

and so she decided
to move to China
where the number of single
men outnumbered that of women
by tens of millions.

Saiom Shriver

To Those On Death Row

The hearts of most
are wishing wells
.. which pray for clemency
and wish you well

Saiom Shriver

Tolerance: Forgiveness' Father

His universal
nonjudging tolerance
is the father of
his allembracing
forgiveness,
with generosity.
affability,
and unflappability
other jewels
in his crown.

Saiom Shriver

Tolstoy, Tchaikovsky, Vereschchagin

Tolstoy has penned a description
of a samovar which
ignites beyond time... as the
reader gets up to make a hot drink.

Tchaikovsky's Nutcracker
from another century sparks
old bones out of the chair
to dance.

Vereshchagin's paintbrush
from the corridors of time
speeds up our heartbeats
as we look upon revolutionaries
strapped to cannons..
giving a new meaning to being
cannonized...
as they are blown apart
by people with less compassion
even than Bonaparte.

Saiom Shriver

Tom Earley

Tom from the time he was a little boy wanted to be in nature exploring riverbanks, trees, animals. He became a master gardener with an encyclopedic knowledge of bird behavior, animal habitats, reptile ways. A born peacemaker, he was always dissolving conflicts at work by making people laugh. He was also an inspiring grandfather, delighting in having his grandchildren over.. cooking spaghetti for them, unflappable about the spills, the minor chaos all children create, transmitting to his children and grandchildren his reverence for the land and organic foods, his respect for living creatures. His willpower was exceptional, his knowledge of building, wiring, machinery and organic gardening extensive. For many years he worked overtime at Goodyear to provide for his wife and children. His children and siblings honored with tireless work his desire to remain at home as he battled his illness. Before his death he had visions of the number and color associated with each music note, and of the bliss to come.

Saiom Shriver

Toni Morrison, Nobel Prize Winner

For those of black skin
there was no water at the drinking fountain,
no food in the restaurant..
no room in the inn.

Saiom Shriver

Torah Says To Feed Animals First

The Torah says
to feed ones
animals before
oneself.

They are voiceless
and need help
in bringing food
down from the shelf.

Saiom Shriver

Torero Alvaro Munera

No bull would ever gore
Torero Alvaro Munera
the matador
because he refused
any more
to send bulls through death's door.

Saiom Shriver

Tories

It used to be
there were more
tories
in purgatory
but now both
major parties
support warring
gory

Saiom Shriver

Total Listening Silence

Someone who listens totally
knows that even a simple
clarification question
can disturb the
reflection
as water waves fragment
the sun's image on a mirroring lake

Saiom Shriver

Touch Downs

Nice are
touchdowns.
Miraculous are alighting
Spirit touch downs

Saiom Shriver

Touchdown

how gentle the
butterfly touchdown
upon the bloom

nary an injury and
not six but
infinite points

Saiom Shriver

Touchdown Spirit

Angels Airborn..
lift our wordwings
into the realm of
reality.
Connect the dots
between our wishes and
their
fulfillment.
Color in our dreams.
Manifest our God
planted desires.
Materialize our
prayers.
Alight,
Spirit! Touch down!
not with 6 points but
6 to the infinite power.
Touch down!
into our
hearts

Saiom Shriver

Touching Loved Ones

Signals of smoke
rise above the oak
Mirrors flash code
from one hill to another
Drumbeats send messages
hundreds of miles.

The heart, without
sound or sight,
sends forth
the inner lovelight.

Saiom Shriver

Town Crier

The Wind is a purifier
even greater than fire.
He makes beetle bored
bamboo
into a woodwind lyre.
He whistles through chimneys
He's the oldest town crier.
He's a leafblower, a windfall
giver,
a seedspreader, and clothesline dryer.
When Brinks trucks are hit he
blows money all over... he coconspires.
He doesn't like expensive hats....
he's a thief of attire.
He's the lift beneath all sails
who helps each bird soar higher.
He's the voice of every choir,
the breath all life requires.

Saiom Shriver

Trafficking

All human trafficking is
heinous... from child prostitution
and child labor to kidnappings
of adults... drafting them into
armies, chaining them
in brothels, enslaving
them as domestics.

Trafficking in trillions
of animals to EAT them
does not receive as
much attention.

Human and animal trafficking
are combined in many of the world's
fishing corporations.

Eating fishes is not only
playing Russian roulette with
ones health and causing
suffocation agony to fishes
but is a factor in human slavery
as well.

Saiom Shriver

Tragically Pruned

The tragically pruned
and hacked bush
would not in this year
weave seeds of his
species immortality
nor provide food for
the birds nor
create oxygen for all.

Like a child
whose every desire
is whacked off by
parental control freak fire.

Like an Asian girl
whose bound feet are
deformed and mutilated
by hideous ideas of
beauty.

Saiom Shriver

Trained To Harm

Because the NFL
trains men to be violent,
many wives and girlfriends
fear the approaching footfall
of those who play
professional football.

Saiom Shriver

Transforming Sea

On land snow downsifts
gathering swift
in cold drifts
this monochrome gift.

But in their seafall
snowflakes aren't stored.
...the sea them transforms
... their color, their
temperature
and their form

Unlimited divine love
melts hexagonal flakefreeze
as isolation merges in
God's seas of Spirit

Saiom Shriver

Transparent Beings

On special days
when ones frequency is higher
the world is seen
bathed in a sea of Light and Joy
as when the backdropp lighting
of a stageset is dimmed
Every palace and shack are
equally immersed. Living beings
become transparent temples...
the Light of Love is seen glowing
in all.

Saiom Shriver

Transubstantiating Rain

How did the
sweet rain
transubstantiate
to juice of pear?

Saiom Shriver

Traveling Light

Everything... he boycotts
wanting only his electric coffee pot
and a blanket as a
portable cot

Saiom Shriver

Travesty In Red

They cook in red wine
the red bloodied swine
not knowing the names
of on whom they dine

Saiom Shriver

Tree Character

Not til fall are tree
characters revealed
... when green unity
falls into polychrome
jigsaw pieces
before white winter's
monochrome peace

Saiom Shriver

Tree Houses Over Tree Stands

Hunters' way of death
is to kill from
tree stands.

Children's and adults'
way of life is to live
in tree houses.

Saiom Shriver

Tree Of Destiny

Fruit on the tree
ripening, falls free.
It is the moment of tiruna
from the tree of destiny.

Saiom Shriver

Tree Of Rose

Leave alone the tree
of rose
whose fragrant scent
to the world flows
for many have found in
the past
that the dark smoke
from rosewood fires
does choke

Saiom Shriver

Tree Ravels Lace Version 2

The tree
ravels jade lace
out of empty
blue space.
The more she knits,
the more blue space
she does efface.

Saiom Shriver

Treebranch Knocking

Like a treebranch
gently touching
a nested robin's egg
he knocked on
the door of her heart

..to let him in
would require
shattering
the defensive
walls of her past

Saiom Shriver

Treehouse And Tent

Treehouse,
tent,
trailer,
teepee

Austerity presents
what great
wealth prevents

Saiom Shriver

Trees Aren'T Silent

We think that trees
are silent
but when they're on fire
they roar.

Saiom Shriver

Trees Can't Scream

Fish can't scream.
Trees can't scream,
when they're axed or
hooked in the stream.

Saiom Shriver

Trees Can't Scream 2

People with strokes
Animals muzzled
Fish on a hook
and trees can't scream.

That doesn't mean they don't
have feelings

Saiom Shriver

Trees Of Peach

The trees of speech
They none impeach
Nor do they preach
Allgiving of each peach
Fragrant beauty beyond reach
are their silent speech.

Saiom Shriver

Trees Waving Wildly

Trees wave wildly
begging the flotilla of fast moving
black clouds for mercy. Lightning bolts,
sceptres of God, send sheet after sheet
of rain in downpour. As the storm subsides,
the sound of dripping peace is counterpoint
to the birds chirping in relief. Pale white
mist blankets cover the crevices of the hills
in anealing grace.

Saiom Shriver

Triangle Ethics

Is the man or woman
who with deliberation
works to destroy
a marriage because
attracted to one partner...
also committing an
act of adultery?

Saiom Shriver

Tributary Tribute

Riverward tributary
does not tarry.
He gives to the river...
his tribute, his all
that sooner into
the sea of all
he may fall.

Saiom Shriver

Trickle Down Economics

What is socalled
trickle down economics?
For
billionaires the money pours..
a few drops are left
for the thirsty poor.

Saiom Shriver

Trickle Down Food

Marie saw a possum
standing by the dumpster
eating a piece of pizza
with both hands.

Saiom Shriver

Trickling Miracle

The sun does not
expect perfection..
the iceberg will probably
not melt
in one day.
The melted trickles
do his delight tickle.

God does not expect
the icechambers secreted
within our hearts
to liquefy in one day.
New unfrozen lovepools
in the heart signify
the inevitable
redemption has begun.
He us arrays
in His divine rays.

Saiom Shriver

Trickling Source

From a trickling source
river runs its course
like an ungeded horse
to the waterfall's force

Saiom Shriver

Trillions Of Animals

They are the devoured, the blinded, the maimed
the dis-armed, the trampled, the lamed.
They die freezing, blown apart, drowned, unfamed,
these helpless victims, silent and unnamed.

Saiom Shriver

Trioxypurine

One of the sects
forbidding caffeine
called dioxypurine
profiteers from the
animal flesh containing
ox agonizing trioxypurine

Saiom Shriver

Trojan Horse

Unforgiving thoughts
are a Trojan horse
which can harm
the fortress
of the mind.

Saiom Shriver

Trophies

Some serial killers hide their
catastrophies
while others display their
antler trophies

Saiom Shriver

Trumpet Vine

Eleven orange trumpets
silently pour their
radiant peace
in all directions
not violently to bring
down walls
but gently as their
green leaved vines
victoriously over climb

Saiom Shriver

Truth From Microscopes

Those
who vilify
as vile all flies
should know
that no soap
can remove
the filth seen
in meat
under microscopes

One can freeze
or boil or
irradiate or smoke
cadavers
... they always
remain cadavers

Saiom Shriver

Tucked Into Bed

Child stars are tucked
into bed
as cloud blankets
windlifted cover them.

Saiom Shriver

Tumbleweed

Tumbleweeds,
dandelion seeds,
rainbeads
.. their zephyr-blown
path is the wind's to
determine

Saiom Shriver

Tumbleweed Marriage

Two freedom loving
tumbleweeds
blown together one
Wednesday,
these windwed weeds....
ever after wended
together
through the winding
ways of life...
their love
and marriage
not a desert mirage

Saiom Shriver

Turkey Pardoned

A presidential pardon
for the turkey.
What was his crime?
Should he have been born
in a more conscious time?

Saiom Shriver

Turkey Purchasing Isis Oil

The US and Russia say
black market oil is purchased
by Turkey and Kurds from ISIS.

That is a factor in
the ongoing
Syrian crisis

Saiom Shriver

Turn Down The Volume

JMG said 'you think so loud'.
Perhaps such thinking
is disallowed.

Saiom Shriver

Turning Around

Retrain
the brain
to expand, not contract
in response to pain.

Saiom Shriver

Turnstile

It is not a tern's style
to go through a turnstile

Saiom Shriver

Tuscany And Muscovy

There are fewer
musk oxen
killed for their musk
in Canada and Muscovy...
fewer boars murdered
for their tusks
in Poland and Tuscany.

Saiom Shriver

Twin Oaks

Twin oaks sharing roots
grow side by side
where once their twin acorn
parents did lie.

Saiom Shriver

Twin Samaras

Twin maple samaras
... seem resting
butterflies rose
They fell to Mother Earth
and sparked into life
before their wings arose

Saiom Shriver

Twinkle Of Delight

There's a twinkle of delight...
an allknowing bright
in his everpresent
kind and
alloving eyelight

Saiom Shriver

Two Grey Thunderheads

The crash of two
grey thunderheads
releases rain
as fights often
have orbital leaps
in their train

Saiom Shriver

Two Millennia

For two millennia
Jesus has been calling
His disciples to less
violent more gentle ways..
for the ways of the world
in 33 AD should not
be our ways now.

Saiom Shriver

Two Roads

1. How to kill a mammal

First shoot him or club him in the head. You might need several men to restrain him as he fights for life.

Next decapitate him.

Then dehoove him.

Then skin him.

(If he is a goose, take 3 hours to pluck out his feathers.)

Then subdivide him.

Then freeze him.

Then transport his cadaver, in another freezing compartment truck.

Then freeze his corpse pieces in the warehouse.

Further subdivide him at the grocery store meat department.

Take him home.

Then roast his flesh.

or

2. Buy a peach and peel it.

Saiom Shriver

Two Vine Tendrils

Two vine tendrils grow
and grasp one another.
Rather than disturb
their liaison, he steps over them.

Saiom Shriver

Twogether

Dense matter pulls
down in gravity
The sun's heliotropism
pulls upward with levity.
Electromagnetism's
attraction brings iron filings
to magnets
and pulls two who love
twogether.

Saiom Shriver

Uae Drowning

Taking animals to
murderous slaughter
a large ship
a livestock carrier
has sunk and
drowned 3000 animals
.. the ship...
an animal burier

Saiom Shriver

Udder Nonsense

Latest ads from the dairy
industry: udder nonsense.

Saiom Shriver

Uk Pm

David Cameron
wants to kill foxes
David Cameron
wants to kill gulls

What he advocates
is murder
euphemistically
called culls.

Saiom Shriver

Ukraine

The rain
in the Ukraine
falls in lovely
refrain.

Saiom Shriver

Umber Rays

Light rays umber
become cucumbers
multiplying
beyond numbers.

Saiom Shriver

Unattached Sea

The sea holds on
to nothing...
sending broken ships
to her earthy floor
.. sweeping driftwood
to her shore
..and lifting her
own essence to the
evaporating Sun
she adores.

Saiom Shriver

Unaware

Why is it
they don't share?
It's not that
they don't care
but that as yet
they're unaware

Saiom Shriver

Unbarbed Heart

He fishes for fish souls,
not their bodies.
He has an unbarbed heart.
He has no net.
His pole has no hook, no lure,
no agenda.

Saiom Shriver

Unbidden

Time reveals all love that's hidden.
Time fulfills all love forbidden
God's mercy has earth laws
overridden
Unexpected, suddenly
love comes unbidden.

Saiom Shriver

Uncircumscribed

Love unciircumscribed
by duty's planks
unconfined

Saiom Shriver

Uncivil War

Masses massacred.

Was there ever a Civil War?

Are all wars

barbaric, uncivil?

Many would argue

that wars to free slaves, the war

to fight Hitler, wars to be freed

of colonial invasion, the battle of

Kurukshetra (the battle of the Bhagavad

Gita) are necessary

despite the mass slaughter of

civilians, soldiers, animals,

forests. Whatever ones opinion,

the leaders of great religions

such as Buddha, Jesus, Krishna

teach universal nonviolence.

Saiom Shriver

Unclever Clover

No agenda clever
has the purple clover
Seeks no forcing lever
the truest lover

Saiom Shriver

Under Cover

May and Mother Earth has
gone under cover
hiding herself neath fields
of daffodil and clover

Saiom Shriver

Under Standing

Maids do their
exploirters under stand
Not all of their
bosses understand

Saiom Shriver

Understanding

The husband said why are you so nosy,
so meddling, so curious?
The wife replied: I'm just trying to understand.

Saiom Shriver

Undetectable

In the sweet booze drink delectable
was a daterape drug undetectable

Saiom Shriver

Unexpected Love

Out of the blue, 'the ship on horizon'
Out of the gloom, the meadowlark trills
Out of the dark, the sun is a risin
Out of despair, unexpected love chills

Saiom Shriver

Unfallowed

Not til they are seeded
do the fields fallowed
become truly holy
become truly hallowed

Saiom Shriver

Unfolding Blue Carpet

As effortlessly as a river
unfolding his blue carpet
can each life quietly
gather the streams of love
and power.

Saiom Shriver

Unfurl The Rainbow

She plugs in the stars
.. raises the sun
.. the rainbow She unfurls
that mums may curl.

Saiom Shriver

Ungiven Love

A heart which hoards
ungiven love
is made sick by
the effort
of keeping it in

Saiom Shriver

Unharmed Pinecones

These pinecones
were not burned
in a wood stove.
These pinecones
were into the
wild woods thrown
... there to become
bird and squirrel
thrones.

Saiom Shriver

Unheard Screams

Cows born into slavery.
Stolen is their milk for cream.
As their calves are ripped from them
unheard in barns are their screams.

Saiom Shriver

Unheralded Seamstresses

They sew eyelets in the rose
and stitch lilacs to lilace

Saiom Shriver

Unholy Altars

The smoke arising from animal sacrifice
in slaughterhouses, woods and on bloody altars
whose magicians God's creatures alter
is not fragrant frankincense
but hell's fumes which God incense

Saiom Shriver

Uniformed General

The armaments industry-wed
general uniformed
considered civilians to
be un-informed.

Saiom Shriver

Unimpeachable

In God's world
it's impossible
to poach peaches.
Fruit trees give
freely
Divinity unimpeachably
teaches.

Saiom Shriver

Unintended Consequences

The law of unintended consequences
involves infinite factors
which are known only by the
omniscient God.. the omnipotent Actor

Saiom Shriver

Unique Paths

Infinite unique paths
One destination.

Saiom Shriver

Unique Prism

No one's prism
but yours can
cocreate those uniquely
lovely rainbows
with the sun.

Saiom Shriver

Unique Scripture

God has a different
scripture
for each soul
for no two have
the same path back

Saiom Shriver

Unique Scroll

In each person is
his or her own scroll
All that is needed is
to help it unroll.

Saiom Shriver

Universal Blessing

Oer all sea and sand
..each seaweed strand....
...each palm tree stand
the rainbow spanned

Saiom Shriver

Universal Savagery

S Africa most brutal to lions
China worst to sows
Spain serial killer of bulls
Brazil murders most cows

Australia harms kangaroos
Mexico abuses donkeys
Canada sadistic to seals
Zaire eats most monkeys

US tortures primates
Japan knifes many porpoise
Nepal savages goats
Galapagos unkind to tortoise

UK still crucifies fox
France delegs countless frogs
Germany forcefeeds geese
Korea still eats dogs

Tibet unsafe for yaks
Russia mean to sable
Vietnam puts dead cats
on the dinner table.

New Zealand butchers sheep
Saudi Arabia snuffs camels
Every country in the world
is involved in murdering mammals

Saiom Shriver

Universal Scripture

For each being,
the universal scripture
Everywhere is
its unique signature.
Each page says
Love all
Love unconditionally.

Saiom Shriver

Universal We

The universal
all-including we
encompasses thee,
circumscribes me

Saiom Shriver

Unjoined

The pig's loins
they purloin
renaming them
'pork loins'.

Cow joints
they unjoin..
to amass
more coin.

And who
will eat
the
lion's loins?

Saiom Shriver

Unmagnetic Gold

Shines from the bottom
of Prospectors' Creek, gold.
Yet the Seaward river waters
it has no power to hold.

Saiom Shriver

Unquenchable Lightning

No matter how gray
the raincloud,
the water does not
quench the lightning's fire

Saiom Shriver

Unripe Divinity

The omnipresent God
indwells all beings.
All whom God indwells are
unripe gods on the
Tree
of Divinity

Saiom Shriver

Unriven

The canoer has striven
For short seconds
the river's riven
like the threatened
arrival
of a perceived rival
which melts away

Saiom Shriver

Unrolling

No matter how much
the seawaves unroll
there's always more
of her endless scrolls

Saiom Shriver

Unruffled Saints

High mountain peaks
above stormcloud weather rise
The depths of the sea
below whirlpool waves lie

Saiom Shriver

Unsaved Dessert

Among the prisoners the governor,
prosecutors, US Supreme Court
and supreme court of
that state executed was a man so
retarded he did not know he could not
save the dessert of his last supper for
later.

Obfuscating semanticists call
condemned prisoners' last supper
'last meal' so as not to focus
on the crucifixion of a human being.

Saiom Shriver

Unseen Spirit

The unseen Spirit wind
wills to wind through
wisteria and whisper
in the willows

Saiom Shriver

Unsinkable

She takes on more
and more beings...
why does her
ark continue to float?
because endlessly expanding is
her infinite heart boat

(to Judy Kammer)

□□

Saiom Shriver

Unspun

The day sun is done
interred in clouds of dun..
clouds night rain has unspun...
Each morn reborn
the omnipotent sun.

Saiom Shriver

Unsubtle

The woman would
go to AA meetings
and describe
how alcohol made her
more promiscuous.
She always wore
a 'Rent Me' tshirt.

Saiom Shriver

Untimely Ripped

From his womb of Mother Earth
the carrot was untimely ripped
One who made God grow in squares
heard hedges 'ouch' as they were clipped.
Turnip rudely awakened from sleep
from his roots was painfully snipped.
Potatoes peacefully growing in earth
were evicted and cut and then they were whipped.
Because they thought him commoner born
dandelion's merrygold head was nipped.
Then his body for greens was shred
and green blood slowly from him dripped.
Broccoli dancing in sunlight was beheaded
and then of her own life she was gypped
To faraway places she was shipped
and soup of her essence others sipped.
Celery was by human hand
grabbed and her throat was gripped.
When these souls of their plant forms stripped
into the sun of themselves they dipped
Their bodies they found were simply the crypt
Now out of their bodies to God they slipped.
In their next life they experienced
a kinder script.

Saiom Shriver

Untouchable

How is it that
after a
spring flood
untouched
yellow rose buds
arise out of
wet mud

that from a candle
of pig cadaver fat
pure flames
arise

Saiom Shriver

Untransplanted Hearts

Vegans don't need
heart transplants
with nurses' constant injections
to fight infection
and stave off rejection.

Saiom Shriver

Ununiformed Rose

Not in uniform
is the rose
.. but in
civilian clothes

Informants projectd
she must
be working under cover
.. with some of her
petals furled
and close.

Saiom Shriver

Unwaterrproofed

To wear boots
which slough off snow
but are not
freezing water proofed
is akin to being
around the cold
and judgemental.

Saiom Shriver

Unwelcome Aurora

From night's revelry
and dreams' reverie
dawnlight and bird choir
were unwelcome reveille

Saiom Shriver

Unwinding The Mummy

Birds peck out of their
now confining shells.
Butterflies break forth
from their cocoons.
Human beings find the
end thread... and gradually
unwind... from
their mummified tombs

Saiom Shriver

Upspiraling

Like a metal rod
leaping toward a magnet
or tidewaters
by the full moon pulled..
like sunflowers upspiraling
to the dawn drawn
are all attracted to
unconditional love.

Saiom Shriver

Upton Sinclair

With words so brief
he described the grief
of the monstrous way
cows become beef

Saiom Shriver

Uranium Bombs

The US regime is still
bombing civilians and
soldiers
with depleted uranium
... the kind causing
birth deformities..
it enters your cranium

Saiom Shriver

Uranus And Neptune

As the 168 year orbit of Neptune
is double Uranus' eighty four
so universal compassion exceeds
compassion only for the poor.

Saiom Shriver

Us Health Care Costs Highest In World With Middling Results

Insurance company, drug company,
hospital and doctor unprecedented greed
have caused many deaths
and locked out those in need.

The government sends money
for health care instead to
illegal wars which do
new terrorism breed.

At home from lack of
health care people bleed.
Elsewhere US bombs
make people bleed.

A ban on information
about the dangers of
meat fish and dairy
the government has decreed.

They inflict pain on lab
animals, against compassion's
creeds
adding to health care costs
with their secret deeds.

Saiom Shriver

Us Nonprofits Illegally Fund Illegal Israeli Settlements

Israeli settlers illegally
with US Caterpillar machines
bulldoze Palestinian homes
(sometimes with children and adults
in them) while US nonprofits illegally
fund settlers' invasive new homes

Saiom Shriver

Us: Highest Prison Population In World

It's hard
to become
engaged
when one
is engaged
.. falsely
imprisoned
and therefore
enraged.

Saiom Shriver

Useful Residue

The beehive
in the lion carcass thrives.
A palm tree grows out
of an abandoned tank.
Out of a cow skull
grows a vine.
When souls slip out of their forms
embodied beings use the residue.

Saiom Shriver

Utilities Try To Tax The Sun

Because solar power is decentralized,
nonpolluting, nonviolent
and free for everyone,
gas, electric and other
utilities have been
trying to tax the sun.

Saiom Shriver

Valentine

Catalyst of love, Valentine
helping couples vow 'I'll be thine'..
A Christian by Claudius slain,
he now dwells in realms divine

Saiom Shriver

Valentines

Lilies of the valley
and violets....grow
in the vales..
valentines from Mother
Earth

Saiom Shriver

Valley Of The Loire

More and more
in the valley of the Loire
refuse to be abettors
of abbatoirs.

Saiom Shriver

Valley's Chalice

Light brims
on the rim
of the
valley's
chalice

Saiom Shriver

Vampire Phlebotomist

The vampire
termed himself
a phlebotomist.
Self described as
a therapist
was the lobotomist.

Saiom Shriver

Vampires

To the maple tree
the syrup industry
are vampires, sucking
her sap blood

Saiom Shriver

Van Gogh Halos

Vincent painted what he saw:
the
halo around each being.

Saiom Shriver

Venutian

Far above seakissed
palaces Venetian
glow starlit glowing
mansions Venutian.

Saiom Shriver

Vermilion

The sweet cochineal bug
is defined by some humans as vermin,
the same who kill him
for his dye vermilion.

Saiom Shriver

Vertigo

Capricorn is less likely to
feel height-sired vertigo
and teaches skill to
leo gemini and virgo

Saiom Shriver

Vessel Of Spirit

All attracting Spirit
resides in each being.
Why are we attracted
to one human vessel of Spirit
more than another?

Saiom Shriver

Vibrational Healing

There are healers
who send magnetism,
energy, vibration, light.
These healers'
work is free
as they transmit
higher frequencies.

Saiom Shriver

Vice President Joseph Biden

Like Job
no matter what
has befallen him
In the heart of God,
Joseph Biden
remains
in divine love
ever abiding.

Saiom Shriver

Victory 9

Out of clouded prisms
Out of alcohol's prison
into the blazing sun
millions of us have risen

Saiom Shriver

Viganesha

Ganesha

ViGanesha

Veganesha

Michiganesha

-

(Ganesha: God as the remover of obstacles, the Lord of creative intelligence, the blesser of beginnings)

(Vi: Sanskrit prefix for perfection)

(Michigan: one of the United States)

Saiom Shriver

Violent Antics

Passengers on
the Titanic
did not appreciate
the violent antics
of the North Atlantic

Saiom Shriver

Violent Gems

One said
'don't toss your pearls
before swine'
and another replied
'don't harm innocent
pigs with your barbarically
derived pearls'

Saiom Shriver

Violent Pyramids

Inherently violent
are pyramids
of hierarchy.
Those lower in
the structure
find their own
destinies stifled
as
their souls' higher arcs
are truncated by the
orders of
hierarchs.

Saiom Shriver

Violent Storm

The violent storm
finally trails off into rumbles.
The abused baby's screams
subside into heaving shudders.
The calf ripped from his mother
faces blood, not loving udders.

Saiom Shriver

Violet Not The Violets

Violate not
the violets
who vye not with the ivy
in playing their
violins of violet light.

*

This is version 2 of the poem

Saiom Shriver

Violet Veined

Petunias coconut white
and
violet veined
on the looms
of the
Weaver skeined

Saiom Shriver

Violets Are Violet

Roses are pink
Violets are violet
Our love for you is
forever inviolate.

(to J Aiello)

Saiom Shriver

Violets Up Through The Past

Violets push up their
green and purple through
last year's leaves.

I too must grow and
behind the past leave.

Saiom Shriver

Viridescent

Oh the rainbow
is most iridescent
but Mother Earth claims
the viridescent.

Saiom Shriver

Visible Frequencies

Some believe only in the grosser
lower, slower frequencies,
the ones that they can smell
or taste or hear or see

Saiom Shriver

Vision Of Submarine Dive

A vision of a submarine diving
with 6 cars chained to its outside..
3 on each side

One interpretation: Some strong souls
can create karma which they can withstand
but their children or other loved ones cannot

Saiom Shriver

Vision Of The Sphinx

The stars of Leo
gift macroscopic vision
while those of Virgo
bequeath microscopic vision.
Does the sphinx with the
head of the virgin and the
body of the lion
have both?

Saiom Shriver

Vision: Attic Stairway

A woman climbs a staircase to the attic at the top of which she must lift a wooden square to gain access. She is ignoring a second staircase with no obstruction.

One interpretation:

Failure to meditate on a regular basis makes ananda (bliss) harder to access

Saiom Shriver

Visiting The Sick

God heal all makers
of legislation
as a step to
healing all nations.

Saiom Shriver

Voiceless Gobbler

After eating the flesh of
the now voiceless gobbler
they finished off
with a
cherry cobbler

Saiom Shriver

Voles

Disregarded is
the vole's volition
as he is kidnapped in
an animal lab rendition.

Saiom Shriver

Voluntary Alighting

Of the inexpressible
transcendent
poets stop the flight,
and then make
to alight
and voluntarily to enter
wordcages

Saiom Shriver

Vulnerable Trilliums

Our Father taught us
not to harm trilliums.
'If you pluck trilliums
it kills them'
even if a field
has trillions
of trilliums.

Saiom Shriver

Waiting

Former soldiers are taken to
the VA hospitals by their
wives or girlfriends, parents
or children Promised holiday
visits home, many sit waiting
all day for the ride which never
comes.

Saiom Shriver

Walking On The Sea

The full moon beckons
unfolding her magic
carpet across the sea.
Those who can walk
on water are able
to follow.

Saiom Shriver

Walking On Water

She could walk
on water
but was upset
she couldn't swim faster.
Live not in the world
but in that of spirit
do spiritual
masters.

Saiom Shriver

Wall St. Insider Traders

Whether it's oil,
corporations, chemicals or drugs
Wall Street insider traders
control stocks....
every fast food chain
all living animals
insultingly
called livestock

Saiom Shriver

Wallflower Shade

Wallflowers
in the shade
not permitted to
dance with the sun.

Cinderella...
banned
from the after
midnight moon

Saiom Shriver

Walmart Tries To Pathologize Children

WalMart continues to socialize
children into accepting
animal murder.

This pseudotoy
teaches that animals
bound for slaughter
are objects or toys
not girls and boys.

Saiom Shriver

Walnut

A walnut lay by the
side of the street..
a street with nary
a walnut tree

Saiom Shriver

Walt Disney

While others were
quibbling
with their siblings
he was scribbling
re mice nibbling.

Saiom Shriver

Wanted Only For Their Bodies

Does he love
the birch
wishing only
bark for canoes?
Wanting the spine
for flutes
does he love
the bamboo?
Desiring
longbow
weapons
did he love
the yew?

Footnote:

Walter Scott, in an *Ivanhoe* footnote, writes that King Edward I ordained yew trees be planted in all English churchyards, as a source of wood for longbow weapons.

Saiom Shriver

Wanton

What is a man
wanting called?
A woman wanting
they call
a woman wanton

Saiom Shriver

War And Peace

War is hatred.

Warriors are taught
sneak attacks,
multipronged campaigns,
Trojan horse infiltrations,
seizure of systems of
money, manpower, the media
and military
of food and power grids
and transportation on land sea,
and air...

They are trained to divide and conquer
through lies and spies(the glorification of deception)
through killing (the glorification of bomber
pilots, of death squads, of pyramidal hierarchy.
Their handlers justify unspeakable
torture techniques, the bribing of
legislatures, the demonization of their
foes.

Peace is Love.

It is Truth, Universal Nonviolence,
Purity, Oneness,
Simplicity, Equality,
Tolerance and Infinite Generosity,

Where there is peace are one thousand year old trees.
One cannot have two masters. Each must choose.

Saiom Shriver

War Creates Slave Labor

They spout in their
religious buildings
'love thy neighbor'.
But among effects of
bombing Iraq and Afghanistan
are more slave labor.

Saiom Shriver

War Creation Of Slave Labor

They spout in their
religious buildings
'love thy neighbor'.
But among effects of
bombing Iraq
are more slave labor.

Saiom Shriver

War Crimes

Some think war crimes
are separate from normal
actions in war.

Others believe every
action in war is a crime.

Saiom Shriver

War Is Not Good For Children Or Animals

Bullets blasting beasts
Bombs burning birds
Unguided missiles
hate's epistles.
War to billions
of living beings gives pain.
If you agree,
help Rand Paul's campaign.

Saiom Shriver

War Paraplegics

God, heal all those
who cannot walk
who cannot talk
who practice
celibacy
involuntarily

Saiom Shriver

War Semantics

Was it a reductio ad absurdum
for the imperialists of the British
empire to call their invasions
which resulted in the deaths of
thousands 'skirmishes'.

Saiom Shriver

Warhorse

What was the reward
for the loyal warhorse
after carrying hundreds of pounds
of weight..running his heart
out great distances..
enduring the cold and hunger
and thirst...falling into freezing
streams because of loads he
had to pull over slippery rocks
falling down hillsides... having
maggots make a home in his
wounds?

What if he survived the bombs,
cannons, guns, and spears of
the 'enemy' as well as friendly
fire and beatings from impatient
soldiers?

He was often killed and eaten.

Even today, barbarism
to horses and donkeys
occurs in Afghanistan and
other warzones.

Saiom Shriver

Warlovers

Warlovers
bomb clover.
Their tanks run over
human brothers
and animals
from fire
seeking cover

Saiom Shriver

Warmonger Cnn

CNN warmongers
play chess using
human beings as pawns.
They don't think twice
about those they sacrifice.

Saiom Shriver

Warmonger Politicians, Send Yourself To War

Middleaged and old
politicians, pawns of
war profiteers and religious
haters, want the sons
of others to die, along
with people, animals,
birds and trees bombed
in other countries, want
millions more refugees,
huddled in Greek islands
and blocked from the
chunnel,
want further bridges to
fall in the US, schools,
libraries and hospitals
to close.

Saiom Shriver

Warwick

From Melbourne Tokyo and Delhi
to Paris, Frankfurt and Warwick
they oppose igniting
any more war wicks.

Saiom Shriver

Was Steve Harper Named For His Clubbing Of Millions Of Seals

Is it preferable to kill seals
with metal shafts than clubs
Does Prime Minister Harper
think hakapiks are sharper?

Saiom Shriver

Was The Turkey Bad?

'Was the turkey bad? '
said the parrot with gravity
watching human depravity
in stuffing the cavity.

Saiom Shriver

Water All

From every stream
and each waterfall
From every lake
and puddle
water's uniting with all

Saiom Shriver

Water And Birdsong

Why do birds sing
in trees near fountains
more than in barren
desert mountains?

Saiom Shriver

Water Clocks

The timing of the tides
The dripping of icicles
Water's fall
 from fountain shells
Old Faithful.. the geyser
with his constant swell
these water timepieces
unfold our peace

Saiom Shriver

Water Held The Quill

Faster than any stylus squiggling..
can write the sun
in the water wiggling...
but when the sea is perfectly still..
it appears it was water which held the quill

Saiom Shriver

Water Never Has To Work

Water never has to work
He runs where he pleases
Pours on under winter ice
when his surface freezes.

Merrily over rocks he goes
rocks on which some smash
Joyfully over waterfalls flows
Falls on which some crash.

Water through life easily floats
but bears heavy barges and boats
Water detached from every home
but shelters fishes as he roams.

Water never strains nor worries
but empowers great water wheels.
Water has no duties but quenches
millions' thirst upon his banks.

Water's essence has no color
He wears his crystal clear hue of old.
But he becomes purple in the grape
In the lemon he's yellow gold.

Through granite faced gorges
None can hope to climb
Through different countries
no passport need he find

and when he reaches the salty sea
He's lifted up by the Sun.

(to B Mick and all who follow
their hearts)

Water Not Ice

Better than ice does
water reflect light
as the loving, not the cold
in us do love ignite

Saiom Shriver

Water On The Heights

Water can be kept upon the heights
if it is in snow frozen
or in clouds woven
or held as a lake
in a granite chalice

as compassion can coexist
with earthly power
in certain special ways

Saiom Shriver

Water Permutations

Mist, snow, hail,
frost, rain, dew,
ice, foam,
geysers, steam

In puddles, rivers,
creeks, cascades,
bays, gulfs,
seas and streams

Saiom Shriver

Water Spider

Water spider
silent slider
master glider
river rider

Saiom Shriver

Water The Trees

Cities spend money to buy
trees and plant trees.
Don't we all think they ought
to save tree lives in a drought?

Saiom Shriver

Water Will

Sooner or later
water will
make its way..
gently pushing with
its waving sway

Saiom Shriver

Waterfall Shakti

Before the fall, serene sheen of shanti
but at the edge.. in sheets soars shakti
further through boulder's lipped spout pours
water and toward the bottom it roars

Yonder a dry desktop flatted rock
neath it moss-wet tassled footstool
One for head hot with ephemeral thought
Other keeps feet most cornsilked cool

Here a big mug full of foam
there free of bottles bubbles roam
Out of cut glass decanted they flow
and skipping onto the sea they go.

Comes the cataract's thundering crash
All her wee babes on the rocks she dashed.
Such their purity that none were harmed
as into spray the drops she smashed.

In winter watch icicles slowly thaw
like bubbling holiday lights of old
One by one drops tremble and form
and wiggle free of the frozen mold.

Fearful hide in niches and naves
concealed from view in prefalls caves
Pyramiding trees can only stare
as networking water weds the air.

Great cascade where miracles made.
Cascade turning liquid to mist
Whited lightning which God kissed
from time's dawn planned this secret tryst.

(to Rosa Feldman and Marshall Weisfeld
and their selfless work for the voiceless)

Waters Of Life

For those with
thirst panting
are God-designed
watermelon canteens

For the ants and
bees....
curled leaves...
rain-bearers

and for long
journeys
coconuts...
water carriers

Saiom Shriver

Waters Of The Deep

Dew of the firmament
ferments in spearmint.
The waters of the deep
into limestone caves seep.
The gift of rainspill
in the grapes distils.
and into coffee
beans in love it percolates.

Saiom Shriver

Water's Will

As it turns water wheels
water has no will
but to find the
fastest way to the sea.

Saiom Shriver

Waterways

Where there's a will
there is a way
Homes for all
are sometimes found
in waterways

Saiom Shriver

Watery Arms

Neptune thoughtlessly
tossed his love
in the high tide
onto the shore...
where she was bereft
....stranded among
the empty shells
fizzing with inner
surfbubbles, garlanded
by seaweed,
and housed under driftwood.

Realizing his great
mistake, he flowed
in...lifted her up
with his watery arms
and took her home.

Saiom Shriver

Watery Route

Like a stone heart
entered by a watery root
are the mountains
along the fjord's route

Saiom Shriver

Watery Wake

Raindrops
through pine branches
drip with luster
and leave in their
watery wake
long green pinecone clusters

Saiom Shriver

Watery Wings Of Mercury

With their watery
wings of mercury
the rivers are
aquiver

Saiom Shriver

Wave Rescued

S dreamt that her shipwrecked husband
M though exhausted had reached the point
at which the waves without his effort
would bring him safely to the shore.

Saiom Shriver

Wavekissed

With ceaseless love
the ocean laves
the quiet dark
carved rock caves
kissing them and
sending them
endless bluegray
foaming waves.

Saiom Shriver

Wavering Image

In reflecting waters
the solid US Capitol
ripples
as war profiteer, drug,
oil, and meat lobbyists
democracy cripple

Saiom Shriver

Waving Fronds

Below the palm fronds
cheerily waving
the shore is kissed
by the waves

Saiom Shriver

We Are Not Our Bodies

We are not our bodies
nor our minds
nor our feelings. We are all
immortal souls made
of eternal divine love.
Anything else is an outer shell
which will someday
pass away.

Saiom Shriver

We Need Build Nothing

We need build nothing.
If we create space,
he or she will come.

Saiom Shriver

Weaver Of Leaves

Oh God who weaves
evaporating leaves
and knits the mist
into fluffy clouds
rain now where
mercy calls for You

Saiom Shriver

Weaver Of Waves

He who sculpts scallops
and carves caves
Who paints the dawn
and weaves the waves
Who engraves the frost
and knits nutshells
can do anything.
He dwells as a genie
within our hearts
awaiting only our
requests.

Saiom Shriver

Weaving Sun

The sun
has spun

what does
he weave?

each fruit,
all the leaves

Saiom Shriver

Wedding Cake

Their wedding cake
had tier upon tier.
Their divorce
had tear upon tear.

But now each has
found
a soulmate more dear.

Saiom Shriver

Wedding Of Oak And Pine

At their roots the oak
and pine were married.
Their branches touched
each other in love.
From their longtime union
not pinecones nor acorns
but acones
were born.

Saiom Shriver

Wedding Of Water And Air

The wedding of
air and water:
bubbles of delight..
spherical, translucent,
iridescent in the light

Saiom Shriver

Wedding Ring

Wedding ring...
visible vow

Saiom Shriver

Wednesday Wed

On that Wednesday we were wed
On that Wednesday we were we'd
Near a windkissed dune by the sea
Crowned by wet dunegrass weeds

Saiom Shriver

Wee Little Spider

The wee little spider
fell into the cider
She wasn't a glider
and so... he dropped
in a leafraft
in time
out to guide her

Saiom Shriver

Wee Mice

The needlework stitching
of tiny mouse trails
made by their wee feet
made by their tiny tails

Saiom Shriver

Weed

Not Herbert Hoover's
'a chicken in every pot'
but a kinder world...
.. pot for every chicken

Saiom Shriver

Weeding: Plant Racism

Weeding,
whispered the Great Spirit,
is plant racism.

Saiom Shriver

Weedwild

Sidney Andrews reviled
patches 'weedwild',
gardens in which God
grew green and smiled.

Saiom Shriver

Welcome Caboose

Beneath the
flying feathered goose
relieved was the moose
to see the last of the train
... the welcome caboose

Saiom Shriver

We'll Not Have Whom Phil's Having

Another PBS tv cooking show of
gruesome dishes...

In 'I'll Have What Phil's Having',
Phil eats living ants, watches
as a shrimp is decapitated for his
dish, eats soup made from turtles
too slow to jump the human hurdle,
chomps on a sea urchin
at his host's and cook's urgin,
masticates the flesh of eels..
Does he think that they don't feel.

We'll not have whom Phil's having.

Saiom Shriver

Wenceslaus Day

On that Wenceslaus Day

.. they were wed.

On that Wednesday

.. they were we'd.

Saiom Shriver

Wet Roots

In the forests
none rake the leaves.
They stay wet after rain
.. slowly watering the trees

Saiom Shriver

Whale Pods

The big fish found a way
to swim away from
the peapod fringed
lily pad crowned
pond.. toward
the sea with its
whale pods

Saiom Shriver

Whale Rising

Like a whale rising from the sea
the meditater drips with grace

Saiom Shriver

Whales Endangered By Japan

Mechanized
efficient slaughter
of remaining whales'
sons and daughters

Saiom Shriver

What A Wonder To See

What a wonder to see..
on the very same tree..
fresh blooms of youth
and wise sweet fruit.

Saiom Shriver

What Is A Terrorist?

If bombs and tanks
and boots on the ground
spread terror
are they not sent
by terrorists?

Saiom Shriver

What Is The Difference?

Is there a difference
between those who serially
kill animals
in trophy hunting
and those who serially kill
human beings?

Do both get
a thrill
from the stalking...
the kill?

Saiom Shriver

What You Have Done To These The Least Of My Brethren You Have Done Unto Me

Billions of animals have been burned, injected with poisons, decapitated, drowned, dismembered, drugged, starved, nailed to research tables, debarked (laryngectomies) , exhausted in forced swimming and other experiments, frozen, electrically shocked, confined in restraining chairs or stereotaxic devices, have had their spines, arms or legs broken, their eyes needled or stitched shut. They have been invaded by piercing noise, exposed to bright light 24 hours a day, deprived of sleep until death. They have died of thirst, of suffocation, of excess heat. They have been isolated, exploited in maternal deprivation studies, used as explosives carriers, shot into space to rotate in the void until their deaths, Pets have been stolen from people's yards for the endless greed and ignorance of the research industrial complex. Thousands of human beings are dead or were born deformed because the thalidomide which mutilated them did nothing to dogs

Saiom Shriver

Wheeling Gulls

Gulls wheeled and
dove down at the shore...
No mall cars nor
mall owner poisoners to
murder them...
Feeding them with
popcorn... immediate
result and immediate
gratification

Saiom Shriver

When A Bubble Pops

Some of the properties of
a bubble, when it pops,
disappear. It is no longer
spherical, nor does it contain
air, when it returns to the sea.
But its spiritual totality, its
essence, remains.

In the same way, when the body pops,
the soul returns to God.

Saiom Shriver

When A Soldier Is Not A Soldier

When is a soldier
not a soldier?
He is covered by international
law
when wounded in the head, legs,
heart, or shoulder.

Saiom Shriver

When God Whirled

When God whirled
His will into world
and out of the firmament
the first lightning hurled
When He the first
fern flags unfurled
and the first climbing
vine tendrils were curled
and into a palate the
first sunset swirled
and with His wind
the first prayer wheels twirled
He waited before the boys He boyed
and the first girls He girled.

Saiom Shriver

When Stars Are Born

When stars
are born
where go
the shells?

Saiom Shriver

When The Heart Is Still

As the suffering oyster
makes pearls in his cloister
so when the heart is still
poetry from pain distils

Saiom Shriver

When The Student Is Ready

'When the student is ready, the
teacher appears'.

When the fruit is ready
the sweetness of
the pear
becomes apparent.

Saiom Shriver

When They Met

When they met
the sun was sinking
Into the sea
His rays were pinking.

When they met
the stars were twinkling
EastRise Moon out
of clouds was blinking.

Pebbles in the falls nearby
were tinkling.
As wish coins drop
into fountains clinking.

Each other's eyelove
they were drinking
and in their souls
did dawn the inkling

that two hearts
were forever linking.

(to Mary Beth and
Michael W)

Saiom Shriver

When Trees Speak

We think
trees are silent
but when they're on fire
they roar

Saiom Shriver

Where Eagles Gather

Where eagles gather
there might be cadavers

*

Note: Benjamin Franklin did not want a carnivorous bird as our national symbol

Video of eagles gathering in Dutch Harbor Alaska in the Aleutian Islands

Thank you J for the link

-saiom shriver-

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Saiom Shriver

Where Is My Lover The Sun

Where is my lover the sun?
Coming up over that mountain.
Where is my lover the sun?
Splashing on top of that fountain.
Where is my lover the sun?
Sparkling through all the blue sea.
Where is my lover the sun?
Goldappling inside that green tree.

Saiom Shriver

Where They Met

Because of the place they'd met
he called her his laundromate.

Saiom Shriver

Which Of Us

Which of us
in any time in any land
obeys our own scriptures'
heart-engraved
commands

Saiom Shriver

Whipping Stings

The sadist's
whipping stings
have harder
than iron strings
tapping infinite
springs
making masochist
hearts sing
making masochist
souls swing

Saiom Shriver

Whispered Word

When the woods
are very still
comes the nightingale's
joytrill.
In silence
the whispered word
of God
is heard.

Saiom Shriver

Whispered Words

A voice as soft
as a breeze
floating over
turquoise seas.

Saiom Shriver

Whispers And Whistles

The wind
through Winthrop's
whiskers.. whispers
but through
the willow
he whistles

Saiom Shriver

Whispers Of A Rival

They whispered
the arrival
of hate's new rival
As pink dawn approached
night feared for
his very survival

Saiom Shriver

White Blooms Brown Chestnuts

As a chestnut tree
has beautiful white
blooms and later
glowing
brown nuts,
so many souls
have a Caucasian
incarnation
and then one
in a SubSaharan nation.

Saiom Shriver

White Squid Ink

The softly glowing moon throws her
white squid ink over the night sky
dimming the brilliance of the sparkling stars
as emotion obscures clarity.

Saiom Shriver

Whitecapping

Snow whitecaps blue mountains

Waves whitecap blue sea

Clouds whitecap blue sky

Blooms whitecap black tree

Saiom Shriver

Whitecaps

Winds fill
the sails
and whitecap
the cobbled sea.

Saiom Shriver

Whither Bound

Are these ducks
out of luck
will they be killed
before they're plucked

Their destination..
bound whither?
If they knew
their hearts would wither

Saiom Shriver

Whitney Houston

The silent heart
was moved by her voice
to speak gratitude
through clapping hands

Saiom Shriver

Who Am I

If I had asked my teacher
'Who am I/' He would have
answered 'Who are you not? '

Saiom Shriver

Who Are Terrorists

Governments and
news organizations
throw out the word
'terrorist'.

Those who bomb
with drones around
the world
are also terrorists.

Saiom Shriver

Who Is This Man?

Do you recognize
this man's face?
it's been hidden
from much
Western media
space.

Saiom Shriver

Whom God Begat

The pets whom God begat
such as guinea pigs
dogs and cats
should be allowed
in public housing.
is
a belief animal people
are espousing

Saiom Shriver

White Capped Amish Women

The cow, pig, and lamb
are terrorized by the
long dress garbed
white capped Amish women
bearing hatchets.
They fear the rabbi at
the kosher slaughterhouse,
the Muslim at the halal
slaughterhouse. It is
all the same to the mammals.
Their lives are expendable
to anyone of any faith
who values their cadaver
flesh more than their body
clad spirit.

Saiom Shriver

Why Boniface Was Canonized

Boniface cut down
Jupiter's oak
The millennial tree's
back he broke
Down crashed
its leafy cloak.
Smashed and silenced
tree frogs' croaks

Many have cut down
forest shrines,
trees of pine
and forest birch
for wooden church.

Saiom Shriver

Why Did Agatha Christie Sell 2 Billion Books?

She wasn't a pornpeddler
She didn't pepper her text with product placement
ads.
She wasn't a booze hawker
whose words knocked readers
off the wagon...nor a warmonger.
She rarely described food
let alone dead animal food
in her writing.
She didn't recount grizzly scenes
left by her killers...
seldom boring body
and clothes descriptions
put in as filler
She didn't need fearmongering
violence.. to sell a thriller.
She wrote against the corruption of imperialist oil thieves'
coup d'etats
She was brilliant... compassionate and understanding.

Saiom Shriver

Why Dreams

Nightmares are often a way
to burn negative karma on a less
painful plane.

Recurring dreams are the soul's
gradual compiling of the pieces
of a problem puzzle

Sometimes dreams are precognitive
or prophetic.

Sometimes they are a smoothing
out of the day's emotional shocks.

At other times angels give solutions
to problems.

Still other times a shaking of the
kaleidoscope of memory shards
makes a new sequence and
new relationships.

Saiom Shriver

Why Isn'T Everyone Thin

People don't eat less
because of
sadness or anger
or insomnia or stress

Saiom Shriver

Why Rand Paul's Support Is Not Reflected In Polls

The vast majority of
Americans answer
peace' call.
So why are not the
numbers higher
for peace candidate
Rand Paul?
It is not numbers
which lie
but humans who
hide them.
Rand Paul is boycotted
by CBS and PBS
by Fox and ABC
by NPR and NBC

Saiom Shriver

Why Was He Overweight

Why was he overweight?

1. He is lonely... and food gives him temporary comfort
2. He is tired... and sweets give him jump start energy
3. He has insomnia.. being full helps him to sleep
4. He is upset.. alkaline foods soak up the acid in his stomach

Saiom Shriver

Wigged

If little pigs
wore judges' wigs
would their bodies ever
be served with figs?

Saiom Shriver

Wild Rose

many love

truly

the wild rose

more than roses ruly

Saiom Shriver

Wildfire Of Wildflowers

A wildfire of wildflowers
sets the forest aflame
Glowing each in beauty
we know not their names

Saiom Shriver

Wildrosing

Spring
is wildrosing
the rye

Saiom Shriver

Will Joe Biden Win

Joe Biden
if you want
in the White House
to be abidin
you must oppose
Barack's and Hillary's
wars.
Otherwise Neptune
will defeat
your Gemini stars.

Saiom Shriver

William Shakespeare

As perfume
pours from
petaled peony blooms
so fragrance still
flows from his
playwriting plumes

Saiom Shriver

William Winchester Of The Winchester Rifle

William Winchester thought
his family and home
were haunted by
ghosts who roam,
haunted by many soldiers
and other mothers' sons
killed by his rifle
and his other guns.

Saiom Shriver

Willibrord

In violation of Christ's canons
A saint...was declared Willibrord
after innocent animals he gored
Instead of being canonized
animals wanted him cannonized.

Saiom Shriver

Willie Mays

Ever with Willie Mays
was the winning will of May

Saiom Shriver

Willow Frond: Jade Curtain

A jade curtain of
willow fronds
parts world of
green earth
from that of blue pond

A grey curtain
of morning mist
separates turquoise waters
from blue sky

A more slender
veil is
at the portal
hiding the paradise
of the immortal.

Saiom Shriver

Willow Kiss

While the river roves
seaward, her rippling ribbons
kiss the willows.

Saiom Shriver

Willow Will

It is the walled
willow's will
to reach the
elusive whippoorwill

Saiom Shriver

Wind Conductor

Tree-sway, grasstango,
pine sougning, beetle carved
reed songs... all orchestrated
by the conductor wind

Saiom Shriver

Wind Direction

Knowing which way the wind
blows
the mother maple tree holds her
samaras.. her seeds
to keep them from the street

Saiom Shriver

Wind Of Willows

The wind in the
willow whispers
while asterisked
by will o wisps

Saiom Shriver

Wind Soliloquy

The wind's soliloquy
becomes a chorus
sounding new notes
in each insect-bored
hole in bank reeds,
each pine tree,
each wind chime.

Saiom Shriver

Wind Strumming

Softer than the wind's
strumming in chimes
is its zephyrs through
the leaves of the lime

Saiom Shriver

Windows And Mirrors

Windows admit light.
Mirrors reflect light.
At sunrise and sunset
a skyscraper window
is a mirror focused
only on the sun.

Saiom Shriver

Windows On The World Wtc

At the top of the world
as they did dine
they died without
an anodyne.
And animals
upon whom
we dine..
have died
without.. an anodyne

Saiom Shriver

Windsattered

Wind petals scatters
Pool petals gathers

Saiom Shriver

Wine Into Water

Jesus turned water
into wine
His Father turns
rain into grape juice.
The conquering spirit
turns proffered wine
into a request for water.

Saiom Shriver

Winged Wrens

Winged wrens
wait
in the treewings

Saiom Shriver

Wingsweep

Hérons wingsweeping the sky
before of a sudden downswopping.

Saiom Shriver

Winklings

Beneath the sunset winking
Beneath the skystars twinkling
unmolested lie the oysters...
for reformed are the winklings

Saiom Shriver

Winter Ball

The tree garbed
in gold lace fronds
hung with green walnuts
is ready for the fall ball.
Yet within a fortnight
he is left bare.

It is the guest
uninvited to the
October dance,
the pine, who will
the winter ball enhance.

Saiom Shriver

Winter Birches

It is the winter birches
which glow in the
moonlight.

Saiom Shriver

Winter Fruit

To the 'bare ruined choirs'
of winter trees,
descending from the sky,
have come a chorus of
crows,
January winged fruit.

Saiom Shriver

Winter Green

Victoria brought the custom
of Christmas trees
from Germany.
She was
Britain's queen.
Now there and
in America
thieves have robbed
many woods
of winter green.

Saiom Shriver

Winter Palate

Old man winter worked
through the night..
to create snowworlds
of cold monochrome white
but the afternnon sun
has with paintbrush of his own
oerpainted it with his gold,
and blooms of woven light

Saiom Shriver

Winter Pastry

A frozen fountain or
a wedding cake
Warmer sun needed
it to bake

Saiom Shriver

Winter Wind

The censoring winter
wind has with his
nutbrown ink pen
erased
October Artist's
multihued fireworks

Saiom Shriver

Winter Winds

Winter winds
have been arrested
... for cruelty to croci
.. many attested

Saiom Shriver

Wish Fulfilling Tree

Every tree
is a wish fulfilling tree.
Yet each has a different
mission from God.

Saiom Shriver

Wish Needles

Rather than breaking
an innocent turkey bird's bones
... why not pull apart
fallen pine needles

Saiom Shriver

Wishful Thoughts

Wishful thoughts
gather tiny particles
on the electronic nerve grid
and form strands
which become threads.
They gather mass,
harden and thicken
until finally they are
imprisoning stone chains.

Saiom Shriver

Wishgranter

The desires
that God
in hearts implants
are the wishes
that God
in love does grant

God is the genie
in the bottle
waiting to
be summoned
at our command

Saiom Shriver

Wisteria

When nurse feels hysteria
about all the listeria
all the pfiesteria
he sits near wisteria
and is becalmed by
her ways mysterious

Saiom Shriver

Within Pink Marble Walls

Within pink marble walls...
beneath the stars
to departed tenant
Godindwelt
the conch hums omkar

Saiom Shriver

Within The Garden Wall

Between the garden wall
and the wishing well
are willows in
which Divinity dwells
and babbling fountains which
refresh our will.

Saiom Shriver

Within The Opened Third Eye

Within the opened third eye
are all-directions-facing
infinite eyes

Saiom Shriver

Without A Thorn

A rosary without a cross
A rose without a thorn
A rose light of early morn
and then arose the sun reborn.

Saiom Shriver

Witness Protection

He plucked the mouse
from the jaws of the
family cat, and put
him in a room from
which the cat was locked
out. Witness protection
program.

Saiom Shriver

Women Are Not The Moon

Women reject comparison
with the inconstant changeling
moon, pale and glowing with
purloined light..
obediently circling
.. only a satellite...
for every woman is
indwelt by the omnipresent
God. Every woman
is a Sun.

Saiom Shriver

Women From Mars And Men From Venus

Everyone is born
under both mars and venus.
Some women are from mars.
Some men from venus.
Some women prefer
mars' menus
Some men prefer
venus' venues.

Saiom Shriver

Woodmist

The greatgrandfather tree
births woodmist
which fathers the cloud
which sires the rain

Saiom Shriver

Woods Chapeling

Woods-chapeling
trees of apple grow.
Sunshafts dappling
spaces glow.
Leaves of saplings
gently blow.
Near trees applying
nest the does.

Saiom Shriver

Woods Coniferous

It is not
woods coniferous
who are
carnivorous

Saiom Shriver

Woods Worship

Daffodils convene
in clusters in the
fallen leaved woods
to worship in
Mother Earth's chapel

Saiom Shriver

Words Awash

His words are
immersed in love
as bright stones
are bathed
in a crystal stream

Saiom Shriver

Work For Peace: An Oxymoron

Is there
a frame for Infinity?
Never slakes the thirst
.. the bitter
saltwater near mother earth.
.. never satiated is the
belly of many tongued fire.
Never at rest.. the
mercurial mind.
Never filled the soul
with unGodward desire.

Only the heart immersed
in the waters of God is at peace.

Saiom Shriver

World Bank Promotes Trophy Hunting

For the rich who love to kill
For babes who wish for
cruel thrills
the World Bank helps
with bloodspill

Saiom Shriver

World War One

The propagandists told their soldier victims
they were dying for their country
but they were dying for
war profiteers,
for their capitalist overseers.

Saiom Shriver

Worm Greater Than Apple

Japanese beetles
are closer to God
than the cherry bloom.
The worm more
precious than
the apple in which
he rooms.

Saiom Shriver

Worshipfully

As if entering a shrine
the sculptor approaches the marble
the painter the canvas
the cutter the diamond
the tailor the brocade

Saiom Shriver

Would Be Whistleblower

A hesitant fountain pen...
the ink within it frozen
until Snowden's courageous light
did his own heart ignite

Saiom Shriver

Woven Of Desire

The mind is woven
of desire.
Masters unwind them
to live in divine
fire.

Saiom Shriver

Wrapped In Light

Wrapped in the
swaddling of morning
mist
Here comes the sun..
His awesome Presence
streaming with
ribbons of dawn light
brings life as
His presents.

Saiom Shriver

Wrapping

She bypassed suitors
who wanted to save
the wrapping of the body
and throw away the gift
of the soul

Saiom Shriver

Write

One was a gifted playwright
Another performed
priestly rites
A third worked for
the underclass' rights
A fourth did
letters to prisoners write.

Saiom Shriver

Yankee Stadium Charges Eight Dollars

Yankee stadium charges
eight dollars
for a cadaver in a coffin
... called a hot dog in a bun

Saiom Shriver

Yar

Back in the boatyard
when the sun was beneath the yardarm
he spun yarns
of his dory's great yar

Saiom Shriver

Yearling

My love for you
a yearling became...
many aeons ago.

Saiom Shriver

Yehudi Menuhin

Violet waves
of nonviolent grace
poured from his
violin

He wove Palestine
and Israel together
with each stitch
from his needle bow.

Saiom Shriver

Yellow Crime Scene Tape

Yellow crime scene tape delineated the airfield and a white chalk outline of the body the precise point within that airfield that the soul separated from the body and liftoff took place.

As loved ones grieved, the prisoner released from body jail, rejoiced.

Saiom Shriver

Yellow Jacket

Held by love
the yellow jacket
sups between
the petals' brackets

Saiom Shriver

Yellowstone Geyser

She is the
silent underground
springs of Scorpio
as they burst in
singing splashing joyful
Sagittarian geysers

Saiom Shriver

Yielding To The Sun

With fullmoonlight the sky is afire
and with silver the sea and land awash
The moonstruck sea slides into
many caves
.. the swelled tide now afoot

But dawn steals slowly in
Closeted now the silver clothes
woven of the fullmoon rays
with which she did all array

Now the sun's
gold rise aborning
is with higher light
all adorning.

Saiom Shriver

Yoga Master

A great soul
took birth as an elephant
to teach us that
yoga is elegant

Saiom Shriver

Yogis Or Psychopaths

If one responds without
feeling to words full of emotion,
s/he is disciplined, or a psychopath,
or a saint or yogi
ensconced in Godward devotion.

Saiom Shriver

You Are Proof Of God

You are proof there is a God
behind beneath around above
All day long you leave a trail...
of enduring glowing acts of love

Saiom Shriver

Your Genetics

None of us have
come from sinners.
Each of us has
come from winners.

Saiom Shriver

Z Journalist Gary Webb Crucified For Revealing Cia Cocaine Distribution

Gary Webb And The Movie 'Kill The Messenger' Re CIA Distribution Of Drugs

I

Gary Webb, Pulitzer prize winning journalist from the San Jose Mercury News and author of the book *Dark Alliance: The CIA, The Contras, And The Cocaine Explosion*, was crucified for his investigation into the role of the CIA as the creator of the crack cocaine epidemic in the 80's. The CIA was the prime distributor of cocaine and crack in the inner cities of the US. This accomplished

- a. revenue for the black ops of the CIA
- b. so many incarcerations that the US became the biggest per capita prisoner in the world
- c. an army of addicts willing to obey their CIA overlords
- d. the arming of right wing Central and S Americans in return for the received drugs
- e. the deaths of many in the black community

The movie *Kill The Messenger* has been made about the government pressure to force the newspaper into a false retraction and about the destruction of Gary Webb's career.

Establishment media connected to the agency led the attack on Webb. The Los Angeles Times assigned 17 reporters to try to discredit Webb, who is now dead (1955-2004) . The Washington Post and New York Times dismissed Webb. When Webb was found dead with TWO gunshot wounds to the head, the police termed this a suicide. It is very easy for a murderer to fake a suicide.

Key figures are coming forward

The following 2 paragraphs are from

'Gary Stephen Webb (August 31,1955 - December 10,2004) was an American investigative reporter best known for his 1996 Dark Alliance series of articles written for the San Jose Mercury News and later published as a book. In the three-part series, Webb investigated Nicaraguans linked to the CIA-backed Contras who had smuggled cocaine into the U.S. Their smuggled cocaine was distributed as crack cocaine in Los Angeles, with the profits funneled back to the Contras. Webb also alleged that this influx of Nicaraguan-supplied cocaine sparked, and significantly fueled, the widespread crack cocaine epidemic that swept through many U.S. cities during the 1980s. According to Webb, the CIA was aware of the cocaine transactions and the large shipments of drugs into the U.S. by Contra personnel. Webb charged that the Reagan administration shielded inner-city drug dealers from prosecution in order to raise money for the Contras, especially after Congress passed the Boland Amendment, which prohibited direct Contra funding.

Webb's reporting generated fierce controversy, and the San Jose Mercury News backed away from the story, effectively ending Webb's career as a mainstream-media journalist. In 2004 he was found dead from two gunshot wounds to the head, which the coroner's office judged a suicide. Though he was criticized and shunned by the mainstream journalism community, in 2013 Nick Schou, a journalist writing for the LA Weekly who wrote the book Kill the Messenger, stated that Webb's reportage was eventually vindicated; since his death, for example, both the Los Angeles Times and the Chicago Tribune have defended his 'Dark Alliance' series. Esquire wrote that a report from the CIA inspector general 'subsequently confirmed the pillars of Webb's findings.' Geneva Overholser, who served as the ombudsman for The Washington Post, wrote that major media outlets including the Washington Post had 'shown more passion for sniffing out the flaws in the Mercury News's answer than for sniffing out a better answer themselves.'

II

In 1988, the movie Coverup was narrated by Elizabeth Montgomery, daughter of head of the Screen Actors' Guild Robert Montgomery, and herself the star of the tv series Bewitched. The movie was about G H W Bush role in cocaine

distribution in the inner cities, as well as Operation Guido (GUIDO: Guns in Drugs Out) of Oliver North.

She subsequently died, it was said, of cancer.

III

Dick Gregory reported that during the Vietnam War, the CIA airline Air America was involved in secreting heroin in the coffins of dead soldiers being returned to America.

Saiom Shriver

Zen Goal

Facing the storage space
in my dwelling,
I wondered why I allow
possessions to
gather dust,
attract spiders and their webs,
clutter space,
block light,
prevent air flow,
create fear of loss,
delay in having them used by others
cost money for the extra room

Saiom Shriver

Zippora

Wife of Moses,
Zippora,
as holy
as Aurora
as gentle
as spring flora

Saiom Shriver

Zoe's Caped Crusader

The caped crusader
inspects
his disciples

Saiom Shriver

Zoe's Mandala

is there a mandala
In Mandalay
more beautiful
than this living being
caught in
camera rays

Saiom Shriver

Zoo Animals

It is not just the ducks
who are sitting ducks
for the sadistic cruelty
of abused human children.

Tigers pace back and forth
on concrete captive in small
cages so that humans can gawk.

Saiom Shriver

Zoo Haiku

Zoo Haiku

A lone tiger lying
on
concrete as
human crowds gawk
at him.

A polar bear died of
the heat at the Bronx Zoo

A hippo choked to death on a
tennis ball thrown into
his yawning mouth at the Detroit Zoo

The Cleveland Zoo sold
'excess' animals for
canned hunts in Texas.

The San Diego Zoo until
exposed
supplied primates
for lethal research by UC
Davis Frankensteins.

Kapir the elephant
drowned as the
Danube poured into
his concrete room
20 feet below
ground level.

For mercy all night
called the zoo's polar bear.
He had a tiny cage..
which no bear could bear.

A monkey was beaten

to death at the Boise Idaho
Zoo

At the Akron Ohio Zoo,
Easter bunnies and pet mice
brought to the zoo for shelter
have been secretively fed to snakes.

Many zoos are secret
vivisection supply houses
... facilitating secret torture
of animals.

Very few zoos protect the animals
from psychopathic children and adults
who seek to harm them with missiles
thrown at them, poison etc.

Saiom Shriver

Zoophagous Sounds

Lions growling

Leopards prowling

Owls scowling

Hyenas howling

The angry sounds of carnivores

Saiom Shriver

Zubin Mehta's Baton

A fountain was born
from Moses' wand
From Joseph's rod
burst flowers.
Music flows from
Mehta's baton.
Focused will
opes all powers.

Saiom Shriver

Zukes And Cukes

Solar energy.. no more nukes
vegan diet... no sushi liver flukes
a perfect world..
avocados, beans and cukes
tomatoes, pumpkins and zukes

Saiom Shriver

Zygote

It takes a very
special zygote
to make a unique
sweet baby goat

Saiom Shriver

Zz 45 Of The Myriad Ways Republicans Steal Elections

Ways Republicans Have Stolen Presidential, Gubernatorial, Senate, House, State Legislature, Mayor and Judicial Races

This writer intends to vote for Rand Paul, the only antiwar candidate in the Republican Party and the only candidate among Democrats and Republicans who is making ending the illegal wars of the US a campaign priority. Unlike Rand Paul, many in the Republican Party steal elections. Why is there much more vote fraud among Republicans? Answer: They are a minority of voters. In addition the 1% need to give the illusion to the 99% that there is democracy in the US.

Because of these election crimes, the Iraq and Afghan wars were begun. Money has been stolen from the poor and given to the rich by their politician pawns. Our environment would have been better protected by Gore whom the people elected.

Although the word gerrymander was coined in 1812 after Gerry Mander, a Bostonian, the blue state of Massachusetts has less vote fraud than red or purple states.

How have Republicans cheated in elections

1. barring third parties from the ballot
2. barring third parties from debates
3. voting machine fraud
4. stealing ballot boxes
5. unpostmarked absentee ballots
6. absentee ballot forgeries
7. illegal removal of people from voting rolls (as Jeb Bush did in 2000 for his brother)
8. jamming the handicapped voter transportation lines (as NH Republicans did and went to jail)
9. switching yes to no (as Diebold machines and Secretary of State Husted's operation did in Ohio on a pot legalization vote)
10. conducting a phony unbiased voter registration drive and throwing away all nonRepublican registrations (as Nathan Sproul, hired by McCain, by Romney, by Karl Rove, and by state Republican parties in Virginia, Minnesota, Colorado, Nevada, Arizona, MIInnesota and other states did)
11. Voting the dead (as Nathan Sproul did in Florida and elsewhere for his

Republican paymasters)

12. hacking the totals (Bev Harris of Black Box Voting showed Al Gore how Diebold machines could be hacked in 3 minutes' time

13. Sending police to intimidate voters or to block off their precincts (as Jeb Bush did in Florida in 2000)

14. Conspiring with the media to instruct the public incorrectly in order to invalidate ballots as the Jacksonville Florida Times Union did in 2000 putting out a special edition in the black precincts instructing voters to mark each page of the ballot (20,000 ballots invalidated)

15. delaying the opening of polls as the Ohio Republican Party did in 2004 in Akron Ohio and at Kenyon College, for instance

16. The Republican dominated Supreme Court (5 males who quash the will of the vast majority of Americans) have decided that money is speech which allows billionaires to flood the corporate owned media with ads.

17. Murder: Missouri's Democratic governor Mel Carnahan died during his 2002 campaign in a plane crash. Missouri's Democratic senate candidate Jerry Little died in a plane crash during the campaign in 1976. Iowa's Libertarian candidate, physician Doug Butzler, whose presence on the ticket would have given the Democrats a victory, died in a plane crash in 2014. Senator Paul Wellstone, Minnesota Democrat, died in a plane crash during his campaign. John Perkins who was an economic hitman for the government documents the number of leaders of other countries killed in the CIA's arranged plane crashes.*

18. barring Democrats and independents from the counting of ballots as happened in Warren Ohio in 2004.

19. Spreading lies about candidates as John Kasich did about his opponent Ed Fitzgerald in Ohio and Senator Thune did about Senator Tom Daschle in South Dakota..

20. cutting back on the number of voting machines in Democratic precincts

21. draconian voter ID requirements which penalize the poor

22. owning the media as Mitt Romney did by purchasing Clear Channel through Bain Capital of which he was the sole owner

23. owning or controlling the voting machine companies, as Mitt Romney's son did purchasing a voting machine company in Ohio, as the Republican Party did through Wally O'Dell, CEO of Diebold

24. Racism: blacks, Latinos barred from the ballot by literacy tests, poll taxes, and in the modern era other ways

25. gerrymandering... the arrangement of a district to maximize Republican power as the Ohio Republican Party has done

26. the US Senate, an anachronism which gives 64 times as much power to a citizen of Wyoming with 584,000 as a citizen of California with 37,253,000 people.

27. A Supreme Court which has quashed the will of the majority (as in Gore V

Bush in 2000)

28. treason (G H W Bush and others in March of 2012 as private citizens negotiated with the Iranian government to continue to hold US hostages until the election...)

29. Denying many prisoners the right to vote

30. truncating the hours in which voter registration is possible

31. truncating the hours in which citizens may vote

32. allowing the recipients of stolen elections to remain in office, as has happened in the 2015 election for Kentucky governor, both elections of G W Bush, etc.

33. Military control of nonofficer soldier ballots

34. The electoral college which has meant that candidates receiving fewer popular votes have still won.

35. spamming opposition party websites with pornography or commercial spam

36. having those trained in provocateur behavior disrupt internet forums, public meetings

37. campaign infiltrators who take charge of fundraising, financial records, media ads etc.

38. Hacking opposition sites... eliminating them from the Internet as happened with etc

39. Democratic voters showed up in Jeb Bush's election of 2000 and were told they needed 2 forms of photo ID

40. Without suppression of the Native American vote no Republican can win statewide in South Dakota. Thune, Republican candidate, became senator by paying people to run lying websites about Daschle, by suppressing the Native American vote in a variety of ways, including police intimidating Native Americans and writing down their license plate numbers.

41. Whole counties of votes in New Hampshire were thrown away by Republicans in NH desperate to defeat Ron Paul

'Party leaders at the county and state level have changed or violated party rules, cancelled caucuses, changed vote counts, thrown out entire counties of votes, counted public votes privately, called-in the SWAT team, and inexplicably replaced Paul delegates with Romney delegates to block Ron Paul from winning the nomination.' Quote from Jaret Glenn wordpress site See *22

42 Romney operatives erased whole flash drives and destroyed computers of operatives of other parties

43. Many polls were propaganda machines owned by Republicans.... with fraudulent numbers reported, fraudulent samples, biased questions

44. war profiteer and other corrupt ownership of media... giving much more air time to Republican candidate

45. In Alabama, Richard Shelby ran as a Democrat in order to be elected and then switched to the Republican Party. In Colorado, Democrat Ben Nighthorse

Campbell switched to the Republican Party after elected.

Someone on a network news show said in December that Republicans are 28% of the population. Many dispute that figure. In 2012 Romney received less than 20% of the votes of those eligible.

in 2012, the estimated population was 314 million. If one deducts 2% for noncitizens, then 307 million were eligible to vote. If one deducts 23% for population under 18, then 236.9 million were the Americans eligible to vote. The total vote for president in 2012 was 127 million votes, with Obama receiving 51.19%, Romney receiving 47.32%, Libertarians receiving .99% and Greens .36% with other parties receiving less. Romney's 47.32% is 19.9% of the total number eligible to vote. The numbers for third parties would be higher but many states block third party voters in a variety of ways, and corporate owned media block third parties from the debate, etc. In addition the Republicans on the Supreme Court have defined money as speech so that billionaires can flood the airwaves with ads for their politician pawns.

8.6% of the US population has a felony conviction but different states have different rules about voting by felons (a number which includes Jesus, Gandhi, and others) .

One can dispute the numbers used but the unchanging reality is that Republicans are a minority party.

Zz Antidepressants Cause Autism, Homicide, Impotence, Weight Gain, Insomnia, Nausea Etc.

Antidepressants Cause Autism, Homicide, Impotence, Weight Gain, Insomnia, Nausea Etc.

Avoid antidepressants
in pregnancy
if you want your little girl
or boy
to experience joy

Avoid antidepressants
to be free of actions
polycidal, homicidal
or suicidal.

Avoid antidepressants
is the informed injunction
if one wants to maintain
sexual function

Avoid antidepressants
if one wants to lose weight
for antidepressants cause
an overeating state

Saiom Shriver

Zz Bear Protector David Riley Bertsch

David teaches his readers
that most bear attacks
come when cubs are
being protected, adults
are hungry or defending
themselves. His fiction
heroes oppose the slaughter
of any bear who has killed and
advocate relocation
to wilderness areas.

He is a protector
of green woods
and wild places.

In his latest work, Death Canyon,
a murder is disguised
as a bear attack.

Vegans and fishes
want him to join the
ranks of fish protectors.

Saiom Shriver

Zz Toxins In Cow, Pig, Sheep, Bird, Fish Flesh, And Animal Products

- 1 Some of these toxins are intrinsic to all cadaver 'foods'.
- 2 Some are diseases passed on to humans from animals or their factory farm waste.
- 3 Some are injected into animals or toxic additives in the food given to animals.
- 4 Some are added after the animal has been murdered.

acid reflux,
addiction,
adrenalin,
alcoholism, *
Alzheimer's,
amyloid plaque,
anthrax, *
antibiotics,
arsenic,
bartonellosis,
biophages,
blastomycosis
blood,
brucellosis
cadavers of other animals in the food
caffeine, *
campylobacter,
cancers of many varieties
chicken pox
chlamydophila psittaci
cholesterol,
chromium,
clenbuterol
coccidioidol mycosis
cryptosporidium parvum,
ecoli (colon bacteria)
excess lactic acid,
feather meal,
fecal matter,
female hormones,
flydung,

genetically modified food,
histoplasmosis
homocysteine
impotence,
insecticides,
irradiation,
isinglass from fish bladders*
L-carnitine
lead,
Mad Cow, bovine spongiform encephalopathy
Mad Deer, cervine spongiform encephalopathy
Mad Elk, cervine spongiform encephalopathy
Mad Fish, piscean spongiform encephalopathy
Mad Goat
Mad Pig, porcine spongiform encephalopathy
Mad Sheep ovine spongiform encephalopathy
Mad Turkey etc.48
malonaldehyde
medication residues
mercury,
methylcholanthrene
MRSA,
no natural bulk,
no vitamin C,
polychlorinated biphenols,
prions,
Psittacosis
ractopamine,
renet,
salmonella,
smallpox,
sterility,
toxoplasmosis,
trichinosis, ,
trimethylamineoxide (TMAO) ,
trioxypurine,
tularemia
wastelage*
69

*researchers have found that meateaters are more likely to be alcoholics

*

isinglass is put in beer

*anthrax used to be called wool sorters' disease

Smallpox used to be called cowpox or kinepox

Wastelage is 1 part cow manure and 1 part grain, fed back to cows

Many insecticides are nonbiodegradable and accumulate in animal flesh. A 1000 pound cow eats an average 21,000 pounds of food before she is murdered. Therefore the insecticide concentrations are multiplied in animal flesh.

Feed is a human chauvinist term for food given to slaughter bound animals

*caffeine in items such as beef jerky

The Reagan and Obama administrations have both dramatically increased the rate at which cadavers whiz past inspectors. In addition there is no microscopic inspection of 99999% of all animals.

Animals buried alive in S. Korea

10% of US pig population dies of disease in 1 year

Saiom Shriver

Zz Us Govt Helping Kidnap Liberians

The Obama government 700
million dollars is misspending
and many soldiers to
West Africa sending.
This is Western
capitalist condescending.
Quarantines, a form of kidnapping
... human rights ending.
*

Perhaps 56 million of the world's 7.2 billion people will die this year. Of that number over half die of diseases caused by animal flesh: heart disease, strokes, embolisms, dozens of kinds of cancers, kidney disease, food poisoning, arthritis, Lou Gehrig's disease, etc. etc.

What are the World Health Organization and Centers For Disease Control doing to educate the public about the dangers of animal and fish flesh, eggs and dairy?
NOTHING

Compare that 60 million (let alone the trillions of birds and billions of animals eaten) to the ebola deaths.

I Depopulation schemes have abounded for many years including the World Health Org. spreading of AIDS around the world with alleged smallpox vaccine.

Pfizer 'vaccines' kill African children

II The Obama regime is spending 700 million dollars in sending troops to Africa forcibly to quarantine Liberians in concentration camps.

III Forced quarantining has occurred as well in Texas as the world's plutocracy

attempts to program the public into accepting like sheep this condition. Quarantines are forms of kidnapping and of illegal search and seizure.

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IV The US' military footprint in Africa is designed to offset the control of the French, Muslims, and Chinese in that continent.

V Further entrenchment of the international pharmaceutical tentacles.

Elsewhere: Smallpox is no longer called cow pox or kine pox. The cowflesh industry doesn't like removal of semantic veils.

Saiom Shriver

Zz Was Hitler A Vegetarian

Jonathan Kellerman's creation, the detective Milo Sturgis, states that Hitler was a vegetarian. That is true, and yet he killed more animals than .99999999999999999999% of humanity. He provided animal flesh for the generals and other guests of his dinner table. He provided slaughtered animals' meat for the entire German army. His tanks crushed nesting birds, gophers, rabbits, chipmunks, squirrels etc. while destroying their homes. He ordered the bombing of millions of civilians with the collateral damage of trillions of animals, birds, frogs, bumblebees. T Raber has cited the millions of pets abandoned when their human companions were sent to concentration camps.

All those who wage war on other countries, provinces, tribes are responsible for the deaths besides of human beings of numberless animals. All who wage war harm innocents.

Saiom Shriver

Zz Words Of Sathya Sai Baba

All beings are beautiful seen through eyes of love.

God looks upon sin as a Mother upon her baby's first halting attempts to walk

Those who ask for love in return are coolies demanding wages.

The actor who slaps you on stage waits behind the curtain to congratulate you on your performance.

Proximity leads to attraction. Attraction leads to thought. Thought leads to action.

Why does the dead ball moon shining with stolen light have more power on earth than the infinitely larger self-luminescent stars Proximity.

Why pluck a flower and hasten her death?

You are actors on the stage before the footlights. The Director, who knows the Play, who assigns the roles, who gives the cues, who calls you in and puts you on is behind the curtain.

If the fruit is green it will not fall to the ground even if you beat it with a sharp stick. When it is ripe it falls of its own accord in the silence of the night.

You must be a lotus, unfolding its petals when the sun rises in the sky, unaffected by the slush where it is born or even the water which sustains it!

Diamonds shine more brightly foiled by black velvet. (in reply to someone who asked about an author paid to write a book attacking Baba)

God is in every creature. How can you cause such pain?
(to a nonvegetarian) .

Not in the morning (mourning) pond does the lion wash his blood. (given in meditation)

It is easy to conquer anger through love, attachment through reasoning, falsehood through truth, bad thoughts through good and greed through charity.

Birds and beasts need no Divine Incarnation to guide them, for they have no inclination to stray away from their dharma. Man alone forgets or ignores the goal of life.

Get the flower, and you have its beauty and fragrance.
In color see harmony, in light see joy.
In outward form and in the depths of things, behold your Self.
You are the Truth.

Each is all.
(Baba's response when Linden H asked how he could love Baba more.) .

If some people say there is no God it only means they are at too great a distance to be aware of Him.

I give you what you want so that you will want what I have to give.

Science can be compared to a glowworm in the light of billions of blazing suns.

The acid test by which an activity can be confirmed as holy or sacred is to examine whether it promotes attachment or avoids bondage.

God is the doer; you are but the instrument.

Physical charm and force can never overpower the charm or force of the Spirit.

One needs no map to see the stars.

I have come not to disturb or destroy any faith, but to confirm each in his own faith, so that the Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu.

Never harm a snake or a scorpion. He will only harm you if ordered to do so by God. If so ordered there is nothing you can do about it. (in Sai Satcharitra)

By satsang, the company of God-minded persons, by systematic attention to self control and self improvement, man can overcome the delusion that makes him identify himself with the body and its need and cravings.

Health care is not a business.

Corn corn (seed) begets corn.

Charity is the ornament for the hand.
Truth is the ornament for the throat.
Scripture is the ornament for the ears.
Of what use is any other ornament?

During the 10 months of her confinement in Lanka, Sita never raised her head and looked at her captor Ravana's face even for a second. Such was her purity and chastity.

The Lord takes the Form that the seekers crave for; He is above all Name and Form. Children go to the sweet shop and select sweets representing the animals they love; some ask for the dog, some the peacock, some the horse, some choose the elephant. But, what they desire is the sweetness therein. To say that one Form alone can be sweet is to deny the compassion of God.
He is eager to satisfy the yearning of the genuine seeker.

The house of the material body is on fire from the moment of birth.

The foot of a gold idol is as valuable as the head.

The most heinous sin is to hurt the heart of another.

Maya is a Narthaki, a juggler, an enchantress who entices the intelligence and traps the senses. This Na-rtha-ki can be subdued by ki-rtha-na, Kirthana or the concentrated contemplation of the glory of God.

Have faith in yourself, your own capacity to adhere to a strict timetable of sadhana (spiritual discipline) .

Satisfying God means to satisfy your own conscience.

God is not a separate entity. Humankind is the image of God. Daivam maanusha rupena, declare the scriptures. It means that God appears in human form. God has no separate form. It is to show to humanity how human life can be divinized that Avatars come from time to time.

I have often declared that God does not come down as avatar to relieve individuals of their troubles and sorrows and to confer joy and happiness on them. Difficulties, troubles and worries come in the natural course as a consequence of past actions. The Gita says: Karmaanubandhini manushya loke (Human beings are bound by Karma in the world) . As human birth is the result of Karma, there can be no escape form the consequences of Karma. As is your action, so is the reaction to it.
March,1968.

The lotus in the heart of man pines for the Sun, the splendour of the Lord. But to attain it is hard. Withdrawal of all affection towards the world alone can win it.

Yama can be countermanded by Samyama; death can be conquered by control of the senses.

Her son was totally averse to non-vegetarian food. He would not even visit the houses where non-vegetarian food was cooked. Seeing his noble qualities, Easwaramma realized that the child was not an ordinary one, but one of divine nature. Her eldest daughter Venkamma also recognized the divine nature of the child. Together, they brought up the child with love and care.

If an unripe avocado is thrown against a wall, it will shatter.If a ripe avocado is thrown, the fruit will separate from the seed. Souls ready for liberation are freed by crisis. (paraphrased) .

People talk grandly of nonduality, of the oneness of all but they are the very persons who exaggerate every difference and emphasize every distinction. Nov 84 Tustin Ca newsletter of Sathya Sai Baba Society.

It is hard to obtain the company of the noble. It is easy to obtain the company of the ignoble, Pebbles are available in plenty; but it is hard to obtain the precious diamond.

My devotees in satsang should send love in meditation to vivisectors and legislators. Lawmakers will make laws to eliminate vivisection (literally, cutting up living animals.. has evolved to mean confinement of and harming of lab animals) .

I alone know the agony of teaching you every step of the dance.

Do not cultivate too much attachment to things of the world, which appeal to carnal desires and sensual thirsts. A moment comes when you have to depart empty-handed, leaving all that you have laboriously collected and proudly called your own.

Death is throwing the ball back into the sky.

The veil of maya hides from him the Face of God which is shining from every being and thing around him.

The mind is a bundle of desires.

The Lord uttered a Blessing that all who come to the Holy Land of Ayodhya and all who bathe in the sacred Sarayu can reach Him.

A green gourd sinks in the water, but a dry one floats. Become dry. Rid yourselves of attachments, desires, avoid anxieties, worries. Then you can float unaffected in the waters of change and chance.

God has not created creatures such as devils and evil spirits. These are the creations of human beings.

As much as possible sleep under the midnight sky. (said to a woman trying to leave a relationship)

Sow an action, reap a tendency; Sow a tendency, reap a habit; Sow a habit, reap a character; Sow a character, reap a destiny. You are the maker of your destiny. You can do or undo it.

The Vedas have infinite depth of meaning. All may not be able to comprehend the inner meaning of the Vedic teachings. The earth's gravitational force existed even before it was discovered by Newton after rigorous experimentation. Similarly, the eternal truths hidden in the Vedas were perceived by the Rishis (seers) after intense penance and Sadhana (spiritual austerities). Unless one practises their teachings, one can never get happiness or peace. In order to realize the Divine, you have to practise the precepts prescribed in the Vedas. No doubt, even listening to the recitation of the Vedas is itself capable of purifying your mind and elevating you to a higher level. For, it is Shabdha

Brahman (God embodied as sound) . If you ruminates over it and practise it in your life, you can imagine the magnitude of the bliss you will attain.

The force that compelled Lakshmana to disobey was the prompting of his Destiny.(in Ramayana: ..72 of Baba's books are online and free at [in the Discourses link](#)).

The sun and the moon are shining. What scientist can make them shine. None. They shine by the power of Divinity.

As the saying goes, ' Like the mole in the eye, the stone in the shoe, the thorn in the foot, the faction in the home; is this doubt in the brain'. When such doubts assail Arjuna, who is the representative Man, it means they are Humanity's own doubts. They can be solved only by Madhava who is beyond and above Humanity.- Sai Baba GV-P61.

1 movement of the hour hand equals 3600 movements of the second Similarly, the Saint acts with greater economy and power than others. (paraphrased) .

The mind sees separateness. Love sees unity.

Politics without principles, education without character, science without humanity, and commerce without morality are not only useless but positively dangerous.

Focus the mirror of your intellect on the sun, not the void (paraphrased)

Parvathi, the daughter of the monarch of the Himalayas, was the very acme of physical beauty. In spite of this, she had to acquire the quality of Sathwa (goodness) by destroying the pride in personal beauty and her native egotism through intense asceticism.

The dark smoke of Maya settles hard on the eye of humankind and renders him incapable of recognizing Divinity.

Reform yourself first before thinking of reforming others.

If you don't get a seat in the bus (because you have given it to an old person) ,

you can afford to walk a mile or two, thereby deriving the double benefit of saving the bus fare and giving much needed exercise to your body.

Brahma was in existence well before mind and intelligence came into existence.

Brahma cannot be understood by one's mind or intelligence.

Rama who was the guardian of the world would gladly wipe the tears from all eyes.

Love God with no other thought. Then you become His and He becomes yours.

There

is no nearer kinship than this. Fifty others may be peeping into the kitchen, hungry and expectant, but if you are the child of the master, you will be served first.

As a mirror focused on the dark void has no power, but shines with light when focused on the sun, so place your consciousness on the good, not transitory evil. (paraphrased) .

Eating fish causes unclean thoughts.

There is no use trying to have one foot in one boat and another in another. Give up Lokabhranthi and Dehabhranthi, that is, attachment towards the body and the external world and yearn for God.

Man has to attain liberation while in chains.

Hospitals are meant to serve the poor and needy.

Life is a challenge, meet it! Life is a dream, realize it! Life is a game, play it! Life is Love, enjoy it!

I give you what you want so that you will want what I have to give.

A single glance of the Avatar bestows all boons.

Like the river which leaps over precipices, creeps through bush and briar, flows round hills, seeps through sand but keeps the goal the sea always in view, man too must march untiringly towards God.

Iswara Sarva Bhutanam. God is the Indweller of all beings.

If you would be delivered of a block of negative karma,
chant the Ganapati Stotra in the muladhar.

Aspire to be good rather than great.

(in the context that many who have an ambition for greatness sacrifice on the way what should not be sacrificed) .

There is no disease equal to greed.

There is no enemy greater than anger.

There is no sorrow that is greater than poverty.

There is no happiness equal to wisdom.

Love expands; it does not limit itself to boundaries.

Happiness will seep into your life
as soundlessly as dew into a coconut.

Be like the tongue which lives unharmed in the midst
of 32 soldier teeth.

Money can purchase drugs but mental peace and content alone can guarantee
health.

You have betrayed your heart (whenever you have muzzled
its calls for compassion.) .

I am Rama you are Sita!
I am coming to take you Home
We have played for many aeons
but now.. your time is up
(Baba to JC) .

Learn to give, not to take. Learn to serve, not to rule.

There is no charity greater than feeding the hungry.

There are no greater gods than parents.

There is no greater dharma than compassion.

There is no greater gain than the company of the good.

There is no enemy greater than anger.

There is no wealth greater than good reputation, .

Bad reputation is death itself.

There is no ornament more beautiful than the chanting of God's Name.

Like the donkey that carries sandalwood, without knowing anything more than its weight, man too carries the burden of wordly worries, without being aware of the fragrance which he can really get from the very burden on his back.

Pain comes from identification with the body.

The world is a kaleidoscopic picture created by ones own imagination.

An ant was caught on a dry leaf that was being carried down a flooded river and he called out from its tiny heart to God for succour who prompted a kite that was flying over the river to dive and rise up, with the leaf on its beak; for He made the bird mistake him for a fish or frog! The bird was sorely disappointed, but, the ant was delighted to land on hard ground! God came as a kite and rescued me, he felt. I must be grateful to the bird, to all birds, he resolved. One day, while on his morning round, he saw a hunter aim an arrow at a bird; he bit the heel of the hunter, just when he was releasing the mortal shaft; the aim failed; the bird flew off, and was saved. The ant had paid his debt.

Man's many desires are like the small metal coins he carries around in his pocket. The more he has, the more they weigh him down.

Man's life is a bridge between this world and the Divine.

Be like the stream which flows in ananda (joy) over rocks.

See in everyone the Lord Himself moving in that form. Do not talk evil of others; see only good in them. Welcome every chance to help others, to console others and to encourage others along the spiritual path.

The blocks inside people manifest as obstacles in their paths. (paraphrased) .

46 Maxims

1. Prema, Love, should be considered as the very breath of Life.
2. The Love that is manifest in all things equally, believe that the same Prema

is Paramatma.

3. The one Paramatma is in every one, in the form of Prema.

4. More than all other forms of Prema, man's first effort should be to fix his Love on the Lord.

5. Such Love directed towards God is Bhakthi; that is the fundamental test, the acquisition of Bhakthi.

6. Those who seek the Bliss of the Atma should not run after the joys of sense objects.

7. Sathya, Truth, must be treated as life-giving as breathing itself.

8. Just as a body that has no breath is useless and begins to rot and stink within a few minutes, similarly, life without Truth is useless and becomes the stinking abode of strife and grief.

9. Believe that there is nothing greater than Truth, nothing more precious, nothing sweeter and nothing more lasting.

10. Truth is the all-protecting God. There is no mightier Guardian than Truth.

11. The Lord who is Sathyaswarupa grants His Darsan to those of Truthful Speech

and Loving Heart.

12. Have undiminished kindness towards all beings and also the spirit of self-sacrifice.

13. You must also possess control of the senses, an unruffled character and non-attachment.

14. Be always on the alert against the four sins which the tongue is prone to commit:

Speaking falsehood

Speaking ill of others

Back-biting and

Talking too much

It is best to attempt to control these tendencies.

15. Try to prevent the five sins that the body commits:

Killing

Adultery

Theft

Drinking intoxicants

Eating of flesh

It is a great help for the highest life if these also are kept as far away as possible.

16. One must be always vigilant, without a moment's carelessness, against the eight sins that the mind perpetrates:

Kamam or craving

Krodham or anger

Lobham or greed

Moham or attachment

Impatience

Hatred

Egoism

Pride

Man's primary duty is to keep all these things at a safe distance from himself.

17. Man's mind speeds fast, pursuing wrong actions. Without letting it hurry like that remember the Name of the Lord at that time or attempt to do some good

deed or other. Those who do thus will certainly become fit for the Lord's Grace.

18. First give up the evil tendency to feel impatient at the prosperity of others and the desire to harm them. Be happy that others are happy.

Sympathise

with those who are in adversity and wish for their prosperity. That is the goal of cultivating the love for God.

19. Patience is all the strength that man needs.

20. Those anxious to live in joy must always be doing good.

21. It is easy to conquer anger through love, attachment through reasoning, falsehood through truth, bad through good and greed through charity.

22. No reply should be given to the words of the wicked. Be at a great distance from them; that is for your good. Break off all relations with such people.

23. Seek the company of good men, even at the sacrifice of your honour and life. But be praying to God to bless you with the discrimination needed to distinguish between the good men and the bad. You must also endeavour, with the intellect given to you.

24. Those who conquer states and earn fame in the world are hailed as heroes, no

doubt; but those who have conquered the senses are heroes who must be acclaimed

as the conquerors of the Universe.

25. Whatever acts a good or bad man may do, the fruits thereof follow him and will never stop pursuing him.

26. Greed yields only sorrow; contentment is best. There is no happiness greater than contentment.

27. The mischief-mongering tendency should be plucked out by the roots and thrown off. If allowed to exist, it will undermine life itself.

28. Bear with fortitude both loss and grief; try and search for plans to achieve joy and gain.

29. Assume silence when you are invaded by anger or remember the Name of the

Lord. Instead, do not try to remind yourself of things which will inflame the anger more. That will do incalculable harm.

30. From this moment, avoid all bad habits. Do not delay or postpone. They do not contribute the least joy.
31. Try as far as possible within your means to satisfy the needs of the poor, who are really Daridranarayana. Share with them whatever food you have and make them happy at least that once.
32. Whatever you feel should not be done to you by others, avoid your doing such to others.
33. For faults and sins committed in ignorance, repent sincerely; try not to repeat the faults and sins again; pray to God to bless you with the strength and the courage needed to stick to the right path.
34. Do not allow anything to come near you, which will destroy your eagerness and enthusiasm for God. Want of eagerness will cause the decay of the strength of man.
35. Yield not to cowardice; do not give up Ananda.
36. Do not get swelled up when people praise you; do not feel dejected when people blame you.
37. If among your friends any one hates another and starts a quarrel, do not attempt to inflame them more and make them hate each other more; try, on the other hand, with love and sympathy to restore their former friendship.
38. Instead of searching for others' faults, search for your own faults yourself; uproot them, throw them off. It is enough if you search and discover one fault of yours; that is better than discovering tens of hundreds of faults in others.
39. Even if you cannot or will not do any Punya or good deed, do not conceive or carry out any Papa, or bad deed. This is far preferable.
40. Whatever people may say about the faults that you know are not in you, do not feel for it; as for the faults that are in you, try to correct them yourself, even before others point them out to you. Do not harbour anger or vengeance against persons who point out your faults; do not retort, pointing out the faults of those persons themselves, but show your gratitude to them. Trying to discover their faults is a greater mistake on your part. It is good for you to know your faults; it is no good your knowing others' faults.
41. Whenever you get a little leisure, do not spend it in talking about all and sundry, but utilise it in meditating on God or in doing service to others.
42. The Lord is understood only by the Bhaktha; the Bhaktha is understood only by the Lord. Others cannot understand them. So, do not discuss matters relating to the Lord with those who have no Bhakthi. On account of such discussion, your devotion will diminish.
43. If anyone speaks to you on any subject, having understood it wrongly, do not think of other wrong notions which will support that stand but grasp only the

good and the sweet, in what he says. True meaning is to be appreciated as desirable, not wrong meaning or many meanings, which give no meaning at all and

cause only the hampering of Ananda.

44. If you desire to cultivate one-pointedness, do not, when in a crowd or bazaar, scatter your vision to the four corners and on everything, but see only the road in front of you, just enough to avoid accidents to yourself.

One-pointedness will become firmer if one moves about without taking one's attention off the road, avoiding dangers, and not casting eyes on others' forms.

45. Give up all doubts regarding the Guru and God. If your wordly desires do not get fulfilled, do not blame it on your devotion; there is no relationship between such desires and devotion to God. These worldly desires have to be given

up some day or other; Bhakthi feelings have to be acquired some day or other.

Be

firmly convinced of this.

46. If your Dhyanam or Japam do not progress properly or if the desires you have

entertained do not come to fruition, do not get dispirited with God. It will dispirit you even more and you will lose the peace, however small or big, that you might have earned. During Dhyanam and Japam you should not be dispirited,

desperate or discouraged. When such feelings come, take it that it is the fault of your Sadhana and endeavour to do them correctly.

Source: Sandeha Nivarini by Bhagavan Sri Sathya sai baba.

A spark may start another fire; a virus may multiply quickly and bring about relapse; a little unpaid debt will soon assume huge proportions through high rates of interest; a karma, however trite, done with intention to benefit by the fruit thereof will involve birth in order to eat the fruit.

Medical experts can be hired but life cannot be secured on lease.

My light surrounds your life.

It is wise not to eat in restaurants where meat is served.

You limit God by your assumptions.

Just as a child yearns for its mother's bosom, a lost calf for its mother in a herd, and a widow cries for her lost husband in a corner, you too must aspire

for the proximity of sai and reap joy therefrom.

Intent on fulfilling your legitimate duties, you can pray to God to keep you alive for a hundred years. You will not incur blame.

God, who is the embodiment of love, can be attained only through love, just as the effulgent sun can be seen only by its own light. Thought For The Day Jan 16,2006 posted at baba's ashram in Puttaparthi, Andhra Pradesh, India.

We attain God who is Love by loving.

To a worldly man, a God-intoxicated person will appear mad and he will laugh at him, But to the God-intoxicated man, the worldly appear insane, foolish, misled, blind.

(Marriage) Both should love and serve one another as One. There is no distinction nor any difference between them. Both are One and one cannot live without the other.

When love matures, it turns into beauty. When the taste of Beauty ripens, it is sweetness. In that experience of sweetness everything appears brilliant and shining. The whole process may be likened to what happens when a flower ultimately becomes a ripe, sweet fruit. Ripeness is all. The Spirit is all sweetness.

When the sun is reflected in 10 pots, there are not 11 suns but sun does not die when a reflection containing pot is spilled or evaporates or is overtaken by nightfall.

I have no followers for I face all directions.

I am yours. You are Mine. I do not await an invitation. (as recirded in Victor Kanu's book)

Yama (God's servant in charge of death) can be countermanded by Samyama; death can be conquered by control of the senses

'Bring me the depths of your mind, no matter how grotesque, how cruelly ravaged by doubts or disappointments. I know how to treat them. I will not reject you. I am your Mother...

A man with anger.... is despised by everyone.

Unrest, sorrow, anger, etc., are the reaction, reflection, and resound of the state of our inner being.

Surely, you did not come into this world with any name

Love is another name of Brahman

Hospitals are for people without faith. Vibhuti is for people with faith.

You are not one person, but three: the one you think you are, the one others think you are, and the one you really are. What others think is all imagination. The Self within you is the only truth.

*

When maya and Truth come together, creation takes place. Without maya, there can be no creation.

*

Maya is like a shadow to a human being. But this shadow deludes us. At sunrise, our shadow is long. As the sun gradually rises, the shadow falls under our feet at midday. Thus, the shadow grows and shrinks. We should not therefore mistake the shadow as our basis.

*

The entire creation is a manifestation of God's love, be it a tiny ant or a mighty elephant.

*

Not even a blade of grass will move without divine Will, People who do not realise this truth get carried away by their pride of intelligence and discrimination. But no one, however great they may be, knows what lies ahead for them in future. (Telugu poem)

A makeshift bed was arranged for the newly born child Jesus, with some old clothes and dry leaves.

The drawing of Baba is by Tom Shroyer

contains at least 72 volumes of Baba's discourses, as well as at least 4 24x7

radio channels for America, Africa, Asia etc.

SAI BABA ON RESTAURANTS

Sai Baba has asked his followers to avoid restaurants where meat is served.

He has said the vibrations of the cook enter the food.

One does not need to give energy in the form of money to those involved in the chain of slaughter which brings a living innocent animal to ones plate as meat.

It is also true that the agony the animal feels while being butchered is present biochemically in the meat, as great amounts of the adrenal fright and terror hormone are released.

In addition,97% of the food poisoning fatalities annually come from meat, fish and eggs. It is much more difficult to control purity of food in a restaurant than at home.

(quote selection is an infinitesimal fraction of 72 volumes of Baba's discourses, thousands of books written about Baba, etc.)

Saiom Shriver

Zz Worldwide Animal Rights Movement Reaches New Level Of Critical Mass

2 Boston radio stations, WGBH and WBUR, in programs The Takeaway and The World, on the 29th and 30th of July, 2015 gave air time only to defenders of the trophy seeking murder of animals. The host of Takeaway referred to the murdered lion as 'game'. The worldwide animal rights movement has reached a new level of critical mass. The New York Post headlined that the thrill kill murderer of Cecil the lion was the most hated man on the internet.

Walter Palmer, poacher and sadist, has gone into hiding after he, a dentist of Eden Prairie, Minnesota paid \$50,000 in a Zimbabwe hutning safari. Cecil, a beloved lion, was lured off of a sanctuary by bait. Palmer then shot him with an arrow from an extremely highpowered bow, and tracked him for 40 hours of Cecil's suffering, finally shooting him with a rifle. Then he cut off Cecil's head and skinned his body, while trying to remove the GPS collar which Oxford University (a vivisection university) had placed on him. Palmer claims that he did not know he was acting illegally. His 2 Zimbabwe guides have been arrested taking the fall for Palmer's savagery.

The Safari Club gives special membership awards not to hunters who have murdered 300 animals but to those who have murdered 300 species of animals. Norman Schwarzkopf, another who loved to kill animals and one of the operatives executing G H W Bush's Highway of Death in Iraq, qualified for that special Safari Club membership

The Safari Club International recently had more than 50,000 members and 180 chapters.

Billionaire Dan Duncan, Safari Club member, was stopped in Russia in 2002 after breaking their law by a. aerial hunting and b. murdering an endangered species bighorned sheep. He, like Palmer, claimed he did not realize he was acting illegally.

From Wikipedia: 'Duncan owned the Double D Ranch, a 5,000-acre hunting property in Texas. Duncan was a Safari Club International member who has been given numerous awards for his (serial murders.) In 2006, he received the SCI World Conservation Hunting Award, which requires a hunter to have hunted on six continents, and have received SCI's 13 'Grand Slam' awards, 22 'Inner Circle' awards, the Fourth Pinnacle of Achievement Award and the Crowning

Achievement Award. Duncan has 407 entries in SCI's trophy record book, including records for killing lions, elephants, rhinoceroses, a polar bear, and other animals.' 'In 1979, when SCI was fairly new, it sought government approval to import 1,125 trophies from 40 different species (gorillas, cheetahs, tigers, orangutans, snow leopards, and others) into the US for 'scientific research and incentive for propagation and survival of the species.' Because the animals were to be hunted, the U.S. Fish and Wildlife Service denied the request'. 'In 1994, SCI successfully lobbied for a change in the U.S. Marine Mammal Protection Act 1972 to allow for the importation of previously banned sport-hunted polar bear trophies into the United States from Canada.'

G H W Bush was the keynote speaker at a Safari Club convention. His son George Bush, announced the Safari Club, would be given a 'governor of the year' award. In addition, George W Bush wrote a letter for an Indiana trophy hunter asking Botswana to bring back lion hunting. Dan Quayle, vice president under G H W Bush, was also a big supporter of trophy hunting.

Walter Palmer, the murderer of the lion Cecil, has killed many kinds of animals, including, poster believes, a cheetah.

It is time for African nations and all the world to ban thrill of the kill hunters.

Walter Palmer was accused of sexual harassment in the past. If he was guilty, the incident serves to connect violence to animals with violence to women.

Saiom Shriver

Zz 19 Ways The U.S.D.A. Kills People, Animals, Birds And/Or Trees

From killing tens of millions of birds for corporate farms, 'controlled' burns which in uncontrolled fashion burn many square miles of forests, burning animals alive, censorship of Mad Cow and other spongiform encephalopathy diseases, to requiring taxpayers to subsidize fast food ads overseas and torturing animals in a 55 square mile USDA complex in Nebraska, the USDA is a major cause of human disease, animal agony, environmental destruction, and energy waste.

1 THE USDA Has Killed Tens OF Millions OF Blackbirds And Other Birds *6 C S Monitor

2 USDA Lying About MAD COW, MAD PIG, MAD Sheep, MAD Deer, MAD ELK, MAD Chicken, MAD Fish, MAD Milk ETC FOR Decades

Ann Veneman, former head of the USDA, was mentored by R Lyng, president of the North American Meat Institute. She went on from the USDA to spread toxic meat philosophy at UNICEF, a UN agency which impacts children. Virtually every secretary of the USDA has been chosen because of a past history in promulgating poisonous meat products. There are over 150 links at [rense dot com](http://rense.com) about spongiform encephalopathy incidents in the US. *1 see [rense dot com](http://rense.com)

3 USDA Upheld BY Federal Court IN Suppressing MAD COW Tests See the organic consumers link. *2

4 The USDA's US Forest Service Would More Correctly Be Called The USDA Deforest Service.

US Forest Service through the criminal policy of controlled burns has set millions of acres on fire, burning people, animals, trees, buildings. Controlled burns are often uncontrolled by factors such as wind change. The USDA has allowed the timber industry for further deforestation. Like many other US federal agencies it is a factor in the violent weather around the country through removal of weather stabilizing trees.

5 USDA Subsidizes Animal Slaughter, Human Disease And Obesity, Higher Medical Costs, Energy Waste And Environmental Destruction Through Food Stamps.

As more insurance companies give discounts to vegans, vegetarians and fruitarians because of greater life spans and less incidence of cancers, heart disease, strokes, aneurisms, embolisms, kidney failure, Alzheimer's, arthristis, food poisoning etc., the Usda continues to subsidize the meat, fish egg and dairy industries through food stamps. We need food stamps but they should be for the purchase only of frutis and vegetables.

Christians, Hindus, Buddhists, Muslims, Jews whose religions oppose some or all animal consumption are being taxed to provide the flesh of murdered innocent animals to the world's most obese population.

6 Animal Torturing Semantics

The USDA Meat Animal Research Center defines cows, sheep and pigs as meat animals. Perhaps Tom Vilsack, Secretary of the USDA, would be defined as a meat animal by cannibals. The USDA has since its inception objectified living animals. Vilsack was governor of Iowa and did nothing to stop horrific torture of animals there. *9

7. Fifty Five Square Miles OF Animal Torture In Nebraska

The USDA continues to torture animals at the Usda Meat Animal Research Center. A cow was left in a ring with 6 bulls and died within 24 hours. Lambs abandoned by their mothers have been left alone in fields. *3 See petitions below on thepetitionssite dot com

8 USDA Revolving Door Between Animal Flesh Industry And Federal Agencies *4 rense dot com

9 THE USDA Plum Island Research Center: Bioterror And Disease Creation

Just as Blackwater changed its name to XE and Clear Channel to Iheart Radio after the notorious nature of their operations, so the USDA shut down its disease creation and bioterror center at Plum Island in NY and at great expense moved elsewhere. Lyme Disease was created there. *5 Wikipedia

10 Geese Buried Alive

Until members of Goosewatch NY organized against the USDA, the agency was capturing geese on the Long Island Sound and elsewhere and taking them to landfills to be buried alive. Now they are taken directly to a slaughterhouse.

11 THE USDA School Lunch Program Has Been A Dumping Ground For Toxic Meat

Fish Eggs And Dairy. *7 notmilk dot com

12 THE USDA's Criminal Neglect.. Disregarding Its Mandate to end what is termed 'unnecessary' cruelty to animals. *8 peta dot org, saen

13 THE USDA WIC Program (Women Infants Children) Is Also A Dumping Ground For Wisconsin, Minnesota and other eggs and dairy products.

Cows' milk is designed to make a baby calf into a 1000 pound animal within a year's time. It is a major cause of the US status as the most obese nation in the world per capita. Women who ingest the carcinogenic female hormones injected by force into cows, sheep, pigs, and birds so that they will gain water weight before slaughter have a much higher rate of ovarian, breast, uterine, cervical cancers. Men have much higher rates than in Europe. The European Union banned American meat and dairy because of such hormones and was overruled by a corrupt UN court. *10 PCRMA dot org

14 THE USDA's Nearly 1 Trillion Dollar Farm Bill includes mass subsidies to huge agribusiness corporations and individual millionaires *11

15 USDA Operatives Have Infiltrated Coops, Vegan, Vegetarian And Animal Rights Groups

As one of countless examples, at Stone Soup in DC, USDA operatives stole petty cash, insulted customers, used polarization and division techniques in which they were trained to spread infighting

16 Farmers Ordered BY USDA To Destroy 30 Million Pounds Of Cherries. This is one of countless instances in which the USDA ordered the destruction of food. While the agency is seldom involved in meat, fish or dairy recalls, it often orders the destruction of fruits and vegetables. 97% of all food poisoning fatalities occur with cadaver food (pieces of dead animals, birds or fishes) or stolen animal products (eggs and milk) . Yet the corporate media are quick to amplify the 3% of food poisoning cases related to fruits and vegetables. *12 offthegridnews dot com

17 The USDA has for Decades Been An Agent Of Chemical, Pharmaceutical And Insecticide Manufacturers In Fighting The Organic Food Movement *13 mercola dot com

18 Taxpayers Charged For Active Promotion Of Animal, Fish And Dairy Products Overseas And At Home

Through the USDA's Agricultural Marketing Service, toxic products involving

animal agony, human disease, and environmental destruction are heavily promoted by the USDA and in other programs by the Commerce Dept. *14 See AMS USDA dot gov link

19 Taxpayers Are Charged For USDA and Commerce Dept. Promotions OF Mcdonald's, KFC etc. through the USDA's AMS agency. *15 motherjones dot com

Saiom Shriver

Zz 27 Hunting And Fishing Dangers

DANGERS TO THE HUNTER

1. Hunters trip on their guns going over fences, shooting themselves or others. They can discharge a rifle in twisting an ankle in a gopher hole or over roots. They can fall into unguarded ravines or capsize in a boat. Small planes with hunting party passengers in remote regions of the West crash.
2. There are many instances of bow and arrow hunters shooting others accidentally or impaling themselves on their own arrows.
- 3.. Guns can misfire. Hunters sometimes look down the barrel of a rifle wondering why it didn't fire, only to have the gun discharge.
4. The use of animal urines to attract animals to their deaths can boomerang.
5. Injured animals (stags, boar, bears etc) can turn around and attack. There are many videos on the internet of injured or enraged animals attacking hunters.
6. Hunters often have heart attacks in the woods as they try to pull or carry or lift very heavy dead animals.
- 7 Hunters are frequently injured in tree stands. Injuries include falling asleep and then falling out of the stands.
- 8 Hunters lost in the woods suffer from heat or freezing, hunger and thirst.
9. While not life threatening, Ticks on deer and other animals can burrow into hunters or their dogs. Mosquitoes bite.
- 10 Foxhunters mounted on horses are often thrown to their deaths or injuries. Horses often break legs stepping into holes or trying to leap fences.
- 11 Hunters are not immune from the impotence which is related to animal flesh consumption. Michael Klaper MD has lectured around the country on vegan diet as a cure for impotence.
12. Eating animals shortens life expectancy by causing heart attacks, strokes, aneurisms, embolisms, many kinds of cancers, kidney disease, thousands of varieites of food poisoning.
13. Mad Deer, Mad Elk, and a number of other spongiform encephalopathy diseases make eating the cadavers of animals hunters kill even more dangerous.

DANGERS TO CHILDREN

14. Countless children have died, finding their hunter parent's gun stash and using the weapons to play, for instance, cops and robbers.
15. Hunters have accidentally shot children and adults in nearby homes.

DANGERS TO THE PUBLIC

16. Hunters often mistake hikers, campers in the woods for animals they are stalking.

DANGERS TO THE ANIMALS

17. Animals running in terror from hunters leave their bodies in fright and agony. Besides the painful death to trillions of animals are the countless animals who have died slowly from hunter injuries or the animals who are maimed but continue to live in pain with arrows protruding or infected gunshot wounds.

18. Fish die of suffocation, smashing or being knifed. Their eyes, gills, throats are ripped out by multipronged hooks.

MURDER

19. Murders have been disguised as hunting accidents, e.g. William Sullivan number 3 man at the FBI, shot by a New Jersey state trooper in a housing development.

20. Hunters can encounter farmers who don't want them shooting in the woods. Thomas Dillon (not Dylan Thomas) killed five hunters in Central Ohio

21. A gathering of inebriated hunters can spell tragedy from shooting as alcohol opens the floodgates of anger.

22. The act of killing mammals and birds reduces the barrier between nonhuman and human beings. Criminal profilers and others have reported that those who have abused animals are more likely to become serial killers of human beings.

FISHING

23 Fishermen often catch fishhooks in face, fingers etc.

24 They can be spiked in femoral, hand or other arteries by catfish, bitten by sharks.

can be knocked out of boats by the ramming of sharks.

26 Deep sea fishing is listed by many organizations as one of the most dangerous occupations in the world. Drowning, being caught in the nets are other hazards.

27. Radiation cancers from Fukushima and illegal nuclear waste dumping around the world by other nuclear facilities, stomach cancer, lethal food poisonings including anaphylactic shock from shellfish, choking, mercury and other heavy metals destroying memory and hastening Alzheimer's, Mad Fish disease from prions expelled into the water etc are some hazards of fish eating.

Saiom Shriver

Zz 42 Causes Of Alzheimer's But Prime One Is Homocysteine In Meat And Fish

42 Causes Of Alzheimer's: Homocysteine In Meat And Fish, Amyloid Plaque, Prions, Aspartame in Diet Colas, Alcohol, Mercury Etc.

There are many causes of Alzheimer's but the primary one is homocysteine, a protein in mammal, bird and fish flesh. The metabolism of homocysteine causes amyloid plaque to build up over a lifetime in the brain.

William Shakespeare in 'Twelfth Night': 'He is a heavy eater of beef. Methinks it doth harm to his wit.'

*

Amyloid plaque a product caused by the metabolism of the animal protein homocysteine from mammal, bird and fish protein is the major cause of Alzheimer's. Science Daily reported that amyloid plaque clumps are found even in the brains of those in the 20's. These clumps accumulate more each year of flesh-eating. *A

Homocysteine, uric acid, animal fat or cholesterol are intrinsic to all mammal, bird, and fish flesh. In addition mercury, lead, and many other metals are some of the many compounds present in meat and fish in many times greater amounts than in fruits and vegetables. They harm the brain and its memory function. Aluminum compounds and alcohol consumption as well cause loss of brain function. A number of brain diseases are lumped under the term Alzheimer's which is generally a deterioration of brain function through loss of memory and other cognitive skills.

*

DIET

1. The prime cause of Alzheimer's (senility, dementia) is the homocysteine protein in meat and fish, a protein breaking down to amyloid plaque which lines the arteries of the brain and other parts of the body causing hypoxia or deprivation of oxygen to the brain and other organs. The amino acid homocysteine occurs whenever meat and fish are metabolized by consumers. This is a product of the body's methylation process. Link from British medical journal Lancet *1

2. The animal fat, cholesterol, found in animal flesh (meat) , fish flesh, eggs, and

dairy.. also lines the brain and other arteries. Brain and cardiac surgeons must often cut through this white gluey substance to do their operations. Hypoxia, lethal stroke are some results.

3. The uric acid (trioxypurine or pre-urine) in the muscle cells of animals is stronger than caffeine or dioxypurine. Besides its addictive qualities, it crystallizes in

needle formation around the joints causing arthritic pain and rigidity. Its crystals line the brain arteries as well.

4. The mercury present in all ocean fishes is a toxin which destroys memory. Some other toxic metal present in ocean fishes include zinc, nickel, chromium, copper, cobalt, cadmium, lead, magnesium, tin. Arsenic, a poisonous element, is also present in fish. All of these harm brain function as well as do thousands of poisonous chemicals discharged into the ocean from fertilizers, petroleum products, oil spills, medications excreted in urine, etc.

'Some metals, such as lead and mercury, easily cross the placenta and damage the fetal brain. Childhood exposure to some metals can result in learning difficulties, memory impairment, damage to the nervous system, and behavioral problems such as aggressiveness and hyperactivity. At higher doses, heavy metals can cause irreversible brain damage.'

5. Heavy eaters of meat and fish have less fiber and less vitamin C in their diet. Vitamin C is a bouncer of brain and other toxins. It also speeds the flow of signals across brain synapses. It is absent in meat, fish and dairy products.

6. The insecticides in nonorganic meat and fish have thousands of toxic side effects harming brain function.

7. Meat takes 3 to 4 hours to digest in the stomach, longer than any other food, while most fruits take the least time to digest. After a lion has sprinted to kill another

animal, he lies around for 3 days digesting his food. Meat diverts blood from the brain to the stomach.

8. Thiamin Mononitrate (called B1) is often derived from pig flesh and organ meats, foods which cause diseases including those of brain function. such as General Mills include it in flours such as Bisquick.

9. The acids in mammal, bird, fish flesh, eggs, dairy, coffee, tea etc. destroy parts of the insulating myelin sheath of the nerves (the body's electrical circuitry)

9a Many medications as well can destroy the myelin sheath, the protection around nerve cells.

Many cause tardive-dyskinesia, an uncontrollable shaking. *9

10. Many other medications cause brain seizures. *10

11. Many vaccines contain mercury which destroys memory.

12. Now more than ever the radioactive spills from Fukushima, which accumulate more daily, as well as those from Three Mile Island, Chernobyl, atom bombs

dropped on

Nagasaki and Hiroshima, atom and hydrogen bomb testing by the US in Nevada, by the French in Bikini, by the 9 nuclear weapon nations harm brain function.

This

radiation is concentrated in fish flesh in many times the concentration in seawater.

13. Monosodium glutamate MSG is not intrinsic to meat but is put into the muscle flesh of meat to tenderize it. It also breaks down the brain's and other muscle and nerve tissue of humans eating the MSG meat.. it is called the Chinese restaurant headache cause, generating crippling migraine headaches. The FDA allows it in tens of thousands of varieties of canned food and meats under the deceptive label 'natural flavors'. *13

14.. Prions: the work of Nobel laureate Dr Stanley Prusiner was put on a back burner at Harvard, which is invested in the meat industry. He left and continued his prion research at Stanford. Prions are a cause of Mad Cow or bovine spongiform encephalopathy, cervine spongiform encephalopathy (Mad Deer) etc. The USDA has been involved in censoring incidents of Mad Cow in the US. Spongiform encephalopathy diseases gradually deteriorate the brain and spinal cord.

For many years the US unlike the UK has censored news of Mad Cow, Mad Pig, Mad Deer, Mad Chicken, Mad Turkey, Mad Fish, Mad Milk etc. in US animals.

15. Stearates are added to some vitamin pills and break down brain and other cell walls *15 a *15b

16a. It is not just the flesh of fishes but fish oil supplements in polluted vitamin D and other supplements which harm the brain in ways such as memory loss from mercury and other heavy metals.16b. Poisonous mercury is also in vaccines.

17. Gelatin and gelcaps are made from the powder of mammal bones and can contain many poisons from Mad Cow and other spongiform encephalopathy diseases to

radiation, hormone residue etc.

18. Tryptophan is an amino acid in meat and fish which makes people sleepy, interfering with brain function.

Recapping, vitamin pills can contain magnesium stearate, gelatin, fish oil, and thiamin mononitrate, all of which come from the cadavers of animals or fishes. It is time for all corporations, grocery stores and chains, and restaurants selling food to be required to label items which are vegan or vegetarian

19. Coumadin, a drug which prevents blood clots but causes internal bleeding, was the primary ingredient in rat poisons, causing the mammals to bleed to death. It is now causing internal bleeding in the brain of many humans given the drug.

20. Sodium nitrate, the red dye food coloring in many meats such as hotdogs,

- sausage, bacon, and old meats, combined with animal protein forms the carcinogenic nitrosamines, linked to brain tumors and other cancers. *20
21. Creutzfeldt-Jakob disease, AIDS dementia, neurosyphilis are all diseases which can produce Alzheimer's type symptoms. *21
22. Radiation therapy harms the brain causing memory problems etc. Ernest Johnson, MD, employed for 58 years at Ohio State Medical School, recommended avoiding radiation treatments. *22
23.
Cooking meat at High Temperatures Forms Carcinogenic Heterocyclic Amines
Some carcinogens created by cooking animal and fish flesh over 300 degrees are malonaldehyde and methylcholanthrene. Tumors can occur in the brain with symptoms such as those in Alzheimer's. *23
24. Aspartame was originally banned by the US FDA. It was developed as an antkiller which would through artificial sweetness would attract ants to their deaths. Aspartame causes brain lesions, epilepsy, brain tumors, macular dystrophy of the eyes, as well as birth defects, cancer, diabetes *24 a, b, c
25. Listeria meningitis destroys brain cells and can be contracted by eating undercooked meat. There have been many meat recalls because of listeria in the US, Canada etc. *25 a b c
26. Limbic encephalitis one of whose causes is meat can destroy the hypocanthus, affecting the memory.
27. The Japanese encephalitis vaccine forced on US soldiers in the post World War II years and pressured on travelers to certain countries can cause temperatures of up to 108 degrees with concomitant brain damage.
28. Mothers' consumptions of cured meats in pregnancy can cause pediatric brain tumors. *28
29. Many other brain tumors are correlated to meat consumption.
30. Research indicates that hatred can literally cut grooves in the hypocanthus. *30
31. Brain injuries from football, boxing and other contact sports as well as from fighting can often have longterm effects
32. Studies have indicated a link between regular meat consumption and alcohol consumption, the one being very concentrated or yang, while the other is the opposite or yin. Eliminating meat reduces greatly the desire for alcohol was the research conclusion of General John Booth.
33. Dr Samuel Epstein testified before Congress that charcoal barbecues of meat create the carcinogen benzopyrene. Brain tumors are one effect. Other cancers also. *33
34. Eating food laced with bisphenol out of tin cans is also dangerous.
35. Drinking water from plastic bottles with bisphneol is harmful to the brain. BPA leaches into foods. Glass containers rather than plastic should be used in microwaves *35

36. Insomnia is one factor.

37. The dangers of BPA, bisphenol.

'According to the FDA, 17% of the American diet comes out of cans, and many of those have an epoxy liner

made with Bisphenol A, a chemical which can mimic human estrogen and which is linked to breast cancer and early puberty in women

While the leaching of BPA from Nalgene water bottles and other polycarbonate bottles is a concern, the danger from canned food may be greater.'

ALCOHOL

38. Even a small amount of alcohol destroys brain cells. A few drinks can cause slurred speech, falls. Alcoholism causes delirium tremens.

ALUMINUM AND OTHER METALS DESTROY BRAIN CELLS

39.

a. Aluminum compounds in baking powder and as an additive in some flours.

Some of these are

sodium aluminium sulfate, sodium aluminum phosphate, and sodium acid pyrophosphate.

b. Aluminum in cookware

c. Aluminum in aluminum foil often used in baking.

d. Aluminum in chemtrails

e. Aluminum in deodorants

f. Workers making the new compact fluorescent lightbulbs (CFL's) as well as many other workers are exposed to heavy metals, mercury, radiation.

WATER POLLUTION

40

Pollution of the environment with poisonous chemicals, hormones, oil spills etc. affects the body in a variety of ways.

Human waste dumped into the ocean from some cities around the world, heavy metals, insecticides, fertilizers, factory farm effluents, thousands of kinds of chemicals, petroleum spills etc.

AIR POLLUTION

41

The aforementioned aluminum chemtrails, car gas emissions, factory pollutants

etc

SOIL POLLUTION

42

Radiation, insecticides, fertilizers etc.

Despite what fish corporations' puppets say, fish is not brain food. It's brain destroying food.

Elimination of meat, fish, dairy, alcohol, aluminum sources can gradually heal the brain. Again, Vitamin C is excellent for speeding the flow of nerve signals across brain synapses.

Links amplifying this article are from Physicians For Social Responsibility, GeoengineeringWatch, BrainSpinalCord Dot Org Natural News, Science Direct, Epilepsy etc. MedicalDictionary, etc.

Out of respect for Poemhunter policies, the supportive links have been omitted.

Saiom Shriver

Zz 48 Of The Ways The World's Militaries War On Animals

Nearly every military in the world harms animals. All wars are wars on animals birds and fishes as well as forests.

Trillions of Animals Died in World War I and II Countless trillions of animals died in World War II of atom bomb testing, of bombing, starvation, abandonment. Animals were bulldozed by tanks, shot by machine guns. Zoos were intentionally bombed. Family dairy cows were rounded up, butchered, and eaten. Animals were victims of torture in military labs. 20 million horses died in World War I. They were the devoured, the blinded, the maimed, the dis-armed, the trampled, the lamed They died freezing, blown apart, drowned, unfamed, these helpless victims, silent and unnamed

It is likely that military in other countries harm animals. Do citizens of the US have a duty first to end cruelty at home? .

BOMBS WHICH BURN

1 People animals birds are killed burned blown apart by bombs, rockets, missiles.

LAND MINES

2 People animals birds are blown apart by mines of war profiteers both when forced into service as dolphin or dog minesniffers or as unsuspecting victims of mines... A rhino whose legs were turned to jelly by a landmine in Africa was one of billions of animal, bird and other victims of landmines. Children think the land mines are toys and blow off their hands picking them up.

USE OF ANIMALS AS WEAPONS CARRIERS

3 The US regime under Reagan pretrained mules as Afghan ammunitions carriers. The mules were blown up not only by accidents on the trails but by combatants.

4 The US Navy has electroshocked porpoises and turned them into weapons

carriers. (See Day of the Dolphin by former navy researcher Lilly)

BOMBING OF OIL REFINERIES

5 Whales, dolphins, fishes, turtles, sea birds are killed in oil spills from bombing power plants. 15,000 tons of oil have been dumped into the Mediterranean by the Israeli bombing of a Lebanese power plant.

ZOOS BULLDOZED AND BOMBED

6 Animals are bulldozed (killed or backs broken) in zoos in wartorn areas.* The Nazis bombed London zoos. Churchill retaliated bombing the Berlin Zoo. The Israeli Defense Force bulldozed the Gaza Zoo, breaking the backs of those who survived deaths by crushing.

ENTOMBED BY BOMBS

7. Bears and other animals are sealed into Afghan caves by bombs

WHALES DOLPHINS KILLED BY SONAR OF NAVY SHIPS

8 Naval warships' sonar kills whales.

DEVOURED

9 Animals are seized, slaughtered and eaten by armies.

10 Animals disoriented by bombs run away from their homes.

REFUGEE AND SOLDIER ABANDONMENT

11a Animals are abandoned in the US by refugees and by soldiers ordered overseas.

11b Dogs taken overseas by the USAF, those which survived the bombs, the landmines, the bullets, were often left behind... in Vietnam, Iraq etc.

QUOTE

Propaganda by the US Air Force on the use of dogs and other animals in the Iraq and many other wars.

INSTITUTIONAL SHUT DOORS

12 Animals are not allowed in to all refugee camps. The US Red Cross after a worldwide outcry re its gunbacked separation of people from animals has begun to change its rules on this.

ANIMAL HABITAT DESTROYED

13 Animal habitat (trees, orchards, vines, plants, watersheds) are destroyed by daisy cutter, bunker buster and other bombs, cruise missiles etc. Tanks crush sapling trees and add to the desertification of the planet. They create erosion ruts and cause mudslides in areas with rain.

DEPLETED URANIUM

14 Depleted uranium is giving animals as well as people cancer,81 times the average in Baghdad.

BOMBING OF REFUGEES

15 Animals as well as people have died as supply convoys were foiled by bombed roads and bridges, and as convoys have been fired upon. In the Highway of Death bombing directed by G H W Bush,250,000 white flagged surrendering soldiers as well as refugees with donkeys, cats, dogs, goats, cows, chickens etc. were carpet bombed and bulldozed into graves.

UNABLE TO ESCAPE PENS, CAGES, ROPES

16. Some abandoned animals are left tied up without war and are dying of thirst and or heat or cold

UNCONSCIOUS DRIVERS

17. Motorists racing to get out of bombing areas are mowing down goats, cats, dogs, chickens, sheep on the roads.

PROPELLER AND TANK DEATHS OF BIRDS, MARINE MAMMALS, FISHES

18. Naval warships carve up marine mammals in their propellers as jetfighters carve up birds in their propellers. Tanks have crushed untold trillions of small mammals, ground nesting birds, frogs, snakes, ants in anthills, and countless other species.

ALCOHOL RELEASED ABUSE

19. American soldiers drinking have shot tigers and lions in the Baghdad Zoo.

CHECKPOINT VIOLENCE

20. Donkeys and dogs have been shot at Israeli govt checkpoints

NASA VIOLENCE

21a. Currently Samuel Aronson of Brookhaven is irradiating squirrel monkeys in NASA's latest military research.

21b

NASA's military missions have involved secreting animals aboard. This is unpublicized. Many secreted animals were with the astronauts blown apart by Lockheed and other Bonapartes

21c

NASA against public will announces it intends to irradiate captive primates in its war to militarize space

[B]MILITARY RESEARCH[/B]

22 Animals die in military weapons research labs. Primates have been irradiated at Barnes Air Force Base in Texas.

23 They have been put in restraining chairs for months at a time in astronaut studies at Bethesda Naval and elsewhere.

24 Animals die in military contract 'vaccine' research.

25 When PETA was successful in cancelling the US Dept of Defense use of living dogs as target practice for the (unnecessary) training of surgeons, the DOD simply substituted goats, making them truly scapegoats.

26. Chemical and biological weapons from weaponized anthrax to nerve gases have been developed on captive animals for many decades. Recently biological weapons developed by George Merck of the Merck pharmaceutical company were destroyed after 45 or more years in storage.

27.

. In weaponized anthrax development by the CIA and Ft Detrick, 4000 primates were destroyed in just 1 experiment before captive primates and 1 billion dollars was given to Battelle of Tennessee. The books of Leonard Horowitz document the abuse.

For a list of other atrocities, see

MILITARY SURVIVAL TRAINING

28. US soldiers in survival training are taught to club, knife and otherwise kill animals from Dugway Proving Ground in Utah to Okinawa.

29. Fort Dix in New Jersey is stabbing and burning animals

30.. Video of dog stabbing by US military

31. Bolivian military with connections to US military are stabbing dogs. "]

SOUND BOMBS HARM DOGS' EARS

32. Israel's sound bombs have been reputed to explode the wombs of Palestinian women. They harm animals with sensitive hearing such as dogs and cats.

EXTERMINATION OF BIRDS AND OTHER BEINGS AT MILITARY BASES

33

a. The US military is secretly killing Canadian geese on bases.

b. At Ft Campbell, Kentucky detergent was sprayed in winter on thousands of blackbirds to destroy their feather oil. Ann Free, Schweitzer biographer, wrote that as their lives seeped out in heat and rose as mist, so did their souls rise to God.

c.

Many bases such as those in Aviano Italy employ exterminators. The lethal insecticides they have used have destroyed the brains of some soldiers as well.

[B]BOMBING OF PET MARKETS[/B]

34 Bombing of pet markets in Iraq and elsewhere, targeting Sunni, Shiite and animals.

[URL]

/> NUCLEAR TESTING

35 Nuclear War on Animals

The US Government seized 54,000 acres of private land in New Mexico in 1942 to set up the Los Alamos Manhattan Project. Wild mustangs were bombed by B29's.

Brown cows' hair turned white from the radiation.

Trillions of individual beings were bombed in New Mexico in the atom bomb testing. Around the world nuclear tests have always resulted in the murder of trillions of beings.

EAR BREAKING MACHINES

36 A San Diego company, American Technology, makes LRAD's, machines used against

the people and animals of Iraq, the people and animals of Pittsburgh etc. The machine with 151 decibels destroys hearing and is designed to disperse nonviolent protesters. Unlike human beings who can generally cover their ears after the 1st piercing ear drum buster, birds cannot.

[URL]

/> [B]EMBARGOED SHIPS[/B]

37 Animals die on live transport ships in wartorn ports after standing in their own waste, dying of hunger and thirst. Israeli PM's have bombed livetransport ships in the Beirut harbor.

[B]PIGEONS AND OTHER MESSAGE CARRIERS[/B]

38 In World War 1 while the imperialist UK fought with the German kaiser who had imperial aspirations, above the men in the trenches, sitting ducks, were carrier pigeons released by the men, pigeons frequently machine gunned.

39. [URL]

> As part of the constant dovetailing of American slaughterhouse product corporations and the CIA and military, chickens were used in the Kuwait war as 'mine canaries'

[B]INTENTIONAL SLAUGHTER OF ANIMALS[/B]

40. In forcible relocation of the Navajos, the US Army command murdered all their sheep.

41. Conquering armies have often seized the animals of the militarily defeated in order to slaughter and eat cows, sheep, pigs, chickens etc.

42. 60,000 Baghdad Dogs shot: The Fruit of War

With 19 years of bombing electricity plants and other infrastructure in Iraq, the Bush Obama presence in Iraq has increased the number of stray dogs... who roam the streets eating the refuse not picked up.

43. Sheep given bends by Navy and Univ of Wisconsin. 3 died.
Is animal life is cheap to Navy admirals?

44. In military astronaut studies, Bethesda Naval subjected primates to chair confinement for months at a time

Primates were in despair,
cramping, sleeping, defecating in the chairs
5 ways the Navy kills animals

a. underground explosives

b. carrier support for bombing of animals in illegal wars

c. laboratory research on animals at Bethesda Naval etc.

d. sonar... killing whales, dolphins and other marine mammals, fishes

e. propellers.. killing marine mammals, fishes[/quote]

45. Torture

Dr Martin Seligman at the Univ of Pennsylvania shocked dogs .. he is the 2nd APA president to work with the CIA in developing torture techniques. He was recently given a 31 million dollar no bid military contract.

46.

Pakistan: The weather manipulation by US, NATO and Israeli

valley flooding... also harmed bears, as the bombing of Afghanistan does.

47 The number of accidents in which flocks of birds are sucked into propellers multiplies in war and military training exercises.

48. USAMRIID DNA tests traced the origins of the so-called Spanish flu which caused 25 million or more deaths in WW1 to a Tennessee pig farm. The eating of animal flesh is the number 1 cause of premature deaths in the world every year.

In the war of the Israeli government against the Lebanese people, a million animals died in an oil spill created by a power plant bombing. Cows have died of thirst on boats unable to land liveshipped animals. Animals have died as relief supplies can't get into the many crisis areas. The Olmert regime fired upon relief workers.

* The IDF killed many Gaza zoo animals bulldozing the cages while the animals were in them.. gazelles had their backs broken. Many zoos are prisons.

Saiom Shriver

Zz A Man Who Planned Saddam Hussein's Illegal Execution

Eric Levinson was appointed by George Bush to oversee plans for Saddam Hussein's illegal execution. He is now running for North Carolina's Supreme Court in a state which has not in years had executions.

Eric Levinson, appointed by the Bush administration to oversee judicial proceedings in Iraq, was one of the Americans illegally planning the execution of a foreign leader, Saddam Hussein, in an illegitimate war. Levinson has spent a great deal of money in ads. (Michael Scharf of Case Western Reserve was also part of the team which brought a new level of corruption to international law by arguing for execution.) The Nuremberg trials were also illegal executions. Over 3/4 of the world's countries have in practice or law repudiated judicial or governmental murder of prisoners. The US government gave Saddam Hussein mustard gas and untold billions in other weapons to fight Iran, before G H W Bush incited Hussein to action by slantdrilling from Kuwait into Iraq oil reserves. Later Bush told Hussein through April Glaspie of the State Dept. that the US would not intervene if Iraq wanted to regain the territory known as Kuwait, which had been carved out of Iraq's richest oil deposits at the end of the Ottoman Empire with an Anglo Iranian (now BP) oil engineer's drawings establishing the new boundaries.

North Carolina has not been an execution state in many years.

Of the 50 states in the US, only 9 are still committing prosecutorial, judicial and gubernatorial murder. All 9 have Republican governors. Only 1 Northern governor, John Kasich of Ohio, is killing prisoners.

There are 7 judicial races for the high courts in NC. Democrat candidates are Lucy Inman, Mark Davis, Sam Ervin, Cheri Beasley and Robin Hudson.

Saiom Shriver

Zz Apartment Buildings Of India

This writer had great resistance to the first vegetarian I met. I rationalized that he was arrogant. But in time his compassion and intellect won me over.

For many years now, there has been a growing movement in Indian apartment buildings to accept only vegetarians.

Why? Some of many reasons:

Many states in India have banned cow flesh. Indeed even the world's biggest cowflesh monger, McDonald's, serves none in India.

The smell of cooking flesh is offensive to those who don't kill animals.

Nonvegetarians cause more grease fires.

Nonvegetarians have more communicable diseases.

The smell of cooking flesh is actually a group of molecules which can enter the nostrils of nonvegetarians.

Saiom Shriver

Zz Are You Drinking Antkiller?

Are you drinking antkiller
a brain cell driller
a life length spiller
a toxic cola filler?

Aspartame, an artificial sweetener marketed as Nutrasweet, was developed by Searle Industries as an antkiller, whose artificial sweetener drew ants in to their deaths. It was banned by the US FDA but President Ronald Reagan bowed to Searle Industries and allowed it in colas and other drinks. as well as thousands of other products. In unethical research on innocent animals, aspartame was found to cause brain seizures, epilepsy, birth defects, cancer, diabetes. It causes also macular dystrophy, a disease of the eyes.

Saiom Shriver

Zz As Many As 6 Million Pigs Dead Of Virus In Us, Mexico, Canada

A Deadly Pig Virus Has Killed As Many As 6 Million Pigs In the US, Canada And Mexico

Factory farm conditions of filth are one of the factors in the development of this deadly virus which has killed millions of piglets in Canada, Mexico and the US. 27 states at present are affected, with the most in Iowa, Minnesota, North Carolina and Illinois. Major media have not until now carried the story.

ABC Disney and Breitbart are blaming China for a pig virus while the world's biggest pig producer is Smithfield of Virginia, with slaughterhouses and factory farms in Virginia, North Carolina, Mexico, the UK, Romania and Poland, with huge lagoons full of pig waste, dumping of toxic waste into rivers and the Chesapeake Bay causing brain infections and pfiesteria. ABC Disney is also falsifying the report of 'epidemic porcine diarrhea' by saying it does not spread to humans who eat the flesh of pigs.

As many as 6 million piglets have died, bringing the number of pigs captive in concentration camps in the US to 63 million, while China kills 450 million of these mammals annually.

Rabobank (not 'rob a bank') says there will be a 7% decline in the number of pigs raised for slaughter this year.

It is because of known hazards of pig flesh through the centuries that Moslems and Jews, Buddhists and Hindus, as well as some Christian denominations avoid pig flesh.

Some of hundreds of other diseases of pig flesh (zoonotic diseases) include

- . trichinosis from trichinella worms
- . porcine spongiform encephalopathy or Mad Pig Disease
- . heart attacks, strokes, aneurisms and embolisms from pig fat
- . homocysteine from the amino acids in pig flesh... chief cause of Alzheimer's
- . ecoli or colon bacteria from pig cadavers
- . intestinal and other cancers
- . arthritis and plaque from the uric acid or trioxypurine in pig flesh

'It takes about six months for a hog to reach market weight ' writes ABC
reminiscent of the witch
checking on Hansel and Gretel's weights as she cages them for murder.

Meanwhile billionaires from Thiel to Bill Gates and Sergey Brin are investing in
vegetarian alternatives to meat and Moslems have won a lawsuit which resulted
in pig flesh elimination from Ohio prisons.

Search youtube to see
Robert F Kennedy speaking to the Polish Senate on the environmental hazards of
Smithfield's factory farms.

Saiom Shriver

Zz Bomb Abroad. Spank At Home

Corporal punishment, the beating or striking of children with hand, belt, switch, hairbrush or other, is now banned in 39 countries. Such violence drives a child's anger underground, makes him or her distrust and fear parents, creates depression. It has in some cases caused death or permanent injury. Arson by juveniles is one effect of the hiding of their anger at being violated.

Fundamentalist Christians quoting 'spare the rod, spoil the child' are at odds with the limitless compassion of Jesus who said 'suffer the children to come unto me'.

Shelby Capacio writes:

'Currently, 19 states allow teachers to 'paddle' ding to data gathered by the U.S. Department of Education's Office for Civil Rights, an estimated 223,190 students were subjected to what is known as 'paddling' during the 2005-2006 school year. Typically, that involves using a wooden paddle that is often 15 inches long to strike a student three or more times on the buttocks or upper thighs. In some cases, shaved down baseball bats, hands, or rulers that are taped together are used.

Data shows black students, disabled children struck more frequently. A study conducted in 2009 by the American Civil Liberties Union and Human Rights Watch found a disproportionate number of the students who were struck by educators were disabled, accounting for 18.8 percent of the total incidents during the 2006-2007 school year. The estimates also show that black students received a disproportionate amount of corporal punishment as well - 35.67 percent - even though they made up only 17.13 percent of the student body.'

Corporal punishment can also be a form of sexual abuse which excites the abusive teacher or parent.

'Bomb Abroad Spank At Home' was a phrase repeated by Tom Ashbrook of On Point in an hour's discussion of the corporal punishment of children.

Corporal Punishment in Public Schools, by State

>

The following table lists the states allowing corporal punishment in schools

according to state name and the number of students hit.

States Allowing Corporal Punishment

State	Number of students hit	Percent of total students
Alabama	33,716	4.5%
Arizona	16 (1)	
Arkansas	22,314	4.7
Colorado	8 (1)	
Florida	7,185	0.3
Georgia	18,249	1.1
Idaho	111	0.4
Indiana	577	0.5
Kansas	50	.01
Kentucky	2,209	0.3
Louisiana	11,080	1.7
Mississippi	38,131	7.5
Missouri	5,159	0.6
New Mexico	705	0.2
North Carolina	2,705	0.2
Ohio	672	0.04
Oklahoma	14,828	2.3
South Carolina	1,409	0.2
Tennessee	14,868	1.5
Texas	49,197	1.1
U.S. total	223,190	0.46

NOTES: Figures are from 2008.

1. Less than 0.1%

Source: The Center for Effective Discipline, Columbus, Ohio.

States Not Allowing Corporal Punishment

The following table lists the states that do not allow corporal punishment in schools, according to state name and the year in which corporal punishment was banned.

State	Year banned
Alaska	1989
California	1986
Connecticut	1989
Delaware	2003
Hawaii	1973
Illinois	1993

Iowa 1989
Maine 1975
Maryland 1993
Massachusetts 1971
Michigan 1989
Minnesota 1989
Montana 1991
Nebraska 1988
Nevada 1993
New Hampshire 1983
New Jersey 1867
New York 1985
North Dakota 1989
Ohio 1994
Oregon 1989
Pennsylvania 2005
Rhode Island 1977
South Dakota 1990
Utah 1992
Vermont 1985
Virginia 1989
Washington 1993
West Virginia 1994
Wisconsin 1988

Read more: [Corporal Punishment in Public Schools, by State | I](#)

The following countries have banned corporal punishment.

Bolivia (2014)
Brazil (2014)
Malta (2014)
Honduras (2013)
TFYR Macedonia (2013)
South Sudan (2011)
Albania (2010)
Congo, Republic of (2010)
Kenya (2010)
Tunisia (2010)
Poland (2010)
Liechtenstein (2008)
Luxembourg (2008)

Republic of Moldova (2008)
Costa Rica (2008)
Togo (2007)
Spain (2007)
Venezuela (2007)
Uruguay (2007)
Portugal (2007)
New Zealand (2007)
Netherlands (2007)
Greece (2006)
Hungary (2005)
Romania (2004)
Ukraine (2004)
Iceland (2003)
Turkmenistan (2002)
Germany (2000)
Israel (2000)
Bulgaria (2000)
Croatia (1999)
Latvia (1998)
Denmark (1997)
Cyprus (1994)
Austria (1989)
Norway (1987)
Finland (1983)
Sweden (1979)

Saiom Shriver

Zz Butchers' Prostitutes: Exposing The Lie

A 'study' in the UK claims that 37% of vegetarians and vegans eat meat when drunk. It was conducted by , a website promoting animal flesh restaurants.

The study was ballyhooed in the US on NBC's Today Show, in USA Today etc.

The founders of the Salvation Army, General and Mrs Booth and their son General Bramwell Booth were vegetarians who believed as did vegetarians John Wesley of the Methodists, the Seventh Day Adventists, the Franciscans and others that Jesus ate no mammals nor birds. They had great success treating alcoholics with vegetarian diet. Vegetarians and vegans have much lower rates of alcohol abuse than nonvegetarians. Animal flesh is very yang and craves yin alcohol. In India which has 450 million vegetarians and 700 million who eat no cow flesh, the rate of alcoholism is lower than in other countries.

American tv networks have made tens of billions of dollars in ad dollars from meat, dairy, fast food and other distributors of toxic animal flesh and products.

Saiom Shriver

Zz Causes Of Heart Attacks

More men's mortal
heart attacks manifest
on Monday morning
as going to jobs they
hate they leave
their families
mourning.

Finding work one loves is one way to prevent heart attacks.

There are many causes of heart attacks. Some are

1. Byproducts of animal protein metabolism line the arteries blocking blood flow.
2. Animal fat also clogs the arteries.
3. A study on the time of heart attacks revealed that more men die on Monday morning going to jobs they hate
4. Insomnia can trigger heart attacks... That is the conclusion of a 14 year study on 657 men aged 25 to 64. (Insomnia can also trigger psychotic episodes.)
5. Coffee, tea and other caffeine containing drinks elevate heart beats per minute
6. Smoking
7. Other forms of stress such as loss of a loved one, a breakup of a romance, losing a job also increase blood pressure and release adrenaline.
8. Many medications can cause heart attacks.
 - a. Viagra and Cialis in increasing the pressure through blocked arteries cause in effect pipebursts.
 - b. Heartburn pills for excess stomach acid are linked to heart attacks.
 - c. Ibuprofen and other non-steroidal anti-inflammatory drugs
 - d. Antipsychotic drugs, e.g. Zyprexa, Risperdal and Seroquel, , can cause heart attacks
 - e. medications containing caffeine
9. Excess weight

Saiom Shriver

Zz Cigarette Toxins Make A Smoking Gun

Smoking is the number 1 cause of home fire deaths in the US

Insecticides used on tobacco plants harm living beings and poison river waters.

Smoking adds to health costs all over the world.

Smoking takes an average 10 years off of a longterm smoker's life.

Some chemicals in cigarette smoke

- Acetone - found in nail polish remover
- Acetic Acid - an ingredient in hair dye
- Acrolein used as a chemical weapon in WW1
- Ammonia - a common household cleaner
- Arsenic - used in rat poison
- Benzene - found in rubber cement
- 1,3 Butadiene
- Butane - used in lighter fluid
- Cadmium - active component in battery acid
- Carbon Monoxide - released in car exhaust fumes
- Chromium
- Formaldehyde - embalming fluid
- Hexamine - found in barbecue lighter fluid
- Hydrogen Cyanide- industrial insecticide
- Lead - used in batteries
- Naphthalene - an ingredient in moth balls
- Methanol - a main component in rocket fuel
- Nicotine - used as insecticide
- Nitrogen oxides- a component of smog
- Polonium 210- radioactive
- Polycyclic aromatic hydrocarbons
- Polyvinyl acetate... one of the toxic fire suppression chemicals the government has not tested
- Tar - material for paving roads
- Tobacco specific nitrosamines
- Toluene - used to manufacture paint

THE FOLLOWING ARE INSECTICIDES, HERBICIDES AND FUNGICIDES USED ON TOBACCO PLANTS

Imidacloprid
Acephate
Fenimiphos
Bacillus Thuringiensis
Methomyl
Thiodan
Pendimethilum
Mefenoxam
Maleic hydrazide
Butralin
Flumetralin
Ethephon
Fatty Alcohols

NBC

' Kentucky has the most smokers — more than 28 percent of the population smokes there, compared to just 11 percent in Utah, which has the lowest rates'

While the CDC ignores mentioning the hazards in meat and fish and downplays alcohol,

it has some good facts about smoking.

An estimated 42.1 million people, or 18.1% of all adults (aged 18 years or older) , in the United States smoke cigarettes.¹ Cigarette smoking is more common among men (20.5%) than women (15.8%) .¹

'Tobacco use leads to disease and disability.

Smoking causes cancer, heart disease, stroke, lung diseases (including emphysema, bronchitis, and chronic airway obstruction) , and diabetes.¹

For every person who dies from a smoking-related disease, about 30 more people suffer with at least one serious illness from smoking.¹

More than 16 million Americans suffer from a disease caused by smoking.¹

'Tobacco use is a leading preventable cause of death.

Worldwide, tobacco use causes more than 5 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.²

Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including an estimated 41,000 deaths resulting from secondhand smoke exposure.¹ This is about one in five deaths annually, or 1,300 deaths every day.¹

On average, smokers die 10 years earlier than nonsmokers.³

If smoking persists at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 years of age are projected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger who are alive today.¹

It is not true that tobacco is the leading cause of preventable death. Meat far surpasses

'The 7,000+ Chemicals in Cigarette Smoke

When you light a cigarette, you unleash more than 7,000 include chemicals also

found in paint thinners, pesticides and even chemical of the chemicals in cigarette smoke have the potential to do serious harm to your body.

Many of the dangerous chemicals in cigarette smoke—like carbon monoxide, for example—are formed as the cigarette burns.

Chemicals in the soil and fertilizer used around a plant can add heavy metals like cadmium, lead and other toxins to toxins pass from the soil to the plant and straight into your body when you smoke.

Dangerous chemicals can also be formed when tobacco leaves are cured, processed and stored, or introduced when cigarettes are manufactured.

Even cigarettes marketed as 'natural' or 'additive-free' are not a safer option. Why? Because not all of the chemicals are added by tobacco companies—many, such as highly addictive nicotine, are found within the plant itself or form as the cigarette burns.

The Seventh Day Adventists have

a series of self hypnotism tapes they give out

to end smoking. Nicotine gum, nicotine patches

and other things work. God break all our chains.

Supportive Links

fire suppression chemicals, just 1 category of cig. toxins

Saiom Shriver

Zz Companies Using Sugar Burn Animals Alive

There has been a war between sugar and corn centimillionaires in the last few years. Because of disinformation in the anti-fructose campaign, Pepsi has gone back to sugar from corn based fructose.

1. Marian Burros, food editor of the NY Times, wrote that sugar requires pancreatic action whereas fructose does not. Sugar causes diabetes.
 2. Corn syrup comes from a fruit (ears of corn) . Sugar requires the killing of a plant.
 3. Corn products have a much higher yield per acre than sugar.
 4. It is a practice in many countries to burn sugar cane fields, a practice which results in the burning alive of all the small mammals, birds, reptiles, butterflies and other winged insects living in those fields.
 5. Unlike sugar which burns up immediately in the body as sucrose, causing wild energy swings, accelerated heart rate, more frequent urination etc., fruit sugar has polysaccharides, disaccharides, and monosaccharides so that there is an even gradual time release of energy.
 6. Sugar has a greater impact in rotting teeth than fructose.
 7. Fructose is actually sweeter than sugar.
 8. Human beings kill untold zillions of bees in stealing honey from them. Some hive owners kill the whole hive each year rather than feed them the fruits of their own labor each winter. Bees are crushed as hiveowners move racks in and out. The wings of the queen bee are often clipped so that she cannot locate the hive where she wishes. Bayer and other insecticides companies have been responsible for the decimation of bees.
 9. Linus Pauling, winner of 2 Nobel Prizes, one in biochemistry and one for peace, established an institute for the study of orthomolecules. An orthomolecule or ideal molecule he said.... is fruit, which speeds up the transmission of data across nerve synapses. Many neurotransmitters are very similar in molecular structure to fruit orthomolecules.
- It is best to have sweets naturally in whole fruits such as dates, figs, peaches, mangos etc. It is best to derive sugar from tree crops, not machine harvester plant crops. But sugar is more harmful than any other natural sweetener.

Please ask cola companies to take the carcinogenic caramel color, the brain lesion causing aspartame (NutraSweet) which was first developed as an antkiller, and sugar out of your products.

Zz Connecticut: Retain Governor Malloy

In Connecticut, the incumbent governor Dan Malloy is running against a Bush fundraiser, unionbuster, and factory closer Tom Foley, who lost in the last contest with Malloy. Foley had raised over \$100,000 for G W Bush and was cochair of the Bush campaign in Connecticut.

Foley has a 5 million dollar yacht, Perhaps some of the profits came from unionbusting and closing factories. Foley opposes incentives to keep businesses in Connecticut but approves of tax breaks for millionaires. He engineered a textile manufacturer company in Georgia into bankruptcy in 1996, taking the profits while workers got the shaft.

Foley went to a private academy with Jeb Bush and is expected to support the candidacy of Jeb Bush, whose criminal activities in Florida suppressing the vote as well as did the 5 Republicans on the Supreme Court, stole the vote of the American people, more of whom voted for Gore than Bush, both in the country and in Florida.

The site below has some details of Foley's business dealings. He is a private equity fund manager.

Foley's connections to G H W Bush and family

Google and Bing which regularly show mansions of Hollywood stars are censoring pictures of Foley's mansion in Connecticut.

Malloy's website has a video about Foley's tax breaks

Dan Malloy on the issues

Zz Control Freak Caregivers

What is it about being around a powerless person which brings out the sadist in the caregiver?

Senior citizens misfortunate enough to lose control of their own lives find their freedom and power curtailed in many ways.

Many times

They are put under draconian guardianships and lose their power of attorney

Their freedom to come and go is removed

Their animals are placed or destroyed

Their possessions and money are stolen, removed.

Some are even institutionalized

In nursing homes, according to a recent AARP and many other studies, they are forced to take antipsychotic drugs

Both at home and in institutions, they can lose the power to watch or listen to their own choice of program.

They are often physically abused.

Their pain medications are stolen.

Their times of sleeping and waking are forced on them.

They can't eat what they choose to eat.

They seem to attract control freaks.

Saiom Shriver

Zz Cowkilling Cowboys Want To Murder Wild Horses Too

The cowkilling ranchers of Nevada, Utah, and Wyoming whose 6 senators have 18 times as much power per person in the US Senate as the 3 most populous states of California, Texas and New York (4.3 million as compared to 78 million) , whose ranches are correlated to drought, mudslides, global heating, dozens of kinds of human disease from animal flesh consumption, mammal agony, energy waste etc., now want some of the last mustangs in the world to be murdered by the US Government.

It's time for a proportional Senate, elections of federal judges, and an end to country music glamorizing of the massacres of 'cowboys'.

A few years ago, British Petroleum was pressuring for the hunting of mustangs by helicopter, the octopus oil company maintaining that 'its' pipeline (transporting American oil for which it paid absurdly low prices) was interfered with.

Saiom Shriver

Zz Cows On Fire In Washington. Usda Won'T Let Montana Use Firefighting Helicopters

The biggest fire in Washington history, one of nearly 70 burning in Western states, has burned an area bigger than Rhode Island. States ask for volunteers. Inaction and lack of prioritization by the federal government has made this the worst fire season ever

Cows burn alive and in agony expire
as USDA bans Montana planes from fighting forest fires.
In Washington, Montana and elsewhere
people and animals are dead
because of obstruction and inaction by the feds. God have mercy.

The State of Washington asks for volunteers
to prevent more deaths to people cows and deer.

The USDA would rather let people, animals, birds, trees,
homes burn alive than let Montana use its planes
over national forest in Montana.

In Washington an area larger than Rhode Island has been burned.

Causing fires overseas with bombs is more a priority for this administration than stopping them at home. Some estimate that Washington fires will continue til November 1st! . An official with the state of Washington said cattle were burning alive in the fields. In some cases, states' planes have been requisitioned by the feds for overseas wars rather than extinguishing flames at home.

Last year was Washington's biggest fire ever, until this year's fires broke all previous records.

Saiom Shriver

Zz Cups Of Toxic Brew

One cup of coffee.. the jumpstart of hundreds of millions.. I've had you every day.. for 45 years..you have made me bitter, angry, impatient, in or not in traffic This cup full of heavy metals.... has caused ulcer generating acid in my stomach...and has drained calcium from my bones, unnaturally stimulated my heartbeat... eroded my optic nerves...and reduced my sight. In my case it generated a placental abruption and loss of my infant son.

Your dioxypurines* are addictive and crystallize around my joints jabbing me with pain making me rigid, inflexible.. both in mind and body, causing obstacles to concentration after the initial high. The alternative decaffeination chemicals are also toxic (unless they are saltwater decaffeinated) .

I have not always bought organic coffee... and the insecticides in each cup make a poison brew. The caffeine is a diuretic.. stimulating frequent trips to the bathroom. Coffee is also a factor in bladder and pancreatic cancer. Its interference with peaceful energy flow is a factor in diabetes.

Coffee handed out in styrofoam cups interacts with heat to create cancer-causing styrene which mixes with the coffee.

Your bright berries grow in the high mountain sun..I love you, coffee trees but may I switch to blackberry and blueberry and elderberry teas...not teas steeped in the leaves untimely ripped from their mother trees..leaves whose tannic acid contains caffeine and causes ulcers but teas from berries.. given freely by the bush and vine.

Saiom Shriver

Zz Cut Burn And Poison: The Toxic Cancer Industry Of Surgery, Radiation And Chemotherapy

ALTERNATIVES TO LETHAL "THERAPIES"

Countries with the highest meat consumption such as Australia, Canada, the US, Argentina, etc. have the highest rates of intestinal cancer, while those with the highest fish consumption such as Japan have the highest rates of stomach cancer. Leukemia can come from eating chickens whose leukemia is deceptively called leukosis. Cancer tumors the size of grapefruits can be cut out of a just murdered cow... and the rest of the cadaver approved for human consumption. The USDA under Ronald Reagan doubled the speed of the conveyor belts which pass inspectors, and recently the USDA has made inspection even more difficult. Countless carcinogens are added to foods. The sodium nitrate red dye used to hide the gray, brown and green of old meat combines with animal proteins in the stomach to form carcinogenic nitrosamines. Methylcholanthrene and malonaldehyde are carcinogens formed when animal flesh is heated to above 300 degrees, while cooking at low temperatures has many other problems including ecoli or colon bacteria. Dr Samuel Epstein testified at a Ralph Nader organized committee hearing about the lethality of charcoal broiling because of the carcinogenic benzopyrene created.

Supervised fasting, uncooked vegan food, massive doses of vitamin C (the bouncer of toxins) Phytochemicals and antioxidants in fruits and to a lesser extent in vegetables are natural cancer fighters. Cancer is often caused by enzyme depletion of the body. Cooking food destroys vitamin C and many enzymes. A number of vegan raw food healing clinics are available around the world, in contrast to the cancercausing food served in many hospitals. The female hormones given to captive animals so that they will gain water weight before being killed cause prostate, ovarian, cervical, breast and uterine cancers.

SURGERY

When cancer cells are encapsulated by cell walls in one area of the body, surgical knives often destroy those walls and send the lethal cells throughout the body.

Surgical errors often kill. The surgeon may

be inebriated, exhausted, incompetent etc. He or she may need some quick cash from unnecessary surgery. The US has several times the cancer surgery rate of other countries.

Anesthesia errors often kill.

Uncontrolled bleeding can result in death.

Reactions to drugs can be lethal.

Damage to other organs or nearby tissue can result.

Blood transfusion mistakes can spread disease.

RADIATION

Radiation is a carcinogen in and of itself.
Radiation has turned internal organs into black goo.

Some of the numberless lethal side effects of radiation include difficulty swallowing, bladder irritation, impotence, problems breathing, frequent urination, Hair loss sometimes permanent, skin irritation, exhaustion, taste dysfunction, dry mouth, thickened saliva, difficulty swallowing, sore throat, earaches, sore jaw, cough, nausea, vomiting, diarrhea, bladder irritation

CHEMOTHERAPHY

Chemotherapy for cancer or Hodgkins Disease can turn a heart muscle into stone, can cause immediate lifeending heart attacks, weakening of the heart muscle, or arthymias, can numb the extremities (peripheral neuropathy) can cause dementia. Anthracycline drugs are among the worst offenders in generation of heart attacks and other heart problems.

Saiom Shriver

Zz Daniel S Loeb And Ashtanga Yoga

Daniel S Loeb is a billionaire hedge fund founder who practices ashtanga yoga. It helps, he says, to still the mind and to make better decisions in ones field of work. Among other disciplines, ashtanga yoga teaches the control of breath. Loeb quoted the Patanjali sutra 'yoga chitta vritti nirodha' which he translated as 'yoga quiets the fluctuations of the mind'. He has contributed foundation money for yoga classes in public and charter schools. One of his ethical principles, he recounted, was 'first do no harm' (in Sanskrit ahimsa or nonviolence) . In his first month in India studying ashtanga yoga, he developed a lifetime passion for spirituality, contemplation and meditation. He worked with others to bring the Dalai Lama to a forum on economic systems in relation to spirituality. The gentle voiced and kind-eyed man has a magnetic attitude about yoga, saying that if one practices ashtanga yoga daily, it will give all, and that if someone does something right often enough, he or she will win.

Along with his unusual mental energy perhaps increased by his yoga and breath control, he maintains physical fitness as a selfdescribed 'health nut', through marathons, skiing, biking and surfing. He encourages his employees to become physically fit. He has eliminated caffein and avoids buying water in plastic bottles which create carcinogens. He has often at 5: 30 am done a yoga posture involving hooking his ankles behind his neck. He seems to wed a genius for investing with a psychic power of precognition and the hard work of research analysis, while others are increasingly using astrology as an analytical tool in buying and selling.

Many yoga teachers recommend vegan, vegetarian or fruitarian diet. In each butchered mammal, bird, or fish is uric acid, the preurine present in muscle cells when life stopped. Uric acid, trioxypurine, gathers in needle formation around the joints causing the pain of arthritis and creating rigidity. Rigidity is the foe of yoga, the creator of flexibility. Vertical or horizontal lines in the brow are an indication of uric acid. In each piece of meat or fish is also animal fat, cholesterol, which clogs the arteries, blocking the circulation necessary for yoga. In each bit of dead flesh is adrenal residue. When animals, birds and fishes are fighting for their lives during slaughter, they secrete massive amounts of adrenalin in terror and agony. Although some of the links of adrenaline hormone are broken in cooking, enough remain intact that eating the flesh is a form of eating biochemical anger, counterproductive to the peace yoga brings. These are only 3 of the hundreds of toxins in meat and fish. Partaking of the flesh of murdered animals is bad karma, a spiritual debt.

Millions believe in reincarnation as is taught in many religions, that one life as a human is not time enough to pass all our tests. Loeb's chart indicates he has passed many tests in previous lives. In his natal chart he has a close conjunction of the sun, mercury, venus and mars in sagittarius, the sign of focus, truth (sometimes unusual frankness) , sports, freedom, laughter, travel. In addition he has a conjunction of pluto and uranus in virgo, jupiter and saturn in capricorn and aquarius. His progressed chart (February 1962) and the charts of fellow souls who natively or in progressed charts are 1962 aquarians, were discussed by the famed astrologer Sydney Omarr. There are SEVEN aspects (6 planets and a node) in aquarius in that chart. Aquarius is the sign of Robin Hood, who takes back stolen wealth from kings and gives it to the poor. Aquarians take authority from themselves, and not from any level of earthly authority pyramid. They generally have a friendly affection for all, with a special defense of the underdog, the rejected, the eccentric. When the US was born in 1776, the country's moon was in aquarius. (US movie audiences prefer successful bank robbers to those caught by the police, one indication of an aquarian moon.) Loeb has attracted much more media attention than most hedge fund managers. His many aquarian planets surround the US moon. Loeb has astrological aspects in all 4 signs mentioned in Daniel and Revelation. These are the scorpio eagle, the leo lion, the taurus ox and the aquarian human or angel. This is called the fixed cross and rotates with dynamic power when one lets go. Loeb has been known in the past for his frank and analytical letters criticizing corporate leaders, perhaps a function of pluto and uranus in virgo.

Loeb raises money for the ocean protection group the Surfrider Foundation. He and his wife raise consciousness about women's rights with their feminist art collection and will, he said, be expanding their philanthropic work. His employees include people of several faiths, Hinduism and Islam as well. Loeb's bookshelves include Isaac Bashevis Singer, the Nobel laureate vegetarian who criticized Vladimir Nabokov for impaling butterflies.

He continues both parents' work in civil rights and works for the rights of minorities. He has hosted holiday parties in Harlem rather than at one of the expensive Manhattan options.

This writer thinks of another wealthy man, Isaac Tigrett, founder of the Hard Rock Cafes, who went at least 15 times over a 15 year period to India in order to have an interview with Sri Sathya Sai Baba, believed to be a poornavata or full avatar by over 100 million people. Tigrett recounted how Baba had saved his life in miraculous ways twice, once by teleporting from India to pull him out of a Porsche plummeting over a cliff, and a second time teleporting to pull his tongue out of his throat and slap him back into his body after he had died of a cocaine

overdoes. Tigrett broke a record in being the only Westerner to travel so often to the Puttaparthi ashram without having an interview with Baba. During these years, Tigrett was often advised by fellow followers that it would be good to disinvest from the sale of animal flesh and alcohol which are one aspect of the Hard Rock Cafes. After he sold the Hard Rock Cafes, 40 stores for ten million dollars a piece, he was given an interview by Baba. Subsequently, Baba guided him to use much of the money to build a very well equipped entirely free hospital in Bangalore, India, one which has performed 10,000 free heart surgeries annually. Sai Baba has asked his Indian followers legally to ban cow slaughter in India. This has now been accomplished in most Indian states.

The first 2 men publicly to break the 4 minute mile are British vegetarian Roger Bannister and Australian vegetarian John Landy. Those who believe that animals and plants have rights hope that Loeb's Third Point hedge fund will disinvest from any mutual funds invested in fast food, slaughterhouse, fishnet suffocation, and factory farm products, drug companies which inflict pain on animals, lumber companies involved in deforesting the planet, destroying animal habitat and creating global heating, any pricegouging unionbusting corporation.

Albert Einstein wrote in his autobiography that angels gave him the theory of relativity in a dream. Schumann recounted that after a series of painful explosions in his ears he began to hear angelic music, He was not he said a composer but only an amanuensis of the music he'd heard. Elias Howe had a breakthrough in his invention of the sewing machine when he dreamt that American Indians were carrying spears with holes in the metal of the tip. Friedrich August Kekule after working on carbon carbon compounds for 7 years had a vision of a snake biting his own tail. Before that it was not known that benzene and other molecules could have a ring shape. It is astounding to realize that Kekule is similar to Kikeleh, German for little circle'. These 4 tales are an infinitesimal fraction of spiritual and physical discoveries which come not from inflicting suffering on animals but from believing in ones inner connection to God and God's infinite knowledge.

Many agree that capitalism can through the pure energy of money materialize helpful new products through enabling inventions, technological breakthroughs, water projects, adding to the job market. Not all agree that the accumulation of wealth among 1500 or more known and countless secret billionaires is conducive to the dispersal of democratic power. Conflict over capitalism's markets between the Kaiser and the King of England caused WW1. Bankers' desires for reparations after WW1 created the seeds of WW2. Capitalism's wars in Korea cost half a million deaths to one side and millions to the other while in Vietnam the war cost millions of Vietnamese to die or suffer injuries with 58,000 deaths and hundreds

of thousands of injuries to Americans.

John F Kennedy's desire to end the Federal Reserve and bankers' domination of US economic policy were, say many scholars, two of several factors in his assassination. Capitalism has been the drive behind union busting, sweat shops, and what some would call the theft of the fruits of others' labors. It was the socialist governments of Iraq, Syria and Libya and not the petroplutocrat monarchies and sheikdoms which were bombed or invaded in the last few years by capitalist powers. Even Agatha Christie wrote of the way Anglo Iranian Oil's engineer carved out the richest oil deposit area of Iraq and called it Kuwait, followed by the British empire's installation of a puppet sheik on the throne. Should allegedly political democracies kill to prevent economic democracy? No nation in which an unelected Supreme Court can trump the will of 360 million other citizens is a democracy, nor is a Senate in which Wyoming senators have 72 times the power per person of California's. The money of the few decides our elections through vote fraud, a corrupt Supreme Court and a media controlled by the plutocracy.

Dr David Spitz taught that it is fallacious to aver socialism as the opposite of democracy since socialism and capitalism are economic systems while democracy, dictatorship and oligarchy are political systems.

Does capitalism depend on scarcity? An acre of ground can yield 450,000 or more pounds of the fruits of trees, vines, fruitbearing plants. The maximum 'food' yield of an acre of ground devoted to mammal flesh is 1000 pounds, while in semi desert it is 100 pounds an acre. Mixed economies (capitalism and socialism) such as Sweden have more wealth per individual than countries spending trillions on killing wars.

These ahimsa (universal nonviolence) rules for investing are humbly offered.

1. First do no harm (excludes investment in fisheries, slaughterhouses, fast food chains, drug companies doing research on animals, weapons, lumber corporations, mutual funds invested in any or all of these, insecticide makers, etc.) .
2. Invest in that which creates good fruit (mass transit, orchards, solar, wind, thermal and other nonviolent energies etc)
3. Companies which satisfy the first 2 conditions which are well managed and create ethical profit.

This writer owes a debt of gratitude to D Loeb. Having had yoga on my to-do list

since the age of 20, ignoring it year after year, I was inspired to do the first steps of ashtanga yoga and received relief from a painful pinched nerve, decreased appetite and more energy.

With all the recent news of National Football League players involved in domestic battering and child abuse, many hope that the yoga which creates peace and health will replace in schools and universities the football correlated to violence and injury.

Bruce Friedrich writing in the Huffington Post speaks of the UN as well as billionaires Bill Gates, Sergei Brin, saying the world has to move away from meat. Billionaire Mort Zuckerman and wealthy Michael Eisner, former CEO of Disney, have publicized their vegan diets.

'One area where we're seeing room for hope is with work from the Gates Foundation, Twitter co-founders Biz Stone and Evan Williams, Google co-founder Sergey Brin, and other Silicon Valley entrepreneurs and venture capitalists, who are bringing their skills and vision to the huge global warming problems with animal agriculture.

Just a few weeks ago, the latest report from the United Nations' Food and Agricultural Organization (FAO) , 'Tackling Climate Change Through Livestock, ' confirmed that more global warming is caused by the meat industry than by all cars, planes, trains, and other forms of transport combined.

Meat clocked in at 14.5 percent of global warming gases globally, to transport's 13 percent.' The growing knowledge of the deliberately hidden incidence of Mad Cow, Mad Pig, and the hundreds of toxins in animal flesh make meat a poor investment.

On Sept 27,2014, an NPR show mentioned that NPR had taken a bath on its 200 million dollars in McDonald's stock. In September of 2014, in 150 cities there were pickets about the low wages in fast food chains.

5 reasons fast food chains are in trouble

Famous vegetarian vegan and fruitarian athletes

*

A footnote: Mr Loeb, though you are no longer on the Yahoo board, please reinstitute the 'expand page' function and install a scroll function for postings on Yahoo Groups.

A video of a discussion of capitalism and socialism with the Dalai Lama and Daniel Loeb.

Daniel 1: 8-17 Daniel ate vegetables, not the king's meat.

S B Everett paraphrased: Daniel had no fear in the lion's den. He teaches us to avoid any thoughts of negativity or fear.

13917

Saiom Shriver

Zz Do Vegan Prisoners Have A Right To Nonviolent Food?

NONVIOLENT FOOD: POSITIVE CHANGE

Jails serving higher percentages of vegan food find health care expense and food costs are reduced and that prisoners are more peaceful because of less adrenalin and uric acid in the diet.

The U.S. Court of Appeals for the Seventh Circuit held in a case that 'when a person sincerely holds beliefs dealing with issues of 'ultimate concern' that for her occupy a 'place parallel to that filled by... God in traditionally religious persons, ' those beliefs represent her religion.'

Beliefs 'need not be based on... a mainstream faith.' In other words, one need not be affiliated with a particular faith to have a right to a vegan meal.

RLUIPA is the Religious Land Use and Institutionalized Persons Act -

Arizona's Maricopa County Jail has eliminated meat from the menu.

The Summit County Jail in Akron Ohio has in the last 3 months had a vegetarian kitchen. Prisoners who want meat may buy it in the vending machines.

Ohio prisons have removed pig flesh from menu after Muslim lawsuit

Florida's Department of Corrections has eliminated mammal flesh from the menu.

Florida is being asked to provide kosher diet upon request.

18 organizations including the ACLU, the National Association of Evangelicals, the American Jewish Committee,

the Aleph Institute, the Rabbinical Council of America, and the Hindu American Foundation — have filed amicus briefs

asking that Florida give kosher food upon request to inmates. 35 states already do.

Professor Richard Schwartz, author of an course in Jewish vegetarianism has said that it is impossible to be kosher if not a vegetarian

since some blood always remains in the smallest arterioles of a butchered animal.

Several thousand health professionals recommending vegan diet are at pcrm.org

THE MARK OF A DRAGGING FOOT ON THE SANDS OF TIME

Dave McDonald was in jail in California on a dubious drug charge. A vegan who had been vegetarian

for 42 years, the 73 year old man was not given vegan meals by the Marin County Jail.

He lost 50 pounds. Being a philosophical vegan was not acceptable to jail officials.

He had to be affiliated with a particular organized religion.

Federal judge Shira A. Scheindli refused to order officials at Rikers Island Prison in New York

to provide vegan meals on command

For some Illinois prisoners, the DC based Weston A Price Foundation, founded by Sally Fallon Morell a foundation which promotes animal flesh and whose funding is questionable, is suing on behalf of some Illinois prisoners. Its objective: more cadaver pieces on the menu.

The foundation promotes among other carrion products cod liver oil, which is full of radiation,

mercury etc. Dick Gregory: Eating fish oil is like eating the filter out of a car.

Saiom Shriver

Zz Doctors Without Borders Says Us Bombing Of Hospital A War Crime

The war in Afghanistan conducted by the US is immoral, illegal, expensive, harmful to the security of the US. Even were that not so, the bombing of an Afghan hospital of Doctors Without Borders by the Navy is inexcusable. Patients, she said, were burned alive in their beds. She called it a war crime.

A Doctors Without Borders spokesperson spoke on All Things Considered of NPR of the killing of 22 and the wounding of 40 in a hospital in Kunduz Afghanistan by American airstrikes. Large parts of the hospital were destroyed. The spokeswoman said that the hospital had been in existence for 4 years, that it had served 22,000 people in 2015 so far, that reports that 18 'terrorists' were in the building were unfounded, There were no Taliban patients in the building. Even if there had been, they should have been protected by international law. She stated, that the US Government had had the hospital coordinates for several years, that the hospital was clearly marked for airplanes, and that though the hospital had called the USG 15 minutes into the attack, it did not stop for 30 minutes more.

The hospital cannot function because of the mass destruction and has been shut down.

Some postulate that the US military was willing to kill patients, doctors, nurses and other staff in order to assassinate an injured Taliban leader.

Ernest Hemingway quote is not an endorsement of his war against animals in bullfights and trophy hunting.

Saiom Shriver

Zz Ebola Litany

I

1 US Army refused to promise Germany that ebola samples would not be weaponized

Why would Germany want such a promise? Dr Leonard Horowitz reported that the CIA gave Battelle of Tennessee and Ohio 1 billion dollars to weaponize anthrax.

What is the advantage of weaponized ebola to those who wish to depopulate Africa?

Unlike normal ebola, weaponized ebola can be airborne and can target specific populations.

2 American soldiers sent to Liberia to quarantine Liberians at gunpoint

3 Why have none of the Americans exposed this year to ebola died... while many Africans have?

4 Carl Zimmer, New York Times

'Unlike ebola the influenza virus is truly airborne. And if recent history is any guide, it will kill thousands in the coming months.'

5 Ebola In Context

Perhaps 56 million of the world's 7.2 billion people will die this year. Of that number over half die of diseases caused by animal flesh: heart disease, strokes, embolisms, dozens of kinds of cancers, kidney disease, food poisoning, arthritis, Lou Gehrig's disease, etc. etc.

What are the World Health Organization and Centers For Disease Control doing to

educate the public about the dangers of animal and fish flesh, eggs and dairy?
NOTHING

6 The original cause of ebola is the eating of primate meat

II

Toxic makers of vaccines have been offered immunity several times in the United States. President Gerald Ford pushed immunity for the 'swine flu' vaccine makers in 1976 which had caused hundreds of deaths and thousands of cases of Guillain-Barre syndrome. As four pharmaceutical companies profited, the taxpayers were out 135 million dollars. Gerald Ford was made a billionaire for his part in playing along. 40 million Americans were pushed to have vaccinations by the Centers For Disease Control and Ford, despite the fact that swine flu incidents were recorded only at Fort Dix and only for a fortnight in January and February. (Soldiers are also government victims in the case of the drug Lariam, called an antimalarial drug. Under its influence 4 Marines killed their wives. Soldiers on duty in Asia given were Japanese encephalitis shots resulting in many in very high fevers and resultant Parkinsons' Disease.)

Soldiers at US bases were unconstitutionally forced to have the vaccine. Pneumatically driven vaccine guns went down the rows of queued soldiers. Needles in the gun were not changed, and many soldiers contracted hepatitis.

There were 4 drug companies given contracts, one of which was Parke Davis.

Legal immunity from vaccine manufacture was again pushed through the Senate by Republican health care billionaire Senator Frist and also in 2009 by Kathleen Sebelius.

Avian flu, swine flu in 1976, swine flu in 2009, SARS...

are they all scams of the international drug company cartels and their pawns in governments? Donald Rumsfeld owned the US distribution rights to Tamiflu, which was ballyhooed as a cure for avian flu.

The Federal Times reported in July of 1976 that Parke Davis had made 2 million doses of a faulty vaccine.

Legal Immunity For Swine Flu Vaccine Makers By F. William Engdahl

Similarity between 1976 swine flu hoax and ebola. (There are also avian flu, SARS, etc.)

Swine Flu Expose 'compulsory vaccinations are unconstitutional'

1976 Swine Flu Vaccine casts a giant shadow

Lariam, forced on soldiers, creates violent side effects.

Saiom Shriver

Zz Ernest Johnson, Md

Ernest Johnson broke many records.
No other physician was ever employed by
the Ohio State Medical School as long as he (62 years) .

Physicians at his memorial service spoke
of his boundless compassion, his irrepressible
humor, great generosity, infinite zeal, the very short distance between his
visualizing a problem and his working on the solution. He
made each he contacted feel like the most important person in the world.

He was one of the first workers for handicap access
at OSU, one of many areas of patient rights for which he worked.

He counseled his 300 residents never to extinguish
hope in a patient, never to use the phrase 'wheelchair
confined'. He referred to wheelchairs as liberators.

He was a tireless and brilliant doctor whose international
renown began when he invented numerous devices
to ease the pain of polio victims

As a member of the admissions board for the OSU medical school
he hoped palmistry would be used as one tool in recognizing
healers.

He had the gift of laying on of the hands, transmitting healing with
his touch.

Later in life he began to
recommend vegetarian diet to some, vegan diet to others.

Thank you God for lending him to us.

Saiom Shriver

Zz Famous Vegetarians Vegans And Fruitarianians

Famous Vegan Vegetarian OR Fruitarian People (A Sliver OF THE Hundreds OF Millions)

Athletes

Hank Aaron (755 home runs 2297 rbi's champion in major league baseball)

Lizzie Armitstead Olympic cyclist

Lance Armstrong who conquered cancer..his livestrong website has been contaminated since others took it over

Anthony Aurelius martial arts

Roger Bannister first man to break 4 minute mile

Al Beckles (body builder)

Sorya Bonali (ice skater)

Brendan Brazier, Canadian vegan ironman triathlete

Les Brown (veteran runner)

Peter Burwash (tennis) lost a tennis match once because he refused to step on a column of ants on the court

Andreas Cahling Swedish body builder was on cover of Vegetarian Times

Chris Campbell (1980 world champion wrestler)

Austin Carr Cleveland Cavaliers basketball one of 3 vegetarians on his team then

Joanna Conway (ice skater)

Sylvia Cranston (triathlete)

Alexander Dargatz body builder

Sally Eastall (Marathon runner - UK No 2, vegan)

Di Edwards (runner, Olympic semi-finalist)

Cory Everson (bodybuilder, Ms Olympia 6 times)

Prince Fielder baseball Milwaukee Braves, Detroit Tigers, Texas Rangers

Katie Fitzgibbon (marathon runner)

Clare Francis (sailer)

Louis Freitas (body builder) 23

Goose Gossage San Diego Padres, suspended for saying McDonald's was poisoning

Carol Gould (marathon runner)

Estelle Gray (cyclist)

Sammy Green (runner)

Ruth Heidrich (6-time Ironwoman finisher, marathoner, , Pres. Vegetarian Society of Honolulu

Sally Hibberd (British Women's Mountain Bike Champion)

Dustin Hinton vegan ironman

Sharon Hounsell (Miss Wales Bodybuilding Champion)
Desmond Howard (formerly w/Washington Redskins, now w/Jacksonville Jaguars)

Roger Hughes (Welsh National Ski Champion)
Anton Innauer Olympic skier
B J Armstrong (US Basketball star)
Billie Jean King (tennis champion)
David Johnson (BAA coach)
Kathy Johnson (Olympic Gymnast)
Alan Jones (British ski jumper)
Alan Jones, Captain Usmc 17003 consecutive pushups world record
Killer Kowalski wrestler
Jack LaLanne (Fitness guru) (vegan)
Donnie LaLonde (Former Light Heavyweight Champion of the World.
John Landy 2nd man to break 4 minute mile
Tony LaRussa (Manager of St. Louis Cardinals - US team) Source: Peta, Animals
- 45

Silken Laumann (Olympic rower) Source: Cooking Television Show
Judy Leden (British, European & World Hang Gliding champion)
Avi Lehyani vegan bodybuilder
Marv Levey (Buffalo Bills Coach)
Carl Lewis, Olympic champion 10 times gold medal winner in track and field
Jack Maitland (triathlete and fell runner)
Cheryl Marek (cyclist)
Leslie Marx (fencer; 1996 woman's epee national champion)
Kirsty McDermott (runner)
Lindford McFarquar (body builder)
Robert Millar (cyclist)
Katherine Monbiot (world champion arm wrestler and nutritionist) (vegan)
Source: The Vegan Society UK
Monika Montsho (weightlifter, 2 x runnerup GB Championships 60kg, NW woman
weightlifter of the year 1991)
Edwin Moses
Jutta Müller (multiple Windsurfing World Cup Champion) Source: Flutlicht
95/6/18 on
Adam Myerson cyclist 61
Joe Namath football player
Martina Navratilova (Retired Tennis Champion) Source: Magazine
Interviews/Genesis
Julie Ann Niewiek (Basketball commentator) Source: Grand Rapids press/
Image Magazine
Paavo Nurmi

Robert Parish basketball player (Center - Warriors, Celtics, Hornets, Bulls)

Source: Hearsay

Bill Pearl (Bodybuilder, Mr America) Source: Getting Stronger by Bill Pearl, pg 399

Anthony Peeler (NBA Grizzlies basketball player) Source: NBA web site profiles
Sugar Ray Leonard)) Source: Article in San Jose Mercury News

Dennis Rodman (Basketball for Bulls) Source: Oprah, episode sometime in May, 1996

Murray Rose champion Australian swimmer

Dave Scott, 6 times winner of Ironman triathlon

Debbie Spaeth-Herring (Georgia State power-lifter) Source: A Teen's Guide to Going

Lucy Stephens (triathlete - vegan)

the world with cheeseburgers

Mike Tyson Boxer

Jacques Vaughn (All American point guard, #1-ranked Univ of KS Jayhawks)

Source: Lawrence (KS) Journal World

Kirsty Wade (runner)

Bill Walton Portland Trailblazers basketball

Johnny Weissmuller played Tarzan broke 6 world swimming records as a vegetarian

Serena Williams, champion tennis star 80

Artists

Leonardo Da Vinci a fruitarian say those who have analyzed his notebooks

Vincent Van Gogh wrote his brother after seeing an abbatoir he was eating no meat

Rodin

Peter Max

Elizabeth Hoare

G MacCrae 6

Scientists

Albert Einstein ate 1 bit of meat annually on a Jewish holiday to appease his wife

Benjamin Franklin (a vegetarian when he discovered electricity... later in life in Paris he said he was harmed by venison and venery)

Jane Goodall, PhD

Sylvester Graham, inventor of Graham crackers

Alex Hershaft, PhD concentration camp survivor
Dr David Jenkins, inventor of the glycemic index
Isaac Newton in later years
Ramanujan
Nikola Tesla 9

Spiritual Leaders

Johnny Appleseed (John Chapman, Swedenborgian missionary)
Bible Christian Church 1809-1930
Buddha
Clement of Alexandria
The Druse of Lebanon
Essene community of which Jesus a member
Father John Dear, Jesuit priest and board of War Resisters
Father Mario Mazzoleni, formerly of Vatican Radio
Francis of Assisi
General John Booth Salvation Army founder
General Bramwell Booth Salvation Army
Guru Nanak, founder of the Sikhs
Hazrat Inayat Khan, founder of Sufis
Jesus of Nazareth, the Essene who as a Nazarene took the Nazarite vow
John the Baptist (ate not locusts but locust bean pods)
Kabir
Mahavira, founder of the Jains
Thomas Merton
Methusaleh
Origen
Padre Pio
Peace Pilgrim
Rastafarians
Rev. William Cowherd, founder of the Bible Christian Church in 1809
David Rosen, former Chief Rabbi of Ireland
Saint Anthony of Padua
Saint Basil
Saint Jerome, author of the Latin Vulgate
Saint John Chrysostom
Saint Paul (took the Nazarite vow)
Sister Catherine Walsh of the Catholic Worker
Sufis many
Swami Prabhupada founder of Hare Krishnas of Iskcon
Emanuel Swedenborg

Thich Nhat Hanh, Vietnamese Buddhist nominated for Nobel Peace Prize
Tertullian
John Wesley founder of Methodists
Ellen White founder of 7th Day Adventists
Paramahansa Yogananda, author of Autobiography of a Yogi
All Avatars (including Rama, Krishna, Sathya Sai Baba)
All Self Realized masters
Hundreds of thousands of Buddhist monks, Hindu yogis, Catholic saints etc.42

Writers

Shmuel Yosef Agnon
Nathaniel Altman of the Theosophical Society
Francis Bacon, believed by many to be William Shakespeare... and later St Germain
Janet Barkas, author and editor of a publishing house
Stan and Jan Berenstain, authors of Berenstain Bears children's books
Annie Besant of the Theosophical Society
Mark Braunstein, author of Radical Vegetarian
Glenn Allen Carrico
Ariel Durant historian
Will Durant historian
Dudley Giehl author of Vegetarianism A Way Of Life
Franz Kafka
Colman McCarthy, former syndicated columnist for Wash Post and teacher of Peace
Victoria Moran, author of 8 books
Tommy Ohalloran
Alexander Pope
Hans Ruesch Swiss antivivisection activist listed in Ideas That Changed The World
author of Slaughter of the Innocent, listed by Guinness as most litigated man
Mary Shelley
Percy Bysshe Shelley
George Bernard Shaw
Upton Sinclair
Isaac Bashevis Singer, Nobel prize winner
Peter Singer, author of Animal Liberation
Harriet Beecher Stowe, author of Uncle Tom's Cabin
Vic Sussman author of the Vegetarian Alternative
Leo Tolstoy
Alice Walker

Irving Wallace
David Wallechinsky
Benjamin Zephaniah - British Poet 30

Union Organizers

Henry Spira NY Teachers, Maritime Union.. his animal rights activism caused Peter Singer author of Animal Liberation, to write a play about him 1

Entertainers

Adam Ant, British musician
Antagonist all vegetarian New Zealand band
Alec Baldwin
Brigitte Bardot
Kim Basinger
Candace Bergen
Milton Berle
David Carradine star of Kung Fu
Linda Carter Wonder Woman
Adam Carson - drummer of AFI
Johnny Cash
Adriano Celentano, singer
James Cromwell star of Babe
Alan Cumming Scottish actor
Bob Cummings, actor
Doris Day (started an animal rights group)
Ellen DeGeneres
John Denver
Danny DeVito
David Duchovny.. X files
Alan Donohue, singer of British rock band The Rakes
Earth Crisis - all vegan band 22
Samantha Eggar star of Dr Dolittle with Rex Harrison
Alan Ford British actor
Alexander Greenwald musician
Daryl Hannah
Woody Harrelson raw food vegan
George Harrison Beatle
Marilu Henner star of Taxi
Dustin Hoffman
Chrissie Hynde of the British group The Pretenders

Ashley Judd
Casey Kasem
Alison Lohman actress
Jennifer Lopez
Gavin MacLeod, Mary Tyler Moore Show and Love Boat
Paul McCartney
Bill Maher
Melanie who sang 'I don't eat animals cuz they don't eat me'
Adair Moran, stunt performer
Alanis Morissette is a vegan singer and songwriter
Morrissey British singer
Leonard Nimoy of Star Trek
Ozzy Osbourne
Alan Park, Canadian comedian
Joaquin Phoenix
River Phoenix
Prince
Fred Rogers (Mr. Rogers' Neighborhood)
Adam Russell, bassist of Story of the Year,
Susan St James
Justin Sane from band Anti-Flag
Peter Sellers
Ravi Shankar
Alicia Silverstone
Aimee Teegarden actress
Marlo Thomas
Cicely Tyson
Lindsay Wagner
Dennis Weaver McCloud, Gunsmoke
Adam Yauch, musician of Beastie Boys,
Ahmet Zappa musician
Efrem Zimbalist
Pamela Anderson 64

Ancient Greece AND Rome

Epicurus
Diogenes
Hesiod
Iamblichus
Ovid
Plato,

Plotinius
Plutarch
Porphyry
Pythagoras
Seneca
Socrates 12

Environmentalists

Munqeth Mehyar- Jordanian Director of Friends of the Earth Middle East, Jordan -
Frances Moore Lappe... author of Diet For A Small Planet
Alexandra Paul, also actor in Baywatch 3

Physicians AND Nurses

Dr Don Barnes whose refusal to irradiate primates at Brooks Air Force Base was made into the movie Project X
Psychiatrist Neal Barnard founder of Pcrm a group with thousands of vegan physician, nurse and other health therapist members
Clara Barton
Psychiatrist Murry J Cohen MD
Steve Kaufman, MD founder of the Christian Veg. Assn
> > John Harvey Kellogg, MD whose family founded Kellogg Cereals He found that cadavers' colon bacteria (ecoli) multiplies into the billions within 4 hours of slaughter
Michael Klaper MD
Jonathan Lieff MD psychiatrist who started vegetarian options at Lemuel Shattuck Hospital
John McDougall MD
Owen Parrett, MD author of a book on zoonotic diseases and an article 'Why I Don't Eat Meat'
Psychiatrist Leonard Rack, MD
Sam Sandweiss, MD author of The Holy Man And The Psychiatrist 12

Political Leaders

Senator James Abourezk US Senator, South Dakota
Jim Beall, Jr.—California Assemblyman (24th District)
Senator Cory Booker of New Jersey
Fidel Castro
William Clinton
Moraji Desai, PM of India and many other Indian PM's

Dr. Janez Drnovsek, Vegan President of Slovenia
Benjamin Franklin
Mahatma Gandhi
President Al Gore elected in 2000, his election stolen by Jeb Bush in Florida and the Supreme Court
Dick Gregory
Andrew Jacobs former congressman from Indiana
Abdul Kalam, Dr president of India and space scientist
Dr. Kenneth Kaunda, former president of Zambia
Coretta Scott King
Dennis Kucinich whose congressional district was stolen by GOP gerrymandering
Former Governor Richard Lamm Colorado
Sophie Maxwell—San Francisco Supervisor (10th District)
Jamie Raskin—Maryland State Senator (20th District)
Molotov (born Vyacheslav Mikhailovich Skryabin.
Albert Schweitzer
Congresswoman Betty Sutton Akron Ohio 22

Activists

Lyman Beecher, abolitionist, father of Harriet Beecher Stowe,
fruitarian community
Russell Brand anarchist and comic
Cesar Chavez saintly organizer of the United Farm Workers and
Angela Davis
Francisco Martin antibullfighting activist
John Prestige, founder of the Hunt Saboteurs
John Robbins vegan heir of Baskin Robbins
Capt. Paul Watson of Sea Shepherd
Dr Ann Wigmore, teacher of raw food vegan healing, whose clients included
Prime Minister
Moraji Desai of India, Secretary of Interior Rogers Morton and many others 10

Broadcasters

Bill Gordon Ksdo
Paul Harvey
Father Ron Lengwin Kdka Radio
Robin Quivers Howard Stern's sidekick
Jeff Rense
Ace Young Kmet 6

Teachers

Joyce Di Benedetto-Colton, M.S. - Earth Ethics Institute, Miami Dade College
Susan Hargreaves - Humane Education Reaching Out. Founder, U.S.
Richard Schwartz course in Jewish vegetarianism 3

Business Leaders

Dhirubhai Ambani
Michael Eisner of Disney
Bill Ford, chairman of Ford Motors
Ching Hai many restaurants around the world
Steve Jobs, for a while a fruitarian
Howard Lyman former Montana rancher
Elon Musk founder of Paypal
Gary Pruitt CEO of McClatchy Newspapers
Biz Stone cofounder of Twitter
Ratan Tata billionaire philanthropist
Paul Wenner, inventor of Gardenburger
Steve Wynn casinos
Mort Zuckerman real estate magazines 13
(Sergei Brin of Google and Bill Gates are investing in vegan businesses)

Psychics

Peggy Mason of the UK
Uri Geller 2

Women's Rights

Susan B Anthony
Gloria Steinem
Constantina Salamone 3

Military

Captain Alan Jones, Usmc broke a record with 17,003 consecutive pushups
Captain Rick Corbin 2

Firefighters

Rip Esselstyn and his entire fire station

Police Officers

Frank Serpico, whose career fighting corruption in the Nypd was the subject of a movie 1

Chess Players

Jonathon Speelman 1

Filmmakers

James LaVeck and Jenny Stein, filmmakers of 'The Witness' and 'The Peaceable Kingdom'

Shaun Monson, of the film Earthlings 2

Astrologers

Ted Zagar 1

Fashion And Models

Rory Freedman, author of 'Skinny Bitch'

Adriana Karembeu model

Yasmin Le Bon

Stella McCartney - British designer daughter of Paul and Linda 4

Vegetarian And Animal Rights Activists

Gene Baur, Farm Sanctuary President & co-founder

& Rod Coronado - former ALF activist

Priscilla Feral - President of Friends of Animals

Colleen Patrick Goudreau - U.S. -

Keith Mann (ALF activist) Author of: From Dusk 'til Dawn;

Nina Natelson of Chai

Ingrid Newkirk Cofounder of Peta

Wayne Pacelle - Humane Society of the U.S.

Alex Pacheco cofounder of Peta

Don Papes antifishing activist

Paul Shapiro - Director of Factory Farm Campaigns for H.S.U.S.

Shac 7 - the activists currently imprisoned working against Huntington Life Sciences

Charles Stahler

Bob and Jenna Torres - Vegan Freak Radio podcasts

Tuttle (The World Peace Diet)

Debra Wasserman

Donald Watson - British man who coined the word 'vegan' and formed the first vegan society in the U.K.

Gary Yourofsky - - 18

Vegetarians Who Did Harm (We have all harmed beings but some have done it on a greater scale.)

Adolph Hitler was a vegetarian, but bombed billions of animals or smashed them with tanks while providing animal cadavers to the German army.

Health vegetarian Thomas Alva Edison publicly electrocuted a prisoner and an elephant, dog, cat to demonstrate his electric chair.

Rene Descartes a vegetarian for health who in vivisecting dogs nailed their paws to tables 3

Apologies for the hundreds of millions of wonderful beings whose names are not on the list.

Saiom Shriver

Zz Federal And State Prison Privatization

The US role as the most imprisoning nation on earth results not only from criminalizing nonviolent actions such as the smoking of marijuana, and mandatory sentencing policies expropriated from the judiciary by the executive under Clinton, but in addition the profit motive in privatized prisons which make more money the more prisoners they have.

The bottom line in privatized prisons is saving money... cheaper less healthy food, shoddier libraries if any, guards it's harder to monitor, guards who are brutal or who rape the prisoners etc. etc.

Wackenhut has changed its name to GEO because of negative publicity (as Blackwater became Xe before it was sold to the Chinese) . Historically it has had connections to the CIA.

Wackenhut now GEO and its connections to the CIA

Saiom Shriver

Zz Fish Can'T Scream. Their Flesh Is Radioactive, Neurotoxic, And Carcinogenic

JBO:

'The beach at Sanibel... an Arlington Cemetery of shells.'

*

Fish cannot scream.

Greed for suffocated fish flesh causes seals to be clubbed in Canada, dolphins to be knifed in Japan, whales to be murdered by Norwegian Japanese Icelandic and American Inuit fishermen, bears to be murdered in Alaska.**

What's in fish? unreported Mad Fish Disease, nuclear toxins a million times more concentrated than in sea water, AIDS from unprocessed human waste dumped into the oceans, hepatitis, anaphylactic shock, ecoli, and other food poisoning, throat, stomach and other cancers, mercury and heavy metal sired brain damage,

Are all anglers stranglers? No.. some are smashers.

FISH CAN'T SCREAM, FISH TOXINS, FISH STORIES

Dick Gregory: Eating fish liver oil is like eating the filter out of a car.

A:

I

MERCURY AND OTHER TOXIC METALS HARM BRAIN

In reality the high mercury levels in fish cause memory and mental function loss. 'Symptoms of amnesic shellfish poisoning include possible permanent short-term memory loss.' * The cultures eating the most fish (Inuit) have the lowest life expectancy of

any group surviving to adulthood, while the Japanese who eat high amounts of fish have as their number 1 cause of death fish correlated stomach cancer.

Toxins in fish include selenium, chromium, lead, arsenic, pcb's, pbb's, pvc's and every other nonbiodegradable toxin which is 100 to 1000 times more concentrated in the flesh of fish than in the water. (Rachel Carson's The Silent Spring dealt with among other things the massive loss of bird and fish

life from DDT. Fish is the antibrain food as fruitarian and vegetarian geniuses DaVinci, Einstein, Ramanujan, Mary Shelley and

others can attest. Linus Pauling, only person to win a Nobel Prize both for peace and his discovery of 6

elements, has written that an orthomolecule is a fruit

molecule. They are the most similar to the neural

transmitters in the brain. There is no vitamin C (speeds flow

of nerve signals across synapses) in fish or animal flesh

or in animal products.) The EPA issued 3500 warnings against fish consumption in one year alone. Arsenic poisoning (arsenic from the oceans is concentrated in the

flesh of fishes) creates lesions and warts on the hands.

Arsenic is also a byproduct of gold mining and processing. The coal ash being illegally dumped or put on winter roads as a salt substitute by coal burning utilities has cadmium and other toxins being washed into the watershed. The neurotoxin Corexit dumped into seas after an oil spill to break up the oil concentrates in the fishes.

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II

GLOW IN THE DARK BY EATING RADIOACTIVE FISH CONCENTRATING
FUKUSHIMA
AND ILLEGAL NUCLEAR WASTE DUMPING AT 1 MILLION TIMES THE LEVEL IN
WATER

III

STOMACH CANCER

One national cancer association reports that fish consumption is related to stomach cancer.. Those countries with the highest fish consumption having the highest rates. Included are Korea, Japan, Chile, Norway and others. Those countries with the highest meat consumption (Canada, Australia, the US, Chile, Argentina, etc.) have the highest intestinal cancer rates.

IV

FOOD POISONING

Fish flesh can cause food poisoning (ptomaine, brucellosis, toxoplasmosis, salmonella, ecoli) . Anaphylactic shock frequently causes death to those who eat shellfish. It is universally known that dead fish stink (as do all cadavers) . Choking on fish bones has been common throughout the centuries.

The Texas Dept. of Health stated in one year that 245 people had been victims of illness from oysters in Galveston Bay. The bacterium is *Vibrio parahaemolyticus*. 208 people have had oyster illness in the Northwest.

U.S. News and World Report Nov 24,1997: One of the strains causing food poisoning in shellfish is *Vibria Vulnificus*.

V BRAIN DAMAGE

VI

KIDNEY PROBLEMS

The ketosis from high animal protein diets leads not only to bleeding ulcers but to kidney shutdown and blocked urethras.

VII

PISCICAN SPONGIFORM ENCEPHALITIS OR MAD FISH DISEASE

In addition is the emerging truth of piscican spongiform encephalopathy or Mad

Fish Disease as both
factory farmed and ocean fish are eating the parts of other animals.

VIII

HEART DISEASE AND ARTHRITIS

The uric acid in fish is trioxypurine, more powerful than caffeine, and is correlated to arthritis as it crystallizes in needle formation around the joints. It also adds to the incidence of heart disease and stroke, stimulating the heart unnaturally.

VIII B ADDICTION

The uric acid or trioxypurine like caffeine or dioxypurine is addictive, and since there are more oxypurines than in coffee, it is more addictive.

'If you miss fish or meat, take out a veggieburger and whiz on it.'

IX

WORMS.

Owen Parrett, MD wrote that even Rocky Mountain trout from the most unpolluted streams
have worms while

X HEPATITIS

The coprophagous (human and other waste eating) habits
of shellfish
are the number 2 (yes) cause of hepatitis.

XI

MOST DANGEROUS OCCUPATION

Commercial fishing causes more fatalities annually than any other occupation, through sudden storm drownings, through problems with pulleys, ropes, nets, sails, through spiking and other injuries from fishes gasping for their breath and fighting for their lives. Noncommercial fishermen have died when lightning turned their metal poles into lightning rods.

XII

CHOKING

Choking on meat or fish is the 6th cause of accidental death in the US. So common has it been to choke on fish bones that the Catholic Church has a feastday dedicated to St. Blaize in which throats are blessed. Fraternity house pranks in the cruel blood sport of goldfish swallowing have resulted in deaths to humans as well as the fish.

XIII

ALLERGIES TO IODINE

A radio network caller, Oct 27,97: 'My mother never got to see the same military MD twice, so it was years before medical detectives realized that her Saturday headaches were caused by her Friday fisheating with an allergy to iodine.

XIV

FISH DISEASES

NPR November 6,1997: Dr. James Porter of the Univ. of Athens at Georgia was studying the many new fishes diseases such as black band and white pox. He reported that increased shipping, increased pollution, and overfishing (an oxymoron since all fishing is overfishing) are factors for the rise.

XV

INTESTINAL PROBLEMS

There is no natural bulk in fish. It is naturally constipating.

XVI

PROSTATE UTERINE AND BREAST CANCER FROM FISH

The female hormones correlated to skyrocketing rates of prostate, uterine and breast cancer in the US come from injections or 'medications' given to cows, sheep pigs chickens etc. The urine from these factory farmed animals is dumped into the waterways causing fish to have cancerous growths. If they are eaten by humans before they die they can cause cancer in human beings, just as

a chicken can transmit leukemia (though the multi trillion dollar chicken industry calls leukemia leukosis when they don't manage to hide chicken cancer altogether.)

B:

!

OXYMORONS: FRESH FISH AND OVERFISHING

With asbestos in Lake Michigan, pcb's in the livers of polar bears in Alaska, oyster contamination in the Gulf from the runoff of the Mississippi, lipophilic insecticides in Lake Erie, pfiesteria in the Atlantic seaboard..arsenic, chromium and mercury, pcb's, insecticides, fish killing old oil and every other toxin in the oceans,
shellfish in the NE
eating unprocessed human waste, where is there fresh fish?
The UN FAO, Prince Philip, and government and private coalitions around the world are working to reduce fishing so as not to wipe out certain species.

II

HUMAN TRAFFICKING: KIDNAPPING AND SLAVERY IN FISHING INDUSTRY WORLDWIDE

III

COMMERCIAL CORRUPTION

There are trillions of gallons of fish oil slop on trawler and processing floors.

Harvard whose corporate funded studies were a factor in Stanley Prusiner's (prion discoverer) leaving for California is also promoting the glut of fish on the market.

States like Maryland which subsidize fishing promotion are violating the first amendment rights of Buddhists, Hindus, vegetarians, vegans, Seventh Day Adventists, Jains, and many other religions which teach not killing.

The sale of fish brings 54 million to the state of Maryland, whose governor prevailed on 3 chains in the Washington area to begin again to sell Chesapeake fish despite the pfiesteria disease caused by untold trillions of gallons of pig factory farm sewage being dumped into the Atlantic.

One factor of many in the disease of the fish might be the Calvert Cliffs nuclear power plant, which raises the temperature of the water in the area.

III

MARINE MAMMAL MURDER

Seals and whales are killed by Canadians Norwegians and Japanese because they compete for fish. Penguin babies can die because there are no longer enough fish for them to eat.

Dolphins, turtles and other sea creatures are caught in the nets.

Whales are caught in lobster lines.

Manatee and all forenamed creatures are caught in boat propellers.

Those who promote fisheating incur the karma not only of the suffocated fish (problems of breath) but the karma of the seals, whales, dolphins, turtles, octopi and all other sea beings killed by the fishing industry or individuals.

A Hindu ashram not in accord with the Bhagavad Gita's dietary nonviolence was inundated by the perhaps military machine generated tsunami.

IV

FISHES' SENTIENCE

Dr Donald Broom, science adviser to the British government, has said that the pain system in fish is the same as for mammals and humans.

Any child who sees a fish flopping on the deck, or struggling for life on a hook, or impaled in the eye by a flyfisher knows that fishes fill pain.

What's worse than a snakeoil salesman? A pawn of fishmongers.

V: VEGAN CAT FOOD

A vanguard of holistic veterinarians, and James A Peden, author of VEGETARIAN CATS AND DOGS, which is in its third printing, are working to help petowners transition their cats to nonharmful foods, ones which do not cause urethra blockages, feline leukemia, kidney dysfunction or food poisoning. Andrew Knight DVM has written of a litany of toxins in commercial pet food.

ANTI FISHING ORGANIZATION WEBSITES INCLUDE ALL VEGETARIAN AND VEGAN WEBSITES

(hair tested for mercury residues)

FREE AND ONLINE ARTICLES BY VEGAN MD'S

5% of this 7000 member group are vegan MD's

Dr Jerry Vlasak LA Surgeon and AR

animal fat
articles by Stephen Kaufman, MD

Adventists longest lived community in US.. Ellen White said to be vegan
Mervyn Hardinge, MD (left Harvard as did Stanley Prusiner)
(Harvard is invested in slaughterhouses and its research
is pawn to its investments)

Hardinge wrote Non Flesh Dietaries, his study of fruitarians, vegans, vegetarians and animal eaters for the Journal of the ADA (a dairy dominated lobby)

Stanley Prusiner, PhD discoverer of prions or Mad Cow and other spongiform encephalopathies

Joan Ulliyot MD of San Francisco sports medicine

Linus Pauling, PhD Winner of 2 Nobel Prizes.. one in biochemistry and one for peace... said fruitarian diet is the diet which generated neural transmitters of human beings

Dr Pauling would not animals harmed in research)

Milton Mills, MD sued dairy industry over lactose intolerance

Physician Exposes:

BOOK BY VEGETARIAN MD'S

Diet and Nutrition; Rudolf Ballantine, MD.

Diseases Of Food Animals Owen Parrett MD

Foods That Cause You to Lose Weight: The Negative Calorie Effect more books like this

by Barnard, Neal MD (Dr Barnard has written over a dozen books)

EyeCare Sourcebook by Jay Lavine MD

(some of his articles are free on the internet)

Physicians

MD author of Diseases Of Food Animals on why he does not eat meat

Dr Jerry Vlasak LA Surgeon and AR

animal fat

Adventists longest lived community in US.. Ellen White said to be vegan

Please purchase books printed on nontree paper or 100% recycled paper (e.g. rice, cotton)

- - -

both Oregon State and the Seventh Day Adventist Hospitals are inflicting pain on animals. Dr Pauling would not want his Nobel winning work contaminated by animal torture.

MARINE TOXINS

*

(Generally, the CDC has been the tool of multinational pharmaceutical drug pushers and has stifled information about the toxic effects of meat, fish, and animal products. However paragraphs from a CDC article from the webpage are informative.)

Picture is of some of the millions of fishes dead in Redondo Beach California

JAMES EARL RITCHEY ON A DOLPHIN DOCUMENTARY:

The average dolphin lifespan were their fins and bodies not maimed by propellers, were they not suffocated in fishing nets or knifed by Japanese fishermen nor poisoned by pollution would be 75 years.

A dolphin photographer as he was scuba diving saw 3 dolphins herd a shark away from him.

The Japanese continue to murder untold tens of thousands of dolphins yearly, with knives and other methods, considering them competitors for fish.

The pollutants of the world have filled the sea with so many pcb's, pbb's, so

much arsenic, chromium, mercury, nuclear waste, etc. that in some cases marine mammal milk has become contaminated.

Unknown author quoted by James Michener in the book Chesapeake

'The fisher also shall mourn and all they that cast angle into the brook shall lament and they that spread nets upon the waters shall languish.'

*

In Jan of 2013 Mother Jones did the following article

Today's Seafood Special: Pig Manure, Antibiotics, and Diarrhea Bugs

Today's Seafood Special: Pig Manure, Antibiotics, and Diarrhea Bugs

-saiom shriver-

Saiom Shriver

Zz Followers Of The Avatar

user img

A SLIVER OF SATHYA SAI BABA'S OVER 100 MILLION FOLLOWERS

Baba's devotees include

POLITICAL LEADERS

At least 5 prime minister of India including Indira Gandhi, Moraji Desai, Manmohar Singh, Nardendra Modi, Colonel Roberto Diaz Herrera, whistleblower about sale of drugs in Latin America, Raisa Gorbachev., a Costa Rican president, at least 3 prime ministers of Nepal, former PM of Italy Bettino Craxi, leader of the Italian Socialist Party, his brother and brother's family, Sonia Gandhi, daughter inlaw of Indira Gandhi, , a Canadian city mayor, US ambassador to India Kenneth Keating

MUSICIANS

Ravi Shankar, George Harrison, Ringo Starr, John Lennon, Yoko Ono, jazz player Maynard Ferguson, songwriter Philip (P F) Sloan, Japanese classical pianist Masanobu Ikemiya, Vema Mukunda who plays the veena in concerts around the world, pianist Alice Coltrane

HEALERS

healer Wayne Dyer,
physician Michael Rakoff, pediatric surgeon volunteering at Baba's hospital
Ghana physician George Amoako
Hari Pani, MD working with Doctors Without Borders
psychologist John Goldthwait,
psychiatrist Sam Sandweiss, author of The Holy Man And The Psychiatrist

PRODUCERS AND DIRECTORS

Rod Serling of the Twilight Zone ...who produced before his death a movie about Baba, 20 minutes of which are free

Richard Bock, director or producer of several films including The Lost Years of Jesus

Joel Reardon, producer and writer

YOGA TEACHERS

Russian yoga teacher Indra Devi

SPIRITUAL TEACHERS

Don Mario Mazzoleni, Catholic priest Vatican Radio, author of A Catholic Priest Meets Sai Baba

Victor Kanu, Zambian Christian,

Al Drucker, whose life was saved in Nazi Germany by Baba

Ammachi (told her followers Baba was the sun and she was a moon)

. Nigerian priest Charles Ogada

Karen Fromer Blanc Brooklyn sister

John Hislop, former executive with the Transcendental Meditation movement
and author of My Baba And I

PSYCHICS

Uri Geller

SCREENWRITERS

Arnold Schulman, author of Baba

PHOTOGRAPHERS

German award winning nature photographer Fred Wunderlich

ACTIVISTS

British animal rights activist and spiritual writer Peggy Mason

CARTOONISTS

Art Clokey, creator of Gumby

TEACHERS

Icelandic professor of psychology Erlendur Haraldsson

Professor Frank Baranowski of the Univ of Arizona, aura expert

BUSINESSMEN BUSINESSWOMEN

Isaac Tigrett, founder of the Hard Rock Cafes and House of Blues,
philanthropist

Bob Bozzani, formerly VW car dealership owner

SCIENTISTS

Russian biologist Vladimir Antonov PhD

Indian nuclear physicist G Venkataraman

Chinese hydrologist Dr Tommy S W Wong of Singapore

JOURNALISTS

Howard Murphet, Australian Theosophist and head of the British press section
at the Nuremberg trials, author of several books about Baba including Man of
Miracles

Marxist editor R K Karanjia of Blitz magazine in Mumbai

Professor N Kasturi of All India Radio

Iranian woman journalist Nooshin Mehrabani

Ted Henry, retired news anchor of ABC Channel 5 Cleveland

ARCHITECTS

. British Dr. Keith Critchlow, director of Prince of Wales Institute of
Architecture, London.

ROYAL FAMILIES

The King of Nepal, Birendra Bir Bikram Shah

Members of the Spanish royal family

Prince Charles, (source: indulal Shah, head of the Sai organization) Sarah
Ferguson

POETS

Zeba Bashiruddin, Muslim author of Sai Baba and the Muslim Mind

Begum Tahira Bano Sayeed

ARTISTS

Tom Shroyer, K.S. Hoare, D C Snowberg, J Freunds Schuh

MAGICIANS

Eruch Fanibunda, also a dental surgeon and Parsi author of Vision of the Divine

BUSINESSMEN BUSINESSWOMEN

Isaac Tigrett, founder of the Hard Rock Cafes and House of Blues,
philanthropist

Mexican vegetarian restaurant operators

FILM STARS

film star Goldie Hawn,

Steven Seagal

Nepali film star Shiv Shrestha,

Shirley MacLaine told a Baba miracle story on the Larry King Show

SPORTS

Cricket legend Sachin Tendulkar

WEBSITES

5 international 24x7 radio stations

video interviews with Baba devotees around the world

4465

Footnote: These are not the names of the yogis living in the Guha ashram nor other anonymous saints and masters... some of the above have been thrust into public awareness against their wills

Al Gore, elected president of the US in 2000 is 'more or less a follower'said his friend Isaac Tigrett,

Poster will not include at this time a Russian prime minister and an American president who are followers

originally posted by this writer at

The picture of Baba is drawn by Tom Shroyer. There are perhaps thousands of

pencil strokes to portray Baba's hair

Saiom Shriver

Zz Food Stamps: Over 50% Spent On Lethal Animal And Fish Flesh Eggs And Dairy

In the US, the Farm Bill passed in January with its cuts in food stamps for the poor. Columbus Public Radio reported in 2013 that 50% of food stamp purchases are used to buy animal and fish flesh and dairy products. These are unhealthy foods which cause all taxpayers to have to support their medical costs from heart attacks, strokes, food poisoning, many kinds of cancer, arthritis, kidney breakdown, etc.

Vegetarians and vegan taxpayers do not want to be forced to subsidize animal murder, human disease, environmental hazards, energy waste, and famine associated with the livestock economy, any more than a Jew or Muslim wants to be taxed for the pig flesh industry or a Hindu for slaughterhouses in general.

Allowing food stamp purchases only for fruits and vegetables such as lentil burgers, lima, green, navy, and other beans, potatoes, rice, barley, peas, pumpkin pies, sesame seeds, nuts, squash, tomatoes, mango, orange, apple and hundreds of other juices, ice creams and milks made from rice, coconut, almonds, cashes, and soy, falafel, tempeh, tofu, thousands of other nonviolent foods will reduce animal agony, human disease, and help reforest the planet. It will allow expansion rather than contraction of the program. By cutting the half of the budget which goes for toxic food, tens of millions can receive more help.

The tens of trillions the US Government has spent on criminal, stupid, violent wars are the reason money for the poor has not been available.

Saiom Shriver

Zz Fruitarian Diet: Healthiest, Highest Yield Per Acre, Most Nonviolent, Most Reforesting

WHAT IS A FRUITARIAN?

Most of us affirm... what we must learn. In that spirit we offer you this article on fruitarian diet. These thoughts are our hearts' aspirations. May they be more and more our constant reality.

Fruit includes nonkilled products of nut and fruit trees, berry bushes, vines and plants.

Health

The healthiest food (see below in C. weight loss..natural food al for ntion of calcium oxylate kidney stones. electrolyte balance. polysaccharides which prevent insulin arian oils like olive oil best for ers ins no volatile sulfur gases {onions do}.most natural prevention of scurvy, beri beri, and ght er of free late enzymes which detoxify carcinogens, immune system nt diet-related diseases such as diabetes, arthritis, and heart disease through high potassium and other factors. no artificial colors, flavors, or MSG. the most efficient B12 {hydroxyl cobalamin not cyanocobalamin}.ulcer prevention with less hydrochloric acid)

Non-Violence

- The only nonviolent food (no killing or theft from animal or plant) No branding, castration, or eartag punching of voiceless innocent animals.
- POTENTIALLY NONVIOLENT HARVESTING The most nonviolent in harvest as well (prevention of harvester-caused deaths to humans and field mammals) (75,000 human accidents and some fatalities yearly.. as well as millions of mammals and other creatures sliced by combines, harvesters) (Gandhi said goats' milk kept him from being a full fruitarian.)
- MOST GENEROUS the only freely given food, from the fruit tree which bequeaths all
No Cost...Free:

- The most free food (freely given and no cost are not the same) (bury peachseeds in your back yard and come back) (May all who wish them have

back yards)

- Saves meat inspector costs, cattle raising tax-supported subsidies etc. etc.

Highest Yield:

- Best feeds the hungry.. the food with the highest acreage yield (400,000 lbs. per acre) (spherical 3 dimensional fruit trees produce more than linear two dimensional rows of vegetables.) Dr. Faust, former chief of the USDA fruit labs: Centenarian apple trees can drop 2 tons each of food. (This is further multiplied if fruitbearing vines are planted around tree trunks and fruitbearing plants are placed interarboreally. This is called tri-level agriculture.)
- MOST DIVERSE food yield with millions of varieties of hundreds of thousands of species.

Environmental Reasons

- The only food which can reforest the world (saying yes to tree products)
 - In reforesting the earth fruit and nut trees prevent erosion & mudslides and stabilizes temperature extremes And brings rain to desert, dust bowls and drought areas
 - And trees along with vines create oxygen
 - And purify and filter the air
 - And reduce the noise pollution of the planet.
 - The most efficiently wrapped (nutshells, banana peels, coconut husks)
 - The most decentralized (can be grown wherever are light, water, earth, and air)

 - Fruit trees, bushes and vines provide the most fabric for the planet (cotton etc.)

 - Fruit trees, bushes and vines provide housing materials (not in the form of wood from the killing of trees but fallen palm fronds etc. used in tropical housing.)
- 18b: Fruit eliminates the problem of flesh-containing trash which attracts neighborhood cats and dogs.
- In reforesting, fruitarian diet adds greentree privacy screens
 - Those who let things be have no time, money, or landfill problem with the raking of fall leaves.
 - And re-provides a home for wildlife
 - And trees eat carbon dioxide which prevents global warming 22a: Fastest to prepare.. the Goddesigned fast food is fruit.

Energy

- Since fruit has the most prolific yield of any food, and since any food can be turned into fuel, fruit (corn is only one of many) is one of the best sources of alternative fuel. (Fox TV Jan 24th: High fiber foods like oats give longer energy flow.)
- The most energy free food in cultivation, harvest, and compost disposal. (Dr. Don Meyer: a lb. of vegetables takes 1/80th the production energy of a lb. of animal flesh) (Fruit foods are in tri level agriculture 450 times as energy efficient as meat)
- Fruitarian soaps leave none or the least bathtub rings while animal soaps (with lard or tallow) leave the most.
- Fruitarian cotton paper lasts 400 years. Libraries are finding that tree paper lasts 60 to 100 years.
- Fruit is the most easily reproduced of all foods. It can be windsired.
- The diet of humankind before we worked by the sweat of our brows
- Because it is the most easily reproduced, and the most diverse, it most easily makes new non-laboratory species.

Beauty

- The most beautiful (stained glass lime.. green pepper belltower where little seedbells hang) (fruits of almost infinite hues.. from most intense to most pastel.. from red passion to violet compassion)
- The food which most preserves the body's beauty (the most vitamin C (none in animal products) (vitamin C firms cellular tissue)
- Fruit is the sweetest food, meat the most bitter.
- The most fragrant.. with petaled fruit blossoms which effortlessly attract bees
- Of all dietary groups, fruitarians on the average weigh the least (Dr. Mervyn Hardinge Harvard study and others) (You can't be too rich or too thin.. say the actuaries about centenarian men.) (The causes of overweight are only tangentially overeating. Some of the root causes are fear of starvation, fear of sexual intimacy, a need for a weight blanket to counter sensitivity, unreleased anger, chewing as a relaxation device.) There have been a number of fruitarian diet books written, such as one on grapefruit, one on grape juice etc. Susan Estrich, former Dukakis presidential campaign manager, currently a law professor at UC, spoke of struggling with hundreds of diet books and overweight for 30 years, says be prepared to walk past vending machines by having apples in your purse or briefcase.

Addiction Breaking

- The uric acid (pre-urine) in the muscle cells of animal flesh is an addictive trioxypurine, even more so than caffeine (dioxypurine) A diet of much fruit replaces addictive biochemicals.

The True Natural AntiDepressant

- The adrenal poisons dumped by animals fighting for their lives in slaughter re-create depression, fright, and anger in those eating the animal flesh. Adrenalin is a long protein enzyme chain whose chain links are only partially broken by cooking heat.

Frees from Alcoholism:

- General Bramwell Booth of the Salvation Army found that vegetarian diet is a natural antidote to the biochemical marriage of meat and alcohol. Current researchers find that as alcohol solvents outside the body cut grease, so do they inside. (May other cities have proportionately as many corner fruit stands and fruit and smoothie vendors as the Big Apple has.)

- Fruits which are uncooked or eaten within 3 hours after cooking do not develop sleep-inducing bacteria (known in ancient over 20,000 year old Sanskrit as tamasic)

Consciousness and Brain Development:

- The food which most supports brain development and consciousness (according to double Nobel Prize winning, nonagenarian neurobiochemist Linus Pauling who discovered six elements in the chemical table) (Fruitarianism is indicated by several anthropologists including Dr. Leakey and Dr. Marvin Katz as humankind's natural diet) (It is the diet of Leonardo da Vinci according to his Notebooks as researched by Dudley Giehl, HarperCollins author) (Mathematicians Einstein, (Pythagoras of the theorem and Ramanujan did not eat flesh.)

- The food which most supports mental and emotional peace (since the polysaccharides in fruit provide the most even of all energy flows in the body)

- Chewing apples and coconut relaxes mouth and body muscles.

- The most translucent..(the closest to pure light) (lime crosssection)

- An antidote to the light resistance of lower frequency foods the consumption of which creates a natural aversion to light

- A sleep conquering agent (The Sanskrit word for the sleep-inducing biochemicals in onions, garlic, and standing cooked meat is tamas.)

Empowerment:

- The food which saves the most time (compare 3 hours for a roast to 20 seconds to peel a banana or 3 minutes to cook a fruitarian burger) (Compare the time to scrub a roast pan and all the concomitant dishes to the time required to compost a peel.)

- Because fruit is so prolific, it melts away money, political and outside control systems which depend upon scarcity.

Promotes Meditation:

- As high quality wiring helps channel electricity into a home, fruitarian diet is a ground for Spirit. Specifically lauric acid in coconuts is conducive to a meditative, peaceful state.

- Just as the infra-red to ultraviolet light spectrum increases in frequency from red through orange and yellow to green blue and violet, so in fruits and foods in general. Therefore, limes are better than lemons. Violet grapes are better than crimson cherries.

Promotes Focus:

- John Feinstein NPR Sports spoke of Bill Walton on the Portland Blazers team scoring in 21 of 22 basket attempts. (During that time Mr. Walton was wearing Love Animals Don't Eat Them tshirts at press conferences.)

Best for Economy... in Centenarian Trees Many Fruit Cents become Dollars:

- Money does fall from trees. Look at the \$2 avocados. If a centenarian avocado tree drops 2000 avocados that's \$4000 per tree, \$400,000 per acre.

- The food most resistant to currency fluctuation (CNN on Jan 18th ran a Swiss Radio International report which finds that businesses which marry ethics and economics do better in the long run.) .

- Fruit is light's expansion. Meat is killing's contraction. Love is expansion. Selfishness is constriction.

- The food best for stable economies..(The drought which can destroy linear rows of plant crops does not kill orchards) (Thank you Jimmy Stewart for ordering tomato juice on the train in your movie.)

Safety:

- Prevention of choking on meat and fish, the 6th highest cause of accidental death.

- The food which causes the least grease and stove fires (Prevention of industrial accidents listed elsewhere) .

Prevention of Sexual Dysfunction:

- Dr. Michael Klapner MD lectures on vegan diet as a help for impotence.. relieving cholesterol pressure in arteries. He states that a 25% blockage of arteries can cause 4 times that much obstruction.

- The least breast and prostate cancer.

- The least gynecomastia (male breast growth from female hormones present in meat and dairy products)

Crime Prevention:

- The food which causes the least incidence of rape (the female hormones given

to cows, pigs, chickens, etc. cause an excitation of the sexual system in those who eat animal products) added to by adrenalin based violence (from the fright hormones secreted by animals before slaughter) .

- Cotton fruit can eliminate forest destruction for paper.
- The pectin in apples is a fruit source for candles.
- Fruitarians need less dish soap and therefore less rinsing water.
- Coconut meat is an excellent chew toy for dogs.
- Reduce sulfuric acid. The volatile gas of sulfur in onions, when mixed with the lachrymater of tears.. becomes hydrogen sulfide, sulfuric acid or other sulfur compounds.

World Peace and Justice:

- Over a decade ago, a government research paper indicated the major cause of the crisis in Poland was a lack of meat. Entire populations were addicted to the uric acid (trioxypurine) in meat. Breaking addictions is a factor in world peace.
- General Bramwell Booth of the Salvation Army ended alcoholism for London drinkers through nonmeat diet. (His father General William Booth advocated planting fruit trees along railroad tracks, in parks etc. to create food for the poor.) kept the British Navy from scurvy. So the sailors were called limeys.
- A Czarist navy ship mutinied sparked by meat full of maggots. This led to an overthrow of Czarist anti peasant, anti-worker policies.
- Fruit lasts longer without refrigeration or freezing. Nuts in a shell.. apples in a cellar.. coconuts within the husk.
- More efficient military. The British navy found that limes prevented scurvy. The Odessa mutiny of the Czar's Odessa ship was sparked by sailors refusing to eat maggot infested meat.
- Politically uniting: combines the freedom granting of the poor and the left with the conservative nature of the right.

Self Replicating:

- The only food which can reproduce itself (containing eternal seeds)
- The only self replicating food (Fruitarians who believe in plant sentience would be upset with Nostradamus' suggestion that in a special recipe one needs 300 roses plucked before dawn.)

Oil Source:

- The oil used in eating fruit and cooking with fruit (coconut, olive, corn, nutoils etc.) is also oil which can fuel vehicles and oil machinery.

God Designed:

- Genesis 1: 29 The Garden of Eden Behold I have given you herb-yielding seed. To you it shall be for meat. The Hebrew holiday of Tu B Shvat or the awakening

of the fruit tree sap is one example.

- Buddha: May all that have life be delivered from suffering. If plants are sentient, have feelings, this prayer implies not killing them and not using insect killers, known as insecticides. There are frequent references to fruit in the Quran.

- The Essene Gospel of Peace and the research of many Biblical scholars indicates the pure diet of Jesus. His anger in the temple over money changing animal sacrificing, his cursing of the barren fig tree are some indications.

- In Hinduism, Rama the first embodied avatar, was fruitarian 14 years in the forest. Krishna, the first avatar to descend with all power, was a lacto-fruitarian (eating fruit and dairy at a time when animals were loved and not factory farmed) . Mahatma Gandhi tried to become a full fruitarian. Gandhi felt his love of goats' milk a barrier. He planted fruit trees all over his ashram.

A fruitarian eats nothing which has been killed or stolen. That supplants meat, dairy, and plants with the thousands of fruit and nut combinations on the planet. E.g., a fruitarian can eat an avocado sandwich, a coconut milk shake or the purest coconut ice cream made from the milk and meat of the fruit, veggie burgers made of lentil or beanpaste or tofu etc., , a succotash of corn, limas, peas, and tomatoes, sweets made with corn syrup or date sugar, or fructose, pecan pies made with fruit sugars, fruitshakes made of a mixture of orange and banana, pear and peach, pomegranate, papaya, and plum.. a pizza of tofu, tomato, and pepper (not pepperoni) , salads of tomato, cucumber, green and red peppers (but not lettuce, cabbage, or celery) , nutbutters such as almond butter, tahini (a mixture of sesame seed, lemon juice, and hummus {chickpea paste}), cornbread and muffins.

- The scriptures of several religions and the research of several anthropologists including that of Dr. Marvin Katz and Dr. Leakey, the son of another famous Leakey, indicates our frugivorous origins. Another implication of fruitarian diet is organic food, since insecticides are not used with their carcinogenic and bone and teeth harming results. The book The Holy Science by Sri Yukteswar has a fruitarian chapter which inspired Dennis Weaver 40 odd years ago on the set of Gunsmoke to give up meat.

Industrial Safety- Preventing Industrial Slaughterhouse Accidents:

- A UFCW union steward has said that most worker accidents occur in slaughterhouses. Fruitarian diet prevents the following accidents:

- Workers are kicked, bitten, and scratched in the head by terrified animals fighting for their lives unsuccessfully.

- Contract ear problems from the screaming and shrieking of the animals,

- Have problems with bones in relation to the cold storage rooms.

- Cuts from the metal machinery, running into computer line knives.

- Alcoholism and drug use from trying to deal with the animals' suffering they are

constantly absorbing.

- The reduction of OSHA staff and the use of illegal aliens to fill these jobs, some of the most unpopular in the industry, intrinsically means more accidents.
- Electrocution from machinery near liquid secretions.
- In slaughterhouses where pig flesh is scalded, there are frequent burns.
- Open grease pits for blood, grease, feces, urine are traps for tired employees.
- There is ligament tearing in the back, shoulders, and arms from the lifting of 100 lb. or several hundred lb. carcasses.
- Carpal tunnel is a frequent complaint of meat cutters.
- As a 1980's administration doubled the legal speed of the line, there is a consequent increase in accidents.
- The deregulation of some slaughterhouses has meant less trained personnel.
- In fish slaughter, there are also bites, scratches, hook accidents, fishing line accidents, drownings and other trauma.
- Prevention of contracting the animals' diseases in contact with slaughterhouse fluids (blood, feces, urine, vomit) .
- Slip and fracture themselves on blood, urine, vomit and feces soaked floors,
- Lung problems from constant exposure to feather dust (A Japanese movie shown on Bravo is a tale of peach trees cut down as their spirits speak to children.) .

Health Continued Weight Green Starch:

- Avocados, lima beans, peas are very filling fruits. The toxin bouncer chlorophyll is necessary. Any uncooked green fruit contains it. Other sources are limes, green peppers, etc.
- Fruit has the most natural fiber for good intestinal function. and therefore fruitarians have the least intestinal cancer, constipation, appendicitis, hemarrhoids, peritonitis etc.
- Fruit, says Marion Burros of the NY Times, requires no insulin for processing of its polysaccharides, disaccharides, and monosaccharides so that fruit does not exhaust the pancreas. It is a natural guard against diabetes. (Fruitarian Dick Gregory ran 3000 miles across the U.S.)

Sachs of the Harvard School of Public Health confirms fruits and vegetables are the best.

- Elizabeth Cohen of CNN: A banana has 450 mg of bloodpressure reducing potassium. It is better to get potassium in fruit than in pills.
- The plethora of antacid ads showing pills after burgers underlines the hydrochloric acid required in the stomach to break down animal flesh. Countries with the highest rates of stomach cancer have the highest fish consumption.
- Even citrus fruit becomes alkaline in processing. Fruit is the least acid of all foods and therefore the food which is best for long life.

- Fruit is the best food for the electrolyte balance of body.
- Fruit yields its energy the most gradually as first monosaccharides are burned, then disaccharides, then polysaccharides.
- Fruit causes the least food poisoning of any foods. (Knight Ridder: 97% of all food poisoning fatalities are caused by animal products)
- Fruit prevents calcium oxylate kidney stones associated with the cooking of oxalic acid vegetables and the much more frequent uric acid kidney stones associated with meat.
- Fruitarian oils such as olive are best for the heart. Meat and fish oils are the most complex, hardest to break down, have the most toxins.
- Fruit contains no volatile sulfur compounds which can become sulfuric acid and lachrymators. Onions contain such.
- Fruit has the least insecticides. It is good to eliminate all insecticides.. to shop organically.. yet meat has 21 times the insecticide level of fruit because the average nameless 1,000 lb cow at her time of slaughter ate 21,000 lbs of fruit. In addition, fruit is from a filtering tree which deposits insecticides in the stem, twig, trunk, and roots, protecting the fruit as a mother protects her fetus. Besides a cruel death for insects, insecticides cause cancer, teeth loss, bone weakening, immune system devastation. A few drops of parathion is enough to kill. The United Farm Workers have spent decades fighting the planes of death which spray their fields.
- Stephanie Beling, M.D. cites nuts and seeds as boosters of the immune system, cholesterol reducers, elimination aids, inflammation preventers, and stimulants of enzymes which detoxify carcinogens.
- Fruit is best for the kidneys. Animal eaters, carnivores, have 5 times the kidney size per lb. that frugivores, fruitedeaters, have. Carnivores have adapted to the extensive nitrogen shearing required by the kidneys in turning exaggerated protein intake into carbohydrate.
- Fruit breaks the addiction of uric acid in meat, which is trioxypurine.
- Fruit has the most vitamin C of any food. Dairy and meat have none.
- Fruitarianism have the best heart since a. the stimulant uric acid is eliminated b. the stressful adrenalin from frightened animals is eliminated c. there is no animal fat etc.
- Fruitarianism on the average weigh least. Nonvegetarians weigh the most. Vegans weigh 2nd least. Nondairy vegetarians third least (Dr. Mervyn Hardinge's research at Harvard and that of others)
- Organic fruit juice is more pure than spring water because it is filtered by the roots, trunk and twigs of the tree.

Prevention of Cruelty to Animals:

- It still occurs in some areas around the world (as described in Upton Sinclair's Jungle) that some animals are dropped alive into boiling water before dead.⁹⁶.

Mother cows are separated from their calves at veal butchering time through shocking rods.

- There is freezing of some animals as the trucks go through mountain passes where the high winds rip through open-slatted trucks.
- There is absolute terror as the animals hear the ones in front of them being butchered.
- The 30,000 blizzard-stranded cows and 20,000 sheep on Dec 31st, 1997 are a not-wish-for result of the cattle and sheep industries. Dick Goddard, Fox 8 weatherman and longtime animal protector, says paradoxically the cows sometimes do not freeze, but die of thirst because they cannot chew enough snow to process their needs.
- They are kicked, bitten by other animals as they panic in hearing the animals in front of them in the killing line.
- Animals relax around fruitarians because they do not smell like competitors.
- Animals die of thirst often in transit.
- Animals are goaded onto conveyor belts with pitchforks and electric shocking rods.

Most Varied:

- There are hundreds of thousands of varieties of fruit in the world. There are a few mammal types humans eat, hundreds of dairy combinations, tens of thousands of vegetables and hundreds of thousands of fruit combinations.

WAVE OF THE FUTURE

The world is evolving toward information and fruitarian economies and away from industrial and animal-based supply systems. The stockmarket of October 97 gave indication of this.

Neil Sullivan: Institute For Local Self Reliance on the Derek McGinty Show:
People who eat fruit tread most lightly on the earth.

1. HEALTHIEST:

A. VITAMIN C

B. BETA CAROTENE

C. INOSITOL

D. LAURIC ACID

Only fruit has the highest concentrations of vitamin C, the bouncer of the body,

which eliminates toxins and free radicals. Jackie Dewey, writer for the Los Angeles Times, suggests that we take vitamin C as Linus Pauling did in crystal rather than pill form so that the stomach lining is preserved. In addition, all orange and yellow fruits have betacarotene. Squash is a fruit since it is a vine, tree, or plant product. Dr. Reginald Cherry, MD, author and host of a Trinity Broadcast Network show, named after a treefruit, cites research about beta carotene as a cancer arian corn has inositol. Coconuts contain lauric acid, an enzyme uniquely conducive to meditation.

- What are the guts of an animal? Material containing E Coli, salmonella, and tens of thousands of potential diseases. God designed the contents of guts to be eliminated as waste.. not touched.. but buried.
- What are the intestines of a cantaloupe? Eternal seeds.. potentially containing enough lifepower to re-vine the globe.
- What is the liquid of an animal? His life blood.. which putrefies very quickly after slaughter.. which is why Biblical dietary laws forbid the drinking of his blood.
- What is the liquid of a fruit? Shining juice fathered by the sun and mothered by the rain.

Stephanie Beling, M.D. has written that nuts and seeds contain healthful lignans, B vitamins, vitamin E, copper, selenium, calcium, and fiber.

Polysaccharides Help Prevent Diabetes and Promote Biochemical Peace

Fruit has polysaccharides, disaccharides, and mono- saccharides for the most even energy flow. Fruit sugars, says Marian Burros, syndicated writer for the Washington Post and then the New York Times, bypass the pancreas unlike other sugars. Therefore fruitarians are less likely to contract diabetes, ith its potential blindness, amputation, cardiovascular problems.

Dr. Ann Wigmore found that patients on raw food could cut their insulin levels in half. For those who are not ready to become fruitarian, James Marcus recommends washing out the system once a week with an all fruit juice or fruit diet.

WEIGHT

Fruitarians, cites Dr. Hardinge in his Harvard research, weigh the least of the four groups of nonvegetarians, dairy vegetarians, nondairy vegetarians (vegans) and fruitarians.

Fewest Insecticides

Only fruit is filtered through roots, trunk, branch, stem, leaf, twig.. each of which protects the fruit from systemic insecticides. Red meat is the most insecticide-intensive of foods, since a one thousand pound cow represents 21,000 lbs of food eaten by the animal. These nonbiodegradable insecticides remain in the animal's flesh. WCPN Cleveland Public Radio on August 8 broadcast that in the fruit group strawberries tend to have higher concentrations of insecticide than other fruits. You do not have to battle the 300 lethal insecticides used by Mexico (source of more than half of American winter produce) or worry about whether food handlers washed their hands.. if you start your own fruit and nut tree orchards. Neil Sullivan of Institute For Local Self Reliance: Fruitarians tread more lightly upon the earth.

MOST ADAPTED TO HUMANS

Sri Yukteswar's book mentions the 36 foot intestinal tracts of frugivorous or fruitarian human beings.. as opposed to the very short intestinal tracts of carnivores. A national ad mentions that when John Wayne died he had 44 lbs. of unprocessed waste in his intestinal tract. We mean no disrespect to the greatly loved actor and thank him that his experience can help us. Meat is the hardest on the intestinal tract, while fruit is the easiest, with bulk which is perfect for peristalsis and biochemicals which detoxify the blood. Dick Gregory has commented that flour and mucus foods become plaster like on the intestinal walls, blocking the flow of blood and oxygen. Fasting and fruit are the best ways to deplaster the body. (NIH and other research reported on MSNBC indicates that the killing of carnivores is learned behavior and that carnivores raised in captivity do not know how to kill, only playing with their prey) . It would seem that Isaiah 65.. the wolf shall lie down with the lamb.. is possible. Sri Yukteswar also reported that fruitarians have the least HCL hydrochloric acid in their stomachs, and that carnivores have much higher concentrations as well as 5 times our kidney size per pound of body weight.

Natural Fiber

Reginald Cherry, MD, nutritionist for TBN, suggests at least 3 servings of fruit daily. Bran, the husks of seeds and grains, can be considered fruitarian. National Public Radio in the week of August 4th reminded its listeners that prune juice is one of nature's premier laxatives and that cranberry juice is a natural diuretic. (Check the labels.. some cranberry juices says Dr. Dean Edell contain a red dye, cochineal, made from the bodies of insects. It might be the same dye which made the British Redcoats.. red) An apple a day is good.. but four apples a day are more likely to keep the doctor away.

VEGETABLE CHRONICLES:

National Public Radio: Fruits are better than vegetables for reduction of heart pressure (they are more yin or more expansive) .

LEAST FOOD POISONING HAZARDS:

97% of all food poisoning fatalities (E Coli, anthrax, salmonella, ptomaine, brucellosis, toxoplasmosis, etc.) are caused by animal flesh and animal products. Of the remaining 3%, fruit products are more protected than plants. Fruit's spherical shape (as compared to lettuce and cruciferous plants) allows for less possibility of contamination. (Peeling is recommended) . The fewer the people who handle the food the more pure it is. Fruit grown in your backyard without insecticides is angel-given.

HIGH POTASSIUM AND ALKALINE FOODS AS A REVERSAL OF ACIDIFICATION

Many diseases come from over acidification of the body. Meat, eggs, fish, nicotine, coffee have high acid contents. Fruits, even citrus fruits, are excellent for potassium which offsets sodium and acidification. Fruits with average levels of potassium include apricots, peaches, bananas, raisins (1/2 cup) , prunes, cantaloupe, figs, dates, watermelon, and juices such as orange, grapefruit, tangerine, prune. Fruits in general are alkaline and therefore reverse acidification.. Even citrus has a biochemical change in the body.

MOST DIGESTIBLE

Fruit has the greatest range of texture.. from very soft and ripe to as hard as a coconut. Ripe fruit is the most easily digestible.. say Maria Cull and other researchers.

RESTORES ELECTROLYTE BALANCE OF BODY L. GARLIC AND ONIONS:

a. In certain Buddhist and Hindu branches, garlic and onions are considered tamasic or sleep-inducing. Those who eat them for lunch are more likely to want an afternoon nap than those who eat foods of light. b. Onions perhaps make us cry because they don't want to be cut up. Deepok Pokharna, a chemist, cites the volatile gases of sulfur. They become hydrogen sulfide, sulfuric acid and other compounds when in contact with tears. This is called lachrymation. (The New Scientist the source for the sulfur statement.)

PREVENTING CALCIUM OXYLATE KIDNEY STONES

Kidney stones are caused by excess calcium (in animal products) , excess oxalic acid (from the cooking of some vegetables, and other factors. The thin green layer between potato's brown skin and white interior when cooked causes oxalic acid, e.g. Fruitarians in general have the fewest kidney stones. If you like fried potatoes it is better to cook them in olive oil and to peel them to avoid the oxylates.

HEALTH QUESTIONS

A. WHAT ABOUT PROTEIN?

A carnivore has 5 times our kidney size per lb. of body weight and has adapted more than humans to the elimination of nitrogen and the processing of ammonia byproducts of meat. Fruitarians use the most natural sources of protein, which are seeds, nuts, grains, peas, beans in their thousands of Godgiven natural states and combinations. (sunflower seeds, green beans, lima beans, sweet peas, corn, almonds, walnuts, nutbutters such as almond butter, hummus, rice, oatmeal, brazil nuts, navy beans, pinto beans, lentils, kidney beans, coconut, etc.

B. WHAT ABOUT CALCIUM?

There are 50 milligrams of calcium in a cup of dried raisins. Many fruits and nuts contain calcium. Fruitarian calcium is easier for the body to assimilate and is therefore not correlated with osteoporosis.

C. WHAT ABOUT B12?

B12 for animal product consumers is cyanocobalamin. B12 for vegans and fruitarians is hydroxylcobalamin. Fruitarian B12 is more efficient. Fruitarians and vegans have more red blood cells per cubic centimeter than do animal product users. (The research of Dr. Mervyn Hardinge at Harvard) .. Some Red Cross volunteers have commented on the richer reds and deeper purples of vegetarian, vegan, and fruitarian blood. In addition, it does not contain white ropes of killer cholesterol.

D. ANATOMICAL INDICATIONS

Sri Yukteswar in The Holy Science describes some of the indications that humans are frugivorous or fruit eaters and not carnivores. Humans have the longest intestinal tract. Carnivores have the shortest. Humans have apple piercing

bicuspid not flesh rending fangs. Humans have much less secretion of hydrochloric acid in the stomach than carnivores. Carnivores have 5 times our kidney size per pound of body weight.

SCIENTIFIC DOCUMENTATION

Dr Irving Fisher at Yale, Dr. Mervyn Hardinge at Harvard, Dr Owen Parrett of a Canadian hospital, Dr. Colin Campbell of Cornell, Dr. Joan Ulliyot, Sports Medicine physicians in San Francisco, Dr. Michael Klaper, MD, Dr. Wm Harris of Hawaii are some of the thousands of scientists who have studied vegetarian and or vegan and fruitarian populations. 300 scientific studies are cited in the back of Dr. Neal Barnard's book.

F. ENDURANCE ENERGY

Maurice Smith, world champion kickboxer, and McGuire, homerun champion for 1996, both recommend juicing and drinking many fresh fruit juices.

G. FRUITARIAN PETS

Dogs do very well on beans and rice. Many dogs are eating slices of coconut, banana, orange, avocado, apple. The more a dog bonds with his adopter, the stronger his urge to eat what his adopter eats. Cats have greater protein needs than dogs, and might require some dairy products as vegetarians. There are 4 books on vegetarian pets. The company which makes Nine Lives cat food is adding rice. (Mr. Barky is one of many brands of vegetarian pet foods.)

H. CLEANSERS

Olive oil is an excellent intestinal cleanser after a fast.

1. IF YOU CRAVE GREEN STARCH:

Eat lima beans, peas. Limas are better than potatoes. Potatoes grow under the ground. Just as a potato avoids the sunlight, its biochemical effect on us when we eat them is that we want to avoid the sunlight.

2. MOST FOOD YIELD

Only fruit yields 400,000 lbs. per acre (Source: Dr Faust, former chief of the USDA Fruit Labs, describing centenarian apple trees dropping 2 tons each of free food) . This yield is multiplied with tri-level agriculture, with bean and other vines

wrapped around the tree trunks, and other fruit-yielding plants growing interarboreally (in the spaces among the trees.) According to WHO, orbiting mirrors can further multiply fruit production (as well as trellises and poles for bean and other vines.) This can be compared to the plan of one Chinese official to double egg production for his 1.2 billion fellow Chinese which would take the grain from 15 developing nations. May the Chinese and other nations benefit from the mistakes of the U.S. and not emulate our heart disease, cancer, environmental devastation.

3. REFORESTATION

Only fruit can reforest the planet. To offset the natural disasters of record breaking cold springs, drought which created a brown Ireland in April, floods in Arkansas and Ohio, tornadoes in Texas.. we need the creation of quadrillion cubic feet of green. To those who say that trees are renewable resources which can be 'harvested' one might respond that cannibals perhaps see us as delicious renewable resources.

4. NONVIOLENCE

Only fruit is potentially nonviolent.. involving no slaughter and no theft. Fruit from trees, vines, and plants is the only food Godgiven and plantgiven. Huge industrial harvesters in hay and corn fields slice and dice small field mammals.. A green thumb comes to those who love plants. The plants feel it, and grow more quickly around those who love them.

WHAT IS A CRESCOGRAPH?

The sentience or feeling of plants has been documented in the research of many. 100 years ago Chandra Bose was knighted by the Queen of England for his crescograph, a machine which registers plants' feelings. The book Secret Life Of Plants documents many research studies. Clive Baxter and Luther Burbank have demonstrated plant sentience.

5. FREE FOOD

If one plants a peach or pear seed in 2 minutes in his back yard, and comes back in a few years, the tree does not charge to give everything she has.

6. ENERGY FREE PRODUCTION

Fruit is virtually energy in production in its natural state, as compared to

slaughterhouses.. Meat requires veterinary care for the animal, freezing temperatures in warehouses, trucks, home freezers, labor intensive care of the animals etc. After slaughter, the animals' carcasses must be inspected by federal employees, cut up into little pieces. Even vegetables are often harvested by huge combines or harvesters which cause some human fatalities yearly in tipovers or fires and cause slicing or crushing deaths to millions of field mammals and other creatures

7. ETERNITY

Only fruit contains the seeds of eternity.. as compared to the bones and grease left from a meat meal, the eggshells left after the bird's spirit has flown and her potential body been consumed.

8. MOST CONSCIOUS

Only fruit has high concentrations of neurotransmitters, according to Dr. Linus Pauling, nonagenarian neurochemist and Nobel Prize winner twice (perhaps the only person to win two.. in peace and biochemistry) . Second, fruit has the least mucus..and therefore the greatest flow of oxygenated blood to the brain. Preventing oxygen deprivation through increased flow of breath can increase the mental function. (Hindus avoid the use of onions and garlic. It is felt that biochemically they have a tamasic or sleep-inducing result on the consciousness.) WUAB TV, Channel 43, reported on Nov 10th,1997 that several anti-cholesterol drugs reduce mental alertness (brain function) . The natural way to reduce cholesterol is to reduce animal product consumption.

9... MOST FRAGRANT

Compare the smell of the frightened animals' sweat in the slaughterhouse.. their urination in fright.. their defecation in terror.. and that of the congealing blood as their lives pour out onto the slippery floors, their necks having met the knife.. compare this to the smell of creamy apple blossoms

10. MOST TRANSLUCENT

The food nearest to pure light.. a slice of lime held up to the sun is natural stained glass in a church grove.. Dr. Sidney Perkowitz, author of Empire of Light, a physics book made easy for the public.. said on National Public Radio July 17,1997 he would concur with the view that of all foods fruit was closest to pure light.

11. MOST EFFICIENTLY WRAPPED

Compare the tin cans and glass and cardboard wrappings of other foods.. to the way God shells the nut, husks the coconut, peels the banana. a. no human time wasting trash pickup b. no landfill exhaustion c. no trees killed for packaging d. no energy wasted in recycling plants

12. MOST DECENTRALIZED

Compare the multinational nature of huge meat conglomerates to an apple orchard.. with her satellite bees, her resident birds and squirrels *(May,30 1997 National Public Radio Prof. John D Ruedy of Georgetown: I agree that the planting of fruit trees would alleviate the drought and desertifying of N. Africa)

13. MOST BEAUTIFUL

a rainbow of pastel fruit tree blossoms..a mosaic of intense fall harvest

14.. ONLY FREELY GIVEN FOOD

Meat comes from butchered animals. Vegetables comes from sacrificed plants. Dairy products are stolen. Only fruit is gently and totally given. Compare the screams of agony in a slaughterhouse.. to the silent growth in the orchard.. as fruit trees weave and spin the sun into pink peaches, golden pears, bronze nuts, limes (whose crosssections look like stained glass when held up to their sire the sun) .

15. FIRE PREVENTION

Fruitarian diet prevents the most fires. Just as vegetarians reduce the meatgrease fire hazard present in restaurants and homes with buildups of grease in stoves, on the walls, etc., fruitarians because they cook much less and in some cases not at all.. have the least incidence of fire.

16. SPIRIT GROUNDING

No matter is needed to ground Spirit. In addition Spirit can manifest in any being. However, there are optimum diets for the transmission of Spirit, its grounding, alighting, descent, the Touch Down, just as platinum wiring is better than copper wiring is better than rusty old wiring. Fruitarian biochemicals ground God's lightning. Heavy thoughts create a desire for heavier food. Light thoughts create a desire for light food. When one is tired or angry or depressed that is the

time for the greatest discipline. 'Expand in response to pain'.

17. PHYSICAL BEAUTY RESTORATION

a. Vitamin C which is most in fruit, second in vegetables, not at all in dairy, fish, or meat.. firms up the cellular tissue of the body.. firms the connective tissue. b. Fruitarianism weigh the least, on average, of the 4 groups of 1. fruitarians 2. nonvegetarians 3. dairy vegetarians 4. vegans (cannibals excluded) c. The butyric acid of animal fat causes the bodies of those who consume it to have an unpleasant odor. d. The uric acid (pre-urine) in animals' muscles cells doubles the sweat load excretion of the body. - - - - JBO: So do a lot of celery stalks around the world send birthday cards to fruitarians? - - - - - - -

18. THE BEST FOR BUSINESS

Those with families dependent upon them cannot be Johnny Appleseeds reforesting the world without recompense. What is the fruit waiting to make you a multimillionaire? Mott is associated with apples, Minute Maid and Sunkist with oranges and lemons, Welch's with grapes, Ocean Spray with cranberries, Dole with pineapple, Chiquita with bananas, Smucker's with fruit jams, etc. Businesses in date sugar, fructose, nut butters, nut burgers, coconut icecreams, coconut milk, are waiting.. The business Nantucket Nectars started out in 1993 as a peach juice bottler and in 5 years this business of Tom Scott of Cambridge Mass has become a 60 million dollar business. In the long run, those fruit juices with the least insecticide, the most environmental bottling, the highest quality, the best price, the most efficient distribution, the kindest personnel etc. will do the best. Ethics is good business. Tropicana has begun producing fruit smoothies. Chicago's O'Hare Airport features a wonderful fruit juice bar (which would be wonderful for empty main street slots) . Post has begun advertising a cranberry, pecan, granola breakfast cereal. One waiting virtually infinite market is juices such as mango juice, sold in Asian Indian markets. Mangos are very sweet, not acid. There are some writers who have for money become mongers and pushers of slaughterhouse byproducts which are a burden to manufacturers. Carloads of bones, lard, cartilage plague butchers. Those such as Dr. JW, DVM who seek to market gelatins, shark and chicken cartilage will have to answer to God. Avocados which fall freely from trees just as apples do are being sold in some area markets for \$2 each. Some avocado orchard owners a few years ago cut down their trees to keep the market prices high. May avocado trees grace the front and back yards of billions of people in warm climates. Coconuts can be shredded, blended, their meat cut up for chew toys.. their husks used as cups. Their milk can be made into fruitarian icecream. Their lauric acid (when uncooked) is conducive to meditation. Their oil is very heat resistant.. CNN

reported Thanksgiving weekend that the hog market is becoming weaker. In Japan it is environmentally destructive businesses (fishing and lumber) which are hurting. Everywhere it is businesses involving harm to living things which are continuing to lose customers as the Genesis 1: 29 investors are doing well. Dole has a delicious new orchard peach frozen juice.

A WORLD OF JOHNNY APPLESEEDS

If one sees a pine cone.. or an acorn.. a peach pit or an apple seed make a tiny tunnel in Mother Earth.. and plant it that the seed be freed. It is not necessary to shed the green blood of plants, nor untimely to rip them from Mother Earth. If onions make us cry, we also make them cry.. perhaps we do not recognize their tears. Gen. William Booth, founder of the Salvation Army, wanted the railroad tracks and public parks of his country lined with fruit trees producing for the poor.

NONCOOKING

Avoiding cooking prevents the hazards of the microwave, of burns, of fires, of enzyme destruction, of carcinogens created by heat, the cost of cooking, the time of cooking and of cleanup, carcinogens in metal cookware such as aluminum, etc.

A. HEALTH:

cooking prevents enzyme destruction. Enzymes are the chief cancer fighters of the body.

cooking prevents the creation of heatsired enzymes such as malanalydehyde and methylcholanthrene

cooking saves the fiber bulk, helping with elimination

cooking prevents aluminum ingestion associated along with alcohol as a cause of Alzheimer's. Other metals are also toxic. (It is best to use glassware when cooking.)

cooking prevents the destruction of tiny microbes in the water. The fewer things we boil alive, the better for all beings.

oking prevents oxalic acid from cooked vegetables, which becomes calcium oxylate kidney stones.

cooking prevents the formation of lethal trans fatty acids in animal fats and hydrogenated vegetable oils. B. SAFETY 1. Not cooking prevents greasefires.

Animal fat fires accumulated on walls and in ovens are the no. 1 cause of restaurant fires.

Cleveland reported May 20th that a squash exploded in a microwave when the

door was opened.. causing burns to the squash preparer.

C. TIME SAVING: Cooking wastes preparation and cleanup time.

D. FUEL SAVING: Not cooking saves fuel

E. MONEY SAVING in saving fuel costs Macrobiotic teacher Bob Carr recommends chewing each bite 150 times to increase ptyalin and other mouth enzymes, to relieve stress on digestive tract, and to relax. Tanya Siri recommends cutting fruits such as cucumbers into tiny little cubes.. for the same reason. No longer required is the sweat of the brow. From Eden we fell.. and now back to Eden all shall rise. The scriptures of several religions recommend fruitarian diet. Genesis 1: 29, the Garden of Eden, for Christians, Jews, Moslems.. the Ramayana for the Hindus in which Rama is described as eating a fruitarian (phalahari) diet 14 years in the forest, the writings of Isaiah. There are copious references to fruit in the Quran. Buddhists whose prayer is 'May all t have life be delivered from suffering' have fruitarianism in the Pali, Dhammapada, and other sacred texts. Jains whose founder Mahavir preached reverence for all living beings have fruitarianism in their scriptures as well.

SCRIPTURES FROM SEVERAL FAITHS:

- Revelation 9: The 5th angel counsels not to harm any green growing being.

Genesis 1: 29 Behold I have given you herb yielding seed. To you that shall be for meat.

Quran: 2: 34 Adam dwell with your wife in paradise and eat of its fruits to your heart's content.. (except one)

- Phalahari is an over 20,000 year old Sanskrit word for fruitarian.

The first avatar of India, Rama, lived in the forest 14 years, eating, says the Ramayana, only fruits and nuts.

- Genesis: In the beginning the world was watered with mist (before tree destruction caused famine, drought, tornado, violent storm) . Quran 2: 168 Eat of what is lawful and wholesome on the earth.

- Jesus: What God has joined together let no one put asunder.(The first meaning is to honor marriage.. but God also wants us to sunder no form from its life force) Tu B'Shvat: This Jewish annual holiday celebrates the awakening of the trees as the sun rekindles their fruitmaking process.

John: And the darkness was within the light and comprehended it not.

Bible: Satan is the prince of darkness. (Fruit of all foods is the closest to light..

then vegetables then dairy.. meat is the densest darkest food)

- Isaiah 42: He does not break the bent reed.

Bible: Aaron's robe was garbed with pomegranates.

Psalms: 104 16-18 The trees of the Lord are watered abundantly.

- Bhagavad Gita: Foods which are good for us taste first like poison then like nectar. Foods which are harmful taste first like nectar then like poison.

Jesus in his parable said that we must not harm the weeds lest we harm the fruit-bearing plants growing amongst them.

- Exodus 16: 31

Manna is virtually coriander seed, says Reginald Cherry MD, nutritionist broadcaster for TBN.

- May we make of our hearts a Garden of Allah, from whence only fragrant thoughts and dreams bloom into reality. Fr. Ron Lengwin, Catholic vegetarian priest on KDKA of Pittsburgh, hypothesizes that what Adam ate which caused the fall was not an apple.. but the heart of the first butchered animal.

Revelation's 5th angel, it is recounted, wanted no green living thing harmed.

Leonardo Da Vinci's Notebooks, says Dudley Giehl, indicate he was probably a fruitarian.

- Fruitarian Network: Loving ones neighbor includes watering trees near us. When you are at a grocery store, a co-op, a restaurant.. ask the manager to include more vegetarian and fruitarian options.

- Shri Sathya Sai Baba: A person who loves is a theist, whether he goes to a temple or church or not. You have to proceed from the known to the unknown. Then, the love expands in ever widening circles, until it covers all nature, until even plucking a leaf from a tree affects you so painfully you dare not. SUGAR Since sugars in the U.S. are processed using animal bones, and since they come from the killing of plants and in many cases from the burning of the fields including their mongeese residents, please use date sugar and fructose.

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works of Morris Krok of S. Africa

n with Mother Nature for Folks Who Eat HarperCollins Dick Gregory. Dick Gregory provides free health information.. Health, Plymouth Ma 02360

Mucusless Diet. Dr. Arnold Ehret Ehret Literature Publ Beaumont Ca 92223
Secret Life of Plants by Peter Tompkins (sp?) (rights owned by Isaac Tigrett,
founder of the Hard Rock Cafes, who sold his hamburger chain after becoming a
vegetarian and built a free hospital in Bangalore, India which is considered by
many the world's best equipped hospital.)

Holy Science Sri Yukteswar published by the Self Realization Fellowship of
California 3880 San Rafael Ave. Los Ang Ca 90065 (when Dennis Weaver read
this book on the se of Gunsmoke he became a vegetarian)

writings of Bronson Alcott, founder of Fruitlands, and father of abolitionist author
Louisa Mae Alcott who wrote Uncle Tom's Cabin.

Eating For Survival Marcia Acciardo dist. by Viktoras Kulvinskis (see recipes at
the end of file 15: restaurants)

s of Paradise Rebecca Hall

a free electronic copy of the Healthful Astrologer.. done by fruitarian Pandeva
Zagar.. call 219 397 9297 or write pandeva@

to Eden by Jethro Kloss

FASTING:

The Diet which does the least harm: Fasting is common to many religions: a. The
Moslems fast from dawn to dusk during the holy month of Ramadan. b. The Jews
fast on Yom Kippur, the day of atonement c. Jesus fasted 40 days in the desert.
d. Buddha in a state of samadhi (spiritual ecstasy beyond body consciousness)
went without food for many days. e. Catholic stigmatist Therese Neumann of
Germany was a noneating saint.

FASTING IS THE EATING AND DRINKING OF BREATH.. BREATH IS SPIRIT.
BREATH IS ENERGY. BREATH IS PEACE.

. Joel Fuhrmann's book on fasting
ng Can Save Your Life

. Ernest Angley The Power of Bible Fasting Ernest Angley Ministries Akron, Oh
44309

Industries affected by a fruitarian world will be meat, dairy, fish, leather, wool,
perfume, soap, television (advertising dollars) , gun manufacturers, newspapers,
building trades, lumber etc.

Famous fruitarians include Leonardo da Vinci(as indicated in his notebooks) ,
Jonathan Chapman (Johnny Appleseed) , Sri Yukteswar whose book analyzes the
anatomical differences between fruitarians and carnivores.

•Just Natural of Hawaii, Nimbo of Miami, and Gypsy Boots of Los Angeles are
some fruitarian activists.

· (Findhorn in Scotland is a group established to foster plant rights, but some plants are loved more than others there. E.g., there is weeding.) (Green thumb is a phrase describing those to whose love plants seem to respond.)

HOW TO GROW FRUIT TREES

Stick your finger in the dirt.. scoop out an inch of soil.. put in a fruit tree seed and cover with dirt. Then wait. Or, as was done with Isaac Newton's apple tree offspring in Teddington, take a cutting of a mature tree.. put it in water.. let it grow roots.. gradually add more and more dirt through the weeks and months to the water. Then plant. How to grow avocado trees to take south for planting or to plant in a greenhouse or a room of glass: Take a seed. Place it half way down in very wet dirt. Wait. To speed up the process, by yearling or several year old fruit trees from nurseries. Many nurseries will plant them for you. We will be adding the addresses of fruitarian groups, and related issues of preservation.

Little tree Little tree we wonder where you are to thank you for the sweet pink fruit you did weave from distant star. saiom shriver

Thank you to the Akron Summit County Public Library for publishing this article.

Saiom Shriver

Zz George Harrison, Steve Jobs, And Paramahansa Yogananda

Linden called to say he'd seen yesterday the movie 'Awake' at the West End Theatre in Washington DC. It is a film of the life of Paramahansa Yogananda. When he died in 1952, Time Magazine reported that his body was fragrant with the smell of roses for 21 days without embalming.

The Beatle George Harrison, whose copy of the Autobiography was given to him by Ravi Shankar, kept stacks of Yogananda's book Autobiography Of A Yogi in his home to give to his guests. At Steve Jobs' funeral, guests were given the same book. It was the only book that had been on his iPad. Apple was named by the once fruitarian Jobs. Dennis Weaver, star of Gunsmoke, McCloud and many other tv series and movies, was a follower, as was actor Dick Haymes. Millions of copies of the book have been sold. Calvin Coolidge invited Yogananda to the White House, but in Florida, threatened by his olive skin, a group of 200 men threatened him with violence. J Edgar Hoover considered yoga to be a Communist threat and so had an FBI squad which followed Yogananda. It was not until 1965 that Asian Indians were permitted to become US citizens.

The Seventh Day Adventists had perhaps the first vegetarian health spas in the country, but Yogananda opened up the first vegetarian restaurant in the Los Angeles area. It featured mushroom burgers. He was an apostle of positive thought, of kriya yoga, of meditation, of the power of the will aligned to God.

He was a poet as well. One of his famous lines is 'Kashmir is montcrowned, lake garlanded and flower shod.'

His follower Kriyananda wrote: 'My master's visualizations were so powerful their condensation into matter was mere signature.'

The great master took upon himself so much of the negative karma of his followers that before he died he could hardly walk.

Yogananda recited the poem 'My India' at the Ambassador Hotel in Los Angeles and immediately after went into samadhi, consciously leaving his body forever.

This writer has had many dreams and visions indicating I was Yogananda's follower in California in the life immediately preceding this one. In this incarnation as well, he protected my life from violence, warning in a dream that I

should immediately leave a place I was staying. He said to me in a dream The Star of India is within you (all) .'

Now the evergreen book is free and at

Trailer for the movie

Movie showtimes

Movie website:

Trailer for the movie

More on George Harrison, Steve Jobs, Ravi Shankar and other devotees of Yogananda

Washington Post review of the film

Paramahansa Yogananda with Calvin Coolidge

Yogananda converses with an inebriated man.

Yogananda recited the following poem at the Ambassador Hotel in Los Angeles and immediately after went into samadhi, consciously leaving his body forever.

My India

Not where the musk of happiness blows,
Not where darkness and fears never tread;
Not in the homes of perpetual smiles,
Nor in the heaven of a land of prosperity
Would I be born
If I must put on mortal garb once more.

Dread famine may prowl and tear my flesh,
Yet would I love to be again
In my Hindustan.
A million thieves of disease
May try to steal the body's fleeting health;
And clouds of fate
May shower scalding drops of searing sorrow -
Yet would I there, in India,
Love to reappear!

Is this love of mine blind sentiment
That sees not the pathways of reason?
Ah, no! I love India,
For there I learned first to love God
and all things beautiful.
Some teach to seize the fickle dewdrop, life,
Sliding down the lotus leaf of time;
Stubborn hopes are built
Around the gilded, brittle body-bubble.
But India taught me to love

The soul of deathless beauty in the dewdrop
and the bubble -
Not their fragile frames.
Her sages taught me to find my Self,
Buried beneath the ash heaps
Of incarnations of ignorance.
Though many a land of power, plenty, and science
My soul, garbed sometimes as an Oriental,
Sometimes as an Occidental,

Travelled far and wide,
Seeking Itself;
At last, in India, to find Itself.

Though mortal fires raze all her homes
and golden paddy fields,
Yet to sleep on her ashes and dream immortality,
O India, I will be there!
The guns of science and matter
Have boomed on her shores
Yet she is unconquered.
Her soul is free evermore!
Her soldier saints are away,
To rout with realization's ray
The bandits of hate, prejudice, and patriotic selfishness;
And to burn the walls of separation dark
Between children of the One, One Father.
The Western brothers by matter's might
have conquered my land;

Blow, blow aloud, her conch shells all!
India now invades with love,
To conquer their souls.

Better than Heaven or Arcadia
I love Thee, O my India!
And thy love I shall give
To every brother nation that lives.
God made the earth;
Man made confining countries
And their fancy-frozen boundaries.
But with newfound boundless love
I behold the borderland of my India
Expanding into the world.
Hail, mother of religions, lotus, scenic beauty,
And sages!
Thy wide doors are open,
Welcoming God's true sons through all ages.
Where Ganges, woods, Himalayan caves, and men dream God -
I am hallowed; my body touched that sod.

*

Writer's footnote: India was always grain sufficient until invaded by the British Empire. Its wealth was stolen and removed from the country, everything from grain to jewels. We pray that the stolen Indian jewels will now be returned by the British crown to the people of India.

Samadhi

by Paramhansa Yogananda

Vanished the veils of light and shade,
Lifted every vapor of sorrow,
Sailed away all dawns of fleeting joy,
Gone the dim sensory mirage.
Love, hate, health) disease, life, death,
Perished these false shadows on the screen of duality.
Waves of laughter, scyllas of sarcasm, melancholic whirlpools,
Melting in the vast sea of bliss.
The storm of maya stilled
By magic wand of intuition deep.
The universe, forgotten dream, subconsciously lurks,
Ready to invade my newly wakened memory divine.
I live without the cosmic shadow,
But it is not, bereft of me;
As the sea exists without the waves,
But they breathe not without the sea.
Dreams, wakings, states of deep turiya sleep,
Present, past, future, no more for me,
But ever-present, all-flowing I, I, everywhere.
Planets, stars, stardust, earth,
Volcanic bursts of doomsday cataclysms,
Creation's molding furnace,
Glaciers of silent x-rays, burning electron floods,
Thoughts of all men, past, present, to come,
Every blade of grass, myself, mankind,
Each particle of universal dust,
Anger, greed, good, bad, salvation, lust,
I swallowed, transmuted all
Into a vast ocean of blood of my own one Being!

Smoldering joy, oft-puffed by meditation
Blinding my tearful eyes,
Burst into immortal flames of bliss,
Consumed my tears, my frame, my all.
Thou art I, I am Thou,
Knowing, Knower, Known, as One!
Tranquilled, unbroken thrill, eternally living, ever new peace!
Enjoyable beyond imagination of expectancy, samadhi bliss!
Not a mental chloroform
Or unconscious state without wilful return,
Samadhi but extends my conscious realm
Beyond the limits of the mortal frame
To farthest boundary of eternity
Where I, the Cosmic Sea,
Watch the little ego floating in me.
The sparrow, each grain of sand, fall not without my sight.
All space like an iceberg floats within my mental sea.
Colossal Container, I, of all things made.
By deeper, longer, thirsty, guru-given meditation
Comes this celestial samadhi
Mobile murmurs of atoms are heard,
The dark earth, mountains, vales, lo! molten liquid!
Flowing seas change into vapors of nebulae!
Aum blows upon the vapors, opening wondrously their veils,
Oceans stand revealed, shining electrons,
Till, at last sound of the cosmic drum, **
Vanish the grosser lights into eternal rays
Of all-pervading bliss.
From joy I came, for joy I live, in sacred joy I melt.
Ocean of mind, I drink all creation's waves.
Four veils of solid, liquid, vapor, light,
Lift aright.
Myself, in everything, enters the Great Myself.
Gone forever, fitful, flickering shadows of mortal memory.
Spotless is my mental sky, below, ahead, and high above.
Eternity and I, one united ray.
A tiny bubble of laughter, I
Am become the Sea of Mirth Itself.

* Samadhi means: oneness of human consciousness with cosmic consciousness.

The book suggests blessings for repeating 3 times the names Lahiri Mahasaya Babaji.

One then invokes the Poornavatar in the 6th through 9th syllables.

Saiom Shriver

Zz Hazards To Wildlife

Charlottesville Virginia has a good policy on wildlife. If one has a birdfeeder or keeps nonsecure garbage cans or dumpsters, one is attracting wildlife and legally responsible for the results.

Around the country are many apartment building complexes in which the dumpsters are not secure, nor are there any industrial garbage disposals.

Many hazards to raccoons, squirrels, and birds result.

1. The creatures are crushed by commercial waste collectors' trash compacters.
2. They are also often crushed when apartment building residents don't look inside as they drop tv's or other heavy objects into the dumpsters.
3. While the animals are eating from the dumpsters, they can be poisoned by rotting meat, fish or dairy products.
4. The animals can be trapped at the bottom of 6 foot dumpsters.
5. In attempting to climb out of dumpsters, the animals can fall hard onto the metal below.
5. Apartment building residents often don't look inside as they drop tv's or other heavy objects into the dumpsters.

Saiom Shriver

Zz Help The U.S. Join The Civilized World. Vote Out Serially Killing Judges, Governors

Please remove executing judges in the following states:

OHIO

Ohio is one of of only 7 executing states out of 50.86% of US states are not committing judicial or gubernatorial murder. Of the 7 states,6 have REPUBLICAN governors. Only Missouri's Nixon is a Democrat. In Ohio please vote for Letson and O'Donnell for Ohio Supreme Court and Belfance for the Court of Appeals.

Please vote for John O'Donnell and Tom Letson. Remove executioners Sharon Kennedy and Judith French from the court.

NORTH CAROLINA

Vote for Robin Hudson. Her opponent Eric Levinson was sent by Bush to arrange the illegal and immoral execution of Saddam Hussein who was hanged.

TEXAS

Vote out the chief executioner of the innocent, citizens with an inherent right to life and the mentally challenged in the US. Replace Texas Supreme Court chief 'justice' Nathan Hecht with Bill Moody. Since the 1980's Hecht's gavel has arranged more executions in Texas than in the rest of the country combined.

GOVERNORS

OHIO: Vote for Ed Fitzgerald and against executioner of 12 John Kasich.

ARIZONA: Executioner Jan Brewer is retiring. Vote For Duval.

FLORIDA: Vote against Rick Scott who has murdered 7 prisoners this year alone.

GEORGIA: Vote for Jason Carter, grandson of President Carter.

OKLAHOMA: Vote for Joe Dorman. Vote out executioner Mary Fallin.

TEXAS: Vote For Wendy Davis

The 7 executing states are Arizona, Florida, Georgia, Missouri, Ohio, Oklahoma, Texas.

Most of these states have governor elections this year. Most incumbent executing governors can be removed.

86% of our nation did not commit judicial murder.

Time for a nationwide moratorium on the death penalty

Saiom Shriver

Zz How Lou Gehrig And Mao Tse Tung Got Lou Gehrig's Disase

A number of media outlets have been fund raising for animal research for Lou Gehrig's Disease. The WBUR program On Point allowed questions only about the fundraising campaign, not about the origins of the disease called amyotrophic lateral sclerosis or ALS.

In reality, Lou Gehrig was raised in a German family and continued to eat in his mother's kitchen often after he became a married baseball player. He was fed a diet which predominated in frankfurters, wienerschnitzel, hamburgers and many other meats.

Both the trillion dollar animal research industry, aligned with international drug cartels, and the zillion dollar animal flesh industry like to hide the cause of ALS.

From the link above comes the following quote:

'Another famous person who had ALS was Chairman Mao of China. Out of the billions of people in China, he was the only person to ever have ALS, up to that time. So what did he do that none of the other Chinese people did? Mao had a Western diet, meaning that he didn't eat rice and lots of vegetables; instead, he ate lots of meat. '

From the Scientific American comes the following:

'What Do Alzheimer's, Parkinson's and Lou Gehrig's Have in Common? These diseases are produced in giraffe, herbivores, who are fed meat.'

It is sad to see athletic young men become wheelchair ridden and lose their power to speak or swallow before they die. It is a crime that those who inflict suffering on animals in research, physicians and the media are not trying to prevent ALS by educating the public about the need to avoid the flesh of mammals, birds, and fishes. An alkaline vegan diet is recommended.

Saiom Shriver

Zz How The Us Government Can Save Trillions

I IMPERIAL VIOLENCE

1. End all current wars and violent operations immediately
2. Shut down the CIA black ops division
2. Shut down many of the over 1000 foreign bases
4. End the privatization of the military which hemorrhages money to XE and other contractors

II OIL PETROPLUTOCRACY

- 1 Put price caps on oil, gas, naturalize oil, gas

III BANKSTERS OF FEDERAL RESERVE

1. Close the 'Federal' Reserve which allows banksters to control our economy, allows them to buy worthless subprime mortgages at the rate of 65 billion a month, allows them to counterfeit trillions of dollars of currency which they lend to huge banks at virtually no interest... which in turn allows these banks to monopolize

IV HIGHEST PRISON POPULATION PERCENTAGE IN WORLD

se all drug use prisoners. Each unjustly imprisoned nonviolent drug user costs the US over \$42,000 a year, busts families. The USG has the highest percentage of prison population in the world. These prisoners are exposed to rape, beatings, and lethal weapons.

V PLUNDERING OF TREASURY BY DRUG COMPANIES HOSPITALS INSURANCE COMPANIES

1. Institute a single payer system for health insurance
2. Put price caps on hospital, doctor and drug company charges

VI PENSION THEFT

1. End pensions for members of Congress who have served for only 5 to 15 years.

Vii SUBSIDIES FOR DISEASE RIDDEN SLAUGHTER INDUSTRIES

1. Cut out meat fish and dairy from food stamps (over 50% of the cost)
2. Stop subsidizing the meat industry through grazing on federal lands
3. Stop subsidizing disease ridden animal products in school lunch programs
4. Stop funding all animal torture research
5. Stop ecocidal bombing by the Drug Enforcement Agency

6. Stop DOI extermination of prairie dogs, coyotes etc
7. Stop the Usda program of killing billions of blackbirds, crows and other birds which ranchers consider nuisances

VIII STAR CHAMBER COURTS

1. Elect Supreme Court and federal judges directly... reduce a Justice's term to 9 or 18 years, with 1 justice elected each year...to end the plutocracy of the 'Supreme' Court. At present the Supreme Court is ruled by thugs who trump the will of 360 million Americans

IX USPS

1. USPS: Stop subsidizing junk mailers who deforest the planet and cram landfills

X

1. End the monopolies of GE, Lockheed, Boeing and others on government contracts.

Ethical supervised bidding processes.

XI

1. Stop selling tv and radio licenses for pennies to the rich who make billions

XII

1. End the outsourcing of jobs

Saiom Shriver

Zz Inteligence

Intelligence, consciousness, genius
have different attributes.

1. analytical ability
2. concentration, focus yet at the same time
3. a spherical observation
4. willpower (the ability to shut down the clamor of hunger, thirst, etc.)
5. while knowledge is not an aspect of intelligence, widespread knowledge helps
6. memory
7. psychic power to flow into the minds of others or receive their signals
8. humor and creativity have in common that both can change the angle of perception..
see a situation or object from all sides
9. the ability to disregard rules or the common perceptions held by a majority
10. faster speed of neurotransmitters
11. openness to spirit (Einstein said the theory of relativity was given to given to him in a dream.... the man who discovered the benzene ring dreamt of a snake biting his tail... before that it was not known that molecules can have a ring formation... the inventor of the sewing machine dreamt of Indians holding spears with holes near the spear points... Schumann had a series of explosions in his ears... after which he wrote he began to hear angelic music of which he was not the composer, only the secretary)
- 12 visualization
- 13 imagination
14. positive thought

Saiom Shriver

Zz Internet Or Books

1. Nearly all published books
kill trees
2. Nearly all published books
cost money
3. Books take much longer
to distribute
4. Nearly all books are read
by only an infinitesimal
fraction of the population
5. As more and more book store
chains go out of business, the
right wing fleshmonger Barnes
and Noble is currently dominant.
6. The big book publishers often
secretly demand product placement
for fast food chains, boozemongering,
animal flesh peddling, lies
about 911, fawning over the FBI

Saiom Shriver

Zz Inventions By Indians For Which Others Have Been Given Credit

Inventions By Indians For Which Others Have Been Given Credit

I RADIO

Jagadish Chandra Bose, an Indian, was knighted by Queen Victoria for his invention, the crescograph, which proved the sentience of plants.

In the 19th century Bose invented the radio. Marconi was only 21 in 1898 when Bose demonstrated his radio in India. *1 and 2

II CHESS

Indians were the inventors of chess. During the Mahabharata War which was fought 5000 years ago, the scripture Bhagavad Gita, the Song of God, emerged. The battle was fought using elephants and horses. The earliest chess pieces show elephants and horses along with human beings. So many died in the Battle of Kurukshetra that the sands of the battle field 10 miles from Delhi are still red with the blood.

Two bishops replaced other pieces when chess reached the West.

*3a *3b *3c *3d

III NUMERALS

Indians invented modern numerals. Arabs brought their invention to the West. *4

'Invention of Irrational Numbers

The Indians knew about fraction numbers, as recorded in their Stananga Sutra. Another text, the Sulba Sutra, expounds on irrational numbers. It dates from 800 to 500 BC. A Greek follower of Pythagoras, Hippasus, is said to have discovered irrationals at the same time. But Pythagoras refused to accept the existence of non-rational numbers and had Hippasus put to death.

Invention of Modern Numbers

The Indians also invented the modern number system. It is often called Arabic

numerals because it came to Europe through the Arabs. The Persians copied the Indian number system and then passed it on to the Arabs. Then an Italian mathematician named Fibonacci traveled to Algeria to study. When he came back home, he brought the Indian numerals with him. He wrote about the system in his book "Liber Abaci." This system soon gained wide acceptance throughout Europe. Today it is the number system used in practically the whole world.'

The imperialist occupiers of India sought to diminish India. The sign 'dogs and Indians not welcome' is one of millions of examples. The invaders tried to discredit vegetarian diet India has for millennia had the most vegetarians in the world. Missionaries sought to describe Hinduism and Buddhism as pagan.

IV GAMES BESIDES CHESS

Other games including Polo, Snakes and Ladders, card games, the martial arts games of Karate and Judo were invented in India

LANGUAGE: A SEPARATE CATEGORY

Sanskrit which was described by occupying judge William Jones as 'more copious than Greek, more perfect than Latin, and more exquisitely refined than either' is the mother of all IndoEuropean languages. It is the only language whose written characters match the pattern of sound vibration when these characters are voiced. The Ramayana was recorded in Sanskrit 20,000 years ago, while the Bhagavad Gita was written down 5000 years ago.

India now has more English speakers than any other country.

Note: Thank you JBO for pointing writer to the chess and numerals histories

Saiom Shriver

Zz Isaac Tigrett, Sai Baba And The Hard Rock Cafe

Isaac Tigrett as a young man was playing with his brother. There was an accident and his brother died. His second brother killed himself. His parents never spoke again. It took Tigrett many years to deal with this extreme sadness.

He had had psychic phenomena since the age of 13. Norman Vincent Peale was a friend of his family and told his parents not to worry about his psychic abilities.

He was in a metaphysical visitation told to buy the book *The Secret Life of Plants* by Peter Tompkins and Christopher authors told him it was a big failure, though it was published by Harper and was their big Christmas book. 6 weeks after he bought the rights to the book it hit the NY Times best seller list and stayed there for 57 weeks. Stevie Wonder became his partner, and did the sound track to the film.

He began to found the Hard Rock Cafes, and they grow to 40 outlets on several continents.

He was working many hours a day. In California, he was driving his Porsche at 90 mph while intoxicated and found it going over a cliff. Suddenly a man materialized in mid air and held him as he and the car went down the cliff. He was unharmed. The car was totaled. The rescuing man disappeared. A while later in 1977 high on a drug he had an epileptic fit he was in Colorado. He choked to death. His spirit came out of the top of his head. He was looking down at his body. He heard a voice 'Your time is not yet. Call your guru's name.' He had swallowed his tongue. The same man materialized, slapped him on the back bringing his soul back into his body, and pulled his tongue out of his throat. He had been resurrected.

In an Aurangabad hotel Tigrett saw a picture of the man who had rescued him. It was Sathya Sai Baba,

believed by over 100 million people to be the Yugavatar or avatar of the age. Tigrett flew to India to thank Baba. He did not receive an interview in 1973 nor did he when he went every year for 14 more years. He broke a record, the only Westerner to come so many times without an interview.

During this time some of Baba's followers were suggesting that perhaps he should end his connection to his restaurant chain, which was involved in selling animal flesh and alcohol. When after 15 years he sold his 40 outlet chain, he received an interview.

He gave many millions for the creation of one of the world's best equipped hospitals in Bangalore, India, one which does not charge anyone and has done 10,000 free heart operations a year along with countless other operations and procedures. Western insurance companies send clients to India for these free operations.

To learn more of Isaac Tigrett and his guru...[3o8JW0ojNDk](#) and [7YwEXqRhLaM](#) are youtube videos of his talk.

Saiom Shriver

Zz Ken Saro-Wiwa And Richard North Patterson

'Kenule Beeson Saro-Wiwa (er 10,1941-died November 10,1995) was a Nigerian writer of novels, civil rights activist, television producer. In 1994 Saro-Wiwa was imprisoned by order of the dictator Sani Abacha. He had strongly defended the rights of the Ogoni people and criticized the government's oil policy with Royal Dutch/Shell. Despite wide international protests, Saro-Wiwa was hanged after a show trial with other eight Ogoni rights activists in Port Harcourt, on November 10,1995.'* The trial was conducted by a military tribunal.

Saro-Wiwa's son Ken wrote the book *In The Shadow Of A Saint* about his father. He has also produced and narrated tv and radio documentaries for Canadian Broadcasting and the BBC, and commentaries for NPR.

Patterson's book is fiction but a veiled reference, imho, to the murder of nonviolent environmental activist Ken Saro-Wiwa of Nigeria, who along with 8 others of his persuasion were hanged at the insistence of Shell Oil and a compliant corrupt Nigerian government. Neither the US State Department nor other branches of the US government seriously tried to prevent the execution.

Shell has for decades polluted the Niger Delta and the watershed of Nigeria with oil poisons while denuding the land of mango, palm and thousands of other species of plants.

Patterson recounts apartheid mercenaries displaced by the return of Nelson Mandela. These mercenaries join on the side of diamond, copper, gold and other miners and other commercial interests in many African conflicts. They also join the security forces of international corporations. The CIA has often subcontracted security work to these racists. He describes the torture, rape, and corruption employed by military dictatorships with sham trials, as well as black op diversions such as kidnappings.

In addition, Patterson investigates the world of oil speculators and their insider trading. They seem to know in advance coming crises and to buy futures in an almost omniscient way.

He weaves together vivid characters, a complex plot, and a masterful style of writing studded with occasional poem phrases.

This poster also recommends Patterson's books *The Spire*, *The Race*, *Protect and Defend*, *Loss Of Innocence* and *Fall From Grace*. With the book *Devil's Light* I part company, because of my belief that Osama Bin Laden probably died in 2001 after being hospitalized and in serious need of dialysis and the opinion of many millions that the bombing of the World Trade Center was an operation designed as an excuse to invade Afghanistan, and was a joint operation of elements in the CIA and Israeli military and intelligence.

Die CIA und der 11. September. Internationaler Terror und die Rolle der Geheimdienste. by Andreas von Bülow or The CIA and September 11

Saiom Shriver

Zz Kissinger's Shadow

Henry Kissinger became US Secretary of State though never elected to public office of any kind. He never answered to any electorate.

Greg Grandin's newest book is Kissinger's Shadow, a litany of Henry Kissinger's active legacy as seen in the current wars of the United States.

Christopher Hitchens' book is The Trial Of Henry Kissinger.

When CodePink recently organized demonstrators to speak up as Kissinger testified at congressional hearings chaired by John McCain, the courageous ones recited some of the atrocities orchestrated by Kissinger., to which McCain colorfully responded 'Get out you lowlife scumbags.' Each Kissinger scholar has his own list.

1. The illegal bombing of Cambodia.. adding numbers to the American soldier deaths and to what would become 4 million deaths in the Vietnam War he helped Nixon wage. Since the war's end,25,000 adults and children have died from US landmines, along with countless animals, birds etc.
2. The murder of the democratically elected Salvatore Allende of Chile was orchestrated by Kissinger while an National Security Council adviser. A few days after the campaign, Kissinger became Secretary of State.
3. Kissinger, according to his own papers, supervised the creation of S American death squads responsible for thousands of deaths.
4. The encouraging of Sukarno in Indonesia to invade E Timor. The result was millions dead.
5. While Nelson Rockefeller was alive, Kissinger worked to protect Rockefeller capital around the world. He was also instrumental in trying to make Rockefeller president, Kissinger helped coordinate the campaign against Spiro Agnew first. After Nixon's vicepresident resigned, Kissinger with Mark Felt (Deep Throat) (2nd in command at the FBI) arranged the Watergate fiasco of which Nixon was not aware until it was too late. He was involved in the murder of William Sullivan,3rd in command at the FBI, who on Nixon's behalf was investigating Kissinger. Finally, there was the attempt on Gerald Ford's life by Squeaky Fromme, who like her boss Charles Manson, was a CIA operative.2 of 3 of the obstacles to Rockefeller's presidency were removed.

6. The establishment of Petro dollars.

7. The continued arming of the Shah of Iran with his torturing Savak secret police. (see also Number 19)

8. The enabling of the torture of socialists, the repression of women by the Saudis.

9. The failure to recognize Palestine as a state.

10. Encouraging Pakistani militants to go into Afghanistan. Kissinger in general sided with Pakistan in its disagreements with India.

11. Opening the door to outsourcing dollars and jobs to China.

12. Kissinger Associates profiteer from capitalist fraud.

13. Kissinger Papers reveal that he encouraged Turkey to invade Cyprus.

14. From The Nation magazine:

'Kissinger goaded Nixon to place illegal wiretaps on close friends, associates, journalists, government officials, including his own NSC aide Morton Halperin)

15. In Jamaica, Kissinger opposed Jamaica's right under the leadership of its prime minister Michael Manley to nationalize the bauxite industry

16. Kissinger aligned with the repressive apartheid regime of South Africa, not with Meandela and the people of South Africa.

17. 'Kissinger supported an agreement that would end Kurdish autonomy in Iraq.' Source:

18. In Argentina, writes The Guardian 'Henry Kissinger gave his approval to the 'dirty war' in Argentina in the 1970s in which up to 30,000 people were killed, according to newly declassified US state department documents. Mr Kissinger, who was America's secretary of state, is shown to have urged the Argentinian military regime to act before the US Congress resumed session, and told it that Washington would not cause it 'unnecessary difficulties'.

19 In The Iran-Contra Connection: Secret Teams and Covert Operations in the

Reagan Era The Iran-Contra Connection: Secret Teams and Covert Operations in the Reagan Era by Marshall, Scott, and Hunter is written:

'Kissinger supported the oil price hike at the expense of world consumers as a clever means of financing the Iranian Shah's weapons purchases.'

20. In 1957 Kissinger in the book Nuclear Weapons and Foreign Policy promoted the use of tactical nuclear weapons in war. It is believed by many that the movie Dr Strangelove was a spoof of his warmongering.

21. At a Georgetown reception, an animal rights worker wearing a Love Animals Don't Eat Them tshirt thanked him for declining to hunt and asked about applying that philosophy to all animals. He replied 'I get the point. I just don't want to think about it.' A few weeks later he had a quintuple bypass. He was also asked at the University of Akron about his support of a Chinese plan to double their egg production and estimates that that would take the grain of 18 nations. He declined to answer.

That 2 bombers, Kissinger and Obama, should win the Nobel Peace Prize cheapens considerably its status.

Saiom Shriver

Zz Known Cures For Cancer

Despite the attempts of the cancer industrial complex of hospitals, drug companies, and others to suppress cancer cures, there are many. This article lists only a fraction of them.

1. Become vegan. The countries in the world with highest rates of intestinal cancer are heavy animal flesh consumption ones. Those countries with highest stomach cancer rates are high fish consuming ones. Countries with the highest rates of reproductive organ cancers (breast, prostate, ovarian, cervical, uterine) have the highest rates of dairy product consumption. rBST and other female hormones injected in captive animals multiply the likelihood of cancer.
 2. Eat uncooked fruits and vegetables (Cancer is among other things a disease of enzyme depletion. Cooking destroys some enzymes.)
 3. Avoid acid foods (animal and fish flesh, eggs, milk, coffee, tea, etc.)
Cancer is a disease of acidification.
 4. Purchase only organic food. Many insecticides are carcinogens.
 5. Vitamin C in powders, in pills, and in drips (Vitamin C is a toxin bouncer) .
 6. Forgive everyone. Cancer is a disease of retained pain, hoarded resentment.
 7. Sunlight not radiation
 8. Avoid unnecessary surgeries which break down cell walls allowing carcinogens to spread.
 9. Prayer and positive thought Numerous studies indicate that those prayed for have a higher healing rate than those not prayed for.
 10. Hyperthermia Cancer cells are more vulnerable to high temperatures than healthy cells *1
 11. Stop smoking through nicotine gum, lozenges, hypnosis etc.
 12. Directed magnets cause cancer cells to self destruct. *3
 13. The use of directed light and sound waves is done at a clinic in Mexico
- Number 4
- 14 MSM treatment #5
 14. Detoxification in a variety of ways
 - a detoxification of intestines through coffee enemas

Zz Leaders Ahead Of Their Followers

The founders of Buddhism, Hinduism, Christianity, Judaism, Sikhism, Jainism, and the sects of Methodism, the Salvation Army, the Seventh Day Adventists, the Franciscans and many other monk orders were all vegetarian. They are respectively Buddha, Rama, Jesus, Abraham, Guru Nanak, Mahavira, John Wesley, General Booth, Ellen White, St. Francis etc.'

In most of these cases, a majority of the followers are not following the spiritual path of their founders.

1

In Sikh temples only vegetarian food is served. The temple is called the Gurdwara.

2

The origin of the word Abraham say some linguistics scholars is 'A Brahmin'.

3

The Buddha did not require his monks to be vegetarian if flesh was put into their begging bowls.

Saiom Shriver

Zz Legacy Of Obama, The Republican Senate And Republican House

Obama, The Republican Senate & Republican House: Warmongering Puppets Of The Rich

War in an unprecedented number of places with millions killed and injured, billions of animals, birds, reptiles destroyed... longest war in US history continues in Afghanistan... illegal, immoral, harming the real security of the US, while bankrupting the country through the expenditure of tens of trillions of dollars

*

More money spent on weapons than any other country, more than next 25 countries combined... and as a result the world's biggest network of lobbyists

*

Guantanamo torture site continues illegally holding prisoners in an illegally held military base which violates Cuba's sovereignty

*

CIA kidnappings and torture sites...

*

CIA drone assassinations

*

Military putting multibillion dollar bounties on the heads of those the government terms terrorists

*

The US has the biggest arsenal of nuclear weapons in the world, and is currently violating the international treaty by developing new nuclear weapons in Albuquerque. Lockheed, which with obsolete shuttles blowing 5 astronauts and countless secreted animals over 5 states... is the major war profiteer with the contract.

More people imprisoned than any other nation per capita, many for nonviolent acts.

*

A warmongering media which in violation of original FCC rules is controlled by a few billionaires and centimillionaires, rather than the people of the United States,

*

A media which teaches violence to children

*

A media which broadcasts more food ads than any other country resulting in the most obese nation on earth with millions of sick people

*
Unprecedented violation of privacy through NSA spying on emails, phone calls, bank accounts, letters etc.
*
30 billion to Israel, a racist apartheid state, and pennies to the people of Detroit
*
Global heating bringing the worst weather ever... record heat, cold, drought
*
More money spent on health care than anywhere else but mediocre health care as the poor are robbed. Obamacare enables further pricegouging by international drug company cartels, insurance cos., , the medico industrial complex of hospitals, doctors, HMO's,
*
A bankster controlled Federal Reserve setting the monetary policies of the people... it continues in existence because of the murder of John F Kennedy
*
The Trans Pacific Partnership (TPP) allows multinational corporations to sue and override hardwon environmental and labor laws... and to further imperil US workers... rammed through by Wall St, Koch Brothers in violation of the wishes of the vast majority
*
Infrastructure falling apart... including bridges
*
Subsidies through NIH for animal torture
*
Subsides of animal slaughter through food stamps
*
Abandonment of Amtrak
*
International drug companies running amok, allowed to pollute the airwaves with ads for drugs which cause death and injuries

Education poor. Few can afford college.

Nondelivery of water to drought stricken areas like California, endangering nation's food supply

The USDA's many atrocities*
Inadequate fire prevention and fire extinguishing (the USDA controlled burns often expand fires, e.g.) In Alaska alone incompetence and lumber industry corruption have allowed 3 million acres to burn billions of animals and trillions of other beings.

Administration threatening relatives of kidnapped victims prosecution if they try to raise money for ransom

Continued lies about 911 and about Osama Bin Laden's death 911truth dot org
The CDC ignores the dangers of drugs and fails to warn people of the hazards of mammal, bird and fish flesh

Failure to approve the international landmine treaty already signed by 162 countries

Over 1 million iatrogenic deaths annually

a high infant mortality rate compared to the rest of the world

31

Supportive links

Media teaching violence

NIH Funded Heinous Animal Torture

USDA

War in an unprecedented number of places with millions killed and injured, billions of animals, birds, reptiles destroyed... longest war in US history continues in Afghanistan... illegal, immoral, harming the real security of the US, while bankrupting the country through the expenditure of tens of trillions of dollars

More money spent on weapons than any other country, more than next 25 countries combined... and as a result the world's biggest network of lobbyists

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More people imprisoned than any other nation per capita, many for nonviolent acts.

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A media which teaches violence to children

A media which broadcasts more food ads than any other country resulting in the most obese nation on earth with millions of sick people

Unprecedented violation of privacy through NSA spying on emails, phone calls, bank accounts, letters etc.

30 billion to Israel, a racist apartheid state, and pennies to the people of Detroit

Global heating bringing the worst weather ever... record heat, cold, drought

More money spent on health care than anywhere else but mediocre health care as insurance companies, hospitals and doctors continue to rob the poor
Obamacare enables further pricegouging.

A banker controlled Federal Reserve setting the monetary policies of the people... it continues in existence because of the murder of John F Kennedy

*

The Trans Pacific Partnership (TPP) allows multinational corporations to sue and override hardwon environmental and labor laws... and to further imperil US workers... rammed through by Wall St, Koch Brothers in violation of the wishes of the vast majority

*

Infrastructure falling apart... including bridges

*

Subsidies through NIH for animal torture

*

Subsides of animal slaughter through food stamps

*

More broadcast food ads than any other country, resulting in the most overweight population in the world and an unhealthy one

*

Bridges endangered... infrastructure falling apart

*

Abandonment of Amtrak

*

International drug companies running amok, allowed to pollute the airwaves with ads for drugs which cause death and injuries

*

Education poor. Few can afford college.

*

Nondelivery of water to drought stricken areas like California, endangering nation's food supply

*

The USDA's many atrocities*

*

Inadequate fire prevention and fire extinguishing (the USDA controlled burns often expand fires, e.g.)

*

Administration threatening relatives of kidnapped victims prosecution if they try to raise money for ransom

*

Continued lies about 911 and about Osama Bin Laden's death 911truth dot org

*

Over 1 million iatrogenic (physician, drug, hospital or other caregiver caused death)

The picture is of our only modern peacemaking president, Jimmy Carter

27

Saiom Shriver

Zz Lethal Gardasil

Governors Perry And Kasich, Jim Bohannon And The Lethal Gardasil Of Merck

Merck's Gardasil has killed dozens of young women, destroyed the ovaries of countless numbers, and created 12,000 reported toxic incidents, including coma, anaphylactic shock, seizures, and blood clots (the most common cause of death).

Merck has tried through bills in the legislatures of 24 states to MANDATE that girls be injected with its lethal alleged cervical cancer vaccine or not be admitted to school.

Retiring governor Perry of Texas tried to force Texas teens by law to be injected with the alleged anticancer vaccine Gardasil made by Merck. The people of Texas overrode him.

The campaign was picked up by Governor Kasich of Ohio and his Ohio Department of 'Health'. The department has been running public service spots attempting to sell the drug, endangering the people of Ohio. Voters have the opportunity to remove Kasich from office this November, whose financial connections to Merck have not been adequately investigated.

This incident was brought up by a caller on the Republican talk show of Republican warpromoter Jim Bohannon of Westwood One, who banned discussion.

Merck is advertising Gardasil as a safe sex vaccine. Nothing could be further from the truth. Cervical cancer is an STD, a sexually transmitted disease. It is a disease frequently contracted by prostitutes.

Merck wants girls vaccinated at age of 9 years.

Merck operatives also hack websites and run smear campaigns against those actively educating people to avoid Gardasil.

After animals have been tortured in Merck's laboratories, young women become the new guinea pigs for the company.

George Merck's career began in developing bioterror weapons for the US military.

These weapons were stored at Ft. Meade in Maryland.

From Snopes re Gardasil:

From Snopes:

'32 Girls Have Died. (Most have died from blood clots. Other effects include coma, anaphylactic shock and coma.)

11,916 adverse events already reported to the CDC... and counting. One girl took 6 steps after the vaccine and collapsed, foaming at the mouth. Pain and swelling. Life-threatening muscle weakness. Blood clots in the heart and lungs. And the deaths of 32 innocent girls and young women.

The health threats listed above have all been linked with Gardasil, the so-called 'cervical cancer vaccine.' And thanks to Pharma giant Merck, desperate parents and naive young women believe this vaccine saves lives... they couldn't be more wrong.'

Saiom Shriver

Zz Lou Gehrig's Diet

Lou Gehrig was from a German family with which he lived as a child and for some years as an adult.

He was fed
liverwurst,
braunschweiger,
frankfurters, (named for Frankfurt Germany)
hamburgers (named for Hamburg Germany)
ducks and geese
cow flesh, pig flesh and lamb flesh.

Kielbasa also killed Gehrig.

Researchers know that animal flesh causes Lou Gehrig's disease. They hide that information from the public as they continue to torture animals to promote ineffective drugs and the cut burn and poison of chemotherapy radiation and surgery.

TV Networks help animal torturers to raise money. Instead they should tell the truth, frequently.

Saiom Shriver

Zz Lustbusters

WORDS OF GURUS AND OTHERS ON CONQUERING DESIRE

Bhagavad Gita: Lust is born of the contact of senses with their objects.

Tanya Siri: Lust is God's way of binding together former enemies to work out karma.

Sai Baba: Love is the rose. Lust is the thorn.

Ann Wigmore: Passing a pendulum over a pregnant woman it will often move in circles if the child is a girl and in straight lines if it is a boy.

S Grafio: I was sitting across the table from a beautiful young blonde woman. Suddenly I saw her in a past life, dying as a nonagenarian man. It was a lustbuster.

Jerrtha Love, Dick Gregory's astrologer: Analysis of natal charts of prisoners confined for sex crimes often shows unfavorable aspects of mars and neptune.

Nat Altman: The Theosophical Society in Wheaton Illinois was so full of love one felt his libido melting away.

Unknown: Men desire women. Women desire men's desire.

SNS: One plants seeds only if he desires the fruit.

Swami Prabhupada: (paraphrased) Krishna was conceived in the womb of Devaki as mysteriously and purely as the rising moon in the east captures the rays of the setting sun in the West.

Maharaji: See all women as the Divine Mother

MB said to writer in a dream when he was asked how he felt about the pain of an ending relationship said 'I fell out of the warp and woof of time.'

Sai Baba showed 1 devotee in a vision that He was

pouring the luminescent sands of attraction from 1 vessel to a 2nd to a 3rd.. indicating that it is the energy which attracts us more than the form.

Baba Hari Das: Love is more powerful than lover for Love is not bound by form.

SNS: It is often the projection of what we love in ourselves which attracts us in another.. who mirrors a particular facet we love.

SNS: Hormones given to animals and remaining in their flesh and dairy products excite unnaturally sexual thoughts.

SNS: Few people are more angry than celibates not emotionally ready for abstinence, whose abstinence is not based on onepointed love of God.

Sai Baba: Why does the dead ball moon shining with stolen light have more power on earth than the many times larger self luminescent stars? Proximity (paraphrased)

Bhagavad Gita: People will act according to their own natures. What good does repression accomplish?

SNS: When churches segregate women and men.. on 2 opposite sides.. it is often to keep these spherical and linear alignments focused rather than diluted.

SNS: Masters need no completion outside themselves. Their feminine and masculine, yin and yang, male and female, ida and pingala, mars and venus, are perfectly balanced. They desire neither male nor female experiences.

Sai Baba: In women the sattvic and tamasic gunas predominate. In men the rajasic guna predominates. (The sattvic guna is the highest of the 3 gunas. The rajasic is the aggressive or passionate guna and the tamasic guna is inactive out of lethargy.)

Kent: I believe that in general men separate love from lust more than women do.. so that when they do love it is stronger, more pure.

S Grafio: I once witnessed a dog on fire come out of a burning building and immediately attempt to hump another dog. It was then I saw the

connection between pain and sex.

Reincarnation theory: We alternate between male and female lives as we spiral upwards and to the inner realms in ever greater perfection. We are what we desire.

Sri Sathya Sai Baba: Proximity leads to attraction. Attraction leads to thought. Thought leans to action.

S Grafio: Lesbians sometimes have conjunctions or squares of the moon to neptune.

30 year old Law student: I had a very happy life as a Victorian woman. It was a while before I could adjust in this life to being in a male body, but I am beginning to prefer it.

Disciple to Sai Baba: Should I become a sannyasi (celibate monk) ?
Baba: If you had wanted to you would have done so by now

Swami Prabhupad: The sun god proposed to the little girl mouse, but she wanted only a little boy mouse.

Saiom Shriver

Zz Meat Is A Group One Carcinogen, Reports The World Health Org. Belatedly

Because of the power of the multi trillion dollar butcher industry, the World Health Organization is decades behind in reporting on studies which prove that all processed meats and red meat are group one carcinogens, in a class with alcohol, cigarettes etc. But this month it finally acted in a partial fashion. It has yet to act regarding cancers caused by chickens, turkeys and other birds nor has it warned about the correlations of fish consumption to cancer of the stomach, radiation poisoning, anaphylactic shock etc. Leukemia in chickens is deceptively called leukosis, but is transmitted to humans who eat chicken. Since Ronald Reagan doubled the speed of the slaughterhouse conveyor belts, it is very hard to see tumors in the whirring lines. Cancers the size of a grapefruit can be cut out and the rest of the cadaver approved. There is NO microscope inspection. The USDA has fought against any truly reliable Mad Cow testing. The USG has fought in the World Bank against the European Union ban on hormone laden American meat and dairy. The CDC and FDA have been virtually silent about dairy products and eggs and their correlation to reproductive cancers (breast, prostate, uterine, cervical, ovarian) .

Even so, federal agencies in the US continue to protect the meat industry. The CDC has done NO public service spots warning people about the hazards of animal and fish flesh and animal products. The USDA actively works against good health by continuing in various ways to subsidize the raising of animals for the slaughterhouse. The USDA, founded to end the heinous conditions of slaughterhouses as reported in *The Jungle* by Upton Sinclair, very shortly after became an agency for the promotion of meat. It has for over a century chosen the help a small private lobby rather than advance the health of Americans. The FDA has allowed toxic practices in meat processing such as biophages, irradiation of meat, additives which cause cancer such as sodium nitrate, heterocyclic amines, female hormones forced on captive animals, methylcholanthrene, malonaldehyde, insecticide residues.

In addition the EPA has not warned the public about cattle and sheep ranches as a major cause of global heating and freezing, both because of deforestation and methane issues.

Nor has the government done anything to end the vicious cruelty of factory farms.

National Public Radio with its 200 million dollar investment in the world's biggest murderburger chain, did a report on All Things Considered after the WHO press release, without mentioning at all the connection of meat to any of the number of diseases it causes.

Saiom Shriver

Zz Mike Nichols Dead At 83

*

Michael Igor Peschkowsky was born in Germany in 1931, and came to the United States in 1938 with his family to escape from Nazi Germany. He could speak 2 phrases: 'I don't speak English' and 'Please don't kiss me.' reported NPR.

From his comic genius with Elaine May and his blazing talent as a Broadway director with 6 Tony awards to his searing political commentary in Charlie Wilson's War, Silkwood, Primary Colors, Catch 22, The Day Of The Dolphin, Heartburn etc., Nichols was a blazing star.

Some of his filmography, Broadway shows, acting roles, and tv appearances:

Charlie Wilson's War (2007) (CIA funding of Mujahideen and Taliban in Afghanistan. Agency spending billions giving Afghan fighters shoulder fired missile launchers, which since then have been used to shoot down American planes)
Director

The Day of the Dolphin (1973)
Director book by John C Lilly, Navy researcher who went public about the Navy's causing dolphins to commit suicide and Navy training of dolphins as explosives carriers

Silkwood (1983)
Director, Producer

'The life of Karen Silkwood. Silkwood was a nuclear power whistleblower and a labor union activist who died in a suspicious car accident while investigating alleged wrongdoing at the Kerr-McGee plutonium plant where she worked. In real life, her death was vindicated in a victorious 1979 lawsuit, Silkwood v. Kerr-McGee, led by attorney Daniel Sheehan and other founding members of the Christic Institute.' Wikipedia

Heartburn (1986)
Producer, Director

based on Nora Ephron's book about being pregnant when her husband Carl Bernstein was having an affair. Bernstein and Woodward of the Washington Post and Naval Intelligence cooperated with Henry Kissinger and Mark Felt in setting

up Richard Nixon for the Watergate burglary of which he was not aware at the time.

Catch 22 (1970)

Director

an antiwar film

Who's Afraid Of Virginia Woolf? (1966)

Director of Richard Burton and Elizabeth Taylor

The Graduate (1967)

Director

Dustin Hoffman, Anne Bancroft

Barefoot In The Park 1963

Director of Broadway play by Neil Simon starring Elizabeth Ashley and Robert Redford

'Nichols won a record six Tony Awards for direction of a play. Those included 'Barefoot in the Park' in 1964 and 'The Odd Couple' in 1965, and Arthur Miller's 'Death of a Salesman' '

Closer (2004)

Director, Producer

What Planet Are You From? (2000)

Producer, Director

Primary Colors (1998)

Director, Producer

The Designated Mourner (1997)

Actor

The Birdcage (1996)

Producer, Director

Wolf (1994)

Director

The Remains of the Day (1993)

Producer

Regarding Henry (1991)

Producer, Director

Postcards From the Edge (1990)

Producer, Director

Working Girl (1988)

: Director

Biloxi Blues (1988)

Director

Annie (1981)

Director

Gilda Live (1980)

Director

The Longshot (1978)

Executive Producer

The Fortune (1975)

Producer, Director

Carnal Knowledge (1971)

Director, Producer

TELEVISION

The Wil Wheaton Project (2014)

Executive Producer

Wicked Tuna (2014)

Executive Producer

Wicked Tuna: North vs. South (2014)

Executive Producer

Inventing David Geffen (2013) Actor

34th Annual Kennedy Center Honors (2012) Presenter

TV Land Presents: The AFI Life Achievement Award Honoring Morgan Freeman (2011)
Actor

Faces of America with Henry Louis Gates, Jr. (2010) Actor

AFI Life Achievement Award: A Tribute to Mike Nichols (2010) Actor

AFI Life Achievement Award: A Tribute to Warren Beatty (2008) Actor

My Dad is Better Than Your Dad (2008) Executive Producer

Julia Roberts: American Cinematheque Tribute (2008) Actor

Kennedy Center Mark Twain Prize Celebrating Steve Martin (2006) Actor

Whoopi: Back To Broadway - The 20th Anniversary (2005)
Producer, Acknowledgment

62nd Annual Golden Globe Awards (2005) Actor

Angels in America (2004) Director

AFI Life Achievement Award: A Tribute to Meryl Streep (2004)
Actor

26th Annual Kennedy Center Honors: A Celebration of the Performing Arts (2004) Actor

Kennedy Center: Mark Twain Prize - Celebrating Whoopi Goldberg (2002) Actor

Wit (2001)
Screenplay, Director, Executive Producer

American Film Institute Salute to Harrison Ford (2000) Actor

Intimate Portrait: Diane Von Furstenberg (2000) Actor

Academy of Television Arts & Sciences (ATAS) 13th Annual Hall of Fame (1998)
Actor

Catch-22 (1997) Actor

Inside the Actors Studio (1997)
: Interviewee

Nichols and May - Take Two (1996) Actor

Richard Avedon: Darkness and Light (1996) Actor

American Film Institute Salute to Jack Nicholson (1994) Actor

8th Annual American Comedy Awards (1994) Actor

Paul Simon: Born at the Right Time (1993) Actor

Kennedy Center Honors: A Celebration of the Performing Arts (1992) Actor

Working Girl (1990)

Story By Richard Burton: In From the Cold (1990) Actor

Neil Simon: Not Just For Laughs (1989) Actor

Thorns (1988) Executive Producer

Bugs Bunny/Looney Tunes All-Star 50th Anniversary (1986)
Actor

39th Annual Tony Awards (1985) Actor

Family (1980) Executive Producer

Last Laugh at the 60's (1970) Actor

Jack Paar Special (1960) Actor

Jack Paar Presents (1960) Actor

Friends With Kids (2011) Executive Producer

Saiom Shriver

Zz Monsanto: Seed Monopoly, Food Supply Control, Bee Killing

Monsanto wants to
patent all God given seeds
and control the world's
food supplies.

The deaths of tens of
millions of bees they decreed.
.. they're the essence of
scofflaw cruelty and greed

Saiom Shriver

Zz Myriad Reasons To Stop Eating Animals

Whether you reduce or eliminate the consumption of meat, fish, dairy products.. Here are some reasons to take the first step

1. ANIMAL AGONY

- . Trillions of animals suffer hideously in factory farms, transit and slaughterhouses. Fishes die of suffocation, asphyxiation.

2. Help the Environment

- . prevent deforestation
- . reduce global heating
- . prevent drought
- . stop conservation..

3. Prevent Disease

- . vegan men have higher sperm counts while nonvegetarians have much more
- . heart disease
- . cerebral stroke
- . cancer of many kinds
- . ecoli or colon bacteria infections
- . insecticide concentrations at the top of the food chain
- . food poisoning.. corpses should be buried not consumed
- . kidney dysfunction... carnivores have 5 times our kidney size per pound
- . arthritis the uric acid or preurine (trioxypurine) in animals' muscles when they are murdered
crystallizes in needle formation around the joints
- . choking high up on the list of accidental deaths (comparable to swallowing shoe leather?)
- . appendicitis (our fruitarian ancestors gave us the longest intestinal tract in relation to height of any animal)
- . bleeding ulcers (carnivores secrete much more hydrochloric acid than human beings)
- . parasites: liver flukes, trichinella and other worms

4. Create Most Food Yield Per Acre.. Preventing Hunger

Cow corpses yield 100 lbs of animal flesh per acre in desertified W Texas... a maximum 1000 lbs.

per acre in more rain-blessed areas. Dairy products and vegetables yield more per acre.

Centenarian fruit and nut trees can drop as high as 2 tons each of food or

450,000 pounds an acre in some cases.

5. Prevent Crime

. the adrenalin secreted by terrorized animals is only partially broken up by cooking and causes anger in those who eat the flesh

6. Stop Accidents

. slaughterhouse workers slip on the grease, fecal matter, urine, blood in abbatoirs

. slaughterhouse workers are kicked in the head and elsewhere as they electroshock, kick

drag and otherwise force animals into the slaughterhouse chutes

. slaughterhouse workers are exposed to cold

For more:

7. Foster Esthetics

. Compare the fragrance of almond blossoms to the stench of the killing fields and the

piercing shrieks of the abbatoir to the wind's symphony in olive groves. Compare a bowl

of shelled nuts after 3 days to a flesh sandwich sitting on the kitchen table.

8. Restore Mental Health

. Russian research found that vegetarian diet eliminated the adrenalin saturated flesh which

is a factor in depression, anger, anxiety

9. Stop Fires

. Animal fat (grease, lard, tallow) accumulating on restaurant and home walls causes fires.

. Malfunctioning ovens cause fires

. Gas and electric lines into stoves cause fires.

. [a whole firehouse goes vegan

10. Save Money

. Cadaver eating is expensive.. sometimes many times more per pound than fruits and vegetables

. Cooking and freezing are costly

. Around the world flesh-related diseases are hemorrhaging \$\$ from national health care.

11. Prevent Obesity

. The average vegan weighs 23 pounds less than the average nonvegetarian and 11 pounds less than the average dairy vegetarian.. That was the discovery of Mervyn Hardinge MD in isocaloric studies at an ivy league school.

There are over 100 studies indicating weight loss with vegan and vegetarian diet.

Lance Armstrong

recommends meatless diet for weight loss and healing.

Cows' milk is intended for their baby calves and is designed to make a 1000 lb. animal in a few months.

It engenders obesity in American children. Dr Atkins of the Atkins Diet (whose foundation is connected

to Smithfield pig factory farms and Duke of North Carolina) died of a cerebral stroke which generated a fall while weighing 257 lbs.

12. Save Time

. Vegetarian, vegan and fruitarian meals take much less preparation time

. Vegetarian plates take less cleaning time

. Kitchen wall cleaning takes less time

13. Save Water

. 'Probably the most reliable and widely-accepted water estimate to produce a pound of cow flesh is the figure of 2,500 gallons/pound. Newsweek once put it another way: 'the water that goes into a 1,000 pound steer would float a destroyer.' No one

begrudges patient cows water on their painful journey to a grizzly end, but the ratio illustrates the entire waste of cattle concentration camps.

14. Spiritual traditions and teachings

Christian

Muslim

Hindu

Buddhist

Sikh, Sufi, Rastafarian, Wesleyites, Salvation Army followers of General Booth, Franciscans, 7th Day Adventists,

Cistercians, early Christians following Jesus' example... all have vegetarian traditions

15. Break Addiction's Chains Both Physical and Mental

. The uric acid or trioxypurine in flesh is stronger than caffeine (dioxypurine) . Not everything we absorbed in childhood was good.

16. Foster International Peace

. As Mexican undocumented workers refuse slaughterhouse jobs, they are going to

Central Americans. Slaughterhouses are an intrinsic part of the immigration problem.

. Canadians, Norwegians, Icelanders, S African governments club seals because they eat fishes.

. Japanese 'scientists' harpoon whales not only for their flesh but because they eat fish.

17. Save Energy

- . meat takes over 81 times the production energy that nut protein takes... no till agriculture saves energy and animal lives
- . energy in the freezer at slaughterhouse, warehouse, transportation truck, home
- . energy in the stove
- . energy and cost of veterinarians, toxic hormone injections etc.
- . compare dropping a peach seed on the forest fringe and covering it with a little dirt.. coming back in 4 years to fruit which drops in your lap... to the great effort of killing animals

18. Live Longer

- . Several life insurance companies give discounts to vegetarians. The January 1973 National Geographic mentioned that centenarian tribes are vegetarian (Villcabamba of Ecuador, Azerbaijan, Hunzas, yogis are some examples)

Thank you to Allison Aubrey of NPR for her coverage of the Meatless Monday campaign, the first step to a total Meatout.

Lance Armstrong has asked people to start with a meatless Monday. 81,000 Baltimore school children are having 1 meatless day a week. Yale, UC Davis, Northern Kentucky University, Johns Hopkins are adapting their cafeterias.

*

President McKinley was shot on Sept 6 2001 and was recovering, but gangrene from the bullet's path through nonvegetarian intestines was the final cause of death. When George Wallace, American candidate for president shot by a hit man employed by war profiteers, was hit, he had, said a national news magazine, just eaten a hamburger, and the bullet trailed an ecoli (colon bacteria) path through his body.)
International Ahimsa Coalition

Footnote:

Readers have my permission to disseminate this article widely

Saiom Shriver

Zz No More Meat Ads On Tv Or Radio

Tobacco ads have been banned on tv and radio. Alcohol ads have been limited on tv and radio. Meat causes many kinds of cancer, heart disease, strokes, food poisoning, kidney dysfunction, Alzheimer's, arthritis, etc.

Americans are per capita the most overweight people in the world (69% of Americans overweight reported NPR, as opposed to 35% in Bogota Colombia while Americans have 4 times the cars that Colombians have) . An Ivy League isocaloric study by Dr M Hardinge revealed that after 3 months on the same calories per day, nonvegetarians weighed 23 lbs. more than vegans and 12 lbs more than dairy vegetarians. Americans are forced more food ads than any other country.

Ads for toxic drugs which can cause death should also be banned from tv. It was during G W Bush's administration that Republicans jammed through Congress a law banning people from suing drug companies over vaccine deaths.

Saiom Shriver

Zz Ohio Republican Vote Fraud Defeats Marijuana Legalization In State

GOP election fraud crime
in Ohio time after time.

*

Televised screen shots taken Tuesday night of live election returns in Ohio provided by the Secretary of State's office showed hundreds of thousands of votes flipping from the 'yes' to 'no' column of Issue 3, the ballot measure to legalize marijuana.

Recently in Kentucky a Republican governor won and those who installed him went to jail for election fraud. He had a landslide victory after being behind in polls.

In Ohio there was strong support for marijuana legalization, but Ohio Republican fraud

with the help of Diebold machines (there still around despite Diebold's having sold the company) and criminal operatives. Ohio Republicans kept John Kerry out of the White House in 2004.

Republican vote fraud in several counties defeats marijuana legalization in Nov 2015 despite polls indicating Ohio 56% in favor.

Hamilton County, Ohio covers Cincinnati. It is the county in which Mitt Romney's son bought a voting machine company during his father's campaign for president

Hamilton County Ohio vote fraud

/>

Portage County Ohio vote fraud Diebold machines

/> />

Issue 3 - Constitutional Amendment - Marijuana

Total

Number of Precincts	130	
Precincts Reporting	130	100.0%
Vote For	1	
Times Counted	43576/99434	43.8%
Total Votes	43090	
YES	16712	38.78%
NO		

Secretary of State Husted's network made sure that despite poll support for pot in Ohio, it would fail. Note the 'times counted' below. These were Diebold machines. Diebold sold the company but there is widespread knowledge that their machines can be hacked in 3 minutes.

The following is just one of the counties in which computers mysteriously failed to work

Notice the 'times counted' figure.

Issue 3 - Constitutional Amendment - Marijuana

Total

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YES	16712	38.78%
NO		

/>

Saiom Shriver

Zz Ohio: Reasons To Vote Out Kasich

Revised Oct 11 2014

If you agree please email this to any Ohioans you know.

Reasons to vote out John Kasich from the governor's mansion and vote in Ed Fitzgerald

1. Murder by the State:

There are 9 executing governors out of 50 in the US. Over 2/3 of the world's countries do not execute. No country can join the European Union if it is involved in this ancient barbarism. John Kasich has without mercy sent 12 men to their deaths.

2. Promotion of War

When John Kasich was a regular on Rupert Murdoch's Fox News, he frequently promoted the illegal wars of G W Bush.

3. Personal Corruption

John Kasich was an executive with Lehman Brothers when the corporation went bankrupt.

4. Fracking earthquakes and poisoning of the watershed

Kasich is in the pockets of oil and gas billionaires such as the Koch Brothers.

5. Enemy of Mass Transit

Kasich, like fellow pawns of petroplutocrats Scott Walker of Wisconsin and Rick Scott of Florida, sent back several hundred million dollars to Washington, money earmarked for mass transit and trains linking Cleveland, Columbus and Cincinnati.

6. Promoting Killer Vaccines

Kasich's appointee is advertising that parents of young girls should force them into 'anticancer' vaccines, the Gardasil of Merck which has killed dozens of girls and destroyed the ovaries of many more.

7. Library Funds Cut Five Times

Kasich has five times reduced further the money the state gives municipal libraries.

8. Encouragement of Bow and Arrow Hunting

Kasich has not cut the Ohio Dept. of Natural Resources funds designed to desocialize children to violence while teaching them how to shoot arrows into innocent animals.

9. Violence Increases When The State Encourages Children to Kill

FBI profiles of serial killers and countless studies indicate that serial killers come most frequently from the ranks of hunters, laboratory researchers on animals, butchers, men trained to kill in the military.

10. Factory Farm Inaction

Under Kasich's administration, there has been virtually no action to eliminate factory farms with their hideous animal cruelty, their dumping of trillions of gallons of solid and liquid waste into the watershed, their use of child labor etc.

11. Health Insurance

Under Kasich, Ohioans, not a wealthy state, pay the 4th highest insurance premiums in the country.

Residents of 11 Ohio counties including Medina, Summit, Stark, and Columbiana were not consulted when through fraudulent eminent domain their property was seized for a fracking pipeline, a consequence of the water poisoning earthquake causing fracking industry, a pipeline with massive risk of ground water pollution and explosions as well as environmental damage to people's property. This pipeline is thoroughly backed by Kasich and the Republicans in the Ohio House. Spectra Energy is attempting to ram through its 'Nexux Gas Transmission'.

Ohio has not since Al Gore was elected president been a Republican state, only a Republican vote fraud state.

The Republican Party's decision to choose Cleveland Ohio as its convention site this year is partly due to Ohio's alleged historical role as a swing state, but also a bid to try to keep executioner John Kasich in the governor's office. Previous Republican Party thefts of the Ohio vote helped install the unelected George Bush twice. These are documented in a congressional committee investigation and by many numerous studies including one by Robert F Kennedy Jr. published in Rolling Stone magazine.

Time To Replace Executioner, Petroplutocrat Pawn, Library Funds Slasher John Kasich

Only 5 governors of 50 are still murdering prisoners in the name of the state. One is John Kasich of Ohio and to replace him with soon to be 47 year old Ed Fitzgerald.

Executioner, mass transit opponent, slasher of library funds, nonenforcer of Ohio environmental law, governor John Kasich should be dumped this fall. Please help make Democrat Ed Fitzgerald governor of Ohio.

While Kasich spends millions of state money for each murdered prisoner and uses tax money to support brutal bow and arrow hunting, he has cut library hours FIVE times. In Summit County 15 fewer hours a week at the library are now available.

REPUBLICAN EXECUTIONERS

The current incumbent, John Kasich, is one of only FIVE governors out of FIFTY still involved in the barbarism of state murder of prisoners (execution) . The US is one of only 12% of the world's countries still involved in judicial, prosecutorial, gubernatorial or other government murder. Kasich ignores Episcopalian, Lutheran, Catholic, Methodist, Presbyterian, Hindu, Buddhist, Jain, Jewish and other groups opposed to state murder. Republicans on the Ohio Supreme Court have helped.

REPUBLICAN OIL AND GAS

Stop the fracking industry and Kasich from poisoning Ohio's waters.

TRAINS

When Abraham Lincoln was murdered, a funeral train brought his body through Cleveland and Columbus to Cincinnati. In the early 1900's, a triumvirate of powerful car, gas, and tire men sought around the country to kill trains and streetcars. The Cleveland to Cincinnati train disappeared. For many decades now Ohioans have been working to bring back that train. But Kasich, indebted to oil and gas men for his election, sent 400 million dollars in mass transit money back to Washington. 2 of the 3 (Rockefeller, Ford and Firestone) who destroyed the US train system were Ohioans. Many cities and towns in Ohio clamored to be included in the Cleveland to Cincinnati route. Amtrak ridership has increased 10 of the last 11 years. Trains are hundreds times more efficient than planes, buses, and cars. Kasich was not alone in vetoing the mass transit wishes of citizens. Executioner Governor Rick Scott of Florida and unionbuster Scott Walker of Wisconsin also sent back hundreds of millions.

HEALTH CARE

Because of the Cleveland Clinic, Summa, and other hospital conglomerates as well as insurance scams by United Health Care and others, Ohioans pay the 4th largest premiums in the country. When Kasich came into office he began slashing Medicaid recipients from the rolls and increasing copays for the poorest Ohioans. When a number of states recently took federal funds to expand Medicaid, Ohio was among them but the negligent phone contacts, the months and months for approval have made the Republican supervision of Medicaid in Ohio very inefficient. Medicaid applicants are not always known if they are rejected, nor the reason for the rejection.

OHIO PENSIONS: KASICH ADMINISTRATION STEALING FROM TEACHERS

Ohio has an unusually high percentage (15%) of its teacher pension funds invested in hedge funds which follow the two and twenty rule. They automatically take 2% of all the assets and 20% of the profits.

REPUBLICAN JOB FALSIFICATION

The Kasich administration has falsified its jobs record.

LIBRARY FUNDING CUT FIVE TIMES.... HUNTERS HELPED

John Kasich has 5 times further reduced the money for Ohio libraries, yet there have been no such reductions

for the 5% of the population who enjoy slaughtering bears, killing deer, trapping beaver. The Ohio Dept. of Natural Resources actually spends tax money promoting the brutal blood 'sport' of bow and arrow hunting. Some state university libraries which by law must allow use by community residents have been making these patrons stand at computers. Ohio funded libraries seldom provide scanners, microphones, current software.

KASICH CORRUPTION

John Kasich was an executive of Lehman Brothers when that company went bankrupt.

He was a frequent warmonger guest on monopolist Rupert Murdoch's Fox News. Murdoch's NewsCorp has been itself making news illegally tapping British citizens.

He has accepted over a half million dollars in contributions from his political appointees.

WAR OR PEACE

When a regular guest on Fox News, John Kasich frequently promoted the illegal wars of G W Bush.

BILLIONS FOR BUILDINGS

Under Kasich, Voinovich, and Taft, billions have been spent for buildings and stadiums... but few can afford to go to college in these expensive buildings constructed by corporations which contributed to Republican governors.

REPUBLICAN VOTE FRAUD

The Republicans of Ohio have cut way back on early voting because they are a minority party. The Republican attorney general of Ohio has tried to throw 26 million dollars of state legal business to one of his biggest Columbus law firm contributors. Ohio Republicans were responsible for vote fraud which twice installed the unelected George W Bush and stole the presidency of the elected Al Gore and John Kerry.

PENSION ENDANGERING

Ohio pension funds under the control of Republican Josh Mandel and others are dangerously invested in fast food despite Wall St. warnings that fast food chains

are a bad investment.

PROCHOICE PROLIFE

One controversial issue is abortion legislation. The majority of people favor the right to have a first trimester abortion while opposing third trimester abortions.. Women's rights groups are often on the opposite side of fundamentalist groups and half of Catholics. Kasich has taken a 'prolife' position, while frequently on Fox News supporting the illegal wars in Iraq and Afghanistan, bombing of Libya etc in which abortion by bomb has been committed.

ANIMAL RIGHTS

Kasich opposed Ohioans For Humane Farms legislation.

Many animals died because Kasich was late to act on exotic animals. The Kasich administration's ODNR has aggressively spent tax dollars promoting the torture of animals called bow and arrow hunting. Members of the Kasich administration have encouraged local communities to massacre deer rather than working on expanding habitat for voiceless animals.

Kasich administration Republicans have done virtually nothing to shut down brutal Ohio factory farms.

INSPECTOR GENERAL WHO DOESN'T INSPECT

HUMAN RIGHTS CAMPAIGN ENDORSES FITZGERALD

Despite Ed's youthful appearance he will be 46 in 2014 and has experience as a mayor, a county executive, and in law enforcement.

CORRUPTION IN REPUBLICAN ADMINISTRATION

PEOPLE'S LIVES DESTROYED, PRISONS CLOGGED WITH POT ARRESTS UNDER KASICH'S OUTDATED LAW ENFORCEMENT

ENVIRONMENTAL PROTECTION GOES BACKWARDS IN KASICH ADMINISTRATION

From derailing antifracking action and inaction regarding forest protection to killing untold numbers of trees for lottery tickets, the Kasich administration has been the enemy of nature. Kasich's brake on Ohio trains has meant more gas and oil pollution.

JUST IN:

Ohio Gov Kasich Promoting Killer 'Vaccine' Which Also Destroys Teen Ovaries
user img

The Ohio Department of Health, led by an appointee of Republican Governor John Kasich, is running public service spots promoting Merck's Gardasil, a lethal 'anticancer' vaccine which has killed dozens of preteen and teen girls and which destroys their ovaries.

Because of an outcry in Texas when Governor Rick Perry, who has killed more people in the death chamber than any other governor in US history, tried to make the alleged cervical cancer vaccine mandatory, he withdrew his support during his short presidential campaign.

Merck continues to promote the toxic 'vaccine' which prevents no cancer but causes deaths. This promotion is done through some of Merck's politicians who have received contributions from the company.

The Ohio Department of Health is criminally silent about the real causes of cervical cancer: meat, fish and dairy products loaded with the hormones forced on animals to make them gain water weight before slaughter.

Some wonder if an ovary destroying drug is not a depopulation scheme.

George Merck's bioterror weapons were a few years ago destroyed at Ft Meade in Maryland.

Unfortunately some radio stations heavily involved in the advertising of products from animal agony.... are promoting the public service spots.

Ohioans can vote out Kasich in November and change leadership of the Ohio 'Department Of Health'.

Young women's ovaries destroyed by Gardasil

32 deaths from Merck's Gardasil (HPV) as of several years ago

Gov Perry of Texas abandons plan to force toxic 'vaccine' on teenage girls

More on deaths from Gardasil

Pictures of a fraction of the girls killed by Gardasil

Footnote: When one looks in a search engine for Fitzgerald's website, the plutocratic search engine owners put John Kasich's website first.

907/8163

This article is the writing of the author who has not had contact with the Fitzgerald campaign Picture is from

In 2004, when John Kerry ran against George Bush for the presidency, those typing up his name in the search were given 19 antiKerry sites to every 1 proKerry. Google claimed falsely that they do not control the algoritthms which were a part of the hundreds of categories of fraud used by the Republican Party. Google is once again using similar tricks in the Fitzgerald campaign.

2164/13919

Saiom Shriver

Zz Oil Companies Try To Quash Tesla Cars

Old man winter's icy
claws can not
prevent the spring
nor can petropawn
state legislatures
stop
what the future brings

Petropawns in mostly red states have banned the sale of Tesla cars because of the corrupt petropawn legislatures' of these states, while 20 states allow the sale and there is litigation in Arizona.

For over 100 years, the oil and auto industries have conspired to destroy train systems and electric cars. Patents for electric car engines were secretly bought up and destroyed. The federal government was a coconspirator in requiring the destruction of electric cars in the mid 90's, under the fraudulent argument that state standards cannot be higher than the national government's, thus condemning the populace to the lowest common denominator. (The same corrupt standard has been used by the Republicans of the Ohio Supreme Court to quash city antifracking legislation) .

What do these people have in common? They all own a Tesla.

George Clooney
Demi Moore
Will Smith
Leonardo DiCaprio
Ben Affleck
Steven Spielberg
Matt Damon
Morgan Freeman
Jay Leno
Stephen Colbert
cameron Diaz
James Cameron
James Hetfield; Songwriter and Lead Singer of Metallica

Anthony Kiedas; Songwriter and Lead Singer for The Red Hot Chili Peppers
Steve Wozniak, cofounder of Apple

Feds cooperate in destruction of electric cars in the 1990's

Saiom Shriver

Zz Pope Francis: Pope Of The Poor, Of Mother Earth, Of Prisoners

Pope Francis has

I

1

spoken to all about the need for economic equality as well as political equality... the need to eliminate the huge gap between rich and poor and has criticized unrestrained global capitalism

2

exercised courageous leadership with his encyclical on the environment in which he asked everyone in the world to work to protect Mother Earth

3

apologized to S American Indians for the role of the Church in siding with invading colonizers

4

visited maximum security prisons in Bolivia as well as hospitals, schools etc.

5

visited a slum in Paraguay

6

ordered the Vatican to jail proven pedophiles from priests to cardinals

7

said that divorce can be morally necessary

8

said to Catholics 'don't breed like rabbits'

9

said about gays 'who am I to judge? '

10

motivated Italians to work to help a flood of refugees as he spoke of the church as a church for the poor

11

said that priestly celibacy is not dogma

12

has given an example of simple living, forgoing the opulence of Vatican quarters and dining

13

has said divine love transcends all dogma

14

has told priests they are not better than their congregations and has cleaned the

Vatican hierarchy of corrupt influences including the obstructionist Raymond Cardinal Burke of St Louis.

15

told priests to show greater compassion to Catholics who have divorced and remarried outside the church.

16

asks the world to emphasize the do's, not the don'ts

17

has said Catholic priests should forgive all who come to confession re abortion (in the past those who have had abortions have often been excommunicated)

18

allowed himself to be photographed carrying a sign promoting the return of the Falklands to Argentina

19

mediated the negotiations between Cuba and the United States to reestablish embassies

20 has amplified the call for universal abolition of the death penalty

21 has spoken courageously for peace to the warwaging nations of the world

22 reduced the complexity of the church hierarchy in eliminating the title of monsignor for priests under 65.

II

There are issues in which the traditions and teachings of the Catholic Church have opposition. Some of these issues are

1. prolife or prochoice
2. the male domination of the church hierarchy
3. traditional marriage vs gay rights (The Pope has said no one should judge another)
4. the suppression of the vegetarian diet of Jesus () ,

a diet followed initially by Franciscans, Trappists, Cistercians etc.

5. the canonization of a missionary Native Americans say was not compassionate

6. bullfighting... centuries ago a papal bull excommunicated any priest who attended the blood sport of bullfighting.... the church has not yet taken a stance against specific customs of animal cruelty, such as foxhunting.

God heal, protect and give energy to this saint who has had part of one lung removed.

Saiom Shriver

Zz Pres. Carter's Grandson

GOVERNOR

President Jimmy Carter's grandson, Jason, is running for governor of Georgia.

10 years ago, said NPR, Georgia was 70% white. Now it is 60% white with the rest divided among blacks, Latinos, and Asians. There are strong voter registration drives to bring 800,000 of the minority groups to the polls this fall.

From Wikipedia

A graduate of Duke University, Jason Carter volunteered for the Peace Corps in Lochiel, South Africa. He was an educator who became fluent in Zulu and Siswati. He is the author of *Power Lines*, about his experiences there.

Carter is a summa cum laude graduate of the University of Georgia School of Law.

He was a lawyer for the National Football League Players Association and was awarded the Stuart Eizenstat Young Lawyer Award for pro bono work defending voting rights.

Carter represented Georgia's 42nd district in the State Senate. receiving 65.6% of the vote. He won reelection in the 2010 and 2012 general elections where he authored legislation to require the state budget to be presented in two parts: first, a separate education budget, and then a budget to fund the rest of state government.

Carter also sponsored ethics reform legislation, including proposals to limit gifts from lobbyists to legislators, to create and fully fund an independent ethics commission, and to create a non-partisan redistricting commission.

In 2012, he was awarded Common Cause's Democracy Award for work in ethics reform.

In 2014, Carter voted for House Bill (H.B.) 60, the Safe Carry Protection Act

which opponents nicknamed the 'guns everywhere' Safe Carry Protection Act takes effect on July 1, 2014, and permits licensed gun owners to carry guns into many public and private places.] The law is supported by the Georgia Baptist Convention which includes 3,600 Baptist churches in Georgia in favor of increased church autonomy, but is not supported by Catholic or Episcopalian church leaders.

President Carter is in this writer's opinion, the most spiritual president we ever had.

SENATE

Republican senator Saxby Chambliss is retiring. He along with his fellow Republican senator and 2 Oklahoma Republican senators, Coburn and Inhofe, worked to pass the Animal Enterprise Terrorism Act which criminalizes first amendment protected free speech in many instances for animal rights activists working to expose the brutality of factory farms and slaughterhouses.

Michelle Nunn, daughter of Senator Sam Nunn, is running on the Democratic ticket.

'Michelle Nunn is the CEO of Points of Light, the world's largest organization dedicated to volunteer service.'

David Perdue, the Republican candidate, in a deposition under oath said he had outsourced many textile jobs from Georgia. He is also the former CEO of Dollar General, a chain which has virtually no health food. He denigrated his Republican primary opponent saying she had only a high school diploma. He has no such handle with Michelle Nunn.

Perdue has asked for the support of his cousin, Sonny Perdue, former Georgia governor who killed 17 prisoners in Georgia's death chamber.

Saiom Shriver

Zz Prince Charles, Artist

Prince Charles in a tv documentary called The Royal Paintbox was so generous in sharing the history of his painting and of others in his family including King George III and Mary Queen of Scots who did needlework in her 20 years imprisoned in the tower. He radiated a beautiful humility. This is his painting of Camilla, Duchess of Cornwall.

Saiom Shriver

Zz Sai Baba And Car Miracles

A TINY FRACTION OF BABA'S MIRACLES INVOLVING CARS

KASTURI'S CAR

English professor and poet Narayana Kasturi was an employee of All India Radio. He had in an Indian humor magazine made fun of Sathya Sai Baba. After a series of miracles involving his family, he became a devout follower and editor of Baba's magazine Sanathana Sarathi (eternal charioteer, a reference to Krishna who would not fight in the Mahabharata war but instead was charioteer for Arjuna.)

One day a car caravan as often happened was following Baba's car to a destination. One after another, parts fell off of Kasturi's car. When they arrived Kasturi took the car to a mechanic who said it was physically impossible for the car to have arrived.

Kasturi went to Baba and asked 'Was it because we are good devotees that you did this miracle for us? ' and Baba replied 'The car, the car is a great devotee.'

FOUNDER OF HARD ROCK CAFE

In California, Isaac Tigrett who founded the Hard Rock Cafe chain, was driving his Porsche at 90 mph while intoxicated and found it going over a cliff. Suddenly a man materialized in mid air and pulled him out of the car and set him on the top of the hill as the car crashed below. Tigrett was unharmed. Time passed. He was in a London book store and saw on a book cover that the man who had saved his life was Sai Baba.

A HUNTER'S CAR STALLS

A hunter shot a tiger. Later his car stalled near Puttaparthi. Baba's ashram village. His driver told the hunter that Baba was in the village and would be able to start the car. The hunter sent his chauffeur to find Baba, who returned and told the hunter he had orphaned to tiger cubs and should see to their welfare. Baba then slapped the car, whose engine ignited.

CAR COLLISION

JMF was driving. Her two toddler daughters were in the back seat. As she turned, a speeding motorist hit her side of the car and totaled it. Glass had shattered all over the little girls. Yet neither she nor her children had been injured in the slightest.

PARTING THE RED SEA

SNS, a Sai devotee stopped her car and went across the road to gather some nuts in the gutter. She took 4 minutes to collect them. When she turned around the car was gone.

Looking frantically around she saw it a block and a half away, in what would normally be the grass strip in front of the sidewalk.

It had rolled back, through an intersection. It had avoided trees, people, children, animals, moving and parked cars, homes.

The one place onto which it rolled and stopped had no grass, but was dirt dug up for planting.

Only the ruts in the mud
were proof that Baba had parted
not the sea but the land for her
when she had failed to put the car
in park.

Saiom Shriver

Zz Shakespeare's Animal And Plant Rights Consciousness

William Shakespeare had unusual empathy for the suffering of animals, birds, fishes, insects and plants. Among his endless stream of words are his thoughts on calves, bears, deer, pigs, horses, rabbits, wrens, beetles, flies, bees, animal research, hunting, plant consciousness etc.

OF CALVES

Henry VI Part II, act 3, scene 1, lines 202-220

Thou never didst them wrong, nor no man wrong;
and as the butcher takes away the calf,
and binds the wretch, and beats it when it strays,
bearing it to the bloody slaughter-house,
even so, remorseless, have they borne him hence;
and as the dam runs lowing up and down,
looking the way her harmless young one went,
and can do nought but wail her darling's loss.

Hamlet: It was a brute part of him to kill so capital a calf.

ON DEER

As you like it act 2, scene 1, lines 24-71

Duke s: . come, shall we go and kill us venison?
and yet it irks me, the poor dappled fools,
being native burghers of this desert city,
should in their own confines with forked heads
have their round haunches gor'd.
first lord. indeed, my lord,
the melancholy jaques grieves at that;
and, in that kind, swears you do more usurp
than doth your brother that hath banish'd you.
to-day my lord of amiens and myself
did steal behind him as he lay along
under an oak whose antique root peeps out
upon the brook that brawls along this wood;

to the which place a poor sequester'd stag,
that from the hunters' aim had ta'en a hurt,
did come to languish; and, indeed, my lord,
the wretched animal heav'd forth such groans
that their discharge did stretch his leathern coat
almost to bursting, and the big round tears
cours'd one another down his innocent nose
in piteous chase; and thus the hairy fool,
much marked of the melancholy jaques,
stood on the extremest verge of the swift brook,
augmenting it with tears.

duke s. but what said jaques?

did he not moralize this spectacle?

first lord. o, yes, into a thousand similes.

first, for his weeping into the needless stream;

'poor deer, ' quoth he, 'thou mak'st a testament

as worldlings do, giving thy sum of more

to that which had too much: then, being there alone,

left and abandon'd of his velvet friends;

'tis right, ' quoth he; 'thus misery doth part

the flux of company: ' anon, a careless herd,

full of the pasture, jumps along by him

and never stays to greet him; 'ay, ' quoth jaques,

'sweep on, you fat and greasy citizens;

'tis just the fashion; wherefore do you look

upon that poor and broken bankrupt there? '

thus most invectively he pierceth through

the body of the country, city, court, '

yea, and of this our life; swearing that we

are mere usurpers, tyrants, and what's worse,

to fright the animals and to kill them up

in their assign'd and native dwelling-place.

duke s. and did you leave him in this contemplation?

sec. lord. we did, my lord, weeping and commenting

upon the sobbing deer.

ON ANIMALS MURDERED INTO MEAT

Twelfth Night; Or What You Will act 1, scene 3, line 46

i am a great eater of beef, and i believe that does harm to my wit.

Antony And Cleopatra: It is reported thou didst eat strange flesh, Which some

did die to look on

*

Henry V

Our grave like Turkish meat shall have a tongueless mouth.

*

Venus And Adonis:

What is thy body but a swallowing grave?

*

Cleopatra:

Thou didst eat strange flesh, which some did die to look on

Much Ado About Nothing:

A man loves meat in his youth that he cannot endure in his old age.

King Lear: the character Kent says: '(he is) ... A knave, a rascal, an eater of broken meats'

ON THE CAGING OF BIRDS

Romeo And Juliet: act 2 scene 2

i would have thee gone:

and yet no further than a wanton's bird;
who lets it hop a little from her hand,
like a poor prisoner in his twisted gyves,
and with a silk thread plucks it back again,
so loving-jealous of his liberty.

ON WRENS

Lady Macbeth:

Even the fragile wren, the smallest of birds, will fight against the owl when it threatens her young.

ON VIVISECTION OR RESEARCH ON ANIMALS WHICH HARDENS THE HEART

Cymbeline act 1, scene 5, lines 7-32

I will try the forces

of these thy compounds on such creatures as

we count not worth the hanging, —but none human, —
to try the vigour of them and apply
allayments to their act, and by them gather
their several virtues and effects.

cor. your highness

shall from this practice but make hard your heart;
besides, the seeing these effects will be
both noisome and infectious.

ON BEARS AND OTHERS

King Lear: Horses are tied by the heads; dogs and bears by the neck; monkeys
by the loins, and man by the legs. When a man's over-lusty at legs, then he
wears wooden nether stocks

ON HORSE SLAVERY

How like a jade he stood, tied to the tree,
servilely master'd with a leathern rein!

ON BOAR HUNTING

Swine to gore,
whose tushes (tusks) never sheathed he whetteth still,
like to a mortal butcher bent to kill.

*

ON HUNTING RABBITS

Venus And Adonis: The hunted hare...

And when thou hast on foot the purblind hare,
mark the poor wretch, to overshoot his troubles
how he outruns the wind and with what care
he cranks and crosses with a thousand doubles:
the many musets through the which he goes
are like a labyrinth to amaze his foes.

Sometime he runs among a flock of sheep,
to make the cunning hounds mistake their smell,
and sometime where earth-delving conies keep,

to stop the loud pursuers in their yell,
and sometime sorteth with a herd of deer:
danger deviseth shifts; wit waits on fear:

For there his smell with others being mingled,
the hot scent-snuffing hounds are driven to doubt,
ceasing their clamorous cry till they have singled
with much ado the cold fault cleanly out;
then do they spend their mouths: echo replies,
as if another chase were in the skies.

By this, poor wat, far off upon a hill,
stands on his hinder legs with listening ear,
to harken if his foes pursue him still:
anon their loud alarums he doth hear;
and now his grief may be compared well
to one sore sick that hears the passing-bell.

Then shalt thou see the dew-bedabbled wretch
turn, and return, indenting with the way;
each envious brier his weary legs doth scratch,
each shadow makes him stop, each murmur stay:
for misery is trodden on by many,
and being low never relieved by any.

Lie quietly, and hear a little more;
nay, do not struggle, for thou shalt not rise:
to make thee hate the hunting of the boar,
unlike myself thou hear'st me moralize,
applying this to that, and so to so;
for love can comment upon every woe.

Puzzled wondering why
so many heads are hollow,
so many mean are walking beasts,
so much brutality blots the land,
such epidemics of violence,
such vertigos of sensuality
inoculate and intoxicate the race.

ON FISHES

Romeo and Juliet Act 2 Scene 4 Oh flesh, how art thou fishified!

King Lear Act 1 Scene One I do profess... to eat no fish (the character Kent)

ON BEETLES

Measure For Measure, act 3, scene 11, lines 85-87.

isab....and the poor beetle, that we tread upon,
in corporal sufferance finds a pang as great
as when a giant dies.

ON A FLY

Titus Andronicus: act 3, scene 2, lines 55-80

mar. at that that i have kill'd, my lord; a fly.
tit. out on thee, murderer! thou kill'st my heart;
mine eyes are cloy'd with view of tyranny:
a deed of death, done on the innocent,
becomes not titus' brother. get thee gone;
i see, thou art not for my company.
mar. alas! my lord, i have but kill'd a fly.
tit. but how if that fly had a father and a mother?
how would he hang his slender gilded wings
and buzz lamenting doings in the air!
poor harmless fly,
that, with his pretty buzzing melody,

ON BEES

Henry V Act 1

Obedience: for so work the honey-bees, creatures that by a rule in nature teach
the act of order to a peopled kingdom. they have a king and officers of sorts;
where some, like magistrates, correct at home, others, like merchants, venture
trade abroad, others, like soldiers, armed in their stings, make boot upon the
summer's velvet buds, which pillage they with merry march bring home to the
tent-royal of their emperor; who, busied in his majesty, surveys the singing

masons building roofs of gold, the civil citizens kneading up the honey, the
poor mechanic porters crowding in their heavy burdens at his narrow gate, the
sad-eyed justice, with his surly hum, delivering o'er to executors pale the lazy
yawning drone

ON SLAUGHTER

Shakespeare in Henry IV spoke of 'civil butchery'

ON PLANT CONSCIOUSNESS

As You Like It: Duke

Senior states: "tongues in trees, books in the running brooks,
/ sermons in stone, and good in everything" (2.1.16–17) .

Saiom Shriver

Zz Six Black Ops Which Caused Or Expanded Us Wars

1. World War 2

The vast majority in the US did not want to enter the war.... Many including Gore Vidal have written that

the US government had broken the Japanese code, knew the Pearl Harbor attack

was coming, could have prevented it, . but needed an attack by Japan to mobilize the populace. Roosevelt had engaged in many policies of provocation of the Japanese, including preventing their purchase of Western oil.

2. Vietnam

the Tonkin Gulf was a black op by LBJ and others to justify their enlarging of the war

3. World War 1

As in World War 2, the US population did not want to enter the slaughterhouse of the war,

a war of capital conflicts between German and British markets. The Zimmerman telegram

to Mexico was a forgery. In it the German government is alleged to have asked Mexico to

invade the US. Because of the Zimmerman telegram, peace loving people were roused

by the media to enter the war. Reilly, Ace of Spies, is one public tv series on the

black ops of Britain in WW1.

4. Afghanistan

There are millions of sites about Sept 11,2001 as a black op by the Mossad and certain cells within the CIA. Cui bono? The US government invaded Afghanistan shortly thereafter.

5. The Spanish American War

'Remember the Maine' was the war cry of the Hearst media machine.

The sinking of the USS Maine in Havana harbor was blamed unjustly on Spain as the US government sought to dismantle the Spanish control of Cuba.

6. Iraq

G H W Bush oversaw the slant drilling of oil... the theft of Iraqi oil through pipes in Kuwait. This was an act of provocation. He then sent April Glaspie of the State Dept. to Saddam Hussein to say that the US would not become involved should Iraq invade Kuwait, historically a part of Iraq. It was an Anglo Iranian oil engineer (the company is now BP) who drew lines around the richest oil deposits of Iraq at the end of the Ottoman Empire... and termed the land Kuwait as the UK government installed a puppet on a manufactured throne.

Saiom Shriver

Zz Soldier Victims Of Government Warwaging

THE VIOLENT YOUTH-SACRIFICING, REFUGEE-CREATING, STUPID, REAL SECURITY JEOPARDIZING, MONEY-HEMORRHAGING, WARPROFITEER-BLOATING, ILLEGAL RACIST OIL WAR AGAINST THE PEOPLE ANIMALS BIRDS AND TREES OF AFGHANISTAN, IRAQ

AFGHANISTAN: THE LONGEST WAR IN US HISTORY

If any question why we died
Tell them because our fathers lied.
(That poem was Kipling's self-indictment since he pressured his son to enter WW1 and was on the war propaganda committee of the UK govt.)
- Rudyard Kipling- [/i]

UNDERREPORTED MISCELLANEOUS HAZARDS... THE FREEZING IN AFGHANISTAN
.... THE HORRIFIC HEAT OF IRAQ AFTER TREES BOMBED AWAY

No War in US History has
had such a high ratio of casualties
to deaths.. as of August,2007, over 3681
deaths, over 40,000 casualties

suicides, homelessness, over 40,000
wounded, blinded, paraplegic and
otherwise mutilated men and women..
land mines, depleted uranium, sniping, food poisoning.. toxic vaccines..

The Humvee is the most frequent tomb for American soldiers in Iraq.

I HEALTH HAZARDS

1 DEPLETED URANIUM 81 times the world's average, Dutch soldiers refuse to remove the depleted uranium, which can cause immediate damage to the prostate before its longterm effects. This is extended to children of soldiers with birth defects are caused by depleted uranium, napalm and other toxins.

2 LETHAL VACCINES of Chiron, Aventis Pasteur, Lilly, Roche and Glaxo Smith Kline over 100 million doses at 20 to 40 a shot.. or several billion for war profiteers

Kolavic-Gray, Shellie A., et al. 'Large Epidemic of Adenovirus Type 4 Infection Among Military Trainees: Epidemiological, Clinical, and Laboratory Studies.' Clinical Infectious Diseases (October 1,2002) : 808-811.

The latest victim is a servicewoman from Norton Ohio.

3 FOOD POISONING from packaged meals and from Halliburton contracted cafeterias

4.137 DEGREE HEAT, (multiplied by as much as 55 lbs of carried gear) has caused fatal heart attacks to dozens. Such heat can turn soap bars into liquid, turns metal packaged ingredients more toxic.. and its opposite:

5 FROSTBITE US soldiers in Afghanistan are getting frostbite.39 soldiers died of frostbite in 1 night in Korea. The generals' feet have been warm..

6 INSUFFICIENT MEDICAL PERSONNEL AND SUPPLIES NPR reported insufficient medical supplies and medical personnel for the several thousand injured.

7 GUTTED VETERANS' ADMINISTRATION an underfunded understaffed undersupplied VA hospital system gutted by the illegal administration. (There are Republican senators who have voted 11 times to cut veterans' benefits)

8 AGENT ORANGE American soldiers are still dying, untold thousands, from Agent Orange, napalm in Vietnam, in Colombia

9 GULF WAR SYNDROME American soldiers are still dying, untold thousands, from Gulf War Syndrome. Those who have not died in some cases have passed birth defects to their children

10 HUMAN GUINEA PIGS While corpses have been blown apart by the Army for land mine footwear tests (rather than sign the landmine ban)

7000 American soldiers have been used as human guinea pigs.

-natur...m/

Captain Joyce Riley, USAF, one of the many truth telling whistleblowers in the US military

11 CANCELLED MEDICAL BENEFITS for WW2 vets, as international cartels' hireling judges rule that the WW2 recruiting officers had no legal right to offer these contracts. In the same week, billions were sent to Ariel Sharon who is using some of the money to

separate Palestinians from their olive orchards, grapevines, places of work, food supplies etc.

12. HYGIENE VERY DIFFICULT Robert Wise, 21, of Tallahassee, wrote home he had not

been able to take a shower in 20 days..just before being killed in Iraq.

13 SANDFLIES Whether facial and other lesions are caused by sandflies as generals say or by depleted uranium, they are called Baghdad boils. The many lethal ingredients in chemtrails affect soldiers as well,

14. INSECTICIDES Insecticide disseminators at military bases have reactions from toxicity induced mental illness and metal poisoning to bone cancers.

15. CHEMTRAILS.. the chemtrails ingredients which poison the skies are in highest concentrations where they are stored and handled,

16. GUANTANAMO.. the torture of prisoners by the CIA in Afghanistan and by the USA military in Guantanamo.. has returned to Blackwater Security personnel.. as the Wolfowitz cartel has reduced the standards of international treatment of prisoners. Torture is a double edged sword which returns to soldiers of the torture hierarchy.

17 FOOD SHORTAGES

Food shortages were caused by both inefficiency and Halliburton and other profiteering.

'US marines down to two hot meals a day' was the headline of one story.

18 LACK OF COUNSELING

Buzz Williams, Marine and author: When a soldier most needs a listening ear and counseling, he is least likely to receive it.

19 VETERANS ADMINISTRATION GUTTED

In the few VA hospitals which remain, soldiers of the poor are made unconscious guinea pigs of pharmaceutical drugs.. the VA is made the arm of the pharmaceutical industry. The Washington Post in February of 2007 did a series on shocking conditions at Walter Reed Hospital to which horribly mutilated soldiers are brought.

20 WEAPON BOOMERANGS

Dangerous new bullets used by USA military.. can boomerang on the soldiers..

21 MERCENARIES BAD FOR MORALE

Senator Biden said in April that a system which pays private security as much as \$1500 a day is bad for the morale of those paid much less (peanuts) .

22 HUMVEE VULNERABILITY Humvee vulnerability

TV news reported that 400 million will be spent on new Humvee's.. war profiteers rejoice as they continue to churn out a shoddy product, that even though newly armored, is vulnerable in tires, low windows and crowd caused rollovers

23 CARCINOGENIC PERCHLORATE in rocket fuel, explosion materials

and on many military bases in the water systems etc. is besides a cancer causer a harmer of thyroid function

24 DISRESPECT FOR SPIRITUAL DIETS the lactose intolerant sometimes forced into dairy

The Danish dairy firm Maersk has 2 billion a year in contracts

Halliburton and other war profiteers are not providing enough health options in the way of vegan alternatives, fresh fruit, vegetarian protein.

25 HIGHEST CASUALTY TO DEATH RATIO EVER the highest casualty to death rate in history over 3681 American soldier deaths over 40,000 casualties (over 2 million deaths for Iraqis since Churchill bombed 9000 in 1920, since sanctions, Desert Storm, and now the worst of all..the 'Coalition')

26

War is not the only cause of deaths in the US military.

Compulsory vaccinations from Glaxo and others, new viruses, Lariam made by Roche, food poisoning, helicopter accidents, training deaths, live ammo deaths in training, , friendly fire.. drowning in mud at Camp LeJeune and elsewhere are some of the causes of military fatalities

nonlethal: broken ear drums from flight training
... frostbite

27. AMMONIA Ammonia contamination by the Army Corps of Engineers

28 CHILD DEFORMITIES

A.

Children of soldiers born deformed because of depleted uranium

B.

Children of women separated from their husbands by war score lower on IQ tests, have more emotional problems, less health

29 DRINKING WATER SUPPLIED AT HIGH PRICES BY HALLIBURTON'S KBR IS CONTAMINATED
Troops sickened by Halliburton KBR water

30. STINGER MISSILES THE CIA GAVE THE TALIBAN AND MUJAHIDEEN

31.107 CASES OF CHOLERA IN IRAQ

32 SARIN

at Blue Grass Army Depot in Kentucky leaking from container

The neocon regime has been willing to expose American soldiers to death by stinger missiles. Soldiers have been exploded onto the sharp and freezing peaks of the Afghan mountains at night. The neocons don't care about the lessons the British and Russians learned from their Afghan adventures.

33. Halliburton's subsidiary Kellogg Brown Root (KBR) has electrocuted at least 3 with its unsafe wiring.... a systemwide problem
thinkprogress...kbr-electrical/
and

34

The US military continues drug co. welfare keeping men on the front lines with antidepressants, painkillers etc.

35 Independent sources say there have been many electrocution deaths in Iraq and Afghanistan because of shoddy wiring by Halliburton, Triple Canopy and other contractors

GOD bring the tankfodder poor home now..

II VIOLENCE FROM A VIOLENCE GENERATING SYSTEM

1 RAPES Congress in February 2004 hearings on American servicewomen, 100 of whom have reported being raped. A naval ship captain who is repressive is responsible for the liberty excesses of the sailors aboard his ship in the same way that those who build up steam in pressure cookers can be responsible for explosions.

2 SUICIDES. Blinded, paraplegic, horribly burned and other soldiers kill themselves at higher rates than the general population. (from conscience, from stress, from drug reactions, etc.)
lres...ext=va&aid=7947

3 PTSS Post Traumatic Stress Syndrome.. plagues untold millions.. some in a recognizable way.. some in a hidden way.

4 ANIMAL CRUELTY In Florida, California and elsewhere US soldiers have been ordered by military to destroy or to take to the pound their pets.

5 ALCOHOLISM AND DRUG USE Alcoholism is greatest among Marines but a growing problem in all services as the slaves of war profiteers feel trapped and seek escape. The Pentagon released a study in March 2004 indicating 1 in 5 in the military have a serious drinking problem.

6 ASSOCIATION VIOLENCE Any involvement in a violent system has negative associative effects for those involved.

7a. EXPLOITATION While USA soldiers are dying for perhaps 1/2 of minimum wage, assassins from Blackwater Security () are profiteering from the outsourcing of war at the rate of \$1000 to \$2000 a day.

7b VIOLENCE TO CIVILIANS

MAN OUT OF MARINE CORPS A YEAR KILLS FOUR AND WOUNDS 2 IN COLUMBUS OHIO CLUB

Columbus police identified the gunman as 25-year-old Nathan Gale of Marysville, Ohio, a former lance corporal in the Marine Corps.

8 Roche's Larium has caused at least 4 Marines to kill their wives.

9 Officers returning home after ordering around privates like pawns... throw their weight around with relatives friends and coworkers.

III MILITARY INEFFICIENCY

1 FRIENDLY FIRE DEATHS

2 LACK OF PROTECTIVE GEAR such as vests

3 LAND MINES which US cartels want kept legal (US Govt and Israel, 2 of world's only non signers of the treaty)

4 HUMVEE OVER ROADSIDE BOMBS has happened so frequently..

5 TRAINING DEATHS

6 MACHINES MADE BY WAR PROFITEERS dangerous designs in Osprey helicopters

and vulnerabilities in Chinook and Black Hawk helicopters

(LK: 'If you want helicopters to work better, stop naming them Black Hawk, Apache and other Native American names.) ..

Sikorsky one of companies

7 BOMBS by some of the 13,000 cluster bombs dropped,2000 of which are by Blair's troops.

8 OFFICERS who care more about career than the safety of their soldiers

9 SOLDIERS ARE PROGRAMMED

to believe that what they are doing is for the freedom of their own country

The idealism of soldiers in every illegal and immoral war has been manipulated as they have been programmed to think they are protecting their country.

10 WHAT IS A PRIVATIZED MILITARY? MERCENARIES

More and more military operations are being given to private war profiteer companies, interested in money, not the welfare of the soldiers. CACI, Titan, Blackwater Security

Poster cannot translate the caption of the picture USC posted elsewhere... but the picture illustrates

the itching effect of carrying 100 lbs of gear in 135 degree heat.

Quote

A camel spider in a British soldier's backpack returned with him from Afghanistan, and bit the family dog, killing him or her.

Camel spiders can run 10 mph.

Saint of Shirdi: Never harm a snake or a scorpion. He will only harm you if ordered to do so by God. If so ordered

there is nothing you can do about it.

121 soldiers have been involved in murders since returning from Iraq. The US regime trains these men as killing machines and pretends surprise that random as well as machine killing occurs.

NY Times Jan 13,08

es.c.../us/

(If you are one of the 14% of Americans who support the illegal and violent actions in Afghanistan and Iraq please read more) . Every Iraqi, Afghan and American soldier is equal in the eyes of God.

-saiom shriver-

Saiom Shriver

Zz Steps To Less Us Gun Violence

The second amendment question is complex. One need not ban guns to make constructive changes in US gun policy.

It seems we are alone in the world in the number of mass shootings and have a higher murder rate than other countries in the technologically developed world.

1. Should guns be available only in licensed shops
 - a. not over the internet
 - b. not in WalMart and other chain stores
 - c. not in gun shows
2. Should gun laws be enforced more than at present?
(Nowt if a store operator has not heard back in 3 days on a background check he may go ahead and sell the gun)
3. Is US gun violence related to hunting as well as other factors? A high percentage of serial killers of human beings have been trained to kill animals by parents, 4H, or others. A major source of income for the National Rifle Association is hunters.
4. Is US gun violence related to the numbers of wars the US government has involved the country. Studies indicate that soldiers trained to kill are more likely than those who've never been so trained... to be violent with guns.
5. Is murder easier with a gun? It has been said that more are able to kill with guns because there can be distance between the killer and his or her victim. It is a widely documented fact that in Europe there are stricter gun laws and fewer murders.
6. Should assault weapons be banned?
7. Should there be stricter background checks?
8. Gun manufacturer a profiteer from guns. Should they be held liable? Should they be prevented from advertising?
9. Should governments avoid scapegoating the mentally ill who have been healed?
10. Does corporate media in the US immerse children and adults in violence, shootings with programs such as Criminal Minds, with police shows such as Cops Reloaded, with the Justice Channel etc? Is such immersion a form of programming? '
11. Should courses in nonviolence be taught in grade schools, high schools, and colleges. Colman McCarthy, former Trappist monk and later Washington Post syndicated columnist, has taught Peace Studies for many years. John Looney of the American Friends Service Committee with others developed a course on

nonviolence to be taught in schools.

Saiom Shriver

Zz Sweetener Industries Killing Animals

Fruit Sugar, Fructose, Is Better Than Sucrose, Beet Or Cane Sugar, Aspartame

How do the cane sugar, beet sugar, artificial sweeteners like aspartame harm animals?

1. Sugar comes from sugar cane or beets. Sugar cane fields are often burned to make harvesting easier. Mammals, birds, reptiles, insects are burned alive. Animals are shredded when the beets or the corn are harvested by huge machines.
2. The charcoal of animal bones, also called bone char, bone black, ivory black, animal charcoal or abaiser, is used as a whitening agent for cane sugar. Jay Dinshah of the American Vegan Society was one of the first to point out that char was a carcinogen.
3. Aspartame (NutraSweet) was originally developed as an antkiller, designed to entice ants through its false sweetness to their deaths. The FDA was banning aspartame which causes brain lesions when Ronald Reagan as a favor to Donald Rumsfeld circumvented the FDA. Rumsfeld was at the time CEO of Searle which was marketing Aspartame.
4. Sweeteners derived from tree fruit to not cause the death of plants. Any tree, vine, berry bush or plant which drops sweet fruit as a gift can be a source of fructose or fruit sugar. Date sugar is very common. Dates and grapes are 2 of countless fruit sugar sources. Many fruits are 40 to 66 percent fructose.
5. Fructose is sweeter than cane sugar.
6. There are at least three kinds of fruit sugars. They are monosaccharides, disaccharides and polysaccharides. Unlike sucrose from plants which burns in the body in the way a match flame ignites and dies, fruit saccharides given an even energy flow to the body over several hours. First the monosaccharides, then the disaccharides, and finally the polysaccharides are processed.
7. Fructose or fruit sugar bypasses the pancreas. Marion Burros, food editor of the New York Times, reported that fructose does not require the secretion of insulin. The purines of mammal, bird and fish flesh, as well as plant sugars, , are all factors in pancreatic cancer. A diet of too much sugar is also a

cause of diabetes.

8. Who is leading the attack on fructose? The animal killing cane sugar and beet sugar industries as well as aspartame marketers.

9. Fruit sugars are better for the environment. They are not derived from linear rows of crops but spherical trees with many times the volume of green leaves.

10. The US government has for decades subsidiized sugar.

11. Linus Pauling, only winner of Nobel prizes in both biochemistry and peace, wrote that an orthomolecule (or ideal molecule) was a fruitarian molecule. He also wrote that neurotransmitters in the human brain are similar to the molecules in fruit.

12. Avoiding all processed and concentrated sweeteners is best.

But if you don't wish completely to eliminate sweets, please know who are funding the

'scientific' propaganda and that sweets derived from fruits are better than sweets derived from killing plants.

13. There is slave labor and worker abuse in the sugar industry. (Thank you to Sarah Perrote for referring to it

Saiom Shriver

Zz The Antiwar Presidential Candidates

Who are the presidential peacemakers?

Who are the presidential warbreakers?

In the Democratic Party 2 of the 5 major candidates are peacemakers. The Republican Party has only 1 of 17.

THE ANTIWAR PEACEMAKERS:

Governor, Senator and Mayor Lincoln Chafee of Rhode Island Democrat

Senator Rand Paul Republican, former eye surgeon, son of Ron Paul (The Republican Party stole several primary victories from his father Representative Ron Paul in the 2008 election. It and corporate media are trying to derail Senator Paul.) It is interesting that Ben Carson's role as surgeon is widely publicized by corporate media while eye surgeon Senator Rand Paul's achievements are censored. the boyish looking Paul is actually 53.

Governor Martin O'Malley Democrat (unlike Chafee and Paul, O'Malley does not emphasize his antiwar position)

The Green Party Candidates

Most Libertarian Candidates

Socialists
and others

Governor Chafee is the strongest abolitionist of the Democratic Party and one of 2 candidates (Martin O'Malley as well) who oppose the wars Bush and Obama have waged.

As governor of Rhode Island, he refused to turn a prisoner over to the federal government, because unlike over 2/3 of the world and unlike 45 US states, the federal government kills some prisoners.

As senator representing Rhode Island, Lincoln Chafee changed from Republican

to Democrat when he disagreed morally and strategically with the decision of the Bush administration to invade Iraq.

Chafee has been governor of Rhode Island, a senator from Rhode Island and a mayor reelected several times. His father John Chafee was also a senator and governor, as well as Secretary of the Navy.

Gov Chafee signed a bill to increase minimum wage

Governor Lincoln Chafee refused
to hand over a prisoner to the feds....
because unlike him, Rhode Island,
and 44 other states,
the feds wanted the man dead.

WARWAGERS:

Bernie Sanders was originally a conscientious objector, but supports the war in Afghanistan and a coalition to remove Assad. (Both George Bush and his father used the term 'coalition' but the US government was the primary invader of Iraq both times.)

Hillary Clinton has been hawkish throughout her senate and cabinet careers.

Joseph Biden has been silent or a supporter of Bush Obama wars.

16 of 17 Republican candidates for president are hawks who support further slaughter of innocents and combatants around the world as all but 1% of the US are impoverished, with schools, libraries, roads, bridges, hospitals etc. declining.

Rand Paul's campaign is censored by corporate media because a. he opposes the military industrial complex and b. because he opposes giving 30 billion a year in arms and money to the Netanyahu administration.

Jill Stein one Green Party candidate for president

LIBERTARIAN CANDIDATES (Poster is not informed about these candidates)

Joy Waymire

Cecil Ince

Marc Feldman

Darryl Perry
Steve Kerbel
Derrick Michael Reid

Saiom Shriver

Zz The Double Standard Of Pbs Tv And Frontline Re Vladimir Putin

Frontline, a 'news' show of PBS TV, did a 'biography' of Vladimir Putin, mentioning

1. the 110 oligarchs of Russia (those profiteers who stole the people's assets after Harvard economists were indicted by the Clinton presidency for deliberate destabilization of the Russian economy) but not the 400 richest Americans (each of whom has more than 1.55 billion according to)
2. that Putin put a rein on the oligarchs, jailing the most egregious of the thieves, Mikhail Khodorkovsky. Frontline simultaneously criticized Putin for Russia's oligarchs (who amassed their wealth during the G H W Bush planned destabilization, at the same time Frontline criticized Putin for acting against one of the oligarchs. (What billionaire in the US has been put in jail?)
3. the past war in Russia but not the ongoing wars of the US, 30 trillions of dollars or more for which have been stolen from the people of the US.
4. Putin's role as a minor officer in the KGB in E. Germany but not G H W Bush's role as head of the CIA
5. The assets of Putin but not that of Gerald Ford, who entered the presidency a man of modest means and left it as a billionaire, thanks to the pharmaceutical industry's 'swine flu vaccines'.
6. That Putin after Medvedev's term finished, began his 3rd term, but not that George Bush was never elected by the people of the US, not in 2000 nor in 2004.
7. secret trials in Russia but not the secret grand juries in the US, not the FISA Court secrecy, nor the trials in which the jurors are under gag rules and the court records sealed

Not mentioning

1. That Russia is among the 88% of the world's countries not involved in government murder, while the US remains one of the 12%, with the state of Texas executing more than many countries.

2. that Russia helps socialist countries while the US government overthrows democratically elected governments and assassinates socialist government leaders for the benefit of loan shark capitalism.

3. that Russia is not waging war against any country, while the handlers of our president are waging war in Afghanistan, Iraq, Yemen, Pakistan and other countries, murdering civilians and soldiers, animals, birds, reptiles, insects and trees.

4. A map of Goldman Sachs influence in the European Union, including in the Ukraine, can be seen as a motivation of socialist countries to take a stand.

This is written by a lifetime citizen of America, one who believes that before we point accusing fingers at others, we ourselves should be an honest democracy. With our unelected 5 Republicans who serve for life on the 'Supreme' Court, with our disproportionate Senate which gives cattle ranchers of Wyoming with its half million residents 72 times the power of citizens of California with its 36 million people, we have never been a democracy. The pawns of US oligarchs are oligarchs themselves in the US Senate. We have a rogue agency, the CIA, running amuck turning other countries' forests into muck as it bombs people who are sitting ducks. My own wish list for Russia includes disinvolving from the fur trade, deforesting lumber, etc.

Saiom Shriver

Zz The Many Ways Soldiers Die

In The Spanish American War
seven times as many US soldiers were killed by
malaria and typhoid as by bullets.

In World War I, American
soldiers were killed by
poison gas bioterror.

In World War II and
the Korean War they
were killed by
Japanese encephalitis
'vaccines'.

In Vietnam, they
were killed by
napalm and Agent Orange.

In Iraq they were killed
by depleted uranium.

They are killed by suicide, drugs, alcoholism,
STD's, friendly fire, training accidents, food
poisoning, 135 degree heat, deaths by freezing in the

mountains of Afghanistan, plane crashes.
They were sent to battle in unguarded Hummer's and in
nonprotective clothing.

As the media and government paws of the plutocracy
contemplate the heinous bombing of yet another country,
may the citizens of the US and world speak out.

As deplorable, as horrifying as a death from decapitation
is, thousands times more currently are dying from burns
and smashings in plutocracy pawn Obama's airstrikes.

In God's eyes, all soldiers, all human beings are equal.

*

Military hospitals putting patients at risk

Saiom Shriver

Zz The Omnivore's Dilemma

The concept of an omnivore's dilemma reminds one of Leo Tolstoy's statement:

'Who is worse? the wolf who dispassionately eats a lamb or the wolf who cries while eating? ' The omnivore's dilemma is that he is addicted to meat (the trioxypurine in meat is stronger than dioxypurine or caffeine) .

Such omnivores might start a society of 3 legged mammals, for those who love meat but don't want to kill.

It is basically the meat, fish and dairy industries making trillions of dollars from the cadavers of murdered innocents who are trying to keep the dietary debate going.

When life insurance companies started giving discounts to vegetarians, vegans and fruitarians because of less cancer, heart disease, stroke incidence, kidney dysfunction, food poisoning, Alzheimer's, diabetes, obesity etc. it was because their bottom line is making money off of the longest lived people, vegetarians and vegans.

Books by Dr Stillman, Adele Davis, Dr Atkins, the Eads, etc promoting toxic high animal protein diets were funded by vested interests.

Saiom Shriver

Zz The Plot Against Pot

Who conspire in the plot
against the right to smoke pot?
Control freak narcotics agents
in several agencies,
the liquor industry, the prison
industrial complex.

The US has the highest rate of
imprisoned citizens in the world.
One reason: pot.

Arrests and their reporting in
newspapers bust lives, break up
families, have wasted trillions
of dollars in policing, and
in the case of newspapers, kill
trees.

Medical marijuana is a pain reliever
and is not correlated to violence
as alcohol is.

From libertarians to socialists,
a growing number are calling for the
decriminalization of marijuana.

Colorado, ignite the rest of us.

-saiom shriver-

Saiom Shriver

Zz The Purple Butterfly And A Toad's Severed Leg

In 1972 the writer's stepson David was mowing the family lawn and accidentally chopped the leg off of a toad. He was upset about it.

She suddenly decided to stop mowing her lawn. The following year when the local city magistrates ordered her to mow, she issued a press release about the ahimsa (nonviolence) aspects of not mowing. Channel 8 responded.. and scheduled an interview.. but the following day as she was driving up the street in the Boxville type development.. she felt no tv show could communicate anything but an unkempt lawn surrounded by neatly manicured ones in which no dandelion dared lift his head.

She went in to cancel the show and while she was on the phone the Channel 8 van drove up. She waited for the newsman to knock on the door. He never did. She looked out back.. and saw him filming a 6 ft. high thistle plant with a lavender blooma.. upon one flower had alighted a 6 inch wide deep royal purple butterfly who was moving her wings back and forth. Never before or since has she seen that size butterfly. The scene was the whole television show.. the lavender thistle and deep purple

butterfly, with no sound.
Never before nor

Sathya Sai Baba subsequently let her know that He had materialized the butterfly for her and that He had given victory in the court case, which was settled in federal court with pro bono attorneys.

The city came in and mowed down the lawn. Two merciful angels, Beverly R and Bill W, gave pro bono work and filed directly in federal court, challenging the mowing on the basis that it violates the 1st amendment of the U.S. constitution to force someone to kill living beings against spiritual principles. The judge ruled the city had to pay damages. It is virtually impossible to mow a lawn without killing baby sapling trees, ants, butterflies, fireflies, toads, bumblebees etc. With huge harvesters, the devastation is much greater as red winged blackbirds and small field mammals are shredded.

Through the years what began as a press release about 7 reasons not to mow has grown to 66 reasons.

Atty Rappoport in the Chicago EPA developed a legal brief defending those who are fighting against compulsory mowing FoodNotLawns Dot Com has extensive chapters.

Picture source:

-saiom shriver-

Saiom Shriver

Zz This Year's Flu Shots Causing Guillain-Barre And Other Lethal Side Effects

1 2013-2014 flu shots are causing Guillain-Barre syndrome.

2 CVS Pharmacies caught lying about their killer vaccines

3 123 of the lawyers filing claims for clients injured or killed by the vaccine are at

4

A tiny sliver of those who have successfully sued vaccine makers, despite the Bush administration's attempt with the help of billionaire physician and onetime senator Frist (profiteer from health insurance) are listed at

5

Toxins in vaccines besides the 4 live strains of lethal compounds: Sanofi Pasteur's Fluzone includes the carcinogen formaldehyde, the immunotoxic Octylphenol Ethoxylate and the neurotoxin Thimerosal. For the entire list see

6

One victim's story

7

The Centers for Disease Control and Food and Drug Administration in the US continue to be pawns of the international pharmaceutical industry. As the US Army tried to break the grape boycott of the Farmworkers' Union by ordering mass amounts of grapes, so the CDC is perhaps the biggest purchaser of this year's flu shot. The quadrivalent flu shots made by MedImmune, GlaxoSmithKline (GSK), and Sanofi Pasteur, attack the body with 4 different flu strains instead of one, multiplying the risk

factor exponentially. The CDC is falsifying the numbers of those who have contracted Guillain-Barre from the flu shot. The disease is one which attacks the immune system, and can kill.

8

Drug chains aggressively promoting the toxic shots include CVS, Walgreen, and Drug Mart.

9

By a bill in Congress voted into law in 1986 which was upheld by the Supreme Court in 2011 vaccine law suits go to a special court.

The funds for settlements are paid via a tax on the sales of vaccines.'

10

The US Government has long been a pawn of Roche, Pfizer, Eli Lilly, Glaxo Smith Kline, Johnson and Johnson

and virtually every other pharmaceutical company and vaccine maker. The FDA has even reapproved thalidomide, the drug

which took arms and legs off of fetuses in 1958 to 1960, a drug which did nothing to captive pregnant dogs in research studies.

11

The CDC reports that 95% of American children are subjected through government, school, and doctor force to lethal vaccines. This is one of the highest percentages in the world.

12

> The following are available at the above link: to fight mandatory employer required vaccines

'Options to oppose vaccine mandates include:

Medical exemption

Religious exemption

Union opposition

An Acceptance of Responsibility form

Develop a petition signed by hospital workers. Attack the lack of science behind flu shots and the dangers involved.

Circulate the idea in your work place that employers have the right to set minimum standards

such as the maximum number of days missed per year per employee but do

not have the right to

dictate the micromanagement of how that standard is to be met.'

13

Search engines are placing the CDC and pharmaceutical promotion sites first.

One must dig to find

out the truth.

14

> Learn more:

15

Israel to pay 6 million in compensation to victims of anthrax vaccines

16

Polio vaccine contaminated with monkey cancer virus

17

Military mosquito robots collecting DNA and blood

18

Forcing toxic vaccines on the populace through aerial drone strikes

Saiom Shriver

Zz Thoughts On Forgiveness

Kabir: Forgiveness is a game only saints play.

Jesus: Father forgive them for they know not what they do.

Bible: Judge not lest ye be judged

Sai Baba: The actor who slaps you on stage waits behind the curtain to congratulate you on your performance.

Francis Bacon: A man who studies revenge keeps his wounds green.

Jesus: Love your enemies. Do good to those who hate you.

'Say: O my Servants who have transgressed against their souls! Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft-Forgiving, Most Merciful.' [Sûrah al-Zumar: 53]

Jesus: Love your enemies. Do good to those who hate you.

Course In Miracles: The holiest ground in creation is that where 2 former opponents have forgiven each other. P

J Myzkowski: My former enemy was a mirror who revealed the dirt upon my face. P

Kabir: The saint helped the scorpion over and over again and the scorpion each time returned a sting. Some said 'do you not know it is the nature of the scorpion to sting? ' and the saint replied 'it is my nature to save.'

J Freundsuh: When I'm having trouble forgiving someone I mentally regress him to baby state.

Sri Yukteswar: The vanished lives of all are filled with many shames. Therefore do not judge.

April Baer: Forgiveness is a form of cleaning out closets P

Nancy Taylor: Unforgiveness wastes energy as extra weight is carried around. Unforgiveness requires the energy waste of repressing.

Maria Susie: (re the Bible that God tosses our sins into the deep sea) God has posted a no fishing sign in His deep waters.

Patty: Do not look into the rearview mirror. (all who look back are turned into pillars of bitter salt)

Sai Baba: You may blame me for the bad which passes through you if you praise me for the good. (God is the only Doer)

Gopal: It helps to understand in why people do bad things to remember that only a tiny slice of the pie of their divinity was brought into this incarnation with them.

Sai Baba: Not in the morning pond does the lion wash his blood.

The Buddha: The more evil done to you the more good do in return. (Buddha's purity was so great that those who plotted to kill him had their plans recoil upon themselves, not by his actions, but by the law of spiritual physics.)

Wayne Dyer: If you squeeze an orange, orange juice comes out. Nothing can come out of you that is not in you. If when you are pressured, anger comes out, it is not the fault of the person who pressured. P

Jan Freundsuh: (To a former foe) Now I see you as a pure rushing fountain ..adorned only by your own sweet splashes.

D Calleia: I went to sleep praying for an opponent, someone who had repeatedly harmed me. That night God came to me in her form.. and gave me a creative new way to draw my graphs.

JBO: So are you saying that you are getting the senior citizen discount on your sins and the reduced weekend excursion rate on your transgressions?

Saint Of Shirdi: It is the fruitladen tree which attracts a shower of stones.

S Anthony Grafio: To hold someone in past thoughts is to imprison him.

L Bertsch: Resentment turns a face slap into an ulcer.

A Thakur: My uncle received the anger of a great saint. He considered it a blessing.

Alanon (passed through SC) Others' opinions of me are not my business

Jessamyn West:

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own.

Poster: Until past images are released, one is a blocked tv screen.

K. S. Hoare: The woman was not miraculously healed until she forgave the horse who had thrown her.

(*perhaps all horses need to forgive their human oppressors)

John C Lehman Jr: Sometimes it is not necessary the problem to solve but change the angle of vision and the problem dissolves.

K. S. Hoare: Part of her heart was tied off by God.. that the rest might grow larger.

Mahatma Gandhi: An eye for an eye makes everyone blind. (Jesus came to make the blind see.)

Unknown: To understand all is to forgive all.

Josh Billings: There is no revenge so complete as forgiveness.

Ausonious: Forgive many things in others; nothing in yourself.

Alexander Pope: To err is human; to forgive, divine.

Henry Ward Beecher:

I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note- torn in two, and burned up, so that it never can be shown against one.

Dorothee Deluzy:

It is easier to forgive an enemy than a friend.

Starseed: You do not have enough data to assign value to any action.

Swami Premananda: True forgiveness lies in awakening the divinity of another by manifesting the divinity in oneself.

S. B. Everett: paraphrased: When we recognize that we are all One, we send vibrations of love to all. (When one part of the body is in pain, cells elsewhere rush to heal.)

Sai Baba: God stands outside all mathematical equations no matter how long.. ready to render a plus or minus, multiplication or division.

Jesus: Love your enemies. Do good to those who hate you.

Bible: Judge not lest ye be judged.

Few earthlings want to be released immediately from our body prisons, nor let the bird of life soar out from the rib cage

Balaram fought the demon all night long and they were still tied.. Krishna disarmed the demon with one smile of unconditional love
-Sai Baba- P

Anger is always internal..it can be released but not created by external stimuli.....

No one but you can annoy you or make you angry
You are responsible for your response to the environment

Jesus in the Our Father He asked His followers to recite:
Forgive us our trespasses as we forgive those who trespass against us.

There's nothing in this life which is worth worrying about, ' she says.
'Don't be nervous, whatever happens. Don't sit near your TV sets and wait till sickness

finds you. Work, walk, meet people, do something but don't stop moving.

'Love people and forgive people, whatever they do.

-Hanna Barysevich near Minsk..116 years of age-

P means paraphrased

No arrow can return unless it was sent out by a person
in one life or another.

a documentary on the Green River killer....

Like many serial killers he was perhaps an abused child and more
certainly abused

animals.... the loved ones of his many women victims

were allowed to confront him at the trial.. he sat unmoved

... as they all accused him... finally one man came forth

and said 'I forgive you.' The prisoner broke into tears.

Forgiveness can move mountains

It is the nature of judges to be judgmental, and in the US, the 'higher'
their status, the more likely they are to kill with their pens.

*

Thaddeus Golas: In response to pain, the natural thing is to contract
but one should expand (rather than shutting down when
someone is cruel, Golas says to give more love)

*

Corrie Ten Boom: (paraphrased) Speaking about forgiveness
after the war, a man came up to me after the lecture. He took my hand and
told me he had been the jailer who had harmed my sister (who
had died in the camp) . He asked for my forgiveness. My arm froze. I prayed to
God that though I could not forgive him, God
could pass forgiveness through me to him. In the current
which rushed through my arm, we both began to weep.

*

Yom Kippur is not the only day God calls on Jews to forgive.
Every day Jews are called on to forgive.

**

R Avrutis: Each year on Yom Kippur at my temple we recite:
'May no one suffer on my account.'

*

We become what we focus upon.

*

Unknown: Don't hate the haters

*

Do not ask the sour hard green fruit to be rainbowhued soft and sweet.
nor the rosebud to have the beautiful fragrance
of the fullblown rose
nor the sapling to provide the shade of a centuries old oak.

*

L Hill: Sometimes negative memories can roll around the
head for many decades before they are finally released.

*

SMC: Even if your part was only 5% of the argument,
try to send a letter asking for forgiveness whether or not
you name mistakes you made.

*

Don Young: paraphrased: judging implies superiority

*

Richard Nixon prosecuted an evil war, bombed and killed millions.
But he too had some wisdom. He said words to the effect 'Your enemies may
hate
you, but they don't win unless you hate them back.'

*

Forgiveness flushes away excess weight, stress, and cancer
cells. *

Catherine Ponder: When one holds resentment toward another, he is bound to
that person or condition by an emotional link that is stronger than steel.

Nonforgiveness is a passive form of violence,
degrading into a sulkiness which repels others.

*

Forgiving is

- . unplugging a clogged sewer
- . putting down a heavy burden on a very hot day
- . recognizing God who indwells our foes as well
- . realizing that all return hurts are boomerangs of what
we sent out in this or another life
- . taking that same old picture..
off the tv screen
- . taking the needle off the broken record
- . realizing that all judging is projection of self hatred
- . melting the icebergs in the sea of love

As 32 degrees centigrade is the temperature at which icicles melt, so it is inevitable in the history of each soul that he or she arrives at a forgiveness point.

As the icicle daggers of King Winter melt away, so do the stalactites of past fights.

(P after an entry signifies it is paraphrased from memory)

Quote:

When President McKinley was shot by Czolgosz

Those in line behind Czolgosz and guards in the room all jumped on Czolgosz and

started to punch him. Seeing that the mob on Czolgosz might easily and quickly

kill him, President McKinley whispered either, 'Don't let them hurt him' or 'Go easy on him, boys.'

Edmund Morris reports in the book Theodore Rex that McKinley's last words before his death several days later were 'Nearer my God to Thee. Thy will be done.'

(McKinley was shot on Sept 6 2001 and was recovering, but gangrene from the bullet's path through nonvegetarian intestines was the final cause of death. When George Wallace, American candidate for president shot by a hit man employed by war profiteers, was hit, he had, said a national news magazine, just eaten a hamburger, and the bullet trailed an ecoli (colon bacteria) path through his body.)

Albert Einstein:

Whoever undertakes to set himself up as a judge of Truth and Knowledge is shipwrecked by the laughter of the gods.

Hatred can magnetize enemies to each other to the point that they are fused together as Siamese twins.

Lawrence Wilson: about the presence of adrenaline in the brains of those experiencing anger: Anger is a state of glandular arousal the body in response to danger or perceived danger.

Unforgiveness yokes one to his foe.

Nondualists, those accepting the unified field theory of physics, believe GOD is the only Doer, the only Actor. Therefore nondualists must forgive GOD.

The vicious cycle of revenge can go on for millenia.

The vicious cycle of revenge causes escalated violence.

S B Everett: We do not judge those we love. That unconditional love can be extended to all. P

83 11907

edited by SNS

Saiom Shriver

Zz Thoughts On Nonduality

Albert Einstein wrote that the Hindu concept of nonduality or advaita, that there is only one reality in the universe and that it is God, is proven by the unified field theory of physics.

is-not-was: There is only love

Course In Miracles: The opposite of love is fear, but what is all-encompassing can have no opposite. Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.

Osho paraphrased: Darkness is the absence of light. Absences do not exist.. Evil does not exist.

Saiom Shriver

Zz Toxins In Cow And/Or Pig, Sheep, Bird, Fish Flesh, And/Or Animal Products

Toxins In Cow, Pig, Sheep, Bird, Fish Flesh, And Animal Products A Partial List

- 1 Some are diseases resulting from consuming animal flesh
- 2 Some of these toxins are intrinsic to all cadaver 'foods'.
- 3 Some are zoonotic diseases passed on to humans from animals or their factory farm waste.
- 4 Some are injected into animals or toxic additives in the food given to animals.
- 5 Some are added after the animal has been murdered.
- 6 Substances mammal, bird, fish flesh, eggs and dairy lack

I Diseases from consuming animal flesh:

acid reflux- meat, fish and eggs are acidifying. A number of diseases are caused by the body's acidification

addiction - addiction: The trioxypurines or uric acid in mammal, bird, and fish flesh are stronger than the

dioxypurines known as caffeine. When the animal was killed, she could not expel the uric acid in her blood stream.

It is addictive and a cause of artery plaque and arthritis as it crystallizes in needle formation.

alcoholism - studies including those by the vegetarian founders of the Salvation Army (from which diet that group

has fallen) found unusual success in treating alcoholism with vegetarian diet and that vegetarians were much less

likely to become alcoholics

Alzheimer's - caused by homocysteine in meat which turns to amyloid plaque

aneurisms- artery blockage due to animal fat, plaque

anger - the adrenaline secreted in agony and terror by animals on the way and in slaughterhouses is a hormone only

partially broken up by cooking... to eat meat is to eat the chemical equivalent of fright, anger, panic

anthrax- used to be called Wool Sorters' Disease

arthritis - the trioxypurines in meat (uric acid) would have been excreted had the animal not been killed. They

crystallize in needle formation around the joints, causing pain and rigidity.

autoimmune diseases - Every unique mammal, bird, or fish, every egg or dairy product, has its own unique matrix of organisms to which the human who eats the flesh or dairy must adapt. Eating flesh foods exhausts the immune system more than even the most promiscuous lifestyles.

breast cancer- from the female hormones forcibly given cows... hormones known to cause cancer and therefore banned by the European Union and others

cervical cancer from the female hormones forcibly given cows... hormones known to cause cancer and therefore banned by the European Union and others

depression - the adrenaline secreted in agony and terror by animals on the way and in slaughterhouses is an enzyme only partially broken up by cooking... to eat meat is to eat the chemical equivalent of fright, anger, panic

embolisms artery blockage due to animal fat, plaque

excess lactic acid - - Dr Irving Fisher of Yale was one of many studying the excess lactic acid in the muscles of nonvegetarians, negatively affecting endurance... similar to lions who must sleep for 3 days after a heavy carcass meal

excess sodium causing acidification of the body and in some cases heart attacks

food poisoning - animal flesh is a cut up cadaver... like all cadavers it rots

heart attacks Vegan and vegetarian hearts need fewer beats a minute to pump

the same amount of blood

impotence affects untold millions... because animal fat clogs the reproductive arteries

intestinal cancer high correlation to meat consumption

kidney disease carnivores have 5 times the kidney size per pound that humans have

leukemia the Reagan and Obama administrations have both sped up the assembly lines at which meat inspectors stand as the cadavers whiz by There is no microscopic testing of cadavers approved... See Owen Parrett MD for the relationship of meat inspection to child leukemia His article is 'Why I Don't Eat Meat'

lou gehrig's disease

mononucleosis

multiple sclerosis

ovarian cancer many kinds

pancreatic cancer

prostate cancer

sarcodosis

smallpox used to be called cowpox or kine pox because that is its prime cause.

stearic acid used as a meat preservative... derived from mammal, bird and fish flesh

stomach cancer high correlation to fish consumption

strokes artery blockage due to amyloid plaque, animal fat,

uterine cancer

II Toxins Intrinsic in Animal Flesh

Adrenalin - the adrenaline secreted in agony and terror by animals on the way and in slaughterhouses is a hormone

only partially broken up by cooking... to eat meat is to eat the chemical equivalent of fright, anger, panic

Blood - some might call it juicy... nevertheless it is the shed blood of innocents

Cholesterol or animal fat, chief killer in the US, responsible for heart attacks, strokes, aneurisms, embolisms,

impotence as it clogs the arteries

Ecoli or colon bacteria John Harvey Kellogg, MD found that colon bacteria multiplied into the billions within 4

hours of death. Colon bacteria are a major cause of food poisoning.

Gangrene - from decaying animal flesh All meat is from a cadaver.
Refrigeration can break down in several

Gelatin powdered animal bones

places: slaughterhouse, transportation trucks, warehouses, grocery stores, home freezers.

Homocysteine: animal flesh toxin which turns to amyloid plaque, the prime cause of Alzheimer's as it gradually

blocks cerebral arteries

Insecticides in all nonorganic flesh, eggs and dairy - Many insecticides are cumulative and cause cancer in human

beings. The average 1000 pound cow ate 21,000 pounds of food containing nonbiodegradable insecticides. Meateaters

take in many times the insecticides of vegetarians, vegans, and fruitarians.

Maggots All meat is from a cadaver. Refrigeration can break down in several places: slaughterhouse,

transportation trucks, warehouses, grocery stores, home freezers.

Malonaldehyde: carcinogen created by heating meat above 300 degrees

Mercury - many meats contain mercury, a memory destroying metal

Methylcholanthrene - carcinogen created by heating meat above 300 degrees

Uric acid: - or preurine or trioxypurine... present in the blood stream and muscles of animals as they are being

murdered... it would have been expelled had they lived... it exhausts the kidneys

III Zoonotic Diseases: A Small Fraction of the Thousands of Diseases Transmitted From Animals to Humans eating Them

Campylobacter

Chicken Pox

Liver Flukes

Salmonella

smallpox - used to be called cowpox or kine pox

Tapeworms

Tetanus

Toxoplasmosis

Trichinosis

Worms - author of Diseases Of Food Animals, Owen S Parrett, MD, reported

that there are worms in fish in even the

most pure waters

IV Toxins Given To The Animals

Antibiotics - scientists around the world are alarmed by the resistance to antibiotics developed by those who eat

animals or their products... MRSA is one disease developed because of caustic cleaning agents in antibiotics in

hospitals which have served to make stronger and stronger organisms

Arsenic has been deliberately added to chicken food see link below

Cadavers of birds and animals- are often mixed in with food given to animals

Female hormones... animals are injected with carcinogenic female hormones because first they produce more milk (with

horribly bloated udders 2. because they gain water weight before slaughter 3. because they are gentler

Wastelage - is 1 part animal waste,1 part grain. It is fed to the cows

V Toxins Added To Cadavers Or Animal Products

Bacteriophages viruses approved as an additive by the meat industry dominated FDA

Caffeine added to meats such as beef jerky.. the FDA does not require caffeine to be listed in the ingredients

Formaldehyde or other embalming agents Meat is a carcass which decays

Irradiation approved by the meat industry dominatedFDA the FDA has increased the allowed amount of irradiation of food (radiation)

Isinglass... obtained from fish bladders... added to beer

MSG monosodium glutamate can be hidden under the label 'natural flavors' see link

Rennet enzymes in cows' and other ruminants' stomachs added to milk to make it curdle into cheese

Sodium Nitrate... a red food coloring used to cover meat which is often gray, brown, or green with discoloration.... Sodium nitrate combines with animal protein in the stomach to create carcinogenic nitrosamines

Stearic Acid is an animal derived carcinogen which causes neurotoxicity and organ toxicity

VI Substances Animal and Fish Flesh Lack

No forests an acorn potentially contains an oak and from that oak, forests of oak...whereas meat comes from

cattle or sheep ranches, for instance. Not only are trees cut down on cattle ranches by human beings, but cows and

sheep pull up grasses by their roots as well as sapling trees, causing drought.

No high vibrations meat is the densest and lowest vibration food.... next come to dairy and vegetables... the

highest vibrations are found in fruit

No natural fiber Meateaters have the highest rates of intestinal cancer. Fisheaters have the highest rates of

stomach cancer. Those who eat meat and dairy containing female hormones have the highest rates of reproductive

cancers

No pastel Colors Meat is brown or red or white...

No peace Meat is full of the chemical residue of the animals' agony (adrenaline) and this residue recreates

stress in humans who eat the animals

No vitamin C a vitamin C is the bouncer of the body facilitating toxin removal.. also speeds up thought signals across the neurotransmitters... c in addition it firms the connective tissue of the body... it is anti wrinkles... d it is a nontoxic preservative

is in fresh (uncooked only) fruit

VII Toxins In Animal, Bird and Fish Flesh

adrenalin,
alcoholism, *
Alzheimer's,
ammonia
amyloid plaque,
anthrax, *
antibiotics,
arsenic,
autoimmune diseases
bacteriophages
bartonellosis,
blastomycosis
blood,
brucellosis
cadavers of other animals in the food
caffeine, *
campylobacter,
cancers of many varieties
chicken pox
chlamydophila psittaci
cholesterol,
chromium,
clenbuterol
coccidioidol mycosis
cryptosporidium parvum,

ecoli (colon bacteria)
excess lactic acid,
excess sodium
feather meal,
fecal matter,
female hormones,
flydung,
formaldehyde or other embalming agents
gangrene
gelatin
genetically modified food,
histoplasmosis
homocysteine
impotence,
insecticides,
irradiation,
isinglass from fish bladders*
L-carnitine
lead,
liver flukes
Mad Cow, bovine spongiform encephalopathy
Mad Deer, cervine spongiform encephalopathy
Mad Elk, cervine spongiform encephalopathy
Mad Fish, piscean spongiform encephalopathy
Mad Goat
Mad Pig, porcine spongiform encephalopathy
Mad Sheep ovine spongiform encephalopathy
Mad Turkey etc.
maggots

magnesium stearate
malonaldehyde
medication residues
mercury,
methylcholanthrene
monosodium glutamate MSG
MRSA,
no natural bulk,
no vitamin C,
polychlorinated biphenols,
preservatives, 63 approved in Canada
prions,

Psittacosis
ractopamine,
rennet,
salmonella,
smallpox,
sodium nitrate
sterility,
tetanus
toxoplasmosis,
trichinosis, ,
trimethylamineoxide (TMAO) ,
trioxypurine,
tularemia
wastelage*
worms

The following are preservatives approved as additives to meat in Canada

63 Preservatives Allowed in Canada

Acetic Acid
Ascorbic Acid
Calcium Ascorbate
Erythorbic Acid
Iso-Ascorbic Acid
Potassium Nitrate*
Potassium Nitrite*
Sodium Ascorbate
Sodium Erythorbate
Sodium Iso-Ascorbate 1
Sodium Nitrate*
Sodium Nitrite
Wood Smoke
Benzoic Acid
Calcium Sorbate
Carnobacterium maltaromaticumCB
Ethyl lauroyl arginate
4-Hexylresorcinol for crustaceans
Methyl-?-hydroxy Benzoate
Methyl Paraben 2
Potassium Benzoate

Potassium Bisulphite
Potassium Lactate
Potassium Metabisulphite
Potassium Sorbate
Propyl-?-hydroxy Benzoate
Propyl Paraben
Sodium Acetate
Sodium Benzoate
Sodium Bisulphite 3
Sodium Diacetate
Sodium Lactate
Sodium Metabisulphite
Sodium Salt of Methyl-?-hydroxy Benzoic Acid
Sodium Salt of Propyl-?-hydroxy Benzoic Acid
Sodium Sorbate
Sodium Sulphite
Sodium Dithionite
Sorbic Acid
Sulphurous Acid 4
Calcium Propionate
Dimethyldicarbonate
Natamycin
Propionic Acid
Sodium Diacetate
Sodium Propionate
Ascorbyl Palmitate
Ascorbyl Stearate*
Butylated Hydro- xyanisole (a mixture of 2-tertiarybutyl-4-
hydroxyanisole and 3-tertiarybutyl-4- hydroxyanisole)
Butylated Hydroxytoluene (3,5-ditertiarybutyl-4-hydroxytoluene) 5
Citric Acid
Citric Acid Esters of Mono- and Diglycerides*
L-Cysteine
L-Cysteine Hydrochloride
Gum Guaiacum
Lecithin
Lecithin Citrate
Monoglyceride Citrate
Monoisopropyl Citrate
Propyl Gallate
Sodium metabisulphite
Tertiary Butyl Hydroquinone

Tocopherols (alpha-tocopherol; tocopherols concentrate, mixed)

81 63 144

Feed is a human chauvinist term for food given to slaughter bound animals

*caffeine in items such as beef jerky

Why I Don't Eat Meat by Owen Parrett MD author of Diseases Of Food Animals

>

Animals buried alive in S. Korea

10% of US pig population dies of disease in 1 year

Arsenic in chickens' flesh

MSG Monosodium glutamate

'Once you've killed a game animal, examine the outside for sunken eyes or emaciation, scabby skin, tick

infestations, or discharges of dark blood or creamy or green substances from orifices. Previously wounded animals

may have maggot infestations or abscesses. Use your nose. Decaying flesh and gangrene emit a putrid odor.'

FDA quietly allows increased dosages of radiation in meats

>

FDA approves bacteriophages to be added to meat

Tetanus in meat

Dozens of Canadian approved preservatives

Avian flu in India

harm of animal derived magnesium stearate

14950 1675

Saiom Shriver

Zz Treefree Paper From Coconut Husks, Cotton, Rice, Soybeans, Mango, Etc.

Our record breaking winter cold and summer heat are caused by the destruction of many trillions of trees around the world, as well as gasoline exhaust etc.

Paper is presently made from coconut husks, rice, cotton, straw, corn husks, soybeans, fiber from mango trees, banana plants, citrus, and cocoa bean pot plants, coffee bean bags, elephant waste etc.

'Most of the waste from many of the monoculture crops grown in the US are either burned or landfilled. Some is plowed under', writes Rainforest Relief. Instead of choking landfills or causing air pollution through burning, this stumbling block can become a stepping stone to paper.

Cotton paper lasts 400 to 500 years. Paper from killing sentient trees and their resident birds squirrels etc lasts perhaps 60 years, if not exposed to moisture etc.

Thailand has banned logging and learned to make paper from its elephant waste.

Many office supply stores carry 100% recycled paper. If yours doesn't please ask the manager to order it.

The US Constitution is printed on nontree paper.

It's time for the Social Security investors, state and corporate pension investors to disinvest from logging. It's time for newspaper and book publishers to make the change. We can all learn from Costa Rica's Ecopaper Company which uses a variety of nontree fiber sources.

Saiom Shriver

Zz Two Masters

The lower the rank
the more the officers
care about their men
than a warmongering mission.
Choosing soldier lives over
criminally stupid and
dangerous orders is
for real officers
a soulsaving decision.

This theme is explored
magnificently in the book
In The Name Of Honor by
Richard North Patterson as
he outlines the criminal
disregard of life by generals
in Iraq. Among many other
events he details soldiers
warned about an ambush
still being ordered by a career
oriented superior to
go to protect a Sunni police
station full of freedom fighters
who oppose the invasion...
every rooftop has Shiite snipers..
many teen boys have
explosive devices in soda
cans... narrow alleys
are easily roadblocked.

Saiom Shriver

Zz Us Government Tree Killers

The US Forest Service is blaming the Rim fire which destroyed 15,000 acres last year on a hunter's illegal campfire. Perhaps that is so and perhaps as has happened several times, arson is set by logging companies so that they may do lumber 'salvaging' at firesale prices. Now the US Forest Service wants to let timber companies 'salvage' at the very edge of Yosemite park.

The plan has received much opposition.

In the past the USFS has actually set 'controlled burn' fires which often went the other way than the ostensibly planned one because of the wind, once again giving not a windfall but a firefall to the timber companies, while animals, birds, frogs and other creatures burned alive and their habitat was destroyed.

The US is a land of skinny trees... with the exception of the oasis of redwoods. India has trees 2 millennia or more old. England has protected many of its millennial oaks. Thailand has banned logging.

But the lumber-driven policies of the USFS and the Department of Interior, the failure to give financial incentives to wood alternatives, the many compulsory mowing ordinances, the unregulated use of treepaper by metropolitan newspapers... are some of the many enemies of trees.

The average tree evaporates 40 gallons of moisture into the water daily, reported Bayer Webster of the NY Times. This evaporation becomes mist, then clouds and finally rain. Without trees, there are drought, fire, and violent weather.

Saiom Shriver

Zz Victories Over Addiction.. Stories Of Sai Baba Miracles

Stories Of Addiction Breaking... Sai Baba Helps Break The Chains

I The Cocaine Raft: Drugs Into Salt

A cocaine smuggler who sold his wares from a raft on the Indian waterways.. approached the bank and saw police coming toward him. Suddenly a man appeared from the other side and entered the boat..went straight to his cocaine stash.. and touched it. The police directly entered the boat..and searching it foundthe booty. When they tasted it.. it was salt. They left. The smuggler turned to the man.. who said 'Your wife has prayed many years for children.. but I have not granted her request because your business harms children.' From that day forward the man never dealt in cocaine.. and years later someone saw him at the ashram, the proud father of children.

Whether it is Jesus turning water into wine, Baba turning cocaine into salt, or a fruit tree turning rain into pear juice, God's miracles are delightful.

*

II Alcohol Materializes

B1 (he prefers to be anonymous) was frequently asked to translate into English by Baba (despite the fact that people around the world said Baba spoke their native language better than they did) .

B1 was reluctant to do this partly because Baba's advice was sometimes strict.

One couple came in for a private interview. The wife spoke of her husband's alcoholism. Baba said 'He may keep drinking.' The woman replied that doctors said it was harming his health. Baba said 'One day he will also see me at the end of a bottle.'

Time passed. The couple returned home. One morning in America by their bed had materialized one of the world's most expensive brands of whisky, one which could not be purchased in America. Over the next 2 days, the man drank the bottle, and when it was empty he saw Baba's form. He never took another drop. They placed the empty bottle on their altar.

III Smoking Behind The Building

'Where are you going Bangaru? ' asked Baba of a boy in his school, and then made a motion of smoking, for He knew that the boy had been smoking behind a compound building in violation of the school rules. Bangaru is Baba's affectionate term for many of His devotees and means 'raw gold'.

The boy denied he had been smoking, until Baba held out His palm and materialized a photo of the boy smoking behind the building.

Baba in His incarnation as Shirdi Sai Baba smoked a cigar, but does not in this life.

Baba has for some immediately removed the desire for nicotine. For others He has gradually removed the desire.

IV Addiction To Cocaine

To one who asked for help with cocaine addiction, Baba gave a piece of chalk and said the man should write Om on the blackboard daily, and by the amount of chalk it took to write the letter, reduce his cocaine use. When the chalk was gone, the man was no longer an addict.

For others he has immediately removed the addiction.

V Coffee

A woman decided to surrender each cup of coffee to Baba. She would pray and then flip a coin. Heads would be yes, tails no. Over 3 days she got 9 tails in a row, 9 no's. The odds of that's occurring randomly are 1 in 512.

VI Relationship

A.

A woman who wanted out of a harmful relationship heard Baba's voice in

meditation say

'As much as possible sleep under the midnight sky.' She began to sleep on the porch... which helped in the weaning process.

B.

A woman married to a man from the Mideast was told at the ashram to return to their home for 3 weeks and then to return. Upon arriving she discovered her husband had been involved with another woman for a long time. This knowledge gave her the strength to divorce him.

Saiom Shriver

Zz War And Alcohol

ALCOHOL AND WAR

*

EXCESS DRINKING CAUSES

1 domestic violence and barroom fighting.. in some cases fatal shootings as drinking hunters or bar room drinkers release violently the emotions uncorked by booze

2a break up of marriage through breakdown of fidelity

3 millions of traffic fatalities and broken neck paraplegics, faces turned into roadmaps through windshield collisions, decapitations, loss of limbs etc

4 fires as alcoholics go to sleep with lighted cigarettes

5 broken bottles left in the woods by drinking hunters

6 Alcohol poisoning of the optic nerve can cause blindness

and sudden death, especially in teens... cirrhosis of the liver, delirium tremens, death from choking on vomit, kidney shutdown, the loss of brain cells from each drink etc.

Red wine can cause acid reflux and ulcers

7 broken bottles left in the woods by drinking hunters

8 how is it related to animal murder?

Animal flesh and alcohol are married.. the excess yang of cadaverous meat asking for the excess yin of alcohol to break it down

.. alcohol is like MSG (meat tenderizer.. also breaking down the muscle cells of the human brain)

9 how is alcohol related to war?

In the US the major alcohol distributors are big contributors to the warmonger political parties and are allowed to advertise to teen markets on radio at 11 am on weekdays. Coors funds the warmongering Heritage Foundation as well as sponsoring brutal rodeos Anheuser Busch has promoted warmonger candidates and rodeo as well.

10 There are many faiths which advise against alcohol which causes lesions in the aura through which disembodied entities can inhabit the soul

11 job loss

12. Alcohol, drug use and prostitution follow military bases.

13. more teen pregnancy of unmarried mothers

14. the deaths of the homeless from freezing because alcohol depresses the central nervous system

15. suicides from depression linked alcohol

16 Blood thinners can potentiate alcohol use, said a guest of Terry Gross on Oct

24,06.

17 International incidents: Poles fire on German cruise ship in a dispute over alcohol and cigarette taxes

18 Libertarians and many others believe that people have a right to brew their own alcohol, moonshine etc. Fights between ATF and other government officials and freedom lovers have caused present day murders and past ones (The Whiskey Rebellion) .

19 Babies born to alcoholic mothers or even moderate drinkers can have brain damage.

20 Alcohol related lethal accidents include falling down stairs, getting hit by cars while walking across the streets.

21 Northern countries with cold and less light have more alcoholism than countries closer to the equator.

22 Some religions prohibit alcohol consumption but 'thou shalt not' can have the opposite effect.

23. Alcohol marketers are among those fighting the legalization of marijuana.

24. Humans are not the only victims of alcohol-released violence. Animals are kicked, killed, neglected, abandoned.

It is often the most sensitive members of the society who drink too much..these people absorb in sympathy so much of the pain of others that they try to tune it out.

The most reforesting, healthful and nonviolent drink is fruit juice (unfermented) or pure water.

God in all give us all the grace to break the chains of our addictions to alcohol, meat (trioxypurine in meat is addictive) , drugs, sex, anger, etc.

Prevent the shotgun weddings of alcohol and war, alcohol and death, alcohol and disease, alcohol and violence

The biggest breweries in the United States are heavy contributors to the current regime, and through their cash influence have gotten several radio networks to promote alcohol consumption ads as early as 11 am on weekdays. Coors and Anheuser Busch are 2 major alcohol marketers. In addition the alcohol industry, says MADD, Mothers Against Drunk Driving, is marketing to youth. Many soldiers returning from war attempt to tune out the hideous violence witnessed through alcohol and drugs. Alcoholism related depression generates billions in multinational pharmaceutical medications. Fraternities, restaurants, and

corporate media promote alcohol consumption for reasons such as peer pressure and money. Sometimes, even the sight of someone drinking on tv or a description of this in a book is enough to kick the viewer or reader off of years of abstinence. The Salvation Army over 100 years ago treated alcoholism through vegetarian diet, since the excess yang of meat was offset by the excess yin of booze. However, the Army has gotten away from its vegetarian roots. Many Adventists treat alcoholism with vegetarian diet. There are virtually no vegetarian alcoholics because.. the biochemistry of non animal eaters is less acidic..

Saiom Shriver

Zz Wcau Tv And Baby Calves

Sathya Sai Baba gave a follower a dream in 1980 in which He was on a Greyhound bus which stopped at a Burger King. At that time Burger King and Greyhound Bus (now owned by the British company Laidlaw) had an agreement that Greyhound would stop at Burger King's as the official restaurant for the bus line. In the dream there was nothing at the restaurant the writer could offer Baba who ate no animal bird or fish flesh, no animal products.

Shortly after that day she was asked to do media for a small coalition boycotting Burger King which included Trans Species Unlimited in State College headed by Dr George Cave, Farm Animal Reform Movement of DC founded by Dr Alex Hershaft, H Schofield's group in Boston, and Calf of Ted Zagar in Western Indiana.

The 3 year boycott of Burger King was resolved by the company's accession to withdrawal of veal in 1983. Before that the writer was typing press releases for Philadelphia tv and radio stations.. and came to Wcau.. which is on City Line Av. When she went to type 'city' she found her fingers typing 'cave' and took that as a message to call George Cave, a philosophy professor at Penn State and an animal rights activist. During the call he told her he had just finished an interview with Wcau on Pennsylvania's decompression chamber, a painful method of killing 'surplus' pound animals. A short time later, she wanted to ask a question of a guest on the Larry King Show on Mutual Radio. (She no longer listens.) For some reason she could not receive the signal that night on Wtop in Washington, but it came in clearly on Wcau, a distance away in Philadelphia. The guest that night was Ray Cave of Time Magazine. A third time there was another Cave Philadelphia connection, when William Cave of Philadelphia's American Antivivisection Society was a guest on the radio. Later SG took her to see Bawa Muhaiyyadeen, a Muslim mystic, whose aura was so bright it filled the room with white light, whose love was so strong that babies crawled to him from their mothers. He has since passed on to God.. but his simple mosque was in a home near City Line Ave. It occurred to the writer that it was a cave of light. What was God trying to underline for her with all this synchronicity? One meaning

for her was that cities are projections upon the land.. caves are recesses. In addition actions take energy, but silence is effortless. It is also interesting that CAU is how CAV might appear in Roman script. In addition Wcau could be considered Wcow. The Bhagavad Gita, Gandhi's Bible, states that the wise see action in inaction and inaction in action. She thought God was telling her to surrender every action for approval.. just as an empty flute.. bears music fruit.. so a disciple empty of self will can be more attuned to God's. This is a lesson she daily needs to relearn.

Burger King since the boycott added a vegetarian burger. For the sake of vegans as well as factory farmed chickens may the corporation which has been more responsive than several other fast food chains..give a vegan burger option.

Update: In 2014, Burger King now has a veggie burger, though not a vegan one. Taco Bell provides vegan burritos (They have announced they are eliminating the monosodium glutamate in it.)

Subway has vegan sandwiches but not vegan protein sandwiches (e.g. hummus, tofu, falafel, lentil burgers etc.)

McDonald's in compliance with Indian law has no cowflesh in India, nor does it have pigflesh. It has veggieburgers in some other countries but not in the US)

Asking GOD Through Chits

Baba had told His devotees if they had a question to which they did not know the answer He would reply if a. it was about an individual's own sadhana b. if the devotee were surrendered in advance to the answer, and if c. it entailed an immediate fork in the road.

There are many who immediately know in their hearts what course of action to take, but there are times when one is not sure. One should meditate or pray before doing this.

Baba said to take 4 symbols of equal size (e.g.4 pieces of paper) and write on one 'yes', a second 'no', and the 3rd and 4th 'wait'. Then pray and select one at random. One can also use coins or open a book to a random page after prayer.

When the writer was asked by a small coalition of 4 groups to do media for the Burger King Boycott, she asked Baba

by this method and got 'yes'.

Several months went by. Dr Rao of Lawrence Kansas told a friend to tell her that boycotts were not ahimsan (nonviolent) because they called down corporate wrath. This was a wise criticism, and she asked Baba again, and again got a yes to go forth.

More time passed. Bob Pinkus, editor of Vegetarian Living who had convinced both the writer and Connie Salamone to give up dairy said that boycotts increased corporate sales because they operated on the principle 'don't think of a white elephant', which increases thoughts of white elephants. She asked again for a third time and got another yes.

The river of life flowed on. Next L Yonish, coordinator of Vegetarian Action whose group was targeting restaurants which served veal, said this was the wrong target. Another casting of the chits (symbols) in prayer.. and another 'yes'. This time it was Lou Ann on the other end of the phone who made the selection.

D Giehl, founder of Animal Liberation and Michael Rothschild also participated in the chits.

Altogether 6 times, Baba or the querant's form of God was asked, and 6 times a yes was given. The odds of this happening randomly are 1 in 4096.

All of the criticisms of the boycott were valid. Yet God is omniscient, and like someone on a hill who can look down on an intersection and see traffic patterns those in the cars cannot, God gave guarding and guidance.

-saiom shriver-

Saiom Shriver

Zz What's In Hot Dogs?

Jay Leno: They put pig uteri in those hotdogs.

What's In Hot Dogs, Sausages, Cold Cuts?

Lips Snouts Ground Up Hooves Eyelashes Tails Mad Cow and Mad Pig Spinal Cords and brain tissue, ground up uteri, eyeballs, intestinal mucosa, and slop from the slaughterhouse floor

Female Hormones Why? So the animals will gain waterweight before being butchered.. and make more profit. These hormones are banned in Europe because they cause prostate, uterine ovarian breast cervical cancers. Amazingly despite knowing that the US has 8 times the prostate cancer rate of the rest of the world because of these hormones from diethylstilbestrol to bovine growth hormone, the cancer-medico-pharma-hospital industrial complex treats prostate cancer with estrogen! rather than vegan diet.

Sodium Nitrate: red dye no.2 forms with animal proteins in the stomach to make carcinogenic nitrosamines is put in hotdogs to cover the brown, the grey, the green of rotting flesh and of the intestines. Now it is found that these nitrosamines block the flow of blood to the brain.

What Are Natural Casings? Some hotdogs come with an NC on the package, standing for natural casings. Natural casings are the actual intestinal links of the butchered animal, and are like everything else saturated with ecoli, a euphemism for colon bacteria. Creiophilic bacteria, cold loving, survive freezer temperatures. Thermophilic bacteria, heat loving, can survive a 300 degree oven for several hours. Microwaving flesh at much higher temperatures creates carcinogens even more dangerous.

When profiteers say some hot dogs have everything but the squeal, (or agonized shrieks) they can be taken literally. Howard Lyman got a spinal tumor from eating the meat of animals on his 4th generation Montana cattle farm. He promised God that if he recovered (he was told he would never walk again) he would end ranching. He began to tell the world about the animals fed to other animals. When he described this on Oprah Winfrey's show, they were both sued by Amarillo Texas cattlemen. The 5th Circuit upheld them saying the truth is not libelous. The cattlemen sued a second time! and were again defeated.

Oh I'd Love to Be An Oscar Mayer Wiener is a lie by ad execs. In reality 1100 pigs an hour were butchered in Madison Wisconsin. The sound they make would rend any heart which is why slaughterhouses have the most turnover of any occupation. The kicking terrified animals make slaughterhouse and deep fishing the 2 most dangerous occupations. Oscar Mayer with its Oscar Mobile is guilty of criminal child endangering as the corporation promotes leukemia and food poisoning engendering food and helps make American children the fattest in the world. The Minnesota Dept of Health says to give a child rare meat is like driving your child 95 mph down a road.
(from an Iowa Oscar Mayer abbatoir)

Ralph Nader who is not yet a vegetarian.. said he would never eat a hot dog and wrote about why.

A meatcutter in upstate NY said although he was not a vegetarian he would never eat coldcuts or hot dogs.

George Bernard Shaw once asked a man with a meatless plate next to him if he was like Shaw a vegetarian. The man replied.. I wasn't til I became a meat inspector.

Red dye in hot dogs is used to cover up rotting brown and grey, congealed black blood and the green of gangrene.

With the animal protein

it forms carcinogenic nitrosamines.

Animal protein without coloring agents becomes

the amyloid plaque of senility or Alzheimer's disease. It lines the arteries of the brain and like animal fat cuts down the flow of oxygenated blood to the brain.

Female hormones in meat make reduced sperm and sterility.

Buns are hot dog cadaver coffins

Antibiotic resistance from hiding
cow coughin

Adrenalin from mammals' frozen
fright..

as most are unable to escape
knives in flight

Saiom Shriver

Zz Yellowstone's Hot Magma

There is insufficient tracking.
Can each state's fracking
release Yellowstone's hot magma pool
... its volcanic caldera..
causing earth's cracking

Saiom Shriver

Zz Your Wish Is Granted

THE PHYSICS OF POSITIVE THOUGHT

Jesus: Whatsoever you ask the Father in My name it shall be granted.

Mother Earth is supremely patient, but she too can do time collapsing miracles.

This is a course in miracles. It is a required course.
Only the time you take it is voluntary.
Free will does not mean that you can establish the curriculum.
It means only that you can elect what you want to take at a given time.
The course does not aim at teaching the meaning of love,
for that is beyond what can be taught.
It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance.
The opposite of love is fear,
but what is all-encompassing can have no opposite.
This course can therefore be summed up very simply in this way:
Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God.

Kriyananda: My master's visualizations were so powerful their condensation into matter was mere signature.

John C Lehman: My father's will was so concentrated it was a police escort into reality.

Starseed Transmissions paraphrased:
How do thoughts become reality? Electronic thought blueprints attract tiny particles of matter which gradually condense into reality.

*

Buddha: see only the holy essence in all and happiness will follow you like an unshakable shadow

Isaiah 66: 9 Shall I bring to the birth, and not cause to bring forth?
saith the Lord: shall I cause to bring forth, and shut the womb? saith

thy God.

Sarah Pere: When the mind is open and awake
then do the gods partake.. to fill the spaces in between
the dreamer and his dream

George Bernard Shaw: Thought transcends matter

Baba is Asritakalpalateeka, the wish fulfilling tree.

Baba: I give you what you want so that you will want what I
have to give.

Baba is the embodiment of Yes
by Barbra Streisand)

Bible: Seek ye first the Kingdom of GOD and everything will
be added unto you.

Isaiah:
And He will raise you up on eagle's wings,
Bear you on the breath of dawn,
Make you to shine like the sun,
And hold you in the palm of His Hand.

Alice Bailey: Energy follows thought

Clifford Bias: All power that ever was or ever will be is
available to you at this moment.

Clifford Bias: You have the power to clothe any thought in matter

E Fortson: Positive thought is a form of self hypnosis.

Goethe: When you make a commitment, angels conspire to bring it into reality
(paraphrased)

Job 22: 28 Thou shalt also decree a thing, and it shall be established
unto thee: and the light shall shine upon thy ways.

Isaiah 53: With His stripes we are healed

Alexander Cannon: You have the power to clothe any thought in matter.

Romans 10: Whosoever shall call upon the name of the Lord shall be saved.

Bible: With God all things are possible.

Romans 8: All things work to the good

Psalm 51: 7

Wash me, and I will be whiter than snow.

Unknown screenwriter of movie shown April 92:
Where fear turns to courage, dreams take flight

Unknown: What the mind can conceive, the soul can achieve

Jesus: Whatsoever you ask the Father in My name it shall be granted.... and 'Ask and you shall receive.. seek and you shall find.. knock and it shall be opened unto you'

Sai Baba: God gives you what you want so that you will want what God has to give.

Isaiah 35: For waters shall break forth in the wilderness, and streams in the desert; the burning sand shall become a pool, and the thirsty ground springs of water

Jan Kasmir: The guru can walk through walls but he does not encourage the disciple to.

Anna Hridaaya: The God who gave you the desire will fill it (even if encouraging you to dissolve all desire)

Mary Baker Eddy per Hazel Fraser: There is nothing lost in God's kingdom.

Rajneesh: Darkness is the absence of light. Absences do not exist. Therefore darkness does not exist. Evil does not exist.

Unknown: Act as if (what you want has already materialized)

Sai Baba: I give you what you want
so that you will want what I have
to give.

Matthew: If thine eye be single thy body will be full of light.

B Lance: Those with the most failure have the most
success for they have made the most attempts

Deut 23: 5 the Lord thy God turned the curse into a blessing unto
thee, because the Lord thy God loved thee. Neh.13.1,2
Num.23.7- 24.9

Dec 8 or 9: sleeping as tv news comes on at 5 am speaking
of LeBron James' commercial banned in China...
dream that LeBron says to poster: 'skip unnecessary steps'
God cause generous LeBron next year to give out nondeadanimal food
.. and soon to end his association with Nike's exploitation
of the poor and promotion of leather

Rise to Love

Edeltraude Vonstein:
Your spirit can shape prana (energy)
in any form.

Unknown: Because thoughts materialize it is very important
to think only positively.

All prayers are answered, some
immediately, some soon, some in time.

Arc to the reality created by the vision.

Ray Charles: Piano notes of life wait beneath your fingers..
all you need do is play.

Sri Yukteswar, Medicines have limitations; the divine creative life
force has none.

Believe that: you shall be well and strong

When a negative thought arises, repeat a favorite name of God and pray

for a healing of the situation.

Positively charged thoughts are magnets attracting materialization. Negative thoughts repel aid.

Psalm 91: 11 For he shall give his angels charge over thee, to keep thee in all thy ways.

Barbra Streisand quoting George Bernard Shaw: Thought transcends matter

K Farwell: Those who believe strongly enough have resurrection power.

Job 22: 28 Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

Positive thought is a plug into the Yes force of the universe. Negative thoughts unplug the current.

*

Bible: Seek ye first the Kingdom of GOD and everything will be added unto you.

*

Unknown: What the mind can conceive, the soul can achieve

*

Charles Colton:

The brightest thunderbolt is elicited from the darkest storm.

*

Saint of Shirdi: God is the embodiment of Yes

*

As a river whose drops flow into the sea is made full by melting snow headwaters so everything you need is available to you now.

*

S. Grafo: When one is feeling good about himself he magnetizes, attracts others. When he is feeling he is unattractive, he repels others with the same force.

Yogananda: Divine Mother always gives me what I want.

Sai Baba is Asritakalpalateeka, the wish fulfilling tree, the embodiment of Yes! , who says

' I give you what you want so that you will want what I have to give.'

The tiniest doubt is a little cloud which can block the sun of materialization.

/1xk3RCYujvs/s400/Postive%

Saiom Shriver

Zz: Insect Rights In The World's Religions

Jesus: Whatsoever you have done to these the least of My brethren you have done unto Me

*

The self realized master Ananda Mayee Ma once did obeisances to a cockroach to remind her students that all living beings are sacred.

*

The Saint of Shirdi in the book Sai Satcharitra: Never harm a snake or a scorpion. He will harm you only if ordered to do so by God. If so ordered there is nothing you can do about it.

*

St Francis of Assisi is said to have worn bells on his toes as he walked barefoot to warn the insects he was coming.

Jada Bharat was drafted by the king's servants to help carry the monarch's palanquin. He walked very erratically because he did not want to step on any ants or other creatures. Because his walking caused a less harmonious ride for the king, Jada Bharat was freed of the onerous duty.

*

A follower of Sai Baba was thinking that the Jain practice of wearing a mask to avoid inhaling insects was ridiculous. Immediately a fruit fly sailed up his nose.

Bhagavad Gita: He is dearest to God who has no enemies among living beings.

A British rabbi wrote in the magazine Jewish Vegetarian several reasons honey was unethical.

The queen bee's wings are often clipped so that she may not move her hive way from human thieves.

Many bee hive operators steal all the honey allowing the bees to starve in winter and to be replaced in the spring.

Is it ethical to steal from bees?

Agnostic T Earley: Many who boil cruciferous broccoli or cauliflower don't realize they are boiling the worms hidden at the core.

MSC: : Our God is the God of the least, the last, the lost.

Actor James Coburn: i do not kill flies.

Terry McGovern: i go out of my way to avoid stepping on ants.

Rhonda Fleming: "i cannot kill an ant.'

Peter Burwash: , professional tennis player and vegetarian saw a column of ants come onto the court and crawl toward the net. He lost the match because he would not harm them.

Insecticides: *

Poisonous insecticides and herbicides including malathion and dioxin used throughout the world to kill gypsy moths, pine beetles, poppy and pot plants are filling the waters of the sea with these same poisons... which concentrate in fishes killing or deforming them or making them sources for cancer, while also killing whales, seals, dolphins and other sea creatures.

Saiom Shriver