

Poetry Series

**LaSoaphia QuXazs**  
**- poems -**

**Publication Date:**  
2012

**Publisher:**  
Poemhunter.com - The World's Poetry Archive

## LaSoaphia QuXazs(1934)

I work out my life by writing a poem every time something comes to my attention and I have the feeling for it.

I'd like to publish here some of my Life Philosophy. However, I know only those people will see it, who understand, and already have some knowledge on the subject.

Let us all evolve on the road of life with the speed what we are able to take.

I do my best to follow the great teachers, such as the Bible and the TAO, and familiar of the teaching, that we are what we think, by picking up the appropriate lifestyle.

Everybody is just a traveler on the road of Life, where lessons are given. There is no good, there is no bad, only life lessons.

I came a long way from 1934, went through a war, a revolution, starvation, poverty and I can relate to everybody on this Earth.

lasaqua@

Love you all, wishing you God's best of Health, Good life and true Happiness in all your life.

# A Happy Ending.

The world is reading stories  
Looking for a happy ending,  
Usually after a sad, troubled life  
They find happiness or prosperity & upswing.

However, look around how many  
Find what they wished for,  
Their life goes through with problems,  
Sickness and never run out of their tormentor.

However, there are some who finds  
Contentment, humbleness, health & happiness,  
Diligently going through life  
In calmness, faith without blaming or bitterness.

LaSoaphia QuXazs

## A Marriage Blessing.

God brought you together for some reason,  
Only He knows the purpose of the season,  
We just have to know, all will end well  
What will tomorrow bring, no man can tell.

Do your best little darlings love & respect each other,  
This is a great advise of a caring mother  
Personally my wish is just the best of everything,  
Perfect health, good living & true happiness everlasting.

LaSoaphia QuXazs

# A Message To The 77 Years Olds.

I passed 77 years old yesterday,  
Looking forward peace, self confidence & health in every way.  
This will be the 12th 7 year cycle for me,  
When joy for ever should start and I am happy to be with Thee.

I let go all the misery of the past,  
Open my mind for true happiness at last,  
Let come everything to me easily,  
Never more problems, just the best of life daily.

I open my mind to be able to handle everything  
With ease and enjoyment under God's wing.  
Let come what was meant to me from the beginning,  
Live my life in true happiness & my praises I gratefully sing.

Believe it or not this message was meant  
For all who passed 77 years age,  
Do your best to find true contentment  
And happiness in your life's voyage.

Let go the destroying will,  
Let God guide and show you how to stand still.  
Let peace, kindness & contentment be your guide,  
Be a traveler of life's road, let God give you the ride.

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# A Wish To My Daughter

My sweet, little darling, you were the best,  
One of the smartest child between all the rest.  
You and I always know that you'll make it well,  
On money cares you never have to dwell.

In the years when we were growing up together,  
I thought you were my best friend and sometimes my elder.  
You helped me to find always the good road,  
You helped me with your advises to carry life's heavy load.

Your life must be always in the shinning sun,  
Strength, courage is your inheritance in the brilliant dawn,  
Let your life be a never ending success,  
Only health, good life and happiness fit my princess.

I am sorry if you don't see what I always thought,  
Probably you wouldn't take all my praises,  
And in your mind you opposed and fought.

Even if our personality opposing each other,  
I love you my child, your personality I never wish to alter.  
You are the child of God and let life be your teacher

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# Adept!

In the school of life there are many rooms,  
As Jesus talked about his father, who have a big volumes  
On this earth you can find the many level of civilizations,  
From primitives, next & next up to the smart scientist interventions.

We all have our fate to fulfill,  
Learn what we have to in this life & go up our hill.  
Each person's life is like a software in God's computer,  
We born, live, go through temptations & we became a performer.

The Law is built into each person  
Given a choice between Life or malediction  
Some follows the wrong way, some tries hard to be good,  
If he/she finds true peace, self confidence, health & happiness,  
That means the lesson was understood.

Rich, poor, sad, sick or happy are all just a dream,  
Everything is passing fast like a sunbeam,  
We have the choice which side we accept,  
If we are smart, no matter what comes, we can adept.

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# Always Love Yourself.

The commandments tell you to love God and Yourself,  
That's how you become understanding and life works out itself,  
I do not mean the makeup, fancy clothes or plastic surgery,  
But kindness and humbleness give you always a quick recovery.

Expect the best, a lovely day when you wake in the morning  
An open mind for a pleasant and happy future blessing.  
Never give in for those who want to pull you down to their reality,  
Avoid the big 7 sins if you want to be happy for all eternity.

Keep telling yourself that: 'I am God's beloved child,  
I am guided all through my life, I never go wild.  
I learn my lessons with ease and happiness,  
No matter what happens, I go through with success.

I love myself; I am strong; I am wise; and I am powerful,  
My life is light, peace, guided all the way and I am grateful.  
My body shows my inner beauty and health,  
True happiness is mine, which is the greatest wealth.'

If you can believe, it is yours. When others will tell you you are beautiful, that is the time you really believe in it. But you cannot force anybody to do it for your wish. Work on your soul and self confidence, relax, let God direct your steps.

LaSoaphia QuXazs



# Always Remember.

What you see in others it is in your being,  
They are all parts of you in living or after dying.  
Nobody is an angel and nobody is the devil,  
We are all part of the seemingly chaos or turmoil.

That is why there are messages all around,  
Live for the today, enjoy the now & forgive the life of the merry go round.  
Do not let anyone with negativity pull you lower,  
Instead, lift them up with kindness & help them to positive power,  
That is the only way you can progress in your own endeavor.

LaSoaphia QuXazs

## Anger 2

Someone pointed out that anger is a necessary emotion,  
Just like others as happiness or sadness as another version,  
Yes, I can see their point, they are the child of the Earth  
See the logic what goes on over the earthly dirt.

However, I saw many angry people who use anger to step on others  
Not because it is necessary, but they are frustrated & want to show their powers.  
Beware of the angry person he/she destroys also her own body,  
Ending up with heart attack or such instead of a happy melody.

Usually angry people are rude and unmannered,  
I found in my life, they are not recommended  
I personally choose the calm and peaceful ways,  
Give my blessings, but keep them far from me in my days.

If you choose the humiliation over and over, , you can have it.

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# Anger.

Anger is really frustration which comes to the surface,  
When we misjudge, cry, take drugs, can't find a rest place.  
We are hung up on old or new misery,  
Finding not a way out in the moment of some treachery.

Children are sad, they cannot have their way,  
Parents think they are gods to demand their play.  
Bosses can be dictators to say the last word,  
With the poor worker who has to shut up, never be a free bird.

They say, we should change one habit with another,  
Why can't we became still, refuse anger and turn it into laughter.  
Don't go insane over the things others try to do,  
Know that God is there, learn the lesson, don't be part of that zoo.

Then the sun will come up in your mind and in your whole being,  
Your life will turn into beauty, harmony and singing.  
Praising the Lord, returning kindness to all,  
They will never have negative power over you, you can walk tall.

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## Another Life Is Strange.

Life is strange who do not see it clearly  
Each individual wants to do things differently.  
Once you understand what that means  
Take care of your own challenges first, that cleans.

The control freak wants to change others,  
Not seeing his/her own faults and life wonders  
Everything is going as it should  
Everybody is on own place, doing what they could

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# Apartment Living Need Good Manners

When the child is growing up, most parents teach him/her for good manners,  
In the later years he learns from many, even from deceivers.  
When many gets to a certain age become selfish,  
Thinks about him/herself and the good manner vanish.

Some is slamming everything what hand can touch or throw,  
Giving out all frustrations, showing his sorrow.  
Some do not care if he bothers others with loud music or noise,  
Thinks, this is his world and he has the ruling voice.

However, in an apartment house we all should be polite,  
Not to scream, howl, make big noise, smoke on the balcony,  
Blame others for nature's work, or become a parasite.  
We all are connected and we all should respect each other,  
This is the only way to live in peace and order, like good sister & brother.

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## Are You With Me?

If you listen to the old wise men,  
You are on the front when the race is over, so listen,  
If you want to find true happiness forever,  
Open your mind and block out the deceiver.

If you want to know the truth for all time,  
Go back and search for my messages and my rhyme.  
If it was meant for you, you'll learn,  
You'll find answers for all that what after you yearn.

Health, Wealth & true Happiness can be yours for free,  
When you loose the ego, the will and you stop disagree.  
Humble, easy going, kind and laughing,  
Faith in goodness all the way, your life'll be only upswing.

But, watch it, it do not happen as the world teaches,  
You'll be aware of your own experiences,  
You'll face challenges easily and happily,  
Life'll become an adventure for all eternity.

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# Arguments.

Some people argues, just to have the last input,  
They are in reality frustrated control freaks with a bad root.  
They want to push others off the highway,  
Or tell off someone with words they say.

They think they are smart & everybody else is stupid,  
In the reality they are the invalid.  
They have low self esteem with a proud, ignorant mind,  
Instead of learning they are rude and blind.

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# Athletes.

Everything in life teaches something for us.  
We have the choice to copy or not to copy.

The athletes train long hours every day,  
They commit their life to the planned way.  
They never give up, that is how they can become a pro,  
If they did it from the heart they became perfect.

Life is just like that, one cannot say 'I am OK',  
One has to work on that hard to get the bouquet,  
One has short or long time to progress,  
Sometimes our subconscious works as a slow witness.

One has to affirm over and over the need,  
When at last will surface the real deed,  
However, when one finds the real truth,  
Will never have any more problem with their youth.

They will live in perfect harmony,  
Peace, goodness, politeness & wisdom will be their testimony.

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## Be Kind To Your Body.

Be kind to others, but kinder to your body,  
If you want to be healthy you may not abuse or block the happy melody.

How we think we pick up food and the lifestyle,  
Watch out who feeds you, poisons you with a fake smile.  
The rich is always fed by their servants,  
Be good to your servant that your life continue to be pleasant.

Only the strong survives IF finds contentment and wisdom,  
If he keeps an open mind to learn constantly and wish to blossom.  
Life is a dream what we think we are and that comes to us,  
So, be careful what you dwell on, believe, fear or whatever is or was.

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# Be Strong.

Long time ago the strong survived  
Today only the smart will see the light.  
Be strong like a steel, but soft as a fluffy cloud,  
Ready to change with the wind, to be able to face life and the crowd.

If you are able to adopt the old teaching  
Your life will be light, happy and breezing  
You'll go through your lifespan in true happiness,  
You'll know why things happen, you receive wholeness.

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# Be Yourself.

I see the need for this poem.

You are what you are, God made you that way.  
It is not right to copy or be another person & do what you may.  
In reality you created your face and body,  
With your life style and your life melody.  
If you do not like what you see,  
Learn to love & respect yourself,  
Then you find happiness for eternity.

Be honest, true, kind and forgiving,  
Love yourself as you are without cheating.  
Then others will love you for what you are now,  
Only that way you can earn respect anyhow.  
Never fake, false or be insincere  
You are the child of the Universe, do not interfere.

You are one of a kind, a special Star,  
Do not copy anyone, or be similar.

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# Belong Where You Are Appreciated.

Not wise to oppose or fight  
Be diplomatic from the heart.  
So many people walks in misery,  
Hate their job, their life, live in slavery.  
Need to wake up and know opposing is futile,  
Doing everything cheerfully from the heart is triumphal.

Go with the flow, became humble,  
Doing everything from the heart never get you into trouble  
Same time keep your mind open for the best,  
Take what come, solve problems, be a good quest.

Go where you are happy, talk to people you like,  
Always be open for a better tomorrow, job and home,  
Your life will be calm, happy and became like a nature's hike.

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## Best Friend.

If you want someone or something give you happiness  
You are in a constant hell in progress.

If you blame or hate someone  
They'll come back and back to destroy and you are alone.

However, if your best friends are GOD and yourself in this life  
You are in Heaven here and now in bliss, never in strife.

Open your mind for true Wisdom  
To receive true Understanding and blossom.

In Hungarian:  
Ha valakiktől vagy valamiktől vársz boldogságot  
Az életed egy allando pokol és egyedül let.

Ha másokat okozol vagy gyúlsz  
Azok allandoan visszajönnek és idővel elpusztítanak Téged.

Azonban ha a Jó Isten és Te magad a legjobb barátod  
akkor itt ahol vagy a menyországban élsz és soha senki nem haborgat a jó  
életedben.

Nyisd ki az agyadat igazi bölcseségre  
Hogy kaphassál igazi megértést.

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# Birthday Wish The Original

A birthday is a day to remember our birth,  
When a soul born in a little baby's body, forgetting all previous hurt.  
Starting a new life, a new beginning,  
Hope to spiral forward into betterment & receive a wing.

Life is a two way street for all of us here,  
We have the choice to choose if we want to be sincere.  
Life or malediction is in our own hand,  
If we can believe, here and now in heaven we can land.

Only that believing part does not work too well,  
We just try and try so many times, we can not even tell.  
God within my heart help my unbelief,  
At last let your will became my will, for a permanent relief.

However, you just try and try, look everywhere for true wisdom  
Without asking always why. Eventually your life will unfold,  
You will find everlasting happiness, which was foretold.

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# Bless All The People

Bless all the people who did wrong to you,  
They intimidated you, because you did not have enough self confidence, it is true.

And those who did not see your good work  
In this case you were not smart enough to show up, you were a jerk.

However, you went through and learned  
Became stronger with each insult, wisdom you earned,  
Eventually you will see the whole picture  
Your life will become a happy adventure.

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# Challenge.

For some to get out of bed is a challenge,  
Or for simple necessary things they want to quit or revenge.  
For some who jumps into look like impossible things,  
Receives strength, more wisdom, enthusiasm and feeling of blessings.

It is up to your mood which one you choose,  
Gripe & be unhappy or alive, calm and loose.  
Everything is up to us what we do all day,  
The best is to face our challenges with peace in mind all the way.

Do your best, but never blame others,  
In reality everything is your own blunders,  
Do your best, learn from your mistakes,  
Be brave, do what needed to step through life's gates.

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# Challenges In Your Life

I say it over and over, life is a school room  
We are represented with challenges, nothing is a doom.  
Sure, it is not easy to find good solution,  
So, experiment, try this way or that, till you find the best connection.

Do not be like many who gives up for the first obstruction,  
Just figure & figure what can you do with the condition.  
Eventually you will find some good solution,  
Ask good friends about it, have a through research conversation.

No matter what, ask advises and do your best how to choose,  
If you obligate yourself, see it to the end, you've nothing to loose  
Do your best in everything, never be sorry, see it to the end,  
Save yourself from bigger trouble, this is what I can recommend.

If you obligate yourself, but do it grudging,  
Your life will be a misery, never uplifting.  
Whatever you do, do it with enthusiasm & true happiness,  
That is the only way to find everlasting peace  
And never frustration or loneliness.

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## Change For The Better.

When you are stagnating & everything slows down for you,  
Do not see the rainbow or how much you grew,  
Change mind, keep telling that your God loves you always,  
He'll show you the way clearly to be happy in all your days.

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## Changing The Picture.

As we grow older we should become wiser,  
But our bodies are aging without stopper.  
However, all the time we should love our bodies,  
Because what we are, we made it with our theories.

What we think or say never goes anywhere,  
Comes back to us, we are what is there.  
That is the reason for the wisdom to heed,  
Keep mind focused on the best quality of thoughts as a seed.

What you think that is what you are,  
Do not put yourself between a negative bar.  
When love, peace, contentment & kindness is the way,  
Nothing will bother you, you'll have happiness every day.

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# Chin Down, Breast Out, Suck The Stomach In.

This is thought in the military,  
So is by the yogis as a disciplinary.  
However, if you put your chin & eyes down,  
You will not be a threat to anyone to over thrown.

And one more thing, you might end up with a constant cough,  
Or worst, a throat cancer for the thought,  
You'll be their pawn to punch around,  
Thst is what I found.

Some time ago the rich thought their children  
To lift up the head high, be better then any man,  
Pride was their motto,  
What they keep and never let go.

Lift up your head, but not too high,  
Look forward, face what comes to nigh,  
See the truth that what you give out and attract,  
You will get back many fold, that is the matter of fact.

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## Choose Good Above All, But Take What Comes.

Plant your wish in the soil of faith,  
Give it to God, relax, let it go and wait.  
If it was meant for you it will come to you,  
If it doesn't, it is not for you, do not become blue.

If you believe that God supplies all your need,  
There is no place for disappointment if you don't succeed.  
You will be supplied all things, even more than necessary,  
Remember always you do not see or get what you want,  
Only what you need for your lessons, nothing contrary.

When you have the faith in life, but not in malediction,  
Only health, good living and contentment comes, no other deception.  
Purposely open your mind for everlasting true happiness,  
Whatever comes, call everything 'good' & all will turn into loveliness.

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# Colors, The Poem

Every color has a meaning for our being,  
They can aggravate, give calmness or spiritual healing.  
Let's start with RED, life, hunger, anger, sex and doing,  
When the BLUE is for thinking, the truth, calming and healing.

The GREEN is a healer, can give great hope  
In the goodness & a beautiful tomorrow to develop.  
Until YELLOW means wisdom for the mind,  
When BROWN is earthiness, & selfishness for human kind.

WHITE is for the angels, not for us here on Earth,  
Gives great impatient, nervousness, down to the dirt.  
BLACK is emptiness with boldness, but no logic,  
Without knowing the consequences, almost ironic.

SILVER OR GRAY is helping to find your confidence,  
Some of the gray can give fear, terror or a need to self defense  
Until GOLD is materialistic on the ignorant way,  
However, PINK is God's love for the Universe's play.

ORANGE is the healer with red (life) & yellow (wisdom) ,  
Until MAROON (red-black) gives selfishness & not stardom.  
PURPLE is red & blue, what you think you do,  
VIOLET has more blue for the spirit & for you.

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## Courage, Honor, Duty.

Courage is a big word, but not many have that,  
Falling apart, full of fear for everything, never became a true diplomat.  
Courage is when you face your daily life happily  
Enthusiasm, never blame, in calm & peace all the time, not just for temporarily.

Honor is when you learn to have a good manner  
Never become a rude gabbler  
Honor yourself & others no matter what,  
From the heart, never a false performer with a short cut.

Duty is when whatever you do you do it well,  
Everything is for your own satisfaction, not for show up, I can tell.  
Duty gives you purpose in your life,  
With long, healthy & happy feelings, without any strife.

Courage, Honor and Duty what the military is teaching,  
Which is a perfect idea for everybody who are living.  
If you can adopt these for all the time  
Your life will turn into a lovely rhyme.

LaSoaphia QuXazs

# Critics In Our Life

When someone criticizes you, listen,  
It means your subconscious created a burden.  
Can mean that you are wrong or it is just fear of success,  
Anyhow, you must look into it, find the truth, be fearless.

This world is full of critics  
You find them everywhere in every topics.  
There is a saying: if you tell your truth of opposition  
They will chop your head in for their own protection.

Sure, nobody likes to hear what is not their idea,  
And get mad when someone is opposing their area.  
However, we are here on earth to edit each other  
When someone say something, listen & see if their idea is better.

Sometimes it is just your own mind questioning what goes on,  
So, be ready to stand up for your idea or be over run.  
If they can convince you that their idea is wiser or better  
Be flexible, humble and be their follower.

But, when you see someone who just want to pick on you  
And you feel in this moment their idea for you is untrue,  
Stand up, thank them, but let them know your answer,  
That too bad, in this moment they are not your way shower.

It can happen later in your life existence,  
You find they were right, then make a change in your intelligence,  
But until you are not quite understand  
Stand up for your own opinion, that I can recommend.

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## Cycles Of Life.

We born to a family where we belong after our previous consciousness.  
Parents rule over us, must learn rules, we are restless  
Marriage partners takes over, restrict our ways of doing,  
The stronger dictates, the other fades away, many times dying.

After the boss takes over at work, telling what to do,  
You can choose to work from the heart or became part of the zoo.  
However, your rewards come from your thinking & behavior,  
It is up to you if you'll become easygoing or a fighting warrior.

In our old age the weak stays under control of someone,  
Others became independent for a while before they are gone,  
There will be a few who find peace, harmony & happy living,  
If you wish that ending, have faith in goodness & have life according.

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# Daredevil Or Serious

There is a child who is curious,  
Checks out everything which are suspicious,  
They call him/her the daredevil,  
Counted as a bad child, difficult to council.

On the other side the well mannered  
Grows up serious, never tries anything untested,  
Which one do you think will learn more?  
In the school of life & became wiser therefore.

Do your best in whatever you are, daredevil or serious,  
Learn, learn everything because this world is wondrous,  
No matter how it looks like, call everything good,  
Be enthusiastic, be happy to have a challenge,  
Do everything well as you should.

Only be careful, never do anything why you'll be sorry later.

LaSoaphia QuXazs

## Dear Poet Friends.

Stories & movies are created by known or unknown man & woman  
Good or bad story for each need as a yin-yan  
All are teaching something to the one its needed,  
Calm, happy, mysterious, ruff, tender or who is agitated.

We all find those stories we have to learn from,  
That's how we grow and blossom.  
Everybody is on a different road walking,  
Find those who will help you in your spiritual growing.

It was said, in the last days we'll edit each other,  
Finding friends who came with similar feather,  
Like the birds, we find each other's friendship,  
Communicate through our poems to get on life a firm grip.

As I see the person with many tragic in the past,  
Comes out stronger and wiser and longer they last,  
Then those with an easy life and little confusion,  
They are spoiled, proud, stubborn, greedy and full of tension.

I like the positive, calm, peaceful, hopeful friends,  
Who has faith and hope in God's goodness to the ends,  
They know they are children of the Universe,  
And they face life bravely, calmly & curious to see next what happens.

LaSoaphia QuXazs

# Destiny

We are here to learn from each other,  
What we see in others it is our happiness or trouble,  
It is up to us to find what we see in them,  
And we have the choice to choose if we want their friendship  
Or which might be our gain or problem.

Life is a school room, there is no good or bad,  
Only life lessons in happiness, anger or being sad.  
When we learn what we have to from that quest,  
All shall pass, and another challenge will manifest.

When you know this and calmly face your problem,  
Figuring out carefully, setting up your system  
Make your decision, stand by, let it be anything,  
Never regret or get angry, if you can change or not,  
That is true happiness in life everlasting.

Life should be thanksgiving for everything, a joyful adventure,  
Always expect the best, take what comes without pressure,  
Doing your best to solve it calmly,  
Know, you have the answer, do everything kindly.

Know that where you are in this moment,  
You get there of previous belief, it is a lesson, not a punishment.  
Keep your mind on positive messages, faith in goodness,  
When you believe, you'll get out of there & drop into life boundless.

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## Do Not Be Afraid Of Failure.

Do not be afraid of failure,  
Most people do not even try the picture,  
Let your life become a happy adventure,  
When you go on and solve all your venture.

God is not punishing you; everything is caused by your own ignorance,  
Figure out what to do to solve the problem, instead plan a vengeance.  
Poverty, riches, problems and all sickness belongs to malediction,  
Learn, wise up, choose life and when you believe,  
Health, wealth and true happiness will be your resurrection.

LaSoaphia QuXazs

## Do Not Follow Just Anyone.

Many institution is 'guiding' people with an iron hand,  
Making the members do cruel customs, ideas as a command,  
When they wake up, will see the truth,  
Nobody is better than the other, just vulnerable as a youth.

When we learn we are the center of our timeline,  
Each person we meet just one thought in our mind shrine,  
All plays out what we are inside,  
Some say who is nearest to us is the greatest fault in us reside.

Each person teaches the other for some wisdom,  
What to do, or just the opposite guides us to blossom,  
So, go ahead love everybody who comes to you  
Learn, give your best to teach, the best to be true.

Always follow your feelings, that is YOU.  
Learn everywhere where you can do.

LaSoaphia QuXazs

## Do You Want To Find Happiness?

The wise one gives up the will, dictatorship and the ego,  
Stops falling for every tragic news and so-so.  
They do not try to fix anything,  
Know the best thing to do is do nothing.  
Whatever happens anyway it had to happen,  
Make up your mind and deal with it, as I summon.

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# Earthly Problems.

Looking into the eyes of Medussa, the Greek mythology's evil one  
Will turn anyone into stone, they will be done.

Earthly problems are similar, you dwell on them or let them go,  
You eat up yourself or ignore their existence, just saying: 'so? ? ? '

If you have a problem which I call challenge to solve  
How do you face it, with calmness or anger, hate, blame everyone?  
Or what do you do to resolve? ? ? ?

If you do your best, but do not chew on the problem,  
Your subconscious will find the solution, will create a system.  
After you learned the lesson, it will fade away,  
New lesson will be presented, another will try your day.

So, it is better to do each day, face what come,  
Enjoy every moment, no matter what you done,  
Always follow your feelings, destiny lies in that,  
Anyway what you put in, that is what you get.

So, choose wisely and carefully always! ! ! !

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# Easter Thought.

Christ has risen over every earthly challenge or problem,  
He shows the way how to overcome the outdated system.  
Easter stands for a new rebirth and a new life,  
Teaching us the wisdom that it's time to get out of all strife.

We just have to let go and let God show the way,  
Without resisting, in calmness with hope in the best face our day.  
By now we all should know how to respect all,  
Because all humanity is tied together, we all make it or we all fall.

Individuals cannot play god and tell what is good or bad,  
We all are part of the picture, we don't have the right to judge  
Who is cursed or who is blessed.  
However, we all have the right to choose who we want for a friend,  
We know when we found someone, who was godsend.

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# Easter.

Easter is a special time in your life,  
It means resurrection after the darkness,  
By following the steps of your brother  
Jesus Christ.

Dying means not a gory death,  
But let go the will, want and regret.  
To become what God always meant for you,  
A perfect child of the Universe,  
Where eventually everyone should be too.

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# Emotions And Your Health.

&lt;/&gt;When your mind is at peace,  
You have a calm, interesting life in this race.  
Doing things, enjoy all, learn from all,  
So, your body is healthy, well and happy and you don't fall.

However, if your thinking is about arguments, anger or fight,  
You'll pick up the worst food combination, which is not right.  
So, your whole body follows & you loose your balance,  
Mind will show the way to the body with the wrong guidance.

If you crave strongly about happiness from the past,  
Or you are greedy, you attract diabetes fast.  
If you are angry for every dropp of a hat,  
Your heart will suffer from that.

If you want to win anything real bad,  
Your lungs will suffer and get sad.  
If you hate others, thinking, they are all wrong,  
Your liver will not sing a happy song.

Even, if you regret strongly something from your past,  
That is the reason to attract cancer in your forecast.  
The past is gone, the future is not here yet,  
How you think today, surely tomorrow you will get.

However, if you make peace with your world,  
What you created anyway, knowing or not,  
Your life on this Earth will be a happy plot.  
You will go from one adventure to the other,  
On the ship of life you will be a healthy, happy passenger.

Just go on, believe that everything is necessary for your evolving.

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# Enjoy Life.

If you cannot laugh or see the rainbow,  
Your life is in misery for anything and anyhow.  
Gripe over prizes, government or your family,  
It is a sad existence if you do it daily.

No matter where you are now,  
Stop believing what is around you anyhow  
Nothing is real or permanent,  
Nothing came itself or it is an accident.

Life is not just eating, drinking, working or gambling,  
Life is what you make of it, after experiences are passing,  
That is why we should find wisdom and understanding,  
Neither works alone, just bigger problems creating.

Life is for enjoyment, look into the face of challenges,  
Get to it, do your best, you created all those experiences.  
Nobody can solve them only YOU,  
Check your thinking that need to renew.

If you can believe them eventually you find true happiness,  
If you find these encouraging sentences,  
You are anyway on the good road and over the dark ages.

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# Enthusiasm.

If you just hang around, do things with uninterest,  
Griping for everything what is there, your life will be bitterest.  
Laziness, tiredness will follow, your life will be pure agony,  
Constantly griping about job, family, friends, will have disharmony.

However, if you perk up, doing everything from the heart,  
With pure interest, go about like a dart.  
I do not mean ambition, when you step on others,  
But do everything happily, not like the losers.

Your life will turn into light and happiness,  
When you make yourself enthusiastic with cheerfulness.  
Specially when you stop opposing everything,  
Sliding thru the days with happy glowing.

It is up to you what you choose.

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# Every Generation Are Different.

Every generation have it's own temptation  
Never the one what they know or have already a sure solution.  
That is why no matter what happens, face your challenge  
Know you caused & you are the only one to solve it, without anger or revenge.

Blaming the world for your own ignorance or mistake  
Is foolish & you never learn, but sadly brake,  
Stand up, be strong, forgive yourself, but never do that anymore  
Know that everything is passing, but if you do not learn, you get the encore.

So, be wise, be kind, respect all, & enjoy your moment,  
Know that you have the built in wisdom & you are competent,  
Only goodness and kindness follow you in every step,  
Life is for enjoying, happiness within your soul, what you have to unwrap.

But never do anything why you will be sorry later.

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# Everybody Is A Critic.

Why do we oppose and judge others?  
Nobody knows the answer,  
Humanity comes with these trades  
Which makes life on Earth tougher.

Most people think they know a better solution,  
However, only a few have the right to the decision,  
Which means it is a challenge only for those,  
No matter what they choose, it is their work dose.

Everybody makes mistakes in the eyes of others,  
Which is not important anyway,  
It is the person with the challenge  
Who has to learn what to do and what to say.

Some people have to make small decisions,  
Some have to do big, important ones,  
So, make your decision what is connected to you,  
And stand up for it, follow through.

This is the only way you learn,  
If you make decisions the best you can do,  
In reality there will be always who don't like it,  
So, be yourself, but always answer for your deeds too.

When people learns not to pick on things  
And their criticizing they will dismiss  
Then their soul will be at peace,  
They'll enjoy their own life in perfect bliss.

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# Everybody Is A Mirror.

There was time in my life when I was frustrated,  
Nervous, angry, troubled and agitated.  
Everybody was unfair to me, I received no respect,  
Couldn't understand where I went wrong, how to correct.

Then I learned more and more how life operates,  
It was not easy to learn who does and who doesn't cooperates.  
However, the meaning of the puzzle fit together at the end,  
I am the one who caused everything, good or bad,  
I need to unbend.

Wishing, willing, wanting have no value,  
If the subconscious works uncontrolled,  
Doing everything what is untrue.  
The world sends many negative messages, what we should screen,  
Choosing the best solution, the logical one, even if it's unseen.

Loose the negativity, dwell on the best qualities of others,  
Because they see that same in you, so neither of you'll be losers.  
Start with yourself & the whole world will improve & step forward,  
Peace, harmony, health, abundance & happiness will be your reward.

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# Everybody Is A Teacher.

Be aware when you meet or already have a person, let it be anyone  
You learn and teach until both of you are done.  
You both teach each other for something, positive or negative  
It is up to you which appeals, the good or bad you will receive.

If you are not positive enough, you are lost,  
When one is teaching you wrong, for you it will cost.  
Will cost you if you go along with just anything trouble or happiness,  
If you cannot make a difference on your life progress.

However, it is not wise to oppose, eventually you will find the truth,  
If you were meant for peace, love or kicked by the booth.  
Because some gets kindness, , some plays out the rough,  
But we all go on life, playing the game, eventually we'll became wise and tough.

But not when you do wrong to others or even yourself.

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# Everybody Is Different

Many people sees the other incompetent,  
Sure, because each of us has a different content.  
Each person grow up and had a different upbringing,  
For what is right in one's eye, the other has no feeling.

Nobody can force the other, which would be dictatorship,  
Each has his/her destiny, plays out a role at his finger tip.  
Each generation has a few who receive the meaning,  
That, what we sow (think) comes back to us never ending.

No matter how it looks like they stop willing, blaming, anger, hatred and greed,  
They'll live in calm, peace, health, wealth and happiness as a good seed.  
They will understand the secret of life and living,  
Even the tornado will skip over them, never touching.

Hell, Heaven, even Paradise is here for those who calms down,  
Setting their sail to the wind, wherever they are, that is their happy town,  
Surely goodness and mercy shall follow them in all the days of their life,  
And they'll dwell in the house of the Lord forever, never being in strife.

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# Everything Works For Good.

If someone tells you, that wait ten years  
You'll be same sick as they are,  
Tell them clearly, do not pull me down to your level  
You are going too far.  
You might choose the path of many  
Falling for malediction,  
Without having an idea of Life,  
Do you know what you see in others  
It is in you and it is your own strife.  
Criticizing others and hating yourself & who bothers you,  
Is the time to look at yourself if you are false or true  
You can follow what many do,  
Hate your body, hair, skin, brain, hands or feet,  
Certainly your body will hit back  
With sickness, trouble, poverty,  
Will be bitter instead of sweet.  
If someone is bad to you,  
It is not his/her fault,  
You are the one who attracted the assault.  
Look into yourself  
And you'll find it in your subconscious,  
Fear, envy, jealousy, hate could bring that up,  
Watch it, you are contentious.  
Just call everything good;  
Eventually you'll see the light,  
So is the lesson and find the true sight.  
However, if you bless and love yourself,  
You'll see the truth, you'll never became unfit,  
You'll know, your body is the temple of God,  
You; Il take the best care of it.  
Then you'll watch what you think,  
Will know what to eat,  
How to become healthy and strong,  
You'll love others too  
And your life will be health, wholeness,  
And forever you'll sing a happy song.

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# Family.

Family is where you are in this moment,  
Love them all, strengthen all, support them as a good parent.  
You don't know how long they are here,  
Do not weaken them down with physical help or money, be sincere.  
Teach them that they could help themselves with their discovery,  
Let us all be strong & independent with our own self mastery.

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## Fast Or Slow.

There are two kinds of people to this existence,  
One is fast, stressed out, full of fear in all performance.  
Want to prove that he/she is better than the rest,  
Ambition, pushiness, mostly ruthlessness is their quest.

Then, there are the slow ones who are careful,  
Thinking over things, calm and cheerful,  
Because they learned on the hard way,  
It do not worth to be stressed out in any day.

You can choose which life for you is important,  
Rushing through life, suffer a lot or live life pleasant.  
Just let go and let God direct your steps,  
Believe that He already do and you will never have any stress.

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# Fatal Sins And Solutions.

GREED: is the one when you want more,  
Knowing not you get what you need to your next lesson.  
Not what you want, the law of life you cannot ignore.

Be thankful for what you have or a better one, then you deserve more.

GLUTTONY: is known well by those, who eats, buys and waste too much of everything  
Mostly suffer for their gluttony never ending.

Find balance, don't be a prodigal child.

LUST: comes when you want to play the game of sex.  
Without true feeling, just with a heartless reflex.

Be kind and loving without abuse.

SLOTH: or a lazy bum, who eventually cripples him/herself,  
At the end blames the world & everybody in it or saying it came itself.

Eat proper nutrition, why you will be energetic, move happily,  
so, you never be lazy.

ENVY: is when you envy other's possessions,  
Ending up, you even loose your own perceptions.

Be happy for others and for their possessions, then you'll deserve to have more.

PRIDE: is the one which gives you a hard ruthless head,  
Always want to win, step on others and then you are dead.

Be humble, strong and wise, don't try to win. You always get what you deserve anyway.

ANGER: makes people frustrated, red and hot,  
Until they blow up, get a heart attack on the spot.

Stop, stay calm and leave the place or the person who want to make you angry. Do not give them power over you.

UNFORGIVING: goes in the list, which cannot forgive,  
Their life is a tortured one, they wallow in their own  
incentive.

Forgive, bless all, call everything 'good' then it turns out  
good.

REVENGE: is my last reminder of the fetal sins.  
It always hits back on the revengeful, always these sinners  
destroy themselves, not one of them ever wins.

Know it is stupid, know that revenge returns multiplied to YOU.

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# Favorites

The first commandment is: Love yourself, because only then you can love & respect others and others will love & respect you.

Listen to yourself. What you think and say will come back to you many fold.

How you think, you pick up your food & lifestyle and what your life style is, what you are. If you do not like it, change your attitude.

What is on your mind, that is what you have to learn from.

Play your drum (whatever your talent is) for all to see because that is what you have to learn here and now in this life.

The teacher is the one who has to learn what he/she is teaching, so, teach, that is how you progress.

Trying to control life or fate is a foolish illusion, which brings sorrow, problems, sickness, but never what one wants.

Let go, let God, follow your feelings, let it be good or bad, because we all play out somebody's thoughts, as we are all connected with a silver line. One cannot be without the other. This is humanity, where everybody is an important part of the other.

If you do everything from the heart and happily praise or criticism have no effect on your peace or self confidence.

Whatever you think, eat, drink & do today will effect your health, good living & happiness tomorrow & in the future.

Do not fight life, sickness, even cancer, because if you fight, you never win. Instead calm down, welcome the problem and believe if you do your best to solve it, whatever comes out of it, will work out for good.

When you respect yourself, then you can respect others too.

If you blame others or get angry, you are not right.

Healthy body comes from healthy thinking, which have self love, love to others,



self confidence and follows the guide of the Spirit. Work toward that, it is never late.

The secret of Health and Happiness:

Faith in goodness

Good nutrition

Enough movements, sunshine

Love for mankind

And never fall for the sins (too much righteousness, pride, hatred, anger, lust, power-lust, gluttony, greed & laziness) .

The Wise Ones teaching:

Reproof of instruction are the ways of life.

Fools despise wisdom, instruction & knowledge.

Find knowledge, get understanding.

Trust in the Lord, know that everything is necessary for your own progression.

Life and death are in the power of the tongue.

Shed light on your past that your future would be clearer.

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## Fight, Oppose Or Uplift

If you fight and oppose you will be fought down,  
Your life will be misery, it is well known.  
Everything will be a constant disappointment,  
Until you find wisdom and learn who is your opponent.

Since others play out what is in your own mind,  
Fighting, degrading and opposing means you are blind.  
Fighting them is destroying yourself in the process,  
Show great ignorance and childishness.

Mankind was built on this ignorance,  
Man fights man, father the son, according to the observance.  
Wake up people, learn wisdom and understanding,  
If you don't want to destroy yourself, instead choose uplifting.

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## Find Happiness In The Now.

Wake up to a happy day, make yourself glad,  
This is the only way, never be sad or mad.  
Never give in for a bad mood,  
You ruin yours & everybody's life  
Don't be a dead wood.

It is up to you what you choose  
Don't live in misery, that you should refuse.  
You have only this moment, this hour or day,  
Why would you ruin it, that's not the way?

The past is gone, you cannot go back,  
Too late to correct the seemingly wrong track.  
With time you'll find the truth and the way,  
Whatever happened to you clears up one day.

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## Find Who You Are.

&lt;/&gt;Patience is the name of the game,  
We all have to follow our feelings to name  
It is wise to search and find who we are,  
Until then our life is like a hit and miss running car.

We are all connected with a silver line and have our worth,  
We all bring out the law for each other on this Earth.  
We all have a different destination,  
Open our minds for God's guidance to find our version.

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## First Love Yourself..

When you love yourself, others will love you too  
Taking the best care of your body, the best you can do.  
Knowing that your body is the temple of God,  
Will work for you well, gives you health and save you from the rod.

If you love and respect yourself you will do same with others,  
They'll give you back same and you'll never be part of the losers.  
Perfect health comes from an organized, healthy mind,  
Work on that and you will never be left behind.

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# Follow Your Dream.

This life is just an illusion, where we are stuck for the moment.  
In the next we will be out of it, without any comment.  
Rich or poor, we all have our problems what we have to work out,  
Each of us is an his/her way alone, I have no doubt.

Problems, sufferings, even happiness are just fragments of the mind,  
Some of us are pushy, some of us are timid, eventually our road will unwind.  
Some says 'if I can do, you can do too' but this statement is untrue.  
None has that same memories, life experiences, or same goals to pursue.

Each person tries to interpret life on the way as he hopes fulfillment,  
Some is promising to give health, wealth & happiness in this moment.  
Look around you how many found paradise or healing instantly now,  
Just saying one word or following some advise about how.

It is very important to find a good friend or more, who gives moral support,  
Gives a lending ear, agreeing with your decision, giving comfort.  
Because your decision is the only one which counts for your resurrection  
Life can became a constant fight when you are surrounded with opposition.

Don't listen for opposition, who just want to destroy your confidence,  
Trust the highest wisdom within you to guide you with persistence.  
So, follow your dreams, keep cool and most of all be fair to them all,  
That is the only way you'll win someday, and you can always stand tall.

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## Foolishness Or Ambition.

Foolishness is to spend a lifetime in fear, anger, hatred, foolish pleasures and revenge,  
Instead of peace, harmony, kindness, gratefulness and just deal with your challenge.

Ambition is for those who have to learn great lessons in humility,  
By being aggressive, kissing up a lot, hated by many, never a happy personality.

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# Footprint In The Sand

Each of us leaves a footprint on the sand of living,  
Being a part of humanity, playing out a role never ending.  
If you follow your feelings that is why you are here,  
That is your lesson for good or bad, you cannot make it disappear.

Whatever you think or do all comes back to you,  
Useless to complain or argue if you do not have any clue.  
Face your life with courage, stand up for your deed,  
Learn the lesson, take what you deserve, just proceed.

Good deeds (not goody-goody) bring peace and happiness,  
Greed, anger, hatred, jealousy or revenge are just senseless,  
So, think it over how you want to spend your time,  
In peace, loved, health, good life or a little part of the grime.

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## Free Will.

Free will do not mean to do what one blindly wants,  
The unmannered person cannot do just any stunts,  
Cannot destroy who stands in his way,  
Because of his own stupidity, just any day.

Free will is when one learns the secret of living,  
Have the choice to discard fear, anger, jalousie and all relating,  
Will choose LIFE, which is a calm, peaceful existence,  
And live happily forever in real balance.

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# Freedom Through Wisdom

Today 'freedom' is a misunderstood word,  
There are many ways to translate its worth.  
Many thinks they are free, but we can question that,  
Each must walk on the yellow brick road to understand the bet.

In this life we are all walking on or beside the yellow brick road,  
Since yellow means wisdom, we learn lessons one by one in a special mode  
Sometimes we learn, sometimes just stagnate on some way,  
Fighting with others, take smoke, drugs, alcohol or as he/she may.

However, if we find the right faith in the Power of the Universe,  
By arriving at the end of the yellow road we can transverse.  
We'll reborn without dying finding what we always suppressed,  
We can love life, forever be free and blessed.

Fearless to face our problems and call them all 'good',  
We'll know all are lessons; we have to solve them as we could,  
Eventually we understand all was necessary for us to grow,  
Become better, stronger, and wiser by overcoming each woe.

We'll find that nobody can force us to understand,  
Each of us has to arrive to the answer without force or bend,  
Then we can continue walking on the yellow brick road,  
In peace, true happiness, learn lessons and hope each will be a light load.

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# Friendship.

Some people have many friends around,  
Some have only one best to count,  
But there are many who would like to find one,  
Searching, but never finding what would count as fun.

Some people gets a dog, a cat or other companion,  
Because many feels life is lonely, they need a connection.  
However, the meaning of friendship is another life lesson,  
When we have to learn something from each other to summon.

When we learned the lesson what we should,  
The friendship stops some way as it could.  
We separate, one dies or moves away,  
That is the order of life every day.

But there are those who are friends to the world,  
They found happiness within themselves as their life whirl.  
They have no need for bossing or serving anyone  
Or someone to entertain them,  
They are the child of the Universe, they have no more problem.

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# Frustration.

Anger is frustration that we cannot have our own way,  
In reality we are not educated enough to see what is in our day  
If we know that we are here on Earth to learn,  
Some day true freedom we can earn.

If we keep opposing about what comes to us  
We just stagnate or never learn what life is or was.  
Life is not just eating, drinking, getting problems or even having fun,  
It is a school for the soul to learn, how to survive well, forward how to run.

Wherever we are that is our place to progress  
If we do our best with honesty, our life will be fearless.  
We will find true happiness and contentment,  
Without foolish wants, greed, blame, just pure enjoyment.

Be thankful for all lessons, always hope in the best  
However, take what comes, enjoy life's test.  
Know that all works for your good,  
You always get not what you want, but only what you should.

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# Fun.

What is fun? ? ? ?      This question came up.  
Many young or old are bored, always with an empty cup.  
Some want something, special they think it is better,  
When they drink, smoke, drug, blow their brain, become a user.

Do you think these are fun? ? ? ? ?

How about we hear so much  
Of the college kids hazing, parties and such,  
Can you imagine those kids will become world leaders,  
Doctors, lawyers, teachers and example for all peoples.

The world is never that same, spiraling forward,  
So the challenges are growing according to standard.  
Newer and newer problems come up for us all,  
It is up to us how we face them, strong or we fall.

Choose to be noble and never a loser, that is the real living.

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## Game.

Long time ago there were not too many playthings,  
Children played with tree branches, mud pies, & natural blessings  
Today there are phones, computers, I-pads and more,  
These kids do not even appreciate anything anymore.  
Definitely they are sharper than the older generation,  
Nonstop playing their games with a dedication.

I never had toys, but whatever I do is a game  
Enjoying life, busy every second, I call it a toy no matter what its name,  
Nothing is better than doing everything with joy,  
Love life every second, mind my own business and enjoy.

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# God Created The Lamb And The Tiger Also

When God created the world, called it 'GOOD',  
He didn't say some is good, some is bad, but this is our lively hood.  
That is how here is only the LAW, where we can choose,  
Life or malediction, positive or negative, hope or fear or we loose.

Some was created to follow the law,  
Some to play out the law as a flaw,  
Everything is just a passing play on the stage,  
Go on, face your lessons, get wiser with age.

After many experiences you can figure out your part,  
Whatever it is your part, play it with all your heart.  
Do not try to be what you are not created,  
Just follow your inner feelings, do not complicate, be right spirited.

However, the wise will find the way to fate,  
Will choose life and never malediction & never hate,  
They will live in perfect harmony,  
No matter what goes on in the surrounding irony.

Remember, we cannot force the world for our will,  
We can change only ourselves, then will disappear all the ill.

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# God Is My Life

Oh my loving father in heaven, what happiness is to know,  
My hand is in your hand and you never let me go.  
My life is in your life; I can never go wrong,  
For your righteousness sake you guide me and my tongue.  
Until eternity rolls, I shout my praises to Thee,  
I'll do everything from all my heart  
I know you'll guide me, wherever I have to be.  
If I can have a choice, certainly  
I choose only everlasting happiness,  
But let come what has to come,  
With Christ in my heart I face everything  
With braveness.

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## God's White Light.

God's beautiful white light comes down on me,  
Guarding from all gossip, reminding that I am always in Thee.  
I am always guided for the right things to do,  
That my soul knows clearly how to walk in whose shoe.

No evil can touch me from that shining white light  
My lessons in life come with ease and my brain is bright  
To pick up God's right wishes to follow,  
Learn and teach my world to progress and not to stay hollow.

Show me my God clearly the lessons I have to learn,  
That I can overcome them all with ease & everlasting life I could earn  
Help me to keep that beautiful white light,  
That who ever wants to destroy me would loose their right.

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# Good Or Bad, The Prayer

No more good or bad  
There is only life and consequences, the truth is that.  
I caused what comes to me,  
I have the power to overcome by trusting in Thee.

Good or bad eventually destroys each other,  
When I realize that I caused all matter.  
However, all is for my own lesson and education,  
When I learn I became stronger and have no more false temptation.

Walking through the valley of shadow of death,  
Means all the sick around me who show what I can get.  
If I follow them I end up where they are now,  
They live in fear, anger, hatred, destroying life habits, greed  
And they do not even know why and how.

All stories in the world teach the old lesson,  
Only they hint a lot without explanation.  
When I see through the darkened glass clearly,  
My life changes and I step forward openly.

In this moment I cannot share what I feel and know,  
Others don't understand what is my right or woe.  
I just go on, face what comes with the perfect faith in goodness,  
My life unfolds as it should, I have true happiness.  
Everything works for good and God takes care of me,  
I love life, expect the best, learn easily and happily in Thee.  
Amen

LaSoaphia QuXazs

## Good, Or Bad, Only Life Lessons.

Good is a happy marriage, but it can go sour in time,  
Bad is a bankruptcy, but the smart learn never get into that grime.  
When the bully overpowers the weak, eventually he/she learns to become strong  
Finding self confidence or stay weak for life-long.

Good or bad teaches us for something useful to grow,  
Why would we oppose, gripe, fight against any sorrow?  
However, foolish pleasures are there not to be hooked on,  
The law of life will prevail, you'll answer for it, you cannot run.

Think it over if you want to spend your life in misery,  
In fear, anger, hatred, envy, revenge, sickness or tragedy.  
Instead let go, follow your feelings & be happy in every moment,  
Giving thanks for everything, true happiness & never have any resentment.

LaSoaphia QuXazs

# Gulliver's Writer Was Right.

Gulliver's writer was right there are little and giant people,  
The little ones are inside our body, the cells who are working well or are in  
trouble.

The giants are in the Universe, the celestial bodies, can be seen only by the  
Hubble.

Mankind is just like ants on the surface of the earth globe,  
There is life in every layer, on high or deep, in every microbe.

Our bodies contain millions of cells of separate world,  
All are up to our brain work, how it whirled.  
Always watch what you dwell on,  
Your health & your problems are connected, you may find sadness or fun.

LaSoaphia QuXazs

# Happiness In Your Holiday.

Every year we celebrate a holiday,  
Meaning is to find peace in the right way  
No matter what is your religion,  
There is only one Universal Power for your resurrection.

LaSoaphia QuXazs

# Happiness Is Knowing The Lord.

No more days of pain and misery,  
Once we understand life's purpose and gallery.  
Life will be light and happy,  
We'll be flexible and walk through life gloriously.

Certainly, we will be strong, same time humble,  
Nothing can pressure us to make us crumble,  
We'll walk through life knowing who we are in the now,  
Finding our purpose in peace, knowing what we need anyhow.

LaSoaphia QuXazs

# Happy Birthday - A Wish For Eternity.

The yellow sun gives you  
Understanding and wisdom,  
The blue sky leads you to the truth and honesty,  
The green grass under your feet  
Great faith in goodness,  
And live between flowers  
Through and through your life  
In majesty.

LaSoaphia QuXazs

# Happy Birthday 2011

Every year we celebrate a birthday  
To remind us that we progressed some in our way.  
Since every year has new lessons and meaning,  
Everything is moving forward as it should, changing.

I wish you hope in a better tomorrow,  
Peace, health and never any sorrow.  
Face your challenges, love yourself, from the heart,  
Then you will love all creation  
And you will be special smart.

LaSoaphia QuXazs



# Happy Holidays Friends.

For some time I gave all what I had,  
If you listened your life had to change better instead of sad.  
Even if you did not listen enough in the moment or learned,  
Your mind registered, when you need it comes back the right word.

If you need more strengthening words to hear,  
Just go back and check out my messages with an open ear.  
There are many things you should know,  
How to live life without any woe.

Love you all.

LaSoaphia QuXazs

# Happy New Year In 2014.

Every year we close a chapter,  
Need to start a new life, possibly better,  
Wishing you peace and kindness,  
Find your way to true happiness.

LaSoaphia QuXazs

# Happy New Year In 2014..

Blessings for the year to come,  
Be well, enthusiastic, sincere, kind & never tiresome.  
We will move fast in well thought pattern,  
What is thought out will be done without concern.

Be careful what you dwell on,  
Cannot make it disappear or ask for a pardon,  
To learn careful thinking is a need,  
Be calm, wise, logical, and don't follow just any foolish lead.

LaSoaphia QuXazs

## Health Is.

When you are aware of the real need of your body  
Will not try to destroy it with bad habits wrongly.  
Should learn how the human body function,  
What to eat and drink to have the best food conversion.

Definitely must move enough to stop deterioration,  
Never to have joint and bone troubles, need prevention.  
Must rest enough and good night sleep,  
To avoid stress, anger and your health to upkeep.

Our body has the built in healing,  
Only we have to stop which is destroying,  
Then you do not need doctor or medicine,  
Perfect health is yours, your body'll be a well oiled machine.

The human body is the greatest wonder of this time,  
We must take the best care and stop the crime.  
Anyway, if we keep peace, harmony and kindness,  
Our body will reflect that back timeless.

LaSoaphia QuXazs

# Health, Wealth And Happiness.

HEALTH is when you are familiar with your body functions, & respect your body.

WEALTH is when you are grateful for what you have.

True HAPPINESS is when you have health and wealth and learn to love yourself as you are.

LaSoaphia QuXazs

# Healthy Mind, Healthy Body.

Health do not come automatically  
Must have good health habits systematically  
Naturally, not by medicine, but finding the cause  
Look into the mind and give it a pause.

When we get sick, calm down, look into your being  
What caused, how can you stop and find healing  
When you find where you made mistake  
Correcting it brings up healing, you'll become awake.

Do not blame everybody for your problem,  
You made it, possibly unconsciously with your own system.  
Stop negativity, fear and blame  
Your life will change without sickness or shame.

LaSoaphia QuXazs

# Heaven Or Hell.

Religions with so many ideas are talking about heaven,  
When the good dies goes up and will be chosen  
Will meet his/her relatives who died before,  
Living in bliss forever and float on a cloud evermore.

However, if he/she was BAD, has to answer the deed,  
Going to fiery hell and tortured, which will proceed,  
Staying in hell forever to suffer,  
He/she will slave the devil, the mean angel.

Who can believe this fairy tale story?  
When here on Earth we have both illusory,  
Most people lives in hell in fear, debt, anger and hate,  
And a very few in calm, peace in heaven to compensate.

Remember, life is a school, the problems we attracted,  
With our own thinking & expectations, even if it is unwanted.  
Everything happens for our own sermon,  
If we solve it, we get smarter & stronger with each lesson.

On Earth nothing is wasted, just recycled, goes forward as a spiral  
Sounds logical the reincarnation story as normal.  
Think about these and figure out your choice,  
Between hell & heaven here and now, be troubled or rejoice.

LaSoaphia QuXazs

## Help Others Is A Question.

The world is teaching to help others,  
Yes, but only if it is a real need, or became teachers  
If you help you became better and stronger,  
But the helped became a free-loader.

Do not help physically, but teach to get them strong,  
Because help makes them more dependent and head strong.  
All have to learn to deal with what they have now,  
And not to waste or covet others belonging anyhow.

And if they have food, money for internet and cellphone  
It is a disgrace to ask others for a bone.

And there are others who plays the lotto to help their relative,  
They just want to play god, to butt into their directive.  
Everybody has to find their own  
Or became a slave to the giver, which is known.

LaSoaphia QuXazs



## Help Others Or Not.

The world is teaching to help others,  
Yes, but only if it is a real need, or became teachers  
If you help you became better and stronger,  
But the helped became a free-loader.

Do not help physically, but teach to get them strong,  
Because help makes them more dependent and head strong.  
All have to learn to deal with what they have now,  
And not to waste or covet others belonging anyhow.

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They just want to play god, to butt into their directive.  
Everybody has to find their own  
Or became a slave to the giver, which is known.

LaSoaphia QuXazs

# How To Self Heal.

If you get sick look into your mind,  
Let go anger, sorrow, greed, worry, anxiety, frustration, hate,  
Even too much joy or loud happiness and unwind.  
Since all these destroys some of between  
The heart, lungs, liver, kidneys or your spleen.

Negative thoughts bring up negative life experiences,  
Positive thoughts with faith in goodness, as small steps.  
First love & respect yourself as you are, then know the truth,  
Happenings will follow, because we are like an ignorant youth.

Loose the ego, be humble, kind and helpful,  
With small changes progress forward and be careful.  
Your body is a Universe in small size,  
What you think comes to you some way, so improvise.

Better yourself in mind, spirit & physical body,  
And your life will be a calm, peaceful rhapsody.  
Then your life turns like being in heaven,  
If you are kind, helpful, forgiving & grateful, will be no more burden.

When you keep mind, body & spirit in peace and well,  
You get your reward from life, that I can tell.

LaSoaphia QuXazs

# How We Think, Do And Eat

Each of us was borne with a different personality  
We got the influences from the surroundings  
Later follows the result and the corresponding activity.

There are many wise teachings, but many foolish too,  
Some of us sees the logic, some don't  
Following anything from ignorance, just something they do.

But the law of life is teaching that how we think, do & eat,  
Determines our energy and well being  
And the world around us how we treat.

If we understand life, we will do our best  
To respect our bodies, others & eat the best nutrition.  
Never abuse ourselves or others, then everything falls in line with the rest.

LaSoaphia QuXazs

## How We Think, We Are.

How we think in our mind

According we pick up our food, just to remind,  
From the food we eat the energy will let us move or relax,  
Which in turn determines our health index.  
And all these will bring us back to the fact,  
That in the whole body there is a whole spirit.,  
Which with wisdom we can attract,  
So, find wisdom & get understanding as Solomon said.

Life is a journey, not a destination,

As the wise ones said after meditation.

Life is not your enemy, don't keep opposing & fighting,

Let go, follow your feelings after you learned good manners

Then peace, contentment & happiness comes to you from every teachers.

LaSoaphia QuXazs

# I Am All Right, You Are All Right.

Where ever you are, that is your place  
What ever you attract, it is your part to face or replace.  
You can get through everything from where you are,  
Go on, enjoy life, do not oppose, do not put before you a bar.

If you oppose or gripe about anything what comes to you,  
You'll never find true happiness in whatever you do.  
Your life will be a constant misery,  
Stay grateful for everything, then you will find real life's discovery

Let go and let come to you whatever is there,  
Be happy, enjoy life every second and be sincere,  
Good or bad should find you at peace and calm,  
Know, what you see in this moment, it is your mind's realm.

Change your attitude & thoughts, so your life will change,  
If you do not succeed, try again & again & arrange.  
As life is a school room, nothing stays or real,  
Turning thoughts to gratefulness, the purpose of life will reveal.

LaSoaphia QuXazs

# I Asked God From Anonymous.

I asked God for Wisdom, He said: NO  
You have to learn from every experience and maybe you'll find your own.

I asked God for Health and Healing. He said: NO  
You'll have to take the best care of your body, know that nobody can help, specially if you do everything in your power to destroy it.

I asked God for Wealth. He said: NO  
You have to learn what you think comes to you. Never dwell on poorness, waste, credit card abusing, but learn to be grateful for what you have now that you could deserve more later.

I asked God for happiness. He said: NO  
You have to find peace and true happiness within yourself, without trying to force others.

I asked God to love others. He said: NO  
First you have to learn to love and respect yourself and then you'll love and respect others.

GOD said: Go my child and find your own answers. You have the free will, you have the choice between LIFE or malediction.  
If you are able to choose LIFE, kindness, respect everyone for what they are, you find that with a light, lovely life.

If you choose malediction, anger, jealousy, hatred, revenge, greed, you will get same for your lessons.

LaSoaphia QuXazs

## I Let Go, Let God.

Life is for me calmness & peace, good living and true happiness,  
Which includes perfect health, mind and body in completeness.  
I do not wish to attract poverty, sickness or any trouble,  
Just enjoy life, have purpose, never need to fight any battle.

Certainly I choose to do kindness the way others understand it,  
That is the only thing should return to me many fold & I can only profit.  
However, I let go, let God direct my way,  
Always following his guidance, which is my own feelings  
In peace & true contentment I face my day.

Every step in my life shows progress,  
Never need to be impatient or rush in distress,  
I do not need to be sick anymore,  
Or attract problems to learn the lessons as before.

I learn my lessons swiftly without trouble or pain,  
God knows when I'll be ready for a higher purpose to gain.  
Even if I know or not, I always do His will,  
When I understand this truth, I never feel guilty, my fate I'll fulfill.

LaSoaphia QuXazs

## **I Will Do It, Because I Have To.**

Miracles happen when someone has great strength,  
Or do some impossible things became heaven sent,  
Which means if we have no other way to do something,  
We have the strength & wisdom to do anything.

The 'have to' is a real meaning of 'must',  
And not just a wishy-washy dreamers gust,  
We can do anything when there is a real need,  
The only need & not just for anybody's foolish greed.

LaSoaphia QuXazs



# Idea Of A Real Leader

Leadership is not an easy position  
Many have the power but do not have the right ambition.  
Somehow they fell into the job,  
But no knowledge, strength or missing the right heart throb.

The real leader have to know how the work goes on,  
Possibly went through all or many positions under the sun.  
Must have an understanding what is possible  
Not just ignore the worker & ask the impossible.

He/she must be strong but kind & flexible in that same time,  
Understanding what can be done, not to get into grime.  
Slow to anger or not at all with strong emotion,  
Be able to see the other person's side,  
Without falling into wrong conclusion.

Check yourself are you a mouse or a dictator?  
Open your mind for more wisdom, be a good mentor,  
That your people would love and ready to follow your lead,  
Never be hated, ignored or feared for all your deed.

LaSoaphia QuXazs

## If You Do Not Like The Company.

You have choices, yes or no.

Choose the company or let them go.

But be aware of what they mean for you,

They play out your inner feelings, you are part of their zoo.

If you find out what goes on in their mind,

You can find it in yourself that you are similar kind.

However, you have the choice to accept & play the game,

Or stop that in yourself and they'll disappear without blame.

But, if you try to ignore them, or avoid their company,

Next time you meet a worse trade jeopardy.

They can be tied to you, who cannot be shaken,

They stay with you until your lesson taken.

So, welcome everybody who comes into your realm,

Be kind to them, listen, decide what you choose & stay calm.

Definitely tell them clearly your feelings about that,

Be polite, tell your truth, but be a diplomat.

Hurting others mean hurting yourself,

Hating others mean you hate yourself,

However, being kind & loving means you should know what,

You are the child of the Universe, you cannot do any shortcut.

Specially on the wrong way.

LaSoaphia QuXazs

# Joy For Ever More.

I enjoy the beautiful morning sky,  
The song of the birds when they fly low and high.  
I enjoy the soft furry cats,  
When they walk purring up on my chest.

I enjoy everything in Heaven and on the Earth,  
Those are the gifts from God after a new birth,  
Peace for the mind, joy for the body,  
Life is wonderful and I am happy.

Joy, joy, joy for my world and for me,  
Everyone and everything belongs to me and to Thee.  
Let us live in our highest wisdom,  
You and I are one in God's perfect, wonderful,  
Happy and rich kingdom.

LaSoaphia QuXazs

## Judge Or Observe.

We are judging every second of the day,  
Until we learn that everybody is right in their way.  
When we understand who we are in this Universe,  
We'll understand others also and we'll be able to diverse.  
In this moment we have to observe a lot,  
We need to learn, copy or ignore the given plot.  
So, be careful what you copy or choose, you have to answer for all,  
Find happiness in life or forever you will fall.

LaSoaphia QuXazs

## Kindness And Smiles.

If you do kindness wherever you pass by,  
Your blessings will multiply  
Do kindness from the heart truly,  
Eventually your blessings will come back fully.

When you smile let it be real,  
The feelings underneath should not miss the deal  
If you smile but the feelings are different,  
That will never be satisfying or reverent.

LaSoaphia QuXazs

## Law Of Life.

Whatever you think today, that will be your tomorrow  
Let it be fear, sickness, trouble, happiness or sorrow.  
So, be careful what you think or dwell on,  
Every second in your life counts, because it will be done.

The past is gone and it was made with your previous thinking,  
There is no way to go back and correct as you are wishing.  
This is why you have to think over your thoughts and deeds,  
What you sow you shall reap, that's where the law leads.

However, if you learned the hard way in your life,  
Figured out the meaning of words and thoughts of your strife,  
Your future can be the happiest for all the days  
If you choose health, good life and true happiness,  
They can follow you all the ways.

LaSoaphia QuXazs

## Law Of Our Existence.

Knowing or not everybody works out the law,  
Doing what is in their mind without a flaw,  
One attracts with thoughts of positive or negative,  
The other plays it out by became the executive.

Criminal deeds are done with uncontrolled urges,  
So are good deeds from the heart's messages,  
But there are some who have hatred or greed,  
In the meantime plays goody-goody, pays dearly for this deed.

Who works for the devil will get their punishment,  
Both the thinker, so is the doer both had same commitment,  
But those who choose peace, kindness & understanding,  
Will live in peace, true contentment & happiness never ending.

LaSoaphia QuXazs

## Let Go That Stress.

Relax, let go that pestering stress, forgive and forget  
All who opposed you in the past and made you upset.  
They are nothing, only the shadow of your own fear,  
Do not give them power over you,  
Eventually they will disappear.

It is not easy to let go your fear,  
It tries to hunt you constantly, you must be brave like a bear.  
Strive to find beauty and happiness in every moment,  
Know that oppositions are just trials in life  
They are never permanent.

LaSoaphia QuXazs



# Life Dream Is Like Driving In The Snow.

Cloudy day, dark and gloomy,  
Suddenly snow is falling and it's not loony.  
Snow flakes like white feathers are covering the ground,  
Like white rug under our feet making some squeaky sound.

Today the snow is coming down in haste,  
People gets scared, thinking driving is a waste.  
We should just become more careful,  
Slowing down a little is the answer if we are doubtful.

Life is like driving in the snow,  
If you don't see your road clearly, stop and do not sow,  
Wait, rest, find peace, then plant your seed,  
Your dream comes through a little later,  
But surely you'll succeed.

LaSoaphia QuXazs

# Life Energy Rotation Of The Universe.

Some explain life cycles in 30 year interval

In the first 30 years we are in our spring to grow & learn survival.

In the second 30 to 60 in our summer, when we should develop and prosper.

The third phase 60 to 90 in our autumn we should enjoy the fruits and became free thinker.

From 90- on we should find peace, control, root of life & restore energy for our encounter.

We go through if we keep our mind & body well together.

These should be for everybody, but only few can achieve it.

If you can understand this, you already have the strength, wisdom & wit.

LaSoaphia QuXazs

# Life Is A Peculiar Advantage

Life is a peculiar advantage,  
Why should our way be a fight through in any age?  
Life or others are not our enemies,  
When we understand who we are we will know our duties.

Do your best to learn why you are here  
Then you find peace with your fellow travelers  
You'll find the truth that nobody is insincere  
Then you find peace, love yourself as it is, within your soul  
Health, wealth & true happiness will be your console.

LaSoaphia QuXazs

# Life Is A School To Correct The Soul.

Some philosopher believed that the body is a prison in a school,  
For correction of the soul.

Some of us are facing what comes, some run away,  
Food, drink, drugs, music, instead of doing, they just pray.

Stand up straight & know God is there always with you,  
There is no reason to run, anyway you get eventually the lesson too.  
Let go, let life bring you what it may,  
Face your problems, solve them, but enjoy every day.

The past is gone, the future is up to your expectation,  
Do not blame, forgive all, everything was necessary for your correction.

LaSoaphia QuXazs

# Life Is An Adventure

Make it a happy one, it is up to you.

Life is moving and a progressing loop,  
Sometimes people stuck or eventually get out of the goop.  
Holding onto possessions, precious stones or old furniture  
Have no value if the soul stagnates, have no new adventure.

Go on life, be brave, ready to face anything,  
Let no one frighten you with any warning,  
What they predict is from their mind,  
If you do not like it, do not follow those kind.

Keep telling yourself: 'I am the child of God,  
I open my mind to follow His guide,  
Wherever I am God is,  
I face what comes, my life is His.'

Sometimes sickness is necessary to give you some rest,  
But if you take the BEST care of your body just follow the best.  
You'll be strong, wise & know where your place is,  
God's power is yours, so you can do the work, which is anyway His.

Then enjoy life, be at peace, do not go after any foolish pleasure,  
Stay away from those who pull you down with pressure,  
Give thanks every second for what you receive,  
Let life bring you the next step & teach you to be productive.

LaSoaphia QuXazs

# Life Is Changing And Moving, The Spiral Goes Forward.

Every living being is constantly moving  
Even our body works are non-stop progressing  
OK, everything has a time to stop,  
But a new emerges in the Universal Shop.

Mankind is dreaming of living forever,  
Keep youth, wisdom, beauty and never wither.  
The greedy wish to gather riches and power,  
Rule the World and keep others as a pauper.

Luckily the Law of Life do not give those power,  
Every dictator gets what they deserve for their temper.  
Sooner or later they destroy themselves for good,  
Their own conscious arrange to destroy their livelihood.

As everything is moving and changing  
The old goes, new comes and the spiral of life is progressing.  
We just have to go on observe, and do our best  
With faith in goodness, trust in God and in all the rest

There is a reason in everything.

LaSoaphia QuXazs

# Life Is For The Living.

Life is a two way street, you can go up or you can go down,  
You can be ungrateful, want what you want with your limited knowledge,  
And for everything just frown.  
Your life can become a never ending misery, old age, sickness and you die,  
Or you can listen to the wise man before your time  
And learn to question everything, asking why?

Life is for the living, let go, let come what has to teach you,  
Face everything with enthusiasm, gratefulness  
And look always for something interesting to do.  
Never stop learning how to take care of your soul, so is your body,  
Be brave, face what comes, solve problems, listen  
And know that life can be a beautiful melody.

You heard the wise saying that you can choose between life or malediction,  
You have a free will and a self judgement built into you for protection.  
What you give out or even think will return to you,  
Kindness, but the truth will build you up,  
Hostility and fraud hit back with sickness, problems and you'll always be blue.

LaSoaphia QuXazs

# Life Is Moving And Changing

Life means constant change,  
Movements as heart beats range.  
Face what comes, be flexible,  
Live in peace and happiness if possible.

When you gripe and oppose,  
Life still forces on you the dose  
Relax; know that all works for good,  
Be wise, calm and watch your mood.

Realize that you cannot force others  
To love or help you in your travels  
Then you find true contentment  
You'll be truly happy and independent.

Learn from the past, but have high hope  
For a better tomorrow to develop.  
Be always thankful, face what come,  
That your life would become venturesome.

The real success in life is when you know  
You are the one who attracts happiness or sorrow.  
Learn to relax and know all works for good,  
When you believe, you'll never be misunderstood.

When you learn as life goes on  
With more wisdom you faster run  
Life will be joy and completeness  
You will know who you are  
And you will be fearless.

LaSoaphia QuXazs



## Life Is Strange.

Life is strange who do not know,  
Can be happiness or woe  
Everything is up how you think  
Judging others, but doing same ruin your life in a blink.

Understanding yourself gives you knowledge,  
What others do, you do it by getting on the ledge  
You cannot change them by force  
Stopping the unwanted in yourself will change the course.

LaSoaphia QuXazs

## Life Is Your Own.

Life is your own, take care of your own business  
Putting nose in where do not belong is foolishness  
Be at peace, open mind gratefully to be better and better,  
Then your life will turn out greater and greater.

LaSoaphia QuXazs

# Life, Love, Friendship, Work. - My Book Title.

Life can be short or long, do not rush your time.  
Relax, count your blessings, learn from mistakes, avoid crime.  
Stay calm, look into the face of trouble or sickness,  
Know that all shall pass, ignore it, soon you don't have to

First, love yourself, that is the main commandment,  
Find peace, understanding within yourself, be in it persistent.  
Forcing someone to love or like you back has no value,  
Wait for those who do it from the heart, give love which is true.

Open your mind for satisfying friendships,  
Which comes with true understanding and support like pleasure trips.  
All partners should learn from each other,  
Neither bullies, dictates, forces, but behaves in a good manner.

When you work, do your best and have self confidence,  
Let nobody have any reason to prove your incompetence.  
If some still do, unjustly trying to destroy your peace,  
Stay calm, be polite, eventually this problem your mind will release.

Look into the future with faith in Goodness and true Wisdom.

LaSoaphia QuXazs

## Life's Puzzles.

How you think, that's how your life is  
Many know that, you don't have to be a whiz.  
As you think you pick up food and move,  
If negative, your problems will be worse, never improve.

The only wise way is to be kind to yourself and others,  
Do everything from the heart, don't follow the losers.  
Have the real faith that your GOD is only good,  
He wants to give you the best & you'll never be misunderstood.

But, if you are greedy & want what you want,  
Your life will be a journey, which is unpleasant.  
Problems, sickness will follow all your day,  
Until you learn more wisdom to change your way.

LaSoaphia QuXazs

# Life-Style

Lifestyle can destroy or make you healthy,  
Can make you weak, sick, invalid, never happy.  
When the body is abused with all kinds of poisoning,  
Drinks, food, drugs, the body will be suffering.

Then, who is rich wants to have a transplant,  
Probably ruined that part, they are never content,  
By not accepting that they did their own problem,  
With their thinking, hostility, abuse, greed and system.

Then there are those who blames the doctors,  
Ready to sue anybody for their own incompetence with force  
If we respect our human body, this heavenly creation,  
We will never need a transplant, only perfect health we will summon.

LaSoaphia QuXazs

# Living Crystals.

Yesterday, the already snow covered landscape  
Received another cold, icy snowy wave to change the shape.  
This morning the trees became like living crystals,  
Bending with the wind like twinkling flower petals.

It's beauty nobody can imitate,  
Or use the right words to translate.  
The frozen water on the tree branches,  
Like million ornaments in the New Ages.

New Ages what this world need,  
With true happiness for all to succeed.  
Succeed in peace and harmony,  
Understanding life and ignore the false irony.

Why can't we all choose Life and Good?  
Forget the malediction; know that it is a deadwood.  
Press forward in life, open your mind  
For good health, good living & true happiness to unwind.

Then the beauty of the little crystals will reveal,  
How to have sense to enjoy life and how to self heal.  
Become the perfect being in nature,  
How to find true contentment in a perfect & happy adventure.

LaSoaphia QuXazs

## Love.

First love yourself, that is the main commandment.  
Find peace & understanding within you, be in it persistent.  
Forcing someone to love or like you back has no value,  
Wait for those who do it from the heart,  
But you give love which is true.

Love is happy if there is clear truth  
No jealousy, pride, ill manner, selfishness or dispute.  
Love never gives up, wait patiently upon the Lord  
When the time comes the dark glass passes away  
You shall know who you are, there will be no more discord.

LaSoaphia QuXazs

# Mankind Free Spirit.

Mankind come with a free spirit.  
Presented to us in a kit.  
We have the choice between life and malediction,  
It is up to us to accept the condition.

Certainly if our choice is curse or called malediction,  
We never run out of the worst things as a reaction.  
We will have plenty of fear and misery,  
Our life will be always a slavery.

However, if we choose LIFE and keep our mind on that,  
Easily handling everything like a seasoned diplomat.  
Our life will be humble, easy going and light,  
Only wisdom come with each lesson and life will be bright.

But, you have to keep your mind constantly full pledged,  
Then you will go through life in true happiness whole hearted.  
Faith in goodness or we can call it positive,  
If you learn that, you will never be obstructive.

LaSoaphia QuXazs



# Many Kind Of Springs

After cold winters we wait for the springs  
We watch the calendar, to see what it brings.  
Without the calendar we would just watch the nature,  
When buds opening or the birds have their renewed venture.  
In the life of mankind the spring is the time of youth,  
When we have trials and errors, which is the truth.  
Sooner or later some of us learn from our blunders,  
Some goes through life growing slower than others.  
Same goes for the soul, which are individuals too,  
There is a spring, which clears the mind for me and you.  
When we become aware of the Son in us we'll see clearly,  
We'll follow the way into the Truth happily.  
Nature shows us clearly what life is about,  
When spring is the beginning of our adventure's where about.  
Summer is when we really have more challenges to face,  
In the Autumn we stop rushing, slowing down the race.  
When we get to our winter we become cold,  
Full with memories, not much feeling left, we became old.  
However, if you gather enough wisdom in your life time,  
You can find everlasting happiness and stay in your prime.  
Peace, kindness, humbleness, & good life will follow,  
Only gratefulness will stay in your heart,  
And you will always shine and glow.

LaSoaphia QuXazs

## Meet Someone.

When you meet someone who teaches you more,  
Grab the opportunity because you'll become smarter than before.  
In the last days we will be editing each other,  
Until we stand on our own feet & find our own encounter.

However, we are able to learn only our part,  
In this Universe anyway we'll find what is our art.  
Be yourself, whatever it is, it is just a passing dream,  
Play the game, good or bad, you are part of the human team.

LaSoaphia QuXazs

# Message To The Old Ones: Does It Worth?

How we behave, people will treat us according,  
If the old person thinks he/she can do what wants it is not a good behaving.  
When many gets old, still with a long lasting anger,  
They call it alzhimer or dimensia, gets treatment and need to have a warden.  
Most people will avoid them or the family plays martyrdom,  
What they do cannot be tolerated, it is anything but wisdom.

Old people with years going by should gather knowledge,  
Kindness, wisdom, good behavior, tolerance, but never on edge  
They should enjoy the fruits of their life time,  
Live in peace & calmness & never in a grime.

We have the choice.

LaSoaphia QuXazs

## Mind-Body Problems.

The human body is an exquisite creation  
Most people are abusing it without a question.  
However, our mind & body is connected, cannot separate,  
What we think & say takes as it is & do not complicate,  
The law is built into us, we are what we ate.

What is in the mind reflects our way of living,  
Look around & see clearly, what is in your feeling,  
If you do not like the happenings,  
Learn more how to change your life goings,  
Which is the only way to upliftings.

If you have in mind anger, hatred, judgement, envy or similar,  
All goes back into your own body  
And your life will be a pit of tar.  
So, watch out and change your ways,  
If you want a better life, and better days.

These are the last days for many,  
When we edit each other and choose the company.  
Everything is up to our free will,  
Choose what you wish in mind and body to refill,  
It is not too late yet to add some new skill.

LaSoaphia QuXazs

# Mistakes.

There are no mistakes, only experiences  
From all mistake someone has to learn to progress.  
There are many teachings what is kindness or bad,  
If one still follows his/her feelings, eventually will get it back.

This is the law, built into all humanity  
Sooner or later they catch the bad doer without pity.  
So, think it over what you do, goodness or maliciousness,  
Without blame of others, anger, hatred or self righteousness.

However, if you are kind, from the heart, understanding & loving,  
You'll get that back manifold as you are deserving.  
So, think over your deeds before you step forward,  
The law of life is built in, you cannot disregard.

LaSoaphia QuXazs

# Mothers And Teachers Of This World.

Mothers and Teachers, do you know?  
You were chosen to raise the children of tomorrow.  
Whatever you do, whatever example you show,  
That's what your little one will reject or follow.

However, no one knows what comes out when they grow up,  
You just do your best, they'll find anyway what is in their cup.  
In life everyone works out the law for each other,  
If you did your best still it is up to them to become lesser or greater.

You can try here and now to deal with your little one as a person,  
Respecting, guiding with love and patience  
Instead keeping him in a dungeon.  
Building his self confidence to become fair and true,  
By becoming that only goodness and happiness  
In his life could continue.

LaSoaphia QuXazs

## No Good, No Bad.

The truth is that there is no good or bad.

Only lessons in life what you caused by yourself, so you cannot be sad

You cannot blame anything on others,

You caused everything, face that and see what happens.

If you follow the crowd, believing what they tell and show,

You are lost with them, living for your stomach, fashion, money chase,

And you also take part of their tragic, sickness and sorrow.

Even if that was meant for you, you show some example to the wise,

They'll learn not to copy or follow you

And for their sake they should learn how to improvise.

LaSoaphia QuXazs

# Noise

Life is moving, breathing, doing and certainly, noise.  
However, over all the commotion we must hold our poise.  
When we know the truth that what is inside our mind,  
Reflects back from outside, which looks unkind.

If you suppress your feelings, but inside there is a great turmoil,  
Stop; know that there is no way to stop the outside boil.  
The only way to stop or anything you do not like,  
Look into your soul, relax, let God direct your steps, stop the inside strike.

When you understand the law, there will be no more need for any distraction  
Listening to music, close windows, try to shut up everyone for your satisfaction  
Because you'll clearly understand that whatever is outside, comes from your  
inside,  
You'll stop the problem within you and you'll lose the foolish pride.

Then your mind clears up and ignores the outside irritation,  
You learn to stay at peace by ignoring the temptation.  
Eventually nothing will bother your inner balance,  
All opposition disappears with your ignorance.

LaSoaphia QuXazs



# Nothing Comes With A Good User Guide.

When you buy a TV or a computer

It is better if you know something before you go to the dealer.

However, the human body has no direction how to use,

Everybody just experimenting, some even lights a fuse

It is a miracle if someone grows up and stays healthy,

With all those tempting foods and gluttony,

It is better to be open for every message and listen,

And eventually put together the best ideas that our life in good health could be lengthen.

LaSoaphia QuXazs

# Now

There was time in my life when I was frustrated,  
Nervous, angry, troubled and agitated.  
Everybody was unfair to me, I received no respect,  
Couldn't understand where I went wrong, how to correct.

Then I learned more and more how life operates,  
It was not easy to learn who does and who doesn't cooperates.  
However, the meaning of the puzzle fit together at the end,  
I am the one who caused everything, good or bad, the need is to unbend.

Wishing, willing, wanting have no value,  
If the subconscious works uncontrolled, doing everything what is untrue.  
The world sends many messages what we should screen,  
Choosing the best solution, the logical one, even it it's unseen.

Now I arrived into Heaven, when I let go and let God,  
Let come what has to come, God is my divining rod.  
I call everything 'good', no matter what,  
So all turn out good fast, no more need for a shorter cut.

Personally, I open my mind for Life and never for malediction,  
Which are perfect health, good living and true happiness without temptation.  
Healthy, kind, respecting, pleasant people around,  
All of us should live in Heaven, let Paradise, which was lost, now be found.

LaSoaphia QuXazs

## Observe The Tv Shows

TV shows, even many cartoon  
Teaching something useful, we might need soon  
For example 'who don't forgive the past,  
Dammed to repeat it', which is true, even if it is a blast.

Or, when captain Kirk said:  
'Nobody puts the bag on me anymore'  
because he found the self confidence,  
What he did not have before.

So, listen for tha many wise sayings,  
Turn them into great blessings.

No need to comment with lovely polite words,  
Use the message to make your life better.  
Love you all, wishing you the best.

LaSoaphia QuXazs

# Ode To The Enneagram.

The great question arrived, who am I?  
Which number is my personality, is it sure or is it a tie?  
For the moment I do some of all nine,  
But I am sure neither is my line.

I am a child of the Universe; I have no boredom  
With my present knowledge of wisdom.  
My best number always leads me to progress,  
Seeing all sides in constant awareness.

Progress through #1 is when I am hard working,  
Focused, dedicated and measure everything.  
Then I am the #2 who is flattering, responding to needs,  
Keep busy doing my good deeds.

Certainly the #3 fits too as I walk away from negativity,  
Feeling capable, successful, efficient, have future oriented identity.  
Here comes #4 as a creative analyzer,  
My artwork, poems, hobbies all shows my inner encounter.

As a #5 I see life as a series of experiences,  
I analyze, absorb & enjoy the adventure, in hope to get wisdom to access.  
The #6 life just gives me a little part, as I am busy,  
Responsible, opinionated, & need more information accordingly.

#7 gives me the wish to question all things, optimistic & be happy,  
Seeing new interest on many places to be always perfectly healthy,  
The #8 is practical, knows how to overcome any obstructions,  
Strong in mind and in body to face all situations.

Organized and direct in all communication,  
Finished with #9, pleasant & friendly, in true peace & harmony in any condition.  
I have chosen Life and never malediction,  
Calling everything 'good' for my own evolution.

My life is true contentment in what I am,  
Understanding others around me, to them I have a salaam.  
I became the number what many will have one day,  
Enjoying life, understanding all, in heaven is my highway.

That is the zero, the most perfect number, when there is no more ego,  
I am doing the work of my creator, I let God, all else I let go.

LaSoaphia QuXazs

# One Cannot Save The Whole World.

However, one can save one of few  
Because everybody is on their way, eventually all became new.  
Life is a school room for all of us here,  
Miracle do not happen too often, at last until we became sincere.

If one has a bad life style which ruins the health,  
One cannot be healed in a moment.  
When continues that same which caused the first time,  
No way the miracle will help, not even in another prime.

What can we do? Just go on, tell what is on your mind,  
But do not try hard, just relax, do your best and unwind.  
Whoever understand what you try to teach,  
Call it good, be content with those, who you can reach.

There is no place to pick up an argument,  
Try to prove only your way is competent,  
Love the people who listens to your idea,  
Let go the rest, let them learn their lesson in what is their area.

However, do not just read other messages,  
Politely say something nice until it fits your experiences,  
Or just tell the person to read your poem,  
When you just want to get more attention on your system.

So, teach something positive which can help others  
Give the world what knowledge you gathered, love your brothers  
With negative messages you ruin more life,  
When you rattle about your misery, giving them more strife.

This is the way the world goes around,  
Do your bet to give others whatever you found,  
In the last days we will edit each other,  
As the Bible predicts, do your best to make life better.

LaSoaphia QuXazs

# Parents Vs Children, Children Vs Parents.

So many family is divided,  
Parents against children agitated,  
On the other side the kids do not approve them,  
Criticizing, judging for every happenings and problem.

Many child blames the parents for numberless reason,  
They oppose the strong, the weak and ready to abandon,  
Many times parents are dictators, keeping the kid in slavery,  
Neither of them is an angel, which is an irony.

Would be lovely if children would keep the commandment,  
Respecting, understanding & loving the parents every moment,  
Then, maybe they would receive that treatment too,  
When they become parents & only justice they would do.

Mankind is teaching about peace, love and respect,  
In this moment there is neither effect,  
Oh parents and children when do you understand at last?  
Learn to love and respect each other and forgive that bloody past.

LaSoaphia QuXazs

# Patience.

Patience, what a great word it is,  
Only if I'd have a real idea or this.  
Everyone tries to explain in a different way,  
But none really understands it, I can say.

Only God knows the meaning of such a word,  
We just try to get a glimpse of this rare bird.  
And if we don't succeed, we try again one more time,  
Hope to become calm, peaceful, like a pleasant chime.

Emotions coming and going through our brain,  
Like the storm, which brings up a quick rain,  
The next minute it already passed,  
There goes our patience, disappears fast.

However, someday the understanding will come,  
When I'll be never sad, nor fearsome,  
The glorious light of patience will become my part,  
Forgiveness and mercy shall reside in my heart.

LaSoaphia QuXazs



# Play The Game Of Life

Life is a game, play it seriously,  
Never stop learning, do it continuously  
Know where ever you are in this moment  
You called it on with your thinking & it is not permanent.

If you don't like what is happening,  
Choices are: take it, leave it or for the moment do nothing.  
Always follow your inner feelings, you will know the right time,  
When you learned the lesson, you will be out of the grime.

However, never stop learning, that's how you know  
What to do with your lessons without sorrow.  
Relax, let go, let your Spirit rule your being,  
Do everything heartily for your own progressing.

Then nothing will disturb your peace and happiness,  
You'll know where your place is or what you can access,  
You'll live life in perfect confidence,  
You are the child of the Universe, you'll know your own excellence.

LaSoaphia QuXazs

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LaSoaphia QuXazs

# Poets Of The World.

&lt;/&gt;&lt;/&gt;Poem Hunter is a wonderful cyber site  
Where so many poets can show their light  
Work out their life, same time show the way,  
Many find answer for their own life, help for the day.

All poets are wonderful, talents to be able to write,  
Put down on paper their inner feelings and mostly polite.  
Then, they compliment each other, seeing similarity,  
Make many friends, find friendships and identity.

Some knows why they write,  
Some wishes to find the lime light,  
But all are talented, wonderful people  
Others can find answers in their work if they are a seeker.

So, you wonderful, talented poets of this Earth,  
Just go on, write down your feelings,  
Know that you are a great value, have a great worth,  
Writing is a special ability, you are a great celebrity.

LaSoaphia QuXazs

# Prayer.

Most people do one thing when they pray  
Beg God to give something or heal the sick, to say  
Knowing not that the individual have to learn from that,  
Anyway begging to change do not change what they get.

If the weather is hot they want the cold,  
If it is cold, they want the warm,  
Somehow they always want to rule the world,  
Never want what's happening, what should unfold.

Because they do not know that even the weather is  
Up to the human mind  
Where many people have negative mental attitude  
Those are the places for the tragic to unwind.

Prayer should be praising the Lord for all the good,  
With thanksgiving every second with gratefulness,  
Which would open the stores of Heaven,  
That's the only way to peace and happiness.

LaSoaphia QuXazs

# Problems Or Challenges

I do not write about flowers or love,  
My part is to teach the impossible dream how to become a dove.  
It is possible to live here and now in perfect harmony,  
Without fear, ambition, greed or any kind of gluttony.

If the mind is kept in peace,  
Will not bring up too many crazes,  
We just have to take care of our daily need,  
And live for the rest of our life as God's good seed.

Mankind do not give you money,  
Nor true healing or happiness honey,  
If you have the faith, you always have what you need,  
No need for hustle, kiss up or run around and plead.

LaSoaphia QuXazs

# Proverbs For The Enlightened Ones.

Life is a school room, not a vacation  
Whatever happens, all are just temptation,  
We all have to learn & learn until the last breath,  
If we are smart our life will be smooth without any wrath.

What is on your mind will come to you,  
Be careful what you think & dwell on and do.  
If you keep beauty & harmony instead hostility and anger,  
Your life will be light & you will go without any danger.

Always follow your feelings, let it be good or bad,  
Trying to be goody-goody will confuse & cause you to be sick or mad,  
We all are here to play out the Law  
For each other, anyway and anyhow.

However, never do things why you'll be sorry later,  
Once you do anything no use for apology or regret to your maker.  
Regret brings cancer, apology brings mistrust,  
Forgive, but never forget the past,  
Be honest and your sleep will be peaceful and just.

LaSoaphia QuXazs

## Purpose.

We need purpose, but what do we attract?  
Parents take care of their children or vice versa, they react,  
Man work in their jobs, many woman do the housework,  
Unless ambition hits them both to became a jerk.

Some do too much; end up with a stroke,  
Some become lazy bums and become a joke.  
Some become a control freak to make others serve,  
Certainly in no time they become invalid, what they deserve.

Mankind was created for moving forward,  
Move their bodies; sharpen their brains for their own reward.  
What we sow we definitely will reap in time  
Look back what we did and analyze the grime.

Good or bad, all came out of our doing,  
Consciously watch out where you are going.  
Regretting your bad move might give you a cancer,  
Learn from your mistakes, trust in goodness, be an achiever.

Until we are here on Earth we will never be perfect,  
We can just do one thing; listen to the heart where it direct.  
With faith in goodness and know that everything works for good,  
Have strength, fairness, kindness and enthusiasm,  
So, you would never be misunderstood.

LaSoaphia QuXazs

## Raising Children Not Easy.

The parent' job do not come with a manual  
Parents do their best what they can, the deeds cannot be reversal  
Later the child blames them for any foolish doing,  
Possibly the parents are attracting from not sure knowing.

That is why the world is full of parents who do not approve the kid,  
And the kids blame, look down on parents calling them stupid.  
Mankind had this problem from the beginning of time in this manner,  
No wonder even the Bible tells to honor your mother and father.

Hope someday parents & children will honor the other,  
All will leave in peace and harmony forever.

LaSoaphia QuXazs



## Regrets Of The Past.

Do you know what happens when you regret the past?  
Your body system goes haywire and eats up your inside fast.  
The choice is, you can end up with alzheimer's or cancer,  
Do you think it is worth to entertain the past any longer?

Live for the today & be grateful for everything, I mean EVERYTHING,  
Because you have only the now for your entertaining.  
The past is gone, the future is not here yet, hope you learned from it,  
If not, it will repeat again until you learn it's benefit.

However, when you learned a lot in life and see the result,  
By putting the puzzle together becoming humble & really an adult.  
Life will be light, happy, peaceful & with respect to all,  
Going through time in contentment, solving your lessons & you'll never fall.

LaSoaphia QuXazs

## Remember Our Beloveds.

Our beloved ones finished their time here,  
Learned their lessons and they were sincere  
They will always live in our memories,  
God, please love and bless them,  
Because they finished their life studies.

Life is a school room where we face challenges,  
Each of us have to face our own experiences.  
The best is to forgive the past, be cheerful today,  
Always hope in a better tomorrow  
And your life will be a joyful play.

LaSoaphia QuXazs

## Romeo And Juliet.

Many school teach about Romeo and Juliet,  
Do you wonder why so many young one has love problems with that?  
All that misery about the lovers,  
Never finding the love they crave, became losers.

Ignore the bad influence of the play,  
Make your own life performance, open your mind for a new way.  
For true love, true friendship  
If you want to be happy for a lifetime with true partnership.

LaSoaphia QuXazs

## S If It Is In Your Name.

S Stands for wisdom

You learn from the past and you put it into the future stardom.

Your smartness will outshine the rest,

Logic and understanding will be your best.

So, be happy, you are special

Find more wisdom, with each time you become more essential.

LaSoaphia QuXazs

# Salute To My Teachers In Life.

My great appreciation to those who were kind,  
So, to those who opposed, fought, or wanted to destroy my mind.  
I become strong, but I do not wish to be opposed anymore,  
Only the kind, good friends around, never be sore.

When we know that we are here to learn,  
We know all was necessary to bring out, never burn,  
When the lessons are learned we do not need anymore opposition,  
Just live in peace, kindness, wisdom, strength, never depression.

Give thanks to God every time you meet someone,  
Open your mind for kind, good, pleasant lessons to be done,  
When you believe, you will know the truth,  
You will live life as a happy, careless youth.

LaSoaphia QuXazs

# Scammers And Business People Attention

Do you think you are smart & everybody else is ignorant?  
We can see thru your scam, no matter how you present.  
Personally I ask, do not bother me,  
You won't get anything out of me even if you are slimy.

Anyway, you do not even read our poem  
You have not too much idea of art, which is your problem.  
You just want to cheat & lie on who you can,  
Make some profit without honest work, that's your plan.

At least we, the poets compliment each other  
You do not even bother to study our manner.  
You just pick out a face who looks naive,  
Hoping she will fall for you & will be submissive.

Do not ask me to invest your money,  
Or open a bank account for your stolen whimsy.  
If you want to cheat anyone or me,  
You'll answer for your deed from Thee.  
Get out of my life.

LaSoaphia QuXazs

# Secret Of Life

You & me, we all have our own destination,  
Everything is up to our life experiences and conception.  
We shouldn't blame parents, genes or the other guy on the road,  
Whatever happens to us, we attracted our own load.

Consciously or not, it is not the question,  
Everything is a lesson to teach us for our direction.  
If we want to have perfect health, good life and true happiness,  
We have to understand nature's law to do only kindness.

First we have to learn to think accordingly,  
Trust the power within to guide where we have to be.  
Then, have courage to call everything 'good', no matter what it is,  
This way the lesson will be clear, & in time we'll understand the prognosis.

If we oppose, it will be forced on us heavily,  
If we go along without a grudge, it soon disappears completely.  
In the meantime we must learn a lot about everything,  
That we wouldn't be fooled with worldly messages or do not nothing.

We were made of body & spirit, we are two sided,  
Meditation & prayer should go hand in hand, doing everything wholehearted  
Perfect health doesn't come from eating every delicious thing,  
Nor resting too much, have a boring life, or even live like a king.

Perfect health comes from a healthy mind,  
Eat the best nutrition, move enough & do not stay in stress or bind.  
With perfect faith in only goodness, that you'll always have enough,  
Live simple, do not be a prodigal child & your life will not be tough.

If you loose the ego, which can make you a martyr,  
Or became a dictator to try to force others for your will,  
Giving true thanks for everything & every person in your life,  
True happiness will never leave you, you'll never be in strife.

Life or malediction is up to your decision,  
Complete faith in goodness or just the opposition.  
Ask & you shall receive, but do not pray in vain,  
Believe after the first request, that what ever comes

Will be the best solution in ordain.

LaSoaphia QuXazs



# Self Confidence.

Do we have self confidence or not?

That is a big question what we all got.

Self confidence is if we do not get excited

When anyone criticizes us or our behavior falsely translated.

Sureness in ourselves comes after many false accusation,

Or some bully wants to use us as a pincushion.

Many of us wakes up from being stepped on,

Sooner or later we learn and get out our self made Babylon.

So, let us go ahead in this life and face all what comes,

Eventually we learn and get out of our bumps.

We will stand up, face everyone with dignity,

Nobody will put the bag on us anymore for eternity.

Self confidence is when we know we are a child of the Universe,

Have kindness & understanding to others in our travels.

Have respect to all people and all living being,

Then we get it back multiplied from every sibling.

LaSoaphia QuXazs

## Self Confidence.2

When you know you are the center of your existence  
You bring everybody into your life with your thinking for instance  
Nobody can shake you down if you know this  
If you already learned kindness, respect and true analysis.

Self confidence is knowing who you are of that you are aware,  
Never proud or conceded, of the truth you beware.  
Going through life strong, well adjusted and friendly,  
Constantly solving your challenges, organized, kindly.

Remember, you are the child of the Universe,  
So is everybody else have that same right, they are your teachers,  
They are same way center of their world, with their right,  
So, same you are just a thought in their mind.

What you see in them, it is in you,  
You have the choice if you want to follow them too,  
Teach and learn from them and let them go,  
Live your life in confidence without any woe.

LaSoaphia QuXazs

# Seniors

Seniors should have a calm, peaceful life,  
If they learn in their youth how to get out of the strife.  
They should learn how to keep the mind open for wisdom,  
That at old age they would be in God's kingdom.

Everybody have an interesting life to go through,  
Use that time constantly learn how to be in others shoe.  
When we understand the others ways,  
We'll find understanding to our own days.

Then we'll understand where problems and illness comes  
We are the creator and only we can go through the humps.  
There is no place for sickness when we need pity,  
We have to watch our own lifestyle to be always witty.

Always choose strength, health, peace and true happiness,  
Do your best to learn and understand the road to greatness.  
Nobody can help you, but you yourself,  
When you know this, you'll find freedom forever from a false self.

LaSoaphia QuXazs

## Show Your Light.

According to the Bible in the last days,  
We have to edit each other, talk about our ways.  
If you have to have peace, harmony and beauty,  
Never follow the negative, complainer, even the sick to copy.

First you have to find the light,  
To show and tell others with all your might,  
Do it from the heart, never as a hypocrite,  
Then with what you say & show, your soul will become clean and white.

LaSoaphia QuXazs

## Starts With The Year 2000

This was the beginning of another thousand year,  
Started with a number 2, where chaos eventually will disappear.  
This is the number of order and harmony,  
Good or bad, all will be organized, which is the irony.

Our existence is a mixture of yin and yen,  
Every one of us is on a different road to the everlasting garden.  
Those, who want to be too good, always attract the bad,  
Which means robber and robbed are in that same bed.

Someday humanity will learn not to try so hard,  
Let go, follow feelings, play the game of life with an open card.  
For some goodness and kindness will take over,  
Only blessings shall be the part of the wise traveler.

In this moment let everyone do his/her own game,  
They all have to learn not to attract problems that same.  
Start a new life; attract only health, good living and true happiness,  
Be yourself, forget opposition, open up for the truth  
And be fearless.

LaSoaphia QuXazs

## Stomach Problems.

Our stomach is connected in a straight way  
To our brain to catch all feelings as a straight play.  
In excitement, being afraid of the new  
The stomach goes haywire, what many people never knew.

If we find peace, faith in goodness and contentment,  
Take what comes easily, we can dissolve all misalignment.  
Certainly that goes together with adjusting our food intake,  
Only good nourishment, good portion and never anything fake.

Faith in goodness, turning away from the wrath,  
Knowing life is a dream, stay on beauty and harmony path.  
Turning away from pity, sadness and tragic,  
If you do not want to be a part of that black magic.

No matter where you are in this moment,  
Stop fighting & opposing the new for entertainment.  
Have faith in goodness, know everything works for good,  
Stay out of trouble, don't be a deadwood.

LaSoaphia QuXazs

# Stronger, Better, Healthier

Every morning I wake I give thanks to the Universal Mind,  
Affirming that only good comes to me  
I face my day bravely to whatever comes,  
Because I know, I am part of humanity in Thee.

That is why I say every morning, that each day  
I am stronger, better and healthier  
Because eventually my mind understands this  
And my life turns according & I became wiser.

Our human brain & body works this way,  
What we believe comes to us  
Eventually I change according to my belief  
The truth will reveal & I stop being what previously I was.

LaSoaphia QuXazs

# Tai Chi.

Tai Chi is a mixture of meditation and slow movements  
Teaching us patients, calmness and persistents.  
Adding some of the TAO's teaching,  
It can bring flexibility, strength and well being.

Personally I choose this kind of activity,  
Which calms the mind, the body & make ready for eternity.  
Gently healing all organs & muscles what I have in & outside,  
Going through this existence we need such a guide.

Anyway, according to the old masters teaching  
Our bodies are the temples of God, our duty is caring.  
We must take the best care as long as we are here,  
Never abuse it, then to the Truth we will be near.

LaSoaphia QuXazs



# The Journey Of Life

We are all on our way on a journey  
Each has a destiny to follow  
Should be without being phoney

There is no way to get out of the lessons of life,  
Must follow our own feeling  
To play the game from the heart without any strife.

Some tries to be goody-goody, but fights against everything,  
Making their life full with problems  
Sickness, tragic and suffering.

Just follow your feelings and know life is just a dream,  
If you choose kindness or turn out as a bad guy  
Either way you get back what you sow  
But time will pass as a gleam.

However, when one understands who he/she is  
Life become a happy journey  
With peace, contentment and no more unsolved crisis.

Young, middle aged and old are just illusions in time  
The soul lives forever  
We are just players on the stage, playing out our own line.

LaSoaphia QuXazs

# The Meek Shall Inherit The Earth.

It was said long time ago,  
The meek shall inherit the Earth in time as they go,  
I say it happens only when they became aggressive,  
Became strong, wise & never timid, just fairly persuasive.

It is not easy for a timid one to stand up & become strong,  
Eventually life will teach them to correct all wrong.  
Then they inherit the Earth and will stand up straight,  
Nobody will push them down anymore, after that they never vegetate.

If someone is meek others want to punch them down or humiliate,  
Boss them around or help them too much, making them weaker instead educate,

They have same right as anybody else in the universe,  
When they find self confidence, they'll be able to reverse.

LaSoaphia QuXazs

## The Poet.

The Poet as every artist is working out his/her life  
Thoughts, Beliefs, habits, loves & definitely strife  
By writing down we can understand more  
How life is going, what to keep and what to ignore.

The poet who writes for commercial  
Always finishing hopefully with a positive potential  
But the poet working on his life and feelings,  
Can finish with a negative hope endings.

However, eventually the poet finds answer,  
But, if he/she dwells on negatives, will suffer,  
It is better to teach ourselves for hoping in the best,  
Then our life will turn and goodness will be the rest.

Every time you try, more light comes into your life  
Push yourself to find hope in the best to arrive,  
But face what comes and solve it with enthusiasm  
Never griping or fight against everyone with sarcasm.

LaSoaphia QuXazs

# The Race Car Driver.

Are you born to be a race car driver?  
Even if not, many of you are a race traveler.  
Many are ambitious, would like to beat the other,  
On any cost became a winner.

When one is a winner, there are many loser,  
Competition, hatred, anger & jealousy, but never laughter.  
Is it worth to push for winning?  
And became the most envied hated being.

LaSoaphia QuXazs

# The Spiral Of Life

If we believe in the reincarnation story,  
The baby born to a family where he belongs according his old history.  
Evolves, grows up, learns in each life a lot,  
Goes thru emotions, relations and experiences on the spot.  
Many go thru life with loving, hating, envying and anger,  
Never realizing that all is an illusion to try their temper.  
Everywhere we can see teachings of all kind  
When trouble hits, stay calm, solve it,  
Don't stay in its bind.  
We have problems until we understand the well known law,  
Whatever we think, do or give out returns to us manyfold,  
We cannot stop, or withdraw.  
If you boss others, someone comes along to boss you,  
Or if you are dishonest, cheating, lying, so it returns too  
Certainly kindness -not pity, goodness - but not goody-goody,  
The truth, peace and faith will not make you muddy.  
So, by the time we get aged, but not old,  
We all should find our wisdom to face life and became bold.  
Discipline, politeness from the heart and have faith in goodness,  
Is a must to find true health and happiness.  
Looking forward in calmness and in perfect confidence,  
We can have a long, healthy and happy life ahead  
Before our transference.  
Only those people die who cannot cope with today,  
We might have a chance to live for long, if not forever,  
When we learn to respect life  
Give up the destroying will power,  
And don't want to run away.

LaSoaphia QuXazs

# The Sun Comes Up Early In The Morning.

Time, what is time in this vast Universe?  
Here we spend our moments, make it happiness or a curse.  
Everything is up to our attitude,  
We have the choice to be kind to everyone or to be rude.

Just remember, what you give out returns ten times to you,  
It is better to be easy going, kind to all and be true.  
Never be proud, nasty, blamer or use people as a servant,  
Eventually they will rebel & destroy you, they are not ignorant.

The rich & poor are tied together, have servants who cook their food,  
Or clean their home, taking care according to their mood.  
If the rich is nasty, deals with them as with a dog,  
Beware, they are people too, you'll be treated as a hog.

Your food will be a mystery, don't know what will be in it,  
Revenge is what you get, there will be no limit.  
So, be careful you rich if you want to be served,  
Be good to your people, the poor, they are your part, not just any herd.

LaSoaphia QuXazs

## The Time Is Here.

The time is irreverent for our hopes and wishes,  
What we make out of it now, that will be served on our dishes.  
The last days are here when we have to let go,  
Let GOD take over, let him take away our woe.

You just have to do what you feel in the moment,  
Believe that it is HIS will, He is in your heart, He is Omnipotent.  
Open up your soul to praise God for all the best in life,  
Only perfect health, good living, happiness and no more strife.

LaSoaphia QuXazs

# The Twinkling Evening-Morning Star.

The best time to see the evening star  
Just before dark, when I search the sky near and far.  
All year the star is passing high above my home,  
Only in the middle of October I see, it was always around my dome.

I sit in my chair, look into the darkening sky,  
Following with my eyes as it's passing by.  
The evening star is the first one to shine above,  
It takes a long time until the rest follows that rare dove.

It is the last to disappear when the sun is up high,  
First at sundown to come up, & last after the dawn to say good by.  
Some say at first glance make your wish,  
Hope that life will bring it to you to accomplish.

LaSoaphia QuXazs



# The Yellow Brick Road Of Life

Yellow means wisdom, bricks are challenges,  
Getting off the yellow road is getting into problems, open spaces.  
At the end of the yellow road we find what we always looked for,  
The truth, the power is within us, not in any counselor.

We have to step through all the yellow bricks,  
Solve each challenges, find wisdom, & never believe in the statistics.  
Go through all problems, if we solve them well, we become wiser,  
Weakling no longer, better, healthier, richer and stronger.

If we fall out of the yellow brick road we loose time,  
Running away from life, stagnate, get into grime.  
Some of us makes it back and learns more wisdom,  
Some withers away in sickness, alcohol, drugs and do not blossom.

However, if we get to the end and we find the answer,  
We'll continue on the yellow brick road as a seasoned traveler.  
We'll find wisdom to face life and find true happiness,  
By calling everything 'good', all turns into real success.

LaSoaphia QuXazs

# This Is The Day

This is the day the Lord God has made, let me rejoice in it.  
This morning I open my eyes,  
Look up to heaven and expect everything beautiful and nice,  
I give thanks to my God that he guides me,  
Into perfect health, good living and everlasting happiness in Thee.

Betterment shall go on and on as long as I am here on Earth,  
Because my Father loves me and gave me a new birth.  
Temptations, bad experiences, humiliations and troubles fly away,  
God's will is my will; everlasting happiness is mine all day.

Whatever I do, wherever I go and appear,  
All recognize God's wisdom and love in me and my eyes have no more tear.  
Only perfect health, good living, freedom and happiness are my inheritance,  
Wisdom, goodness, glory, beauty, harmony and honor are my Father's presents.

So, let me go on with my life today,  
Let me look up to heaven and expect everything beautiful I can think or say,  
Let me give thanks to my God that he guides me,  
Into perfect health, good living and everlasting happiness in Thee.

LaSoaphia QuXazs

## Time Is Irreverent.

&lt;/&gt;Time, what is time in this vast universe?  
Endless learning from problem to problem to those who can transverse.  
It is not easy, and many fall out of the race,  
We have to be strong and able to keep the pace.  
What is before us? Nobody knows!  
We just have to go on from one day to the next facing our woes.  
We all have some kind of a problem  
If we didn't, we couldn't be here on this earthly system.  
There must be a reason somewhere,  
No matter how rudely life is teaching us, we have to persevere.  
Open our mind to understand the happenings  
Then our life will be mostly calm and filled be blessings.  
Believe that everything will work out well  
Face your present problems like a hard shell.  
Learn from it, then do not dwell on it anymore  
You will see it disappears, giving you some rest to be ready,  
For your next tormentor.

Never give up, Keep up to the last. You never know which is the last.

LaSoaphia QuXazs

## To Work Or Not To Work.

Every day can be lovely if you open your mind  
Face life as it is, do your best and unwind.  
Some of us lives for work and be important,  
Some of us spend time doing nothing for them work is unpleasant.

It is not the work, but what we learn through where we are now,  
How we communicate with others & what we learn of life anyhow.  
So, work hard or do nothing, your place is there to learn the secret,  
Preferably with peace, happiness, easy living wish & positive deep-set.

Then you will find life's easy street,  
You work only if you want and will find life sweet.  
Will find how to enjoy everything,  
With gratefulness in your heart everlasting.

LaSoaphia QuXazs

# Today

What comes this day? My God only you can answer,  
The next minute brings humiliation or gladness for a transfer.  
Only you know what you want with our soul and body,  
Too bad, we do not know the script before or the melody.

Looks like we just have to go on life,  
Knowing not what the next minute brings, happiness or strife,  
But definitely we must know the truth which is your promise,  
That everything works for good, this thought we have to practice.

I don't care who said what, I still can wish or want,  
Perfect health, good income, everything abundant,  
Complete freedom, true happiness with great peace,  
Order, harmony, kindness and kind accomplice.

If you can believe, you can have them all.

LaSoaphia QuXazs

# Tragic In The World.

If you can learn from all the tragic in the world  
You can come out as a winner.  
But, only if you find the true Spirit, humbleness,  
Appreciation for all life, with the great faith in goodness.

Not in fear, tragic or just in a poor survival,  
Learn to see the great riches everywhere,  
Do not believe in shortage  
See how many stars are in the sky,  
How many grain of sand all around,  
How many grass comes up, even in impossible  
places.  
Even how much money is wasted by the governments.

If you are in this moment in the middle of it, do not  
dwell on fear,  
But keep telling yourself: 'I'll go through this & I open my mind  
For plenty (or health or happiness) .  
When you believe this, somehow life will bring lessons  
To achieve your dream  
Be patient, follow your feelings.

If one can see the riches of this Earth,  
Eventually will be able to attract a great deal  
It is not men who gives the income,  
But everything comes from the treasury of the Spirit  
This is how the rich people attracts theirs  
Same time how the poor are losing even what they have.  
By only Faith in good or bad.  
Remember:

'The rich gets richer and the poor gets poorer.'

What can be done?  
Let go, relax, stop fighting against the wind,  
Open your mind for beauty, harmony, plenty,  
No matter where you are.  
But do not tell Spirit that you Want a mansion or a diamond.

Anyway, life gives you what you need to your next lesson,  
And not what You want.

You have a choice.

LaSoaphia QuXazs

# Travel Through Life.

Whatever we do, anyway our fate was set for us,  
Only many tries to argue, want and oppose, but they are lost.  
They just make their own life full of fear and misery,  
Never ending problems will follow them and only tragedy.

Those who let go, take what comes,  
Cheerfully with a smile facing all the bumps,  
Knowing what problem is there, his way of thinking invented,  
And only he is the one who can make it defeated.

The wise one goes with the flow,  
Enjoying life, living for the day without any woe,  
Forgiving the past, grateful for everything each day,  
Only peace, goodness & mercy will be his/her way.

LaSoaphia QuXazs



# Travel Thru Time

We should fear fear itself as it was said wisely,  
It is true that so many threats in this life can reach us freely.  
However, we must develop an antidote with a strong faith,  
Find unmovable strength to step through the sureness gate.

Resistance if futile as we all heard before,  
We play out the law for each other  
Relax, follow your feelings forevermore.  
With resistance & opposing you just destroy your own system,  
Be flexible, kind & understanding, then you'll never have any problem.

Judgement is a tricky thing, which can be misunderstood,  
Just observe when you see what others do, bad or good,  
Not just keep on gossiping & tell how they are  
But learn and discard it or if it's good put it into your reservoir.

As the wise men suggest, travel thru time  
Avoiding fear, resistance and judgement,  
That's how you'll find constant betterment.  
If you follow your feeling, but stand up for your deed,  
That; s the reason you are here in time and space to proceed..

LaSoaphia QuXazs

# Twinkling Evening-Morning Star.

The best time to see the Evening star  
Just before dark when I search the sky near and far.  
All year the Star is passing high above my home,  
Only in the middle of October I see it was always around my dome.

I sit in my chair; look into the darkening sky,  
Following with my eyes as it's passing by.  
The Evening star is the first one to shine above,  
It takes long time until the rest follows that rare dove.

It is the first in the sky after the sun goes down  
And the last to disappear when the morning sun takes away its crown.  
Nobody is wasted, everything just comes and goes and immerse,  
As everything and everyone is the child of the Universe.

As it was known in the past that the strong will survive,  
Never give up, be strong, face life as it arrive.  
Just have faith in goodness and loose the negative,  
See the NOW as a privilege, open up to be progressive.

LaSoaphia QuXazs

## Unmannered, Rude People.

There are wise people, but just the opposite too,  
Who are like wild boar, roaming the planes, they do,  
Every bad mannered, rude person will have many troubles,  
Problems, sickness, tragic in the doubles.

The ignorant will cry, insult everybody who comes by,  
Looking for answer for her righteousness, asking always why?  
Until they find that all problems come from their own,  
By their bad manner they will be thrown.

LaSoaphia QuXazs

# Wait Until You See This: Mankind And Alcohol

Drinking too much alcohol is not good.  
But when you want to clear the mind, drink, you should.  
It gives you a momentary calm and peace,  
After your hectic day to embrace.

After a drink or two you are relaxed  
Even the words are flowing easier as said  
It is good to have a drink or two  
To get out of stress, chaos and the seemingly life's zoo.

Anyway, when one drinks the real personality will surface,  
Can be laughing, crying, fighting, happy, just don't become a disgrace.  
If you don't like what you become, drink when you are alone  
Just find relaxation, possibly peace for the moment, survive in the zone.

Even if you do not have problems, only challenges,  
After a long day solving those should not make you depressed.  
I know, I tried, I can recommend  
Love you and wishing you the best to tend.

Just don't go overboard.

LaSoaphia QuXazs

# Wake Up To A Happy Day.

Wake up to a happy day, make yourself glad,  
This is the only way never to be sad or mad.  
Never give in for a bad mood,  
You ruin yours and everybody's life, don't be a dead wood.

It is up to you what you choose,  
Don't live in misery, which you should refuse  
You have only this moment, this hour or day,  
Why would you ruin it, that is not the way.

The past is gone, you cannot fix or go back,  
Too late to correct the seemingly wrong track.  
With time you'll find the truth and the way,  
Whatever happened to you in the past, can clear up the today.

LaSoaphia QuXazs

# We Are What We Are

As Shakespeare said that all men and women  
Are acting out a play,  
If we know it or not, this is our way.  
We are all on a stage and play the game,  
Do what is programmed into our brain.  
Everyone have a different role, never that same.  
However, we have the right to choose  
Life or malediction, let it not confuse,  
But don't forget whatever we are or what we do,  
For the moment that is our place to learn,  
And find out eventually who is who.  
We are like cars running on the highway,  
Neither is first, nor is last, they all have a goal  
To start and arrive somewhere without delay.  
Every living creature, including mankind  
Files their own life story to remind  
When the life & death, happiness & misery  
Comes together for the education  
Of someone's discovery.  
Our bodies were created of many cells,  
But the ruler is our brain  
If we are in misery, that's what they gain.  
If we learn the wisdom to find happiness,  
So will our cells be healthy, happy and flawless.

LaSoaphia QuXazs

# We Born, We Die.

But how we spend the time between?  
It is up to our choice if we go along with ease  
Or believe everything what is seen.

We all have our destination, however we can choose  
Many messages just want to tempt us  
Choose the honest, the kind, that way you never loose.

LaSoaphia QuXazs

# We Born, We Live, We Die.

I heard this statement somewhere. What do you think?

The ambitious has no other thing, but push forward, beat everybody  
To show his/her superiority.

The egotistical is similar, want to shine over others,  
Thinking that he/she is the best in all endeavors.

The rich has a great self confidence, using the servants,  
Stepping on everybody, just giving punishments.

The poor is the ignorant, do not want responsibility,  
Only drink, suffer, show pain, and have no dignity.

The one wants what he wants, eventually goes insane,  
With heart attack, or something else, which is not humane,  
All religions are teaching about God and the Law,  
But they not necessarily follow, many withdraw,  
Only the business deal left and the show off to help the poor.  
In the meantime the leaders are prospering, neither are pure.

However, we have the choice to get out of those above,  
Need to find peace, wait for what comes, face everything with love,  
Have faith in goodness, be humble and kind,  
This is the only way to get out of the grind.

Because, nobody knows what happens after our time is over,  
For many it is better to live in peace, contentment & be wiser.  
In peace and gratefulness with the acknowledgement,  
Instead living in hell, wanting always something different.

LaSoaphia QuXazs



# What Is Your Favorite Poem Or Music?

If you like sad, melancholy or love poems or music as a favorite,  
It will effect your life until you find another to requisite  
My favorite is the 23rd Psalm,  
So my life turned eventually into that realm.

Same goes for everything under the sun  
If you look at lovely landscapes & beauty, that will be done.  
That is the reason what people do and show,  
What they are that is what their mind allow.

However, everybody is there where their lesson is coming,  
We all have to face, learn & solve our happening.  
If you find in your heart the crave for the 23rd Psalm's living,  
Eventually your life will turn into that according.

LaSoaphia QuXazs

# What Is Your Wish For Life?

Are you afraid when the lightning and thunder is on?  
Or you and your pets stay calm & know your time is not yet done.  
Do you want to fight for some good cause?  
You have to know who fights will be fought down, because.

Or you go for foolish earthly pleasures,  
You do not listen for all those good advises and treasures,  
Want what you want, never give up,  
So, get heart attack, depression or alzhimers to fill your cup.

Choose what you wish carefully and stand up for it,  
Stay where you are, or turn away & transit,  
You have the choice to choose Life or curse,  
However, you have to take what comes, that will be your disburse.

Personally, I went through darkness, many troubles and sadness,  
My wish is to enjoy the simple life, stay in God's goodness,  
Take care of my every day necessities,  
Live in peace, harmony, health & for better life studies.

LaSoaphia QuXazs

## What Others Do To Me The Shorter Version.

When anyone hurts me, I gave the reason.

When anyone leaves me, this is the answer for my behavior.

When anyone corrects me, I showed ignorance.

Whatever others do to me, I gave the reason for all.

Can I blame anyone?

No! I can only bless and love them with the love of God, because everything was necessary to bring out what I am today.

PS: When anyone gives me happiness, I can rejoice, I made him/her happy first.

Remember, what I see in others it is in me.

They are mirroring back my hidden ways according to Thee.

Look into myself to sort out what did I do,

To correct it in ME and never criticize YOU.

We are all a separate world on display,

What goes on around us comes out of our brain way.

There is no place to get offended,

Just try to correct the problem in ourselves

And don't get agitated.

Since we cannot force others or shut them up,

We must handle ourselves to help on that

Do something in us, stop drinking of that cup.

LaSoaphia QuXazs

# What Others Do To Me.

This is not in a poem form, but an important message.

When someone hurts me, I gave the reason,  
When someone loves me, this is the answer for my behavior.  
When someone corrects me, I showed ignorance,  
Whatever others do to me, I gave the reason for all.

Can I blame anyone?

No! I can bless and love them with the love of God,  
Because everything was necessary to bring out what I am today.

When someone gives me happiness, I can rejoice.  
I made him/her happy first.

All happens, because what I see in others, it is in me.  
They are mirroring back my hidden ways. If I like it,  
good, I can be happy, if not, I have to look into myself  
and stop doing those things and the people who  
played out those ways will disappear from my life.  
There was one time an artifact, a big stone statue,  
which had many little statue inside, or the Russian  
wooden doll, which has a smaller look alike inside,  
that one has a smaller and so on are the good examples.  
The meaning is that there are many voices within the one.  
We are each of us a separate world. Each individual  
is a center with all those people who are in our surroundings.

This is why there are famous sayings, such as, birds of  
a feather and people of their friends show who they are.  
Who is the nearest plays out for us what we have  
inside the most. Sometimes it looks bad, how can us  
have that trade in us? However once we know this truth,  
it is easier to decide if we want to be like them or not.

Sometimes, someone comes along and show my  
'good' side, sometimes the 'bad'. It is my free will to  
choose which side I keep in my personality. Once I

choose the trade I disapproved, those people who played it out will disappear, and the one who have similar habits, stays.

When parents cannot teach the child anymore and the child cannot teach the parents that is the time they go out of each others life. This is the reason for divorce or one dies. Long time ago couples stayed together because of the society rules, but neither of them was happy, they just suffered in all their life or one of them, the weaker died.

This is how the world goes around, however we have to know, that everybody is on the way of salvation toward real peace and real happiness, only we cannot see it in this moment.

This is the law of life.

LaSoaphia QuXazs

# What We Sow, We Shall Reap.

&lt;/&gt;The old wisdom are showing the way  
Most of us know these but tries to ignore and say  
I am living my life as I want,  
And look what they get with that if they are not enough observant.

What ever is our life, somehow we caused it,  
We are the ones who get the benefit.  
Only we have the power to help on us  
What we put into life it returns with a plus.

Make up your mind if you follow the old wisdom,  
If you watch what you do, then you can blossom.  
Became the real child of the Universe,  
Helping humanity for a better life to immerse.

Always follow your feelings and see what comes out,  
Learn from everything, because every problem is just an opportunity try out  
Everything is necessary for YOUR evolution  
Learn how to face it with your emotion.

LaSoaphia QuXazs

## Whatever You Give Out - Returns Many Fold.

&lt;/&gt;Do you know how you think, some way you get it back?  
If you are a sneak and do good deeds just for that,  
That do not work and you'll be in a sack.  
Only true intentions have to go with each deed,  
But not with goody-goodyness, only goodness from the heart  
Will bring praise, prosperity & appreciation as a seed

Lying, hatred, judging blindly, will bring back their fruit,  
Misery, sickness and problems will pursuit.  
So, be careful what you even think  
Have goodwill to others & do not go out on the brink.

When you learn the true meaning of: 'What you sow you shall reap'  
You'll be more careful with others, you'll know over them how to leap.  
You'll respect everybody and will know why they interfere,  
They are that same children of the Universe as you are,  
So, you need to learn to respect them and persevere.

Let me start with myself.

LaSoaphia QuXazs

# When God Closes A Door, He Opens Another One.

Why to resist? Just go on your way,  
Let it go, let happen as it may.  
So many people are angry, fearful for what ever happens,  
Blaming everybody, wants to bring back the dead, always tense.

If you loose the faith in goodness, you are lost,  
At once go back, tell yourself, to continue the good faith it is a must,  
Keep an open mind that everything works well,  
If you believe, anyway this the Bible did foretell.

Go with the change, go with the wind,  
Stand up well, where ever it lead,  
You are the child of the Universe,  
Believe you are OK, in all your travels.

LaSoaphia QuXazs



## When Someone Is Rude To You

The best is to ignore them, but before that be kind,  
They are angry and frustrated, they cannot unwind.  
The rudeness was not meant for you,  
They are just unable to relax, no matter what they do.

However, you do not have to keep them as a friend,  
If they keep insulting you, the friendship should end.  
Unless you enjoy their rude treatment,  
Looking for punishment, which is your need and fulfillment.

Many man are looking for a strong wife,  
Because their mother gave them a hard life,  
Their need is a bitchy woman,  
So, they can hit back on her & run around, because they can.

LaSoaphia QuXazs

# When We Became As Little Children

Parents tell children what to do, children tell same way,  
They do not beat around the bush do not try to be goody-goody, their truth they say.

Later people learn to be more diplomatic, possibly nicer then need,  
But when they get older became again like children in their deed.

We are here on this earth to learn and teach,  
Develop our soul the best way we can reach.  
When try to be good outside, opposing inside is not a solution,  
Ending up in anger, frustration, sickness & in a self made dungeon.

So, be yourself, no matter what, that is where you have to tread,  
Remember, everything is an illusion, nothing is good or bad.  
Enjoy life, love what you do, don't waste your time  
With anger, hatred, foolish pleasures, revenge and being in the grime.

LaSoaphia QuXazs

## Wherever You Are

Wherever you are in this moment, that is your place  
You have to learn some lesson, learn it with grace.  
When you learned it, you will not be there anymore,  
Don't oppose, just go along, face it, but don't ignore.

If you gripe, oppose, get angry or start drinking,  
Neither will help you to get through sooner in your living.  
Get wisdom, find understanding, then you will know what to do,  
Until then go on in peace and know it shall pass too.

Everything is passing and tomorrow it shall fade,  
Only your memory can hold it for more than a decade.  
However, if you let it go, give it into God's hand,  
You will never have heart attack, alzhimers or cancer,  
You will always surely stand.

We cannot control others, what we see, it is in us,  
We can control only ourselves to ignore whatever it was.  
If we stop dwelling and doing what we see out there,  
Our life will clear up from that, we'll became sincere.

The best is to dwell on beauty and harmony,  
Ignore the messages from the world, they are phoney.  
Accept the truth, which is peace and kindness,  
Eventually your world around will show that goodness.

LaSoaphia QuXazs

# Who Is A Friend?

Who is a friend? Not just anybody.  
Friends have to respect, help & teach each other constantly.  
They are not just like those who are passing by,  
This way of communicating have to satisfy.

Some has many friends, some not too much,  
Depends on the personality how many can he/she touch.  
The best is to be kind to everybody with respect,  
Eventually you find those who gives it back and react.

However, when you cannot learn or teach anymore,  
Life will separate the friends, they go on life as before.  
But, the lesson will stay with them,  
Good or bad will be in their memories as a gem.

Life is spiraling forward, so love your friends,  
They are a part of you, staying to the ends.  
They all show you who you really are inside,  
So, love them or leave them, just decide.

LaSoaphia QuXazs

# Who Is The Best?

Mankind want to brake the record,  
Many competitors want to be the best, they can afford.  
Better then anybody, a never ending rush for winning,  
Followed by enemies, hatred and they get what's coming.

In life, sport, schools and in the office too,  
Many want to beat the other and overdo,  
Some thinks they are better if they win,  
In my opinion they are worst, they are just toxin.

Winning makes them the biggest losers,  
Many will hate them, they never will be respected treasures,  
Being kind, flexible, humble but strong and wise,  
Is the only way to find true happiness advise.

LaSoaphia QuXazs

# Who Is The Center?

You are the center of your world and universe,  
What you see in others, it is in you, you cannot reverse.  
Each person plays out what goes on in your own mind,  
If you don't like it, you have to change yourself, not them, & rewind.

There is no place for hatred, instead of doing the right thing,  
Hatred hits back on yourself, if you don't change your going.  
That same goes for anger, which means you are not right,  
Just want to shut the other down with your oversight.

If you want to revenge anyone, it comes back to you,  
How can you revenge if you were the one who attracted it anew.  
Whatever your fear is, someone plays it out,  
That's why what you cause, always turns about.

Always do to others what you would like to receive,  
Respect, kindness, humbleness, forgiveness will not be destructive.  
Then you'll find true happiness in this existence,  
Nobody will bother you, there is no need for self-defense.

When you learned in your life lessons what you give out returns to you,  
You'll be more careful what you think or do.  
Your life shall turn into true happiness and health,  
When you know you get from life what you need, not what you want,  
That will be your completion and wealth.

LaSoaphia QuXazs

# Why Good Or Why Is It Bad?

The first time mankind found out the secret in paradise,  
When they ate the forbidden fruit of good and bad for a surprise.  
Since then people call happenings how they see,  
Ignoring the truth, knowing not it is just positive and negative in Thee.

If one is searching for the truth can find it easily,  
Many times bad can turn out good and good can turn into tragic suddenly.  
All problems in our life comes from our own mind,  
Without the truth we are pawns in this world, we are deaf and blind.

All the great teaching tell us that we have the free will,  
If you think you can rule over others or the universe, you are ill.  
The free will means you can choose between Life or malediction,  
Follow your own feelings, have faith in God's goodness  
Don't mind opposition.

We are here to learn and teach on the way we are able,  
Stop calling names good or bad, go forward in peace and confidence.  
Put your work on God's table.  
Then, He will give you the understanding to every detail,  
You'll find true contentment, happiness and the right trail.

If you really believe, that you do His work, don't question, don't oppose,  
Do what you feel in the moment without any remorse.  
Know, that God works thru you, let His will be done,  
Let no man judge you for it, it is the business of none.

Then you'll have peace and contentment in your soul and spirit,  
Health in your body and paradise you'll inhabit,  
You'll understand the meaning to live forever,  
All the teaching will be clear; you'll never be a pawn or a stranger.

LaSoaphia QuXazs

# Why Impatient?

Why do we want to rush everything and even our time?  
Call every body functions sickness, never wait on nature's healing rhyme.  
With rushing we get some accident,  
Then we blame it on everything, never become content.

Rushing through time we get older and older,  
Running after money or success we just get meaner,  
Finishing life in regret, misery and complaining,  
Instead of relax, do your best, be good to all in a happy living.

LaSoaphia QuXazs



## Why Is Sickness?

Some wise people say sickness born in the mind,  
Not purposely, but from ignorance, which is not kind.  
When the race-mind have power over some people,  
They loose sight of the gracious living, fell off the steeple.

The mind creates the negativity, the eating habit follows,  
So, the sickness develops. How? Nobody knows.  
Then after thinking, having anger and hostility,  
High blood pressure, then the heart troubles come into the vicinity.

When someone entertains thoughts of envy and jealousy,  
Will loose his breath, life will and his lungs capacity.  
The liver is the center of judgements & if it is negative, then with heavy drinking,  
fatty foods the liver will be offensive.

So many are fearful, cold, & do not wish to face anything,  
The kidneys will brake down, specially from lots of animal food consuming.  
When the person is materialistic the intestines will brake down,  
Diarrhea comes when do not care, constipation when don't let go, hold on

Cancer is eating you up if you have a great regret  
Added to it a high protein diet can cause the onset.  
Diabetes is not a sickness, only wrong eating habits with greed,  
Arthritis a wrong sugar love, kindness to others but fake, not a true deed.

Certainly there are others, eyes, ears and depression,  
Skin troubles and the rest of the corruption.  
What we think or do comes back to us many fold,  
So, be careful what you are thinking, because it'll unfold.

And we can go on with each sickness this world entertain  
All come out of negative thinking and will retain.  
Only change in thinking, then the diet, move enough,  
Have purpose, truth, peace & kindness and not being rough.

Trying to heal any sickness with some medicine,  
It will just create another problem, but never health & discipline.  
Stop, listen to your heart where God's energy should be,  
Learn that you would find the way to self healing & be free.

LaSoaphia QuXazs

## Why Negative Or Positive?

Nothing is as it looks like,  
Everything is up to your attitude.  
If you don't like anything, gripe or you are rude  
You will have many miseries how you pass through this existence,  
Never find contentment, always missing the right guidance,  
Worry, fear, blame, hatred will follow,  
In miseries you will always wallow.

However, after many sadness and trouble,  
You might see what life is, how yourself make the problems double,  
Open your mind for trust God's goodness, peace and easy going,  
Everything will change and you'll never have any suffering.  
Life will be light with constant gratitude,  
Only health, good life & true happiness life will include.

No matter what happens in the world,  
You will live in your self made paradise,  
In the grace of God's enterprise  
Nothing can upset or touch you otherwise.

LaSoaphia QuXazs

# Why Old People Die?

Eventually the old dies, because cannot progress anymore,  
Want things what he/she had in his youth in the store.  
Eventually the stiff attitude will brake,  
Have no more place in the present, life he is not able to take.

Only those will have a long, healthy, peaceful existence  
Who are able to change easily and get over the ignorance.  
Their life will be like a sailboat on the ocean and will excel,  
Will go with the wind, adjust the sail in their own travel.

LaSoaphia QuXazs

## Why People Drink.

Everybody has their reason for drinking,  
Some want to forget their problem  
Or just love the feeling.

All react different under the influence,  
Some get happy, sad, angry, quiet  
Or gets nearer to the spirit's essence.

Sometimes they do not want to face life as it is,  
Opposing, hurting, weak to do anything  
Thinking they get away for a while from their crisis.

LaSoaphia QuXazs

# Why The Race Hatred?

Why-Why-Why humanity is war-like?

For every little reason each other they want to strike  
As in the war a grenade blow up a man's feet,  
In all his life he hated all in the enemy country,  
All of them he wanted to beat.

A woman had bad experience with a priest,  
So, in all her miserable life she hated God, as a nonconfirmist.  
The world is full with race, color, parents, even neighbor hatred,  
All those foolish people destroying themselves.  
Because about their own life they are agitated.

There are good and bad in every race  
It is foolish to hate all, it is your own disgrace  
If you hate the whole race because one did you wrong,  
You'll answer with a miserable life, don't be headstrong.

So many wise teacher talked about peace and love in their teaching,  
Wake up people, stop being a hypocrite, get some understanding.  
See, that you are not better then anyone on this planet,  
For your own sake live in peace, & respect others,  
That you never should forget.

LaSoaphia QuXazs

# Why? Why? Why?

Why do I want to prove that I am the best,  
Everyone around me is superficial, according to my test.  
Don't we hear it age after age, that we all have equal rights on this Earth?  
We all have to work our something, before we hit the dirt.

Why? We ask throughout of our life,  
We ignore the teachings of Love and we are cutting up others with a knife.  
We have great teachings already, which we try hard to ignore,  
Trying to prove that we are right, not the age old mentor.

Men fights men, woman fights woman,  
So it starts early in childhood with the children.  
They all want to prove who is stronger, smarter, richer,  
And humanity gives medal and applause to the winner.

Aren't we all in that same boat?  
On this same Earth we all want to cut the others throat.  
Why can't we live in Peace, Harmony and Respect?  
Why don't I start with myself, with my very own self respect?

LaSoaphia QuXazs

## Win, Loose Or Brag.

Everybody wants to be a winner,  
Knowing or not we are all winners in a manner.  
Only those who win something big, extra,  
Will be the biggest losers, will be hated by all the others who wants to be an alpha.

Loosing today means you are the real winner,  
Specially if you stay calm and know there is a reason for every encounter.  
Might take some time to find the reason,  
That you were the luckiest by loosing that deal or person.

When you brag you look great and special,  
But others see how less is their potential,  
They feel so little and humiliated that only jealousy can be the answer.  
Do you think it worth to brag to make others smaller?

Win, loose or brag is not important,  
What you think what is the best for you and what is irrelevant.  
Always follow your feelings,  
That's where your hard lessons are, or blessings.

LaSoaphia QuXazs



# Wisdom And Understanding.

King Solomon, the wise one said,  
Find wisdom, get understanding my beloved.  
The more knowledge you pick up in time,  
Receive more self confidence, takes you out of the grime.

Wisdom cannot be given, the laws of life has to be observed,  
Sometimes on the hard way, but eventually it will be deserved,  
As knowledge is power, eventually you see the reality  
And you live your life in freedom, peace and dignity.

Keep on observing and learning everything on your way,  
Be patient, never too proud, only humble, this I can say.  
Eventually you will see the light,  
And you will realize your power and might.  
Which were always with you. that's your birth right.

LaSoaphia QuXazs

## Wise Sayings About Life.

If you do not have anything important, find something important.  
Always find something useful, instead drink, drugs or smoke.  
Live life happily ever after.

Poetry makes order from chaos.

Never dwell on abyss, because your life will turn into abyss.  
What you focus on, you get.  
If you do not like something, change your attitude with your thoughts  
From the heart, not just with your mouth.

Sleep is for those who do not have internet.

LaSoaphia QuXazs

# Wishes

Humanity always wishing for another thing  
As in winter for coming of the spring.  
Summer they are tired of the heat,  
Or when it rains they want to stop the beat.

Always praying (begging) for peace or for the ill,  
More money when they blow theirs to cover their bill.  
Always something what they don't have yet,  
Seldom appreciating the blessings or the beautiful sunset.

These wishes are built into every mind,  
Because that is life when we progress without bind.  
We cannot stop the flow, we must move forward, just go,  
Only God knows where it leads, not for us to know.

We think we can help others, we try and try,  
In reality each of us caused his/her problems without knowing why.  
Then, we ourselves have to solve the challenge, the problem,  
God help us all; give us your wisdom, your best system.

In all these years of my life time  
Learned something very important, always have to face the chime.  
No matter what happens, do not oppose, calmly go with the flow,  
Do your best, solve the problem, if any need solving but know.

Nobody is perfect in this moment,  
We are all in a school for our enlightenment.  
When we understand the law of Cause and Effect,  
If problem comes up we'll be able to overcome the seeming defect.

So, this means nobody can help the other,  
Nobody can play god and be a redeemer,  
Only we can help ourselves,  
Face our own woes, trust and believe  
What we really need, we'll achieve.

LaSoaphia QuXazs

## Wishing You Honor And Integrity.

Let go, let your life became a great adventure,  
Go through life with ease, enjoying everything before your departure.  
Open your mind to use everything beautiful,  
That your soul have enjoyment, but for Everything be grateful.

Handle life's challenges with wisdom,  
Choose your thoughts carefully that you could blossom,  
Keep your mind on great hope in goodness, never forget that,  
Ignore what is around when you go through the valley of shadows of death.

LaSoaphia QuXazs

# Work.

It is not the work which is important,  
But the lesson we learn under that time is dormant.  
Many hates the work, always wish for something better,  
But need the income and just suffer.

It is better to be the drummer boy, who did it for Jesus,  
Happily giving his best as a bonus,  
Which is the best thing to do in every job,  
Instead being a suffering, rebelling slob.

Constantly open your mind to understand the lesson,  
With a certain faith in a better and better illusion,  
Because life is a dream how we think and believe,  
Contentment, calm, peace or the whole life can be a grief.

If we are in one job the whole life through,  
That means we never learned completely the lesson, still in that shoe,  
Just go on and hope to find the answer,  
Always be happy, do your best, sooner or later you find life better.

LaSoaphia QuXazs

## 'Y' In Your Name?

The divining rod which is searching for water  
Looks like a Y if you remember.  
With your Y in all your life you will be a searcher,  
Going on with an open mind for something newer.

Some of you will search for some new wisdom,  
Some just for a newer flower blossom,  
Big or small search all brings something new,  
Even if you just search constantly for your keys, a tool or a screw.

If you choose to search for spiritual wisdom,  
Your life can change for an everlasting stardom.  
So, choose wisely how to use your Y,  
Search for something useful, not just asking aimlessly, why?

LaSoaphia QuXazs

# You Are The Creator.

You create your own world by your attitude,  
Picking up the messages of your surroundings, being nice or rude.  
If you choose fear, anger, jealousy or greed, you'll be never freed.  
Following the crowd, you will never succeed.

However, we are what we are, we just play out the law,  
Follow your feelings, that is your life in this moment anyhow.  
My messages are for those who understand  
And given the wisdom to get into the promised land.

LaSoaphia QuXazs

# You Don'T Make A Choice

You don't make a choice,  
The choice will make you.  
Give you a character or brake you into two.

If you face your challenges calmly with an open mind  
Knowing that you attracted that kind,  
Then you are the only one who can solve it,  
When you must, you'll find the answer, you'll have the wit.

If you look for others to fix it for you,  
You get into a deeper problem, no matter after what you do.  
So, solve your own problem little or big, face life bravely,  
Sooner or later you find the way to live easily and happily.

LaSoaphia QuXazs



## You Give, You Receive, The Law.

That is the real friendship,  
You stay with it until the last pleasure trip,  
If you have no more to give or receive,  
Say good by friendship or even love, good by and leave.

This is life when we teach each other,  
What one knows, gives freely as a starter,  
However, when both stops giving and no more,  
Comes the end of the friendship, no time left to adore.

Do not regret, don't be sorry, just say good by,  
Or just disappear and don't ask why?  
You'll be ready for new lessons to come,  
Open your mind, go with the wind, accept whatever you became.

Don't be a complainer,  
Be happy wherever you are, be a good camper,  
That is real happiness in our life long road,  
Never gripe, complain, hate or question the problem,  
Just solve and unload.

LaSoaphia QuXazs

# You Have No Control Of Others, Only Yourself

Life is strange to those who don't know  
Many go thru life as it comes with bliss or woe.  
Looking always for good luck and foolish pleasures,  
Knowing not that the uncontrolled mind  
Can bring up bad luck or secret treasures.  
If one listens for just any teachings of mankind  
Specially if ignores the law of the Spirit  
One can go blind.  
Will be hooked on every earthly traps:  
Foods, drinks, drugs and all pleasures,  
Only sickness & malediction comes to them  
With uncontrolled measures.

Only hope in the best, with faith in goodness,  
Believing that everything works for true success,  
No matter what happens, don't get angry, just call it 'good'  
If you can believe, sooner or later it turns into good,  
So, the law you really understood.  
As it was said long ago, you have no control of others,  
You have only yourself to blame or praise for anything happens.  
With everything you become stronger and wiser,  
If you only keep peace, goodwill, patience  
And wait for your redeemer.

When you understand the law of Life,  
You'll have everlasting peace, health and no more strife.  
Going through life flexible as a palm tree  
Happily learning the lessons and forever be free.  
The secret of life is true humbleness,  
Instead of dictatorship, apply only kindness.  
Then the light will shine on you, everything will be supplied,  
Only you loose the ego and the will, & you'll be satisfied.

When you became aware of the truth a lovely day,  
That life is a school where we are like cars on the highway.  
We all have a different destination,  
Nobody is first, nobody is last  
The lesson is up to your perception.  
After you work out anger, hatred, jealousy

Frustration and envy,  
Not to mention gluttony is another unnecessary thing  
In the potpourri.  
Then understanding comes with true happiness,  
The road of life become the rainbow,  
Traveling will be like weightlessness.

LaSoaphia QuXazs

# Young People Of This World

You are the generation who will take care of tomorrow  
Learn as much as you can, open your mind, don't stay hollow.  
The more wisdom you pick up you will be more logical,  
Which is the most important if you wish to be a survival.

In the meantime learn to be kind and polite,  
Love your parents as they are, you are their part.  
Until you are at home follow their direction,  
Respect them always, they are your protection.

Eventually you will go on your own way,  
Do not oppose anything, just be flexible every day.  
Why would you destroy yourself with rebelling, anger or hatred?  
You get it back many fold from life, which is not needed.

So, young generation, you wonderful people,  
Be smart, kind, tolerant, honest and gentle,  
Know that the future will be in your hand,  
Behave according to become grand.  
But do not fake it!

LaSoaphia QuXazs

## Young People.

Many young one, even some older is in a great turmoil,  
According to them parents, schools or workplace are unfair, so they constantly  
boil,

Many times in history the young starts a revolution,  
Hot headed, angry, do not find any other solution.

Cool down lovely friends, learn more about many things,  
After gathering more wisdom you will see the happenings,  
If you rebel you will suffer, you can became a nut,  
Does it worth the whole foolishness, in misery to be caught?

LaSoaphia QuXazs