By: Stephanie Summers

Artist

An artist happens when you strip away
Everything but the soul and allow it to experience
Things that it shouldn't.

<u>Paths</u>

The more you see in others, The deeper you see into your soul.

We are all spirits.
We have the same thoughts and feelings.

Good medicine
What hurts you?
What gives you pain?
What makes you weak?
If you have found it
incurable,

It's not a cure you seek. It's a path.

Journey

We are always on a journey.
When we accept our path,
We are happy.
You can never leave your
path.
It's always a journey.

Learning

Not all your lessons are so easy.

Not every lesson can be written down.

You can't always explain it.
The truth lives silently,
Within you.

<u>Goals</u>

When you lose sight of your

goal,
You're not lost,
Just still.
When your vision clears up,
You'll see your goal,
And move again.

They both shine
Some people are sun people,
Vibrantly blazing,
Bright and strong.
Some people are moon
people,
Soft pale,
Quiet and loving.
The earth needs both a sun
and a moon.

Position
Your instincts are stronger for a reason.
Don't worry whether or not

they are judgmental.

Know your place.

Without looking down on others.

Price

Knowledge comes at a price.
To truly know good,
You must know bad.
To know love,
You must know hate.
Wisdom is not a punishment,
But a series of tests that force
you to learn and grow.

The Pain

The pain will teach you.

If you forget a lesson,
You will relearn it.

Nothing will fix what
happens.

Don't think you are above

your own lessons. Accept them.

Time

Live for the moment.

Don't worry too much about the future,

Nor dwell in the past.

Make new memories.

Hole

If you cannot trust them,
Can you love them?
If you cannot see their center,
Do they have one?
If you only know half the
truth,
What do you know?
If you don't know what the
truth is,
Are you living a lie?

Find Truth

The truth is not always as
colorful as a lie.
With years of truth from
loved ones lips,
A lie from a stranger's vulgar
mouth,
Sets blaze to trust that once
was.

And stands ash, So brittle that even the wind shatters it.

Rushing

I want to learn,
What I need to learn,
So that I can be free.
I want to learn to be free of
paths,
And pain.

Destination

On life's long road,
Do you know where you're
going?
When your mind and your
heart,
Are going in separate
directions,
You don't more anywhere.

Laws of my life

I need bones to hold me up, And skin to hold me together. There are good forces and bad,

Stay away from both and their fury.

Stay on the path or veer from it,

Either way, learns.

Don't ask for forgiveness until you forgive yourself, And likewise with love.

If you're stressed, upset, or sad. Let the earth recycle that energy, And thank her Don't be conceited, But have pride. Be strong enough to say no, And nice enough to say yes. Don't hurt people. Don't be everyone's teacher, Some things weren't meant to be taught. Be loyal and faithful. Listen to your spirit, The earth, And her spirits. Do what you know/feel is right. Don't get upset if some

okay.

Love everything even if you don't understand it.

Other people are different, accept it.

Think about other people's feelings and minds.

Don't reject anyone,

Everyone can teach you something.

Know your beliefs, It's okay to change them but keep what you truly believe.

Love all paths,

They have lessons to teach too.

Have goals and reach for them.

Don't use love as a weapon. Ask for help when you need it

Wonder

I sit and wait.
I wonder now,
What the future will bring to
me.

What lessons,
What fortune,
What pain.
I sit and wait.
Quietly wondering,
In between the busyness,
Momentarily unoccupied.

Keep Learning
Our elders are still learning,
While they teach us.
As you learn old ideas,
Keep learning.
As you learn new ideas,
Keep learning.
An open mind learns,
And keeps learning.

Be Careful
Try to love even if you can't trust.
But be smart,
And careful with your heart,
And your mind.

Detachment
When my mind is free,
My soul is light,
All answers are revealed.
When I'm alone,
All is right,
And all my wounds can heal.
When I am strong,
My mind can see.

Taboo
Blur the lines.
Blur your limits.
Discard all taboos.

Always try to see things differently.
Try new things.
Explore new ways.
The road to peace is filled with understanding and change.

<u>People</u>

There are angry people.
People that don't listen.
People that don't care.
People that don't understand,
and don't want to,
There are hypocritical people.
And stubborn people.
And you can't change them,
But they can change you,
They can teach you.

Necessity
Which is needed most to

thrive,
Spiritually and physically,
Change or balance?
To change, balance must be
disturbed.
To balance, change must be
disturbed.

The Human Experience
Sometimes,
You would be surprised,
People feel the same as you.
Others can most often relate.
Sometimes they won't admit
it.

We are more similar than we want to believe.
We are all one.

Patience
Be patient.
The words will come.

The lesson will be learned.

Don't rush yourself to learn it or say it.

You will need the rest that comes to you.

You will need it slow sometimes.

Basically
Some people will only learn basics,
Enough to get by,
To survive.
But those who look for a deeper meaning,
Will find it.

Possibilities
Amazing things happen every day.
The very good and the very bad,

And the most important,
The unbelievable.
Every day,
Believe the unbelievable,
And use your intelligence.
Because every day,
Anything can happen.

Wise

A wise person opens their mind,
And tries to understand even if they don't believe
And they continuously add to their wisdom.

Lucky

Being inspired and being taught are different.
Inspiration brings new knowledge.
Teaching brings old

knowledge.
Being inspired and being taught are different.
But I'm thankful to have both.

Alone

On this path,
You generally walk alone,
Because there are few who
understand,
And fewer who understand
enough to walk with you.
It gets lonely.
It gets frustrating.
Don't give up,
If this is who you really are,
Don't turn your back on
yourself.
Even if others turn their backs
on you.

Experiences

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