

**Arthor
McCabe**

POETRY FOR WARRIORS
EXCALIBUR
ON THE BATTLEFIELD OF THE MIND

**Pull the sword from the stone
Push back the darkness
And reclaim your throne.
You hold Excalibur!
Its power is known;
Read its words
And it will soon be your own.**

EXCALIBUR

By Arthor McCabe

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DEDICATION

I dedicate this book to my mother, Geraldine Anne McGee; God bless her soul. She was the only person who truly recognised my light and did her best to nurture it through my turbulent childhood and early adult life.

I always felt like a square peg in a round hole and was labelled "trouble-maker" for questioning and challenging my so-called betters and the status quo from an early age.

The truth is, I refused to be leashed or collared by anyone or anything. I instinctively knew that freedom and abundance were mine on a deeper level and I refused to settle for less.

My mother counteracted this restrictive mainstream negativity that wished to imprison me and stood in my corner till the very end.

I love you mum, may we meet again someday in a place where we are accepted and celebrated for our uniqueness and the strength of the love in our hearts.

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WHAT'S INSIDE



Offence and defence for warriors on the battlefield of the mind.

Words are your weapons and Excalibur is filled with poems to help you fight back against negative thoughts and feeling on the battlefield of the mind. Short powerful rhyming poems, that are easy to remember and recite that contain positive affirmations, prayers and motivational statements to help you:

- Prison Break the Matrix.
- Overcome the negative thoughts and feelings that perpetuate fear, lack and limitation in your life.
- Reprogram your subconscious mind for health, wealth, happiness and success.
- Stay motivated and inspired on your Journey of personal and spiritual development.
- Call out for protection and assistance from the UNIVERSE.
- Navigate the Narrow Gate to the New Earth.

“Death and life are in the power of the tongue”– Proverbs 18:21

A Compressed Guide to the Universe and Our Place Within it

Excalibur contains compressed packets of information that explain complex universal laws and spiritual principles in short, powerful rhyming poems.

The sum of the whole, what’s between the lines and the energy within the flow of each poem is much greater than the few short words that it's formed with.

Your word is your wand. The words you speak create your own destiny."
Florence Scovel Shinn.

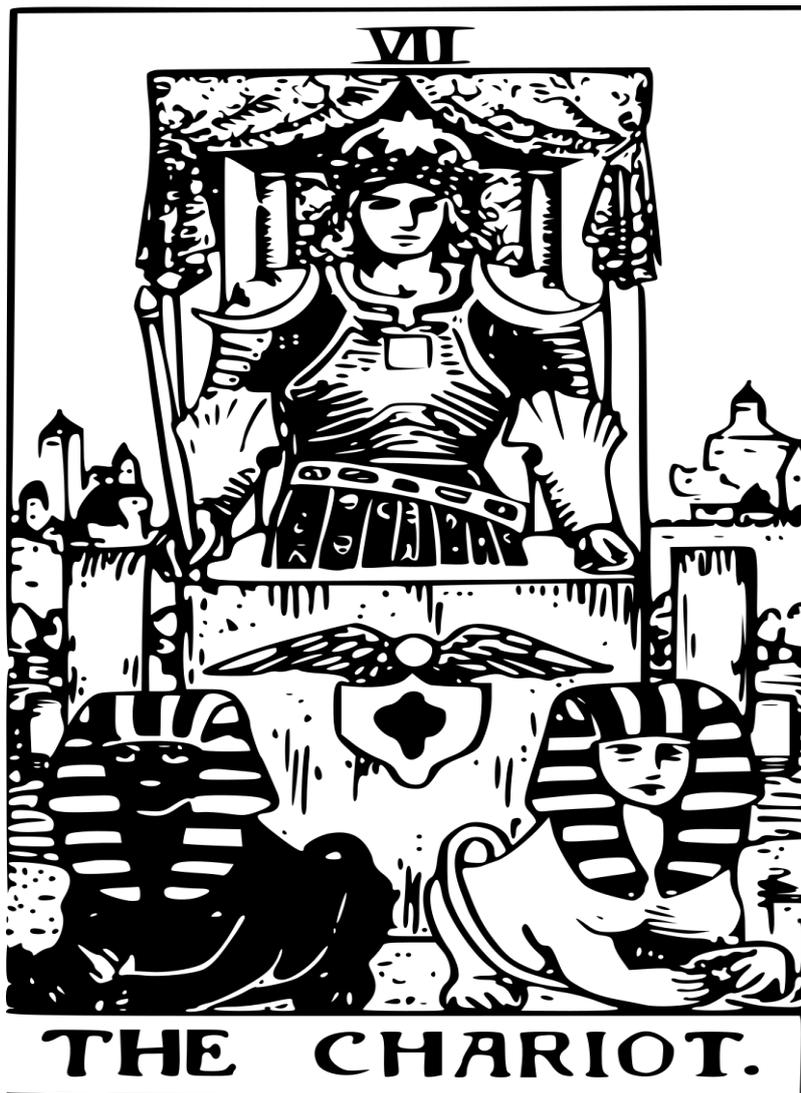
Motivation & Guidance for Spiritual Seekers

Excalibur contains poems to guide seekers through tough times; to steady hearts and minds in the darkness of the unknown. Excalibur Was forged (written) by the Author during the toughest period of his life, fuelled by the fire and pain of transformation; which is imprinted in this book.

Excalibur's poems will help you to stay rooted in the truth, give you an insight into the meaning of life; help you to find balance (the middle way) and also give you a heads up on what to expect during your process of transformation as you travel through the *Narrow Gate on your way to the New Earth.*

Wield Excalibur with conviction on a regular basis and it will become a self-sustaining guard/guide to keep you on track and fend off unwanted thoughts feelings and actions.

THE ORIGIN STORY



Manifesting hidden talents

I'd never written poetry in my life until the summer of 2022 when a series of so-called unfortunate events including the crash of the crypto market left me financially crippled; forcing me into an extended wild camping trip in the Algarve's of Portugal.

The so called "bad luck" was actually a blessing in disguise that put me on a new path as I regrouped on a professional, financial and more importantly a spiritual level.

It's a long story but let us just say that after a short period of feeling depressed and sorry for myself I started responding to the immense pressure of my life in extremely positive and magical ways.

Just like coal will transform into diamonds if it's put under enough pressure; I started to manifest hidden talents. One of these is the ability to write poetry.

Many of the poems in this book entered my mind fully formed; I just held the pen. This creative energy via poetry just began to flow through me and within a month of manifesting this talent, I had most of the poems for this book in a raw form.

I believe that this is a talent I always possessed, but up until recently, it was locked behind limiting beliefs and self-doubt; behind the negative conditioning of modern-day life.

"When it is dark I will shine, when it is hard I will grind, when I am down I will rise" - Arthor

We all have hidden talents like this, just waiting patiently for us to remove what doesn't belong (layers of distortion) to release them. I believe this book will help you bring your hidden talents to the surface.

I'll say no more, my words mean little and explain far less than the poems you are about to read. The first two poems (*Excalibur and Arthor*) form the book's introduction and further explain what is inside for the reader.

HOW TO USE THIS BOOK



You Now Hold Excalibur

Regardless of who you are, where you and your circumstances in life, Excalibur can help you but only if you wield it (read the poems) with conviction on a regular basis.

Keep reading and I will show you how to become a master swordsman that can cut through any negative situation in life by using the right words.

Lessons in Love

We're all unique, as are our problems and our current level of personal and spiritual development. We already have everything we want in life but we can't see it because it's hidden by distorted layers of perception created by lifetimes of negative thoughts and feelings.

Within each one of these layers of distortion is a lesson in love and each lesson learned unlocks the next layer above; bringing you closer to home step by step. This is the hero's journey from fear and scarcity to love and abundance. This journey is unique to everyone and the paths to remove or create layers of distortion are infinite.

However, regardless of where you are on your journey Excalibur is a tool to help you cut through these layers. Excalibur works for everyone and this is how to use it.

Warm-up and Bond with Excalibur

To begin, read this book and the 80 plus poems within from cover to cover. Let the information soak into your subconscious and start the subtle process of transformation.

There's a lot more in Excalibur poems than the words on the surface. They are cosmic downloads containing massive amounts of energy and information that have been zipped up for easy consumption. Once read,

this information will start to unzip in your subconscious mind and go to work weakening and removing layers of distortion that don't belong.

Even if you don't believe in the immense power of the spoken word you'll find Excalibur's poems entertaining and uplifting. Excalibur was designed to lift you up and give you hope. This is the power of these poems soaking into your consciousness.

This is how you warm up Excalibur and make it your own. Read it from cover to cover as many times as you like and your bond with this magical weapon will grow deeper. Be ready for unexpected changes and new opportunities in your illusion.

Training with Excalibur

Later after you have enjoyed and digested the whole (begun bonding with Excalibur) you can pick one or a selection of poems that resonate deeply with you; poems that apply to the most predominant issues and problems you are currently experiencing in life.

Commit these poems you've selected to memory (they are short, they rhyme and they're easy to remember) and recite them as often as possible to yourself or out loud. These poems are essentially software patches to remove viruses and errors in your subconscious mind.

Sing them, shout them and recite them bravely, especially when faced with situations or negative thoughts and fears that are troubling you.

These poems are your swords of truth that will cut down the negative thoughts holding you back and replace them with new positive ones. Excalibur will cut you free from the prison of the mind.

Each poem you can remember and recite at the appropriate time is a specialist move learned with Excalibur to counteract your most troubling issues in life.

The more poems you can memorise and recite the more effective you will become at cutting through layers of distortion in your reality and creating real change in your life. This is how you train with Excalibur.

EXCALIBUR AND ARTHOR



Excalibur

Words are Magic!
They can destroy or kill
Or lift you up
With excitement and thrill.

Darkness has risen
Throughout your lands;
The key to your freedom
Now sits in your hands.

Turn the pages
Let the words come to life;
You now hold the cure
To fear doubt and strife.

Pull the sword from the stone
Push back the darkness
And reclaim your throne.
You hold Excalibur!
Its power is known;
Read its words
And it will soon be your own.



Arthur

I'm the king of my castle
I'm blessed!
I'm an Archangels
Number one vassal.

I'm rich beyond measure
I'm anointed!
Trusted with the key
To all treasure.

I am royalty!
My sword is the truth;
One swing and your coffers
Are filled to the roof.

I can't be bought
I can't be sold
I'm priceless!
My heart is a mint
For pure silver and gold.

I am a king!
With Merlin's help
My legend did begin
And my gauntlet thrown down
Against the darkness within.

Freedom I shall fight for
And freedom I shall win!
For you and for I -
For we are all -
The very closest of kin.



TRUTH



The Truth

There is only one truth!
It's easy to know
But hard to walk out
In the matrix light show.

There's only one source
One power, one force.
It's all that there is
It's all that can be.
It's you and it's me;
It's all that you can
And all you cant see.

There isn't another
It's your cosmic big brother;
Your caring earth mother
That loves like no other.

You're infinity plus one
You're God's favourite daughter and son.
You're stardust, you're eternal
Here before time had begun.

You're a piece of the whole
A new channel, a soul.
Life happens through you
With free will you control.

Life is a School - Your here to Create
Down the middle - In an ideal state.
Constructive Creation
With no fear and no hate.
The Same but Different
One people - One fate.



Universal Love

This is a love
But not like you know
It cant be compared
Or paraded on show;
It's not a crush that you feel
That will come and then go.

It's a force
That binds us together.
A subtle - electronic tether;
Its touch — is as light as a feather.

It's Courage
And Compassion;
It's wisdom
And your character fashion.

It's integrity
And temperance too.
Its the middle way and balance
In all that you think feel and do.

Its unity and joy
Its all the virtues
We can learn to adopt and deploy.
Its UNIVERSAL LOVE!
Just allow and enjoy.



The Oasis

To begin -
You haloed in,
Clean and free from sin.

Not for long -
You were dragged head first
Into hell with the throng.

It's not your fault
But your here.
You fell asleep at the steer
Went the wrong way
And now your hearts filled with fear.

It's OK!
This is the test
Every hero must face
To bring out his best.

Across the desert
Into the unknown.
Through the heat
In the fire, all alone;
Working hard to atone.

The oasis will come;
A place you'll find in your heart
When all fear has succumb.
A place called home, filled with love
Where real life has begun.



The Same But Different

Cut from the same cloth
Brewed in the same broth
Heads in the same trough;
Were the same.

Different in face and in name
In where we are in the game;
But still, Were the same.

Countries collide
Differences divide
In each other's hands
We have died;
But still, Were the same.

Divided by pride
And the lack of a guide.
Fellow Atoms in space
On the same ride;
Were the same.

Bonded together
Beyond the veil
Were entangled forever;
Were the same.



Prison Break

Are you a Wolf
A Shepherd
A Slave or a Sheep?
Do you even know you're in prison
Held deep in a keep?

Either way, you are bound
Held fast to the ground;
Chained by hate, chained by fear,
By money, and the possessions you hold dear.

You're a Slave
To all that is wrong;
Turning tricks, trying to belong.

Give it up, turn it in
Break free
And turn within.

No one else can show
But prison break is —
The only way to go!

It's a lifestyle of the brave;
Proof your a Shepherd
And not a Sheep, a Wolf or a Slave.

Leave the rest behind;
The fear currency
The toiling, the mindless grind.
Break free — from the prison of the mind.



You vs You

A word to the wise
For those that read
These words with their eyes.

What you seek is within
Not a fixed point, But a journey
With no end or begin.
It starts every day and ends every night;
It's you vs you, It's dark vs light.

Home is a free flow
Hell is I don't know;
Back and forth you go
Up and down
Every day like a yo-yo.

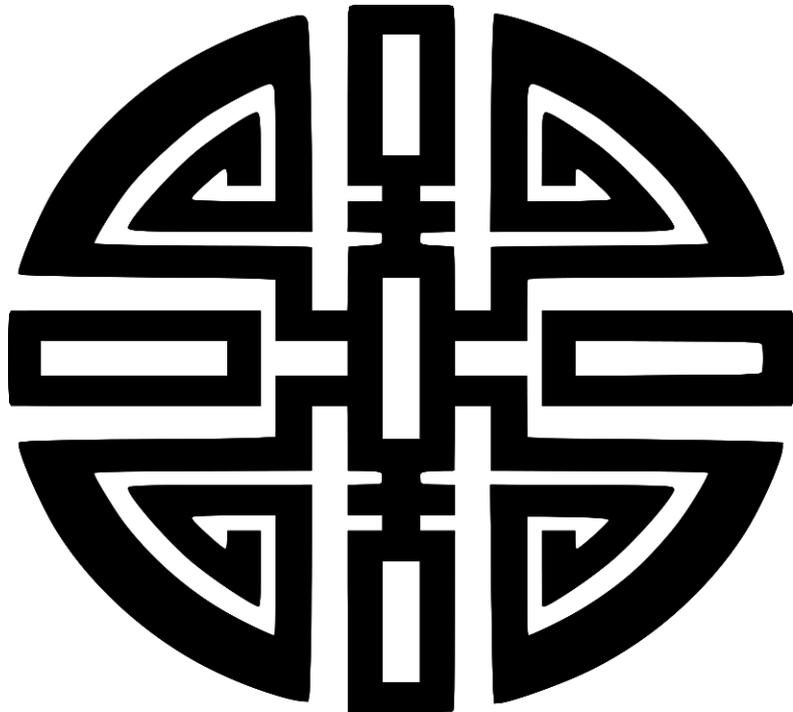
Check for horns in the mirror;
For a dull in your shimmer.
Don't get drunk on what your saw
And heard for dinner.

The pure must persist;
It's not easy,
But unseen hands will assist
Until you learn and get the gist.

Stay clean in every way
And don't be led astray,
Or drop your guard in any way.
It's you vs you, every round
And every minute of every day.



WEALTH



The Moneys Here

Every time I smile and laugh
My income rises on the graph.

When I ask for piles of cash
The UNIVERSE is quick to dash
And bring me thousands in a flash.

The money comes in unexpected ways
And makes me smile and send it praise.

Never shall I fear again
The loss of money
And its sting of pain.

My love of God is not in vain
And when we're close
It brings me gain.

The money's here!
So do not fear;
Celebrate and raise a cheer.



Real Wealth

I am real wealth!
I'm an endless flow
I'm The power to manifest
From above to below.

I'm not fake
I'm not stockpiles
Hoarded just for the sake.
I'm real wealth, drawn at will
From a quantum lake.

I'm not Junk kept for Show
My supply is instant
It's a magical flow.
It's the power of the UNIVERSE
In my hands ready to go.

Prices moved by supply and demand -
Are for the limited!
I have all that I want
With a single command.

I don't chase objects
In the shifting sand.
I am rich beyond measure!
Living the dream in a promised land.



Enough for the Day

I live in the now
For now I have plenty;
My pockets are full
And my stomach's not empty.

I have enough for today
I don't fear tomorrow.
I don't need to steal
To beg or to borrow.

I don't need to ration
To hoard, or to live
In a frugal fashion.
I live in now, I'm rich -
When I follow my passion.

My supply is infinite,
It flows when I trust;
When I detach
And never hang on must.
When I go with the flow
When I bend and adjust.

I am rich this day
I have friends, I have family,
I have my UNIVERSE pay.
I have love in my heart
And it's here to stay.



Lack is a Lie

Lack isn't real!
It's a group fear come to steal.
Cast it out; In its place,
Real abundance will heal.

It's a spell, it's a trick;
In the matrix
Its presence is thick.
Its friend poverty
Has made the world sick.

It's a bad feeling;
A lack of trust in the Source
Where you're dealing;
Keeping you under -
An imaginary ceiling.

Break the spell;
Lacks linear,
It needs time to compel.
Live in the now; no more lack
It's time to rebel.

Lack is a lie
And abundance is mine,
I now spend my money,
knowing all is fine.



Forever Grateful

Gratitude is riches!
It fuels faith to stand fast
And dig ditches;
For the Universe to respond
And bring more without hitches.

Gratitude sings
Lifts me up, brings me more
Without any strings;
An avalanche -
Of wonderful things.

Gratitude is fun
It feels good, warms my heart
It brings out the sun;
For all that I need -
It manifests a tonne.

I am grateful for all
For my health, my wealth
For things big and small.
For life, for adventure
For my mission, my call.

I'm grateful for gratitude;
Heartfelt — Not empty platitude.
I am Forever Grateful!
And a thankful attitude.



All is Well Prayer

As I heal and take my rest
God fixes all and brings me the best.

No more toiling shall I do
Instead, I'll think of God and it comes through.

Money to pay my bills and rent
Has already been divinely sent
Including the miracle financial event.

I shall wake tomorrow with joy and glee
To find God's riches surrounding me.
Thank the Source!
For I am always rich, loved and free.



SUCCESS



Tornado

I am a success!
Doing all that is asked
Crushing all that is tasked.
My progress, can never be masked;
I am a success!

No thing can deter me
No hit can differ me
No force can transfer me;
I am a success!

I'm determined
I'm driven
I take nothing for given
I'm persistent - I'm striven;
I am a success!

I'm Righteous and true -
It may be dark out
But nevertheless
My light will shine though;
I Am a success!

From within and without
There is no question
There is no doubt;
I am a success!

I'm a tornado!
Touched down to express.
I came out of the blue
And beat Satan at chess.
I won it all;
I am a success!



When I Least Expect

I know I'm a winner!
I won't do 90%
Go home and quit
Like a greenhorn beginner.

I keep going -
No stopping —no days off slowing -
No score car showing -
No time-outs;
My work keeps flowing.

I never quit, I never lose
I won't drown my sorrows
In drugs and the devils booze.
I'll win; all else I refuse.

I never stop when I begin.
Fail forward —
I take my hits on the chin.
When I least expect!
I reach my goal
And then I win.



Focus Up

I Jump up with the sun -
Up to a divine rabbit run.
Past my demons
Onto a path with more fun.

When I'm in Sync
With UNIVERSE Think;
Miracles Happen
And mountains move in a blink.

Now I'm a winner
I Ditch fear
And take hope to dinner.

I focus my will
I'm dedicated, consistent
I use all of my skill.

I Don't look up
I know the score
I'm a winner
And this is my war.

I Focus my power
This is my hour
All weakness
I now devour.

I'm determined, steadfast
My pain is temporary;
It won't last.
When I Stay focused!
I graduate -
The head of my class.



PROTECTION



The Cosmic Cuirass

Lord Almighty
I stand with you this day
In service to others -
For your love and your miracle pay;
Here with your Guardians
Based on earth for a stay.

I await your command
To push back the dark
And make the last stand.
To smite demons
And bring light to the land.
Please send my Armour
And to Don — I'll need your hand.

Power me up
Protect my heart from attack
The Cosmic Cuirass!
Will cover my front and back
With a full charge, it's righteous
That the wicked can't crack.

Light up my shield
Battle harden
My faith in the field.
In the dark;
May I never cower or yield.

Sharpen my sword
May it always cut true
Through the mist and the fog
To sky's bright and blue.

Lace-up my boots

May I stand firm
Undeterred in my roots;
An example of peace
For all new recruits.

Buckle my belt
So the sting of lies, can't be felt
And only your truth
Can ever be dealt.

Then fit my Helm
Calm my thoughts
Don't let fear Overwhelm;
Cast out the Hoard
And align all with your realm.

Now I, m ready to go
To fight dragons, face the Devil
And go toe to toe.
Lord, thank you for the Armour
May it bring love with each blow.



Archangel Michael Prayer

Blessed Michael!
Charge up my spear;
Send angels to my front
And some to my rear;
Send me your strength
And the faith to meet fear.

Defend me from evil
From within and without
And mark my path clearly
So I'm never in doubt.

Mighty Archangel!
Remove those that would harm;
Along with Satan and his minions
Who corrupt with their charm.

Smite my demons
And send them to hell
Back to the pit
Where a Dark Angel fell.

Blessed Michael!
Keep me honest this day
And Fill me with love
I do solemnly pray.



Come Into the Light

I Don't care what the sleepers say
They stumble in the dark
For the devil's pay;
My heart's on my sleeve
And it's here to stay.

So get out of town - this very day
All you vampires, looking to turn
My goodness to Gray.

Come into the light
Or stay out of sight.
You can't win this fight
I'm a child of the infinite light
And I will shine brighter
The darker the night.



Don't Give In

Don't give in
And don't fall down;
Don't give the Matrix power
Or else you'll drown
And When you do
You'll lose your crown.

It's tricky, it's sly -
It pulls you in.
It knows your weakness -
And the fears, you hold deep within.

When it has your attention
And your energy stream;
That's when it pulls the rug
And your world turns mean.

Your prison grows stronger
The walls get higher;
The more you fight back
The hotter the fire.

So turn your back
And to hell with that thing;
Your one true friend
Is the light within.

Its always there -
The love and the care.
It's not outside
No matter how hard you stare.

So turn your back
And repel its attack;

Take back your power
And seal up the crack;
Ignore the Dark
And get love back on track.



Shadow of the Almighty (Psalm 91)

Lord!
You are my all.
My refuge my shelter -
My strength to rise when I fall.
Please hear me now
And answer my call.

I'm exhausted
And weak with Life's strain.
I'm surrounded by darkness
And snared in the Devil's domain;
Stalked by the pestilence and plague
That appose your earthly campaign.

Please send your angels
Armored in light
To save me from the Dark
And the terrors of the night
To protect me from arrows
That seek to extinguish my light
To take me to your high place
Where I can rest -
Before rejoining the fight.

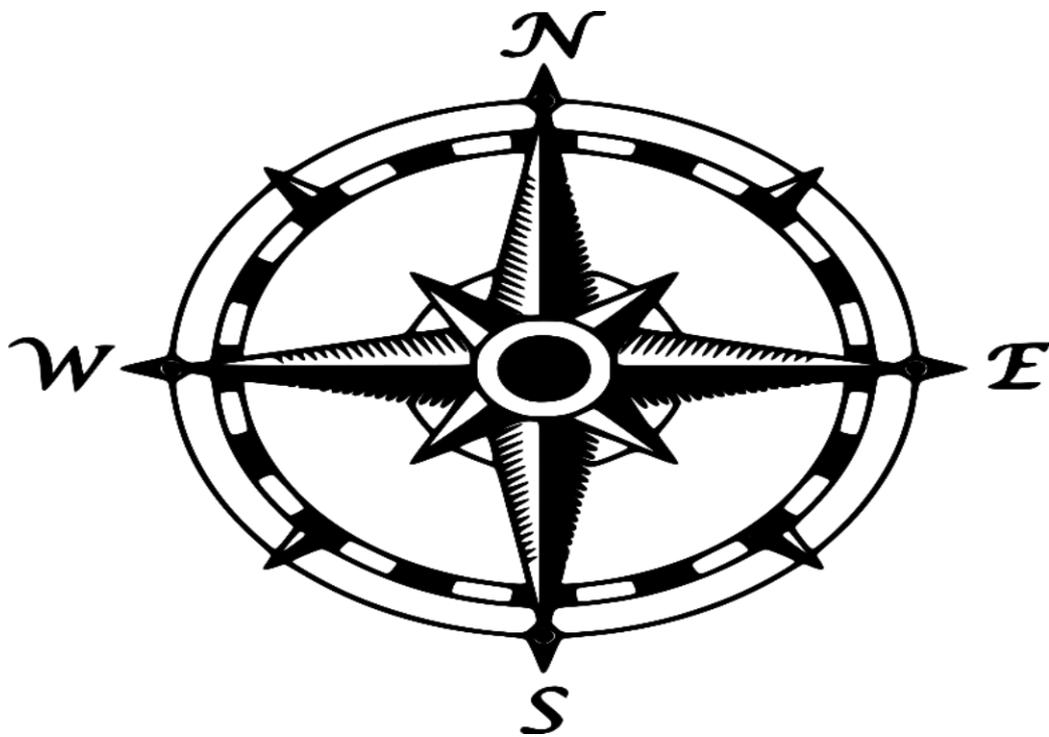
1000's my fall
By my Faith
In your promise - In my rescue
Will never falter at all;
May I rise with the Angels
To trample both lion and Cobra
Before they can poison and maul.

Keep me safe by your side
Under your wing - In your shadow
The refuge - That fearless faith can provide;

The shelter of the most high
Where open hearts are never denied.



GUIDANCE



Prayer For The Day

Calling the Creator
And my Angels and Guides;
Calling all benevolent forces
That can help and provide.

Here are my needs
My fear and concerns
And all of the troubles
From which my soul learns.

Thank you for listening
And taking my hand
I know in the end
All will be grand.

First, I ask for your love and your care
To keep a spring in my step
And to fend off despair.

Second, I ask for signs on the road
To keep me honest, forthright
And in the right mode;
Forever spiralling up
And withholding my code.

Next, I ask for a healing
And help with all baggage
keeping me under a ceiling;
Plus - teach me to manifest
With thoughts and a feeling.

Then, I'll need friends
Teachers too;
And a family to help get me through.
Plus protection, provision

And promotion into God's crew.

And last but not least
I'll need a pass to feast!
Where we all serve each other
After facing the beast;
Across the desert to the oasis
Where all my troubles have ceased.



Give Me a Lead

Lord I feel lost
I don't have a clue
I need some advice; a sign —
Some help to pull through.

Give me a sign, show me the way
Before my mind tricks
And leads me astray.
Guide me through the mist
And past the pitfalls this day.

Make your signs clear -
Bold the font
Make them bright
Quench my fear.

Take my hand
Lead the way
Stay by my side
I'll go where you say.
Fill my pockets with money
And show me your love every day.

Give me a lead
Let me know what to say;
Show me who I can to trust
When to go, when to stay.
Order my steps
Make them clear I do pray.



The Bread of Life Prayer

Infinite Spirit
I need help from on high.
I need the BREAD OF LIFE
I need your miracle supply.

Please take my burden
The burden of Lack.
Make my life easy again
And bring my Health and my Wealth back;
I will do as you say
To get back on track.

Open up new channels
Of divine supply
And connect me quickly and easily
Before I run dry.

Open the heavens
Release all that is mine
And send a large sum of money
To restore me on time.
Send supplies
And dress me up fine;
Send good food
And take me to dine.

Lift me up
Let my light be on show;
Restore me in all ways
And green light my mission to go.

Help me guide others
Back into the flow
Safe by your side
Where abundance -
Is all we shall know.



MOTIVATION



Take Them to School

When you doubt
So do others;
Including strangers, haters
Mothers and brothers.

Doubt will spread
It will stick in your head.
It's a virus who's partner is dread.
Pull it out -
Before your dreams are dead.

The only cure -
Is action for sure.
A declaration of faith
With power that's pure.
Steps in matters
That have come to mature.

So take them to school!
Make your doubts
Look the fool.
Lead by example
And your actions will rule.



Take a Knee

I'm the greatest, I'm the best
I'm a cut above the rest
And God sent here with wings
To face the Devil's test.

My life is sometimes hard
Walking around in Satan's yard;
But that's just the strife -
Of an Angel out on guard.

I've got demons on my back
Working day and night
To make me crack.

Every day they get bolder
Talking shit over my shoulder;
Saying give up Angel
It's game over.

Fear is their game
And it's always the same;
They never pounce until your tame
Or you're down and looking lame.

So I take a knee and count to three
And my strength returns to me.

They close in, but its too late;
I'm no weakling scared of fate
I'm an Angel in an elevated state
And God sent me here to triumph
And shake the pillars of heaven gate.

Now I rise to their surprise
And cast them out and claim my prize.

I'm the greatest, I'm the best
And I always — pass the Devil's test.



Ready To Fight

I am the light!
I've rolled up my sleeves
And I Am ready to fight.

I won't sit in my cell
And be kept out of sight;
I'm ready to fight
And push back the dark
With all of my might.

The zombies are thick
The piper pipers are slick -
The ads are a trick;
My countries a Jailer that rules With a stick.
But still; I won't be mesmerized
And controlled with a click.

The wolves are many -
The corporations scream —
Turn out your pockets
We want every last penny.

Not Me!
I'm ready to fight.
I won't buy junk
Causing famine and blight
I'll spend when I'm ready
On goods that bring light.

I won't do what I'm told
I won't bend
I won't fold
I won't give in;
I won't lie down and grow old.

I am the light
The dark cannot hold;
I'll don my cape
Fly high and be bold.

I'm ready to fight!
And create a new world
Where basics —
Can Never be sold
And the love all around
Is a sight to behold.



Special Forces

The world - crashed and burned
Some aeons ago;
Now it's just slaves
living below.
So wrapped up in greed
They don't even know.

Not Me!
I'm an Angel becoming fully aware.
I dropped in at the start
Naked and bare.

I'm stronger;
My faith stretches longer.
No chain can restrain
Or make me refrain.
My mission is seared
On my heart and my brain.

I halo jumped in
To a world full of sin;
To save a few souls -
Who's lights still glow dim.

My job is no joke
Only a handful In existence
Can carry this yoke.

I'm the tip of the spear
That all demons fear;
A legend the cosmos
And the legions hold dear.

They said I would come;
God's special forces!
One for all - All for one.



No Turning Back

Into the void I must go.
What's there I don't know;
I can't know!
And no one can show
For without the unknown
My soul cannot grow.

Behind me is know;
Dead wood I've outgrown.
It's Spiritual suicide
And beds made of stone.

A leap I must take;
No toe dip or fake.
No turning back;
Into the dark, make or break.

Headlong I must go;
Take the hits,
Trust the source
And find a new flow.

Face my fear
Fan my spark
No more doubt;
It's time to embark.

All aboard
Stand fast; I am steady.
No turning back
My soul Is now ready.



Tempered and Perfected

I'm surrounded by darkness
Inside a grim - empty dead carcass;
No love from the masses
Just hate through rose-tinted glasses.

No friends to be found
And no safe ground.
The hate is so thick
It's truly profound.

I've got my hands in the air
Asking god; why should I care?
Get me out of here;
This place sucks it's not fair.

I can't find the off switch;
It's hard, life's truly a bitch.
Chased from pillar to post
And left a ditch.

Somehow I keep going -
And behind the scenes
Without me actually knowing,
A force has been growing.
I've been asking for miracles
And now my aura is glowing.

I look in the mirror
I've got a magical shimmer;
My eyes are like sapphires
They dazzle and glimmer.

I've got wings on my back
And love in my heart;
I didn't bend in my trials

So now my mission will start.

The fire didn't burn
I was tempered and perfected!
So my ego could learn.
Now I'm back, In service
Helping others to return.



No Retreat No Surrender

I'm all in
There's no turning back
No place for weakness
My determination wont crack
I'm a legend
I'm on the attack.

The past is gone
I wont give it my attention
I'll keep charging on.

No safety net
No plan B
No room for regret
I'll give it my all
I'll give blood - I'll give sweat.

I wont bend - I wont break
I wont be a sell out
Or a wannabe fake
I keep moving forward
For glories sake.

I'll face my fears
I wont run or hide
I'll clear out my demons
I wont put my troubles aside
I'll pull out my horns
And take my wings for a ride.

When things go wrong
When i feel weak
And not strong
I'll grind, I'll keep moving on
I wont stop until the whole world

Is singing my song.

When i am down i will rise
I'll leave the haters in the dust
I'll leave doubters surprised
No Retreat No Surrender
Onwards - Until I claim my Prize.



Never Quit

Full speed ahead
I'm the number one contender
I'm for real
I'm no pretender

I never look back
The haters and the doubters
They wont make me crack
I'm crushing all competition
I'm on the attack.

I'll never tire
I'll dig deep
I'll find my inner fire
I'll run on faith
Fueled by my desire

I'll face my fears head on
No hesitation
I wont be preyed upon
I'll call out my demons
I'll stay Good, I'll be strong.

I'll Never Quit!
My determination wont waver
No matter how hard I'm hit
Onwards to victory
To this I commit.



Complete Your Mission

When your backs to the wall
When the pressures enormous
And a world full of haters
Wants you to fall
To bend the knee
And give up on your call;
Remember - you have the power
To fight back and take all.

When the dragon turns up the heat
When your abandoned , betrayed, out of money
And scared of been out on the street.
Don't give into fear
Rise up and get back on your feet;
Face the dragon
Power up and defeat.

When your exhausted
And the tanks run dry
When the world takes a pound of flesh
And you don't know why;
Keep going
And find a new supply.
You might break through
With just another try
Don't quit - hold the line
Do or die.

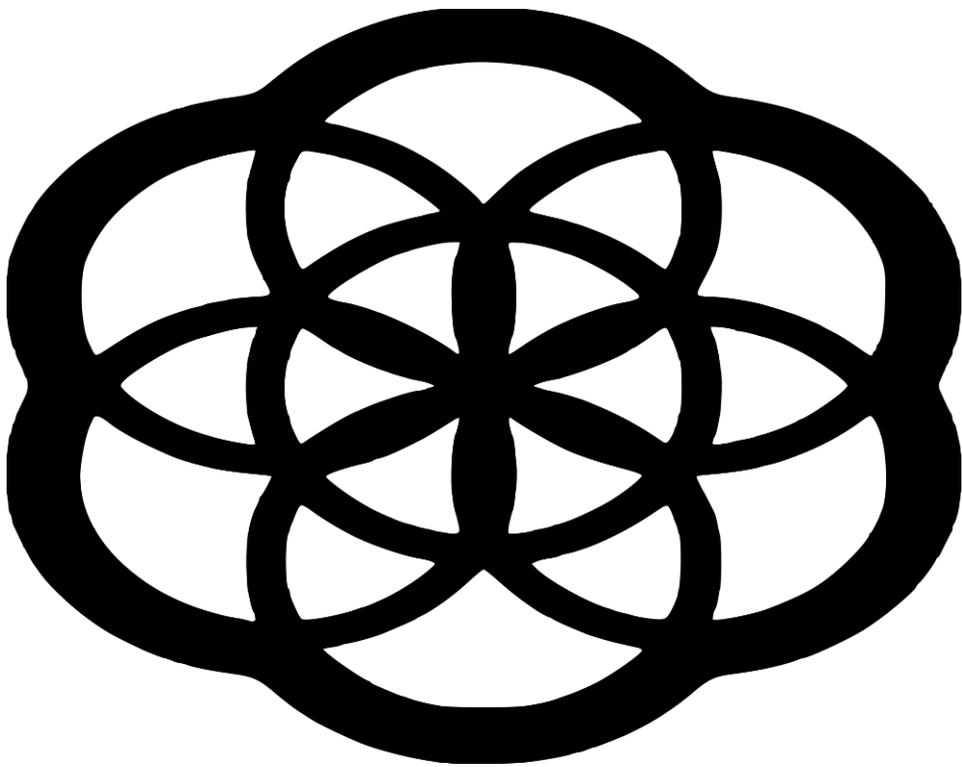
When your lost
And alone in the dark -
Don't huddle in a corner
Or prey on others Like a shark.
Become the Light, become the Ark;
Give safe passage
And help others to embark.

You must carry on
You must complete your mission,.
Fear cant force a win
Only trick you - into submission.

There's others need your help
So use your inner vision
Ignore the pain
It's just the fire of transition
Bring forth a better world
Never give up
You must complete your mission!



MANIFESTING



Order Up

It starts with a thought
Then an image
Of what is sought.

If its what I want
What I need
And not a vision
Filled with greed.

I move it down
To my heart
Where it matters
And then I start.

I feel it here
I feel the joy
I feel abundant
I feel grateful and enjoy.

Then I let it go
And trust the UNIVERSE
Will know.
I Don't let doubt
Spoil the flow
And I never let my mood -
Get too low.

I Hold the line
For all is fine;
It's all part
Of the miracle design.

So when I least expect -
My heart's desire -
Will finally reflect,

With ease, and maximum effect.
Thank the Source;
My order is now ready to collect.



High Gear

My orders in
It's on its way.
Only the UNIVERSE knows
But it could be here any day.

I'll get out of the way
It's not my place to say
Or to know - How I get my pay.
It's my job to allow
Not to dictate and delay.

How I don't know
But there are things I can do
To speed up the flow.
To get into alignment
For the mystery show.

I'll keep a high vibe
I'll radiate gratitude
I'll create art for my tribe.
Fun and laughter
To all - I subscribe

I'll give first
I won't wait till I get
I won't sit with a frown
Besides my catch net.
I'll give first
I'm not gonna fret.

I'll give thanks
That its already here;
I'll raise a flag, I'll celebrate
I'll show no trace of fear.
I'll trust and allow

I'll manifest in high gear.



Take the Wheel

This is my world
My creation
The good and the bad!
I'm responsible - It's my operation.
I've been asleep
But now I'm back at the wheel
With new information.

I've manifested fear
I've manifested hate
But that's all in the past
Now I'll flip the switch
And change my state.
I'll turn my back on my troubles
I'll change my fate.

I'll focus on good
On what's already there
I'll pile on the gratitude
I won't pull out my hair.
I'll find the silver lining
I'll find gold - I declare.

I'll follow my passion
No Spiritual Suicide
My way - will become a new fashion.
I'll create from the heart
The fun I won't ration.

I'll consciously create
I'll Start fresh
I'll wipe the slate.
I'll bring forth a new world
A new estate.
Hell will fade
And my world will update.



Make a Wish

One day the UNIVERSE whispered in my ear.
It said; Make a wish my dear
Whatever it is, do not fear
Big or small I'll bring it here.

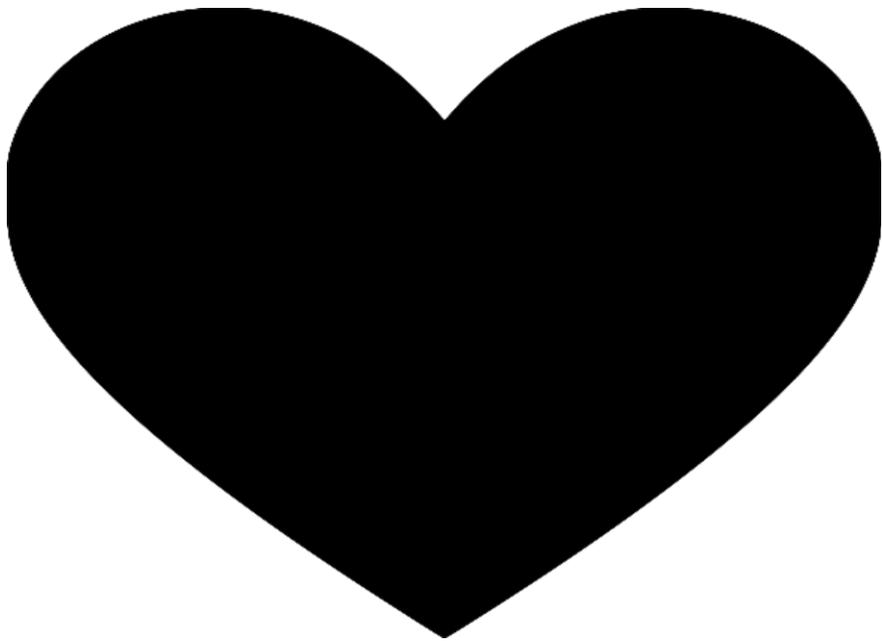
Wow I said, that's a great deal
A new [*enter wish here*] would really appeal
And a few days later
It appeared in the real.

All shiny and new
It came out of the blue;
For I never doubted —
The UNIVERSE would come through
And my wish would come true.

Now money's no thing
And loss has no sting;
I just make a wish
And spend UNIVERSE bling.



LOVE



The Great Binder

Love is a force
It's holistic; through your heart
It should course.

Love is fierce
It's not for the weak
It's unconditional -
It contains all that you seek.

Love doesn't trick
It's honest, It heals
It doesn't drain or make sick.

Real love is layered
Every layer is a lesson;
A lesson in love.
Each one learned
Unlocks the next layer above.

Real love is freedom
It's my heart on a sleeve.
Given freely;
No condition to receive.

Real love trumps fear
It trumps hate;
It will charge you up
To an unstoppable state.

Love is forever
It's not lust
it's not clever
It just is; Its the ultimate force
That binds us together!



Give Love

Love is a must -
A fearless free flow -
A trust.

Love is clever -
It plants seeds
That blossom forever.

Love is my Friend -
It warms my heart
From the start to the end.

Love is just -
It's not cruel
It's not fussed;
It's a perfect
Heartfelt adjust.

Love is a binder -
It's a bond
A friend finder.
I Give Love!
For none else is kinder.



Where is the Love Prayer

Lord!
Where is my love
My elixir
From heaven above
The good stuff - that fits
My heart like a glove.

Help me to see and feel
You love today.
In friends and family
And unexpected pay.
In fun and laughter
Surprises!
And Joyous play.

Help me to give love
To those that need
To those weary souls
Who's hearts I can feed
With my warmth my way
And general good deed.

May love flow through me
May friends stick to me
May all doors open
And strangers welcome me.

May i find love
And love find me
May we never part
But always be free
So be it - let it be!



HEALTH



Shell Care

I'm no man, I'm no woman
I'm not flesh, I'm not bone.
I'm pure source energy
On its way home.

My bodies a shell
Along for the ride.
A temporary sleeve -
My soul keeper
Was good to provide.

Its got different speeds;
Multiple needs
And times that it feeds.
Its the vehicle I use
For all of my earthly deeds.

I give it attention and care;
lots of fresh air
And a comb through its hair,
To bring out some style
And some flare.

I give it good food
And plenty of rest;
Exercise, to swell up its chest
And time each day
In mothers natures best.

I give it my love
And the love of others.
It shall always have friends
Sisters and brothers.

I give it protection

And my honest affection.
No harm shall come
To my holographic projection;
My temple of worship
For earthly reflection.



Never Shall I Tire

I am boundless energy
I am eternal youth
I am endless power
I am everlasting truth.

I am one with the force;
An inexhaustible -
Galactic workhorse.
Never shall I tire
I'll hold Fast to my course.

I am the power of the sun
I'm Vibrant and energetic
Across the stars do I run.
Never shall I tire
Until my mission is done.

I am the power of mood;
I am elevated soul food.
Never shall I tire
I am all that's pursued.

I am the energy of life;
An endless flow without strife.
Never shall I tire
My energy is abundant and rife.



Health is Wealth

Moneys not all!
Chase it forever
At all cost
And you'll fall.

Real wealth is health!
Without it you're done
Laid up in bed
You cant spend
And have fun.

Its your foundation for life
Its your body;
Your material wife.
Treat it wrong
And your headed for strife.
Money means nothing
When sickness is rife.

Bound for a time;
Treat it well
And enjoy life in your prime.
Or not - and be sick
For your crime.

What's money to strength?
What's gold?
To a full life with length.

What's money?
Compared to freedom from pain
And life without strain.
Focus on health
And real wealth you will gain!



The I AM Healed Prayer

Mighty I AM
I demand
My physical body
Is healed of all injury and disease;
A full restoration
That makes life a breeze.

Make me stronger -
More vibrant and energetic;
Make me fitter and faster
With a beautiful aesthetic.

Make me young -
Give me eternal youth
Tempered with wisdom
So my looks are in service to you
And aligned with the truth.

Might I AM
Give me the power to heal others
So I can share this miracle
With my sisters and brothers.

Most of all
Help me stay clean
And free from all substances
That would harm my earthly machine;
Keep me balanced and calm
On the middle path -- and forever serene.



FAITH



Stay By His Side Prayer

Now is the day -
That I cast all my troubles away
And with it my fear
Over survival and monetary pay.

These trivial things
Are for God to provide.
All burdens I now cast
On my Angels that guide.

My job is simple
To stay by God's side!
And spread The good word
To those that confide,
As I purge all my fear
Of this 3 dimensional ride.

God, please keep me safe
Until there's a shift in the tide.



Hope

Find hope!
Or let hope find you;
Open the door
And let its vision come through.

Hope is needed
Above all —
When the light has receded
Without hope, you're done
And the dark has succeeded.

Let Hope in!
Without hope
There's no chance of a win;
In your belief of a future
Will no pain and no sin.
In A better life
For you and your kin.

Hope is a fire;
It's a burning desire
A belief in a force
That takes you higher and higher.

Hope spreads;
A contagious flame
That lights revolt in our heads.

Hope brings us together
One dream, one flag, one people,
One singular tether.
With hope, tomorrow
Is a worthwhile endeavour
Behind Hope; we're one tribe
That can rally forever.



Fortified Wine

Day and night
Darkness and light
In my mind
Good and evil -
They constantly fight
For my attention
For my Awareness - my sight.

The light is calm
No tricks no force
A gentle touch
A soothing balm;
My loving guardian
Ready to heal and not harm.

The dark is uneasy
Always on edge
Ready to deceive
And force me - over the ledge.
Deceptive charm
That drives a deep wedge
An addictive Hate -
A razor-sharp edge.

The choice is mine!
Stay drunk, Mesmerized
On the hate-brewed wine
Feeling lost in the dark
Filled with fear all the time;
Up to the neck
In ego-filled grime.

Or detox, stay clean
And let the light shine
Let my thoughts add goodness

To my life - to my shrine
To my temple of worship
For the divine.
Let love be an Addiction
My Elixir, my new Fortified Wine!



DISPEL FEAR



Have No Fear Prayer

What we see with our eyes
And hear with our ears
Is never what it seems or appears.

It's a mist and a fog
That preys on our fears;
And can if we let it
Bring us to tears.

This prison seems real
And 24 7
It's pressure I feel.

At times it drains all my hope
But that's just the start
Of God's rope a dope.

When I close my eyes
And turn within;
I remove myself
From this world of sin.

Now I'm at rest
And God's at the front
Where it works the best;
Smiting my foes
And thumping its chest.

I open my eyes
When God says it's clear
And low and behold -
The fog has now lifted and so has my fear.



The Cosmic Restart

Fear isn't real!
And neither is anything
You can see, hear or feel.
It's just a chemical cocktail -
You can detox and heal.

So when you go red
And your hearts filled with dread;
When you shake like a leaf
And hang by a thread.

Just Close your eyes
And turn off the show.
It's just a movie, from which
You can come and then go.

Sit in the silence
And steady your heart.
Remember the truth;
Let it settle, open your eyes;
That's the cosmic Restart!



The Dark Lands

Pitch black!
Dark night of the soul;
My subconscious fights
It's out of control.
Demons and monsters;
They line up, to feed on my soul
To break me down
And drag me back in the hole.

I fight the errors all-day
The kinks in my program
Their not real;
But seem determined to stay.

My world is the fruit
It's not my source
Or my root.
It's my enemy — fear -
Manifested each day on a loop.

Its the dark lands;
Pockets of fear push out by the light.
Every day on the front line
They line up to fight.

I was sent here to train
To burn and feel pain.
I live in the dark lands
I thrive on the strain.
This is my alter; my sacrifice
Before the start of my reign.



Boss Level

I want to break through;
Into a Palace -
A place of rest with a view.

This place lives
In my heart and my mind;
A creation of thought -
Feeling and grind.

I'm nearly there.
I've faced my own demons
I've pulled out my hair.
I've walked through fire
I've transformed, walked on water
And flew through the air.

I'm ready to go,
To face the Dragon;
The Boss level!
At end of the show.

There's no way around;
I must face it
Or turn tail
And try to outpace it.

In the end
I square up and embraced it.
I asked God for a healing;
I let love flow in
And replace it.

The Dragon has gone
The Boss at the end
Was me all along.

I level up!
Now I'm free to move on.



The Matrix

The Matrix!
Its just Holographic Head tricks
But we plug in daily for our fix.

What can we see
What can we hear,
What we can we take
To fill us with fear.
We give it our power, then wonder!
Why - have we lost - all we hold dear?

So Remember!
It's just a SIM, It's dark and grim
But its just smoke and mirrors
From the original sin.
It's no match for you
When your heart's filled to the brim.

So level up your vibe
And assemble you're tribe.
Stay strong; have faith
That you will survive
And the good you put forth
With blossom and thrive.



VIRTUES

徳

Wisdom

I am wise
For I don't see
With my eyes;
Or believe in 5 sense
And all it implies.
I'm free from gravity
And all of the lies.

I am hope
I am trust
I am the faith
To leap When I must.

I trust my source
My inner guide
My directional force;
I intuit my way
All human sense I divorce.

I believe in the one
The creator of all;
The planets, the moon and the sun.

My mission is clear
To purge all of my fear;
In the school of life
I've got Karma to clear.

I seek to match;
The same but different;
More of the core, frequency batch.

Each day I learn
Back and forth
Dark and light in the churn.

Climbing the stairs;
I am Responsible
For all my affairs
And It's Wisdom I seek
In all of my prayers!



Integrity

I am the channel wall -
I contain the good
I stand tall.

I am authentic, sincere
loyal to my truth
And to all I hold dear.

My voice is my own
I speak the truth;
Clearly and bravely.
Not empty words
From the lies I am shown.

I am independent
Free from what others
May do or may say.
I follow my heart
Not by the masses
Or the fad of the day.

I'm an honest!
Believe what I say
And trust what I do.
My word is my bond
And my actions are true.

I cant be labelled
I cant be contained
I cant be defined
I cant be constrained.

I am noble and pure
To fear and lies -
I'm the cure.

I'm a righteous warrior
With me you are sure.



Temperance

I am Even
I am Balance
I am poetic, atomic valance

I am Harmony;
No discord
No weapons in my Armoury.

I am the way;
My appetites are checked
My health is here to stay.
No abuse;
I love myself each day.

I am slow to anger
I am quick to forgive.
On the golden path
I say live and let live.

I am poise;
I never react.
I think first, add love
And then I do act.

I'm on guard
Mindful of thoughts.
The negative, I catch
And cancel with noughts.

I'm peaceful but charged;
My sweet spot is enlarged.
I'm temperance, the middle way,
My excess is discharged.
Always in the flow
I'm magically recharged.



Strength

I am courage
I am strength.
I am the power
To endure at great length.

I am steadfast
Unshaken by fear.
Never in doubt
I decisively steer.

I am consistent;
Like clockwork
I am persistent.
A force of nature;
To the dark, I am resistant.

I am simplicity
For simplicity's sake.
No frills, just order
No need for a fake.

I am confident with all
I'm determined
I bounce back when I fall.
I'm flexible, resilient
And ready to answer my call.



Unity

With others I am fair -
I am kind, considerate, compassionate;
No teeth do a bear.

I seek to share -
Every day I find new ways
To express my love and my care.

I treat people -
With courtesy and respect.
I'm always good
I live to serve and protect.

I am merciful
I am never unjust.
I am tolerant; when needed
I accommodate, I adjust.

I never judge
Or condemn.
I lead by example;
I do first before them.

I serve the world
With my gifts;
I am co-op
Not rifts.
I am loyalty;
My humanity unites and it lifts.



Joy

I am Joy!
That good feeling
I soak up and enjoy.
The nectar of life
The beauty;
The magic I employ.

I am the spring in my step
Wonder and awe
Is my juice; It's my pep.

I will sing, I will shout
I will laugh, I won't pout.
Forever optimist;
With no room for doubt

I am zeal
I'm authentic expression
I am music
I'm artistic impression
I am art
I 'm the cure for depression
I'm the love of learning;
First in class for each lesson.

I am joy!
The whole world is my toy;
Its essence;
I will spread and deploy.



TIP OF THE SPEAR



You Can't be Serious

You can't be serious
Not all of the time;
It adds resistance to life
And to God, that's a serious crime.

Let the little stuff go
And get into the flow;
Things go much easier
When you have a laugh
Don't you know.

Don't give in to hate
Or some life-sucking fad;
Smile more often
And stop getting mad.
It's down to you
Whether you're happy or sad.

Don't be a bore;
Kick up your feet
And have a good old guffaw;
Life is easier
When having fun is the law.

Life's what you make it
So twist it and shake it.
Jump up in joy;
It's yours so just take it.
Don't be serious;
Have a laugh
And don't fake it.



Forgive and Forget

Forgive and forget!
Don't hang on -
To the karmic debt.
Live life to the full
Without regret.

Hate is a drain
It's a heavy steel chain;
A link to the past
Through a quantum lane.
An endless loop
Of the same pain
Over and over
Again and again.

Every day -
The same as the last
New faces, new places
But zero contrast.
Stuck in the past;
Bound to the fear and hate
You've amassed.

Leave the baggage behind
No more hate; It's a grind.
Think love; forgive
And be kind
And your future -
Will magically — Be redesigned!



The Drift

I close my eyes
I enter the drift
The patient silence
The gradual shift.

I follow the breath
No thoughts, no feelings,
No fear of death.

I ride the silence
Back to the source
I empty my mind
And rise with its force.

I flow in the still
No detours, no rabbits;
I seek no other thrill.

I bath in the void
I breach the gap
Here are the answers
Here all is on tap.



Pick a Side

The choice is yours!
Service to self
Or service to others.
Stuff you're own face
Or help your sisters and brothers.

One path is light
The other is dark.
With one you're hearts open
And filled with gods spark;
A free-flowing channel
Your good flows in an ark.

On the other it's closed
Your cut from the flow;
You must feed on others
Their fear makes you glow.
Pushing them down;
Slaves — to your pyramid below.

For lifetimes
You've sat and watched -
Indifferent on the sidelines,
Fast asleep in the bylines,
Ignorant to all signs.
You've Looked the other way;
Seen no crimes.

No more!
You can't stand by and ignore;
Make a choice
Pic a side In the upcoming war!
Show your true colours
Leave your mask at the door;
It's one or the other
You can't be both Anymore.



Go Your Way

I say what I mean
And I mean what I say.
I don't follow the crowd;
I go my own way!

I'm wise to their tricks
I'm wise to their traps
I won't be lead off a cliff -
For a few likes
And some scraps.

I don't follow blindly -
I humbly lead; eager to help
The good guys behind me.

I don't follow the masses -
At infinity school
I make my own classes.
I'm not spoon feed;
Lead from pillar to post
like the puppets and asses.

I don't follow the herd;
I branched off -
I checked out and deferred.
I don't do pointless stuff
That's truly absurd.
I go my own way!
And I won't be deterred.



Alchemy

Every atom screams Go
I set sail in the field
I'm part of the flow
I'm new life
I'm the star of my show.

I bounce here
I bounce there
At the start I don't care
I want the good and the bad
I want to compare.

I create I collide
I bond I divide
I'm never alone
There's others along or the ride.
There's hostiles and loved ones
Close by my side.

I want to express
To feel then release
The pressure and stress.
I want to share with others
My love and distress.

I cant hold it for long
I'll shape it - I'll mould it
I'll write a poem - sing a song
I'll process my emotions
I'll be creative - I'll be strong

I'll express - leave a trail
Help others feel they belong;
I want them to know and to feel
What it's like in the heat of the throng.

I wont hold back
I wont go supernova
I wont release by attack
Or give the wrong impression
Through overload or crack.

I'll be the light
A unique expression
I'll stand tall in plain sight
I'll transmute my emotions
I'll let creativity take flight
I'll perform Emotional Alchemy
And I,ll do it tonight!



On Guard

My goal is the source
To become whole
To reunite with the force
To gain new knowledge
And return, without the remorse.

It's no mean feat
The illusion is tricky
It's temptations are sweet
They seduce - and lead me down
The wrong street;
Where trauma awaits
Eager to teach and throw me a beat.

I get lost
In the pain
In the fight
In the strain
The fire burns
But with time
Awareness I gain.

Breath by breath
I get wiser
Less wrong turns
Eyes on the prize
I stay tuned
To my angelic advisor.

The game speeds up
More temptations than ever
Escapees are hunted
The new snares
Are incredibly clever.
I must stay vigilant

On Guard!
Now and Forever.



Schools Out

Life is a school
A school for your soul
Before birth
You queue to enrol.
A middle place
Where adventures are planned
To balance karma and help you get whole.

When your stories there
An outline -- that you can
Build up or tear;
You make the trip
Forget it all
And pop out, naked and bare.

Hyperspace travel
That's how it goes
No memory -- only a scream
Where a bright light glows.
The time-space flip
Where time now flows.

Now you feel separate
Now you feel lost
Your life is chaotic
And 5 sense is the boss;
You learn the wrong things
And your soul pays the cost.

But soon you'll learn -
You can stop and turn
Spiral back up -
And then credit you'll earn.

When you're in the silence

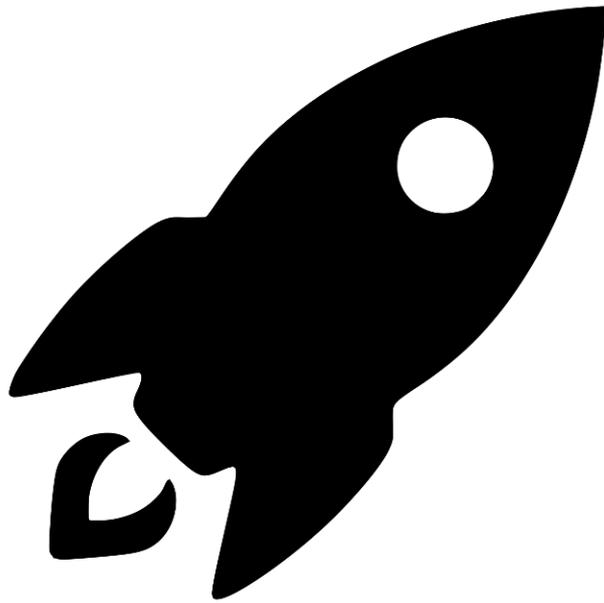
Your script will be sent
The hero's journey
Chapter by chapter - through the mist.
You'll circumvent.

For It's never too late
To push back
To beat fate
And win a trip
Through the narrow gate,

Now you're on your way home
With energy new
Made through error -
With wisdom Imbue.
For the UNIVERSE expands
Only through you.



MISSION



North Star Prayer

Infinite spirit
I lay my life in your hands
In service to you
To mother earth and all others
Who live in her lands.

How can I be
Of service today?
How can I help others
In a magical way?
Give me a NORTH STAR TO FOLLOW
Light the path-- never let me stray.

Make your guidance clear
Have angels whisper each step
Softly in my ear.
Harness my skills
And build me a new spiritual career.
Mold me and shape me
Make me your best volunteer.

Give me the strength
To carry out your will.
Fill my heart with love
And keep my mind still.

Give me a life
Give me reasons to live
Give me friends, family, lovers
And help me to receive
And not just to give.

May your North Star
Forever guide me.
Make it keep me safe

And provide for me.
May it order my steps
And decide for me.
May it never leave me
And always stay beside me.
Amen ...



Divine Design Prayer

Mighty I am presence
I need help with my mission
To find balance, be of service
And earn money, while here in
My Earthly Commission.

Show me your plan;
Let's start from scratch.
I wish only to serve; For your will
And my actions, to perfectly match.
For the divine to design
To finally hatch.

No more detours
No more delays
Let's complete the mission;
Let's do it - and bring light
To the world in magical ways.

How do I run my business and life
How do I speak to your people
And help others
Generate abundance that's rife.

How do I run Social
Without all the stress;
Without looking at stats
And feeling a mess?
How do I promote myself!
And become a financial success?

How do I help others
With the ways I express?
How do I make a living - in service
With what I do best?

Show me your way
Let every step, now be blessed.
Sharpen my sword
And fill me, with energy and zest.
I wish only to serve!
To this, My life I Invest.
Amen...



Lack Buster Prayer

Lord almighty
I no longer accept
The appearance Or feelings of lack;
Please Show me NOW!
How to get my wealth back?

I believe in you
In the kingdom
In infinite abundance
I believe through and through.

Help me crack the illusion
And claim all that I'm due.
Help me banish Lack
And make everything new.

I now step aside
And let you take control
Be my banker, my employer
Put me on your payroll.

Fill my cup to the brim
And give me back all that lack stole
Send miracle money
Make me financially whole
Take my burden all lack
And ease the strain on my soul.



Daily Bread

Heavenly farther
I wish only to serve
Please help me with Money
And all the home comforts
I believe I deserve.

Help me find abundance
Help me find health;
Help me be of service
While attracting more wealth.

Please send money
For all that I need.
May money flow freely
And easily to me now;
In your perfect way
Everyday - Guaranteed.

Please - Make everything new
My clothes - My home
And all my tech too;
For my mission and my service
To others that I want to pursue.

Lift me up!
Keep my head held high.
Keep me safe and warm and feed
Every day till I die;
Keep me in your good graces
And forever linked to your miracle supply.



REMOVE NEGATIVE THOUGHTS



Firewall

My awareness
Will decide my fate
To catch Negative thoughts
Before its to late;
Before they breach the front line
And reach a material state.

I'll build my defense -
On the front line
I'll erect - a mindful fence;
I'll catch the enemy
And reduce there offense.

I'll meditate more!
Will less distractions -
The enemy, wont slip through like before;
Under the spotlight
They'll become prisoners of war.

Being mindful
Will become a campaign
Breath by breath
In the present, I will remain;
A persistent firewall
Where my enemy is Slain.

In time, my enemy will fear
My meditations
And my mindful career.
I'm a firewall controller
I'm mental engineer.



Frontline

Know your enemy
And know it well
Know who's on the Front Line!
Leading the charge - To strike fear and compel.

There's always one!
At the front of the mind;
A person or problem, that's very unkind
Linked to a thought
That seeks to disturb -
And leave You - In the darkness behind.
Identify this thought
Before your world, is undermined.

Then -- Change the thought
And hold the line;
Your enemy will fall And all will be fine.
You'll reap the fruits of your new Design.

The scenery will shift;
But a new Front line!
Will appear in the rift.
A new Puzzle - A new Problem;
So back in to the mind again you must sift.

An endless battle of you vs you
Against negative thoughts
And there manifestations too;
On the front line!
Trying to barge there way through.

They may be disguised
They might try to make friends;
To hide what they want and what they really intend.
So stay sharp on the Front line!

There's only one way, this ends.
When your the victor
And you've slain all that pretends.



The Hoard

You are filled
With Both Darkness and Light
In your subconscious
They constantly fight
To influence your actions towards
What's wrong and what's right;
To swing your mood
Between despair and delight.

The dark is the Hoard
All your hate and fears
That you still keep onboard
Ready to attack
When you're weak, tired or bored.
A Negative Avalanche
That's been built and stored.

When your tired
And the mind is weak
When you're overworked - stressed
And it's sleep that you seek;
Don't delay - OR AN ATTACK!
Could turn your world bleak.
Your mood will drop
And depression will peak.

Don't snooze the alarm
The hoard is idle
Looking for time to do harm;
Get up - stay focused - rule the day
And their attack you'll disarm.

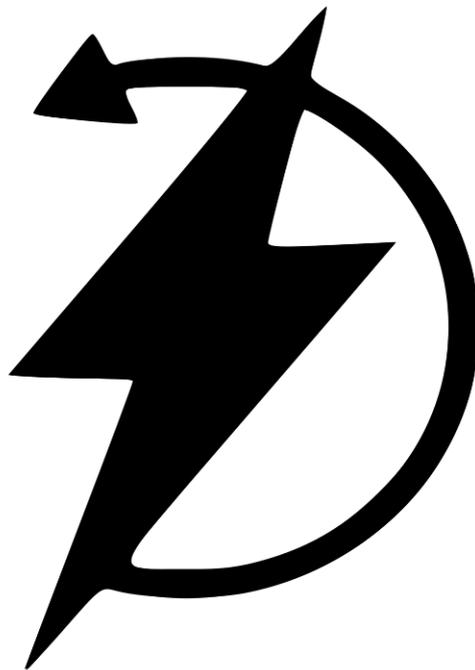
When your spirit fades
And your mood is low

When you can't find goodness
And your way out of life's flow
Nourish your soul!
Before you're Dragged down below
Into a spiral - and places
You don't want to go.

Know the Hoard
And know the signs
Know yourself - your shadow
And the battle lines.
Use self-care and inspired action
When the attack bell chimes.



POWER UPS



Avenging Angel

I feel it!
A bone-shattering urge
An uncontrollable surge
It moves me - it lifts me
It wants me to purge.

My hate is alive
Fueled by a dark world
And the need to survive;
By Boot Heels
And the mind of the hive.

It feels justified
To let it run wild
To be the anger of god
To be fierce and not mild
To be the instrument of karma
Correcting a child.

It feels good
To sit in its fire
My rage is the fuel
That will bring forth - all I desire
It just needs a tweak
To take its action - spiritually higher.

I won't Destroy
But I might cause pain
To the zombies and haters
That can't keep up in my lane.
I'm AN AVENGING ANGEL!
My rage will Transmute
And fuel my campaign.



Clean Slate

I Don't care what people think
I don't care what people say
No distractions!
From the consensus for the day
I'm on a secret mission
Where winning is my pay.

Haters come
And haters go
I'm unaffected, undisturbed
I'm always in the flow;
Their hate makes them sick
But pushes me to grow.

I'm greatness
I'm Biblical drive
I'm the will to keep going
To overcome all and to thrive.
Their failure, their empty
They're barely alive.

In above board
In all my affairs
I'm doing good
I'm climbing the stairs
No chains, no hate
Just karmic repairs.

I won't let their hate
Change my state.
I'm the ruler of my world
The controller of my fate;
No time and space for haters
I'm here to clean the slate!



Collide

I look around
It all seems the same
I don't feel any different!
Has it all been in vain?
How can I break
This repetitive chain?

I'm tired of lack
I've gone out on a limb
I've repelled every attack
I keep getting back up
But still -
The illusion won't crack.

I'm grateful
I'm generous and kind
I'm honest and forthright;
Mindful of all -
That goes through my mind.
But still - that which I seek
I can never quite find.

I play by the rules
The universal laws
Taught by mystery schools
But still, I'm a prisoner
Is there something wrong with my tools?

In the end, I let go
I stop forcing outcomes
I relax in the moment
Release fear-- and drop back into the flow.

Attachments release -
Impatience subsides -

The scenery shifts
And the Matrix -- Finally provides;
I won the round
Where Fear and Faith - Always Collides!



Gate Keepers

They stand at the gate
Self-appointed
Controllers of fate
Their dogma
Wants to dictate my state.

They're all over the show
Trying their best
To spoil my flow
Naysayers - that just want to say
I told you so!

Puffed up chests
Financial controllers and politicians
That think they know best;
Dead end jobs
And the self-obsessed.
Just errors in my thinking
That have manifest
Gatekeepers - that I must face
To bring out my best.

I have a belief
That holds them there
It gives them power
And causes me despair;
I'll find the connection
Then I'll do some repair.

I won't point the finger
And dish out the blame
All negative thoughts - I'll expose -
I'll name and shame;
I'll bring into the light
And dissolve in the flame.

I'll change my beliefs
I'll take back my power
From those gatekeeping thieves.
They'll lay down arms
Now my new thoughts - are Chiefs!



Becoming One With the Sword.

The length of time it will take to start seeing changes in your life and how these changes will manifest, will be unique to you; but they will come in you continue to use Excalibur on a regular basis.

More often than not we're blissfully unaware of our own negative self-talk, limiting beliefs and negative behaviour until we catch ourselves in the act as it were.

When you find yourself stopping mid-sentence when saying something or mid-way when doing something and a verse from one Excalibur's poem pops into your head to stop you in your tracks; then you and the sword have begun to connect on a deeper level. This is the sword either encouraging you to keep going in a certain direction or to stop and correct before moving forward.

When this happens the process of transformation has gathered momentum; you've reached a tipping point as it were and this type of self-correction will become more and more frequent. Excalibur will become a self sustaining guard/guide to keep you on track and fend off unwanted thoughts feelings and actions.

If you continue to train with Excalibur you'll eventually become one with it and a master of self-correction. You'll cut through layers of mist and fog in your illusion quicker than you ever thought possible to reveal more and more of your own perfect world filled with love and abundance.

“Keep Excalibur at your side and wield it in the face of darkness repeatedly until the light returns” - Arthor