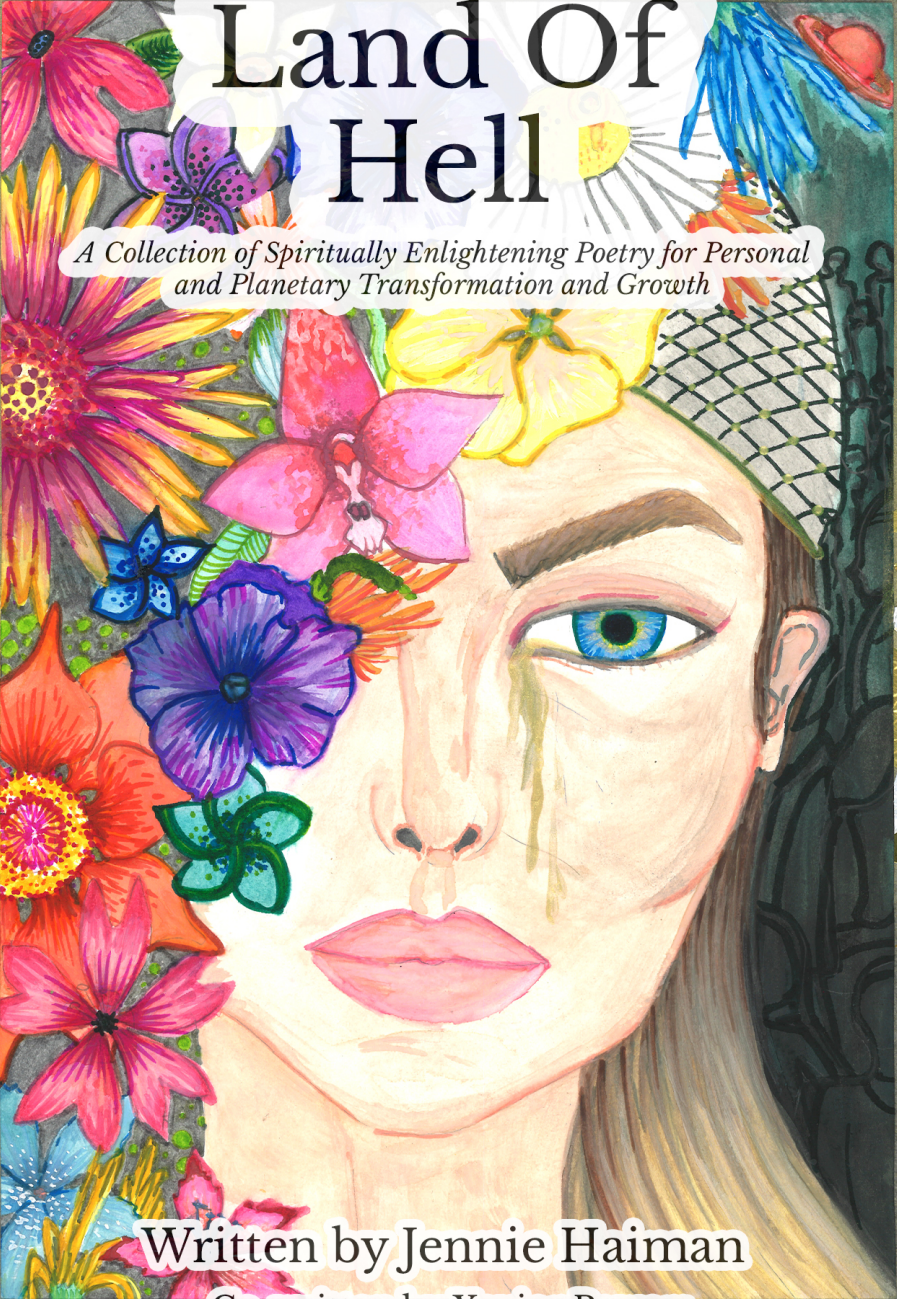


A Lover in the Land Of Hell

*A Collection of Spiritually Enlightening Poetry for Personal
and Planetary Transformation and Growth*



Written by Jennie Haiman

Co-written by Xavior Powers

Cover Art by Carolyn Akhverdyan

A
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Land of Hell

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Poetry for Personal and Planetary
Transformation and Growth*

JENNIE HAIMAN

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Dedication



I dedicate this poetry collection to all of the beings on this planet who have suffered indignities and injustices throughout history and in this present time. It is my hope that these poems help contribute to creating positive change, peace and abundance for all!

Special Thanks



I'd like to thank my mom and dad for believing in me and supporting me and my endeavors for all these years regardless of how unorthodox my life has been. I appreciate all your patience, non-judgment and love!

I'd also like to thank my partner Xavior Powers and our spiritual teacher (who shall remain anonymous) for helping inspire this poetry collection. Without all the esoteric knowledge you've bestowed upon me throughout the years this collection would not be possible.

I would also like to thank Carolyn Akhverdyan for taking the time and effort to create the beautiful and inspired cover art for this book. I truly appreciate it!

I also thank my 3 beautiful cats Roscoe, Felix and Dottie for bringing comfort and joy into my life and always being there for me when I need them. You are special little beings of light and love and I am forever grateful for you!

I thank all the spirits who have been guiding and protecting me on this journey...

And finally, I thank the universe for allowing me to be a channel for positive energy and insight and blessing me with my creative abilities so I may share them with the world and help create positive change. I am truly grateful. Thank you all!

Preface



It was Saturday, August 23rd, 2014. I was sitting in my apartment thinking to myself that I should be doing something creative yet I couldn't quite figure out what I should be doing. All of a sudden I receive a text message from my good friend/ partner Xavior. He tells me to write a poem...The rest is history! Almost immediately I started writing "Warrior Spirit." Little did I know at the time that the poems would continuously flow out of me for approximately the next 6 weeks. I had tapped into something that couldn't be stopped even if I wanted it to.

In the beginning it was not my plan to write this book, but the more poems I wrote the more I realized that a book was forming. This is the first book I've ever written. Before writing this book I had a difficult time finding the motivation to actually write a book even though I've been told for years by friends and family that I was a great writer and should write a book. But this is not something that can be forced... and it wasn't! It's as if this book was written before I even started...waiting for me to discover the words that already lay dormant within me.

At the time I began writing this book I was on day 18 of a raw food diet. This was the longest I had ever been on a raw food diet. I had become a Reiki Master 5 months earlier. Energy was high! I felt clear as if these poems were being channeled through me. There was not much thought involved. It seems these poems just came to me... and very fast! I feel very grateful that the universe chose me to be a conduit for this great energy and message.

I believe “A Lover in the Land of Hell” poetry collection can be likened to an entertaining, yet enlightening and deep thought provoking, new age instruction manual for positive self transformation and thus world transformation. The reader is taken on a journey exemplifying the bitter realities of our present day planet earth and steps we can all take to help create positive change. It is my hope that this book will help you on your journey. Enjoy!

Legal Disclaimer



Some of the topics discussed in this book are related to health and diet and may be construed as medical advice. I, Jennie Haiman, am not a licensed doctor nor do I claim to be one. I am just a poet and spiritual healer. This poetry book is not intended to diagnose, treat or cure any health issues or diseases. You as the reader assume all responsibility and risk associated with reading this book and the choices you make in life based on the content of this book. You as the reader waive all rights to sue or claim damages for following any advice given in any of the poems in this book. If you have a medical problem or emergency please seek the advice of a professional, preferably an integrative doctor, however that is just my humble opinion. Unfortunately we live in a time where disclaimers must exist in order to protect ourselves (even for a poetry book). Thanks for understanding! Enjoy!

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Welcome Newborn



Dearest newborn baby
Welcome to planet earth
You may have been here many times
but don't remember other births
You've been chosen to arrive here
for now is a special time
You have a purpose on this planet
your soul is truly divine
It may not seem so easy
but your parents will help you through
To them you're very special
and they always will love you
So make yourself real comfortable
you'll be here for a while
There will be sad and angry times
but many days you'll smile
This is a time for learning
about yourself and of this world
So enjoy all of the feelings
that come with being boy or girl
Your body- it contains your soul
and is quite delicate
so please honor your temple
and take good care of it
You are a beautiful spirit
filled with light and love
Don't forget this on your journey
you've come from up above
But now's your time to experience
this human world you're in
so chin up young child, have some faith
for now your life begins!

A Lover in the Land of Hell



I am a lover in the land of hell
a land where all the demons dwell
I must have fell off a spaceship
this can't be home, this can't be it!
Is there any intelligent life out there?
So far I've seen many unaware
Most are asleep, not very deep
It's almost as if I've been counting sheep!
Has anyone seen my space craft?
It should be coming back soon
I must be from another galaxy
or maybe from the moon?
I have too much love to be here
no one else seems quite in touch
with the love vibration I resonate
to them it's awfully much
I am a lover in the land of hell
the land of buy and sell sell sell
Oh well, I suppose I'm stuck here for a few
I guess I'll just have to make do
Is it possible I can help them?
These earthlings seems so sad
so caught up in illusion and always feeling bad
Perhaps I'm here for a reason
maybe the world needs more like me?
If only I can show them how
open their eyes to see
I'll try to do the best I can
for this is where I now dwell
Alas, I am but a lover here
in the land of hell

Warrior Spirit



I'm here on this planet
to represent the unrepresented
Those whose cries go unheard
landing on ears that have been deafened
You may categorize me as human
male or female, black or white
But in my mind and heart
I'm just a warrior spirit here to fight
a battle for the lost
the undignified and abused
under-minded by society
corporate greed
and perhaps even you
Blinded to the truth
you continue to feed the system
It's not your fault, some will hear
far fewer actually listen
But I believe more are waking up now
I pray that this is true
so we can reverse this world back to beauty
finally start anew

I'm just a Warrior Spirit trying to stay peaceful
amidst a chaotic planet engulfed in evil people
I'm here to help the meek finally inherit the earth
invoke great change in this world, be the voice of rebirth

Newborn calves are torn from their mothers
just so we may drink their milk
Pigs are stuffed in small crates
forced to suffer in their filth
An elephant and it's baby

chained up for life in a circus
Monkeys tied down in laboratories
tortured for our purpose
And when a pet gets sick or old
some will be sent away
to a shelter where thousands of cats and dogs
get euthanized everyday
Sitting in cramped spaces
waiting their inevitable fate
Some are even newborns
scheduled to die the very next day
There's not enough room they say
Yet more and more animals are born to die
every single day

I'm just a Warrior Spirit trying to stay peaceful
amidst a chaotic planet engulfed in evil people
I'm here to help the meek finally inherit the earth
invoke great change in this world, be the voice of rebirth

Police gunning down young black males
somehow they always look suspicious
Black neighborhoods filled with drugs
weapons and food that lacks nutrition
All this is done on purpose
by the powerful elite
As long as there's an underclass
they'll surely wet their beak
Children are sold as sex slaves
each and every day
Women get raped then stoned to death
cause that's the price they pay
Wars and famines are normal
they happen all the time
Televised on news channels daily
as if expected of mankind

A crime against humanity
another day on planet hell
How sad it is for all of us
that this is how far we fell

I'm just a Warrior Spirit trying to stay peaceful
amidst a chaotic planet engulfed in evil people
I'm here to help the meek finally inherit the earth
invoke great change in this world, be the voice of rebirth

The homeless go unnoticed
In fact some states bus out the poor
and now there's even laws
that you can't feed them anymore!
Damn homeless!
Let's starve them out they say!
Can't even work a 9-5
Don't you know there's rent to pay?
Who came up with this idea
of rent anyway?
Didn't know when I was born on this planet
I was really born a slave
Capitalism- works for some
but really not for many
In a true utopia we would be free from dollars
quarters and pennies
Poisons in our water supply
Poisons in our food
Poisons on our tv sets
A world of poison poisoning you!

But alas... I'm just a Warrior Spirit trying to stay peaceful
amidst a chaotic planet engulfed in evil people
I'm here to help the meek finally inherit the earth
invoke great change in this world, be the voice of rebirth

If you truly seek change
in this God forsaken place
take a look in the mirror
at your very own face
For you are the change
that you seek in this world
When you take steps for yourself
you take steps for us all!
You've been taught that you're small
and you have no effect
But in essence you are the universe
in a tiny human speck
Seek to raise your vibration
Seek out truth, seek out peace
Change the world with your thoughts
Let disharmony cease
But who am I to judge
this crazy world that we live in?
I'm just a warrior spirit with a message
and it's please
"Let the Change Begin"!

The Earth is Crying



The earth is crying but we don't hear her
silently agonizing with hopes for her future
She speaks in words most humans don't hear
as tsunamis, hurricanes and tornadoes draw near
We have fear yet no respect
A planet in turmoil through mass neglect
Pollution, deforestation, the extinction of species
What will become of our poor bumble bees?
Without them no flowers, no seeds
eventually no food to eat
A parasitic humanity corrupted by greed and vanity
No one seems to really see the tragedy of our reality

The earth is crying but we don't hear her
So soon her sadness will turn to anger
So soon humanity will be no longer
as the earth's wrath grows much stronger
We are an infection that must be washed out
The world's natural disasters will cancel all doubt
If change is what we continue to resist
pretty soon our species will no longer exist
We must learn to cherish this beautiful planet
and stop ourselves from creating more damage
You may ask yourself how you're supposed to begin
The earth is crying, you must learn to listen

Spirit Man



Spirit man, spirit man
you stand there holding out your hand
Passerby's don't understand
This is supposed to be the promised land

Times are bad
down on your luck
In need of change
or just a buck
You're stuck
in this land of greed
where so many of us
are in need
Bad circumstances
got you on the street
You have no food to eat
no electric or heat
just the hard concrete
and everyone assumes
that you're a deadbeat

Spirit man, spirit man
digging through that garbage can
digging just as fast as you can
gotta stay strong and be a man

Struggling to survive
people act like you ain't even alive
Humbled by life
everyday is a plight
Spirit man can't even sleep at night
Ignored and abused

man of spirit you'll make it through
I know your heart is true
I can't speak for the rest
but I believe in you

Spirit man, spirit man
nobody seems to understand
you're living life the best you can
you have every right to roam this land

But spirit man
the joke's on us you see
cause you've been given the opportunity
to see what we can't see
-the hypocrisy
Spirit man you're deeper
than most will ever be

Spirit man, spirit man
you stand there holding out your hand
Passerby's don't understand
This is supposed to be the promised land

Spirit man
you've been dealt a cruel fate
when so many look at you with hate
Living in a world that you can't trust
but the truth is
Spirit man can be any one of us!

My Container



All you see is my container
You can't fathom the real me
Trapped in a world of illusion
You only see what you're told to see
Our society has succumbed to appearances
so you search for the prettiest face
In haste all you find is confusion
an empty consciousness human race

All you see is my container
That's what they've taught you to see
I don't blame you for your outlook
but it's pretty bleak if you ask me
Idolizing skinny models
Immortalizing their physique
Encouraging starvation
When there's enough starvation on the streets

All you see is my container
Why should my skin tone bother you?
Because it's lighter or darker
than your particular hue?
If I wear a bit more makeup
you may call me a whore
If I cover up and wear glasses
I may seem like a bore

All you see is my container
as you compare it with tv
pinpointing my imperfections
deciding how I'm supposed to be

Influenced by the media
your opinions are not yours
Billboards dictate standards
so I must have many flaws

All you see is my container
Don't you wish you could see more?
beneath the hidden surface
Would you like to take a tour?
I want you to know the real me
The one that lies within
this facade of skin and clothing
That's where my truth begins

All you see is my container
Yet I'm truly one with you
A spirit in a flesh suit
in a world of judging fools
I see there's more inside you
there's much more for you to see
If you open your eyes you'll find
how much more there is to me

Being in Love



I miss being in love
since then the feeling has changed
The excitement and the passion
has never quite been the same
The anticipation of a kiss
The tingling up my spine
These feelings have come to pass
I can no longer call them mine

I miss being in love
The blissful joy of an embrace
hands combing through my hair
the sweet caressing of my face
This was another time
long before my present world
a time when I was young
just an innocent loving girl

I miss being in love
with fierce emotions coursing through
no balance to my ways
only thought was I love you
Sometimes I'd feel deep sadness
fearful love would fade away
Sometimes I'd feel great anger
with nothing left to say

I miss being in love
although a roller coaster of pain
would cripple my entire being
if I believed I loved in vain

Tears running down my face
with passion I'd exclaim
I do not believe that I can love
anyone again

I miss being in love
although that love now seems like lust
and the ones I gave my heart to
were the ones I couldn't trust
Since then I've learned some lessons
True love won't make you fall
For now I know the love I miss
was never love at all

Forgive



There are times in our lives
when loved ones let us down
They make unexpected choices
that to us do not seem sound
It may create a painful feeling
but we have to let it go
otherwise it jeopardizes
our positive energy flow
It doesn't matter what they said
It doesn't matter what they did
All that actually matters
is that you let your heart forgive
It's difficult at first
but in time the pain subsides
We may even start to see their view
with a newborn set of eyes
It's important to remember
that regardless of what occurred
if you balance your emotions
you will minimize the hurt
We all have our own viewpoints
We live and love in different ways
We all are sensitive beings
We have both good and awful days
Life is what we make of it
Our thoughts affect our soul
So try to be forgiving
and let bad feelings go
You must not live your life
with unhealed open scars
Forgive the man or woman
who hurt or broke your heart

The only positive way
for you to truly live
is to let go of all the pain
and learn how to forgive

Women Hating Women



Women hating women
is the saddest thing
They will smile in my face
As they pass they will cringe
They don't like that I'm thin
yet I've done nothing to them
It's not my fault
that I was built this way
with an attractive physique
and a beautiful face
I like who I am
and I like how I look
but my confidence seems
to have women shook
It's easy to tell
when a woman's not feeling well
by the way she looks at me
reflecting insecurity
This is not how it should be
but unfortunately
this is our society

Women hating women
always gets me down
Wish we could all love each other
the whole person all around
Obese or skinny
light or dark
We are all amazing beings
that carry the life spark
Yet commercials & billboards
make many feel sad

because we don't look
like the woman in the ad
Now that's pretty bad!
Society has tricked us
into hating ourselves
Jealousies based on
appearance and wealth
Unhappy within
self-esteem marred
Most women don't know
just how beautiful they are

Positive Thoughts



Positive thoughts create a positive life
Negativity's the reason you're not feeling alright
Quite often you will engage in a fight
Your life is nothing but an endless plight
In every situation you find something wrong
The meat is too raw or it's been cooked for too long
The rain is too heavy or the sun is too strong
Your bitching and wining is an endless song
At what point did you stop seeing the bright side?
When did you forget to be grateful for life?
With all the perils and all the strife
you have it better than many yet complain day and night
I hate to say it but you have a bad attitude
a negative streak, an unfortunate life view
Please don't be upset, I don't mean to be rude
but if you change your thoughts your life will improve

Old Shelter Dog



My owner dropped me off here
He left me in this cage
I lived with him for many years
until I grew sick and aged
I thought he really loved me
and I'd be with him all my life
but here I am in this cold shelter cage
so now I'm thinking twice
At night when all the lights go out
I hear the painful cries
of all the animals left in here
Perhaps they're left to die?
I dare to hope my owner returns
to take me home again
but as the days go by and by
my hope diminishes
Sometimes I feel awfully scared
sad and all alone
I wish I could feel loved again
I wish I could go home
People visit here everyday
yet they hardly look at me
I bark and beg, make eye contact
but I'm too old for them to see
I try to stay optimistic though
thinking of the good 'ol days
when I was just a young pup
not set in my old ways
I remember taking lovely walks
and running on the grass
I remember happy squeaky toys
eating yummy food real fast

I remember snuggling closely
as my owner rubbed my face
Sniffing butts when at the dog park
running through the gate
Lying peacefully by the window
as the sun would warm my fur
or in my big soft doggy bed
that's where I would prefer
Getting tasty chicken treats
when I was a good boy
Playing fetch endlessly
with my favorite toy
Alas, all my joy is gone
my good days have come to an end
ever since I was abandoned here
by my very own best friend
Maybe I wasn't a real good dog?
Maybe I did something wrong?
Perhaps I made my owner mad
Was my barking a little too strong?
Did I not cuddle up to you
as much as you might like?
Running to the door with joy
when you came home at night
I gave you all the love
and affection that I could
Perhaps it all was not enough
I'm sorry I misunderstood
I wish I knew what I did wrong
to end up in this place
I wish you would come back to me
just want to see your face
But as the days keep moving by
my grief becomes too much
I start to wish this all would end
I no longer crave your touch
The people, they pass by my cage

but I don't see them anymore
I've lost my will to live
so I just lie here on the floor
But then one day my cage door opened
Am I adopted? Am I free?
They walked me to a cold sad room...
That's where they euthanized me.

Kitty Cat Blues



Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

I take cover under street cars
trying to stay warm
Look both ways before crossing
to avoid bodily harm
I've seen many of my comrades
go out that way
It's not a very pretty sight
I've really got to say
These streets are rough
not a place for young cats
but I grew up on these streets
so I grew up kinda fast
I seen all types of sights
that would make your stomach turn
like just last week
watched a box of kittens burn
Young kids playing with matches
It's best to stay away
if you wanna keep your life intact
wake up another day

Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

I seen my best homie
get kicked right in the face
These humans can't be trusted
they're quite a disgrace
I scratch 'em when I can
but it's best not to get too close
although it's hard to stay away
when they be cookin' up that roast
Some of them humans seem okay
They'll leave me out a piece
but it's best to eat it fast cause yo
it's rough on these streets
You really gotta be careful though
I've seen cats eat full buffets
and then for some strange reason
they're all dead the next day!
These humans don't play
so it's best to stay alert
If something seems wrong with the food
I'll just dig bugs up in the dirt

Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

But it's the strangest thing you know
cause one day I caught a view
I seen this shorty in a window
She was lookin' pretty cute
I tried to get to know her
but she was trapped on the other side
Some humans held her captive
I couldn't believe my eyes
But when they went to touch her
she didn't flinch or run
She just sat there letting them pet her

as if she was actually having fun!
She had some collar on her neck
I've seen this on cats before
The ones with less experience
that go in and out a door
Could this be some type of life
that I may want to live?
Nah, I'm just a street cat
I need my freedom kid!

Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

I started visiting this shorty
maybe once or twice a day
If her humans caught a glimpse of me
I'd start to run away
All of a sudden though
there was a plate of food
waiting by the front door
and it was smellin' kinda good
I carefully walked closer
to inspect this luscious treat
It was actually delicious
Finally some good food to eat!
The humans would try to pet me
but I would always stay away
until I got real comfortable
that one fateful day
So I let this human touch me
She rubbed me on the head
and I really got to say
that it didn't feel so bad!

Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

I can't tell a lie
I came back for more rubs
and of course I was hungry
so I came back for more grub
Seemed like every time I visited
the food moved closer to the door
'til one day it was inside
so I followed it no more
They put it back outside for me
I think they got a clue
I wasn't ready quite yet
to do what they wanted me to do
But winter was approaching
and it was getting kinda cold
I needed a warm place to hide
chills running through my bones
So they picked me up and placed me
inside their very home
An odd feeling had come over me
I no longer felt alone

Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

I walked over to shorty
She walked over to me
We're finally together
just the way it should be
The room felt all warm
with soft places to sit

I couldn't believe
this was actually it!
Not all humans are bad
These folks seem alright
and what do you know
they feed me day and night
So I think I might stay here
It seems pretty cool
Although I'm still a street cat at heart
I ain't nobody's fool
But man, I can't believe
I've been wrong this whole time
and now I'm actually in a home
that I can call mine!

Kitty cat blues- I've got the kitty cat blues
So what's a street kitty cat like me to do?
Scavenging around looking for food
I gotta survive so it do what it do

Open-mindedness



More open-mindedness is what we all need
We've been programmed to believe what we believe
Go to school, graduate, get a job and achieve
But in essence we are all being deceived
It's the American way, that's what they say
Scrimp and save until your next payday
Go to church, in Jesus name pray
but Jesus ain't gonna change nothing- no way
It's up to you- only you can break out of this trance
Life is a gamble but there's always that chance
When you start to seek truth your life will advance
The fortunate ones will wake up from this dance
It is definitely a challenge to awaken in life
when your mind is preoccupied everyday nine to five
but for most this is the only way to survive
I'm not saying it's wrong but there's more paths to try
It's a conditioned existence, it all starts at birth
Parents and teachers will dictate your worth
Insist you do well, compete, come in first
In reality we're all being prepped for the worst
There's never much time to sit down and think
about the reality we truly live in
How we're brainwashed in a control system
Until we wake up we'll never question
Of course this may sound like a paranoid rant
and you may not believe that your mind's in a trance
but in order for all of this to really make sense
it's going to take a little open-mindedness

Real Shit



The world needs less bullshit and more real shit
It's time for a revolution, think the world can handle it?
The year 2017, a time for mind expansion, enlightenment
enhancement, no more mental slave encampment
Evolve from your primitive tendencies
Eradicate the lower self, evolve to be
the very best soul, a chakra balanced beam
of light that finally denies this mad hypocrisy
Damn that's deep, but you really get what I'm saying?
If you're gonna change this world somehow
it's gonna take more than praying
Delaying your evolution
will only lead to more confusion
so stop making yourself diluted
and start trying to find solutions
You hear me? Can't free the world 'til you free yourself
Never mind wealth, money won't give you that
unless you got common sense but that won't pay the rent
so go ahead get a job and join the rest of the living dead
Yes! You have a choice, you've got your own voice
and a mind if you use it, they want you to abuse it
confuse it, they're ruthless, lacking morals and scruples
Yes they're trying to dupe you
so here I've come now to school you- fool
This is just another level of insight
if you can even catch a word I'm saying
and don't just be okaying me
like you understand what's supposed to be
Like I said- this world is an hypocrisy
so please wake up so we can all be free

The world needs less bullshit and more real shit
If you don't catch up now, yes your ass will get lit
Don't be left behind, one with the blind
Only a matter of time
No you're really not fine!
Gotta teach you some shit
Not sure you can handle it
but these words I am meant to spit
to get your brain to stand not sit
Can you fathom the reality
All non-fiction, no more fallacy
The powers that be think callously
You really want to live your life mindlessly?
Wake up young soul
It's up to you to bring the real
Start by expressing what you feel
The truth always has more appeal
Whether you speak it or write it
It's no longer a time to hide it
The powers that be can't fight it
It's no longer their choice to decide it
The words that I spit
are to awaken you kid
Don't get lost in the grid
That would be unfortunate
So yes, it's time to eradicate the bullshit
Step up now please and come with some real shit

What's Killing You



Your cellphone's probably killing you
but why should you even care
that electromagnetic pollution
is floating around you in the air
I wear the earthcalm system
and orgone 'round my neck
With this I get protection
harmful waves they do deflect

The air is probably killing you
it's lacking oxygen
Full of toxic smog and crap
that you're always breathing in
I take hydrogen peroxide
thirty five percent food grade
It oxygenates all my cells
quite a preventative aid

Your water's probably killing you
unless you filter it
but even in your shower
poisons go into your skin
I drink reverse osmosis
alkaline water everyday
and nascent iodine drops
will surely take fluoride away

Your food is probably killing you
pesticides, gmo's
processed foods and overcooked
have no nutrients at all

I eat a raw vegan diet
at least eighty percent
Everything organic-
that's where my money's spent!

Your tv's probably killing you
it's brainwashing your mind
especially when you sleep at night
that's why I don't watch mine
Instead I read or meditate
or take a healthy walk
I may also choose to see a friend
with whom I like to talk

Everything's probably killing you
The world's messed up you see
full of toxins everywhere
affecting you and me
So I choose a healthy attitude
help others to awake
I can't save all but I will save some
from a sad and poisoned state

The Negative Side



I ain't afraid of the negative side
been there before, got nothing to hide
filling our precious world with despise
hatred and lies is the negative side

The negative side goes by many names
the devil, beelzebub and Satan
always playing mind games
makes you believe everyone else is to blame

The negative side will have you worry
be in a rush and always hurry
sudden fury, vision blurry
like a mouse you must scurry

The negative side will make you fear
starting over, new career
Losing what you hold so dear
keep your mind from being clear

The negative side will make you believe
that you are better than every race and creed
get you to do horrific deeds
in the name of God, make humans bleed

The negative side will tempt you with bad food
harmful drugs, wine and booze
In the end it's what you choose
win or lose, you make the rules

I ain't afraid of the negative side
it's within all of us, that's where it lies
The negative side makes all go awry
yet still remains loved in God's eyes

Negative side I ain't mad at you
making the human race act the fool
But negative side you're so misunderstood
what everyone fails to realize is
without the bad we'd know no good

Holistic Remedy



Instead of taking that toxic pill
I think you should take...
liquid chlorophyll, fulvic minerals
digestive enzyme pills
blue green algae, peroxide therapy
green tea, manuka honey
orgonite, nascent iodine
exercise, full spectrum lights
psyllium husk, probiotics
rose hips, kale chips
infrared sauna, lemon water
meditation, take a vacation
activated charcoal, oil pull
pesticide free, hemp and fennel seed
coq10, coral calcium
no fluoride, water purified
flaxseed oil, non gmo
cilantro, monotomic gold
heavy metal detox, himalayan salt rocks
medicinal clay, salt sole
pranic breathing, vitamin D3
Reiki healing, no chlorine
hepa filter, maca powder
raw cacao, gluten free flour
goji berries, fruits and veggies
ashwaganda, almond butter
acupuncture, acupressure
apple cider vinegar
melatonin, vitamin e
plant based protein, lot's of sleep
no alcohol, resveratrol
noni juice, turmeric root

spirulina, chlorella
yoga and baking soda
beta-caratene, vitamin b
tea tree, sacred geometry
homeopathy, hydrotherapy
sunbathing, no junk food craving
multi-vitamin, dining in
chakra cleanse, kelamin
therapeutic massage, oil of borage
omega 3, chia seed...
This is all you really need!

Good Health



Good health starts with good food
Take time when you chew
Eat for one, don't eat for two
unless you're expecting
Good food be protecting your cells
You must keep them well
for inside you they dwell
Organic and raw
These foods keep you strong
You'll stay alive long
On earth you belong
Don't have to obsess
but you must cut processed
for these foods are toxic
anything in boxes
Lose the dairy and meat
laced with gmo feed
It all starts with that seed
Gotta watch what you eat
Please, alkaline water
Gonna make your skin softer
Make your cells stronger
Once again you'll live longer
Plant based proteins
Sprouted nuts and seeds
All organic if you please
This will prevent disease
Of course veggies and fruits
cilantro, turmeric root
These plants will detox you
That's the truth
Remove heavy metals

These poisons do settle
into your bones and tissues
That's an issue
They do stay with you
Nothing fried
if you wanna stay alive
Raw oil's alright
You can eat it day or night
Keep it all gluten free
You don't want to eat wheat
Soy and corn also
is at least ninety percent gmo
These chemicals make you slow
This is what they grow
just so you know
Sugar is one of the worst
Found in most foods
and all desserts
Refined sugars will make you hurt
in more ways than you deserve
No alcohol, no caffeine
It's hard
but you have to ween yourself off
The craving is strong
but if you want to live long
without a disease
best believe
you need to follow my lead!

Greater Than Human



I love a good challenge, what can I say
Cutting food out my diet's just one of my ways
Dismissing negative thoughts, erasing anger and fears
With balanced emotions, no more trivial tears
I have learned through the years that I may not be perfect
but striving for perfection is built into my circuits
Hardwired for success, it's difficult to settle for less
I strive to be greater than human I must confess

You must challenge yourself to be greater than human
Greater than man and greater than woman
You are only as great as you believe you can be
Everything's possible when you set your mind free

It's a challenge just living in this society
It's a challenge trying to live financially free
So to add more challenges on top of all this
is way more challenging than just trying to exist
But I love a good challenge, it's food for the soul
I love to evolve and feel my spirit grow
It may seem as though I go through great lengths
but these amazing challenges only add to my strengths
It's a burden for most to fight normal addictions
Caffeine, alcohol, most foods in our kitchens
We're seduced through advertising, how our friends behave
Under all these conditions most humans will cave

So you must challenge yourself to be greater than human
Greater than man and greater than woman
You are only as great as you believe you can be
Everything's possible when you set your mind free

First start with one challenge, soon one turns to two
Pretty soon you'll be searching for more challenges to do
Your loved ones may wonder how the new you began
Perhaps you may tell them you were inspired by this poem
Inspired to be greater than what you used to be
Inspired to live inspired, inspired to live free
I hope you're up for the challenge
to be greater than woman or man
To be the God or Goddess you know you are
To be greater than human!

Goddess



I am a Goddess, you can't tell me I'm less
In the image of the immortals, eternally blessed
The spirit of Cleopatra, descendant of female rule
Aphrodite, Het Heru, Auset to name a few
I am one with you, all powerful I create creation in my womb
Alpha female, Double x chromosome
A royal queen sitting on her throne
The feminine principle, yin to your yang
Mother earth from where life has sprang
Mystical siren of the great sea, Magdalen and Persephone
Creating balance as Ma'at
Minerva- Goddess of positive thought
The embodiment of Isis
Your male dominated world can't hide this
It doesn't matter if you call me Madame or Miss
for I will always be a true Goddess

Silence



As I sit in silence with nothing to do
the colors of life take on a new hue
A view that for many is long past due
for life is often lived quite askew
Most won't take time to stop and reflect
It's not for carelessness or neglect
but life always seems to have a task set
No time for silence is the effect
Somewhere to go, something to do
A tv to watch, food to chew
Silence seems rare and for the few
but silence is actually good for you

As I sit in silence my thoughts become clear
after filtering out noise from my day and career
I let go of all care, I let go of all fear
I now become the center of my atmosphere
So soon my breathing starts to slow
All resistance I shall let go
Immersed in my body's energy flow
as it expands my aura grows
I become one with myself, one with the earth
This silent transition is now my rebirth
All that is needed is what will be heard
No sound necessary, not a single word

As I sit in silence my truth starts to shine
Reminding me that I am of the divine
Chakras stimulated up the spine
All that exists exists in this time
I metamorphosize into a new being
Light of aura bright and beaming

I am awake yet I am dreaming
I am the universe or so it's seeming
A powerful being submerged in quiet
Soul awakened, steadfast, defiant
No longer indigent, I am self reliant
All this just from sitting in silence

Ego



When you only see God in yourself
and you see God in nobody else
That's your ego, check your ego
When you think you're the smartest around
No one smarter than you can be found
That's your ego, check your ego
When you believe yourself to be Queen
of everyone and everything
That's your ego, check your ego
When you think you're the hottest thing yet
and all the world should stare and fret
That's your ego, check your ego
If you believe yourself to be
the center of this galaxy
That's your ego, check your ego
If you want this world to behold
all the beauty that you truly glow
Smash your ego, smash your ego

Spirits of Money



I call on the spirits of money
to send me a nice paycheck
I'm not talking dollars and nickels here
I'm not talking 'bout one month's rent
I'm in need of something substantial
that'll keep me a real long time
I'm talking financial freedom
something like that would do just fine

I call on the spirits of money
to help me quit my job
I'm not much of a morning person
don't mean to sound like a snob
I'd like to sleep in all day
have a maid pick up my stuff
Is that too much to ask for?
Just wanna live it up

I call on the spirits of money
I'd like some breathing room
Just want to feel more comfortable
Is that alright with you?
These bills make life so tedious
They always do pile up
Don't you think I deserve a break?
I've really had enough

I call on the spirits of money
to help make life real fun
Take trips to many countries
lay on beaches, get lots of sun

Perhaps I'll win the lotto
A big jackpot or two
I promise when it happens
I won't forget I must thank you

I call on the spirits of money
Please send a million bucks
I'd like to do all kinds of things
Never had the best of luck
I promise I won't spend too fast
I'll save some of it too
Investments in the stock market
I won't be a silly fool

I call on the spirits of money
to help me amass great wealth
so I can spread it to the world
not only help myself
I'm not a selfish person
I truly have great plans
to help others that are in need
to really lend a hand

I beg your pardon spirits of money
I hope I don't sound rude
I'm grateful for all that I have
I'm filled with gratitude
I'd just like a little more from life
Just want to live life free
But in order for me to do all that
I'll need some big money!

Law of Attraction



Master your mind
and you master your matter
You attract what you think
You are Jacobs Ladder
A manifestation
of all the divine
The heaven you seek
is all in your mind

It's the law of attraction
Your thoughts create action
You want satisfaction?
It's up to you -make that happen!

Start with visualization
See what you want
in your meditation
Make it a beautiful creation
of abundance and salvation
Yes, you're on your way to manifest
Just add a bit of faith
to this vision quest
You must believe to achieve
everything you wish to receive
No negativity, remind yourself
You are God!
You create your existence
No excuses, no resistance
You don't need any assistance
You are the one -Just listen!
Listen to what your heart

tells you you need
It will come when it comes
at the perfect of speeds
You're well on your way
if you just plant the seed
Law of attraction
It's all that you need!

It's the law of attraction
Your thoughts create action
You want satisfaction?
It's up to you -make that happen!

Auto-suggest
when you go to sleep at night
It's those negative thoughts
your suggestion will fight
Gotta keep your mind right
with positive affirmations
It helps if you don't listen
to tv or radio stations
Keep your head clear
of anything and everything
that's not fit to steer
you closer to the reality
that you hold so dear
Remember, it's all up here
in your mind
It's designed
to give you everything
you want in time
Gotta be patient
before you reach the sublime
Don't worry
You're doing just fine!
It all comes quicker than you think
All in the blink of an eye

Your ship will come in
The law of attraction
is where it begins!

It's the law of attraction
Your thoughts create action
You want satisfaction?
It's up to you -make that happen!

Generosity



More people should give just to give
Generosity is a beautiful gift
The world would be a better place to live
if more people would give just to give
How come I can't give for giving's sake
without the thought that I'm trying to take?
Perhaps for me the feeling is good
to help those in need the way we all should
More people should give without second thought
Would a dollar or two really hurt you a lot?
Chances are you'd feel better indeed
to give to a person who's truly in need
The greed of society has made us forget
as much as you give is as much as you get
The law of circulation is always at play
What you give to another shall return someday
Another fact is that the brain does not see
the actual difference between you and me
When you give to another you give to yourself
In essence you add to your very own wealth
But giving to get is no reason to give
Gifts should come from the heart as if you're a kid
Children don't give to seek a reward
They always give on their own accord
Giving should be an everyday thing
It should even be taught in our school system
Just imagine if everyone had a kind heart
and giving became a new kind of art
More people should give just to give
Generosity is a beautiful gift
The world would be a better place to live
if more people would give just to give

Manifestation Vibration



I'm on that manifestation vibration
There's no limitation to my co-creation
Without hesitation I ascend to a new dimension
Perhaps beyond your comprehension
Let me not fail to mention, there's no tension
all desires fulfilled, my mind has been stilled
yet everything flows to it, poetic rhymes I spit
all comes from channeling this, I'm just a conduit
between heaven and earth, the space between death and birth
I'm connected to all - there's nothing to search
It's already here, floating in our atmosphere
Hemispheres of the brain
left and right balanced so I'm not insane
No energy drain, I'm one with the source
Running my course, I have no remorse
Divorced from illusion, my mind's my solution
A learning institution and that's my conclusion
Infinite of all elements, pure energy of the celibates
mathematical equations of relevance
Going back to the place where we came from whence
The universal frequency, divine synchronicity
Merkaba star infinity, this is my true identity
Destined for greatness, my mind does create this
I'm strong - I have patience, I am my salvation
Plugged to the right station and to my elation
Yeah – I'm on that manifestation vibration!

A Tribute to the Universe



As I wake up in this body
I thank the universe for my life
This physical vessel of cells and skin
of organs and of light
I thank the universe for each breath I take
each beautiful breath of air
flowing through my nose and throat
throughout my body everywhere
I thank my heart for pumping blood
continuously through my veins
My liver for removing toxins
allowing sustenance to remain
I thank my ears for hearing sounds
the gentle chirping of the birds
My nose for smelling all the scents
my tongue to speak my words
I'm grateful for the voice I have
so the world may hear my truth
I am grateful for the teeth I have
so I may chew my food
I thank my eyes for seeing beauty
sunshine, stars at night
I thank my fingers and my hands
for they hold a pen to write
I thank my legs for carrying me
where I need to go
and for the strength
that keeps me moving
the energy I flow
I am grateful for my abundance
fresh clean water, healthy food
I am grateful for my appetite

and for my pleasant mood
I thank this blessed universe
for all the loved ones in my life
surrounding me with beauty
positivity, endless light
I thank the spirits all around me
for helping me stay strong
uplifting my vital energy
moving my consciousness along
I'm grateful for a peaceful home
filled with comfort and love
I attract all things that I need
I always have enough
I'm blessed to have the means to help
a being that is in pain
to inspire them with the words I speak
bring them happiness again
I thank the spirit of the universe
for the conscious thoughts in my mind
connecting me to all the nuances
of the spiritually divine
I am grateful for this opportunity
to join my fellow soul
experiencing humanity
physicality, growing old
And when this shell of flesh and bones
has finally seen it's last day
I thank the universe kindly
for gently carrying my soul away

The Illusion of Death



Death is an illusion
we are programmed to believe
that all will cease to exist
the moment we no longer breathe
A fallacy of the ages
A tormenter of souls
Keeping us all in suspense
as we helplessly grow old
Yet death is but illusion
What is will always be
Time is an illusion
in this infinite reality
Matter cannot be created
Matter cannot be destroyed
Matter is just energy condensed
and it simply changes form
We are all immortal beings
visiting earth for this short time
Experiencing our dense vehicles
yet still one with the divine
So don't worry about the future
Don't fear what you can't see
for in due time it becomes apparent
You are Infinity



About the Author

Besides writing spiritually conscious poetry, Jennie Haiman is the co-founder of Self Saviorz Society California Non-Profit 501c3 dedicated to assisting the homeless, under-privileged children and at-risk animals. Jennie Haiman is also an entertainer and Reiki Master Energy Healer with goals to help raise the vibration and consciousness of humanity.

For more information please visit:

<http://www.facebook.com/aloverinthelandofhell>

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