

Consciousness Rising through Disruption and Corruption

An Uplifting Journey of Verse

by
Cindy Lee Scott
with Alex Bennet

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Preface

It is my great honor to introduce the work of poetic artist Cindy Lee Scott. While I have only known her for two years—only one week of which was face-to-face—our relationship is most decidedly one which was destined to occur, howbeit at the latter part of our lives!

This is a woman who has lived life fully. There is irony in the different lives, yet with similar learnings, that we have pursued. While Cindy was a “flower child” dancing on the mall in Washington, D.C. stuffing flowers into the muzzles of Marine Corp rifles as the soldiers stood guard, I was working for the Bureau of Drug Abuse Control, helping to set up the first library on LSD. When not working, I was fully absorbed in music, taking advantage of every opportunity that emerged, eventually following my passion into opera. At the same time, Cindy was busy playing the guitar and singing in coffee shops, writing her own songs from the heart.

As Cindy continued the life of a nomad, moving from place to place, I was for many years locked into a difficult marriage and working as many jobs as possible to pay hospital bills for an ill child. When I finally broke through and embraced new experiences and travel, living in Japan for four years, Cindy was settling down in California, establishing a career path, and raising five beautiful children.

My answers to life very much came with my writing, as did Cindy’s, and, while I dabbled with poetry, my own life path took me into Academia and government service, certainly a dryer type of writing, and then, finally, to building a research institute with my life partner, David, and becoming a Professor at Bangkok University’s Institute for Knowledge and Innovation Management. Cindy continued to write, play and perform music, now more of a sacred nature, becoming a seasoned pianist and harpist as she wrote poem after poem.

There is so much more I could say, but *that* is another book, which will no doubt be fun to write. Now, you may wonder, how is this brief comparison of life paths of interest to Cindy’s work? Well, it certainly has a great deal to do with the development and publication of *this* book, *and*, truth be known, it also

has a great deal to do with Cindy's poetry. Cindy is a gift in my life, and there has been so much learning through our conversations. Through Cindy's poetry I have really, truly gotten to know this beautiful soul from the inside-out. And through our conversations and her work, I have gained a deeper glance into who I am.

Cindy had not been previously published. So, taking full advantage of her talent, and thinking of her as my own personal poet laureate, Cindy's poems have appeared in many of our Mountain Quest Institute recent publications. Twenty of the 22 little Conscious Look Books entitled *Possibilities that are YOU!* begin with prose by Cindy. In this body of work, she was able to capture the core of an idea, warm it through her heart lens, and flow it into a metered rhythm laced with meaning and rhyme.

But my appreciation of Cindy goes far beyond the unique and talented poet that she has become. You see, when Cindy found me two years ago, she had been searching for a very long time. While I did not know *she* existed, she knew about *me*. I was adopted as an infant, and Cindy is my full sister. I hope you enjoy her work as much as I do.

With appreciation and admiration,

Dr. Alex Bennet
Mountain Quest Institute

Forever Changing

A forever changing world, building up, tearing down
Realizing humans are a verb, not a noun
Accelerating change, uncertainty rising
Occasionally a win, most times compromising.

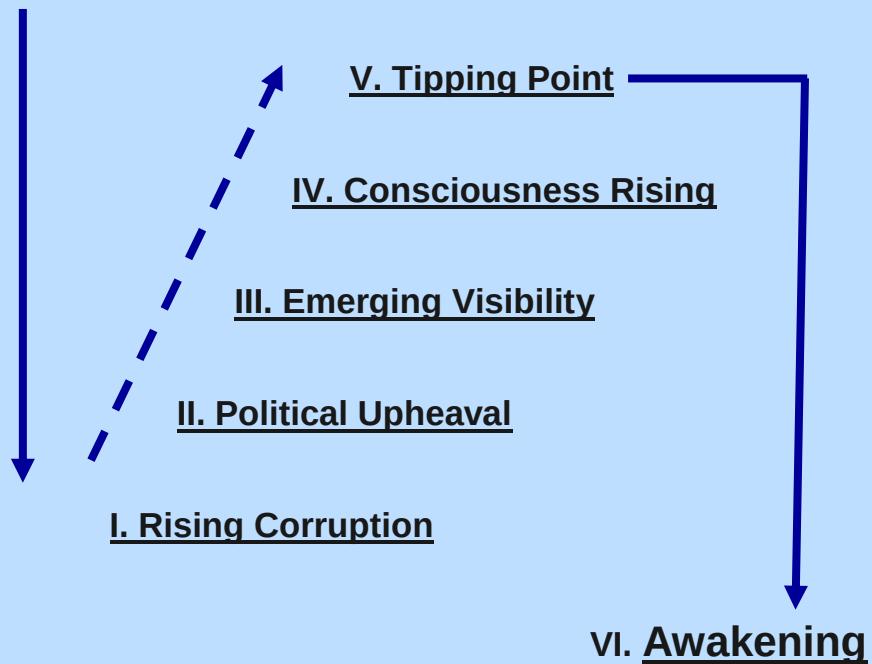
New soul growth through experience and tribulation
Midst rousing adventure and endless exploration
Our actions, feelings and life thoughts resonate
Cultured wisdom and maturity accumulate.

The world is now birthing a conscious insurrection
Bursting forth with new truth paths, working perfection,
Empowered with hope and empathetic fairness
Promoting and awakening global awareness.

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Afterward by Cindy Lee Scott

Introduction

FREEDOM: An embodiment of immigrants, cultures, ideas, opinions and beliefs growing and flourishing without fear of persecution, where all life is precious and is esteemed as such.

I am not a person that is particularly drawn to politics. I get easily frustrated with the games and behind-the-scenes antics that consistently plague the government. While watching the 2016 Presidential campaign, I was shaken with extreme agitation. This reality show didn't even seem real! There were so many watchers, not only here in America. There was name calling, degradation, bullying and threats on national as well as world media. The insults and mud-slinging were completely beyond belief! As I closely watched the faces connected to the accusations being thrown around, there actually seemed to be an element of joy in the character assassinations!

This incision-division continues to create a widening gulf between the people of our country. Even friends and families are polarized in the "who's right and who's wrong" political frenzy! The anger-beast continues to well up, fueled by deeply embedded frustrations left unspoken and untended for so long. What's going on? How did we get here? Have I been asleep?

This collection of prose and poetry motifs represent my journey searching for truth and, ultimately, discovering the beauty that can be found in change, not only politically but inwardly. I ask myself: What is freedom's definition in these changing times? And what can I do to help ensure the freedoms we so cherish?

This great country with all its grand diversity is assuredly being tested. It has long been said that a house divided cannot stand. That thought is terrifying! We the people are not the enemy, are we? We must get through this time of tumultuous change. Let's open our eyes and hearts and keep our freedom alive! This is a great time of accelerated growth for humans, and, somehow, we must come together to raise our consciousness as a whole.

*Truth and Beauty will flourish,
If we can but endure!
Cindy Lee Scott, 2019*

Only A Dream

Can anybody see?
What is happening, how can this be?
Tears dripping down my face
Viewing people of every race.

Familiar and yet not
Polluted air dangerous and hot
Protesters in the streets
Government's in air-conditioned seats.

Can it be, it's too late
To make changes in humanity's fate?
Maybe it's too extreme
After all, it was only a dream.

Photo by Kathy Carlisle

I. Rising Corruption

It's beginning. Again.

This is not the first time man has been on the brink of extinction. Nor will it be the last. Species have come and gone, extinct with changes in the environment. The changes we are seeing today will greatly affect all life, and already are. For example, it seems humans have an undermining will for power deeply embedded in the DNA, and a need to conquer one another instead of working together for the good of all.

Although there were periods of time when groups of humanoids seemed to have created a utopia, it did not last long. It makes one wonder: What is the human condition that keeps us from the needed rise in consciousness? A rise that could move us into new understandings about how to live with the Earth. Throughout history and continuing today, the human race has brought on greater and more difficult challenges for our planet to overcome. These must be overcome in order to sustain a balanced environment for not only humanoids, but all life.

As a humanity, there is a choice to make. We can choose to callously continue going the way we are now, or we can choose to learn to live holistically so that our environment can begin the healing process so desperately needed. And with this choice comes the responsibility to protect this precious bubble called Mother Earth, within which we live.

It's beginning. Again.

IT ALL HAPPENED BEFORE

How many times has man started over again
Cultivating philosophies and skill
Using creative processes with great resolve
Of the gifted but tainted human will
Only to succumb to an insatiable need
For greater intoxicating power
Bringing illusions with an unforeseen demise
Of a gloriously built vain tower.

Many Empires have come and have gone on this Earth
And we have yet to evolve peaceful ways
Can the warring fragments of the flesh be subdued
By truth and love, in the coming of days?
Can we learn to offer one another respect
Or exist in a constant state of war?
Will people continue to diminish the soul
In the narcissistic pursuit for more?

With all the inspired intellect mankind has gained
Available to everyone today
It seems we could just waken our spiritual self
Learning to live the enlightened new way
With love and respect, we could rapidly evolve
Extinguishing greed and desires for more
We could simply decide to start over again
As we all know, it's all happened before.

QUIET DISCONTENT

How does one feel the turmoil without falling
When all the surrounding forces come calling
Playing the “I’m right and you’re wrong” conflict game
Returning energy comes back just the same.

It seems the glue that holds this world together
Is now being washed away by bad weather
With all the riots and latent malcontent
This pen just hangs back in Quiet Discontent!



Art by Jackie Urbanovic

*It is a time of change. When I just quietly sit back
and do nothing, am I really helping? So much noise
and confusion, yet, making no choice is a choice!*

RUNAWAY TRAIN

On this track, seems no one’s piloting the train.
Each car has a different view on how to live.
Many are trying to drive, but it’s in vain.
We seemed to have missed the desired objective.

In a world of both known and unknown powers,
Who’s really in charge and who is the pilot?
Coming upon these ambiguous hours,
Hearts frozen in helpless fear become silent.

How can a peace-loving people lead today?
Prejudice, prestige, and power and wealth reign.
While this earthly life can be taken away,
Words spoken truthfully in love will remain!





We live in the midst of a consciousness expansion for all of humanity. How we each choose to perceive the inner and outer massive changes underway is, of course, our choice. Even with that knowledge, it is often difficult to move from day to day as the small and large life tragedies of individual people, humankind and our host Earth weave through our senses. It is within this framework that Cindy reminds us that transition is in larger hands.

Holocene Extinction

We are in the midst of a Holocene Extinction.
Poor, wealthy, strong or great, the earth makes no distinction.
Thousands of plants and animals dying off each year;
Man continues living, assuming nothing to fear.

An unprecedented global super predator,
Mother Earth has become Humanity's creditor.
Human beings impact on the environmental
Is leaving a life deficit that's monumental.

Anthropogenic influences without any stops,
Transmission of diseases through livestock and crops.
Population growth, Industrial Revolution,
What's needed *now* is an altruistic solution.

With human growth, and oceanic devastation,
Habitat destruction and vast deforestation;
All leading to an understanding of exactly how;
We've reached the Holocene event that we're facing now.

An eminent mass extinction, the sixth, maybe more,
The end of life, as we know it, knocking at the door.
But, wait! We continue on, and everything is fine;
For, the corporeal can transform to crystalline.

Attention to Intentions

*With email, social media and twitter
Actions and reactions can be so bitter
No matter real or fake news as the focus
It creates a chaotic spoken opus.*

*An attention deficit intensity
Brings intention dependent propensity
Influences and experiences amplified
Molding a society dissatisfied.*

*There are great forces at play behind the scene
With social agendas not easily seen
Forging ultimate chaotic intention
Look beyond what's being said, **pay attention.***

**Anger spews forth, thus opening a gate.
Comments bounce back with even more hate,
Breeding a contagion, inasmuch,
Birthing intolerance and spreading such.**



Interests and needs are monitored by a world wide web
Data collected to meet those needs, so it is said,
Fear and anger targeted to spur the emotion
Steering judgmental thoughts while believing it's *our* notion.

The mind's being coerced like a shepherd guiding sheep
With passion, lulling us into a stuporous sleep
Mesmerizing socialization, quite fulfilling,
Yet what's happening behind the scenes is quite chilling.

Recognizing different views is good mind enhancement,
But manipulating thoughts is controlled entrancement.
Lurking in darkness is an unobserved attacker,
A media controller known as the Brain Hacker!

INAUGURAL
POLITICAL UNREST

*How long has such a split
in opinion occurred;
Dividing families
Opposing voices heard.*

*Gross insecurities
reaching down to the core;
A government rebellion
smoldering at the door.*

*Strong growing sentiment
among people suppressed;
Seeing America
as a country possessed!*

*Continuing on while
truth and virtue unwind;
Trying to garner hope
for the state of mankind.*

II. Political Upheaval

ULTIMATE REALITY SHOW

Start with a political debate like we've never seen before
A ridiculous mudslinging from every direction and more
No longer a matter of who did what, or even right or wrong
In our reality it came down to "The Bigger Bully" song.

From many people, passion, fear and anger rose up from inside
Like the civil war, when in families you could see a divide.
The election was filled with paranoia and accusations
Followed by tears, civil unrest, frustrations and demonstrations.

The best ratings ever for a nation-wide reality show
But it didn't stop there. Then came the inauguration. Oh No!
Can you tell me how to turn this darn channel off? What is the deal?
This government world reality show has become very real!

Frightened by the tantrums?

So Am I



The Trumpeteer

Deceits and vociferations
Heard throughout the land
Are waking us from stupors.
The time is at hand.

With these unexpected changes,
Our world in free fall,
Can you hear the messages?
Will you heed the call?

The many splintered factions
Causing division
Like reality shows
On television.

Deciduous volatile change
Spark a growing fear
As dissonant sounds ring out
From the Trumpeteer.



Respect and Humility

Our land is diversified with “I’m right and you’re wrong”
Singing out choruses in never-ending song.
With echoing refrains defending sources of thought,
Wanting only freedom, for which so many fought.

In a world plagued with lies, accusals and false views,
Pretentious radicals, with pious stuck in pews,
Rationale thought then yields to cultish senility,
Lacking the tolerance of respect and humility.

*Trying not to feel, condemnation awaits;
Whichever side you're on, each one negates;
Many people wanting just to criticize;
To bully other humans, and to antagonize.*

*Impenetrable forces coming all too soon;
Our safety is in question; there is no cocoon.
Listen for the wisdom in veracious voices;
Humanity is called to create different choices!*

*I've often wondered if we as **the human race had made different choices in the past**, would we still be facing the same dilemmas that we currently have in front of all of us now?*

PERMUTATIONS

In a turbulent world, permutations are past due
And frustration's at unimaginable levels;
As extremists emerge, right blames left and left blames right
Religion condemns religion, calling them devils.

We need only to look at our past world history
To show that intolerance is man's worst offender;
Changes come when human emotions are played out
With exhaustion finally bringing our surrender.

We live on the precipice of change.



SANCTUARY STATE

Our great California's considered
a vast Sanctuary State;
Removal of government funding
is now a real threatened fate.

"Go ahead and keep your state funding,"
the Californian's reply;
"When you do not get our revenue,
we'll see just how high you fly."

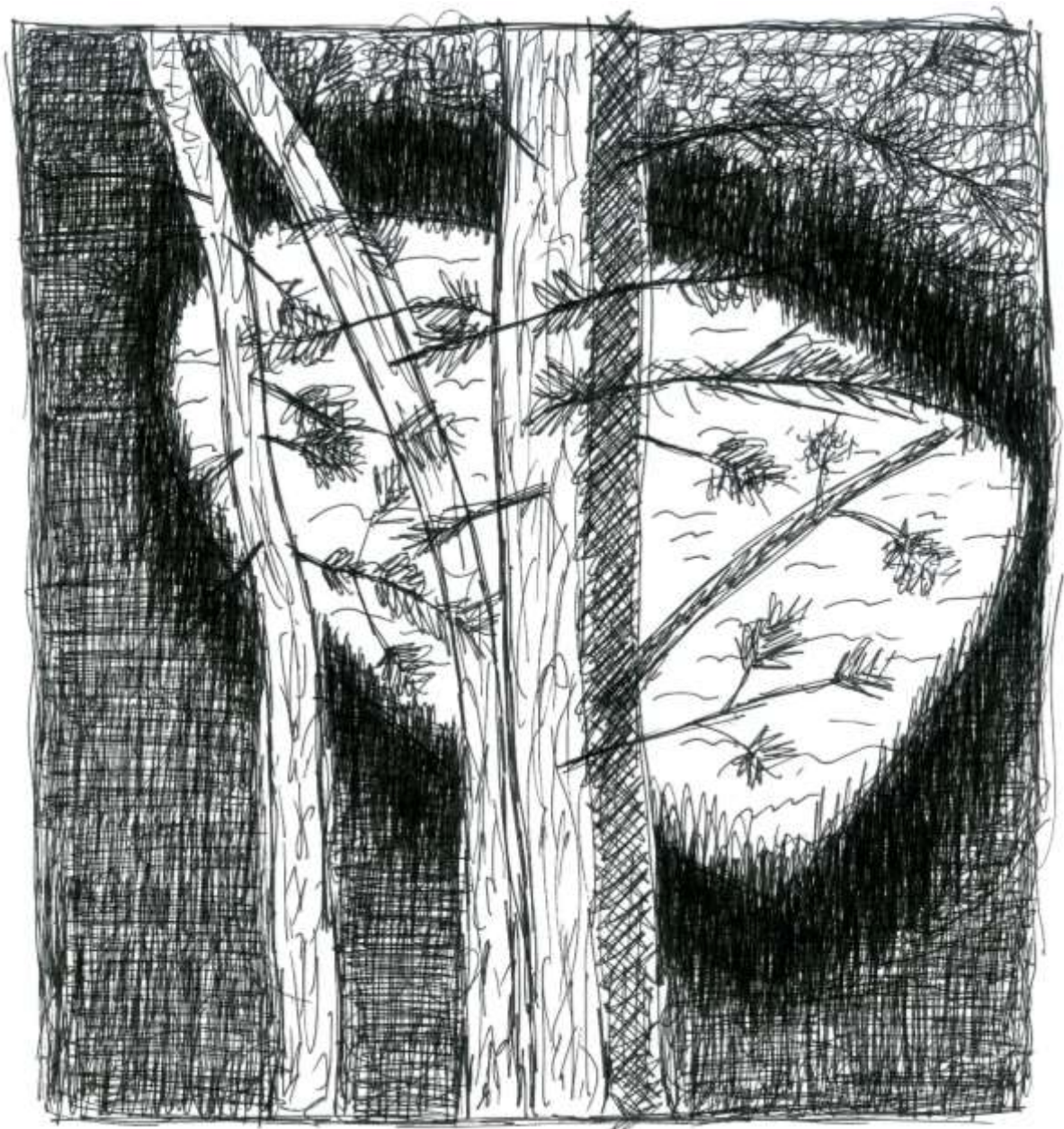
We're mostly immigrants of diverse
nationalities and race;
Maybe California's time has come
to be its own Sovereign Place!

Jugular of Democracy

Fake news, misinformation and hypocrisy
Now infecting the jugular of democracy.
So many disasters and shocking violent crimes
A semblance of the ominous sign of the times.

Politics has become a game of showmanship
With no one freely willing to take ownership.
With finite awareness of a situation,
Masses succumb to increasing desperation.

As mankind's morals and opinions interweave,
Disjointed groups wanting only what they believe,
Oh, powers that be, the people make an appeal
The jugular of democracy so needs to heal!



Planting and covering up bad seeds of money-driven politics seems to be the norm for the day, and by many it is accepted as normal behavior as long it doesn't affect our everyday lives. Yet, we need to understand, that while we are being lulled into complacent stupor, our freedom is being undermined bit by bit by bit.

Art by Kathy Carlisle

III. Emerging Visibility

THE GARDEN OF DEMOCRACY

Corrupted seeds are covered up and left to grow
As the time passes, have no doubt,
Covered seeds eventually sprout
And before long, deep rooted weeds begin to show.

Many years of bad seeds birth freedom's corruption
Fertilized with a selfish greed
Watered by insatiable need
Choked out Democracy brought on an eruption.

Age of transparency becomes the detective
Frustrations caused a great shaking
Impervious eyes are waking
Leading to an open government directive.

Visibility shines light on hypocrisy
Where the cover-up weeds took root
People marching toward truth pursuit
Hoeing weeds in the Garden of Democracy.

With Demagogues championing the people's cause, it leaves us all wondering what's going on. All the turmoil and confusion that is currently underway; it was meant to happen. How else would we all wake up from the hypnotic repose "we the people" have been in? Preoccupied and entertained by our many distractions, we've been left with a perceived sensation of satisfaction, **while our freedoms have been gradually chipped away without our even noticing!**

We live in a country that is supposed to have checks and balances to protect the freedoms so dearly fought and died for by our forefathers. Yet, those freedoms are slowly being taken away. With the use of confusion (bait and switch), the powerful and wealthy have taken control behind the scenes, using our government officials like puppets and skillfully manipulating their strings.

I didn't even notice much of anything until after I retired and was not so consumed by all of life's distractions. Then came the 2016 political reality show! When I was young, my mother had an old saying. The more you stir a pile of [poop], the worst it stinks! Oh boy, is it being stirred today, and the stench is waking us all up!

Welcome to the age of disclosure! The uncloaking has begun. Now, we need to pay close attention, for things are not always as they seem. Lies and deceptions are cloaked and hidden behind and around truths; and sometimes disguised half-truths can be very convincing.

Yet, simultaneously, as we awaken, we feel a burning need to seek out the truth. And our children deserve and depend on it!

AGE OF DISCLOSURE

Emerging visibility
Bringing on instability
Causing a divisibility.

Finding out who is in control
Who's exactly playing what roll
Can be overwhelming to the soul.

Needing leadership that's adroit
Not selfish stewards that exploit
Equipoising freedom's tipping point!

The Age of Exposure has brought
us all to a chilling impasse!

APOCALYPSE DOOR

*More population, shrinking habitats
Puppeteer strings pulled by plutocrats
Those reigning feel they control verity
Without thought of future prosperity*

*Changes now occurring are quite distinct
Daily, whole species are going extinct
Our shrinking planet cannot take much more
Opening soon: The Apocalypse Door!*

QUICKENING

Seems life on this earth is now being shaken
Veracity can once again awaken
Looking beyond all of those well-hidden lies
Seeking higher truth with newly-opened eyes.

Have you ever pondered the big question: **Why?**
Just as we get old and gain wisdom, we die.
Outside the box is the continuing fight,
A battle between the darkness and the light.

To remain as children seems to be our fate
Desensitized, in a catatonic state
We're doomed to incessantly repeat the past
Until we finally get it right, at last!



Simplistic emotions, endemic seeds,
Beautiful flowers or malignant weeds?
Which will you choose? Each soul must decide.
The seeds that we sow will be shared worldwide.

SUPPRESSED ENERGY

*In this time of suppressed energy
Needing collaborative synergy,
Encumbered as well as dumfounded
Disconcerted, perplexed and confounded*

*We are gridlocked and at a standstill
Envisioning man's innovative will,
Now, more than ever, need to dig deep
It is time to take a creative leap!*

MOB RULE

There is nothing that seems so unfair and cruel
Than a life being decided by mob rule;
The people giving rise to hypocrisy
And it is termed by the name Democracy!

When a people lash out from pure frustration,
From laws driven by overpopulation;
How do the chants of the majority might
Outweigh just one humanitarian right?

We live in a world of adaptability
With a need to show accountability.
Rebuke the ravenous mob-frenzied fashion
Allow our hearts to be ruled by compassion!

STUCK

*I seriously think that we are stuck
Requiring some help to get through the muck.
Let's all come together and realign
Collaborating a whole new design.*

*If each one does something ever so small
We can accomplish great work overall
Every voice has important things to say,
In peace, join together and find the way.*

Let your voice be heard ... Every voice is important!

*The horror of devastation
Spawns beauty's brightest creation
Out of chaos's suffering yoke
Blooms an illumined flower of hope.*

CATASTROPHIC DISC

(Lucid Dream)

I fell asleep, and wasn't dreaming about anything of any consequence, just interacting with people and living life as usual, only in my dream, when everything was interrupted. All things—both living and non-living—started swirling creating a large, slightly-rounded disk in the darkness of the cosmos. The disc was a grayish black with flashes of red, blue, yellow, as well as white. The spinning disc changed shape slightly as it swirled faster and faster. Occasionally, it seemed that matter was trying to escape, and there were mournful screams emitted from the mass as the disc continued to pick up speed. I could sense the terror and emotions of countless many, and while those sounds washed over me, filling my entire being, I wasn't really scared. Rather, **there was an overwhelming, unquenchable sorrow.** And with that sorrow came a strange knowing that no one could win, and there was no turning back. The sensing of this paralyzed me from head to foot. Then, in all this turmoil, I heard a small, calm voice and was pulled out of the devastation, and out of sleep.

As I opened my eyes, my nine-year-old grandson was standing above me, touching my arm and softly calling out "Grandma." I just lay motionless for a moment, then slowly turned my head towards him, acknowledging his presence. I asked him if he had heard all of the screaming? He said that he had heard only me, and *in his sweat little voice told me everything was alright.* He tucked the covers around my body as I lay motionless on my bed and once again told me that everything was okay. I told him that I loved him, and he went back to bed. It was only a matter of seconds before I sank back to sleep in the same position from which I had awakened, which is completely not me.

The next morning when I woke up, I was pretty sure the whole experience was a dream, but alas, it was not. My grandson told his mother that he remembered getting up during the night to take care of his Grandmother. He also told his mother that it was his job!

This was one dream I was happy to leave behind in sleep. Most of my dreams are entertaining, of a quiet nature, but not this one! I was an observer watching all of humanity destroying itself. And then I wondered if this wasn't also occurring in my wake state?

WILL HUMANITY OVERCOME?

*What is this I see in front of my face?
This horrid whirling spinning disc in space
Mass of death and life, Oh No!
Can't get out, nowhere to go.
Bulging organic matter in the void
Why must everything on earth be destroyed?

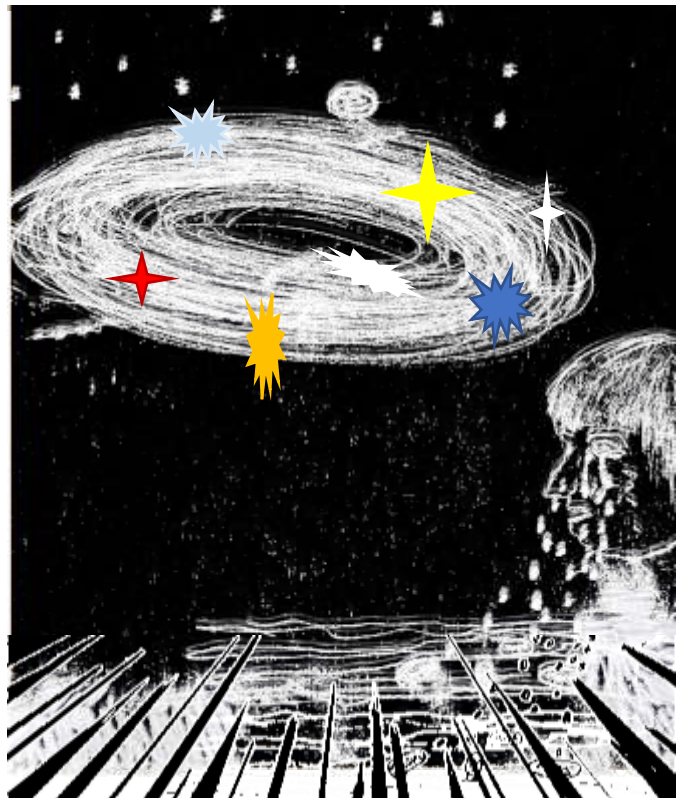
Screaming, crying unquenchable sorrow
Too late, No one wins and no tomorrow.
Will humanity over-come,
Or will mankind just succumb?
Faster, faster in an unending loop
Swirling in an ever-devastating soup.*



Is this a dream?

Step back,

and open your eyes!



Growing pains are an unavoidable difficulty on the road to expanded consciousness. Will we come together as the higher thinking intelligent humans that we can be, or will we revert to the old ways of destruction and devastation and just eat each other alive? We must learn from the past and forge forward to the future. Separate, we are weak, but together we are more than strong. We know from history that the old ways do not work, so let's open ourselves up to new ideas and new ways of looking at things. Allow wisdom, compassion, grace and love to be our guide to a new and deeper understanding of each other and of this beautiful, fragile earth for whom we are stewards.

Never let go of hope.

BREATHING THOUGHTS INTO REALITY

*Learn from the Earth's many lessons past
Forces must be reduced and managed
A tree that does not bend in the wind
Will soon become shattered and damaged.*

*Open up blind eyes to the present
Waking from stupefied thoughtlessness
It is simply a matter of choice
To expand the greater consciousness.*

*Together, co-create the future
Avoid our pending fatality
Through perfecting love, truth and beauty
Breathe your thoughts into reality.*

IV. Consciousness Rising

DIVISION INCISION

Land of opportunity, land of the free
As I look about, I find
A melting pot of a kind
What a beautiful mixed melding to see!

Men and women with drive, talent and passion
Celebrating differences
Tearing down social fences
Embellishing a rich cultural fashion.

Undermining forces seeking division
Fear paralyzing the heart
Ripping this nation apart
Cutting words deepening the incision.

Never before have so many mixed cultures
Come together in freedom
Still, some seek the old kingdom
Circling around like hovering vultures.

Capitalism, Socialism, Nationalism or Greatism,
It is now mankind's greatest duty
On this blue Earth of living beauty
To come together in United Globalism!

Compassion

People reaching out, one to another
When we're in need, we're sister and brother.
Instead of pursuing beguiling sensation
Kindred kindness fosters inspiration.

When disaster strikes and crises begin
Human compassion rises up from within
With all of man's differences set aside,
Charity engages, with hands open wide.

*The best of mankind
comes out in times of need.*

A PRAYER FOR EARTH

Living Breath of God blow across this fateful land
Breathe new life into the failing heart of man
So much war, hatred, judgement, and devastation
We seek profound healing for each and every nation.

Why does man destroy with a careless touch?
Exerting dreadful power, when it's all too much.
Why do we hurt those we're voiced stewards of?
It's clear what is missing is the miracle of love.

God of love, it is my longing, full of sad desire
To move the epicenter of this muck and Quagmire
But if we must stay here, would you kindly send
The living Breath of God to sustain us to the end.

Earth's Children ...

*Tell me if Earth's little children have the right
Not to be saddled solving this world's plight?
Earth's vast resources used without forward thought;
The problems inherited are by default.*

*Think what might just happen if every nation
Came together in collaboration.
With use of a symbiotic synergy;
Helping to solve the need for Earth energy.*



TODAY'S YOUTH

Waiting in this time stretch of youthful internment
Listening youth seek useful discernment
Shallow spoken words fall from empty lips
Juxtaposed lies and truth just at their fingertips.

Ignorance raises its ugly head, wanting more,
But youth, brighter and quicker than before,
See the truth, for which many are relieved
Today's youth will not be so easily deceived.

ADAPT OR DIE

*The rain permeates life from every faction
Now awaiting Humanity's reaction
How much longer will it take for man to see
Taking responsibility will set us free?*

*Admonishment has echoed over the years
From forward-thinking prophets, diminishing fears
But today we can hear Earth's lamenting cry
The life message received is "Adapt or Die."*

*Who will allow their lives to be re-arranged
To keep the Earth from forever being changed
There are those that argue, "So what's all the fuss?"
You're right. Earth will go on, with or without us.*

Sacrifice from all is needed.

RULING POWERS

Leaders in charge, blatantly bold, very loudly declare,
Divided people sowing discord and tears of despair.
Look around and listen receptively to all you hear
Sheep are herded by the pious, wheeling anger and fear.

Changing times are now splintered, truth needs to radiate through
As hard-won fruits of Democracy narrow to the few
Marching for freedom is not for the lighthearted or faint
Ruling powers should lead with humility and restraint.

HUMILITY

NEW WORLD CREATION

*The human mind, driven by greed
and a sense of duty,
Has become unyielding and misaligned
with Earths' beauty
As humans we must see and transmute
this messy quagmire,
Co-creating at our best
through a river of desire.*

*Evolving from the many past
millennia of tries
Creating a better world
with newly-awakened eyes
Navigating a pathway through
mankind's senility
Using the swords of empathy,
truth and humility.*

**Freedom from needful esteem, arrogance and pride
Comes from weeding the praise dependency inside
Enlightened demureness, awakened cognition,
Outward expression of an inward condition.**

**Restraint from vanity and earthly obsessions
Losing dependence on worldly possessions
Opening up to self-vulnerability
Journey the lifelong road toward humility.**

WEAPON OF MASS DESTRUCTION

The Internet, now available to all
Appears a conduit to mankind's downfall
Reverberating on each domain's station
Skewed while displayed to people in each nation
Giving way to cultish nationalisms
While spawning waves of sensationalisms
People's frustrations are consistently fed
With all the propaganda that's being read.

Political agendas appear the guide
While a multitude of eyes are open wide
Instantaneous judgment assailable
Common sense and reason's not available
Destroying minds and tainting the public thought
Taking the freedoms our visionaries sought
One man's right seems to be another man's wrong
We as earth's stewards must learn to get along!

***Wake Up. See the bigger picture.
Oh, vacuous sleep!***

WEAPON OF NEW AWAKENINGS

The Internet, which is available to most
Could be mankind's needed collaborative host
Helping many nations, finding new directions
By countries engaging in collaborations
The becoming tolerant of each other's ways
Helps bring calm to these troubling turbulent days
Never before in time could the multitudes see
Information available to you and me.

Now is the time for mankind to become aware
And find a way to solve problems, which all can share
Instantaneous learning is available
To share at the Internet's banqueting table
Bringing all people to a new realization
Each land, province, country, state and every nation
We can start solving problems at each world event
Through a world collaborative entanglement.

***Come together and grow.
Our children's future depends on it!***

Demagogue



Perceived Businessman
To bring change
The political plan

Cluster exciter
Behind the scene
Covert igniter

Charged rabble-rouser
Squabbling use of
Media browser

Grand instigator
Imperial
Prevaricator

Incendiaries
Cloistered use of
Stipendiaries

Ludicrous grandstands
Catalyzing
Alarming firebrands

Leader malfeasance
Bleeding into
Party nonfeasance

O great demagogue!
What will be your
Fading epilogue?

Epic debater
Or reign-hungry
Concealed dictator?

Planned insurrection!
Promising a
Great resurrection?

This free Promised Land!
When divided,
Can America stand?

V. Tipping Point

It's time for all to wake up and heed the call, for the trumpet has sounded and our destruction seems to be on the horizon. Does all need to be lost before we can start over again, if that is even possible? One way or the other, we need to understand and **know *who and what we are* ... and *decide where we are going.***

Surely, our life force will go on, but in what manner depends on the decisions we make now on this precipice of change. We must come together as one mind, and give attention to what is needed and what is wanted.

It is only fear that is holding us back from ourselves, a fear deeply seated in religions, predictions and the thoughts of losing that which we think we possess.

CREATIVE WEAVERS

*Children of Earth have compassion
And please remember the past;
We will repeat the same mistakes
'Til we get it right at last.*

*We can sit back and do nothing
Becoming non-achievers,
Or we can all come together
And be Creative Weavers.*

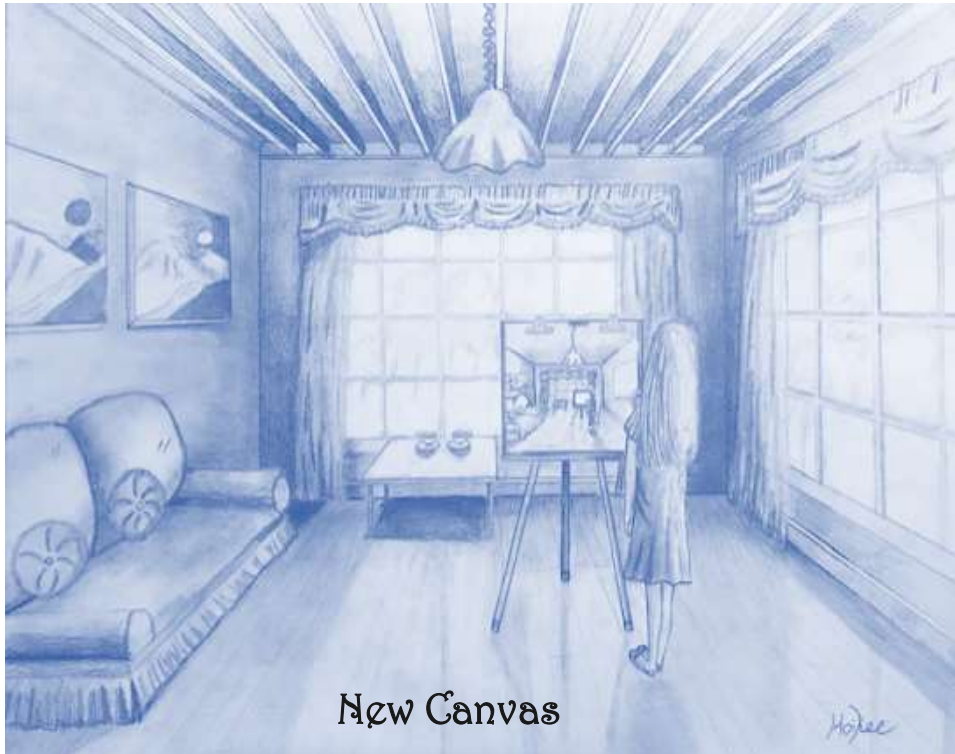
*Find hope for the future.
Tap into the intuitive.*

CONFLUENCE

Coming together with energy of thought
Is urgently and clearly now being sought
Truth is melting away negativity
Ushering in innate creativity.

Forces shake humanity's propensity
For a quantum leap in mankind's density
Hear what the intuitive minds have to say
Prophesied ascension is on the way.

If we are in a state of inflexibility
Demise becomes an inevitability
Do we just accept this obtuse insanity?
Time to birth a forward-thinking humanity!



**Painting this empty new canvas with luminous light
Is desperately needed on this most ominous night
Peering into a future seemingly uncertain
Not knowing what lay beyond the now unknown curtain
Oh, please let our spirits' combined energies prevail
Amongst the unsettled hearts so filled with rain and hail.**

**Hews of many colors: Black, white, yellow, brown to red
Combined in the uncharted canvas that lay ahead
Evolving a united body in the coming days
As we all join together in many different ways
Nothing is lost because an era is now ending
We are at the starting gate of a new beginning.**

***Be ready to grow and learn as change is coming fast,
For this is not the first time, nor will it be the last!***

Art by Hoi Kee Kwok



ONE HOMINID TRIBE

*Looking forward to an approaching future
A generation when all know for sure
That we all belong to the same human seed
And Earthly mortals are just one mixed breed*

*Maybe then, we will finally get along
Instead of advocating "right and wrong"
We'll celebrate, laying differences aside,
Realizing we are One Hominid Tribe!*

TRUTH PREVAILS

With all of the commotion and confusion
Sanity and calmness wait behind the veil
Although angry and hateful voices ring loud
Ultimately, resounding truth will prevail!

CONSCIOUSNESS SHIFT

Reality's illusion is crumbling
right before our eyes
The veil is thinning with Humanity's
agonizing cries.

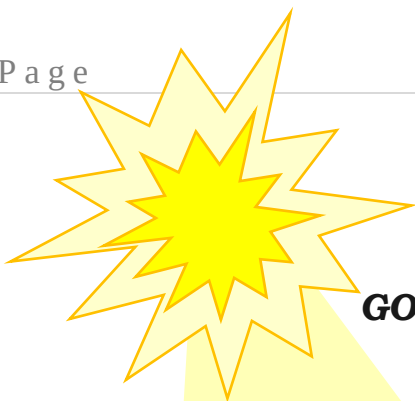
Vigor is being drained from the current
inhabiting force
Rising to a higher vibrational
and pre-ordained course.

Erupting emotions fill mankind with
anticipation
Magic answers being petitioned in
vain contemplation.

Our inner world is now awakening
right down at the core
For the rhythmic beating heart of misused
Earth can take no more.

Current inhabitants riding on this
living space vessel
Pay homage to self-serving prophecies
with which we wrestle.

And so, the time has come for a higher
world consciousness shift
Or, it's time to let go and start again,
Earth souls set adrift.



GOLDEN AGE OF AWARENESS

Humanity's standing on the edge of a rift
Overseeing an emerging consciousness shift
Preparing Earth for Humanity's refashion
Evolving mankind to a conscious compassion.

Forge your inner strength
Open the contrite heart
Ripen the seeded soul

Laying out virtuous truths for future living
Imbued with discerning hearts and selfless giving
Filled with morality, character and fairness
Enter into the Golden Age of Awareness.

VIRTUE

*In this looming age of transparency and disclosure
Truth is wheeling a relentless sword of exposure
Burning away old ideas being left to smolder
Beauty's no longer just in the eye of the beholder.*

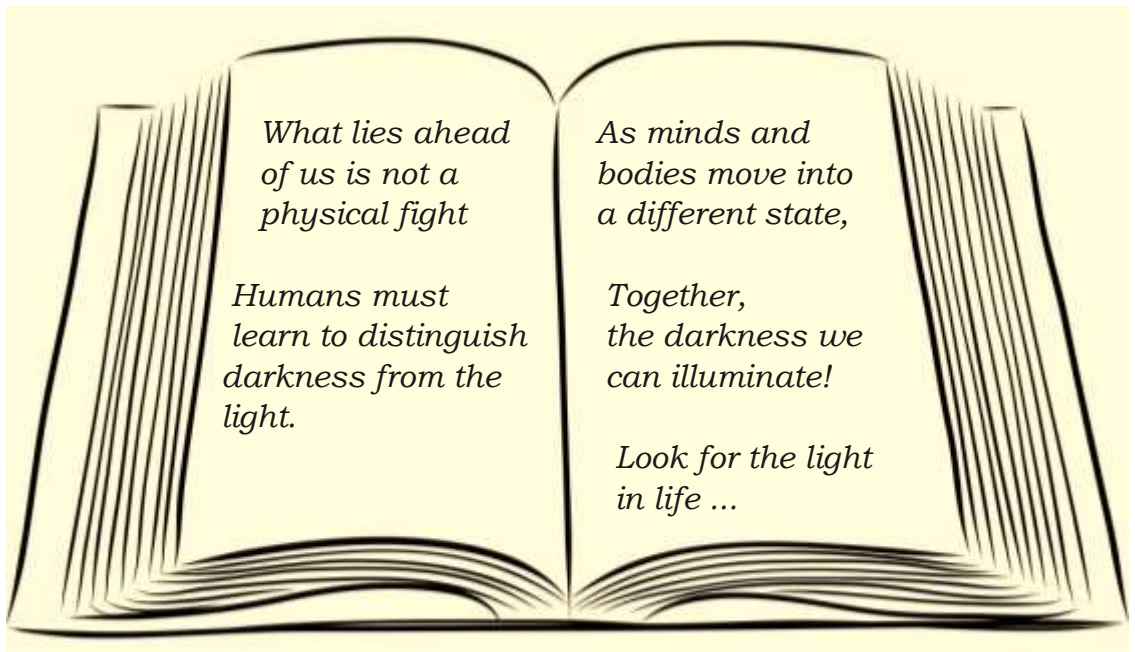
*Robust growth dependent on collaborated relief
Goodness no longer expressed by a single belief
With mounting needs of the many so monumental
A worldwide Virtue is emerging as transcendental.*

GOLDEN CONSCIOUSNESS

Away from all of the world's confusing refashion,
Allow us to bask in love's essential compassion
So our spirits may soar, using ethereal wings,
And we may see the beauty that life on Earth brings.

As we are moving to a higher dispensation
All life on this planet, including every nation,
United in thought away from lasciviousness
Moving life on Earth to a Golden Consciousness.

What lies ahead of us is not a physical fight
People must learn to distinguish darkness from the light.
As minds and bodies move into a different state
Together, the darkness we can illuminate!





Bridge Soon Crossed

Heed the call of the Awakening
Truth is showing the way
Lies becoming passé
In the midst of a great reckoning.

We must all do something, even small
Eyes beginning to see
As the truth sets us free
Visible to those hearing the call.

Amidst confusion, all is not lost
Enlightenment's growing
From the past seeds sowing
A surging consciousness bridge soon crossed!

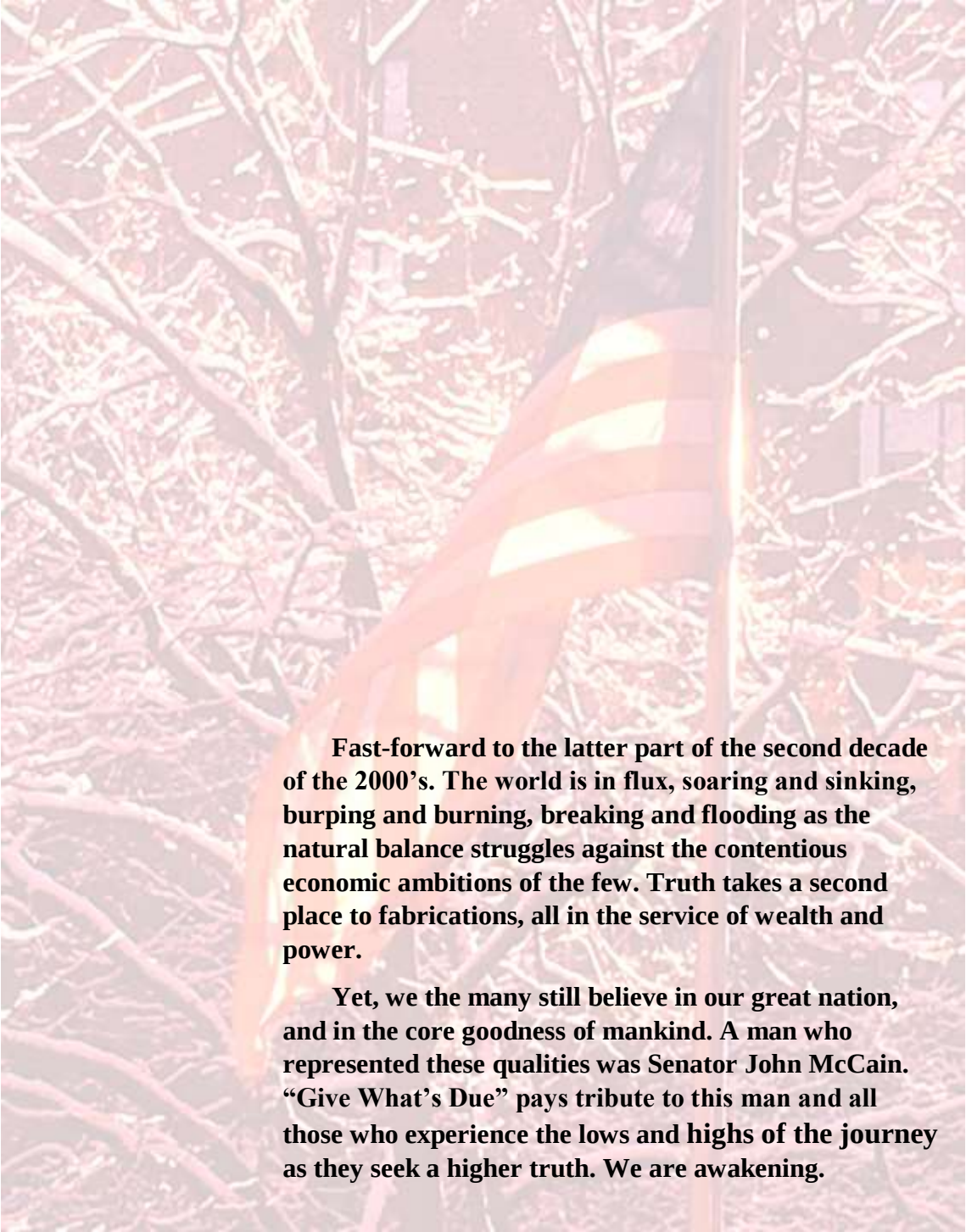
VI. Awakening

WE MAKE A DIFFERENCE

*Earth is one shared thinking organism
With collective mindset energy
Diversity becomes synergy
Forming a world of determinism.*

*Attracting thoughts of living patterning
Associating through resonance
Setting self-governing precedence
Through diverse associative mattering.*

*Learning from the past using deference
Solving problems through reminiscence
Building for tomorrow's quiescence
In this world, we all make a difference!*



Fast-forward to the latter part of the second decade of the 2000's. The world is in flux, soaring and sinking, burping and burning, breaking and flooding as the natural balance struggles against the contentious economic ambitions of the few. Truth takes a second place to fabrications, all in the service of wealth and power.

Yet, we the many still believe in our great nation, and in the core goodness of mankind. A man who represented these qualities was Senator John McCain. "Give What's Due" pays tribute to this man and all those who experience the lows and highs of the journey as they seek a higher truth. We are awakening.

Photo by Kathy Carlisle

Give What's Due

GIVE RESPECT WHERE RESPECT IS DUE

Not prejudice and narrow thinking of the few
Nor accusing with hostile verbs
Expressions unspoken can be louder than words

GIVE HONOR WHERE HONOR IS DUE

The half-drawn liberty flag bleeds red, white and blue
Never folds to forces of fear
And soon inevitably eyes see and ears hear

GIVE CREDIT WHERE CREDIT IS DUE

Collaborating while embracing one world view
Impotent judgments held aloof
Confronted and unanchored by the Sword of Truth

GIVE GREATNESS WHERE GREATNESS IS DUE

Raising and expanding the greatness that is you
Burning the lies away with light
Forging solidarity that strengthens our might



Blending

*Opposing adversities
Love and caring
Two souls sharing
Blending of diversities.*

*In spite of all the chatter
Under Earth's sun
We are all one
Our differences don't matter.*

FREEDOM IS NOT FREE

This country was built on inspired dreams of the brave,
Shouting: "Liberty for all from birth to the grave."
Step by step, every change was brought forth at great cost,
Calling: "Come bring me your poor, your tired and your lost."

Countless people gave all so that others could see
The vision of a new world where all could be free
Rising up against oppressor's controlling greed
Sprouting freedom's beginnings from a tiny seed.

Countless lives lost for the independence we sought
Enabling the human right of unfettered thought
Allowing the liberated mind to expand
To worship, kneel or stand, empowered in this land.

In these tumultuous times let us not forget
The men and women who paid for our future debt
As the vision grew, propagating state to state,
Freedom was not actually free. The cost was great.

And that cost continues today ...



The author at
the California
Academy of
Sciences
Underwater
Biosphere
(2011).

EVERYTHING IN BALANCE

Violence and love: Life's a balance of both.

Destruction fertilizes new growth

Love's nurturing spirit breeds beauty

Producing

Timeless growth

Seeking balance

All things working together to survive,

The very act of being alive,

Too much or too little doesn't work

Equaling

One Stillness

Finding balance

Everything must balance now and again

Forces of water, earth, fire and wind

Thrive together in equilibrium

Co-sharing

The Life Force

Living balance



Afterward

WEB OF LIES

Oh, what a tangled web we weave

When we practice to deceive!

Sir Walter Scott
(1771-1832)

WEB OF TRUTH

What a perfected web we weave

When using the truth to achieve!

WEB OF THE FUTURE

What a beautiful worldwide web we weave

When co-creating man's future perceived!

N E W

Past endings can generate new beginnings
Instead of Earth's life perishing
A sanctuary cherishing
An enriched new world with unique imprinting's.

Through birthing an Earth rehabilitation
With everyone on the same road
Together, we carry the load
Comes Humanity's reconciliation.

*Develop new ways for Earth to stay alive
Becoming enthusiastic
Clearing the waters of plastic
Enabling our great oceans to grow and thrive.*

*Planting new trees to help deforestation
Seeking a natural balance
Perfecting a counterbalance
Growing forests, bringing air restoration.*

*Homes built into the ground to stay cool or warm
Wind turbines with solar power
For cooking, lighting or shower
Working, molding and watching the land transform.*

EARTH

*Organic food grown for society's health
Feeding the world isn't so hard
Gardens growing in every yard
Instead of developing fast food for wealth.*

*Sustaining a golden age imperial,
Reuse containers through swapping
Non-disposables for shopping
Home goods made from recycled material.*

*Instead of a chemical sanitation
Researching for better answers
Honoring idea advancers
Birthing a clean water manifestation.*

*Jobs and professions become a vocation
Fair health care for all entities
Natural herbal remedies
Breathing life into Earth through education.*

**A globe refashioned, the Earth now celebrates
Without any masters or kings
For all Earth's people freedom rings
An entangled world community of states.**

See MQIPress Conscious Look Books!

The Possibilities that are YOU!

by Alex Bennet

All Things in Balance
The Art of Thought Adjusting
Associative Patterning and Attracting
Beyond Action
Connections as Patterns
Conscious Compassion
The Creative Leap
The Emerging Self
The Emoting Guidance System
Engaging Forces
The ERC's of Intuition
Grounding
The Humanness of Humility
Intention and Attention
Knowing
The Living Virtues of Today
Me as Co-Creator
Seeking Wisdom
Staying on the Path
Transcendent Beauty
Truth in Context

Also,

The Intelligent Social Change Journey

by Alex Bennet, David Bennet, Arthur Shelley, Theresa Bullard and John Lewis

(Available in softback on amazon.com)