

Love and Solace



Prayer is the Soul's Sincere Desire

Preface

LOVE and SOLACE

A Collection of Inspired Writings

MY SPIRIT FRIENDS FROM HIGH ABOVE
INSPIRE MY MIND WITH THOUGHTS OF LOVE
THE WORDS FLOW SWIFTLY FROM MY PEN
SO I CAN HELP MY FELLOW MEN

There comes a time in everyone's Life, when they desire to know more of this Earthly-Life.

They start to question everything. What am I?
WHAT AM I DOING HERE. WHAT IS THE PURPOSE OF THIS LIFE?
Even though they do not realise it, they are starting
Their search, for Their God.

This is what happened to me, and during my search
I found quiet moments, when, I believe, I found My God.

There were times, in the stillness of my Soul,
when words came to my mind which I believe, were inspired.

By Whom? Who knows? I believe in a Life Hereafter.
I believe there are people in that After-Life who,
Come to help us, to Inspire us, to Guide us.

I may be wrong, but that is My Belief. It may not be
Yours, who are reading this, and it is not my intent
To try to convince you.

I only offer these words, that they may be of comfort
Love and Solace.

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To My Wife

Without whose help and encouragement, Love and understanding, this book would never have been compiled or published.

My dear, the time will never come to be
When I would ever cease, in loving thee
Love such as mine, will stay through all the years
Will stand the test of time, through all the laughter, joy and tears.
E'en when this heart of mine, has ceased to pulse with life.
Love, will remain with you, my darling wife.
Beyond this mortal frame, when earthly ties are shorn.
My love will stay with thee, indeed 'twill be reborn.
Yes, born again, it will be born anew.
And yet my love, be always strong and true.
Then, in those moments, when you feel despair,
My tender love will come, and you will know I'm there.
Through all life's troubles, though I may be beyond,
My love will flow, to form a stronger bond.
Thus, my love, joined with such a love as thine
Will last forever, to the end of time.

Place Your Hands in Mine

Come friend, place your hands in mine,
Trust in me and you will find,
That the power, that flows between us,
Will help you ease your mind.

In my hands you'll find the strength,
To sustain you, whilst we pray,
With God's help, we'll blend in love
And all your fears will fade away.

I will use my hands to guide you,
Showing you the way to go,
Leading you to sweet contentment,
Trust me, and the way I'll show.

My hands, can be so strong, yet tender,
Helping you to understand.
Hold you close when you need comfort,
Giving you a helping hand.

With my hands I can embrace you
And the living power you'll feel
That God uses through my body,
Loving balm to soothe and heal.

Here are my hands, gently hold them,
Raise your thoughts to blend with mine.
Trust me, let me give you, my love,
Come friend, place your hands in mine.

My God

My simple creed, God is, I am,
I know God dwells in every man.
Though man can create pain and strife,
My God, is part of every life.

All life, no matter where it be,
That lives on land, beneath the sea.
The insects and the microbes small
I'm sure, my God dwells in them all.

All creatures that roam wild and free,
Are part of God and part of me.
And those we capture, kill and maim,
My God is part of them, the same.

My God is the ever-present power
That gives life to the smallest flower.
The all-abounding energy,
That gives strength to the highest tree.

With loving thoughts I make my prayer,
And know, my God is everywhere.
I feel God's presence in the ground,
I sense the essence all around.

Thus with each thought and word and deed,
I must recall my simple creed.
God is, I am, I must be aware,
Whatever I do, my God is there.

My Garden

There is a lovely garden, I have found within my mind.
Where I can go and sit in peace, and solitude I'll find.
In meditation, I can wend my way to that dear bower.
And in the stillness, be aware of God's life-giving power.

The trees within my garden, are those whose influence
And Guidance, have all helped me, use my common sense.
The shrubs and bushes represent the people I have known,
Whose way of life, has made me think, and reassess my own.

But the flowers of my garden, I tend with loving care.
They are my friends and those I love, whose tender ties I share.
As sweet scents and aromas, exude from earthly bowers,
So truth and love and beauty, are the fragrance of my flowers.

I have no need as others do, to wait the gay spring-time,
For the flowers of my garden are blooming all the time.
Through all the seasons, I may go to where I know I'll find
The Spring, created by my friends, in the garden of my mind.

The Harvest

Sweet seeds of love and beauty
Were sown in my mind long ago.
Seeds I have nourished and nurtured
Through the years I have sensed them grow.
And it seems as I get older
That I'm filled with a sweet content,
For the beauties of nature that I see
And I know, are heaven-sent.
The birds, the flowers, the waving corn
Oh, what a wondrous sight.
These pleasures that are all around
Fill my heart, with sweet delight.
'Neath clear blue skies, with carefree heart
I stroll creation's bower.
In tune with nature, I can feel
The presence of God's power.
The food we eat, reaped from the land
God's loving gift to man.
The fragrant flowers all symbolise
The great creator's plan.
Within my heart I feel regret
For those, that are not blessed
With having seeds, sown in their minds
That can bring such happiness.
We thank God for the harvest
We reap from this fair land.
For seeds of love and beauty
That help us understand.
The power, within each one of us
That lasts for all our life's span,
Is part of God, and should be used
To help our fellow man.

A Prayer

God, help me when I feel depressed,
And when I'm feeling low,
And when I feel unwanted,
That no one wants to know.

At times my soul feels heavy.
My heart, feels heavy too.
I've no one I can turn to,
That is, no one but you.

I try to lift my inner self,
But Father, it's so hard
To raise myself, when I am low.
Dear God, please be my guard.

Guard me against all evils.
Don't leave me on a shelf.
Guard me against things I despise.
Please, guard me against myself.

The Healing Minute

Oft I have sought that silent mood
When we all blend our thoughts in love
Feeling God's presence in the quietude
Lifting our thoughts and minds so high above
The happenings of our toilsome day
And quietly we pause to pray.

Then we create an atmosphere
That our dear spirit friends can take
To join with theirs and build a power
Of healing balm, that they can make
For those who need the healing ray
And all because we paused, to pray.

I thought I knew just what it meant
when we are quiet and lift our minds
In the healing minute and prayers are sent
For those we know and all mankind
To feel God's presence and be aware
This is the aim of silent prayer.

The healing power can do so much
To ease the pain and still the mind
Of those that need the tender touch
That helps them leave their cares behind
and gently takes their fears away
This is what happens when we pray.

There came a time when I was filled with fear
And then I felt that boundless energy
I sensed the presence of my loved ones near
And knew, the healing power was meant for me
My fears all left me on that day
I knew, my friends had paused, to pray.

A Dream

I dreamed I went to heaven
On a visit, not to stay,
My angel guides were showing me
Where I might go one day.
The people all were smiling
I saw no sadness there,
Just happiness and sweet content
And sunshine everywhere.
No nastiness or envy,
No avarice or greed,
No heartache and no sorrow
No broken hearts to bleed.
It all seemed so lovely,
I hoped that I might stay.
But I was taken by the hand
And gently led away.
I asked a question of my guide,
How can I earn the right
To go to heaven, when I pass
And leave this earthly life.
My guide smiled gently, shook his head,
That's not the way my son,
It's not like running in a race
And praised, because you've won.
Just live your life, as you think best,
Help others on the way,
Be kind and thoughtful, always
And don't forget to pray.
Your thoughts, your deeds, these are what count,
You'll find an inner glow.
Don't wish that you are heaven-bound,
In time, you'll come to know.

If

If I can speak a friendly word,
Or give a helping hand.
If I can show a wondering soul,
So it will understand.
If I can show some sympathy,
Or lift those in despair.
If I can soothe a troubled mind,
Help them, their load to bear.
If I can face my fellow men,
And look them in the eye.
If I can do God's bidding,
Without the question why?
If I can do all this, and more,
would I, a good man be.
If I could make this possible,
would God's light shine on me.

A Healing Hymn

Our thoughts unite in harmony
For those in need we pray
That all who are sick and need your care
May feel the healing ray.

The young the aged and infirm
Are always in our prayers
And whilst we think of others, God,
We think not of our cares.

For we should never think of self
Our prayers should selfless be
And always help our fellow men
To come dear God to thee.

God let thy heavenly light descend
To us this evening hour
Our thoughts and thine will intertwine
The source of healing power.

To the tune of "Amazing Grace"

Did I Hear You Call My Name

Did I hear you call my name, that lonely day
When my skies were overcast, I heard you say
Have courage, do not fear,
Feel my presence drawing near
There is someone, always here
Come what may.

When I heard you call my name, that happy day
All my worries and my sorrows fled away
I felt lifted, I was free
The light of truth I see
It was shining, just for me
It's here to stay.

Yes, I heard you call my name, that was the day
When I knew my friends were near, not far away
From your love I'll take my fill
Love is all, there is no ill
And I know you're with me still
Your here to stay.

Oh, I'm glad you called my name, that sunny day
For the light shone down and cleared my clouds awa
All my fears were cast aside,
And my heart was opened wide,
All your love, filled me inside
That made my day.

Visitors

I have visitors in my garden
Who call in day by day
To have a meal, and sing a song
Then gently fly away.
Blackbirds, thrushes, and some tits
The finches, sparrows too
All gaily sing their happy tune
And pigeons gently coo.
Starlings, magpies and robins
All make a friendly call
It's nice to have my friends, drop in
I dearly love them all.

My Prayer

When, in those silent moments, quiet and still
With thoughts of love, our hearts and minds we fill
Blending each loving thought, with thine, dear God
To help those who the path of pain hath trod.
Each weary soul, that on a bed of sickness lies
For all who weep, let thy love dry their eyes
The babes and children who are so frail and weak
The blind, the deaf, and those who cannot speak
To those who've lost the hope and will to live
Take strength from us and to the needful give
For all who are about to leave this earthly plane
Let our love help to soothe away the pain
If any mourn and feel they can't go on
Our thoughts will bide, until the battle's won.
So many of thy children suffer mental strife
We give our love, to help them through this life
And, if the time should ever come to be
That any of these sufferings come, to such as we
When we have bitter moments of despair
Help us to realise, that thoughts of love are there
Let us be mindful of that healing power divine
That comes from loving hearts and minds,
That blend, dear God, with thine.

I'm Moaning Again

Some days I'm feeling in the pink
On others I feel low
I only do a simple task
And all my energy goes
I had a few heart attacks, some while ago
I've slowed up a bit since then
I've suffered with bronchitis for years
And lumbago strikes now and then
My legs and my arms are rheumatic
The corns on my feet give me hell
I've a touch of diabetes, that makes me run down
But apart from that, I feel well.
I take pills for thrombosis and angina too
And tablets to keep my blood thin
But apart from an headache, I get sometimes
I plod on, and face life with a grin.

Meditation

As I sit here this eventide
And gently, meditate
My thoughts go out, to those I love
Then, quietly I wait.

I open up my heart and mind
And let God's light inside,
Bringing the love and help I need
And dear friends to abide.

My spirit guides and helpers,
Though I don't know them all,
Bring messages of comfort
That lift me, when I fall.

Sometimes I see a symbol
Or just a little truth,
And I may feel their presence,
Giving me some proof.

This, is their way of saying,
We're here to help and guide,
If you need us, don't hesitate
To open your heart wide.

Be still, and know, that I am God,
His love is all around.
Within the stillness of your heart,
God's presence, can, be found.

My Harvest

My mind is the place, where my seeds have been sown
From parents and teachers and people I've known
From brothers and sisters, and some from my wife
I've been sowing my seeds for all of my life.

Everything in my mind, is all that I own
The product of all the seeds I have sown
I have nursed them all, since they first took root
And at times in my life they have all borne fruit.

As a child, I was lacking in knowledge, unwise
Some seeds were the truth, but others were lies
As a young man, I still lacked the wisdom to know
That I had to take care with each seed that I sow.

With all life's experience, the knowledge I've gained
Has helped me to sort the chaff from the grain
And the love and the friendship, from people I meet
Has helped in making my harvest so sweet.

I still have a lot to learn about life
And with help from my friends, my God, and my wife
I can sort out my garden, and weed day by day
And using my knowledge, show others the way.

And when the day comes, when my God calls me home
And I have to show all the harvest I've grown
May my spirit friends share in the praises I've won
I'd love to hear their "Welcome Home, and Well Done!"

A Passing

When someone you loved has passed from this life
With never a fond farewell.
The heartache you bear, the pain and despair
are more than mere words can tell.

It may be a husband, a wife, or a child
That is taken in God's loving arms
or your father, your mother, a sister or brother,
But you know they are safe from all harm.

For isn't it true, that when we depart
From this life, no matter how sweet.
We are welcomed anew, in that great beyond
And our friends and our loved ones meet.

So after the pain and the heartache are o'er
Say a prayer to our Father above.
And ask that the life they have started anew,
Be blessed, with God's tender love.

Solace

When pain and sorrow comes to you
And life is hard to bear
Your heart is filled with so much grief
My friend, do not despair.

Just pause, and think of someone else
who's got a heavier load
And try to make things easier
As they traverse life's road.

By helping others, you will find
Your load is that much lighter
And, offering a helping hand
Makes your life so much brighter.

If you're depressed and darkness falls
Just bear this thought in mind.
That if you turn, to face God's light,
Your shadow falls behind.

The Other Side

Grandad, what is heaven like,
The little child enquired.
The old man pondered for a while
Then, suddenly inspired
Said, Heaven, why it's early morn in spring,
A sunset, o'er the mountains,
Or winter, when the robin sings,
The tinkling of a fountain.

And when you see a babe asleep
Or heather on the moor,
The little lambs that prance and leap,
The waves that lap the shore.
Oh Grandad, that sounds wonderful,
Let's go there right away.
The old man smiled, nay lass, he said,
We can't go there today.

A little lip began to pout,
A tear welled in her eye.
Shush now my sweet, don't be upset,
We'll go there by and by.
But first, we have to wait our turn
There's obstacles to climb.
And certain things we have to do,
And all these things take time.

You see lass I've been getting set
For nigh on eighty years.
And then we've got to get prepared,
Now come on dry those tears.
Bravely the little lass did try
To do as Grandad said.
But he could sense the heartache
As he gently stroked her head.

To see her lying there so pale
Her eyes were ringed red.
Please help this child, dear God, he prayed,
To leave this hospital bed.
For she had been there for some time
Declining, day by day.
And each time that he came to call
He found words hard to say.

He gasped and felt his chest go tight
And found it hard to breathe
Struggling, to put a brave face on
Now it was time to leave,
Not wishing to upset the child
Lying in her sick bed,
He tried so hard to stand upright,
But could not lift his head.

Doctor and nurses soon arrived,
To tend to the young and old.
But they knew the old chap hadn't long
And the young lass felt quite cold.
The doctor turned and shook his head,
A tear dropped on his cheek
And turning to the nurse, he choked,
I'm afraid they're both too weak.

Then just as though she'd found fresh strength
The young lass left her bed
And coming close to the old man
Put her hands around his head.
He smiled and let her love him,
His eyes became alight.
Don't worry, Grandad, I am here
You're going to be alright.

The nurse turned to the doctor
And said, they seem to know
That they will go together
They both seem all aglow.
The little girl began to laugh
Oh, Grandad, look, the light,
It's shining, showing us the way
I knew we'd be alright.

And so they both departed
Their hands were clasped so tight
As they journeyed toward heaven
Both bathed in heavenly light
The angel choirs were singing
The gates were opened wide
The old man and the little lass
Were on the other side.

