

Untitled: Prosaically delineating fortuitous gifts of virtue in a familial tonality

I'm writing this poem (creative collective of abstract prose -- in this instance] as a Gift to not only this Family ☺ , but to All families around the globe that can gleam something of significance from these random, yet not so random realizations.

I hope that each of U appreciate an aspect of this gift.

Why?

Much has been given to mE over many years so I feel that it is necessary for mE to give back.

Thank-U aLL for the Past-Present-& tha Future that we collectively created & still shall bring forth into being.

Fun, fulfillment, fantastic,
 funk, fill voids, fragile, frugal,
 farm(land), farm{work}, farm[fresh],
 farmer's markets,
Fall/Winter/Spring/Summer occasions & festivities
 ☺ FOOD ☺ that uplifts

y(OuR) *SpiriTs*

Alleviate stress, fatigue, pains, pangs, and other ailments thru therapies that do Not suppress the body's inherent ability to intuitively Heal & cuRe

Make time to spend with Urself to reflect, ponder, think, dream,

imagine, create, rElax, reCharge & of course Make time to spend with loved & cherished ones

Isn't it time that we do away with all of the family secrets & allow the youth (us) to become the informed & responsible leaders that we need to & must be?

Let go -- Do U want to be Right or Happy?

allow Yurself & thus the Family Unit(y) to Heal -- Be patient, respectful, and understanding

Have essential fatty acids (EFAs), especially omega-3 [polyunsaturated fats] on a daily basis in > proportion than omega-6 [polyunsaturated fatty acids]

r**E**alize that health is more than the absence of "dis-ease" on the spiritual/mental/intellectual, emotional/psychic, and/or physical/sexual planes of the human body (spiritual, emotional, & physical aspects & levels]

there are **A**lternatives for the treatment of cancer symptoms & any other symptomatology that Ur particular being possesses at any particular instance of the intersections of time, space, and place (essentially the best healthcare recognizes that each being -- in this case human -- needs an individualized path to healing & eventually curing}

Listen & love deeply & continuously

it's OK to: ea**T** healthy foods 4 U

*read the labels of what U eat, smell, taste, drink, wear, & use in any other way

+grow & eat biodynamic &/or organic foods

+use organic &/or biodynamic products

*seek assistance in our continual quest for liberation

*be thankful, joyful, & happy

*express Ur emotions
+be U, i.e. human -- imperfect
+make exercise enjoyable & part of Ur healthy lifestyle
*ask 4 a 2nd, 3rd, or 4th opinion
= 4 give Urself & others
+understand that organic foods are not *new* [prior to the so-called "Green Revolution" most, if not all, small-scale, non-mono/cash crop farms & gardens employed organic methods}
*believe what U believe
+be Quiet & revel in our connections to Nature 4 we are a part of, not separate, from Nature
*be Wrong & ask for forgiveness
= not have an answer -- simply say eYe do Not knOw
+strengthen Ur 3rd I
= fulfill y(oUr) purpose in this Life
it's okay to love onseLf unconditionally so tHAt U truly know U & can recognize the embedded healing & curing aspects & properties buried with-in U & Eye (all of us]

fAmily in all of its forms is important
Now is the time = present
Do today, if possible

Wish 4 significance instead of merely success
cr**E**ate family partnerships that strengthen our bonds & broaden familial assets
wealth is not solely material, for it is also immaterial/spiritu**A**
Learn from past mistakes
Touch the lives of others in a positive way
"t**H**ere's always room for one more"

Family Health & Wealth was also written, in part, as a response to the deaths of so many men over the past year or so.

We, men & future men, need to get our acts together starting with our very selves.

It's up to each of us.

20 August 2006