

FROM
FearFUL
TO
FabULOUS

AND EVERYWHERE IN BETWEEN
JOURNEYS IN POETRY AND PROSE

Sandra Jean BUCK

Copyright © 2013 Sandra Jean Buck

Cover photography by Lori Anne Bradley

All rights reserved. No part of this publication may be reproduced, stored or transmitted in any form or by any means without the prior written permission of the author or publisher except for the use of brief quotations in a book review.

First Printing: 2013

ISBN - 13: 978-148 3934839

ISBN - 10: 1483934837

New Author Publishing
Brockville, Ontario, Canada
www.newauthorpublishing.com

Touch

moving through life
the most powerful thing
is to touch even one other
living being with love

that simple act will
reverberate endlessly outward
and change everything
forever

Dedication

This book is dedicated to:

My Parents:

The late William Edmunds Buck and Sarah Grace Buck
(McMillan)

May their journeys continue in the ways that are right for them.
May they arise in a good place.

My Children:

Lori Anne Bradley

Kristopher Glen Bradley (Nicole Robertson)

Michelle Amanda Perrier (Louis-Serge Perrier)

My Grandchildren:

McKenzie Horde

Emmett Bradley

Nicolas Perrier

Finley Perrier

And to all of the Children of the Whole, whomever and wherever
they are choosing to be at this moment.

Acknowledgements

MANY PEOPLE have been instrumental in supporting and encouraging me to keep at it, to finish writing this book, and to get it to the publishing stage. Some of you have found your way into the poetry herein, whether by name or not. Do not, in any way, feel left out or unappreciated, if you don't see yourself listed here. Your names are listed in my heart, always.

Besides my parents, my children and my grandchildren, to whom this book is dedicated, and who inspire me eternally, with each breath and footstep I take, I herein mention only a few of the many who deserve to be recognized. Over the years you have all been instrumental in creating the adventures and experiences that have shaped my life and inspired these poems.

I send eternal gratitude especially to Pat, Bonnie, Lishia, Leah and Karen, whose love and light have helped to keep me going through the many years, and to Carol, Paula, Lori, Lurena and Meredith, who have continued the task of late. Thank you for your unending patience in listening to partially written poems, bolstering me when I was discouraged and just letting me know the book was really going to happen when it was the right time. Thanks as well to the many elders, teachers and students who have come in and out of my life and encouraged my heart to grow lighter. I love you all very much.

My daily walk always begins by visiting the homes of my good friends Hank and Geraldine. Thank you both for sharing the gift of friendship, caring and sometimes even homemade soup or perennial plants. Angel Dog says she loves all the treats and the

petting. Thank you both for your ongoing support and encouragement. You are an important part of my life!

A special thanks to Nancy Levin, who reawakened in me, the desire to write. Listening to her read her poetry in Toronto touched a place deep within me, and the words began to flow forth to the page again. Later on, by taking the time to acknowledge me with a kind and timely response to my letter, this gifted poet and author; "Writing For My Life...Reclaiming the Lost Pieces of Me," (Balboa Press) encouraged me to continue on and complete my book. This was a turning point for me.

Thank you to Gary Wolfe (New Author Publishing), who gave me an affordable and viable avenue to publish this book. His kind support and his technical skills and expertise took my humble manuscript and transformed it into the book you are now holding.

Foreword...Author's Notes

THIS BOOK has been a very long time in its creation. I have been writing poetry since I was a child, yet seldom shared it because I was shy (afraid). Twice before, in adult years, I began what wanted to be a book, but abandoned the notion due to a combination of low self-confidence (fear) and feedback from others, who considered it inappropriate to put spiritually based ideas into written form. Now, several years later, it is no longer okay to hide away, afraid to bare my soul to the world, just in case “they” won’t understand. The teachers and visionaries tell us that “we are all one.” This is not just an abstract notion, but the truth. And so, I share these poems and musings with you, the reader, with the utmost respect and love. I hope they will strike some common cords and resonate well within you.

My journey in this lifetime has taken me in many directions. I grew up in a nuclear family typical of many in the 1950’s, with a stay at home mother and a working father. I was the second of four children. As a child I was always a bit of a loner, the kid who was different. My inner world always sustained me more than the “real” world ever did. My mother, having experienced acutely, the pain of being “different” throughout her life, warned me to silence my intuition and stop playing “those games.” She was trying, in her way, to protect me.

I have fond memories of spending hours in the woods near our home as a small child, either exploring with my friend Maggie and building secret worlds and tree forts, or picking wild strawberries

with my Dad, and listening to his many stories. He taught us to respect nature, each other and ourselves. In the summertime, we swam in the nearby St. Lawrence River under Dad's watchful gaze. In the wintertime, we all took to the local hills with toboggans and sleds. My parents, although living on modest means, always made sure we had enough of what we needed. Only later on, did I realize the sacrifices they made, in order to provide for their children. For that, I am grateful!

The teachers in elementary school decided I was gifted, and pushed me ahead a few grades, until I entered high school (grade nine) at a very young and immature twelve years of age. The other girls, being older, were giggling about boys. I was still playing in my tree fort. My world was magic and mystical on the one hand. It was lonely and solitary on the other. Somehow, I just couldn't find anywhere that I truly fit in. I began to write poetry to give form to my version of reality, to make it tangible. That part of me was kept very private in those days. And, although I was always aware of my spirituality, I tried to ignore it for many years, as I grew up, married and started a family.

The time would come however, that the soul's yearning would become so strong that I would invite spirit back fully into my life. I spent twenty years living, working and studying amongst the Nishnawbe (Ojibwe) people of Northwestern Ontario. For me, it was a spiritual homecoming! In ceremony, vision quest, fasting, feasting and listening to the elders speak, I began to reawaken within me the magic and the divine. My acquaintance with Ajahn Punna Dhammo, a Theravadan Buddhist monk, was also instrumental in my journey of remembering, as was my friendship with Wiccan, Christian and other not so spiritually based folks as well, along the way. Sufficed to say, I am not a religious woman. I am a spiritual woman.

As you read on, you will encounter bits and pieces of me from many perspectives and places. Some are simple, some more complex, some sad and struggling, some triumphant. They reflect my journey from fearful to fabulous in all of its colourful images. My journey is as similar to yours, as it is different. In the end, I believe each of us finds our own way of believing and being. It is in determining where I fit in within myself, that I have at last, found a level of peacefulness.

I have adopted the practice of asking Archangel Michael to join my little dog Angel and I each morning during our walk. I ask him for safe journey, for clear thinking that is free of illusion, and for wisdom to tread a good path. I can tell you this for sure; he is a fabulous walking partner! Many valuable insights have come to me during our morning walks. We often go along a 50 foot wide green space, bounded on each side by huge trees. One morning, in June 2012, I was overcome by an overpowering voice in my head urging me to stop and make the following prayer right then! I did so, as follows: “Michael, grant Angel Dog and I protection from unseen dangers and safe passage home.” Pausing to make that prayer, at that exact moment, saved our lives that day!! Returning to enjoying the sunny morning air, we took a few steps forward. I heard a cracking sound. The inner voice said to continue on a few steps, then stop where guided and face the big tree from which the noise was coming. “You will see something that will change your life forever.” And, just a few seconds later, I sure did!

I stood there and watched in open mouthed amazement, as the tree trunk literally broke off about twelve feet from the ground. The entire tree fell down right in front of us, shaking the earth! It was so massive, that the part that fell completely filled the fifty foot wide green space, missing us by only a couple of feet! The trunk was about as wide as a patio table, and the web of branches covered the

ground for quite a large area. I stood, filled with awe, gratitude, and light. I doubt my feet were even touching the ground! I felt so loved, so blessed. I knew then and there, that whatever I undertook from now on, if it was based in love and light, would be supported on higher levels. Even today, when we walk there, I know I am on sacred ground!

So, writing this book seems much more doable than it did a while ago! Some of the prose and poetry came to me in two segments, ten to fifteen years ago. The rest has been the result of more recent creative juices flowing anew. The birthing pains, although spanning many years, have at last borne their fruit. I am deeply honoured that you have come across these pages. May your journey be blessed with all good things!

IN THE END, YOUR REALITY IS CREATED BY THE CHOICES YOU MAKE. THERE IS NO TRUTH OR MERIT IN BLAMING YOUR PARENTS, THE WEATHER, YOUR SPOUSE, YOUR FORMER SPOUSE, YOUR JOB, YOUR KIDS, OR YOUR FINANCIAL SITUATION. THE ACTIONS OF OTHERS ARE OUT OF YOUR CONTROL. YOUR REACTION TO THEM IS COMPLETELY YOUR OWN. YOU ARE RESPONSIBLE FOR EVERY ONE OF YOUR CHOICES AND DECISIONS. THIS FACT MAKES YOU MORE POWERFUL THAN YOU MAY THINK YOU ARE!

Part One

Duct Tape & Crazy GLUE!

(Keeping it ALL together)

Arriving

child of the earth
child of the stars
how did i get here
arriving inside a tornado
cold wet dazed by the light
where is the familiar
comfort and safety
of the womb and
the soothing
rhythmical heartbeat

mother hold me wrap me
in the warm blanket
of your arms
nestle me in your love
nurture me with your breast
and i shall grow strong

Where to Begin?

**Q: The task is great and I am small.
I wonder how I'll do it all!**

A: “Begin where you are!”

WHEN I CAME HERE, I was not given a (conscious) road map. As I grew into my new earth body, I was cloaked in a forgetful slumber. I am trying to remember who I am, and why I am here. Like all other beings, I am an expression of the One, the Creator of all things. I have lived a very long time. I am on an amazing journey. It is a journey of remembering and being-ness.

In the spaces between incarnations, I remember. But here, it is different. I am just waking up! Sometimes, in ceremony, in dreamtime, in visions, or in meditation, there is a glimpse of All That Is. This is a very exciting time to be walking on this Earth. We are evolving very quickly as a species, and as a planet. Right now, we are experiencing growing pains. Many of us are uneasy, discontent, confused and lost. So, we lock ourselves into rigid ways of doing things, fearful of risking new directions.

It is a characteristic of the human mind that we usually wait until we are **very** uncomfortable before we make great changes. For many of us, that time is now! And, more and more, we are discovering that the bottom line is this.....although preoccupied with finding answers elsewhere, that which we seek lies deep

within us, not outside of us! So, it is much more prudent and helpful to relax, stop worrying so much about it all, and just be. (A wise woman once told me to remember that I am a “human being” not a “human doing.”)

In moments of clarity, we feel awesome and open to the possibility of truly shining forth our inner light. Often though, we get bogged down in our mundane earthly tasks and pursuits. We are afraid to open ourselves to maximizing our full potential and just “go for it!” What if no one on this planet took the risk to be different? Then, nothing would happen. We’d all be stuck. How boring! “Nothing ventured, nothing gained.” An old adage, but just as true as ever. So what if you get hurt? So what if you feel foolish? Stupid? Wrong? Different? The point is, you did something you believed in! Great job!!

Ask yourself.....

1. Where am I now?
2. Where do I want to be?
3. How do I get there from here?

And pause right now, for a few moments, to really ponder the answers!.....Write them down, if you feel like it. Keep it simple and short. Use everyday language that makes sense to you. Never mind lofty trendy concepts that tend to go “over your head and under your feet.” Be patient with yourself. You are well on your way there, whether you can see it or not! If you’re unhappy with your life, make changes. Even small ones add up. Visualize what you want and take relentless baby steps until you get there.

So you want to do something, but you’re afraid it won’t work out.

Well.....what would happen if you made a “mistake?”

1. The sky would fall.
2. There'd be tidal waves and earthquakes.
3. No one would like you any more.
4. The world as you know it, would cease to exist.

Awesome! You truly are a powerful being! Imagine the power you must have to create such chaos without even trying! Think what you can accomplish with a direct, concentrated effort to make change.

What if one day, you woke up and saw a way to cleanse yourself of all life's “mucky” covering? What if you could wash off the grime, and let your shiny, perfect, awesome inner self emerge? What if you **consciously decided** to plaster up the cracks in your heart with love and light, unconditional acceptance, glowing, soft Creator's love?

What if you stopped blaming yourself and others for everything you think is “bad” in your life? What if you saw everything and everyone through new eyes? Ripped away the veil of illusion? Stopped looking for the one person, thing or place to make you perfect and complete? **It does not exist!**

You are **already** perfect and complete. You always have been. Nothing you have ever done, said or thought has made you less than lovely, loveable and loved. There is nothing else you need to do. Just **be**, as you are, a perfect being, a part of God. This is not selfish, blasphemous, or ego-centric. It is the truth! Do not doubt it! The more you accept your own divinity, the closer you get to your goal.

Walk your truth in gentleness. Smile! Laugh! Rejoice! Dance! Sing! Share your joy! Open your heart every day, everywhere, to everyone. Dare to express your perfection in humility and grace. Shine your light on yourself, so you can also shine it on others.

You are never too small or insignificant to realize your goals. Your energy is part of the Whole. Whenever you aspire to do something worthwhile, you have an entire cosmos of light to draw from. Dare to begin a project, a book, a company or a relationship. Follow a dream. Dance in a new direction. Dare to fly once in a while! Just keep going.

Meditate. Pray. Go beneath the incessant chatter of the mind self, for it will keep you busy and distracted if you let it. Respect your body. It is the house for your spirit. But you are more than this! You are awesome, excellent, timeless, ageless. How could it be otherwise? For you are from Source, of Source, a part of the One, the Creator, the Great Mystery, All That Is. Take a minute to breathe that in. Let it resonate to your core.

Do not doubt this!

Marvel at it! Feel it! Be it! Remember!

Breathe out fear, doubts, judgement and negativity.

Just let it go!

When something feels “right” for you, if it is based in love, then don’t abandon it because someone else says it doesn’t conform to the dogma of the group or congregation. It’s okay to form your own spiritual practice in the way that resonates within you. Even the Buddha said; “Don’t believe anything just because I say it’s true. Go out and experience it for yourself!”

This is the time of the rainbow children. We cannot afford to be limited by (human) concepts of the one true path. In order to live as

pure beings of light, thus experiencing our true nature, we must walk around the sacred circle of life. If there were only one way to reach enlightenment, there would only be a sacred line. Many of us would be lined up near the back, unable to get to the front of the line in time for the main feature to start!

Picture instead, a giant circle. Everyone has a rightful place there. We are converging on the centre of the circle (God/Enlightenment) from all directions at once, some faster, some slower. Some carry little or no baggage. Others have great heavy loads. Over the course of many lifetimes, we are granted the opportunity to strengthen the Whole, by helping others to lessen their burdens, lighten their loads, and get there faster. In our short sightedness and planetary amnesia, we haven't always responded well to their plight. At a deep cellular level, is the wisdom that, only in accepting oneness with All That Is, are we able to transcend our humanness and evolve. We have tried to get there as "individuals." This has never worked. And it will not!

So, we become earthbound, through many centuries and many lifetimes, trying to figure it out... a concept so simple, yet so profound. It is vital to the advancement of our species and our planet. Why do you think prayer circles are so effective? Because those who participate are **collectively** sending love, light and healing to the recipient(s) of their prayers. Love is the most powerful tool at our disposal!

Unconditional love seeks no reward. It is freely given, limitless, endless and pure. It is an end unto itself. And it is never arbitrarily withdrawn when egos are bruised or self-gain is not forthcoming. It benefits the One, and it benefits the Whole. It has always been written and talked about on this planet. Now, it is time to stop, and let it sink into every fibre of our being.

My dogs are great teachers on the subject of unconditional love. They love me **no matter what!** They share my joy. They feel my sadness. They forgive my anger. They accept my pre-occupation with other things. They love my spirit. They care not my race, gender, size or social standing. They do not judge me by how I am dressed, the length or style of my hair, the car I drive, or the house we live in.

They accept my absences when I go out without them, and patiently await my return. Then, their joy and excitement is boundless and unrestrained! Everyone should experience this at least once! I am not always fully appreciative, burdened with the day's activities, tired and hungry. But none-the-less, there they are, limitless in their enthusiastic greetings. They are not angry about my having abandoned them for the day...only ecstatic that I have returned to them!

If I hurt their feelings, they don't run off and tell others what a jerk I am. They don't pledge undying love to someone else. They know that if I hurt someone, even by accident, it's because I'm in pain myself. So, they let me cry and rage about, and when I'm ready, they curl up beside me, and let me pet them.

When I sit down long enough to "just be," I am at peace. This is important, even when life is busy and days fly by. Without daily "breaks" to meditate and reflect, I become tired. I lose sight of what is important. In striving for lofty goals, I overlook the obvious. I complicate the simple.

My dogs do not. They accept who they are, where they are, what they have, and what they don't have. They love all who come their way, no questions asked. Even when they get hurt, taken fore-granted or ignored, they do not hold resentments or obsess

about “what went wrong.” They live in the moment. They don’t spend their time lost in yesterday’s regrets and pains, or tomorrow’s worries. They just “are.” God was having a **great** day when S/He invented dogs!! They are loving, loyal, patient, forgiving, brave, honest and smart!

Is it any wonder that the Buddha said to be kind to the animals? He said that a being who was extremely close to enlightenment, and didn’t need to be here for as long a time as a human, often chooses a lifetime as an animal like a dog. The small bit of (spiritual) fine tuning needed can be accomplished in just a short time. Hmmmm!.....food for thought!?!

**"IF you are depressed
you are LIVING IN THE past.
IF you are ANXIOUS
you are LIVING IN THE future.
IF you are at peace
you are LIVING IN THE present."**

Lao Tzu

Faith

faith is
the knowing
that all is well
it is that simple

stripped clean of
the dogma of religion
no rules
or regulations

there is
the knowing that
love and truth
are one
and that is
all you need

Right Now

right now is
all you have
don't get lost
in remembering
or in waiting for

sit still and listen
you might just hear
your spirit sing

take time to be alone
you might just
find a friend

slow down
be fully present
in this moment
all you have
is right now

End of sample.
Enjoyed the preview?

[Buy the print version from Amazon.com](#)
[Buy the Kindle e-book from Amazon.com](#)

[Return to New Author Publishing](#)