

# **ME AND MY UNIVERSE:**

## **A SPIRITUAL ENCYCLOPEDIA**

By Dr. Sandra Adler

### **BOOK 1 - MY BODY**

My body's mine; it belongs to no other -  
Not my mother, father, sister or brother.

I picked my mom and I picked my dad  
To give me the best body I ever had.

My body has a head, arms, legs and torso.  
I'm like others – except less so or more so.

My body's unique from all whom I meet  
At home or at school or just on the street.

We are all different; no one's the same -  
Like a leaf, a snowflake, a bird that is tame.

On my head I have ears, eyes and a nose,  
Lips and a mouth that will open and close.

My teeth and my tongue are within my head  
I brush them clean before I go to bed.

The front is my face; the top is my hair  
It's on my head and can grow anywhere!

My arms are long, strong very useful things.  
They are like having muscles on my wings.

My arms have hands with fingers at the end  
To do for myself and to help a friend.

My legs have feet; each foot has five toes.  
I can tie my shoes and put on my clothes.

**My torso holds my stomach, lungs and heart.  
And many more organs, but that's a start.**

**On my body there are seven places  
I call my chakras, energy spaces.**

**Some people call them a system of glands.  
I can heal myself just using my hands.**

**What goes in sooner or later comes out.  
That's what inflow and outflow is about.**

**Information's input from the Real Me  
Then it's organized by my brain, you see.**

**It's a good system and I won't forget  
That the Real Me is in charge of it.**

**My body has all things of Earth in it.  
Water and minerals are within it.**

**My body needs oxygen and the sun  
And vegetation and water to run.**

**My body is physical energy  
It can hear, taste, smell, feel and see.**

**I am energy that can never die.  
Energy just changes its form is why.**

**My body is like my very own car  
When I am in it I feel like a star!**

**I care for my body by eating right,  
By exercising and sleeping at night.**

**I will wash my body to keep it clean.  
I treat it nicely and never be mean.**

**I look in the mirror and what do I see?  
I see my body, but it's not the Real Me.**

**The Real Me's attached to the back of my head  
And then what I feel to my brain is fed.**

**It is where I will live for this lifetime  
To do my purpose each day right on time.**

**The part of my body that is my brain  
Will someday go back to dust again.**

**My body is like a balloon that's tied.  
And the Real Me is like the air inside.**

**My body starts small and continues to grow.  
It will stop at the size that I planned, you know.**

**It's my body that I respect and love;  
It fits my purpose in life like a glove.**

**My purpose in life is to be the Real Me;  
Being loyal to myself I'll always be free.**

**To live life to the fullest – that's why I'm here.  
To live or to die there's nothing to fear.**

**And when I'm done what I have come to do  
To my body I will say, "Thank you."**

**I will thank my body for helping me  
Complete my purpose to be the Real Me.**

**It will go back to dust where it came from.  
I'll be glad to leave it; there's more to come!**

**Like others I know who have died and gone  
Their bodies are dust but their souls live on.**

**When my life's purpose is over and done  
I'll leave my body and fly past the sun.**

**The Real Me's free to float up to the sky  
With my Guardian Angels to live on high.**

**In another place I'll let my light shine  
When I choose a new body to be mine.**