

# **ME AND MY UNIVERSE:** **A SPIRITUAL ENCYCLOPEDIA**

By Dr. Sandra Adler

## **BOOK 7 - MY SOCIETY**

**Society is living together  
On this planet in all kinds of weather.**

**I am here to learn all about me;  
The more that I learn, the more I'll be free.**

**I learn things at school; I learn things at home;  
I learn when I play wherever I roam.**

**I learn what is right and I learn what's wrong.  
When I'm true to me, I feel I belong.**

**I find out what makes me happy and sad.  
And I mostly do what makes me feel glad.**

**I see people who look different from me -  
The same on the inside - which I can't see.**

**I sometimes find that I learn even more  
If we're not the same; and it's not a chore.**

**Everyone wants to be liked and have friends.  
Everyone's learning and that never ends.**

**I learn what's easy and what's hard to do.  
I like a challenge; is that true for you?**

**My intellect likes to play by the rule  
Games I can win both at home and at school.**

**My feelings don't care if I win or lose.  
When we all win that's what my feelings choose.**

**I accept you just the way that you are.  
I respect myself so I can go far.**

**I won't try to change you in any way.  
I can just change myself is what I say.**

**I want to be a leader of myself  
And teach by example like a small elf.**

**That means if I'm nice you learn that from me.  
And it helps me learn what I want to be.**

**I want to be the best person I can.  
To help myself first and my fellow man.**

**When I know who I am that is the start  
So, I can help others straight from my heart!**

**I get out of life what I put in it.  
When I put in my 'all' I will win it!**

**I get disappointed when I expect.  
When I'm not demanding I can accept.**

**It is okay if I get it or not  
Then I'm not sad if it's not what you bought.**

**If I really want it more than you know  
I will earn money from shoveling snow.**

**I tell the whole truth and nothing but it  
To myself first, then with all do I fit.**

**Helps us to get along with each other -  
With my friends, my mother and my brother.**

**I love my friends because we play and share.  
I share my toys and talk when I am there.**

**When we argue we make up right away  
'Cause I don't want to fight; I want to play.**

**Emotions are what I've been taught to feel.  
Fear, hate and anger are feelings not real.**

**Emotions cause pain in society.  
Being my feelings I'm free to be me.**

**I love my mother and I love my dad –**

**They teach me what is good and what is bad.**

**My family gives me a place to live:  
Shelter, clothing and food is what they give.**

**I get love from my family – Mom and Dad.  
They are the best parents I've ever had.**

**Going on vacation is so much fun:  
Disney World, the mountains or in the sun.**

**While I am growing, I am safe at home.  
Someday I will have a home of my own.**

**I'll work at my job and pay my taxes;  
And talk to others by phone and faxes.**

**My computer is a tool I can use  
To get information and book a cruise.**

**Life is like a game that I love to play.  
When I follow the rules, I win each day.**

**When I play by the rules then I can win  
Like all the games I'm interested in.**

**I respect you just the way that you are.  
When I respect me, I shine like a star!**

**Society is family and schools;  
And it's our government that makes the rules.**

**From science and religion came our rules.  
These man-made regulations are just tools.**

**They keep me organized every day  
So, I know when to work and when to play.**

**Rules are important for me to use  
So, things are fair and we never lose.**

**I respect the rules 'cause they're part of the game.  
I play them to win; I've lots to gain.**

**I follow my feelings that always say  
Playing the game is how I'll get my own way.**

**I play by the rules – society's game.  
I never forget why to earth I came.**

**I have my life purpose I'm here to do.  
It's to help myself and others like you.**

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

**Society is outer rules, a role.  
Feelings are the inner rules of my soul.**

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