

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

By Dr. Sandra Adler

BOOK 5 - MY INTELLECT

We made science 'cause I wanted to know
All about my body and how things grow.

About the universe, things big and small,
Animals and plants and about it all!

Our intellect is where Science came from
So we can understand what is to come.

Science calls things lots of names it can find.
It calls my intellect the conscious mind.

It calls my feelings the unconscious mind.
I can't see a feeling and I'm not blind.

My intellect likes all the facts, you know,
The what, when, where, why and how does it go?

Words describe my intellectual part.
From science, 'the conscious mind,' is a start.

Science says I'm made of all things out there.
Some day I will go back to being like air.

My intellect is very useful to me
'Cause it talks for my feelings, don't you see?

Gets me to the right place at the right time
To swim in the lake or a tree to climb.

My intellect will keep me organized
To save for a toy that is super-sized.

It helps me learn all my subjects in school
And reminds me about the Golden Rule.

**I use my intellect to read a book
And to learn to drive and to learn to cook.**

**My intellect's a very useful tool
To help me succeed at home and at school.**

**Having bad thoughts about me is trouble.
So I can, around me, place a bubble**

**Of light filled with kindness, patience and love.
Now that fits me better - just like a glove.**

**My intellect is like a computer –
What has been input becomes my tutor.**

**If I have learned it, I can unlearn it.
I am a winner because I earn it.**

**If it works for me I choose to keep it;
But if it does not I can just bleep it.**

**Being nice to everyone works for me.
It makes me feel good – so this is the key.**

**Emotions are hate, anger, hurt and fear.
I've learned these from others since I've been here.**

**Emotions are not part of the Real Me.
When I feel them I can say, "That's not me."**

**Emotions are my intellect's feelings.
I can release them like orange peelings.**

**When I feel emotions of mad and sad
I do something that's fun, then I feel glad.**

**Running and skipping and being involved
In my feelings keeps my emotions solved.**

**When I build with a hammer or paint art
I release tension and get a new start.**

**Being involved in doing is good for me.
To stay balanced is where I want to be.**

**It is good to think but not all the time
It makes me feel sour like a key lime.**

**I've been taught to react to what you say
It's against my feelings and not my way.**

**I've been taught to be mad and pay you back.
That's an emotion that I want to sack.**

**I've been taught to think I'm a bit above
But what I really want to do is love.**

**I've been taught to feel hurt if you're not nice.
But no one can hurt me is good advice.**

**My intellect is helpful as a tool
When I let it lead me, I am a fool.**

**Being emotional is wasting my time
Fear, hate and anger are really a crime.**

**Staying organized and learning new things
Is how my intellect makes my heart sing.**

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

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