

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

By Dr. Sandra Adler

BOOK 10 - CONFUSION

Confusion is where I don't like to be.
It's a dark place and it's not really me.

It's when I feel mean, hurt, angry or sad.
It's the worst feeling; it really feels bad.

Sometimes I'm stuck and I just can't get out
So I want to hit or just sit and pout.

I think that I'm right; I just want to fight.
All through the day I feel very uptight.

I argue with others and can't be nice.
I yell at my mom and won't take advice.

I think nasty thoughts. This is what I say,
"Am I just having a very bad day?"

I tease all my friends and I call them names
Then they don't want me to play in their games.

This happens when I forget who I am.
I don't act like me; I get in a jam.

My angels are far when I start to fight.
With all that hate they are nowhere in sight.

"How can I change this?" is what I ask you.
"Remember you're here with something to do."

There's no one like me in this universe -
Who's come to be kind and not come to curse.

I don't have to fight; I can walk away.
I can avoid trouble this way all day.

**I am a soul with a body, you know.
I've come here to help and come here to grow.**

**I'm a good person with lessons to learn
No more confusion is for what I yearn.**

**I've got angels to help if I just ask.
For them helping me is an easy task.**

**I don't like it when I'm picked on or teased
When I'm being bullied I don't feel pleased.**

**I'm afraid of what they can do to me –
Hurt my face, my arm, my leg or my knee.**

**I'm afraid that from me they want to steal
The money I will use to buy my meal.**

**Sometimes I feel very unprotected.
But from my angels I get corrected.**

**They tell me there is something I can do
To protect myself and to me be true.**

**Around me I place a bubble of light
That is full of love and ever so bright.**

**It's like a wall that keeps me safe from all
People and noises I hear in the hall.**

**I can use it at night when I'm in bed
When I hear scary voices in my head.**

**When I see the boogeyman over there
In my dark closet or under my chair.**

**I can use this white light to fill me up
To cover my bed and cover my pup.**

**I feel very safe when I'm in the light
Outside or at school or in bed at night.**

**When I think good thoughts my bubble is strong
My bubble will burst when my thoughts are wrong.**

**My bubble is like a balloon that's clear.
Bad thoughts cause holes and make it burst, oh dear!**

**Bad things happen from negative thinking:
Things like overeating, drugs and drinking.**

**Good things happen from thinking positive:
Things like friends, laughing and loving to live.**

**When I pass on will I go to heaven?
When I'm twenty-six or fifty-seven.**

**I will go where others are just like me.
If I am with the light that's where we'll be.**

**If I'm in confusion with ugly thoughts,
Feel like my insides are tied up in knots,**

**I'll go to a place religion calls hell
That's where everyone doesn't feel too well.**

**I don't want to go there. What can I do?
I can stay positive all the day through.**

**When I'm positive no one can scare me.
Only positive people can bear me!**

**You know, like attracts like in energy
I can attract what I want around me.**

**When I wake on the wrong side of the bed
There is a black cloud up over my head.**

**I can be negative all day and night.
All I want to do is argue and fight.**

**Or I can decide I want to feel good
And put the white light around me. I could.**

**Then I'll be in heaven right here on earth
So happy that Mother to me gave birth.**

**When I think good thoughts I don't want to die.
I'm glad to be alive and feeling high.**

**I do not listen to those bad voices.
I know now that I have many choices.**

**I can listen to my helpers above
Who can take away the black cloud with love.**

**When a person with a black cloud comes near
They cannot make me do something I fear.**

**It's up to me how I'm going to feel.
I am in charge and this is very real.**

**When I'm in the dark and can't see the light
I know how I can get out of this plight.**

**I can call my angels to help me out.
Or love to suffer – to gripe, hate and pout.**

**When I am that way I attract the worst –
The ones who can make my light bubble burst.**

**They come right to me with bodies or not.
I call them confused, spooks, boogers, the lot.**

**The devils and demons some people say
Are the ones that make bad things come my way.**

**They are just confused and don't understand
There is someone there to give them a hand.**

**They have their angels they don't listen to.
And think it's fun to scare you with a 'boo.'**

**They don't have a body; we call them ghosts.
They hang around us; think we are their hosts.**

**They are in graveyards and sometimes at home.
They are confused and don't know where to roam.**

**When they had bodies they didn't believe
In the spiritual world. So now they grieve.**

**All they thought about was material things
Like toys, cars, food, money and diamond rings.**

**So that's why they're stuck here on Planet Earth.
They're unhappy, angry and without mirth.**

**They are not welcome. I tell them to go.
"Follow your lights; they will help you to grow."**

**When things get so bad I wish I were dead
When the negative thoughts won't leave my head,**

**I can stop right then, say, "Wait a minute."
"This is my life. I want to be in it."**

**I picked this body to follow my plan.
I want to do it; I know that I can.**

**I don't want to go till I'm done with life,
Get married and be or have a good wife,**

**Live life to the fullest. I'm having fun.
Not regretting a thing under the sun.**

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

**I don't want to be a ghost when I'm done
I want to be an angel having fun.**

**The time to start is right now in my head.
Think positive thoughts for my day ahead.**

**Then confusion can't touch me. No it can't!
I am love. I'm in charge. That's what I chant!**

**I live in two worlds all at the same time.
If I start now to the top I can climb.**

**When I feel something I know is not me,
I say, "Follow your lights; you can be free."**