

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

By Dr. Sandra Adler

## **BOOK 2 - THE REAL ME**

My body is physical energy.  
Spiritual energy is the Real Me.

I want to know the truth. That is my goal.  
Could it be that I am really a soul?

I am a soul, a spirit, energy.  
I have come here to be free to be me.

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

I live in my body, see out my eyes.  
I came with my plan because I am wise!

Inside me I know all there is to know  
To do my plan and spiritually grow.

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

So that I can do what I came here for.  
I'm going to do no less and do no more.

It is important for me to complete  
My purpose on earth, my goals I will meet.

There are no greater or lesser than souls.  
We're all important with our unique goals.

"Where is my soul located?" you may ask.  
It's not on my head; it's behind my mask.

On my body it will never be found  
I'm energy and that's really profound.

**The Real Me is a little piece of God.  
To find it on my body would be odd.**

**Energy flows to my body from me  
Through my Silver Cord that some people see.**

**The Real Me's attached by my Silver Cord  
To the back of my head where my brain is stored.**

**Some people cover the back of their head.  
Others braid their hair on the back instead.**

**My Silver Cord stretches like a rubber hose.  
From The Real Me to the back of my nose.**

**When I am asleep my body's in bed.  
The Real Me is dreaming way on ahead.**

**I'm really an angel with a halo.  
Some people can see it; others just know.**

**The halo above is my real life force.  
This is my intelligent part, of course.**

**My real life force holds my cells together –  
It doesn't weigh much – light as a feather.**

**The power of the Real Me is four watts.  
Doesn't sound like much but really is lots!**

**The universe is my energy source.  
My energy never runs out, of course.**

**The universe is the sun, moon and stars.  
All the energy in the world is ours.**

**When I rub my hands and hold them apart  
I feel the Real Me as soon as I start.**

**Sometimes I am cool and sometimes I'm hot  
And sometimes my hands just tingle a lot.**

**It feels like a magnet. That's the Real Me.  
I'm electromagnetic energy.**

**The Real Me is made of light energy.  
My physical body is what you see.**

**I am not a body; I am a soul.  
I will respect myself to reach my goal.**

**Colors of the rainbow are around me.  
That is the Real Me, my aura, you see.**

**When I get angry my aura gets red.  
Then I am punished and sent to my bed.**

**The Real Me is love and just wants to give  
Help, kindness and joy as long as I live.**

**I am alive 'cause I have things to do -  
To learn about me and give help to you.**

**I can move mountains 'cause I am so strong.  
Angels, the Universe helps me along.**

**I have spiritual gifts; everyone does.  
Since we all have them, what is all the buzz?**

**I am unique; there is no one like me.  
I don't want to copy a he or a she.**

**I like myself just the way that I am.  
I'm doing my best to stay out of a jam.**

**My purpose is my reason for being.  
Only I can do it, I am seeing.**

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

**The Real Me is happy and loves to play  
And run and laugh at funny jokes all day.**

**On top of the world is what I do feel  
When I am being the Me that is Real.**

**When I am done I'll leave my body here.  
I take the light, heat and part that is clear.**

**When I go I will snap my Silver Cord.  
My new life's goals I am going toward.**

**When I leave the earth my body stays here.  
It's all because of gravity, my dear.**

**The Real Me returns to the Universe.  
My anchor will now into dust disperse.**

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

**I am right now and I have always been.  
And I always will be – seen or unseen.**

© 2003 Sandra Adler. All rights reserved.