

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

By Dr. Sandra Adler

## **BOOK 12 - CYCLES OF MY LIFE**

**Our lives move in cycles of seven years.  
Learning about this can stop lots of tears.**

**All I ever have is the present time.  
I do my best so to the heights I'll climb.**

**Each day on earth I do my very best  
Which is really my spiritual test.**

**My experiences are what make me smart.  
What I learn from them gives me a good start.**

**My experiences are what make me wise  
To keep me from lows to have lots of highs.**

**I can learn from everything that I do.  
Then to my cycles I'll always be true.**

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

**Zero to seven is where I begin –  
Start as a baby without any sin.**

**I learn to sit and then I learn to crawl;  
I learn to walk from the chair to the wall.**

**I learn to jump and to swing on the swing.  
I learn to talk and then I learn to sing.**

**Learning everything is so much fun  
I sometimes hope that I'll never be done.**

**I like learning to draw, paint and to dance.  
I will learn to read when I get the chance.**

**Riding my bike and swimming in the pool  
Are things that I do when I'm not in school.**

**I play with my toys and with girls and boys.  
Sometimes I'm quiet, but I can make noise!**

**I play with my angels, my unseen friends.  
They're with me all day and when the day ends.**

**Some things I learn I do not like too well.  
I learn what to do so Mother won't yell.**

**I learn where to hide when Father gets mad.  
What did I do? I know I wasn't bad.**

**When the arguing turns into a fight  
I want to be where I'm way out of sight.**

**When they're in a bad mood about the food  
Sometimes I can't swallow what I have chewed.**

**I learn about fear and I learn to fight;  
I learn how to worry all through the night.**

**I learn from what I sense, feel, hear and see.  
I must always remember: that's not me!**

**The Real Me loves life, feels secure and strong,  
Knows that nothing is either right or wrong.**

**The Real Me can accept things as they are  
And learn from them if they are near or far.**

**The Real Me feels the oneness with all things.  
And looks forward to when the school bell rings.**

**That's when I form my personality  
Zero to seven - I'm a sponge, you see.**

**All that happens becomes a part of me  
I chose my parents so I can be free.**

**From seven to fourteen I go to school  
And I hope that my teacher won't be cruel.**

**I meet new friends and I will learn new things.  
Then I play at recess till the bell rings.**

**There are new subjects that I am being taught.  
They're interesting and I love some a lot.**

**Reading and writing and spelling I do.  
Then math and science are another two.**

**In Social Studies I learn about maps.  
I put on a skit and everyone claps.**

**I read about people in far off lands.  
I want to go there when I get the chance.**

**In art I learn how creative I am.  
It is so much fun to just be a ham.**

**I can be nervous when I take a test.  
I know all the answers. I do my best.**

**What I like most is when I feel respect  
That I am smart and they do not expect.**

**They know that I know all I need to know  
To do my purpose and spiritually grow.**

**I'm just relearning what I've known before  
To have the tools to open any door.**

**I am a wise old soul in this small frame  
With wisdom and a plan is why I came.**

**Living the cycles is a part of life  
When I know what's coming I have no strife.**

**I want to find out about everything:  
My body, computers and birds that sing.**

**I'm curious about the world around me:  
The earth, the universe all astound me.**

**Cycle fourteen to twenty-one comes next.  
This is the time parents get most perplexed.**

**I'm trying to find out who I really am.  
I know I'm not Mother, Father or Gram.**

**I do know I'm unique, but who am I?  
Am I just someone who fell from the sky?**

**My body is growing; it feels so strange.  
What will it look like after the change?**

**I want to look good to be accepted.  
Clothes and make-up help me be respected.**

**It's important to me what my friends say.  
No longer do my parents save the day.**

**I don't mention my angels to my friend.  
I think if I do the friendship will end.**

**I don't follow the rules; I come home late.  
Then I get punished. This is what I hate.**

**There's so much to do in the teenage years.  
Some things bring joy and others cause tears.**

**The years of twenty-one to twenty-eight  
Is the time I hope to find my soul-mate.**

**This is the cycle of maturity.  
I get a job and move to the city.**

**If I don't mature I'll have lots of pain –  
Mental troubles, jail, or want to die again.**

**I want to grow up and become mature.  
To be independent of this I am sure.**

**To do this I need to follow the rules –  
To play the game of life - my saving tool.**

**The cycle twenty-eight to thirty-five  
I look for more in life to feel alive.**

**There's got to be more than going to work  
Then coming straight home and being a jerk.**

**There's got to be more than what I can see.  
I begin to find the spiritual me.**

**I talk to my friends, lots of books I read.  
To search for all the answers that I need.**

**I read self-help books and go to workshops  
Searching for answers. And this never stops.**

**I'm sincere with myself, search far and wide.  
And find that my answers are all inside.**

**From finding myself, which is such a treat,  
I can be of service to those whom I meet.**

**The cycle thirty-five to forty-two  
Is spiritual abundance. This is true.**

**I want to share with you what's worked for me.  
Giving love from my heart makes me feel free.**

**The mid-life crisis can come at this time.  
All change is good. I'm feeling in my prime.**

**In the years forty-two to forty-nine  
All the goals that I had then become mine.**

**The energy that I've been putting out  
Comes back to me. That's what it is about.**

**I can buy all the things that I've hoped for  
And have enough to shop at any store.**

**The cycle forty-nine to fifty-six  
Is inventory – when I count my sticks.**

**I look over my life and ask myself  
What's left to do that I've put on the shelf.**

**To do what I love with my heart and soul  
To complete my life purpose is my goal.**

**The years from fifty-six to sixty-three  
Is the cycle of decision for me.**

**It's the time I decide to stay or go.  
We all must decide, I want you to know.**

**When I have lots to do I want to stay  
And make many plans for another day.**

**When I am unhappy, confused and sick  
And want to leave, it's passing on I pick.**

**Sixty-three and beyond - the golden years  
When I have no doubts and I have no fears.**

**This is when I can do my greatest work -  
I listen to myself; it's quite a perk.**

**I do what I love; I'm free to be me.  
I've gone through the cycles; truly I'm free!**

**Everyone is born and we all will die –  
Like a cocoon becomes a butterfly.**

**There's no death I'm sure you've heard before.  
When we're done we go through another door.**

© Copyright Sandra Adler 2003. All rights reserved.