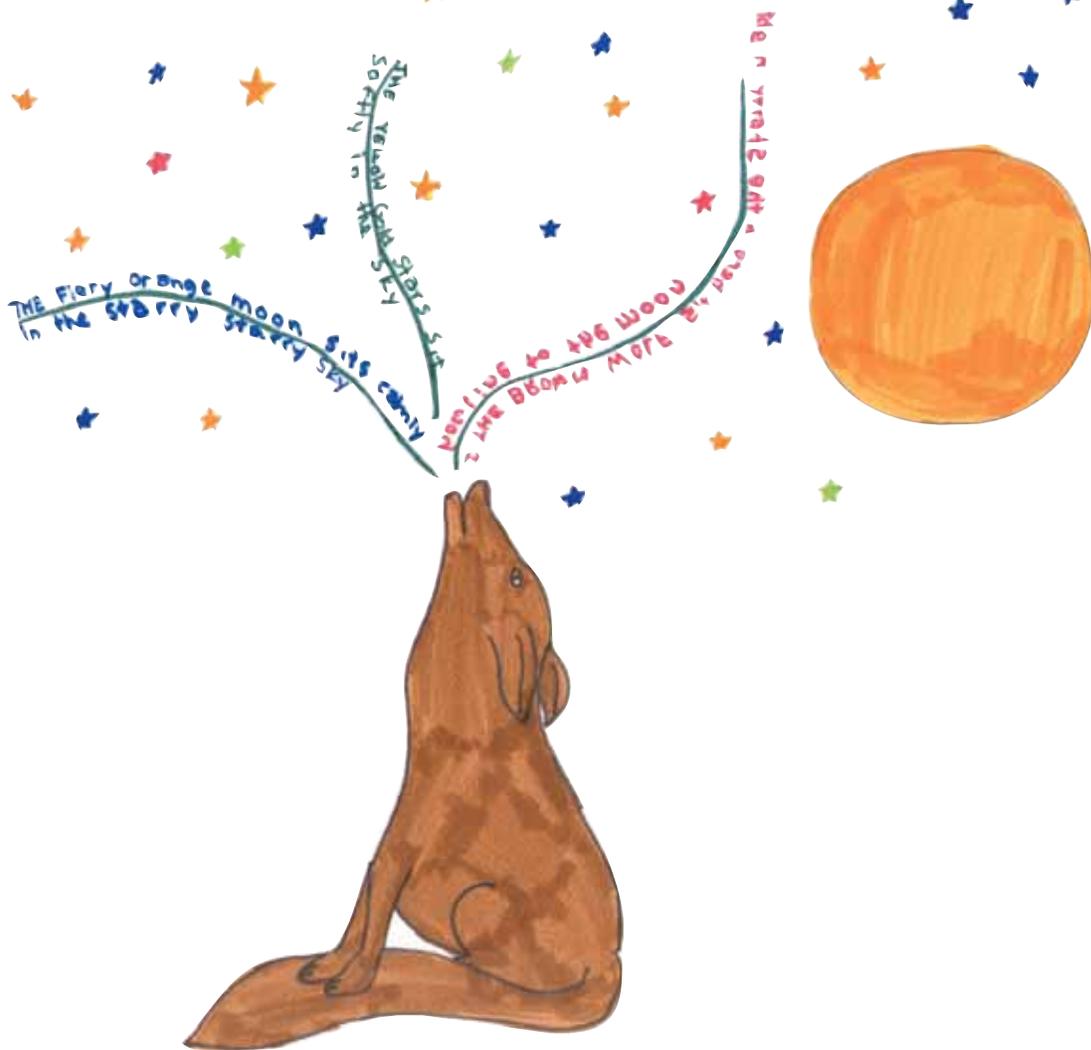


# LANGUAGE OF THE AWAKENED HEART

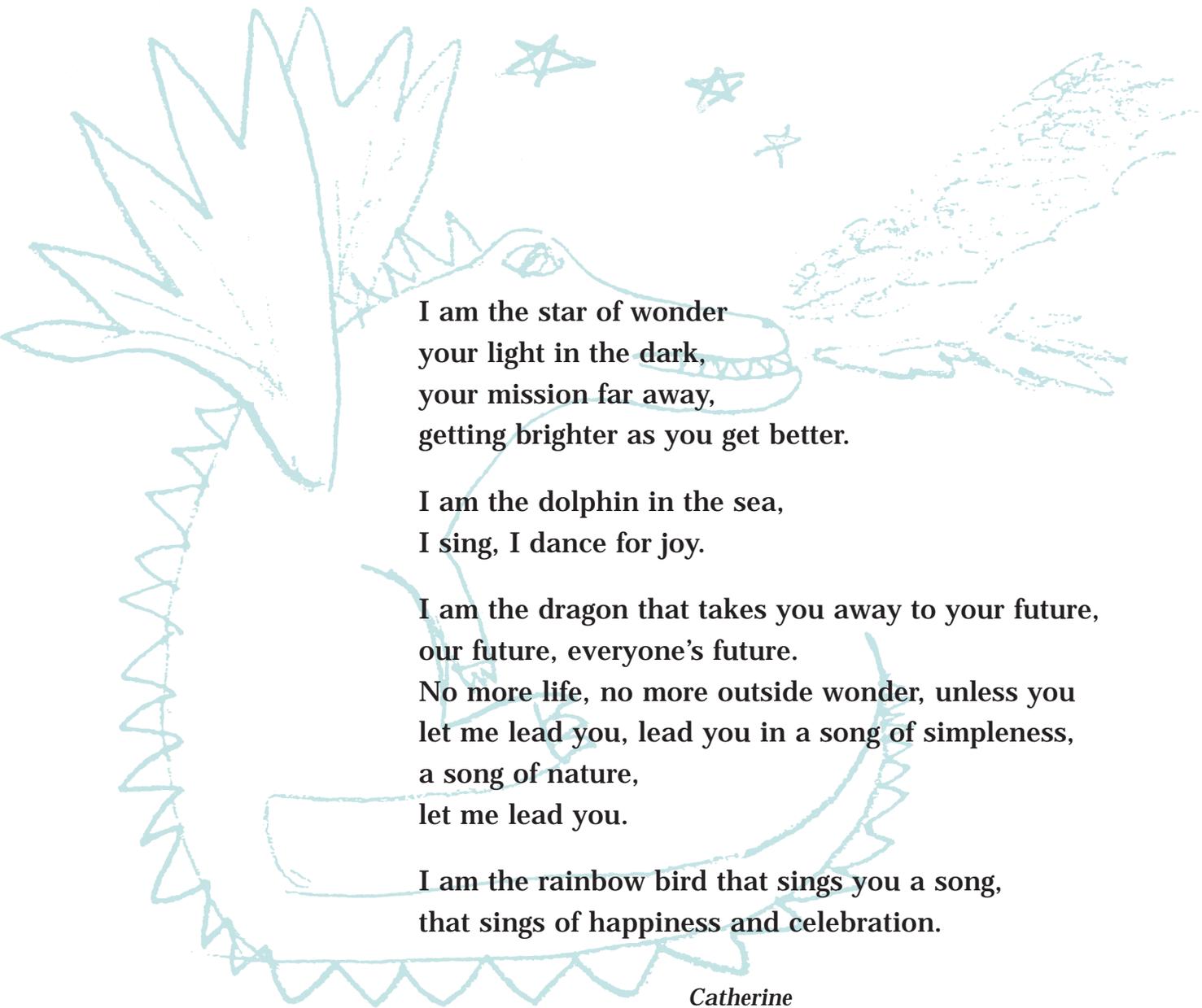
## Children's Inspirational Poetry



*“If we can bring poetry back into the lives of our children,  
we can transform our world.”*

~ Deepak Chopra

# Wonder



I am the star of wonder  
your light in the dark,  
your mission far away,  
getting brighter as you get better.

I am the dolphin in the sea,  
I sing, I dance for joy.

I am the dragon that takes you away to your future,  
our future, everyone's future.  
No more life, no more outside wonder, unless you  
let me lead you, lead you in a song of simpleness,  
a song of nature,  
let me lead you.

I am the rainbow bird that sings you a song,  
that sings of happiness and celebration.

*Catherine  
6th grade*

# LANGUAGE OF THE AWAKENED HEART

## AN ANTHOLOGY OF CHILDREN'S INSPIRATIONAL POETRY

**T**his anthology of poems was created during the special project *Language of the Awakened Heart*, a curriculum developed and sponsored by Fund For Global Awakening. This project was designed to awaken children to their natural wisdom, present exciting tools with which to improve their language skills, and provide an opportunity for children to express their highest visions through the creative medium of poetry.

Based on themes of generosity, wisdom, joy, forgiveness, and envisioning a new future, ten lesson plans were developed. These lesson plans eventually became the *Inspirational Guide for a New Language*, a guide for teachers. The *Inspirational Guide* was taught for the first time in the fall of 1999 to grades 3-7 at West Marin School in Point Reyes Station, CA. Over the following 18 months, Fund For Global Awakening sponsored five more programs throughout Marin County, CA. The poetry that emerged showed extraordinary wisdom and insight, convincing all involved that children everywhere and even the world at large would benefit by experiencing this program.

Fund For Global Awakening would like to see the *Inspirational Guide for a New Language* used in as many learning environments as possible to encourage children's voices to be heard and contribute to a more heart-based, peaceful world.

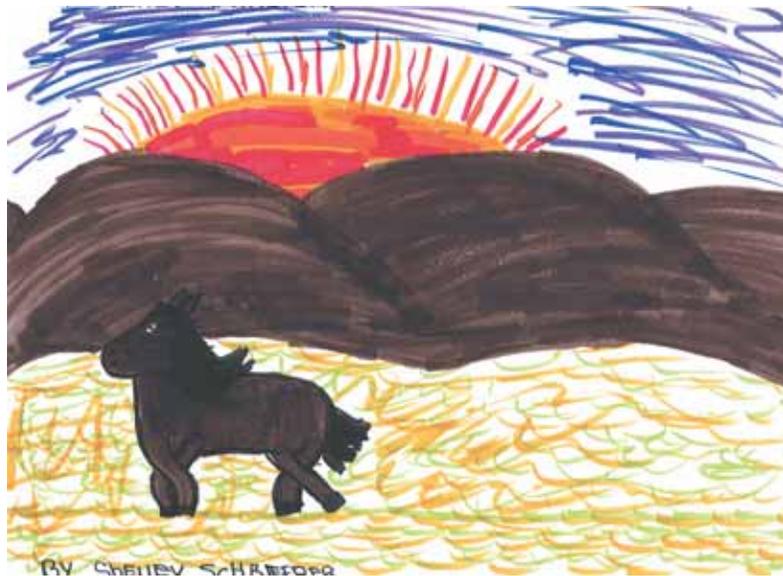
For their support and participation in this project, Fund For Global Awakening would like to thank poet-teacher Terri Glass, California Poets in the Schools, Marin Community Foundation, classroom teachers Nancy Coulson, Fred Gilardi, Frances Frazier, Amy Marweg, David Whitney, Susan Noble, and Jim Patterson, Principal at West Marin School.

# ANIMAL POEMS

## The Horse

I am a brown Arabian horse running through a field.  
I see the tall grass, wildflowers and trees that surround me.  
I feel the smooth wind blowing against my soft skin.  
I feel the joy and I hear the laughter of kids riding me.  
I smell the fresh smell of flowers blowing in the wind.  
I want to tell you that when you turn into a horse,  
your soul will rise and stay that way forever.

~ Hana, 4th grade



## The Bear

I am a Black Bear.  
I see the river rapidly rushing  
through the valley.  
I feel the tall grass  
rubbing against my paws.  
I hear the nighthawk crying.  
I smell dinner awaiting.  
I want to tell you that my soul  
is in your hands.

~ Vincent, 4th grade

## Sea Cucumber

I move very slowly but very smoothly.  
I see the bottom of the ocean, rocks and soft ocean plants.  
I feel little lumps on my back and the smooth ocean waves.  
I hear the songs of a whale and the music of the dolphins.  
I smell the sea plants growing near me,  
I want to tell humans to slow down and move smoothly.  
That is my message to you.

~ Alex, 5th grade

## The Parrot

I am a parrot.  
I move my wings outstretched.  
I see the jungle and the animals.  
I feel the air through my wings.  
I hear the birds singing.  
I smell nature.  
I love to be a parrot.  
I say to humans,  
“Why do you kill the animals of the jungle?”

~ Angelica, 5th grade



## The Bottle-Nosed Dolphin

I am the bottle-nosed dolphin  
jumping smooth through the whitecaps.  
I move as smooth as glass,  
as fast as a bird flying in the sky.  
I see fish swimming under me.  
I dive as fast as a snap  
and come up with a fish.  
I feel the wind on my snout  
as I jump out of the water.  
I hear more dolphins using echolocation.  
I smell the salt water.  
I hear the dolphin brain saying to me,  
“Dolphins are fun to be.”

~ Nora, 5th grade

# JOY POEMS

## Joy

Joy is my family who cares for me.  
Joy is having people love me  
the way I am.  
Joy is swimming in the creek  
on a hot hot day.  
Joy is having friends  
that care and share.

~ Heather, 4th grade



Joy is a fire with hot chocolate in my hands,  
and snuggling up to my mom,  
her body warming mine  
on a cold winter night,  
the cotton soft snow falling outside.  
Joy is giving presents and seeing the happiness they bring,  
then receiving and feeling the same  
on Christmas morning.

Joy is  
swimming on a hot summer day,  
I feel as free as the wind.

Joy is  
the beautiful colors of autumn,  
the orange like gold,  
the red like ruby,  
as they fall from the trees and crunch like chips under my feet.

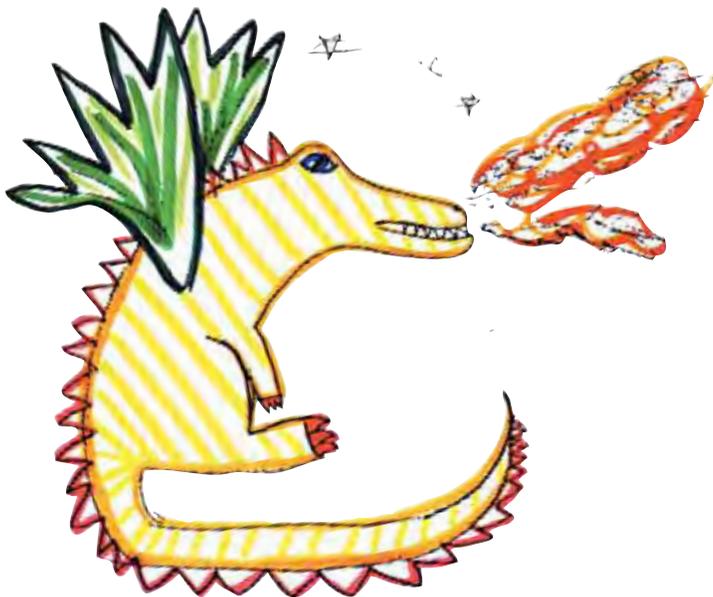
Joy is friends and family joined together,  
and me being one of the many.

~ Catherine, 6th grade



I am the tiniest star that sits in the night sky.  
I am the lionhearted fish, I love my elegant colors.  
I am a lovely fairy my wings are rainbow.  
I am the baby blue sky behind the sunset.  
I am a bluejay, high at the top of a tree.  
I am the song that is most appealing.  
I am the animals that live in the future that are so cool.  
I am the leader that rules everything.  
I am the dream that all people dream.

~ Jillian, 6th grade



I am the bright gold star  
shooting through the dark night sky.  
I am the giant sea turtle swaying  
through the salty blue green sea.  
I am the purple fire breathing dragon  
watching the Pegasus go by.  
I am red and orange fire burning  
in the purple and red sunset.  
I am the golden eagle swaying  
in the wind.  
I am the song of the beautiful humpback  
whale singing the song of sadness.  
I am the new species of animal  
running through the trees.

~ Alex, 5th grade

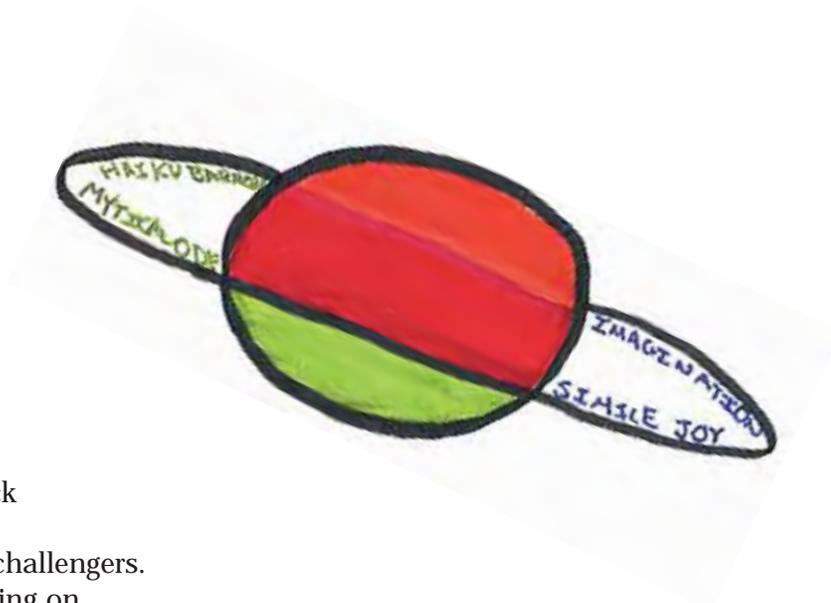
I am Pluto blue as the sky.  
 I am the dolphin that jumps up and down.  
 I am the sun shining in the clear water.  
 I am the eagle that flies as fast as the wind.  
 I am the song that sounds like a flute.  
 I am the tree as green as the grass,  
 I am the leader from the birds high in the sky.  
 I am an angel white as paper.

~ Yasmin, 7th grade



I am the unknown planet  
 waiting for you to discover me.  
 I am a starfish clinging to a rock  
 in the tidepools.  
 I am a dragon waiting for any challengers.  
 I am the northern lights glistening on  
 the newly fallen snow.  
 I am a bald eagle soaring through the sky  
 looking for my prey.  
 I am the call of the wild  
 waiting for you to join me.  
 I am the mystical starship of the future.  
 I am the leader of your heart  
 guiding you through to your future.

~ Brady, 6th grade



# GENEROSITY POEMS



## This is for You

I will give you my treasures I kept  
for a long time.  
I will give you a petal  
that falls from a rose.  
I will give you the first golden leaf  
that falls in autumn.  
I will give you the sunken diamond  
that shines more than the sun.  
I will give you my last treasure,  
the seashell that echoes like the ocean.

~ Sierra, 2nd grade

## I Will Give You

You have given me so much.  
What will I give you?

I will give you my heart, my soul.  
It will make you soar like an eagle high in the sky.

I will give you a song and i will sing it for you.  
If you are sick, it will make you healthy,  
if lost you will hear it and be found.

I will give you my books,  
some old and torn, some shining with their  
newness.  
Treat them with care and they will pull you

into their adventures, their stories.  
I will give you my pillow to sleep on,

the moons and stars on it will make you have  
dreams of wonder.

I will give you a bouquet of flowers,  
found by the river,  
the blues and purples of the lupines,  
the red of the paintbrush,  
the orange and yellow of the poppies  
all blend together and  
make a rainbow, it glows like you do  
when I give you these gifts.

~ Catherine, 6th grade

## Give it Away

I'm in such a grand and generous mood,  
I want to give you a stuffed animal  
as a token for a good night sleep.  
I want to give you a two dollar bill  
to bring you luck.  
I want to give you a wild flower  
to scent your house with a nice fragrance.  
I want to give you a song in my clarinet.  
I want to give you a smile that will  
bring you joy.

~ Hana  
4th grade

I give you my white rose  
to light up your room.  
I give you the sun  
to shine up your morning.  
I give you the moon  
to protect you at night.

~ Lupita  
5th grade

I'll give you the sun as bright  
as a flashlight.  
I'll give you the moon as shiny as silver.  
I'll give you the trees standing tall and strong.  
I'll give you the flowers with petals like jewels.  
I'll give you the sky as blue as the ocean.  
I'll give you the clouds as fluffy as cotton candy.  
I'll give you the wind blowing strong and powerful.  
I'll give you the stars twinkling like diamonds.  
I'll give you my friendship,  
but you must promise to value it.

~ Jenna  
5th grade



# HEART POEMS

Inside my heart there is a sadness  
when I see a sea lion stuck in a net.  
Inside my heart is sadness  
when I see a kid cutting down  
a perfectly good apple tree.  
Inside my heart is a sadness  
when I see a bird get shot  
out of the sky.  
Inside my heart is sadness  
when a monkey gets taken  
away from his Mom.

~ Kevin , 5th grade

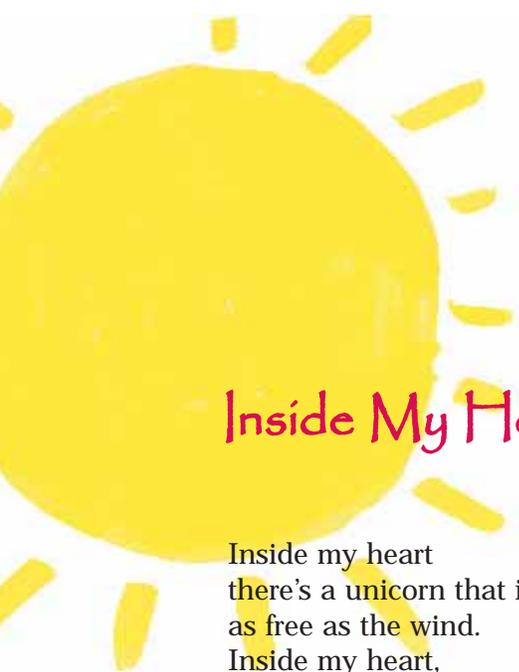


My heart is a rainbow of colors.  
Inside my heart is a trapped bird  
waiting to be set free.  
My heart is the moon  
shining in the night sky.  
My heart is a dolphin  
free in the ocean.  
My heart is a pine tree  
With snow on its branches.

~ Jenna, 5th grade

My heart is like a happy dolphin  
swimming through the water.  
My heart is like a shining star up in the sky.  
My heart is like a red red apple in the sun.  
My heart is as red as the reddest coral  
in the sea.  
My heart is a swimming sea turtle  
going to his friends.

~ Megan, 5th grade



## Inside My Heart

Inside my heart  
there's a unicorn that is  
as free as the wind.  
Inside my heart,  
there's a tree that does not care  
whether it's windy, rainy, snowy or cloudy.  
Inside my heart, there's a time for winter  
when it's windy and rainy.  
Inside my heart, there's my favorite color—  
the color of the sky and ocean.  
Inside my heart, there's a rose  
that is as red as my heart.

~ Erika  
6th grade



In my heart, there is a waterfall.  
When I'm sad, it runs as a trickle.  
When I'm mad, it flows violently  
with power and force.  
When I'm happy, it flows gracefully  
never missing a beat.  
Joy is a waterfall.

~ Matt  
6th grade

My heart is like two lovebirds in spring.  
My heart is like a juicy orange mango.  
My heart is like a hot summer's day when I splash  
and play in a refreshing cool creek.  
My heart is like a beautiful red rose  
Just about to open for the first time.  
Love is the sound of the ocean waves.

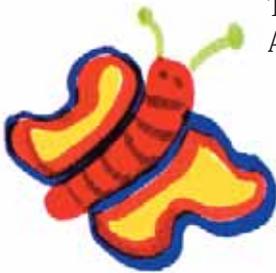
~ Annika  
6th grade

# HAIKU

A peaceful evening  
Summer sun rises and sets  
All creatures watch it.  
~ Jenna, 5th grade

In the blue meadow  
The sight took my breath away  
All the butterflies.

~ Jeanette, 4th grade



A foggy morning  
In the transparent mist  
A parrot flying.

~ Hana, 4th grade

The wolf is swimming  
Slow movements fill the water  
Ripples all around.

~ Paulita, 4th grade



Butterfly awaits  
As it calls for another  
With a fountain of color.

~ Nicolas, 5th grade

# PEACE POEMS

## Sounds of Peace

The water is so peaceful at the prettiest lake.  
I hear the crunch of the fall leaves as I walk around.  
I hear the song of the blue jay out in a meadow.  
I hear the water trickling down the roots of a tree.  
I hear the swoosh of the grass as I walk past.  
It makes me feel so happy I could be alone forever.

~ Jillian  
6th grade

## Sounds of Peace

At the creek by my house,  
I hear the water splashing against my legs.  
The water rushes through its path.  
A small wave makes a quiet crash.  
The water rumbles while I bend down  
to feel the cold water.  
I hear the minnows swishing while they swim.  
when I go to the creek, I feel peaceful.

~ Sierra  
2nd grade



# ODES

## An Ode to My Mom

My mom, the one who nourished me when I was young.  
The one who held me when I cried and who wiped my tears.  
The one who tucked me in when I was tired  
and read me to sleep when the nights were long.  
The one who cut her long golden-brown locks of hair  
so I would not hide in them when I was shy.  
She who gave me my life when I was lifeless  
and the one who loves me most of all.

~ Theana, 7th grade

## Ode to Mother Earth

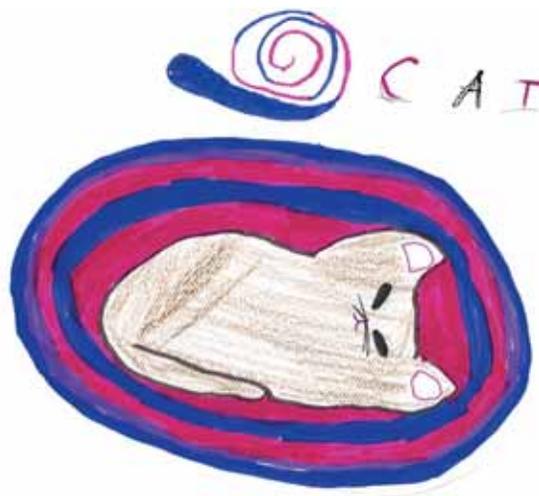
You are as blue as the grass is green.  
You spin like a top while children are playing.  
In space, you look like a whirlpool spinning  
at the speed of light.  
Your waters are as plentiful as the stars  
in the sky.  
The mountains are as snowy as vanilla ice cream  
melting in your mouth.  
You provide life force for all.  
You are so wonderful mother earth.

~ Hana, 4th grade

## Ode to Sleep

Happiness you give,  
you give my eyes a new life,  
you give my limbs a massage,  
when I am with you I think of all things  
no one has known,  
that are even new to me.  
You let me think up my life, my future,  
you help me so much.  
I owe you so much for your ideas,  
your time.  
Yes, you renew my life with the energy you give,  
you are my other world,  
my best world, my favorite world.

~ Catherine, 6th grade



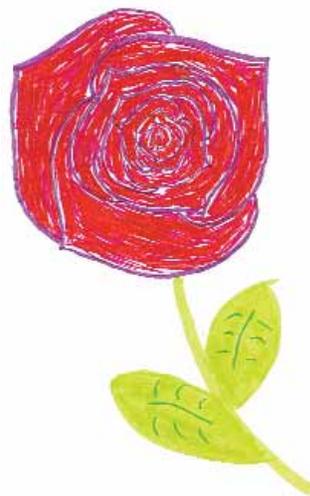
# FORGIVENESS POEMS



Forgiveness is  
as blue as the pen I'm writing with.  
Forgiveness is the  
most beautiful star  
shining in the dark sky.  
Forgiveness is all over the world.  
U can hear "I forgive U"  
in Asia, France and everywhere in the world.  
Forgiveness is  
always in my heart.  
When I forgive,  
I feel like  
I burst into a flame of strong friendship.  
Forgiveness is  
the sound of claps of joy when U forgive someone.

*~Nora, 5th grade*

Forgiveness is a soft emerald green  
like the palace of Oz.  
It is a delightful and yet peaceful wavering object.  
When I forgive, I feel a sense of joy inside me,  
the way a mother feels during the first word of her child.  
Forgiveness is a blooming, gentle rose,  
a door opening to a new world of friendship.  
It is a creamy white dove,  
spreading its wings to fly away to a promised land.



*~Petra, 6th grade*

Forgiveness is a stream of water  
carving out a gray rock over thousands of years.  
That rock will be the sandy bottom of the stream.  
That sandy bottom makes home for the algae and other plants.  
These plants provide food and homes for many animals.  
The water in the stream provides water  
for the plants to grow and for animals to drink.  
This all comes from the forgiveness of rock and stream.

*~Nicholas, 5th grade*

# WISH POEMS

## The New Millennium

In the new millennium, I wish that the world  
could be as peaceful as the angels in heaven.  
I wish that the air could be as clean  
as the pebbles sparkling in the Oregon river.  
I wish that homeless people could have the chance  
that we have with a good life.  
I wish that people could like each other  
for who they are.

~ Hana  
4th grade



## In the New Millennium

I see the birds falling from up above.  
I hear kids crying everywhere.  
I feel the wind going through my face.  
I discover water yellow like the sun.  
I heal the millennium,  
by bringing some peace to the new world,  
by growing flowers, and then the birds  
will be singing to the world.

~ Yasmin  
7th grade

# ABOUT FUND FOR GLOBAL AWAKENING

**G**lobal awakening is the world-wide experience of individuals emerging into their higher nature which radiates from the depths of their souls. Awakening requires remembering who and what we are beyond ordinary considerations of self and experiencing extraordinary dimensions of being. The vastness of this destiny is such that it can only be known as it creates itself.

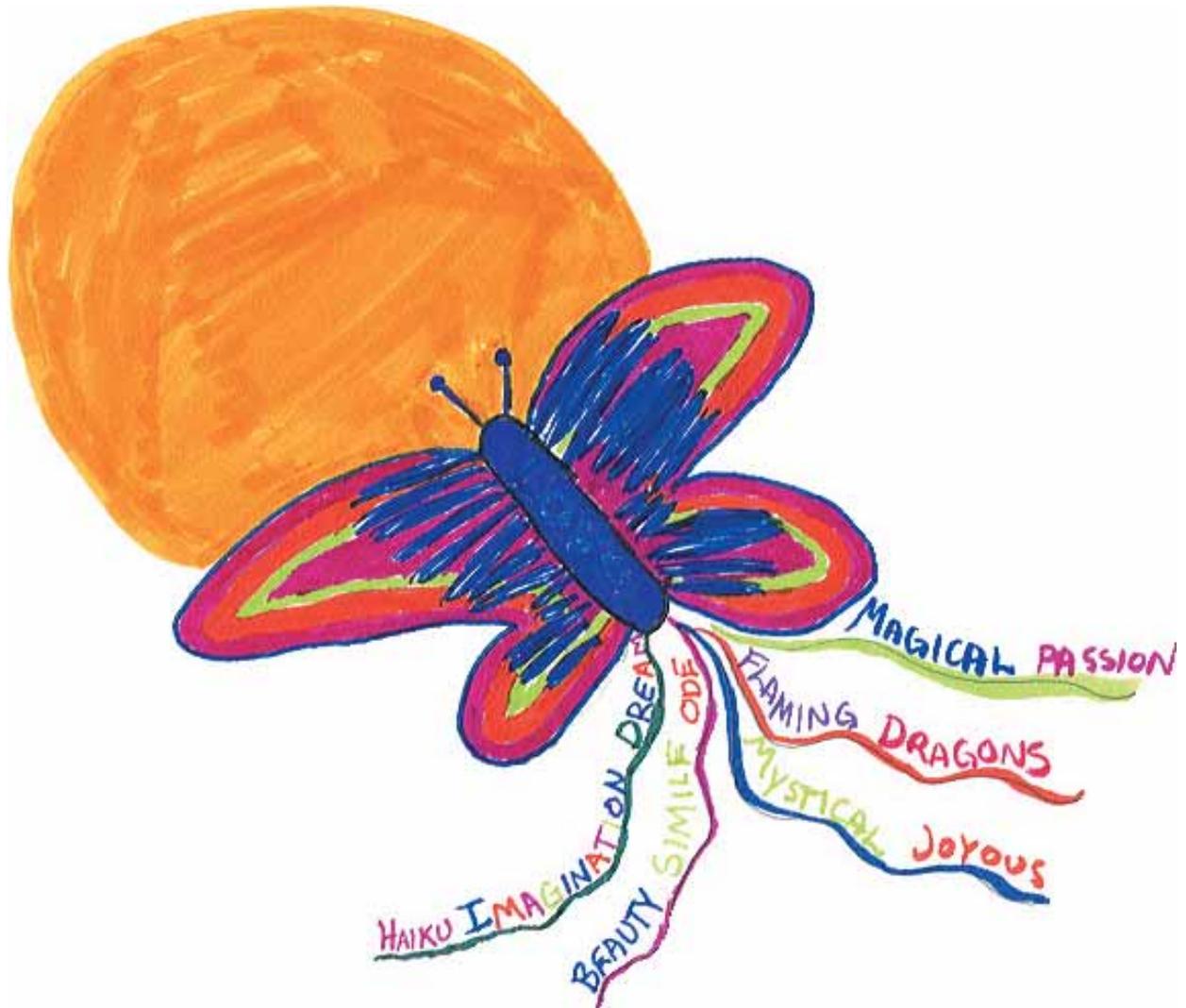
FUND FOR GLOBAL AWAKENING facilitates projects that touch the full range of human activity and concerns. Drawing together appropriate financial, human, and material resources which are in alignment with global awakening, FFGA serves as a coordinating and incubating center.

FUND FOR GLOBAL AWAKENING works directly to discover and establish new patterns for healing, learning, communicating, organizing, finance, and leadership. As humanity develops higher forms of expression, enlightened solutions to individual, community, and global concerns naturally occur.

The organization is a 501(c)3 public benefit corporation and is not limited to nor influenced by any political, economic, or religious interests.

## The Original Dream Pad questions

- *Imagine* a future you would like to be in. What you give voice to, will be. Imagine anything and everything is possible. Remember to consider the purpose and meaning of your thoughts before you speak them. What is created? What does it feel like?
- *Imagine* looking in to the eyes of your favorite animal. You can experience anything that animal has known and experienced. Imagine it can help you communicate with other animals and plants. What wisdom does this animal give to you? What do you say to the other animals and plants?
- *Imagine* you are the recognized leader of your country. You have two opportunities to address the entire population of children and adults. You have three minutes. What do you say?
- *Imagine* you are a new star and you have planets revolving all around you which you have created. Do they have life on them? If so, what is it like? What does that life want to be?
- *Imagine* you could compose music and /or lyrics for a song that will be shared with many millions of people. What do the words say if there are words to the music? How will it sound?



*“After the final no  
there comes a yes  
and on that yes  
the future of the world depends.”*

*~ Wallace Stevens*



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