

# *Poems for Young People*

*Inspirational, Educational, and Therapeutic Poetry*

by

**Frederick Douglas Harper**



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## **Preface**

The book was written mainly for young people, including children, teenagers, and young adults. Of course, young adults include younger college students. Although schools and colleges teach knowledge and skills to young people, they often fail to teach students how to live as human beings. Therefore, poetic writings in *Poems for Young People* provide wise guidance, life teachings, and inspirational messages on the themes of character building, morality, healthy living, self-confidence, self-esteem, identity, meaning in life, positive values, friendship, spirituality, love for family, appreciation for natural beauty, and courage in the face of adversity. In addition, there are poems in this book that address developmental challenges in life such as loss, failure, depression, and rejection. For a young person, this book can be the most valuable gift that one could receive in terms of positively changing that young person's life or lifestyle and inspiring that young person toward the right path in life.

Frederick Douglas Harper

2004

*For information on other poem books by Frederick Douglas Harper, go to <http://www.authorhouse.com>.*



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***ADVICE FOR YOUNG PEOPLE***



## **ADVICE TO THE YOUNG**

**B**e true to your eyes, ears, thoughts, and feelings;  
Listen to your heart but yield to your mind's best  
Judgment;  
Be kind and wise in spoken words, for surely your  
Words will follow you;  
Be not afraid of risks but be cautious of actions  
Driven by emotion, confusion, and false friends;  
Avoid jealousy of others' achievements and possessions;  
Don't live with an insatiable greed for more than  
You can appreciate or use;  
Don't eat more than your hunger's call or  
Drink beyond your thirst's needs;  
Listen to spirits that favor you and offend not  
Those that oppose you;  
Absorb yourself in an activity worthy of your unique  
Talent, and develop as many common  
Potentialities as you desire and can;  
Whatever you do, do it as well as you can;  
Live comfortably with your conscience,  
And be at peace with your soul;  
Be courageous in life, while always respecting  
Death's luring and lurking;

(continued)

*Frederick Douglas Harper*

Rest when tired and think when you are uncertain;  
Be kind to the sacredness of life and respect the  
    Natural order of the universe;  
Follow no one or no thing except your own judgment  
    And your own divine wish;  
Love and respect yourself and your family;  
Be all you can by developing yourself;  
Do all you can in helping worthy others;  
And live a quality and meaningful life.

**CLASS**

**D**on't gloat in victory, or pout in failure;  
Don't brag of your conquests and possessions;  
Be considerate to the less fortunate and  
    Graceful with the defeated;  
Suffer you must, but without a murmur of  
    Complaint;  
Choose well in your taste and avoid ostentation,  
    Showmanship, and buffoonery;  
Let your actions, achievements, and accompaniments  
    Speak for you at the expense of your mouth;  
Do and acquire what you like and not things  
    You value highly for their impressions on others;  
And if they impress others, then let it be;  
    Stay in synch with your energy and mood,  
While remaining polite, respectful, and responsible;  
    Listen well to your conscience and follow  
The moral dictates of your natural way;  
    Although not perfect, try to do as many of these  
As often as you can and will;  
    If so, you will earn an air of distinction and class  
That birth, money, power, and status alone  
    Cannot bestow.

*Frederick Douglas Harper*

## **WATCH YOUR MOUTH**

**L**ive long, live safe,  
Use your mouth sparingly and with grace;  
Talk only when it counts,  
And eat food in small amounts.

Live long, be safe,  
Avoid excessive chemicals lipped through the face;  
Because tobacco and alcohol can diminish your health,  
And in the end can pose threat to your wealth.

Live long, live safe,  
By rarely mouthing off in haste;  
Please, I tell you, if you can,  
Use your mouth sparingly and with grace.

## **IMPORTANT THINGS IN LIFE**

The most important TIME in your life is now;

The most important QUESTION in your life is,

“What are you going to do now and  
In the future?”

The most important ACTION in your life is

Thinking;

The most important PERSON in your life is you.

Therefore, don't procrastinate;

Know what you are going to do,

Think things through,

And love yourself in order to love another.

*Frederick Douglas Harper*

## **THE IMPORTANCE OF IMPORTANCE**

It's not so important to be liked,

But to like yourself;

It's not so important to be good,

But to be better;

It's not so important to receive respect from others,

But to earn respect for yourself;

It's not so important to spend money on a person,

But to spend quality time with a person;

It's not important to be important,

But to be appreciated.

## **THE GREATEST GIFT**

**T**hat greatest gift is the  
Joy of a gift shared;  
That giving of ourselves,  
Our time,  
Our encouragement,  
Our resourcefulness.

That greatest gift is the giving  
Of ourselves to a worthy other,  
So that special one can enhance  
The value and number of his or her  
Gifts to the world.

So let us give and spread  
Our love and joy by giving through  
The gift of ourselves to another;  
Let us be blessed by the satisfaction  
Of giving so that we can receive  
The greater gift of renewed fortune  
To give once more of ourselves.

*Frederick Douglas Harper*

## **THE ROAD TO HAPPINESS**

Some people know what they want  
    But don't know what they need;  
Some people know what they need  
    But can't get it;  
Some people can get what they need  
    If they only knew what they needed;  
Some people can get what they need,  
    And know what they need,  
But often will not get what they need;  
    Others usually know what they need,  
Can get what they need,  
    And will get what they need;  
For those who know, can, and will,  
    Happiness is often their companion.

**BE SURE, IF YOU CAN**

If unsure, do nothing,  
    If you can;  
If confused, do nothing,  
    If you can;  
If in conflict, do nothing,  
    If you can;  
If unsure about a decision,  
    Don't make that decision if you can;  
If presented with an unwanted choice,  
    Do nothing, if you can;  
If persuaded and harassed in the face  
    Of uncertainty and resistance,  
    Do nothing, if you can;  
If pulled toward a path of wrongdoing  
    And self-destruction,  
    Do nothing if you can;  
If already in a storm, get out if you can;  
If unhappy with a choice,  
    Rechoose, if you can;  
When sure about your choice or direction,  
    Do something and don't procrastinate;  
Make your choice, feel good about it, and  
    Accept its results with peace and as your own;  
Be at peace with you,  
    And within your own energy;  
Be at peace with the world,  
    And within your world.

*Frederick Douglas Harper*

## **WHAT YOU CAN DO**

What you can do

Is what you should do;

What you should do

Is what you must do;

What you must do

Is what you will do;

Do all you can to

Develop yourself;

And try to evoke good

In others and feel good

About it.

## **ATIONS AND IGHTS**

**T**he world can be better  
With positive cogitation,  
Healthy self-stimulation,  
Focused concentration,  
Interdependent inspiration,  
And occasional elation.

The world can be better  
With less self-adoration  
And more other fascination;  
With less detestation and idolization,  
And more daily spiritual appreciation.

Each of us can be better  
With internal emancipation,  
Anger and violent hesitation,  
And regular peaceful meditation  
In our own quiet sequestration.

So let us stand by right,  
Avoid future fights,  
Dance and sing to our heart's delight,  
And try to love or ignore the troubled—  
Despite their toothless and  
Sometimes toothy might.

*Frederick Douglas Harper*

## **LOST TRAVELER**

**H**e often travels to meet many people,  
Never likely to see again the eyes of  
Faces unlikely again to see him.  
Just recently, he traveled so and was lost  
As to where he was;  
When he asked a wise person as  
To how to find his way;  
She looked for the answer  
Within his eyes;  
And simply said:  
“Wake up.”

***ON VALUES, CHARACTER, AND  
MORALITY***



**IF NO ONE HAS TOLD YOU  
ABOUT RIGHT AND WRONG**

If no one has told you about right and wrong, or  
If no one has taught you right from wrong;

Then I tell you now:

It's wrong to take property from another,  
Unless given to you;

It's wrong to borrow and not return, or promise  
To do a deed and not do it;

It's wrong to hurt or kill another person, except  
To protect yourself, another, or others;

It's wrong to bully or hurt another's feelings.

If no one has taught you right and wrong;

Then I tell you more:

It's wrong to hurtfully trick or deceive someone  
Who trusts in you;

It's wrong to hurt someone just because that person  
Is different from you or different from

Most people;

It's wrong to harm animals or desecrate Earth's  
Sacred life just for fun or your own selfishness;

It's wrong to abuse yourself or abuse another  
Person in any way—especially a helpless child  
Or baby;

So if no one has told you, I now take time  
To tell you—

So you can know and think the right and moral  
Way of living with Earth's life and your fellow  
Humankind.

## **RIGHT AND WRONG**

Good people being punished for good;  
Bad people taking the freedom to punish  
    The good;  
Good people trying to stay good in order  
    To live with themselves;  
Good people having to be bad in order  
    To be accepted;  
Bad people going unpunished for being bad;  
Good and bad, right and wrong;  
Universal rights and wrongs, individual rights  
    And wrongs, institutional rights and wrongs,  
    Governmental rights and wrongs;  
The right to be, the right to think, the right to  
    Express, the right to act, the right not to  
    Be hurt intentionally by self or another;  
Right and wrong right or wrong;  
Laws, religions, beliefs, and confusion;  
Your decision or the puppeteer's;  
Listen from your string's control;  
Listen for your right mind's influence;  
Listen to others, but, above all,  
    Listen to yourself;  
Be right and feel good about it;  
    Be right and feel good about yourself.

**PRAISE**

Praise:

To the hard worker,  
To the believer of right,  
o the one of kind words;

Praise, praise, praise—  
We give in life and death;  
Praise to the giver,  
Praise to the lover,  
Praise to the sacred power of all,  
Praise to the one who suffers,  
For the meek and the weak;

Cry your praise,  
Cheer your praise,  
Sing your praise,  
And award the praised;  
But praise now,  
And praise the worthy.

*Frederick Douglas Harper*

**IF YOU CAN, THEN**

If you can do more good  
Than you do, then do it;

If you can be better  
Than you are, then be it;

If you have the opportunity  
To do the right thing;  
Then do not hesitate.

## **LET US HONOR OUR YOUTH**

Let us honor the youth of our seeds,  
Let us honor the fruits of our youth;  
Let us honor our youth through  
    Spotlighting their presence,  
    Spotlighting their participation,  
    Spotlighting their achievements,  
Let us honor our youth through song,  
Worship, praise, award, ceremony,  
    And love;  
Let us honor ourselves through  
    Honoring our young;  
Let us nourish the youth of our seeds;  
Let us nourish their tiny blossoms and  
    Ripening fruits to sound maturity,  
That we may see them shine for us  
    And themselves.

*Frederick Douglas Harper*

## **IF YOU ARE ANGRY**

If you are angry,  
    Don't curse the empty spaces, or damage  
    Things or self, or hurt somebody;  
    Don't retaliate, or mayhem, or kill—  
    Just because you've been hurt.

If you are angry, don't pout, or blame,  
    Or resist understanding and clarification;  
If you are angry, try not to be angry  
    In order to do right and just for you.

If you are angry, just close your eyes  
    And breathe deeply and slowly;  
If you are angry, just try to cool down  
    And think straight.

## **TOO WEAK TO BE STRONG**

**T**here are those who are  
Too weak to lower their voices  
Below a shout;  
Too insecure to talk sensibly  
To those whom they accuse, or  
Too rigid to do the simple and  
The expected.  
However, let us beware that  
Among these are those who are  
Strong enough to wreak havoc  
Upon the stable and the well intended;  
Strong enough to trigger the end of a  
Good life.  
For these persons, let us always  
Have mercy;  
For these persons, let us always have prayer,  
While being aware and vigilant of their potential  
For unnatural and untimely destruction  
Of life, love, and peace.

*Frederick Douglas Harper*

**WHATEVER HAPPENS TO ME,  
I WILL TRY TO DO WHAT IS RIGHT**

Whatever happens to me,  
I will try to do what is right;  
I will love the flowers and the sea,  
The birds and land animals,  
And all that is sacred in life and beauty;

Whatever happens to me,  
I will try to avoid bitterness,  
Anger, self-hatred, and destructiveness—  
Feelings that alter the possibilities for good, and  
Actions that upset the natural order of things;

But, I will not allow others and things  
To violate my human rights,  
To infringe upon my self-respect,  
To unjustly suppress my freedom and growth,  
To decimate the integrity of my organic self;

Whatever happens to me,  
I will seek what is naturally right and good,  
And resist what is wrong and destructive.

**NO EXCUSES, NO REGRETS**

There is no substitute  
    For hard work;  
There is no replacement  
    Of time lost;  
There is no time for regrets  
    About mistakes made,  
    Or excuses for failure  
    Of responsibility or duty;  
There is no explanation for  
    Blindness to beautiful things  
    Or love gone unexpressed;  
There is no time  
    For excuses,  
There is no time  
    For regrets.

*Frederick Douglas Harper*

## **TRUTH AND LIES**

There are those who if you tell  
    Them the truth, they will  
    Never forgive you;  
Then there are those who if you tell  
    Them a lie, they will believe you  
    Or always doubt you;  
Also, there are those who if you tell  
    Them nothing, they will  
    Either assume something  
    Or never know;  
Finally, there are those who if you tell  
    Them the truth, they will  
    Understand and accept you.

## **FIVE GREAT GIFTS**

**A**nd a prophet of the Great Spirit  
Stepped forth to sing praise for  
Five great gifts of life. And he  
Spoke thus for each listener's  
Heeding:

“**Share** of yourself with a special  
Other,  
**Create** new life from love with  
Another,  
**Care** for and nourish the young,  
**Develop** your common and special  
Talents fully, and  
**Share** your talents with the  
World.”

*Frederick Douglas Harper*

## **GIVING IS A GIFT**

**T**here is no joy like  
That of giving for the joy of it;  
Because giving is a gift  
In and within itself;  
There is no more of a  
Joy than one's gift  
Of self to another or others,  
Or part of one's self as with  
Talent shared and time spent;  
There is no more of a  
Joy than a gift given  
At birth and used once  
Developed, and  
Developed for its sharing  
As a divine gift;  
So give without condition,  
And receive without expectation.

**AMONG THE GREATEST THINGS**

The greatest reality is

Our existence here on Earth;

The greatest resource is

Our ability to create;

The greatest capacity is

Our capacity for love;

The greatest gift to us is the

Gift of life and a capacity to give;

Our greatest resource for good

Is a shining grace upon us.



*NATURAL BEAUTY  
OF  
EARTH*



## **A FLOWER**

A flower—

How temporal its beauty,  
How delicate its petals,  
How variegated in colors of  
Red, yellow, pink, purple, and white.

A flower—

How simple, how sweet the smell;  
A thing of adorability in bloom,  
A thing that expresses our  
Thought, care, and love.

A flower—

To touch, to share,  
To wear in one's hair,  
For holidays and special occasions everywhere.

A flower—

That graces our surrounding  
And brings happiness and joy  
To the sick, the grieved, and the well.

A flower—

To see, to smell, to hold;  
A flower, to love  
In the moment of our presence.

*Frederick Douglas Harper*

## **ODE TO A FLOWER**

Oh flower, in the light of sunshine  
    And the secrecy of night's cover;  
    Show your beauty—  
Show your beauty through the moisture  
    Of dawn's dew and the teardrops  
    Of April's rain;

Oh flower, the source of a florist's  
    Dream to create your gift for  
    The giver's gift of love and  
    Compassion;

Oh flower, a flower;  
The repeated miracle of divine grace  
    Through the arms of plants so green  
    With outreached branches of life's  
    Touch;

Oh flower, smile for me;  
Oh flower, smile that we  
Might see the love of Thee.

## **TREES OF MAINE**

Elegant they stand in Maine of the USA;

Tall and straight they grow

In pine, fir, and spruce;

Welcome and farewell they bid, through branches

So broad and orderly in symmetry,

So robust and serene in character;

Trees, trees, and more trees,

Carpeting great acreage in a mosaic

Of variant shades of green;

Trees, trees, and more trees,

Against the glistening sun, rolling clouds,

And calm blue skies;

Trees of Maine, I accept your heartening

Presence and message;

Trees of Maine, I wish you a happy

And long stay.

*Frederick Douglas Harper*

## **TREES HAVE PERSONALITIES TOO**

Trees have moods and personalities too;  
Some point toward the sky,  
Some are leafy in a hovering and calm state,  
Some are trunky with character from years.

Some trees wither in the sun, or are naked  
From malnutrition and dryness;  
Others are diseased by life's circumstance or  
Damaged by natural hazard and  
Human destruction.

Some trees are happy as they sway in the wind,  
Exercise their flexible limbs, absorb life's energy  
From the sun, and drink from Earth's watery  
Nutrients.

Trees have moods and personalities too,  
So treat them as you should yourself.

**IF TREES COULD DO AS WE...**

If trees could talk as we,  
Oh, how they would echo  
    Earth's praises;  
If trees could sing as we,  
Gee, how they and we would  
Harmonize a sweet song of  
    Spring breezes;  
If trees could walk as you and I  
With dances of lift and light;  
If trees could, then we could  
Imagine of them, their life, their soul,  
In our minds and hearts;  
And spare of them their life for us.

*Frederick Douglas Harper*

## **EARTH AND TREE**

The soil said to the tree:

“From me you sprang  
And I shall nourish your  
Body and safeguard your  
Roots.”

The tree replied to the soil:

“I have grown full from  
The seed of your crust,  
And thus will protect you  
From the heat of the sun  
With branches broad that  
You may one day nourish  
The children of my seeds.”

## **PEACE WITH EARTH**

**L**oss of a life is unlike  
Loss of the life of a species;  
Loss of a human being is unlike  
Loss of the human race—  
A loss, an extinction from our own  
    War with mother Earth.  
Make peace we must or die we will  
With Earth's air, waters, plants, and  
    Animals;  
Make peace we must with Earth's  
Sacred whole or go we will  
    The way of the dinosaur,  
    The way of those which are  
    No more;  
Let us have peace with Earth,  
Let us have peace on Earth,  
Let competition give way to  
    Cooperation,  
And let existence give way to  
    Coexistence.

*Frederick Douglas Harper*

## **I CRY WITHIN MY SOUL**

When I look at the trees  
    Of autumn and flowers of spring,  
    I cry of joy within my soul;  
I cry within my soul with joy  
    When I turn toward the face  
    Of a child with a smile,  
    Or see the golden sun rise at dawn,  
    Or the moon in full bloom at dusk,  
    Or the stars bright at night  
    And the bees and birds in flight,  
    Or the winter snow, cool rain's pour,  
    And refreshing wind's blow;  
Why is it that I cry within my soul's eye  
    Is simply because I realize and  
    See that life is much more than  
    You and I.

## **THE INDIVIDUALITY OF A ROCK**

Why is the Earth round

As with all the planets?

Why is the moon round

And our heads too?

Why are cantaloupes, tomatoes,

Cherries, and oranges round?

Why do we go around ourselves

In daily cycles and monthly cycles,

And on top of the Earth?

Why do we go around

On merry-go-rounds to be merry?

Why are basketballs, baseballs,

Golf balls, and tennis balls round?

Why are all these things round,

When a rock is not?

Why does each rock have to be

So different?

*Frederick Douglas Harper*

## **LITTLE TRIBESMEN**

The world was our toy,  
And we played it as boys;  
With memories  
    Of wild juicy fruit, green plants,  
    And stinging ants;  
    Of bird up high and multi-colored  
    Butterflies;  
    Of joys and freedom everyday  
    In the radiant rinse of sunlight's rays;  
    Of runs against the wind and walks  
    In the rain, and nature's small lives  
    In our jittery little hands.  
Bare afoot we often went, in a scent of  
Natural sweat; with happy feet "ajumping"  
And bloody soles "athumping" to a constant  
    Laughter's rhythm's set.  
The world was our toy,  
    And we played it as boys—  
Who saw ourselves as tribesmen,  
    Who saw ourselves as men;  
But really we were just boys,  
Who enjoyed nature's world as our toy.

## **MONGOOSE**

**T**heir steps are quick and low,  
Fastly scooting they often go,  
Minding their own business of the day;  
A friend of man and woman they are,  
Kindly and cute animals by far;  
Mongooses, how beautifully they stroll  
    Along;  
Mongooses, how beautifully they stroll  
    Alone;  
Their brown coat glistening in the sun,  
Creatures of charm on the run.

*Frederick Douglas Harper*

## **SICK BIRDS DON'T FLY**

Sick birds don't fly,  
Sick birds don't cry,  
They just stand around and watch.

Sick birds don't fly,  
Sick birds don't lie around,  
They just stand and sometimes walk  
And watch.

Sick birds don't fly,  
Sick birds don't cry,  
They just stand around alone,  
And watch other birds fly.

***COURAGE, INSPIRATION, AND  
STRENGTH***



**DO YOU HAVE THE STRENGTH TO BE?**

Do you have the strength  
    To be that self you really are—  
Not to be influenced unduly  
    By the worlds of others?  
Are you confident to follow your own mind's  
    Energy—to be, to act in accord  
    With your own interests and needs?

Don't fool yourself by your thoughts and words;  
Look into my pen's eye and be truthful  
    To the self you really are.

Do you have the wisdom and courage  
    To do what you want to do,  
    To do what you must do—  
    Unfettered by false advice and biased notions?

Simply tell me, do you have the strength  
    To be?

*Frederick Douglas Harper*

## **COURAGE HAS NO FEAR**

**F**ear has no place in the face of  
Courageous hearts that beat with  
The consciousness of present's time  
And space.

Fear takes no haven in the courage  
To be alone, or the will to confront  
Unknowns.

Fear has no refuge in the courage to  
Face danger's threat or a tolerance for  
Pain's suffering and regrets.

Stand tall, stay alert, and be brave but  
Wise in life's journey;  
Be alone, confront unknowns, avoid or  
Face danger's strife, and be strong in  
Pains of life.

## **GET UP MIGHTY PERSON**

You are no more  
    Than what you become;  
You are no less  
    Than that you fail to be;  
You are guaranteed  
    Only what you get.  
So get up; raise your body to its full length—  
    Stretch and realize,  
Get up mighty person,  
Get up one of various hue or circumstance,  
Get up you girl, get up you boy,  
Get up you woman, get up you man,  
Get up mighty person—you can.

*Frederick Douglas Harper*

## **WE CAN: A MESSAGE TO HUMANKIND**

**W**e must believe in ourselves; and we must get others  
To believe in themselves if we are to make a difference;  
Whatever we want to do, let us do it now;  
What we choose to do, let us do it well;  
Let us build new bridges that will lead us to  
Destinies unforeseen.

We can do so much, to have done so little;  
We can do anything, we can do everything—  
If we only believe.

We can run 150 miles nonstop,  
We can catch a speeding bullet in our teeth,  
We can leap the width of a flowing river,  
We can climb the tallest building like a mountain,  
We can stop our heartbeat by concentrating  
On a single thought,  
We can die and come back to life.

We are human being, a phenomenal machine;  
If we can do all these things,  
We can help another person.

## **YOU CAN**

If you want to do your best,  
Avoid following all the rest;  
Live many little lives through experience  
    As one,  
And you can rise far to what you  
    Can become;  
Absorb yourself in a talent found,  
And work on that talent until it is sound;  
Share that gift both far and near,  
    While appreciating such a blessing  
    So dear;  
Pride and protect your priceless health,  
    And give little attention to any  
    Obsession with wealth;  
“You can” *be* what you want and *do*  
    What you should,  
If you only follow what’s right and good;  
And, that is, by not being a fool as well as  
    Following the golden rule;  
Work hard and work long, plus stay out of  
Trouble, and you can’t go wrong.

*Frederick Douglas Harper*

## **DON'T BE A SLAVE**

Don't be a slave to things,  
Don't be a slave to television, or drugs,  
Or work,  
Don't be a slave to someone else's love,  
Or to food or drink,  
Don't be a slave to your own fears,  
Anger, and hatred,  
Don't be a slave to poverty and ignorance—  
Escape them,  
Don't be a slave to your own culture,  
Family, relatives, or friends,  
Don't be enslaved by senseless rules or  
Mindless conformity,  
Feel free and be free;  
Just be your slave to your own individuality  
And rational thinking; to your own  
Personal style and creative self;  
However, remember, you don't have to be  
A slave in order to experience or  
Enjoy some of the things that can  
Enslave.

**STOP AND LIVE**

Stop and think,  
Stop and feel,  
Stop and talk about  
    Life and yourself;  
Stop and live now;  
Don't lose the capacity  
    To express and feel;  
Don't lose the ability  
    To think and reveal;  
Don't lose the remains of  
    Your humanness;  
Don't lose your precious self.

*Frederick Douglas Harper*

### **LIFE IS AN OPEN DOOR**

**L**ife is an open door,  
Open to our talents or closed forever;  
Life is a highway running,  
Or exited prematurely, at will or by chance;  
Life is seldom flat as a plain  
Or straight as a chiseled arrow;  
Life turns and dips with time and distance;  
Nevertheless, life is an open door,  
Open to a future untold, but to a future that  
We can mold.

## **HOPE FOR HOPE**

Hope that you will always have hope for your  
Expectations and dreams;  
To hope for naught is to be hopeless of trust  
In yourself and your humankind;  
To hope for naught is to be hopeless of trust  
In a superior order of faith.

If defeated by yourself, try again when in a  
Better mood;  
If you fail in one arena, try in another;  
If you fail at one task, try again or plant your  
Foot to another.

Keep your confidence, self-reliance, and optimism;  
Hold on to the strong rope you are, when your  
Hands are burning and your  
Arms numb from fatigue;  
Rest along the mountainside, and climb once more  
When fresh.

Hope for hope,  
For without it, your spirit will die;  
Hope for hope,  
For without it, your dream will die.

*Frederick Douglas Harper*

## **YOU CAN CHANGE**

If you can believe in yourself,  
Your inner spirit and soul can have power  
Over the body that houses you.

You can change, if you will change;  
You can do what you want to do;  
You can do what you must do.  
If you gain control of yourself,  
You can be in control of your destiny.

So, seek strength from the spirit  
Within you;  
Seek strength from spiritual energy that  
Can come to you and watch over you;  
Seek strength in your power to change  
Your thoughts, your attitudes, your feelings.

If you believe in yourself,  
And the powers within, above, and around you,  
You can change;  
If you choose now to believe in yourself,  
And the powers within, above, and around you,  
You can change; you can change now.

## **WAITING FOR NOTHING**

Please, please, please—

My friend,

Don't stand there at the starting blocks

With an empty heart and worry on your mind,  
Because no one yet has been carried to the finish line;

Accomplishment is yours, only if you put

Your head to it and your heart in it—

The body will follow;

Place your scope on the goal,

Set your hands to the dust,

And kick with all your might;

For victories will never come

By standing around waiting to be carried—

Standing around, “waiting for nothing.”

## ASK

**A**sk, and you will be fulfilled;  
Ask, and you may be fulfilled;  
Don't ask, and you are sure  
Not to be fulfilled.

Ask, for there are only two consequences:  
Yes or no;  
Don't ask and there is one consequence:  
Nothing or status quo.

We ask to meet, to marry, to work;  
We ask to know, to find, to receive;  
We ask for opportunity and advancement.

Ask, and you will be fulfilled,  
Ask not, and you will be as you are;  
However, don't ask for everything;  
Don't ask for anything.

## **FREEDOM'S CALL**

Freedom, oh freedom;  
That greatest gift of all—  
Freedom from oneself,  
Freedom of the self,  
Freedom from others and things;  
Be free, act free;  
Live in a spirit of freedom;  
Freedom from a spirit crushed,  
    A fear of thoughts, a lack of  
    Action to express one's plight  
    And do one's right;  
Freedom from too much emotion,  
Freedom from no emotion;  
Freedom from talents abused  
    And potential unused;  
Freedom from a slavery of the mind;  
And freedom from a lack of freedom  
    To control freedom;  
Be free, act free;  
Live in a spirit of freedom;  
Be free to free your thoughts,  
    Feelings, and actions;  
Let the done be done, and that which  
    Should be done, make it be.

*Frederick Douglas Harper*

## **CONFRONTING THE FUTURE**

**L**et us confront the future—  
Not with our backs to darkness,  
But our faces to the light of the future;  
Knowing that we are vulnerable and frail,  
But courageous in will and perseverance;  
Knowing that we must love Earth,  
As we love or should love ourselves.

Let us confront the future within us  
And the future within our young—  
Confronting and painting our future  
As artists who are bold enough to be free,  
And moral enough to be responsible;  
Let us confront and compose beautiful music  
Of our future, with a courage to make us free  
And at peace with each other and ourselves.

Let us confront our future, the future,  
With a sense for doing that which is right.

***HEALTHY, HAPPY, AND  
SAFE LIVING***



## **LIVE LONG, LIVE WELL**

There are many rules to the good life,  
    Among them is avoiding danger and strife;  
Also, it's more than wise,  
    To maintain regular exercise;  
Swim, or run, or walk each week,  
    While watching daily how much you eat;  
Lower your diet in salt and fat,  
And drink healthy liquids to keep your  
    Inside wet;  
Sing, dance, laugh, and enjoy good play,  
    But work, rest, and relax each day;  
Live long, live well,  
    Minimize your hurry and stress;  
Live long, live well,  
    Keep your body at its best.

*Frederick Douglas Harper*

## **RULES OF LIVING**

Listen for your rules;  
Listen for your inner voices and  
Interpretive mind.

Listen to your body, listen to your “self”;  
Sense your moods, your pains, your pleasures.

Listen to your others and learn;  
But be watchful of faulty advice and poor  
Example.

Listen to your world around you;  
Process its dangers, pleasantries, tellings,  
And tips.

Listen for your rules, listen for your inner “self”;  
Listen, listen, listen, listen;  
And act in good choice and appreciation.

## **LIVE AGAIN**

Don't die with another's death;  
Don't die with the loss of love  
    Or a dream gone sour;  
Don't grieve, or complain, or look  
    Back in regret;  
Look to the future, act in the  
    Present, plan for you, and  
    Live again;  
Live again for yourself and for those  
    Who must depend upon you;  
Live now or you will not live well;  
Live now or you will not live long.

*Frederick Douglas Harper*

## **PLANNING TO LIVE**

We have to plan as if

The world will be here in the future;

We have to plan as if

We will not die tomorrow;

We have to plan as if

We are committed to something,

No matter how small or large;

We have to plan

For no one will plan for us;

We have to plan

To determine our destinies,

Or our destinies will be determined

For us.

***SPIRITUALITY AND  
MEANING IN LIFE***



## **THANKS TODAY**

In case I am not here tomorrow,  
I say thanks today;  
Thanks for good family, friendships,  
And all kindness to me;  
Thanks for well-wishers and supporters  
Along my path;  
Thanks for life's beauties of land, sea,  
And air;  
Thanks for the many smiles, encouraging  
Words, and helping hands;  
Thanks for all gifts and expressions of  
Love;  
Thanks for the divine grace and  
Benevolent spirits that watch over me;  
In case I am not able to be here tomorrow,  
I say thanks today.

*Frederick Douglas Harper*

## **HELP ME TO HELP MYSELF**

**O**h Great Spirit,  
Whoever or whatever you may be,  
Hear me with my plea;  
Am I worthy of the air I breathe,  
    The space I occupy,  
    And the protoplasm of which I am made?  
Am I worthy of the attention  
    Of those whom I serve?  
Help me to help myself to do all  
I can, when I can, with whom I can  
For the betterment of myself  
    And my humankind;  
And if I fail, let it be because of me,  
    And let me live with my shame;  
And if I succeed, let it be because of me,  
    And let me live with my pride.

**I'LL NEVER GET SO FAR  
THAT I WILL FORGET**

I'll never get so far that I'll  
Forget those who helped me to become,

I'll never get so far that I'll  
Forget those from whom I've come,

I'll never get so far that I'll  
Forget my spiritual upbringing and  
My moral learnings,

I'll never get so far  
That I will simply forget who I am.

*Frederick Douglas Harper*

## **A DAILY MEDITATION**

**G**reat Spirit, on each morning's wake,  
Teach me to appreciate light's day;  
And with each action of success and good,  
Always remind me to do what I should;  
    To keep my feet on the ground,  
    My body and head sound,  
    And my eyes on a purpose found;  
To know always that You are everything  
And that I am just one thing;  
Great Sacred One of all, accept my daily  
Thoughts of appreciation for Your blessings  
Bestowed and a rededication to  
    Your spirits' call;  
Prevent me from hiding my talents in  
Cowardice or basking too much in the  
    Light of success;  
Give me the strength to stay my pace  
And journey Your race unknown but shown  
By Your light and love from day to day.

## **A HUMBLE PRAYER**

All praise to Thy Great Spirit and presence.

All thanks for what I have experienced in Thy  
Sacred space and time.

Let me continue to be in harmony with my energy;

Let the remaining course of my life run the divine  
Destiny of good will;

Let my continual thoughts of Thy presence and creations  
Be witness to my prayer;

Let my good deeds, wherever, be testimony to my faith;

From day to day, give me:

The patience to listen,

The wisdom to understand,

The unselfishness to defer my own needs,

The insight to realize my potential and purpose,

The will power to be growthful and productive,

The courage to face unknowns,

The thoughtfulness to give and humbly receive,

The capacity to love and be loved,

An openness to accept my human vulnerability,

A habit toward responsibility,

A penchant for hard work,

A respect for self and all that is sacred and good,

The strength to control destructive urges,

The ability to be modest in the face of good fortune,

And the propensity to be at peace with myself.

AMEN.

*Frederick Douglas Harper*

## **LOVE, PEACE, AND JOY**

**L**ove, peace, and joy;  
Let us strive for these—  
Let us strive for these in our  
Hearts, our thoughts, and our  
Actions.

Let us strive for the  
“White Light” here on Earth  
Through peace in the world,  
Joy in our hearts,  
And love toward one another.

**IF YOU BELIEVE**

If you believe in a connectedness  
To a spiritual force beyond yourself;

If you believe in a relatedness to the  
Sacredness of all life;

If you believe in the high responsibility  
Of rearing right the young;

If you believe in the natural cycles  
And balances of life's universe;

If you believe in a healthy respect for  
The human race and Earth's habitat;

Then you believe in the Great Spirit  
Of life.

*Frederick Douglas Harper*

## **PERSONAL PEACE**

Can we be at peace with ourselves;  
Can we be still, at rest within ourselves;  
    Unagitated in *our* own space,  
    Unagitated in *by* own space?  
Can we face the energy of our world  
    With calm and not storm?  
Can we face the scare of our own minds,  
    Unharmd and unscathed by our thoughts?  
Be steady like a rock on edge;  
Be even as water's constant flow;  
Be within yourself, within your energy's flow;  
    Try to forgive error and stupidity,  
    Ignore hatred and anger,  
Be not swayed by thoughts of greed  
    And destruction;  
I ask you; can we be at peace with ourselves?

## **PEACE I**

For every good deed done,  
You will be blessed ten-fold;  
Give and let there be peace;  
Take and there will be unnatural destruction,  
Destruction to you.

Let all warriors cease to fight lest fought;  
Let all destroyers cease anger, hurt, and  
Viciousness;  
Let us avoid jealousy and hatred,  
Greed for another's bread, and  
Distrust of those who trust;  
Let there be peace by being at peace.

Blessed be the man who walks tall in resisting  
Destruction of self and his world;  
Blessed be the woman who hoards not the  
Treasures of precious stone, metal,  
Fragrance, fur, and fabric;  
Let us enjoy life's natural fruits and consume  
Not the entire vineyard nor destroy the  
Countryside.

*Frederick Douglas Harper*

## **LET THE CHILDREN BRING PEACE**

The purpose of life is to create life,  
The purpose of life is to nourish life,  
The purpose of life is to respect the  
    Sacredness of life,  
The purpose of life is the perpetuity  
    Of us—of the human species;  
So let us shun violence, shame war, and  
    Disdain human destruction;  
Let our young foretell a future of love  
    And peace through their innocence  
    And precious hopes as our future;  
Let countries and cultures exchange their  
    Children's smiles, talents, and love  
    Through their tiny voices and bright  
    Faces, and through their joys of  
    Word and song;  
Let the children bring peace to our minds,  
    Our hearts, and our world;  
Let the children bring peace to their  
Future by our efforts with them.

## **POWER IS A FISHER**

**P**ower is a fisher,  
Power is a fisher;  
Tell it on the mountain,  
Tell it to yourself;  
Power is a fisher,  
Power is a fisher fishing;  
Tell it on the mountain,  
Tell it to yourself;  
Cast out your line,  
Cast down your net,  
Cast now your talent  
    To the world;  
For power is a fisher fishing;  
Power is a fisher working;  
So work where you are,  
Love what you choose to do, and  
Respect what you have been  
    Blessed to do;  
For power is a fisher  
    At work.

*Frederick Douglas Harper*

## **NO COLOR, NO SHAPE**

No color, no shape they have;  
Both essential, but taken for  
Granted in their abundance.

Often invisible and disguised;  
However, their absence can  
Be known and felt.

Their existence is necessary and  
Sacred for all times—  
Not to be misused, abused,  
Or contaminated.

No color, no shape;  
Our need for them cannot wait.

***LOVE FOR FAMILY***



## **ODE TO GRANDDAD**

He was big, I little;  
    But both men in our sights;  
We worked together and played together,  
    At day and night.

I remember, and will forever, his  
Kindness and love, though only a small child;  
Together, we shared time:  
    Walking in the corn field,  
    Feeding chickens and the hog,  
    Driving a mule-driven wagon.

I watched him pray in church, drive his car,  
    Work at two jobs, plant and harvest,  
    Make old-fashioned wine, and care for  
    His wife and offspring of eight.

I, a child of seven, was by his side when he  
Died so peacefully, so courageously on a small  
Bed alongside a sun-lighted, open window.  
Granddad, I will always miss you;  
Granddad, I will always love you.

*Frederick Douglas Harper*

## **LOVE YOUR CHAIN**

**L**ove the links in your chain,  
For a broken chain has no purpose;  
Love your parents, love your children;  
For they are strong links of proximity.

Love your grandparents,  
Love your grandchildren,  
Love your sibling too;  
For they are also important links  
To a strong chain.

Most of all, love your link;  
Love yourself—  
Love all links in your chain  
For a broken chain has no purpose.

## **THANKS MOTHER**

There is nothing you can say,  
    That is enough to thank your mother;  
There is nothing you can do,  
    That is enough to thank your mother.

A mother is a trustee of God's seed,  
    A sacred temple of life;  
A mother's touch cannot be duplicated,  
    Her comforting voice is never replicated.

A mother's greatest gift is the gift of life,  
Her highest status is that of motherhood.  
No matter what else a mother might be,  
No matter what a mother does—  
    A mother is a mother.

Thanks Mom; I love you.

*Frederick Douglas Harper*

**LET US LOVE CHILD  
(To Parents and Other Adults)**

Let us love child  
As a precious and impressionable life;  
Not as an “object” of our selfishness,  
Not as an “object” of our exploitation,  
Not as a reflection of our frustration.

Let us love children  
As the future, our future—  
And even more their future;  
Let us love children by preventing  
Their undo suffering;  
Let us wipe horrid images from view  
Of their little minds, and  
Harsh words from their ear’s reach;  
Let us block unnatural pain and trauma  
From their tender little souls, while  
Teaching them the natural way,  
The healthy way, the realistic way of life.

Let us love child  
As we have been loved;  
Let us love child  
As we should have been loved;  
Let us love child  
As we ought to love ourselves.

## **EVERY CHILD HAS A RIGHT TO SMILE**

A child is so precious and impressionable;  
A gift to our lives,  
A gift to our world;  
Developing in time like a flower from a seed.

A spontaneous smile, how sweet, how innocent;  
A prance in the rain or a puddle;  
A tiny face that looks at the sun to vacuum  
Its rays.

Don't let it suffer unnecessarily for a moment,  
Except as nature calls;  
Don't let that smile turn to a frown of daily  
Despair and hopelessness.

So little, so helpless, with unblossomed potential;  
A bud so tender in our sight;  
Let us nourish its growth and joys,  
To maintain it right to smile in delight.



# ***FRIENDSHIP***



## **A FRIEND**

A friend is

Special for you

And not against you;

Being a friend is in

One's state of mind,

One's state of action—

That special one who thinks and acts

For another's happiness,

For another's welfare;

Being a friend is giving of self

With joy;

Being a friend is receiving from another

With appreciation;

Being a friend is wanting to be a friend.

*Frederick Douglas Harper*

**A POET'S POEM  
TO A FRIEND'S FRIEND**

**Y**ou ask me to write a poem  
For a friend not near;  
Though miles away, one you have known  
Closely over the years;  
An unusual request to me I must tell;  
But one not denied since it seems  
You so care.

A small price of time to give such precious  
Thought, for a long-lasting bond  
On each part sought;  
With nostalgic memories of childhood years;  
Remain close you have, yet seldom as near;  
It's been years and miles of telephone talk,  
Between movies, theatres, and city-park walks.

So the essence of friendship, it seems  
Two have learned,  
Out of much shared experience and  
Mutual concern;  
And thus this poet closes with good thoughts  
Of my task,  
In trust that your dear friendship  
Will continue to last.

**LET ME DO AS I PLEASE**

Please now, bother me not,  
    Just let me be as I am;  
Let me breathe my pace and  
    Avoid your race;  
Let me hurry not to exasperation  
    And jittery.

Let me do as I may  
    On each ensuing day,  
Because that's the way I am.

I'll do what I want,  
    And you can do what you want;  
And we still can be friends—  
Especially, when we do what  
    We both want.

*Frederick Douglas Harper*

## **A GIFT TO YOU**

A gift to you  
For what you've done,  
Not for what I expect of you;  
A gift to you,  
For what you are,  
Not for what I want you to be;  
A gift to you,  
For what we have shared,  
And not for what we give  
    To each other.

***LOSS, SADNESS,  
GRIEF, AND DEATH***



## **MEANING OF LIFE AND DEATH**

To live is to say "Hello,"  
To die is to say "Good-bye";

We don't know how long we will have  
    To say "Hello,"  
We don't know when we may have  
    To say "Good-bye";

So, while here on Earth,  
    Be the best guest that you can;  
And your company will be forever  
    Appreciated.

*Frederick Douglas Harper*

## **TO SAY “HELLO” IS TO SAY “GOOD-BYE”**

To say “hello” is to say “good-bye,”  
For that’s the orderly way in which things are;  
Faces appear in winter to be lost in spring,  
Doors open to be closed,  
The sun rises and sets,  
Babies come and old folks die,  
And all people must laugh and cry;

Night naturally follows day,  
As moon the sun;  
Boredom steals from life’s excitement,  
As hatred from love’s promise;

Say “hello” with enjoyment, excitement,  
And appreciation;  
Say “good-bye” without anger, grief, or sorrow;

To say “hello” is to say “good-bye,”  
Remember, that’s just the way things are.

## **LOSS OF A CHILD**

The loss of a child's presence  
    Cannot be replaced,  
    Cannot be forgotten,  
    Cannot be forgiven.

The loss of a child, whether in death  
Or separation, is a loss of innocence,  
Hope, spontaneity, truthfulness, cuteness,  
    And joy;  
The loss of a child is a loss of part of  
    Oneself.

The loss, whether permanent or temporary,  
Is piercing to the heart; a wound that never  
Heals in full and a pain that comes and goes.

Nevertheless, a joy known is a joy appreciated,  
But a joy known is difficult to unknow;  
A joy known is a joy enjoyed, though pleasant  
Memories remind us of absence.

*Frederick Douglas Harper*

## TO KILL IS TO DIE

**K**ill not, for to kill is to die;  
To kill those we love  
Is to kill part of ourselves;  
To kill that we love  
Is to kill life as sacred Creation.

Anger has no virtue in the  
Destruction of sacred things;  
So cork the barrel of a gun,  
Defuse the power of bombs' bruises  
And fire's smoke and burn;  
Wipe thoughts of death's stain  
From the blade of a knife.

To kill is unnatural;  
To kill is to die;  
Therefore, lay down your weapon,  
Lay down your sword,  
Lay down your anger,  
Lay down your hurt.

To kill is unnatural,  
To kill is blasphemous,  
To kill is to die.

## **LOSS**

To lose is to have had;  
One cannot lose a loved one  
Without falling in love,  
Or lose a spouse without the experience  
Of marriage, or a child without  
The creation or adoption of life.

We can lose one's presence,  
But never the images of or  
Experiences with that one;  
We can lose a loved one's presence,  
But not our memories of that one—  
Not until we lose ourselves.

To lose is to have had;  
To lose is still to have.

*Frederick Douglas Harper*

## **TODAY AND TOMORROW**

Happy today,  
    Sad tomorrow;  
Loved today,  
    Rejected tomorrow;  
Hello today,  
    Good-bye tomorrow;  
Here today,  
    Gone tomorrow;  
Thus is life.

## **HOLD ON**

Don't turn loose, for you will  
Die a cowardly death many times over;

Hold on, be patient, be strong,  
For you know not what the future can bring;

Hold on while you stride step by step,  
Decision by decision—resolving one problem  
At a time with time;

Hold on; in crisis, loss, poverty, despair, and  
Depression;

Hold on, move along, and roll in your natural  
Positive energy.

*Frederick Douglas Harper*

## **WHEN PIECES FALL APART**

**W**hen pieces fall apart,  
Away from the whole—  
Hurt it does, but go on  
We must with a love of those  
Remains and priceless memories  
Of past's parts, people, and places;  
Cry we should of tears that  
Do dry.

### **ODE TO MRS. COOK\***

Oh, Mrs. Cook, Mrs. Cook,  
    Whence forth are thou?  
Remember Us, remember Us please;  
Remember Us, and accept our gift so gently;  
Remember Us, for we will always know you,  
    Forever in our hearts, in our minds,  
    And in our lives;

You taught Us how to compete with laughter,  
    With enthusiasm, with curiosity;  
You lighted our hearts with your smile;  
You taught Us to seek love and appreciation  
    And to abscond bitterness and greed;  
You never allowed Us to feel failure;  
You taught Us how to teach ourselves,  
    While giving Us the desire to grow  
    And participate;

Now I sit in utter remembrance of a dream,  
I cry out in the silence of the night,  
I choke and tense in holding back tears of joy  
In sweet memory of one who loved so dearly;

Mrs. Cook, please remember Us.

*\*Mrs. Cook was a master teacher of my sixth-grade class. "Us" was that class. Mrs. Cook died in an automobile accident some years later during my college years.*



***IDENTITY, UNDERSTANDING,  
SELF-ESTEEM, AND SELF-  
ACCEPTANCE***



**SOME AND SOME**

**S**ome have and some don't,  
Some will and some won't,  
Some can and some can't,  
Some know and some don't.

Some are and some aren't,  
Some were and some aren't,  
Some will and some won't,  
Some can and some don't.

Some are now,  
Some were then,  
Some will be later,  
Some can be if...

## **CONFUSION**

Do you know who you are,  
Or what you want right now,  
Or in life?

Do you know what you are,  
Or what you will become,  
Or even want to be?

Do you know your needs  
As separate from those of others?

Can you choose between attractive choices  
As well as unwanted choices, or,  
Rather, do you wait for their choice  
Of you?

Are you uncertain about your status—  
Not sure of your role, or just wanting  
To be somebody or something else?

Make your choice in time—  
Choose your cake, or  
Have no cake at all,  
Have stale cake thrust upon you, or  
Be forced to eat cake from another's dish.

**BEING WHAT ONE SHOULD BECOME**

People like us,  
    People like them;

Talking and acting  
    And trying to be;

People like us,  
People like them,  
People like me;

People busy; being themselves,  
    Being what they are;  
People busy, being what they  
    Should be trying to become.

*Frederick Douglas Harper*

## **THE RIGHT TO BE YOURSELF**

Each person has a right to think  
    And not be thought for;  
To think about life,  
To think about death,  
To think about self,  
To think about purpose.

The moment is yours in silence;  
The moment is yours within the privacy  
    Of your mind;  
Not to think necessarily of others or things  
    But of you,  
    Your existence in space and time.

Each person has a right  
    To be alone with one's self,  
    To think unmolested thoughts;

Each person has a right,  
Each person has a choice,  
    Simply to be that self which one is.

## **MOTIVES**

Fear drives inhibition, flight, and confusion;  
Pleasure drives desire, excessive consumption,  
    And habit;  
Stress and pain drive need to relax, release,  
    And reduce tension;  
Jealousy drives hatred, anger, and the urge  
    Toward destruction;  
Greed drives an obsession toward consumption,  
    Ownership, and power at great risk;  
Thoughts drive ideas and actions, however,  
    Sometimes just worry;  
Curiosity drives a seeking and searching for  
    The assumed or unknown;  
Goals, fear of death, love, faith, pride, and  
    Meaning drive life.

*Frederick Douglas Harper*

## **SHINE WHERE YOU ARE**

You may not be of national or international acclaim;  
You may not have prestigious prizes or awards;  
You may not have college, or riches, or power,  
Or status—

But you are a potential star,  
If you shine where you are;

And as a star,  
You may move to higher levels  
And a greater luster.

## **CHANGE**

**Y**ou will change;  
It always happens;  
Your needs will change,  
Your interests will change,  
Your values will change,  
Your health will change—  
And so will your image.

Don't be too confident now  
In what you have and are;  
Just tentative, appreciative, and  
Thankful for blessings  
And gifts to you—  
Thankful for what you are,  
Thankful for what you have, and  
Thankful for what you have become.

You will change;  
It always happens;  
You may have it  
For today;  
That's all anyone can say.

*Frederick Douglas Harper*

## **EACH IS A WORLD**

In times of displeasure, we often thunder  
    In anger and lash out as lightening;  
Our tears of self-pity, suffering, and joy  
    Frequently rain on our many faces;  
Like volcanic lava, the honey of our hormones  
    Often flow us to awakening;  
While calmed by snows of relaxation, we  
    Can be depressed by visits of dark clouds;  
In excitement and fear, the winds of our  
Breath do pump us for action, while  
Emotional earthquakes can shake our peace;  
Each of us is a world unto himself;  
Each of us is a world unto herself;  
And, on every side of each world,  
    Sunshine must sometimes smile.

## **EVERYONE IS SPECIAL**

Everyone is special at something,  
Everyone is special for something;

Anyone can be a star in one's own world,  
One's own constellation,  
One's own galaxy;

Therefore, seek stardom and find your star,  
Find your star and be a star—  
And thus shine in your own light;  
Find your star and shine for you;

Remember, everyone is special at something,  
Everyone is special for something;  
And you are special too.

*Frederick Douglas Harper*

## **IF YOU BELIEVE IN YOU**

**I**f you believe in you,  
God's spirit can have divine  
Power over what you do—  
Then you can change;  
Then you will change,  
If you control the self you are,  
You can determine the future you make;  
If you control your mind and soul,  
You can confront pains of the past  
And challenges of the present and future;  
So change now, by  
Living in the light of God's spirit, and  
Walking in the path of your divine destiny.

## WHAT COLOR ARE YOU?

**A**re you blue; calm, just, fair, and balanced?  
Are you red; often fiery, spicy, and angered?  
Are you pink; hot, impulsive, and sensual?  
Are you brown; low-keyed, matter-of-factly, and  
Often unmoved?  
Are you green; vibrant, lively, and optimistic?  
Are you black; often gloomy, energyless, and depressed?  
Are you yellow; easygoing, accommodating, but often  
Anxious and fearful?  
Are you purple; sometimes bitter, sometimes resentful,  
And often determined?  
Are you gray; directional, ambitious, and authoritative?  
Are you white; obsessed with purity, cleanliness, order,  
And morality?  
Or, are you a rainbow;  
Or, a combination of colors of varying luminance;  
Or, are you one color that changes in its shade or hue?  
What color are you?  
What colors are you?  
What mood or moods are you?  
Know your color, know yourself.



**The Following Poems Were Reprinted From:**

Harper, F. D. (1985, 2004). *Poems on Love and Life*. Bloomington, IN: Authorhouse. (Originally published in 1985 by Douglass Publishers.)

A Flower

A Friend

A Humble Prayer

Advice to the Young (Originally published under the title of “Advice to You My Child”)

Ask

Class

Confusion

Do You Have the Strength To Be?

Don't Be a Slave

Each is a World

Earth and Tree

Every Child Has a Right to Smile

Every One Is Special

Get Up Mighty Person

Help Me to Help Myself

Hope for Hope

I'll Never Get So Far That I Forget (Originally published under the title of “I'll Never Get So Far”)

If You Are Angry

Important Things in Life

Let Me Do as I Please (Originally published under the title of “Let Me...”)

Live Long, Live Well

Loss  
Loss of a Child  
Love Your Chain  
Meaning of Life and Death  
Mongoose  
Motives  
No Color, No Shape  
Ode to Granddad (Originally published under the title of “Nostalgia  
III”)  
Ode to Mrs. Cook  
Planning To Live  
Rules of Living  
Shine Where You Are  
Sick Birds Don’t Fly  
Some and Some  
Thanks Mother  
Thanks Today  
The Importance of Importance  
The Individuality of a Rock  
The Right To Be Yourself (Originally published under the title of  
“The Right to Think”)  
The Road to Happiness  
To Say “Hello” Is To Say “Good-bye”  
Trees Have Personalities Too  
Trees of Maine  
Waiting for Nothing  
Watch Your Mouth  
We Can: A Message to Humankind  
What Color Are You?

Whatever Happens To Me, I Will Try To Do Right (Originally published under the title of “Whatever Happens To Me...”)

**The Following Poem Was Reprinted From:**

Harper, F. D. (2003). *Love Poems of Frederick Douglas Harper*. Bloomington, IN: Authorhouse.

A Poet’s Poem to a Friend’s Friend

**The Following Poems Were Reprinted From:**

Harper, F. D. (1988). *Romantica: On Peace and Romance*. Alexandria, VA: Douglass.

A Daily Meditation (Originally published under the title of “A Daily Prayer”)

Be Sure, If You Can

Being What One Should Become

Courage Has No Fear

Five Great Gifts

Freedom’s Call

Hold On

I Cry Within My Soul

If You Believe

If You Believe in You

Let the Children Bring Peace

Let Us Honor Our Youth

Let Us Love Child

Little Tribesmen

Live Again

Love, Peace, and Joy (Originally published under the title of “The  
White Light”)  
No Excuses, No Regrets  
Ode to A Flower  
Peace I  
Peace on Earth  
Peace With Earth  
Power Is a Fisher (Originally published under the title of “Power Is a  
Fisherman”)  
Praise  
Right and Wrong  
Stop and Live  
To Kill Is to Die  
Today and Tomorrow  
Truth and Lies  
What You Can Do (Originally published under the title of “What I  
Can Do”)  
When Pieces Fall Apart  
You Can

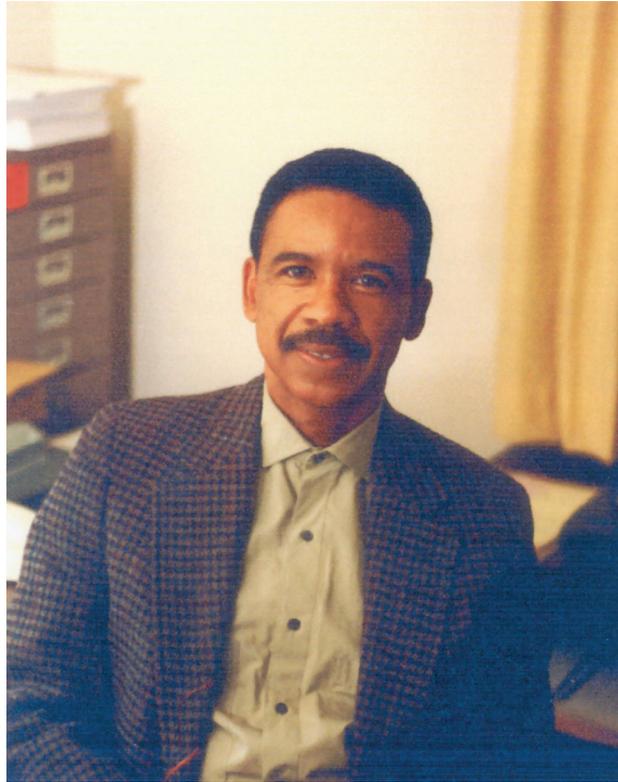
**The Following Poems Were Reprinted From:**

Harper, F. D. (2003). *God's Gifts: Spiritual Writings*. Bloomington, IN:  
Authorhouse.

A Gift to You  
Among the Greatest Things  
Actions and Ights  
Change  
Confronting the Future

Giving Is a Gift  
If Trees Could Do as We...  
If You Can, Then  
Life Is an Open Door  
Lost Traveler  
The Greatest Gift  
Too Weak To Be Strong  
You Can Change





### **ABOUT THE AUTHOR**

Frederick Douglas Harper has authored more than 300 published poems. He has had a long-term interest in the welfare and growth of young people, publishing numerous articles and poems on children and teenagers as well as publishing photos on youth in calendars, magazines, and as a cover photo on an academic journal. Moreover, he has worked with young people for more than three decades as a counselor, school teacher, university professor, program developer, and consultant.

Harper has authored four other books of published poetry that have been sold throughout the USA and in numerous other countries. His other

poetry books include, *Poems on Love and Life* (first published in 1985 and republished in 2004), *Romantica: On Peace and Romance* (1988), *God's Gifts: Spiritual Writings* (2003), and *Love Poems of Frederick Douglas Harper* (2003). He has received hundreds of letters of appreciation and commendation on his poetry from readers of his work, including letters from public figures such as Lionel Richie, Ossie Davis and Ruby Dee Davis, and Renee Poussaint (national network news commentator).

Harper's most popular poem, "A Wedding Pledge," has been recorded on CD, recited in more than 5,000 weddings, translated into other languages, and reprinted in magazines. His poetry has been read by Nap Turner on WPFW Radio, 89.3 FM, in Washington, DC for more than 15 years, alongside the poetry of the famous Langston Hughes.

As an international scholar and professor of counseling, Harper has authored more than 100 academic publications, including college textbooks, journal articles, and book chapters. In addition, he has served as a school teacher, professional counselor, university administrator, president of professional associations, and editor of three different scholarly journals: the *Journal of Multicultural Counseling and Development*, the *International Journal for the Advancement of Counseling*, and the *Journal of Negro Education*. He is currently Editor-in-Chief of the *Journal of Negro Education*. Harper has conducted numerous workshops and presented hundreds of motivational speeches and scholarly presentations throughout the country and the world; including speeches or lectures in Argentina, France, Greece, India, Ireland, Sweden, the Netherlands, and the Virgin Islands.

An extraordinary and highly spiritual human being, Frederick Harper has jogged more than 34,000 miles in 119 different cities throughout the world, and he has inspired many people through his writings, teachings, and public speaking. Harper is father of two sons (Frederick and Renfred), and

he is a member of the Omega Psi Phi Fraternity and numerous professional associations and honorary societies.





