

# Life Streams

by

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*One night as I closed my eyes to sleep an image of a large barrel with brilliant letters popping out of it filled my mind with an overwhelming intensity to pay attention. The image was persistent. It wouldn't go away.*

*I asked my husband Joseph what I should do to get the image out of my mind. He quietly answered and said, "get up and write down the letters you see." I did, and the result is this book of psalms.*

*I'd like to rededicate these poems, or psalms, to God's encompassing love for all of us.*

*Ramona Heirling*

## INDEX

<u>Psalm</u>	<u>Opening Line</u>
1	<u>Ageless as time itself</u>
2	<u>Ages, countless ages</u>
3	<u>Alas! At peace my spirit</u>
4	<u>As the sunshine warms the day</u>
5	<u>Break away oh ye spirit</u>
6	<u>Cry oh Soul, cry ye tears of old</u>
7	<u>Direct every thought my God</u>
8	<u>Fly away ye spirit of yesteryear</u>
9	<u>Free is the spirit in oneness</u>
10	<u>From times of old</u>
11	<u>Give strength to my words, oh Lord</u>
12	<u>Heart, what is your song</u>
13	<u>Hiding in the dark corners</u>
14	<u>How can I thank Thee oh God</u>
15	<u>I humbly pray that you grant this soul</u>
16	<u>Lament not my spirit</u>
17	<u>Make the good deeds of this day</u>
18	<u>May happiness reign with each day</u>
19	<u>Mourn no more my spirit</u>
20	<u>My raiment today is love</u>
21	<u>My soul bursting with laughter</u>
22	<u>My soul cries from hunger</u>
23	<u>Oh spirit release me</u>
24	<u>Out of ignorance I speak, oh Lord</u>
25	<u>Out of my being breath flows</u>
26	<u>Out of the night</u>
27	<u>Pass the words of kindness</u>
28	<u>Quiet, be quiet my soul</u>
29	<u>Quiet is the spirit</u>
30	<u>Sad is the state of a soul</u>
31	<u>Somewhere above the sun</u>
32	<u>Somewhere deep inside</u>
33	<u>Somewhere out of yesterday</u>
34	<u>Spinning life's webs</u>
35	<u>The shadow of the living God</u>
36	<u>Today my soul sings praises</u>
37	<u>Visions light the path of tomorrow</u>
38	<u>Waste not your time</u>
39	<u>Why must I live alone</u>
40	<u>Why must I stay afloat</u>

# Psalm 1

Ageless as time itself

so is the music in my heart.

From which world did I arrive

in order to reflect the tunes of this time?

From the seas to the mountains

my soul searcheth for the musician.

Upon which breeze

will my soul stop and dance?

## Psalm 2

Ages, countless ages.

How far have I been?

How far must I go?

As long as the fields have toiled  
my spirit wandereth to and fro,  
seeking my beginning  
facing my end.

## Psalm 3

Alas! At peace my spirit.

Gladness has filled my soul.

Set free is the dove

to ride upon its wings

the love of my God.

The identity of my soul

is acknowledged.

Free is my spirit

throughout eternity.

## Psalm 4

As the sunshine warms the day,  
the love of my God  
Has endowed upon my being  
peace and tranquility  
giving warmth to my soul.  
May the Almighty keep me  
always nestled against His breast  
And filling all my worlds with  
the warmth of His presence.

## Psalm 5

Break away, oh ye spirit  
from the family of man.

Walk not in shadows  
of sentiment.

Happy is the spirit  
that knows its beginning  
And dwells forever in the  
pinnacle of the supreme.



## Psalm 6

Cry, oh Soul

cry ye tears of old,

let yesterday die.

Weep, oh Soul, for tomorrow

tears of joy filling my heart

will carry peace within my being.

Light has come

peace is inside

my burden is light.

## Psalm 7

Direct every thought, my God,  
to display your talents.

Let every action be beautiful  
and filled with glory.

Fill me now, dear God, and  
make me truly one with you.

Let my life manifest  
another miracle.

## Psalm 8

Fly away, ye spirit of yesteryear,

Fly away ~ give me rest.

My mind entwined with memories,

where is my escape?

Fly away, ye spirit

let love out.

## Psalm 9

Free is the spirit in Oneness  
with the Supreme.

His grace will savor your Soul  
as the fragrance of a flower.

Keep a pure heart  
and His sustaining power  
will remain a constant joy.

## Psalm 10

From times of old

my spirit has fought for victory.

Heal my unbelief quickly, oh God

and give peace to every fiber of my being.

Save me from this evil and preserve

my lips for praising only.

## Psalm 11

Give strength to my words, oh Lord  
as they are a reflection  
of my soul.

Give them power to perform  
and gentleness to feed  
the hearts of all mankind.

## Psalm 12

Heart, what is your song?

What tune do you sing to?

So many faces I see ~

for which reflection

does the music play?

Heart, whence forth

did you come?

Which wind will you dance upon

to return?

## Psalm 13

Hiding in the dark corners of my mind  
is reality shining forth from  
another time.

Shadows of hopes and dreams,  
visions of fear

Oh spirit, from which world  
did I arrive?



## Psalm 14

How can I thank Thee  
oh God  
When thy goodness is like an  
endless rain?  
How will my praises fill thy spirit  
which is infinite?  
Make my soul  
a reflection of thy love  
That my life will be the  
goodness and the praises  
Needed for all the worlds  
to come.

## Psalm 15

I humbly pray that you grant this soul  
its reward, Father.

Make it able to claim final victory and go  
forth to spin life into other horizons.

Cut short this battle and crown  
these souls with thy goodness.

Shine upon our house and shower it  
with heaven's blessings.

Let your glory  
fulfill all things.

## Psalm 16

Lament not, my spirit

be not tossed for any reason.

Stand firm

on the name of the Lord.

His light will fill you

as the sunshine fills a day.

Doubt not, my spirit, and happiness

will surround you

through all eternity.

## Psalm 17

Make the good deeds of this day  
return two fold, oh God  
and overflow our cup of joy.  
Don't allow the evils of this world  
to steal your gold from  
the hearts of your children.  
Return to us  
the inheritance of our Father.

## Psalm 18

May happiness reign with each day;

Let gladness be tomorrow's theme.

Surely sunshine will encapture me,

and be my mate through all eternity.

## Psalm 19

Mourn no more

my spirit

Rest in contentment in

the arms of the Almighty.

Allow His healing power to

penetrate to every parcel

of your being.

Keep in strong faith and

make His power yours.

## Psalm 20

My raiment today

is love.

From the depths of my being

it bubbles continuously

filling my soul with gladness.

My countenance will forever shine

for my spirit is infinite.

The shell of my being adapts various changes

all suitable unto the worlds

for which I arrive.

Acceptable is the change in time;

however, love is the raiment forever.

## Psalm 21

My soul bursting with laughter

Sunshine on my face

Clouds surrounding my being

with happiness

Look! My eyes are full of color.

I see my mountains

Praise God,

I'm alive!



## Psalm 22

My soul cries

from hunger.

The oppression of this season is called

upon from what has been.

Today my soul seeks sanction

to flee from its enemy.

Which door of tomorrow will open

and crown my soul

with gladness?

## Psalm 23

Oh spirit, release me.

I believe not in circumstance.

The way of my heart is journeyed  
through channels in my mind.

An intruder you must be

for the fire of hell

burns at the door of my soul.

Away with you, oh spirit.

There is no place for you to rest.

## Psalm 24

Out of ignorance I speak, oh Lord  
Tend my soul with Love.

My spirit knows the Love you give  
and patiently awaits my every  
thought to be satisfied.

Forgive my doubt and fill my mouth  
with praises and rid my  
heart from reproach.

## Psalm 25

Out of my being breath flows  
seeking a rose to kiss.

Upon the wings of love it flies  
to a shining star.

Listen! My musician is playing  
The bells of heaven are ringing.

His kiss is soft  
as new fallen snow.

## Psalm 26

Out of the night

I hear a cry.

The oppression of a soul

needs escape.

Come, lay upon my breast in trust

Hide under the wings

of my love.

Rest.

Thy spirit will be

as a shining star.

## Psalm 27

Pass the words of kindness  
through my lips,  
and make them fill every soul  
that hears.

Suffer not the thought of your words  
going out void,  
and not being magic on the ears  
of their Listener.

Allow your words to return to  
this vessel and honour  
its spirit for time spent.

## Psalm 28

Quiet,

be quiet my soul

The outlet of fear

is dangerous.

God, may the chains of these doors

be bound forever.

Time endures the faithful

Shhhh ~ be quiet my soul.

## Psalm 29

Quiet is the spirit.

Solitude is the state of my soul.

The world's in turmoil

outside my being.

Peace within

gives joy

For my heart is the sanctuary

Of God.



## Psalm 30

Sad is the state of a soul  
with no God.

Alone in the delusion of one's mind,  
desolate in a wilderness with no time.

Hear my cry, oh soul,  
wander not at the call of the wind.

Enter into the arms of the Supreme  
The God of all times is calling.

## Psalm 31

Somewhere above the sun  
    lies a dimension for another time,  
Waiting for the laughter of  
    eternal souls  
        to fill its space with singing.  
Come with me; let's journey  
    into this world  
And dance upon the clouds  
    with joy  
Giving praises  
    with a happy spirit  
Unto the God  
    of all times.

## Psalm 32

Somewhere deep inside

a light glows.

It stands for Love

and trust.

It knows that its light is brighter

than outside darkness.

Be content

Smile

God is with us!

## Psalm 33

Somewhere out of yesterday comes a song  
singing softly upon the winds.

Bringing joy  
for the seasons

The melodies of tomorrow  
have enchanted my soul.

## Psalm 34

Spinning life's webs

how far can they reach?

Entangled inside with lust about

Step aside, oh man, let me out!

Planning, working, reaping ~

from which star will my miracle ride?

Save me, my God,

From this demon inside!

Inside Love abounds,

an outlet I need

To share my rewards

with those who seek.

Find me, untangle me, set me free.

Life is a miracle

spinning endlessly.

Oh, my God

I believe

## Psalm 35

The shadow of the Living God  
has empowered my soul  
with singing.

Praising Him all the day long  
gives purpose to this world,  
and fills my heart with melodies  
only the Angels can sing.

## Psalm 36

Today my soul sings praises

My voice rings through the heavens

Happy is the spirit that dwells

in everlasting places

and loves God in all things.

## Psalm 37

Visions light the path of tomorrow,  
Today's hopes reflect  
yesterday's dreams  
Hearts filled with gladness  
makes these days an eternal light.



## Psalm 38

Waste not your time  
with frivolous thoughts.  
Direct every thought and deed  
to our Supreme,  
and reap the inheritance of  
His Kingdom.  
Allow praises only to enter your mouth,  
and your harvest will be plentiful.

## Psalm 39

Why must I live alone in a house of many?

Why does my soul seek refuge  
from its mate?

Hear me,

oh, my God

An answer I seek

for the happiness of this heart.

Make me not to walk

in the shadow of loneliness.

Turn my face toward the sun;

and let the brightness

light my countenance

Fill my heart with gladness

and make my voice

to ring out in laughter

Suffer not my soul

to be alone

## Psalm 40

Why must I stay afloat in this time  
being tossed to and fro,  
Attacked daily with evil  
piercing my heart?  
Let me return to my world  
of yesterday  
Where the essence of life  
is love.

*END*  
*of*  
*LIFE STREAMS*