

Poetry Series

Jeff Rushton
- poems -

Publication Date:
2008

Publisher:
Poemhunter.com - The World's Poetry Archive

Jeff Rushton()

I've included some of my writings from 1994-1998 so far and may include my non-published writing at some point in the future.

? You Are Who

Acquisition is a part of life's deposition

Did you find the faith to last

Do you have a belief and stand for your past

Do you have a knowledge of life's everlasting entity

Do you have friendships, trusts, and relationships

How much did you learn, grow, build your knowledge, and then act so

In conclusion, what was your mission?

Jeff Rushton

_____, I See In You.

, I see in you

I see in you the reality of my dream.

I see in you the embryo of a heavenly being.

I see in you a heart of passion and gold.

I see in you many stories untold.

I see in you a fear of those things forgiveness has consoled.

I see in you a wall built to protect an, oh so precious heart.

I see in you the tranquillity of a not so distant being.

I see in you the matriarch of a heaven bound progeny.

I see in you the example of celestial entities.

I see in you a forgiving and forgiven history.

I see in you the spirit of the truly living.

I see in you a wisdom of experience, touched by books and their deliverance.

I see in you the comfort of a security blanket.

I see in you the caring of a tear-ridden teddy bear.

I see in you the emotions of a caged mountain lion in err.

I see in you every thing a perfect being can bring.

I see in you eternity.

Jeff Rushton

186,000 Miles A Second

Light begins from within

Light begins with a belief

Light begins when we see without sight

Light is simply electricity mixed with sincerity

Light can be humanly explained but inhumanely detained.

Jeff Rushton

35,000 Feet; Light Speed

The jet departs from the hanger of hustle and bustle, trend.
The ascent is upward but the force backward, like running in to hurricane winds.
Propulsion begins, as does pressurization to drums within.
Sublimation, during the cruise at speeds long unfathomed.
Descent in tribulation much the likes of sitting in a box being hit by a boxing
champion.
Arrival with anticipation, curiosity of a changed nation.
Opened doors, and hugs of love and admiration, talks of travel and the journey
to a 'new' destination.
In the end, on the journey from the hanger to home you realize the only thing
that has changed is the use of what's on the hanger and what's being warn.

Jeff Rushton

50 States In Fifty States

The journey begins with all forms of transportation, for all speeds and conditions that will persist and exist.

You will travel as far as able with no destination but the desire to see and experience everything within a nation.

Your means are determined by the location and situation with which you find your self in and at the time of needed transportation.

Your journey begins from within the state you reside.

It is from here that you will travel north, south, east, or west in destination for nowhere, but everywhere... somewhere to rest.

You travel through Washington, in the middle of a rainstorm.

Through Oregon you journey along the beautiful but treacherous coast.

California is long and covers many moods, but in the end it is so beautiful.

Idaho, you see potatoes, and Craters Of The Moon, beautiful unless winter, which always comes too soon.

Nevada is next, the deserts are so plain, gambling keeps your mind off of the mundane.

Utah's mountains are a sight to see, tough to travel through but worth the scenery.

Arizona dries you out, unless you're north away from the drought.

The west-coast is only the beginning, a foreshadowing of what will come in your sojourning.

You see the mountains, and the plains, you journey through forests, fields and rains.

This is only the beginning to greater feats yet pending.

You can travel on, in hopes of dreams that can be fulfilled, or rest yourself and retire at will.

You can travel on to see the hills, the plains, the swamps and the oceans reigns, or you can end your journey having seen enough to fulfill your lives dreams.

There is no problem with this route, it just ends and that is your way out.

For those that continue, come vast amounts of precious venues.

They shall see the political places, the capitols of business, the arts, music, and races. They will find the different paths it takes to make your journey a success.

They will see the many options and scenes that make up this journey we continually believe.

They will learn the ins and outs that make it tough, yet in the end they will be greater and more capable to handle the rough.

This journey takes place now, and until the end.

For this journey is

LIFE from start to end.

Jeff Rushton

A Car Goes By

Sitting in the drivers side is one singing, enjoying life.

A car goes by.

This one a parent, deaf to current peers, children screaming, yelling, hoping for a jeer.

A car goes by.

A business suit so nice, yet his hand grasps his mind looking for a peaceful place to hide.

A car goes by.

The youth love to drive, they don't see the accidents, the cautions, the signs, they speed on with nothing, but everything on their mind.

A car goes by.

Tinted windows, mirroring the outer scene, the only sign of life is a motion and the path steering.

A car goes by.

One dirty, one clean, no difference, just the appearance of the residue from paths unseen.

A car goes by.

The driver's eyes just rise over the horizon of the dash, they watch and peer to see everything in their years.

A car goes by.

Each driver teaches a lesson or a parable as they drive.

In the mall, in a hall, sitting at your desk, or exercising with all.

A 'car' goes by.

Jeff Rushton

Absent

Anything for you

There is nothing I wouldn't do.

There is nothing I wouldn't give.

There is no measure for the desire I have to help you inspire.

There is no treasure I would not die to discover for your pleasure.

There is no level of pain I would not sustain to protect you.

There is nothing I would not do to obtain love from you.

There is nothing more sorrowful and blue than the time when your heart is absent from my view.

Jeff Rushton

Acceptable

An inebriate man sits at the barstool pondering the subsistence of the flying pests while the bartender swings frantically trying to kill every last one. 'Flies are stupid! " He says to the bemused alehouse administer. 'You can kill almost all of them, but as soon as you put that swatter down, the stupid things almost always end up taking a rest on it.' 'Uh-Ha' The saloon server says as he returns to the tap to serve another round and keep people's tabacco smoking, while the fly rests on the swatter.

Jeff Rushton

Achieve It!

Why does it not subside?
My knowledge says let it ride
My experience says do not hide
My determination in life says it's time
Everything says go
My mind, heart, soul are being subject to a fool
There is no fear, trepidation or reservation
Only the goal in clear view
See it, believe it, achieve it!

Jeff Rushton

Adessa

Clarity is what I see
Serenity, a distant lake, calm tranquillity
Curiosity of the known, viderance for the unknown
Love of life seen through shades of slightly tinted foresight
Honor, Trust and respect, the fortitude of an angels step
Ability to be, well beyond what the true beauty sees
Simplicity in things of learning, complexity in yearning
Wild side apparent, a deep, undying-love and honor transparent
As a child, only in the sense of honesty and sincerity
Adolescent in the means of self-fulfilling accomplishment
From head to toe travels an energy that very few know
Energy known as Karma or soul but honesty says a heart of gold

Jeff Rushton

Alas Three Boys

Three totally different ways of life.

Boys different external, but internal alike.

One wealthy, healthy, and famous in his time.

Wealthy from birth, wealthy from work, it didn't matter with him he ended up an arrogant, self-righteous jerk.

Healthy by blood, healthy by drugs, the only thing that stood in his way was a mirror and a non-cast-iron feather.

And they never stepped back to notice their error.

Famous by name, famous by unscrupulous fame, the only thing wrong in his life was not getting cast for the greatest roll in claim.

In this stage they are praised, worshipped by many, sought after by insecurity, building their confidence in transparency.

His life is exactly that, never less, no more.

Time on earth tells many lies.

The true clock shows life on earth as a simple tick-tock, behind the sill.

Jeff Rushton

All Things Pure

Virginity is a sacred sign, a right and privilege that should not be resigned
It is not sex or the thoughts and actions thereof
It is purity, validity, sincerity, sanctuary, maturity, morality and the honor to be
Virgin lips, lies, ties, virgin truth, honor, respect, happiness, eyes
Virginity is lost through life
A virginity far more powerful, hurtful, and helpful than any moral act
Virginity, in any sense, is to be cherished, loved, maintained, contained, and
spiritually gained
A virgin is brought to earth, not to break and destroy, but to fulfill and enjoy
Virginity is a gift that is given up for our spiritual growth, or our dismay and
never ending quest for remorse.

Jeff Rushton

Another Grain

Intelligence is not measured by the mind of a man
Intelligence is measured by those that do not understand
It is only a matter of true intelligence when
You come in hand of a far more knowledgeable man and remain at the top
The learning and leading stand
For the most knowledgeable man is he, that can never have enough in
The intellectual sandbox of learning, that multiplies as he lives and breathes.

Jeff Rushton

Answers

Nature is a core to human pleasure

Pleasure is a core to human nature

All humanity has an innate want or need for some piece, portion,
or association with nature

One's view of nature may differ from another but there is always
at least one association

To maintain and sustain the nature that provides that portion of
our needs and desires we must learn to not contend over the issues,
but to understand each others perspectives

No man can truly dispute or refute unless they have understanding
of both parties views

Nature should be a producer of peace and tranquillity not of dispute
and discontinuity

Breathe in the wonderful air that we have to enjoy and employ
A deep breath takes little time
Relieves a great deal of stress
Give us a boost of natural energy
And can keep the mind fed from catastrophe.

Jeff Rushton

Arizona

The birds sing the subliminal song of the sun.

The coyotes vocalize their absence from the moonlit skies.

The waves roar in strength, 'stepping' toward the 'giant leap.'

The wind whistles the tunes that swing or give the comfort of a step, slow and serene.

The Clouds whisper along their path, occasionally clapping to remind us of their destination and

The angels home above rejoicing.

Jeff Rushton

Astronomy

Look in your eyes...

Through the fog in your eyes, the smog that covers your cries.

Through the tears of the lives, the lives you comprise.

Look in your eyes...

I see a life of broken ties, a life of unexpected lies,

I see a person disenchanted with physical and social replies.

Look in your eyes...

I see the scars you've become accustomed to hide,

I see the passion to run and to hide.

Look in your eyes...

I see the fear of failure and compromise,

I see the pain that you let crush your life.

Look Beyond your eyes...

I see the beginning of a new life, a life of veracity and skies,

I see the birth of a child innocent in all eyes.

Look beyond your eyes...

I see the fun and happiness that keeps you alive,

I see the joy and passion for life.

Look beyond your eyes...

I see the love that is buried inside,

I see the sparkle that makes life a surprise.

LOOK, LOOK, LOOK...

It is all within your eyes.

It stands out to those that have lived through the lies, the sorrows, the pains and the terrible ties. This is not to fear or despise, it is to revere and to take in stride. For those that know can see as clear as the summer's sky. The potential to be great is all within your eyes. You are one that can make it if you try. Many have the sparkle but few have the radiation to shine, to burn the smog and fog that keeps you behind.

I love to look into your eyes, for therein lies the reason I am alive. I have fought the fight and with the sight of your plight I am determined and recharged with energy and light. It is time to burn and to refine, For therein lies the new beginning of a star that WILL SHINE.

Jeff Rushton

Back Off And Move Forward

The only thing that transcends
The perfection's we obtain in life's trends
Bringing life into the world
Raising them with agency and the
Ability to survive on their own two feet
Independently
With the faith and trust of your certainty

Jeff Rushton

Beating Chests

Man can do many things to prove that he is a man, he can fight, he can express, he can distress, he can bully, he can beat, he can bulk until his skin is complete, he can ride, he can drive, he can fly, he can sky dive, he can do anything to prove he is a man. Until man accepts his manhood, the responsibilities, the pressures, the stresses and the pleasures, he is nothing but a boy with a man's appetite for personal favor.

Jeff Rushton

Beautiful Ugliness

The beauty of life lies not in its purity or perfection

The beauty of life stands tall and with great attention

The beauty of life moves in all directions, always forward,
Some times in contradiction

The beauty of life drives man to survive with all of the power horses can contrive

The beauty of life jumps to all levels of delight
Great and ornate to a very placated state

The beauty of life flies with weightless wings
Dreams that keep us aflight because of their
Reality and possibility to become means.

The beauty of life rises after every fall, always
Toward the end of the furthest star in the
Most distant constellation, infinitely far.

Jeff Rushton

Beauty

Beauty is a Budding Rose
an Eagles flight
an Accelerating Cheetah
the Underwater world
the Terrestrial lighting.

'And God said, Let us make man in our image...and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.' (Genesis 1: 26)

'he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.' (1 John 2: 2)

Beauty is... You.

Jeff Rushton

Beyond Appearance

I see fear, pain, anguish, abuse, loss and...
The desire for love, happiness, comfort, worth, independence and peace.
All are found within the countenance we bare.

Jeff Rushton

Black And White

They say they can see clearly.

I can not. I am colorblind.

Why can't we all be colorblind and see more clearly?

Jeff Rushton

Blind

Hunger, strain, abuse to body and brain,
The need for love, the rape and molestation, unheard of.
The anguish, deceit and plans that you could never meet.
Sorrow for sin, loss of spirit and energetic grin.
Depression, self-aggravation, the need to give up your personal preservation.
The heartache and break that drives your soul through the stake.
The mourning and strain envelopes the loss of a friend.
Unfaithfulness, distrust, breakage of the 10 given us in Exodus.
The scars and marks of a life filled with a dishonest heart.
The disfigurement and attending schegrin, at birth defects and diseases so
Grim.
Death and the feeling of its hour, creeping up every mortal tower.
Bewilderment, underprivileged content, a lack of knowledge and understanding
of what is meant.
The love for money, riches untold, a problem for many...
Little do they know.
The want of friends, acquaintances and people to know,
Without the foundation and personal glow.
I want to be blind...
So that I don't have to see.

Jeff Rushton

Break Even

Many educated feel that the world owes them,
Many uneducated feel they must prove their worth.
The simple truth is that he who must prove worth is more valuable
Than he who feels must be paid.

Jeff Rushton

Broken Up

One-fourth of the moon was hidden behind the shadows tonight
It was as if a blanket of comfort had left my site
I questioned whether it was me that was unworthy of its light
I wondered why or how this happened, what brought on the plight
I felt sorrow for the others who are also without the light
I stared off into the night, looking for the shadow moon, out of site
Absent

I look up to the stars and their minuscule glittering of the sky
I see their design, their presence, their heir
I feel their warmth, their friendship, their light, their glow
I recognize the bear, the hunter, the dipper, the arrow, the bow
I follow the star, north to my home ever so slow
Transfixed on the beauty of the dancing heavenly beings
Entertaining, leading, playing, bringing me home to their transcending
I return home with the feeling of no longer being alone
I look out my window and see the moon
Three-fourths glowing beyond the light in the room
One-fourth forgotten in the light, bonding with the glitter in the sky
One-fourth remembered when the shadow disappears and I see
The light as a whole, the lessons, the roles, the fun and the holds
I looked out my window and realized
Light can be found without looking
Just seeing and
Believing in the light of heavenly beings.

Jeff Rushton

Building Blocks

Healing is a profound power of living matter

The ability to heal is given to us as a lesson in inner zeal

All obstructions of perfection become the focal point of the bodies energy and direction

Resources are thwarted, deviated and expended in an effort to mend

Fiber by fiber, molecule by molecule, reconstruction leads to particular resurrection

Conclusions are made when all matter is in order, in accordance with the structure

The greatest matter that is touched by the healing power,

Soul.

Jeff Rushton

Building Foundation

Nothing is built to its greatest measure unless first it is broken down to its base
or farthest stature

No building founded

No pavement grounded

No seed planted

No development funded

No honor is granted

Until the knowledge and experience from the lowest state are used to build a
stable and indestructible edifice that is built from ground to never ending estate.

Jeff Rushton

Building Up To Success

Money, Power, Prestige, Prowess, Politics, Possessions, Prizes, and Ownership mean nothing to those that are truly successful. Success is accepting that nothing is good enough and realizing that every fall is a foundation to greater success.

Jeff Rushton

By Their Fruits Ye Shall Know Them

You can talk, listen and read everything about someone
Until you see their reactions to daily challenges and successes
You never know the person until you know their frustration and elation.
You never know the person without seeing them serve without condition.
You know the doppelganger, not the person, unless you share a spiritual vision.
There is no greater truth than ones association and dealing with children and youth.
Alone they must be, if you want to see desire, will and stability.
Together, both must succeed independently but share jointly.

Jeff Rushton

Candles Burn Until The Wax Melts

Man's light never burns out, unless he has covered himself with wax and corrosive doubt

A Candle burns until the wax melts.

Men die when they give up and stop the forward route.

A Candle burns until the light goes out.

Jeff Rushton

Carnivore

Sadistic, we wait for our next serving.
Served on a plate, never what we want.
Never what we need, aimlessly willing to concede.
Pain is the pleasure, the abyss of sorrow and pity we pay ourselves.
Respect is why we bleed, it is easier to receive than to inflict.
Inflict is all we see, does it ever end anywhere but me?
Is it better to end a cycle, dead, or live a life running in circles?

Jeff Rushton

Chains

Sometimes we don't realize what we have
Until it's gone
Sometimes we don't realize what we've lost
Until it's gone
Sometimes we don't realize what we've learned
Until it's gone
Sometimes we don't realize what we've earned
Until it's gone
Sometimes we don't realize we've been burned
Until it's gone
Absence makes the heart grow fonder...of itself.

Jeff Rushton

Chess

64 Squares, positions or points, these are the grounds, the state or the place.
8 meek and mild attributes and traits, pointing in one direction unless faced with restraint. Moving onward, striving for home where they have the chance to reign the thrown. Two towering structures of mystic and archival rank, moving vertically and horizontally is their only complaint. They are firm and steadfast as long as they maintain the direct and correct path they have claimed. They are honor and pride, dignity, and our soul-to-strive, they are only divided when looking far a side. Not seeing the angels, the obstacles, the trials, this is their weakness, their fall oh so vial. The valiant, the brave, the chariot of fire all moving forth cunningly and avoiding the immediate trial. They are quick and agile, able to move in a pattern of suspicion and subtle. The only fault is the loss of oneself in the pattern of survival, over the ambition for success. The religion, intuition, the spirit, our soul, this is the wisdom and knowledge that makes his control. He stands with his robes and his calling set before, he will cover all angles of ground and no more. His movement is confined to the space he can find. Conversion is the power, the direction and the rank, he must covert himself before taking others home to his bank. He only falls when he watches halfhearted, for those that can move around the weak spirited. The freedom to move at her will and refrain, gives this lady dominance and reign. She is wise and intelligent to sit back and watch her confidants, only rising to solve a problem or interference. Her partner and co-author to the game that we play, stands tall beside her watching, with seldom a word to say. He is all choices rolled into one. He moves very little because of the fun, but only those that don't watch the spectrum are done.

Jeff Rushton

Clouds Are The Angels Airplanes

Smog is the silt and scum that keeps them from home.
Fog is the arrival and departure of those protecting, us and nature.
Rain is the cleansing and speaking of angels upward, watching and guiding.
They cover the sky to test our ability to live without the light.
They give all, the nourishment and fluid of life.
They are coming, don't miss their flight.

Jeff Rushton

Comforting Paranoia

Big brother is watching
Everything we do, keeping track of everything we know
He sees you at your best, at your worst, and in the privacy of your own home
Big brother is watching...and waiting for a chance to step in
At the moment you need him, when the lights are quite dim
Big brother will comfort you, relieve you of sin, he will hold you and love you
through thick and through thin
He wants you to succeed and be happy, to win.
Big brother isn't watching to punish you when you are bad or push you into
following his plan, not allowing bad
Big brother is watching,
To save you from sin
To help you through life
To succeed and to win
To give you a hand when you seem bound within
To help you return and live with him,
Big brother is watching.

Jeff Rushton

Communication

Communication is the key to interpersonal relations.

Without it comes deprivation, deterioration and social retardation.

Communication is the foundation, the construction and the completion of Your cooperative constellation.

Jeff Rushton

Competitive Disadvantage

Competition is the life of Some
The refusal to do anything but win
The anger, aggression, oppression, repression, depression and social
Degradation is their primary source of energetic completion
Sportsmanship is the Sum of life
To win is the reward for an accomplishment attained within
To succeed is nothing more than believing you have achieved the
Greatest you could physically and mentally see
Sports were made for sportsman,
Not those who do not deserve to win.

Jeff Rushton

Construction

It is the cavalier that hate discussion, despise precaution and bureaucratic information

They charge forward with heads held high, missing much

Moving forward in hopes of the clutch of greater success wealthiness

They corporation, slow and tedious as it may be, covers all, nothing overseen

Taking care of its own, each employee protecting their thrown

Missing very little due to bureaucratic dribble

Making sure that in the end each goes home with something in hand

You make the choice, with no wrong or doubt in voice

Choose to be rich with that extremely high risk or

Choose to be stable with a nest-egg for home when you've completed your cradle.

Jeff Rushton

Corner Stone

Self-esteem can be built on things, accomplishments, awards, prizes, deeds, talents and on others

A lasting self-esteem is built on feelings, emotions, loves, passions, desires, blessings and on YOU.

Jeff Rushton

Current Destiny

Power has little to do with
The control over other men
Little to do with the strength of men
Little to do with the liquidity in hand
Little to do with the vast amount of understand
Power is the energy and purity of knowing
Your own destiny and importance in eternity.

Jeff Rushton

Curse God

The greatest gifts from God are curses
Until we hold them in our hand, and
Realize their importance in
God's all encompassing plan

Jeff Rushton

Cyclical

Death

The burial

Doom, gloom, ending

A hatred to God

For a treasured lives sending

A friendship lost in its beginning

The passion for life stops without warning

A darkness engulfs the heart, mind and soul

The death is so final in earth's archaic role

The greatness remembered is multiplied ten to fifty fold

They remain watching, helping, and directing you home

Friendship, compassion, a loving hand to hold

There by your side, times untold

The death is earth's ending

But an eternal beginning

For a friendship

Never ending

Beginning.

Jeff Rushton

Day 0

There is no fullness in life, until
One offers great self-sacrifice
You can not obtain the greatest of anything, unless
You first gain an unprovoked, unrewarding, thoughtless want of giving
Those who maintain and sustain their greed for greater things
Will never find a single thing quite as rewarding or of greater worth
Than in giving up their focus on earth and look at the needs of human growth.

Jeff Rushton

Dead Weight

There are many things that drag you down
Many reasons to give up and maintain your comfort zone
Troubles, tribulations and strife that destroy or devastate life
Unforeseen, uncontrollable scenes or happenings
There are many things that drag you down...
Because you let them!

Jeff Rushton

Death Is The End Of Life

Worse is a death in life

Not the death of others, but the death of internal life

The soul dies, forward progression goes wry, darkness ensues and consumes life

An abyss is your eternal plight, no end, no sight, your back to the light

The only way out is to not allow death in your life.

Jeff Rushton

Detained

We are all manic/depressant, anorexic, bulimic, psychotics
It is the power within us, the desire, the will, the strength that
We have that makes us break these chains of bondage and move on with a
Fervency of life
The shackles always remain, to remind us of the victory over bondage and
The humility of our past.

Jeff Rushton

Discrimination

What is mediocrity?

Who defines middle class?

Where did the umbra of humanity lose it's light and avoid the darkness

When were these decisions made?

Decisions as these were made long ago by men who did not understand

Now the decision lies in your hand

Do you believe the minds of weak and feeble men

Do you believe in equality in every single man

There is absolutely no curve

Only relativity in all things combined

Equality.

Jeff Rushton

Do Our Parents Really Every Die?

Do we try to console a babies cry
Do we learn from our mistakes in life
Do we laugh and cry at humor and emotional instability
Do we stand tall in trouble, pain and protecting a young one's fall
Do we work for stability and tranquillity
Do we play for relief from an argues day
Do we hope and dream in scenes of reality
Do we speak, say and act in ways we vowed to retract
Do we live in hopes of bettering our predecessor's way of family healing.

Jeff Rushton

Do You Know...

Love is to look into your eyes and see a bright and glorious future
Love is to speak and be spoken to, without thought or pressure
Love is to touch your skin and be charged with energy, life and light
Love is the laughter I feel within, when you walk, speak, wake and move
Love is the life I live, for you and only you
Love is the death I feel when you are absent or angry with me
Love is how I feel when I am with you.

Jeff Rushton

Don'T Look...Stare.

There is a light that is greater than any man made device
A light that shines brighter and longer than the entities in the sky
A light seen and felt by all, blind or otherwise
No wires, no circuits, no need for man's electrical current
More encompassing in travel but much harder to handle
Attraction is inevitable for it is more appealing than neon sculpture
Laser light is impressive, but this is more piercing and aggressive
A commodity it is not, but those who have it are worth the lot
There is a light that is...

Jeff Rushton

Down Comfort

I awoke one day to my own tears

The night before I fell asleep

Unknowing

I dreamt of the abuse, neglect, and an instance of molest

I dreamt of the pain, mental strain, and questionable plain

I dreamt of the distrust, lack of love and hatred

I dreamt of the never-ending bond I gained through these chains

I dreamt of the hardships that would confuse my relationships

I dreamt of the troubles I would have with self worth

I dreamt of the darkness that would consume a part of my life

I dreamt of another life just before the light

I dreamt of the life I live and love

I dreamt I woke free from the yoke

I awoke one day to my own tears.

Jeff Rushton

Eating Air

The shaded dream, window opening to a realm of concrete scene
Vision through blurred screen, a free pass to a play, long since closed,
condemned, Dead
Sound and words of foreign cacophony, rhetoric of an unknown continent
Conversation without contemplation valuation, words of wisdom for excretion
Construction absent foundation, the man without a bone in his body
What Remains?

Jeff Rushton

Equality

Racism has nothing to do with color or religious place.
The moment one places themselves over or better than any
Is the time they realize their need for self-integrity.
The man that is equal to all and respector to many is
The man that goes far and is looked up to by all.

Jeff Rushton

Equality Is Family

Dominance, Power, Seniority, Authority, and Patriarchal superiority were the foundation of mans simplicity

Today women are coming forth in power and glory to rise to their spot in superiority

Struggling and striving they evolve, until in the end they emerge the co-authors and proprietors of

Life conjoined in symmetry and complex simplicity with men.

Not as man and woman but as family, and eternal foundry to the masses of a celestial posterity.

Jeff Rushton

Evolution

True power is only found in creations and possession
Your foundation is the start and end of your creation
That foundation must be built on determination, exhilaration, and the
Belief in a God made creation.

Jeff Rushton

Excretion

The matter unused, unneeded, or displaced from consumption

Aggression, digression, pain, suppression, retention, sadness, remorse, discomfort, distort, regret, and a feeling of debt comprise a small number of the human excrements.

A number far greater and physically, emotionally, mentally and spiritually taxing to the bearer but multiplied ten fold to the one the bearer chooses to unload

These are they, abuse of any kind, misuse, jealousy, lust, rape, hate, incest, those who molest, cheating, treating as if nothing is there, unwilling or anything that harms, hurts or keeps another from moving forward in their meet for life's eternal comfort seat of self esteem without defeat, those who try to keep others from this place, are worse than excretory matter by far and away

Their placement in others residents, and willingness to put on others a burden unnecessary and in no ways complimentary shows that they have no life of their own, except the matter much worse than excretory sludge.

The very foundation comes from their lack of personal devotion
They feel gain in nothingness, negativity, the demise of others personality.

Let me introduce you to a smell much worse, a poison from its very birth, and an evil as great as any on earth.

Anyone that must gormandize another's youth in hopes of finding their own truth.

Jeff Rushton

Extreme Excitement

Driving as if nothing were happening

Driving oblivious to the accidents and injury before you

Driving with your counterpart, showing the speed in your heart

Driving to a destination, not an appointment, engagement, or any type of fulfillment

Driving then deciding to take a path seen but never before been

Driving slowly in the climb, realizing the danger if one inch is picked amiss

Driving until you have reached the point, the end of fear and start of fun

Driving down in pure bliss, a rush of energy, rush of success

Driving into an abrupt ending that leaves you lost and your other alone.

Driving home with another at the helm, never again will driving be fun

Driving has nothing to do with driving

Living

Jeff Rushton

Facts

There is esteem in understanding

Oneself

The greatest education and wealth

There are many lessons and treasures we can earn

But the greatest of all is of self and it's turn

To succeed is to know of our weaknesses and strengths

To believe in ones power to overcome all towers

It has nothing to do with being the best

Just knowing that amongst one-self there is nobody that can compete or
congest.

Jeff Rushton

Father

Living a life with love is a life to be loved
Life without love is a life to be loathed
There is always love to be received
You just have to ask the one that
Loves all those he has conceived.

Jeff Rushton

Fighting For You Own Property

The want, need and ambition for stability
Are the greatest cause of insecurity
True stability is earned, it is not bought or sold, it is not given to or stole
True stability comes from the ability to be true to oneself.

Jeff Rushton

Finite Is The Mind Of Man

Always dreaming of things to come,
Always looking for power to overcome.
Always searching but never seeking.
Always striving but never internally diving.
Infinite is the mind of man,
The only limitation, are the first two letters.

Jeff Rushton

Flight From Comfort To Ecstasy

All humans carry baggage

Whether a truck-load of bags carried with a heavy, wide load

A wallet that only appears when needed or told

All have many opportunities to check their baggage and fly

Home to tranquillity

Many forget that they must leave their bags and start anew

Fresh

Jeff Rushton

Follow The Leader

Who is your leader?

A man

A woman

A star

A musician

An artist

A success

One depressed or repressed

A model

A leader of followers

A leader of self

An owner of wealth

The greatest leader the world has known and the only leader that can bring you to a home of simplicity and lasting sincerity...Alone.

Jeff Rushton

Fragile

One word is all it takes.

The heart breaks.

The love for life deteriorates,

A need for others is negate.

The passion for helping is changed to a need for embrace.

Your soul slams shut to any and all who try to touch.

The vision to see is blurred and taken out of 3-D.

A cardiac suppression takes place, bruising corridors of trust and faith.

Honor is gone, for they have stolen, wounded and run.

Healing can kill, you must analyze your life, your mind, your zeal.

Breaks the heart can take are few and painful in any state.

Jeff Rushton

Freedom From Bondage

Freedom from strife
Freedom from contention
Freedom from resistance
Freedom from distance
Freedom begins when this rhyme ends
You must see that it is in thee that all things can be
Nothing can hold you down unless you allow it to own the crown
There is no wrong in your right
People interpret negative from the positive you displace...
Only when they are internally out of place
In your right is might unless you allow its flight
Hold on to what you do right, fix what is wrong
Avoid those that take right as wrong
There can be no right around those with twisted sight
You must strive for the right
Perfect your err and
Move toward an Heir

Jeff Rushton

Freedom Is Youth

Freedom is the ability, capability, responsibility and dignity
To believe in one self, all that you do, say, see and feel
To believe that you have the power and means to achieve anything
To believe that all you do is moving you toward a better new
To know that all you say is truth and all you feel is an answer or step
Closer to youth.

Jeff Rushton

Freestone

The father's kite fly high
The children run
This way, that way, why?
Mother enjoys the beauty, sun, break from daily run

Birds sing, soar, enjoy the heavenly decor
Skies blue with faint cotton clouds at a distance
Placing a marker to never ending sustenance
Trees bring the quiet roar of acceptance
The wind whistles through with a fresh effervescence
The water's mirror waves in beautiful acceptance
Distance and beauty roll on for eternity
Everything as near as your exit from
In here.

Jeff Rushton

Fuel

The rights of man are determined by how much he understands
The more we know the farther we are given roads to go
It is only in learning that we gain power for proper discerning, and this is what
keeps our movement churning.

Jeff Rushton

Geometry

The shapes, figures, features and details of man are the voices, writing, teaching and preaching of our life's existence and land. The terrain is just as varying, steadfast and ever changing as the shapes, figures, features and details of the world we travel.

Jeff Rushton

Gold

Do they hate me
Do they think of me as one of the others
Do they get angry thinking of my quandary
Do they speak of me as a profanity
Do they see me as a walking insanity
Do they remember the wonderful nights
Do they feel an absence in their heart
Do they ever dream or wish for old times
Do they consider the good things we made
Do they feel better because of the experiences I gave
Do they matter now that I have moved on to making myself better?
Emphatically...YES!
Whether they selected the best or opted for the rest
Determines the value of their relationship

I have a pot of gold
Each relationship I dearly hold.

Jeff Rushton

Golden Sky

Stop digging for gold, it lies in the sky,
So turn around, build your wings and fly.
High, high, oh so high, into the expanse of the never-ending sky.
For therein lie the gold and the sparkle of diamonds in your eye.

Jeff Rushton

Good & Bad Dreams

Dreams are things that begin with things in your means
Dreams are not bad or good, but signs of future scenes.
Dreams are for us to see what we will be and how we will react to the powers
that be.

Dreams are the greatest key to see your destiny.
Just look at your dreams and see how they apply to me.

Jeff Rushton

Growth

Friends are many but FRIENDS are few.

Love is an adjective, a verb, or an adverb, yet true love is more than words.

Life is a game, a magazine, or Insurance, so why is life one of

Gods greatest creations?

Home is where you hang your hat, a cocoon for which beautiful, productive

Butterflies can mature before departure.

What is your religion?

Jeff Rushton

Helping Only Hurts

Helping others is human nature.
Nature helps others become human.
Human is a nature others help.
Helping others is simple and serene.
Helping hurts when you don't help yourself first.

Jeff Rushton

Home Is Not A Place Or Time

Home can be your family, your friends, your hobbies, your past-times.
Home is where your life is at complete ease,
Where you can go to receive comfort and relief.
Home is a feeling, a passion, an aid for your grief.
Home is the feeling you never want to leave.
Home can come and can go depending on your need.
Home is the happiness that keeps us at peace.
Home is always there as long as you believe.

Jeff Rushton

House Cleaning

Friends, lovers, acquaintances and others come and go
Trust, respect, honor and true love remain steadfast, unmoving,
unshaken...home

All in one, all in many, divided/given evenly

As others come and go, it is up to us to maintain a home

A haven from the outside world a place to go to build and revive

A place for all parties to come alive.

Jeff Rushton

How Do I Feel?

I gave up what is real

Gone is the nearby love
Gone is being in-love, happiness
Gone is the bond we worked hard to obtain
Gone is the obsession I had for your attention
Gone is the feeling of your affection
Gone is the hope of eternal perfection
Gone is the life together in progression
Gone

I gave it all up for my own selfish needs
Gave it all up for my self esteem
Gave it all up...
Progression.

Jeff Rushton

How We Look At Things

Degradation is a tool used by those who have problems with personal growth
It only fazes those that are shaken, or still in their youth

An illusion comes from twisting the stable mind
Imagination is a stable mind twisting
Hallucination is a twisted minds stable.

Jeff Rushton

Human Integrity

The power to be
To continue on being

The power to become
To continue on and run

The power to overcome
To reign over as the sun

The power to be one
To find oneself
To find human integrity.

Jeff Rushton

Humility

Pity is the weak mans candy.

Praise is the strong mans demise.

Humility is in the eye of him that holds the world by its hand.

Jeff Rushton

I Am The Blind Man Boxing

You are the undisputed champion.

Continually punching, never stopping, never caring,
Holding me to the rings. Knowing my unconsciousness, knowing my weakness,
knowing my blindness, knowing every blow counts for another point. You are the
champion, never ending, you are the champion undisputed even after your post-
bell, ringing blows. The purse is all that matters, not the hospitalization of the
blind man, never seeing the blows. Knowing in the end you will get the belt, the
ring, just about everything, as long as you can keep on boxing those without
offenses to fight back in the ring. You love the glory, the fame the fact that it's
your name over the ring. All that matters is the purse and the ride home with a
belt of magnificent social worth. The taunting and scorn give me the desire to
never see more. Those attending are just as capable and acceptable to the sport
of beating another with a weakness that in reality should be a strength.

Jeff Rushton

I Hold Nothing

The greatest possessions are those without substance.

The most memorable pleasures are maintained by feelings and a mental photo.

The lessons learned are tested by your desire to yearn and your actions in turn.

The emotions, passions, obsessions and aggressions are as valuable as the reaction you can have on those around you, during their conception, inception, and lasting impression.

The greatest possessions are those with personal sustenance.

Jeff Rushton

I Love The Sunsets In The Summer Sky

Like the radiant colors of a tiger's eye...
The fields are a never-ending green,
Giant emerald, radiant and serene
Mountains magnify the sky,
Magniloquent sights for any eye
I love the sunsets in the summer's sky

Jeff Rushton

I Stand Above

Disfigurement, distortion, peculiarity, and all of life's oddities are seen by most as something to see, a fascination, an inexplicable viewing attraction. Oddities are either self-inflicted prophecies or a way to test the strong and great in their journey on this earthly state.

Jeff Rushton

If This Is The Right Decision

Why the sense of derision
Why the feeling of lost impression
Why the want for past compassion
Why the desire to feel as though I was uninspired
What is the gap
The feeling of a limb unattached
Questions may never end
Truth will always stand
I felt better the moment I made the decision
The reasons and feelings are not clear now
But the feeling and knowing of betterment to self
Are noticeable and audible to my senses and heart
As bad as I feel
Underneath lies a sense of zeal
Right or wrong I do not know
Time will tell
Decision made
Betterment on its way.

Jeff Rushton

Impossibility

How do you describe blue?

How do you explain the smell of rain?

How do you elaborate on the felling of rose petals against your nose or between your toes?

How do you verbalize the sounds of birds in the spring sun's eyes?

How do you say the power and glory of a rising tide and setting sun on a sandy beach in a summer's night?

How do you describe the warm drops of rain in a mid summers day?

How do you explain the many things that make life a treasure to obtain?

How do I say I love you in a way that compares to my heart?

I Love you!

Jeff Rushton

Impressions

Life is full of unknowns and complexities. All men are entitled to their own interpretation and belief. No man is responsible for swaying the belief of others, only finding his belief and standing by it, if he truly believes. The words of one man are not necessarily his beliefs, unless he lives and acts according to his words.

Jeff Rushton

In One

There are few beauties as good, pure and with the strength to endure
There are few lights as radiant, winsome, and bright as that found in your eyes
There are few colors, poems, hymns or rhymes
That can explain 1/10 of your spiritual design
There are few as tall and as grand in life's wonderful stand
There are few living, breathing, thriving beings
As alive and irrefragable in their seeing
There are many who live their lives seeking the truth and light within your eyes
There are many who see your brightness and glory,
They change their lives having seen according
There are many on earth but only one you
Only one with a value so true
Only one with a heart so pure
Only one with a beauty as radiant to endure
Only one
Only you.

Jeff Rushton

In The Rough

I do not know why life is so dark and dismal.
I do not comprehend the importance of pressure.
Life is not easy, Life is Hard.
Cut it out.
Turn on the lights
□ A spectrum of colors
See every facet
Show the world.
Diamonds are forever.

Jeff Rushton

Inhale

In the confusion of simplicity
There is a moment when all becomes
Clear and definite
This epiphany
Device destiny
Is of the most earth shattering complexity
Step Back
Intake gas
Look at an angle
Never before guessed.

Jeff Rushton

It's A Shame

The passion, love desire, need want, blame, exhilaration, honor, respect and fame

That is used to bridle the habits and addictions we mistaken for everlasting happiness

And self fulfilling sustenance.

Jeff Rushton

Knowledge Test

Knowledge is nothing unless
Knowledge is followed by action
To know and to do is great
To know and go contrary or askew is
The testimony of him that never knew

Jeff Rushton

Length

Sorrow lasts as long as your
Faith takes to build a trust in the
Necessity and need for a loved one
To leave and become better, greater
Succeed
Independently or with others that hold different keys
All return one day
To pay respects gratitude and help in the validity of your faithful fortitude

Jeff Rushton

Leprosy Of The Learned

A scourge fell upon the land
A scourge that began near the dawn of man
Man can not stop it, for his nature empowers
Very few can detect it, unless they are infected
The decay of limbs, of shoulders, walks and grins
The cure is not near, for the search of itself, causes
Chronic devastation, and a minuscule fraction, a cure
Carriers are many, passed by voice, by action, notion or their lack
Cures are usually temporary, they last as long as a fad
Fascination or trend of the imagination
This disease can easily be abolished from earth
Man can learn to change his nature and respect all on the planet
For their contribution...
Growth.

Jeff Rushton

Leyef

A linear device
Forward or aft it moves
One-dimensional

Out ward we must reach
Through the edges, boundaries, breach
Find the depth, width, breadth

The dimensions that make us whole
The substance, sustenance, countenance
Glow
3-Dimensional

Jeff Rushton

Life

A glimpse into the mirror of life sometimes brings us back into the path we may have lost sight of. It is the reality, sincerity, integrity and honesty we need on an occasion to feed us the nourishment we forget to humbly eat.

Jeff Rushton

Life In Death

The education I discovered from loved ones gone home...
The friendship and bond
The phone calls and meetings of recollection and meaning
The spirit of unity
Togetherness tranquillity
The fun and the fame of our times and secrets that remain
The troubles and strife's that became humor in life
The hug and the hold of arms with more value than gold
The many things I will never forget

The true reason and driving ambition
For continued relations of further progression
This time there is but one stipulation
Simple and subtle
Making time the only trouble

They are closer now than they have ever been
They simply ask one demand of you deep within

Then will they stand by your side never to leave never to chide
Then will they continue in helping you keep stride
Then will they be just as near as your newborn child

FAITH

Jeff Rushton

Life Is A War

We live our lives. Always with a knowledge of the draft, but never with a hope of it coming to pass. We are drafted to fight in battles and wars, sometimes ours, sometimes others we meet along the way. In battle we fight, we struggle, we survive. Nobody wins, unless in pretend. Our wounds are without and mostly deep within. The scars are ugly and sore and filled with sin. In the end we return and begin again. Wallowing in pity, pain, sorrow, and grief are grounds for those that do not change their belief. Praise, Honor, Valor, and Courage are awarded to those that move forward and flourish in their passage.

Jeff Rushton

Life Is Not What You Make Of It

Life is what you choose it to be
You choose the destiny of your life
Not the trouble, adversity and roadblocks
The disposition to be the victim or
The recipient of a lesson.

Jeff Rushton

Light In Death

Heaven is
Tranquillity
Security
Eternity
Beauty
The look in love's eye
The strength of your heart
The recognition of your spiritual progression
Cleanliness
Purity
Sanctity
Honesty
The beginning of everything

Jeff Rushton

Longevity

Longevity, man's sobriety.

Eternity, only ends in man's inability to see.

Nirvana is an easy place to reach, open your eyes and see.

Jeff Rushton

Look Above

To the world we never see,
The land we never conceive
Valleys, plains, mountains, hills and objects of disdain
The terrain is the same, the substance is only different in its molecular simplicity
and mobility
The earth can shake, quake, ache, flake, break, make
The earth has beauty, bounty, serenity, complexity, the power to conceive
The earth is home to many, life to plenty and death to those who request
Above we see a world of the same simplicity
We cannot see the likeness of this world until we
Look down and see the white mirror

Jeff Rushton

Lost

The book written, paper filled with words, but the eyes see only white blur
White, clear, transparent, the left over memories from an adventure not far from
the present
Scrabble, the game you play with every word, phrase, and rhetorical essay
Peek-a-boo, where are you?
The never returning thought of the time
A day, two, three, week, month, no matter to you, a minute has past in your rear
view
The explanation is plain and in clear view, but the listeners imagination is limited
to a comparison of his experience tying a shoe and your ability to play the flute
An experience rare, indeed but held close to the heart due to the inability for
many to see
I lost my mind on a ride to see, but I gained a vision of a dimension previously
unknown to me
Blessings arise which give us a new view of life
A view of NOTHING...
Pure and true, the blessing we seem to forget in remembering.

Jeff Rushton

Love

Is there more to say? The whirlwind of emotions and convulsions that make up these little four letters. An all-encompassing, all-powerful feeling that brings life to it's highest highs and hearts to their lowest lows. There is nothing like it, life without it is always in lack or longing for it.

Jeff Rushton

Make Life. Your Own.

Many times the finer things in life are those things that are worth nothing. It is a look back at the past, reminiscing the journey. Humbling, humoring, a remembering of those things that make life worth living or help us progress toward a successful life in sending. It is full of what you make it.

Jeff Rushton

Make Up

Beauty for all will one day be only skin deep
The beauty you hold is multiplied three fold

The Eternity's lie behind your pure-blue sky-lit eyes
This beauty never dies, for in it are viewed the heart and soul of your many lives

A heart of gold, a beauty worth more than any scale can hold
Underneath a protective sheath resides a woman of great mystique
A rarity in life, because of the magnificence that you hide
A mystery to me, a treasure I see, for the man who will hold you for time and eternity

Integrity I see, A troubled time in building, but now a steadfast mountain
The angels are your peers, for underneath a thin exterior pushes forth a
Personage so Pure
Not only in your countenance, but all you do and say resonates your
Heavenly resemblance

Many are given a blessing from our heavenly home
You have been honored with Four and their fold
Three never ending and one mortally pending
Three listed above and one heavenly sent, with a glance at any surface reflecting
your unearthly magnificence.

Jeff Rushton

Many Walk A Path Of Unknown Light

Searching with the vision their eyes have acclimated to over time.
Many search in hopes of home, treasure or some other lofty goal.
Searching for the tranquillity, satisfaction and stability of this goal they see.
Many find the goal they seek,
But never realize its beauty or full capacity, due to the lack of
Light they used in their walk through self-directed destiny.

Jeff Rushton

Marriage

What happened to sex?

What happened to love?

What happened to respect?

What happened to honor?

What happened to trust?

What happened to a belief in a being above?

What happened to US?

Jeff Rushton

Medical School (Adolescence)

You are your own plastic surgeon

We are all cut, sliced, gashed and burned

The only person that can heal those wounds is you

It takes time, effort, pain, humiliation, and love

But in the end all that is left is the memory of an ugly scar that is now a perfect specimen

Nobody is impressed with scars unless they have been healed and show no more

Stop hurting yourself and Start healing.

Jeff Rushton

Meditation

Rest, peace, tranquillity, serenity these are found in the eyes of perplexity
It is found by those who know and see the complexity and reality of life's
simplicities

It is not found by the lazy, lackluster or idle, for

In them can be no simplicity because they have drown themselves in complexity

It can be many things depending on the person's dream

The true sign of a man who has found this comfort in life's never ending plan,

The man who stands in any room or expanse and still finds that place with a
snap from a hand.

Jeff Rushton

Mental Birth

Thought is broken into many levels and grades.

All men begin on, or near, the same point.

The only difference is the efficiency and where it stems from.

The 'smart, ' are efficient in multiple worldly ways.

The 'dumb' are efficient in ways the 'smart' cannot fathom.

'Average' is the point where efficiency is dependent upon immediate worldly needs.

'Retarded' people are those that grasp and maintain an efficiency held within,

One that man cannot explain because man is on a different, rudimentary plain.

Jeff Rushton

Mid-Day Sunlight

Dawn doth bear the burden and joy of every generation
Rising in brightness and glory, dispelling all darkness and gloom
Hiding behind the clouds waiting for the moment to burn away all doubt
Closer it seems than at any other time during its season
Eclipsed by another being, only shortly and never diminishing its being
Not noonday, sunset, summer or spring but arising brightly every morning
It matters not what lies in the path, just the steadfastness to remain and glow
brightly with all that it hath.

Jeff Rushton

Millennial

Has there ever been a woman so grand and magnificent?
Has there ever been a beauty so simple and eloquent?
Has there ever been a heart so pure and magnificent?
Has there ever been an example so good and benevolent?
Has there ever been a touch so soft and omnipotent?
Has there ever been a voice so subtle and intelligent?
Has there ever been a body so delicate and compliment?
Has there ever been a mind so sharp and intent?
Has there ever been eyes so clear and without end?
Has there ever been a soul so clean and illuminate?
Has there ever been a dream so real as your being?

Jeff Rushton

Mind Candy

Spoken with a voice of infancy and sweet severity
A story well known, something easily associated and contemplated
Entranced by the name, the voice, the humor, the scene
'What a wonderful message.' 'What a wonderful thing'
What a waste of the mind, what a cavity
The sadness of speech is the show we all seek
The speech from the heart, nervous, anxious, shaken in a quiet testimonial voice,
a fountain after three days drought
Find the candy to rot in...to out, or
Find the heart, a muscle with the strength to carry all things out.

Jeff Rushton

Missing

I see

The need for understanding

The fear of over demanding

Questions commanding

Why the unworthy standing?

Will love remain standing?

Will he respect?

Will he believe?

Will he have faith in me to succeed?

Will he raise hand in fist, or out to help stand?

Will he resist my need to assist?

Will he put forth an effort in my growth?

Will he have money to provide and thrive?

Will he be honest in every day life?

Will he love, cherish and hold me, in hot and cold?

Will he treat loved ones as one of his own?

Will he revert to his father's ways?

Will he be faithful no matter what we go through?

Will he understand the past I have been through?

Will he see and believe in my dreams and esteems?

Will he enjoy the hobbies I love?

Will he respect the people and things I hold close to my heart?

Will he adore, look forward to and explore the love I hold tight?

Will he know when to take a stand and where to turn over the other hand?

Will he honor his promises, vows and covenants?

Will he be an example, ensample and forefather of lessons grand and infinitesimal?

Will he know when to speak and to hold?

Will he see when I need a minute or three?

Will he be the comfort, blanket, and warmth I occasionally seek?

Will he stand up and stay steadfast in his beliefs?

Will he give when I need?

Will he take what I give?

Will he, will he, will he...

Be everything I need and want him to be?

Jeff Rushton

Monarchy

As I sit, contemplating my past and my future. I wonder if my past was all a bad dream

And my future is filled with princesses and castles

Or is life a continuous round

With varying magnitudes of dreams that end in nightmares...

But try to be princes.

Jeff Rushton

Mother's & Father's Day

Parents have sacrificed greatly in these days
In sacrificing self for the betterment of the children
Many parents have sacrificed their children in providing for them
Childhood is for education appreciation, respect, admiration, concentration
We grow by these, we learn by these and we pattern our lives after these and
other
Forms of self fulfillment, development and betterment
In an effort to make the lives of our progeny better...
We have dipped them further into the well of lost esteem
Work, determination, organization, respect, for any, love, honor, chivalry,
Charity, service, humility, and faith these are the builders and makers of a better
life
We must give them what lets them succeed, not
Shelter them until they can only believe and see what
We place upon them as reality
Let them be...by showing them true charity
Sacrifice by education, example and provisions but only to the point of giving
Taking begins when you deprive them from the chance to grow and learn
Sweat, succeed, fulfill, complete, fail, prevail, and earn
What they have the right and need to build their
Self-esteem.

Jeff Rushton

Music Of The Heart

Life is an endless array of musical play
In accord or with complete disregard for a single cord
We can play with great harmony and audible splendor
We can play with power and meaning, a symphony in being
We can play with anger, fear and hatred, a musical scorching of negative
As long as we are willing to play within sight of the
Musical masterpiece we create with our heart.

Jeff Rushton

No End To Success

Success is not the triumph over regress,
Success is the power to suppress.
Success is not the money or the fame,
Success is, knowing you are still the same.
Success is not the power or the pride.
Success is the knowing how to hide.
Success is not a gift or gain,
Success is accepting and believing in your name.
Success is not a point or goal to seek,
Success is, believing you have never reached the peak.
Success is

Jeff Rushton

No Philosophy

Racism is the manifestation of those who have no personal foundation
Human is what we are, have been and will always be

The past and future are not occurring at this time
Those who live there have no sense of reality
They cannot sensibly talk with dexterity through genuine sincerity

Reality is the ability for us to see that
Human is a state of being, not a color, country or state of thinking

You maintain your state by holding true to your instinctive traits
None of which judge by color, creed, state or fate but

By the want and desire for every being alive to be the winner of the
Human Race.

Jeff Rushton

No!

Self-degradation is the state of life where man, woman and child are put under pressure or wrath.

A time when the mind gives up its rational grind and turns to the darkness that has always followed so close behind.

Jeff Rushton

Not One Left Behind

Every living thing created has a beauty all it's own.

The simple rule of thumb is that you surround yourself with beauty in hopes of establishing comfort,

Home.

Relatively speaking there is a great schism

Difference, thinking, that one's view of beauty is the beginning and the ending

Men, women, children, the animals plants and all living are subject to

Adaptive evolution when it comes to beauties education

Until the lens appears, there will always be a respected blend of beauty and it's perspective twin

Glimpses of reality will flash by each in humanity, clarity by way of unobstructed spiritual integrity

Soul to soul there is only truth and purity, beauty is a requirement for all life, unequivocally.

Jeff Rushton

Null

Evolution is the solution for him with no imagination
The belief in evolution is the belief in only physical solutions
Answers come from empirical data
True answers come from empirical data mixed with a vision
The answer, with a greater answer unsolved.

Jeff Rushton

Objet Trouve

Mystery, exotic, my objet trouve yet unattained, not even named
With eyes that never end and spirit that loves to stand
The questions and troubles that exist beyond the obvious, I want to assist
The fire that burns within, I want to kindle and show the heat of its eternal flame
The greatness and beauty of your being, are a simple inkling of the whole
The beating of your heart is the palpitation of my breath, unrest, peace, blessed
Of the many destination I have been, there is yet a place I would rather embrace
Your arms, your heart, your body, your soul, in love, or in fulfilling questions
above.

Jeff Rushton

Oh The Dawn Of A Perfect Morn

Full moon falling in grandeur and closeness
Tranquillity, Home
Sun rising from the blankets with a fire for the morning
Each layer reflecting a greater beginning
Until the climactic entering into day
There is little as great in nature
As standing in the center of this theater.

Jeff Rushton

Old Lady Behind The Wheel

The distance and condition of the road determines the value of a soul
One that has stopped and moves no more is worth nothing
The slow and always mending is valued highly in a soulful ranking.

Jeff Rushton

One Another

The journey for one is the pace for another
The strength for one is the leverage for another
The beauty for one is the boredom of another
The magnificent for one is the slight for another
The glory for one is the intrigue for another
The profound for one is the common sense of another
The goal of one is the expectation for another
A focus of all perspectives is perfect and pure in value and direction
Relativity balances out our quality and quantity of life
No man has greater, is greater or is given more
Mankind is a balanced blessing of opportunity, diversity and
The desire to move foreword and upward in life's felicity.

Jeff Rushton

Opacity

What is your distance of vision

Have you clouded your life with unnecessary white

Have you fogged up your site with precipitous plight

Have you smogged your existence with harmful pollutants

Have you created illusions from heat raising delusions

Have you rained out distractions that have impeded your direction

Have you snowed on the problems that needed purity and a frozen reality

Have you stormed and blown to send things to their proper home

Site is an infinitesimal portion of vision

Desire, ambition and imagination are vision.

Jeff Rushton

Open Air

Fear, trepidation, bewildered by expectation
Traveling through your home in darkness,
Worries of the table, chair and your shins painful echo
Anticipation of an unknown score, perfection, rejection, nothing more
First time behind the wheel, the only view...
Death seen on the reel
Gold medal or nothing ever, crouched at the line, ready to race
The preceding seconds of breaking, slow seemingly ending with a long beginning
Moments before they announced my name,
On stage to stake an unestablished claim
The feeling after, a 7,000 witness personal attack with laughter
That moment in school, when all children look upon you, as the fool
Those fears and realities combine to equate in an experience of
Unmistaken fear and personal questioning of 'why am I here? '
There is nothing that can replace, or put you in a better place,
The resolution of the fear, that you so dearly hold in its protective place.

Jeff Rushton

Or Not To Be

Progression, the greatest feeling life has to offer

Obsession

Prosperity, the byproduct of work toward further progress

Posterity

Reality, The opposition that causes trouble and strife, part of life

Personality

Infinity, the never ending round of our work for destiny

To Be

Jeff Rushton

Perfection Found

In the depths of humility, pity and piety, we find the core of our entity
The very embryo of perfection
It is here, we find youth
Not our youth
The youth of unknowing, unlearned, unwise
Freedom from the world
Pure knowledge
Pure learning
Pure wisdom
Pure perfection
Simplicity
Search all your life to find perfection
When it comes you will see it is not always the same reflection
Perfection is the delicate design of an ever-changing, dynamic mind

Jeff Rushton

Personal Profit Margin

Life's greatest profits:

Education

Imagination

Determination

Opposition

Transition

Preservation

Reservation

Over-coming addiction

Affection

Rejection

Self-control

A simple roll

Life

Jeff Rushton

Personal Reflection

I saw my reflection today
Not in a mirror
In the ocean all around
I saw my reflection
In the clouds colorful glow as the sun started its morning growth
In the plants and grass I see as they emit breath to me
In the cement I use but only after tempered more by it's ability to fuse
In the mountains I climb, trails created by the alluvial grind
In the ground I journey all life growing up from it's nurture
In the food I eat, all originating from or made with the great sea
In the sweat I wear and pay others to bear
In the products and supplies I use all background by aquatic truths
Everything I see is part of that ocean reflecting the greatness in
ME.

Jeff Rushton

Personal Success

In this life the beauty of struggle and strife abound.
The beauty that can only bring patients that endures,
The dignity to be sincerely secure, and the honesty to be your own
Personal entrepreneur

Jeff Rushton

Perspective

Art is perceived by your thoughts and your needs,
Beauty to one is pity to another.
You cannot see through others eyes,
Plus the real challenge lies in your own view of the artistic dyes.

Jeff Rushton

Playing A Part

Heaven is not a place new to you

Heaven is a place of purity and truth

Organization is half the glory, there is no anarchy, poor or disorder

The differences are tremendous, but change is small, seamless, simplicity, just a skip to truth, honor...purity

We are a profound piece in a spiritual puzzle that is only scattered in an Earthly existence and completed by faith in Heavenly intervention.

Jeff Rushton

Poster Child

Living a life in a dream, seen on the silver screen.
Playing the part of someone I have only seen.
Day by day I search for that missing scene.
Hour after hour I convince myself of its reality.
Minute by minute I play the parts of those I consider redeeming.
Never believing in the life I am living.
Looking for the beautiful, rich, and famous that I grew to know
'So well.'
What will happen when I find that they are just like me,
Minus the dreams and hopes for a twisted reality.

Jeff Rushton

Pottery

There is a spirit in every creation of Gods hand
A spirit is increased by obedience and observance to God's plan.
Man is the only spirit that varies in such a sporadic and energetic way,
Only he can determine and define his stay
That spirit is challenged, burdened, bludgeoned and bewildered until all that is
left
The core of righteousness, of goodness, of mercy of compassion, of trust, and of
obedience
This is where our life begins and the spirit is put into our hands
To be treated as clay for our molding, with each challenge burning away the soot
and miry clay
Hardening until solid.

Jeff Rushton

Power And Pain

Pain is temporary and taxing, but
Power is immortal and rewarding.

To see someone for what they are is admirable for those that do not like to look
very far
To see someone for what they will be is the greatest and bitterest view you will
ever see
For, some will rise and surpass their greatest dreams
Others will fall far below and give up on all of their powers and means.

Jeff Rushton

Present

Faith IS success in life
Faith is the catalyst within
Faith is the belief to begin
Faith is the foundation and the frame
Faith is the power that helps you win
Faith is the concentration of your brain
Faith is the power to know and to do
Faith is the cure for 'NO' and those that 'Lose'
Faith is your spirit, your sinews, your soul
Faith is the body that truly has all control
Faith is the beginning and the end
Faith is everything therein
Faith can move mountains and valleys and hills
But faith can do NOTHING...
Unless YOU are there.

Jeff Rushton

Purpose In Life

All living, breathing, doing seeing, feeling, and appealing things on earth
Have a purpose in and for their existence

EVERYTHING

Finding yours is not in others

Only in you will the meaning of your being come forth for seeing.

Jeff Rushton

Questioning

How does love begin?

Does it ever end?

What is it that I feel?

Is it real?

Why can I not succeed? (in the only thing left I need to proceed)

Did I work this hard, sacrifice so much, avoid the appearance, for this?

Can I be me without hurting the two I aspire to please?

Is this meant to be?

What happened to 'love is blind? '

Am I missing something, why can I not see what they see?

Do I want to, or do I want to stay in the world of learned naiveté?

Have I become weak?

Did I lose my self-esteem?

Why can I succeed at everything else with which I believe?

Do I believe?

Does she believe in me?

Why is it so hard to prove that I would never mock or hurt?

Do I love her?

Beyond belief!

Jeff Rushton

Reality

Life is not made for hopeless romance
Everyone looks, and desires to give or receive it...
But nobody, in their heart, has the esteem to accept and enjoy it.

Jeff Rushton

Reason For Meeting

Conversation can be good for personal growth in rhetorical information
Conversation can be for self-sublimation, or the avenue to build others path
toward perfection.

Conversation can be for pain, or the mopping of its sometimes-messy remains
Conversation is best when it is used to fill you, or others, with that pertinent to
forward progress.

Jeff Rushton

Reason For Our Existence

Pain, poverty, sorrow, sin, suffering, rape, abuse, resistance, captivity, insecurity, handicap, all forms of set back

How do we react?

All is blessed who takes, receives, is given and bleeds
With a smile and realization that it is but one mile.

Jeff Rushton

Recipe For Memory

Memory is a very simple entity

It starts with a cache of everyday interactivity

It can not move forward unless an effort is made

The effort is difficult in the beginning assault

It tends to relieve it self once you enact the activity and increased its flexibility

Memory is simple as long as you are willing to become enthralled.

Jeff Rushton

Reflection

A beacon, marker, oasis, and goal

Floating in the heavens, glowing with energy and soul

Ensample to all, the true path to Home

We may look at its patriarch for guidance and direction, soul

A look that is wasted in something too great for human sight, touch or power

Yet in a matter of 12 hours we find our true guidance, like us in power and soul

He holds a translation of our ultimate goal, a spirit, greatness, yet able to behold

In a parable not very well told, we can go blind and be burned by something we do not fully know

Yet we can study and gaze, dream and amaze over something that is less great, but nonetheless...on the way.

Jeff Rushton

Refresh

Familiarity is how we should lead
By the lessons we long ago agreed to be
By the examples that were set prior to our notice of it
By the words that were taught or sung
By the actions that were shown on how to run
Why attempt to live what we do not know
Why not live what we know, just have to relearn.

Jeff Rushton

Regret

It was a normal Sunday drive, relaxing and peaceful to the mind.
We came around the bend and the light began to descend.
The cars were damaged, the people were stressed, the incoming
Shadow began to impress.
The mother was screaming and yelling for help, the cars drove on
On the bridge of regret.
The mother's eyes were scared and frightened and begging for help.
The baby, blue baby, the eyes that I ignored.
The spirit said one thing, the tires drove forth.
I said stop, but pursued it no more.
I had the power to bring life and to heal a mothers sore.
I remember the eyes, the eyes I ignored.
The eyes of life that would die to bring back the one they adored.
I remember the eyes of death, the eyes
I ignored, the eyes that shade one life and killed two souls.

Jeff Rushton

Relative Size

High above the mountains
Lay a mountain greater still
Foundation of strength and immobile wealth
Built toward the skies in the direction of light
A marker, beauty and journey for all to experience and see
An eternal edifice, always growing, showing
Still a greater mountain found in humanity earthly bound.

Jeff Rushton

Resonation Of Life

Vitality, alive

Blossoms stretch their beauty and show off their best

Reflections seen in windows, waters and happiness

Grandiose dreams, nothing more than real life scenes

Warmth, motion, viscosity at its best in molecular unrest

Memories run rampant as the scents, winds, and shadows descent

Anxiety builds as the little child inside looks for the park and play-slide

Distant we hear, in the cars revving gears, the waves of the beach so near

Glimmering, glistening, shimmering, shining,

Sunday

Not a day of the week

An impasse in luminescent timing.

Jeff Rushton

Retirement

Security is the heaven we all try to reach.
The hell we all seem to meet,
And the dream that keeps us all on our feet.
The only religion we have is the belief in our self to gain a heavenly seat.

Jeff Rushton

Ride The Perfect Wave

Life is an ocean of waves
The moment you feel calm and tranquil
The waves continue to move forth
The times when the waves seem grave and start to enslave
A messenger is sent to help in your event
The messenger will help but only when asked in sincerity of heart
The waves continue to move forth
The messenger helps until his need is not felt.

Jeff Rushton

Right Under Your Nose

Nature is not a mystery, curiosity, or perplexity

The fascination with the environment can be solved by looking straight down at a calm waters supplement

We sit in awe of the things around us, but don't stop to think about the reality surrounding us

The goal of nature is to reach a stable and comfortable state

The disasters, wonders, amazement's and simplicities are all actions to reach a better means

Nothing happens unless there is a reason for its actions

No laws are broken or bent or swayed, just a way to reach a more heavenly stage

The most gruesome and devastating parts of nature have equally positive effects if looking at past and future

Nature is not to be viewed as a mystery, but as a school of higher personal history and future symmetry.

Jeff Rushton

Run To The Light

For in it you see
The key to all
The key to truth
The hope of youth
The start of it
The start of man
The great stand
The food of life
The word of right
Go to the light
Eternity

Jeff Rushton

See Below

A new time begins, one of intrigue and suspense
The light of man is the master and attractor of those who attend
A feeling of loneliness, recklessness, helplessness and defense
These are the feelings of those who regret their set
An attraction unknown, the beauty of a full moons glow
The darkness a slivered sphere throws
A mystery and curiosity for the people who roam
The weak eyes consent to the restful event, others drop
At the weight of their daily plight
A breed of their own, intrigued by the lack of what is know
The Shadow of a Lesser Dawn.

Jeff Rushton

Seeing Is Believing

The beauty of living is found in seeing and believing
Seeing the beauty and greatness in everything
No matter it's state of being
Believing that all will become exactly what their dreams would have them be.

Jeff Rushton

Self Achievement

Selfishness is an outstanding achievement
One must master the art of ignorance
Perfect the craft of arrogance
Run a life in advance of those that may congest.

Jeff Rushton

Self Belief

I, struggling with the simple mind of feeble man, spend many moments trying to determine the blueprint of matter, its path and respect for honor and trustworthy command. I know and understand its simplicity and reliance on faith, in order for all to come to be. The question of where it all begins, how it ends, and who is the proprietor, is irrelevant unless you have a faith in a simple belief.

Jeff Rushton

Serenity

The sun shines, nourishment, health, vigorance, and longevity are at wealth
The rain pours, feeding is found in abundance over dew
The wind adds life and motion to an otherwise decoration
Roots that stunt the growth, or act as a steroid out of youth
A blind eye saves me from the sight of my surroundings plight
The birds sing, a youthful spring, the sound of a proposal, all are part of my state
of being
My appearance stays close to the same unless I am near to reaching an end
I fulfill my duty with magnitude and beauty,
I don't complain, never look maim,
Stand as a pillar of strength and unseen fame.

Jeff Rushton

Shortcomings

I wish with my heart,
I could say the words that so closely come out of my mouth.

I wish more than life,
The expression I hold within my eyes could pour out and
Become a part of your life.

I wish more than anything,
I had the strength and understanding to
Take on my back the burdens that slow your forward attack.

I wish with all of my gifts,
That I was good enough to be your
Next, your last, and your never-ending looking glass.

I wish without doubt, that
I could be yours for time and throughout.

Jeff Rushton

Sight

Hind and fore

Clarity is supposedly found in these methods of perfecting ones life

Clarity in sight is found in neither, it is found in the sight of

Yourself!

Jeff Rushton

Sight - Sound - Smell

Picasso, Monet, Van Gogh, Rembrandt, Botticelli, and da Vinci

Each piece of art, worth years of work

The focus of their art, Beauty on Earth

The value of their work is well known

The origin of their work, is little known

Jeff Rushton

Simple Complexity

Complexity is the greatest simplicity
Complexity is understood by the educated
The educated are understood by their students
The students are understood by their peers
The peers are understood by their siblings
Siblings are understood by seedlings
Seedlings are understood by simple complexities

Jeff Rushton

Slow Down And Run

Running after dreams that have come and gone
Running in hopes of crossing the finish line with a personal best
Running for the glory only seen and celebrated in a reflection
Running to be what I want to be
Running to see what it takes to achieve
Running to avoid the powers that be
Running will lead me to the front
Running. Always running. Except when contemplating or compensating.

Jeff Rushton

Sore Eyes

Appearance is oblivious to the blind.
Rhetoric is diminutive to the deaf.
Actions are absent from the inoperative.

Yet...

The blind can still be beautiful,
The deaf can be eloquent and
The inoperative can be independent.
Appearance is NOT everything...
Our Everything is our appearance.

Jeff Rushton

Sorrow Has Set In

Feeling as though I have committed a sin
Nothing done wrong

Good byes are an easy thing
Knowing
Good byes are deaths living
Unknown

See why many give up flight
Returning to the carnage they call life

Oh so tempting to return
Only to get out of this current gloom

Where you wrong? Where you right?
Many times the answer lies in flight

Set yourself completely free
If it returns in happiness and progress
It was meant to be
Hold it for eternity

Jeff Rushton

Sound

Sound is the wave that we physically feel or sensorily hear
Sound is the voice that begins at birth
Sound is the decibels that shake the earth
Sound is the music that ingratiates man, that pattern of waves that help us understand
Sound is the drum-roll at ceremonies and games
Sound is the hollering of joy and happiness so grand
Sound is the yell when we feel we've lost a friend
Sound is the scream when death is at hand, the sound that never leaves, long past its end
Sound is the singing of birds in the sky,
The communication for animals and all mankind
Sound is the running of the bulls in Pamplona, or the killing of the men for shoes and bologna
Sound is the freedom to sail and to soar, the
Ability to believe and to always know there is more
Sound is a blessing for those that can hear
A curse for those that refuse to adhere
Sound is not something that is audible in all cases
The greatest sound is that heard by all people, no matter what their social graces
The sound we are most familiar with is weak in many places, and
Not heard by many that lack a sound structural basis
The sound all men hear is the sound we all know,
The sound we became familiar with before man was known
Sound is good to those that listen,
Bad for those that follow another mission, and
Seen by all in those that it glistens
Are you deaf to the sounds that surround all life and anything found?
Are you listening to the messages that give you passages?
Are you speaking to others, or aloud to the masses,
Helping them hear the everlasting classes?

Jeff Rushton

Speak...Please

The wind through the sun dried leaves on the eve of summer's last humid plea
The whistle from a child's puckered lips, puffed cheeks, not a note extending
That strong breeze at mountain and hill peak, the feeling of lift to eternity
The soft summers eve breeze, relaxing relief after a day of laborious deeds
A brisk winter whip as you leave the over-heated cabin's, wood-burning grip
None of these would be possible without the air you breath, a constant remainder
Your wonderful voice and it's refreshing breeze of relief.

Jeff Rushton

Stand At Any Location

Look around and see a nation

Innovation, past persecution, selection, political election, and methods of
celebration, stand at any location

Look around, see the town, the sound, the ground, the people and buildings all
around

This is the location where many have oblations

Can you see the past and current restorations?

Jeff Rushton

Starting Line

Endure to the end...

is a great place to start

The end is nothing to hope for, unless pain is the start

Endure to the beginning...

This is a phrase of heart

For every horrid and happy ending has a greater outcome, if you begin from where the ending was taken part.

Jeff Rushton

Stop!

Look at the light that surrounds your life.

No matter where you are, what you are doing, or how dire the circumstance,
There is always an abundance of light.

All you have to do is open your eyes and look for the source.

Jeff Rushton

Strength Of Man

The strength of man is not found in his hands.
A hand is equal in strength to a salesman's shallow stand.
The man who is strong with or without hands is
The man that will not drown when put on shallow ground.

Jeff Rushton

Stupid Intelligence

Scholars know nothing until they learn that life is
Not for living but ending
Earth is simply a classroom for a greater life hereafter
A belief in the earth and it alone
Leaves one simply
Alone.

Jeff Rushton

Substance

The environment is a wonderful treasure
Alive and well
Given to us as a home
A well
A relaxing spell
The substance in our existence
The campus for our lessons, lectures and tests
The music that has played since before notes made
The very means by which we continue being.

Jeff Rushton

Success

Time is not money, time is a test for eternity.
Make the most of it.

Jeff Rushton

Success Has No I

Those who feel that personal success is the ultimate goal
Shallow is their pool
Success is a requirement for all who attain life on this earth
True success only comes when you have helped others
Reach their goals, successes, and roles

When all you care about are your own goals, nobody around you grows
You become shallow the deeper you go, until you have
Buried yourself in your own success and drowned yourself with nothingness

You may eventually reach your goals of success but
Beware, for you have allowed none to help or assist
To brag to one who knows not the road is pompous and brash, the sign of an ass

Those who remain to hear of your rules and reigns are
The few who enjoy the entertainment and delight of one who gives off no light

All should delight in their plight,
If they continue towards success with an army of leaders, helpers and soldiers
Driving them, helping them, and protecting them from the rest
In the end not one rules and reigns
All rule, reign, and act as a light for the rest to continue their flight

Success has no I...no matter how hard you try

Jeff Rushton

Success Is...

Success is the ability to follow in times of learning
To listen in times of trouble
To love your job, your life, your religion, your family and mostly yourself
To relax in times of stress
To lead when there is a need, or a lack of heed.

Jeff Rushton

Such A Beauty Inside

The beauty that lies within
Through the doors
Through the walls
Through the sorrow and falls
Through the pain
Through the suffering held within
Through the trust that was dismayed
Through it all there lies within

A treasure unimaginable and greater than all tangible
A treasure so precious it is held within the aforementioned carcass
A treasure so grand as to touch the hearts and lives of all that stand
A treasure so pure only angels can compare or be trusted with its handsel
A treasure so great, even the owner, knows not it's power or heavenly state
A treasure seen in the eyes and simple acts against diversity

The beauty that lies within
Shows itself simply and in an amount that we can handle to see
One day it will glow and be an illumination to one that is deserving of its show

Until that time, hold pure the light of day.

Jeff Rushton

Sun, Wind, Rain

The three greatest powers on earth, completely unable to contain
The power of man doesn't come close to the energy of their smallest reign
The greatest power is only limited to its own laws of constraint
The laws set up by a greater domain
Man is weak in comparison to the minutest example of restraint
Yet, man tries with his heart, his mind, and his strength to
Dominate something far beyond their comprehensive rank
The three greatest powers on earth are only gained and
Respectful to those that sustain the wonderful powers and
Their kingdom's laws of obedience.

Jeff Rushton

Take And Give

There are things in life that man does not want to give up.

There are things in life that man will not give up.

There are things in life that man must give up in order to survive.

There are things in life that man can give up in order to come alive.

There are things in life that man gives up in order to help man.

There are things in life that man gives up in order to help himself.

There are things in life that man gives up in order to help future lives.

There are things in life that man gives in order to help future lives.

There are things in life that man gives in order to help himself.

There are things in life that man gives in order to help man.

There are things in life that man gives in order to come alive.

There are things in life that man gives in order to survive.

There are things in life that man will give.

There are things in life that man wants to give.

There are many things to give and to give up, the hurt comes when you have to do both.

Jeff Rushton

Take The Risk

Risk, versus reward, where is the accord?

Does risk out way reward or does reward, determine the risk?

Risk is only worth its potential reward if you believe in the journey to achieve its award.

Reward is worth nothing if there is no risk in it's taking.

Jeff Rushton

The Art Of Labor

Each profession has a great and profound reward of completion.

The carpenter builds homes and structures that man runs to for shelter.

Cabinets are built to house the handmade quilt or the treasures you hide from the silt.

The money you earn is multiplied by those who financially discern.

Technology is developed which helps man become less trivially enveloped.

Machinery and Metal are forged, in hopes of easing men's need for more.

Maintenance never ends, for time and weather cause great demands.

Entertainment is a relaxing air, it gives us what we want and need without actually going there.

The doctor's schooling is money well spent for it is he that keeps many from having to death-bed repent.

An attorney reads into the law, in hopes of helping, not hurting, depending on which straw he has drawn.

The Beauty of all professions lies not in the pay, but in the rippling reflections.

No man is greater, no man is better, even he who can exist without the help of another.

Jeff Rushton

The Baby

The baby I hold, the innocence I behold.
The beginning of a life that will be a story to be told.
The eyes that show no trouble or scold.
The eyes that see no pain from friends or foe.
The eyes that can and will believe what they are told.
The eyes that have not been raped of their innocence, and
Eyes that are not sick of circumstances of worldly cold.
The eyes that see the truth and look far beyond us to see what we know.
The eyes that love with passions loving control.
The eyes that see humor in innocence and simple play, without control.
The eyes that know far more than us, but have a mouth that will not behold.
The eyes that see the good in us and respect us for what we withhold.
The eyes that only see pain in the people they hold.
The eyes that see age as beauty and those closer to home.
The eyes that glisten with power and praise.
The eyes that see the world as an expansive new state.
The eyes that are eyes, just like yours and like mine,
The eyes that say, 'Why have you fallen so far behind? '

Jeff Rushton

The Beginning Of Our Ending

Addiction was the worst conception
More deaths are recorded each year due to addiction than any other form
There are many types of addiction
All are not bad or harmful in reception
But unless they are controlled, end with insurrection
Even the most wonderful addiction can consume and
Envelop a soul until there is no more
Addiction must be tempered into prediction and
Handled with the power of immediate constriction
A great addiction is the contradiction of addiction
And the practice of a subtle compilation.

Jeff Rushton

The Bell Rings...

The fight begins
The doctors say eighteen months to live
The sickness hurts and keeps you from normal work
The realization of death is at hand
What is life?
Is there a plan?
Why me?
Why any man?
I don't know where I'm going, I don't know if where I've been is good enough for
my end
I can drop my hands now, take a dive and give in
The fight is over, the pain ends, no more beatings or battles to win
The bell rings
The fight did not end
The cuts and bruises are a thought blowing in the wind
The focus is directed toward a glorious fight and win
The mind is not shattered, tattered, or broken within
Mind over matter?
Fight until the end?
There is no battle, only a means to an end
The bell Rings...

Jeff Rushton

The Boy

I began my life, just a small boy, with trouble and strife.

I fought my way through the sorrow and the pain in hopes that someday I would not win, but rule and reign the own world that I alone live in. I battled the feelings that held me to the ceiling of singularity and self-pitying shame. I hated the fact that I was stuck to a track with two rails that lead to nothing sane. I fought with the man that was greater and stronger than any great clan, the man that was seen only by me. The man won the battle for many long years, but the man was not ready for a boy and his tears, his anger, pain and anguish that fought the man until the man was just a boy in years. The boy became a man when he was able to take all of the pain and use it as gain against the man he had always fought in vain. The boy, in one day, had grown to a man, due to the strength of an almighty hand. Now the boy lives and uses his brain along with the man that taught him to fight pain, and to move on with life never looking back at the bad that could have grown into a life ending fame.

Jeff Rushton

The Brightest Light

The freshest day
The soothing sun
The whipping waves
The raindrops play
The wind in the wild
The soft subtle snow
The color of fall
The viscous spring
The power of thunder, lightening
The catalog of clays
The human edifice
The life around us
Beauty, the greatest
Apparent
Beauty integrity
Only internal
Life
Everlasting

Jeff Rushton

The Close Of Summer Vespertine

Colors of purity

Residue of rains reflecting viscosity

Beyond the epenthesis of words, unworthy even of the jest

Visages above change shape, color and beauty enough for our love

Eyes become weary, but only in the gormandizing trance of visual beauty

Hubris deservingly owned by one who is so shortly dethroned

The center of this irrefragable mental interjection

A sample of oxygen with two siamese twins, cockalorum

Vertical 45 degrees

Decorum.

Jeff Rushton

The Driver To My Right

Contemplating a red light buried under the reminiscent remorse of a day.
Carrying a sales line, wondering, hoping, dreaming of today's wages, sublime.
Selling our souls for another night at home.
Winding down the day until the moment of peace and tranquillity.
The alarm rings, the outdoors sing, the soul of man brings him to bat,
For yet another swing.

Jeff Rushton

The Emperor Knows

Appearance is as important as perseverance, adherence, and indecisive
reluctance

The shirt you show

The pants you tow

The accessories that glow

The shoes that go

And the socks that occasionally say 'Hello'

Appearance cannot be changed unless it begins with the appearance of the inner
clothing

What you wear within is what will show without, having no regard for outer
raiment's shout.

Jeff Rushton

The Great One

Suns rise every day giving birth to a generation of life many miss in their bliss
Instinctively, by necessity, brightly they rise giving life to all that confide
Nothing stops its greatness, save the shade from others impress
Gone away, the shade as the day journeys through its stay, covering all, every
place
Little exposure, great penetration to the very core, giving life with every breath
of light
Eternal is its girth, for there is no ending once life is given, and light is it's
bastion
My eyes have seen a beauty and greatness above that explicable by me
Oh the sacrifice and readiness to give up life, to build another in perfect light
To stop progress of dreams, ambitions, visions, put on hold in hopes of progeny's
growth
How astounding and profound the growth in self by giving all to build another's
wealth
Every wonderful, challenging, beautiful thing they see, will one day be in
remembrance of thee
Right, the example you set, the lessons you teach, the love you show, the foods
you give for growth
Simply put, there is nothing greater than making another's life better.

Umrellaed under all you do is a child that will one day see the Christ-like gift you
have given readily.

Jeff Rushton

The Greatest Pain

History

Storage of down-

Trodden memory

Antiquity?

Weight

Added to life's

Forward push to

See

History

The greatest plane

Fly forever

Just depart

No looking back

But to reminisce

The progression

The window

Opportunity

Jeff Rushton

The Merry-Go-Round

Children absorb all that is set, or along their path.
Youth question how things work, why the future comes to pass.
Teens ignore all that is good, wholesome, and taught in a class.
Adults explore and find out where to go.
Parents support and learn what it means to grow and come forth.
Elderly look back and realize the path, then take the few steps to get back.

Jeff Rushton

The Molecule

All things developed by man are an integral part of Gods all encompassing plan.
All things begin with a molecule of change, just enough to cause an eternal plain.

This change is great no matter how small or minute the state
A molecule is the beginning to all great endings
No race is won,
No structure is begun,
No song is sung,
No writing or feeling is started
Without one
Just one molecule is how it all starts
The power that makes the waterfall embark, the energy that wins and
Olympic gold or breaks a record never before foretold
All things begin with just one
All you have to do is move or manipulate the single son to start
The acts that make all things reign under the sun
It all begins with just one molecule
A single one
Smaller than the dust or mist in the blazing sun
Just move one and you have begun.

Jeff Rushton

The Park

The slight summer warmth in the pure October breeze
A seat set nestled at the base of an immature willow tree
The birds sing praises of abundance in the skies
The smell of pollen, oxygen, and long since forgotten precipitation
The heat emanates, a pleasingly distant source of mind luminescence
The sweet nectar of life in its fervor, a potpourri of positive energy
The mild wrestle of dried leaves blowing on paths of rock and mortar
The silence behind the orchestrated rhyme, showing itself at that ever-changing
time
The breeze in the grass, a rhythmic form of oceans soothing splash
Buzzing bees, reminders of the multitudes enjoying the unnoticed scene
Skies clear blue, a meditation, relaxation, perfect backdrop for viewing creation
Pine and palm, stand up tall, in a show to their maker
Reward for a long journey of growth and elemental nourishment
The park bench on the lot of an institutions resting place, for
The proprietors of a vehicles movement.

Jeff Rushton

The Sphere

Round, Smooth, Never ending, all angles encompassing
As we walk, it seems flat and a plain, smooth without restraint
Yet the slopes go up and down depending on our destination and path along the
globe of man
North, south, east, west, all are one unless you are equipped with a compass
All journeys are in vain unless we have a path or destination to maintain
The circle of life is never ending, it engulfs all and helps us find a beginning
The circle we follow and strive to maintain is the path and journey that gives us a
life worth the pain
You can follow a circle, one dimensional and plain, always going around but
never seeing things change
The path that is harder yet greater in plain,
Is the multi-dimensional path that allows us to gain
It is this path that we find direction,
The power and the beauty therein
This path of plainness and expanse that can be our life-long romance
Follow the globe, round and without ending or expanse, this is the
Path that makes us great in the world of human existence.

Jeff Rushton

The Strong Survive Lie

Only the strong survive.

We all know, physically this is a lie, for all men shrivel and die.

The only strength that never dies is the strength most men are proud to hide.

The strength I speak of is the only strength that outlasts time.

This is the mind, the spirit, and the soul for survival in the kingdom of man
divine.

For therein lies the strength that outlasts time.

Jeff Rushton

The Sun Sings

As
The birds Shine
The grass glows
While the fireflies grow.
The scent from the ground
Radiates as the air stagnates.
The wonderful world we live
In is seen in many views.
The greatest view is the one that
Lets you see that all things
Are directly related to you
And to me.
See.

Jeff Rushton

The Tree Of Life

We all begin as a seedling, with a race, a sex and parents
We are fed and nurtured until we have the ability to grow and flourish on our own
Our parents dropp us from their loving and secure limbs to help us grow and become a mighty and beautiful tree
We start with some tiny roots, for food for love, and for caring
As we grow, our roots increase, into wants, needs, desires, passions, hungers and feelings
We try to manage our roots by quantity and quality, always fearful of dying limbs or knotting branches
We grow until we are left with the choice, to become great or to greatly become the roots that we feast on most
To those that enjoy the pleasure of the sweet and deny the nourishment of the bitter...
Life, for the limbs, but only for a time
The other roots wither and die and eventually limbs, branches and life follow
To those that savor the sweet and are satisfied by the bitter...
Life, Love, Beauty, and the roots to maintain.

Jeff Rushton

There Is But One

In the beginning of life many are taught to follow a religion, a belief, a never-ending plight.

'There is only one true religion, ' many say but they truth is they all have some truth or they would not maintain their stay.

I believe I know the truth, enough to never sway or fall aloof.

This is what matters most, a belief in something beyond your self.

A belief that is right in your mind, a belief that answers all of your questions every time. A belief that is familiar to you, one that brings back old memories, long before youth. Truth is the greatest foundation for any man, for there in lies the basis for any plan.

Truly wonderful beliefs are those that do not ooze in grief, deceit, dishonest retreat, back-biting, fighting, and anything uninviting.

Many search, many find, some give up and retreat to a life of unexplained time

There is but one

Jeff Rushton

This Is Me

This is my destiny
My eternity, my desire to be
This is me
My weaknesses, my faults
My sorrows and tumults
This is me
The power to be what
I WILL BE not what I can be,
Not what I could be, not, what I could have been and not what I would like to be
This is me
I WILL be what I want to be
I WILL fight
I WILL struggle
I WILL suffer
I WILL win
I WILL be what I want to be
There is no stopping me
This IS ME.

Jeff Rushton

This Is My Dream

The dream that I have seen, the one that comes true, every scene.
This is my dream.
The death that I have seen,
The screams behind the death and their shattered dreams.
I saw the screams, I saw the news clips six months later that
I had already foreseen.
I saw the men run across the screen,
The men I knew and stood with, in my dream.
I see my friends, my family, myself in these dreams,
I've shed many tears knowing the outcome of their means.
I fear my dreams for there in lies the future, the heartache, the unwanted
screams.
Therein lies the dreams that the movies portray in scenes, yet the
Reality plays within the seams that I have seen and only I can mend the
Broken reams.
I don't like to dream, for another dream remembered is a future life
Tattered and waiting to be gathered.

Jeff Rushton

Time, The Comedy In Rhyme

Everyone has their own zone, no one is a standard.
Jet lag begins when you enter another's land.
It is not right to end your travels,
But they are very taxing and quick to ravel.
What time is it? And where will you travel?

Jeff Rushton

To Dar From Linsey

The angel in my life, by my side, through the strife
Walking hand in hand, helping me understand, grow, expand
Become a woman of worth, value and glowing spiritual flatter
A teacher in my school of infancy and growth, matter
A student by my side in learning about the value and precious nature of life
We learned, we grew, you lifted, you knew, wiped away my tears
Turned my blue to an effervescent hue, laughed at my crimes,
Scheggrined at my wines, suffered the pain of teaching me to refrain,
Abstain, partake, make an occasional mistake; gave to me my hands,
Showed to me my eyes, shared in blessing me with life in an Angelic
Home built around your spiritual light.
Example is the word to use, its value negate in comparison to what you have
Given me through life and the wonderful visions and dreams I have watched
You live by the Christ-like person you portray in your everyday
Can I say today is your day, or should I sing in hopes that it will continually ring.
Thank you for the ambition to one-day, see your reflection in my mirror...
Angel, Teacher, Healer, Helper,
MOTHER.

Jeff Rushton

Tragedy

Not in the past
In making it last

The past leaves when all thoughts, actions, reactions and distractions of it
Are gone, never to return or pup up out of turn

Does this ever happen?
Only when you live in the present
With a dream and yearning for the future

Make it happen.

Jeff Rushton

Transfiguration

The beauty of the truth is that it is not found in the mind
The mind is manipulated by pressure and input sublime
Truth is found only in the heart
It cannot take impurity or the slightest portion of irregularity
To pollute and distort will end in death and retort
To keep pure and secure is the duty and desire of the man
Who's intent is found in the pleasure of personal fulfillment
The day our heart becomes pure is the day our body, mind and soul
Are fulfilled
Our blood is transfigured into pure truth,
Mixed with the spirit we were started with at birth.

Jeff Rushton

True Friends, Eternal

Friends, like commodities, are bought and sold.

Friends, like the temperature, can be hot and cold.

Friends, like the wind, can be fast or slow.

True Friends are earned and last longer than time and it's fold.

Jeff Rushton

Trust Is Found

Trust in man was lost today
Trust in man that is never quite regained
Trust was lost when you started to betray
Trust was lost when you didn't care enough to say
Trust was lost when you used me as your social play
Trust was lost when you hurt me in front of family and those that used me as
prey
Trust was lost when you denied me of my greatest day
Trust was lost when you ignored my loves and hates
Trust was lost when you borrowed and never repaid
Trust was lost when I gave and you treated me as a slave
Trust was lost when I cared and all you wanted was pay
Trust was lost when I loved and you treated me as the fool
Trust was lost when I had a great passion and you treated it as a ration
Trust was lost when I looked in your eyes and saw the truth, but you continued
to lie
Trust was lost when I asked you to help and you never even tried
Trust was found and everything turned around
When I lowered my head and looked up to the Masters stead
Trust was found and with it came the sound of the beginning to an eternal round
For on that day trust was found
Trust becomes sound, only when man looks around and realizes that
The only trust to be found is in him-self and the one that gave us ground
TRUST WAS FOUND!

Jeff Rushton

Tunnel Vision

The reality of dreams is as true as they seem,
The only difference is the time of the occurrence
A different scene, or a time not quite in synch with you at the age of the dream
Irony makes every dream a reality, but only with bifocals brining into
Focus its true destiny.

Jeff Rushton

Turn The Switch

Religious scripture says that in order to reach the highest degree of heaven,
We must first taste the bitterness and depths of hell...

When life falls into the abyss of sorrow, sadness, depression and disgrace,
We must use the energy and power that we are endowed and blessed with to
Not only arise from the abyss and come into the light, but to soar into the
Skies and become the light for others to thrive and succeed.

Jeff Rushton

Valley Forge

From noon until midnight the sky becomes a kelm of colors,
All seen in the stained glass window we call the clouds
Beauty of painted light as the glowing backdropp rotates through the sky
Brightness brings softness, the glow, luminescence, and art of illumination to it's
Colorful Perfection
The eve brings contrast, pure color, depth and integrity, a beauty quite the
contrast,
Power none-the-less.

Jeff Rushton

Value Of Truth

The greatest waterfalls flow in perfect rhythmic might, yet with the subtlety of a
birds feather carried by the nights wind, reflecting occasional light
The moonlit nights I have seen on many eves tranquil and clean
The colors, the shades, the desire for it to stay
A movie played with every scene surpassing in greatness and
Memorable emotion, promotion and self-fulfilling devotion
The fields and rolling golden hills
Stare for miles
The only thing seen is corn, wheat, and grass, tall and with
The presence of sun reflecting effervescence
Mountains, hills, plateaus and grades all the symbol, emblem of
The mighty parade
Stem to stern, man with his might, money and
Mechanical flight, will never obtain that lofty sight
Oceanic depth, breadth, and inexplicable power over all it has kept
A mystery, true but the greatest of entertainers due to its ability
To show all, but never give the slightest clue
Whistling, whispering, touching and pushing, the wind and omnipresent
Guardian of our life's need for constant inhaling.
A seldom seen
Ghost of beauty and clarity, yet never leaving and always
Always willing to start the healing
The greatest treasures the earth
Stand infinitesimally small near your person and being.

Jeff Rushton

Vow

Love is the desires of my heart
The yearning of my soul and the blessing of my work to stay good and whole
The feelings of freedom
The touch of the kingdom
The sensation of perfection in all aspects of life and its direction
The slightest touch
The simple breath
The sounds, music coming from your mouth
The foundation, formation and exaltation of every waking thought
Woven with the things you have taught
The soft, subtle sun in it's waking glorious run
The setting sun as it lay its glorious being to rest for the evening
The bind that holds through every earthly fold
Through pain and through strife
Through weight and through height
Through sorrow and through suffering
Through life's little catastrophes
For better and for worse
Through sickness and health
For richer or for poorer
Through wheelchair or looks of less than fair
I LOVE YOU!

Jeff Rushton

Vs.

There is a great appeal
Freedom and feeling of zeal
Control and stability
Unquestionable truth and reality

There is a greater destiny
Those that give up and receive
The blessings of sharing
All that you believe
Caring.

Jeff Rushton

What A Wreck

We will slow as the lights flash on the side of the road
Yet, we go on living our lives in just the same position as those suffering
Just no blood, physical pain, or temporal destruction
Just as tragic, more drastic, less magic for others to watch
Insurance is found in self-assurance.

Jeff Rushton

What Are You Worth?

What is the worth of your wealth?
Does it last forever?
Can you cherish its noble endeavor?
Did you earn it?
Was it given in respect or honor?
Could you hold it in your hand?
Would you hold it near your heart?
Does it belong to you?
Would you give it all to another?
How do you treat the wealth you are worth?

Jeff Rushton

What Is It You Hide?

Why the opacity in your eyes
Why the cover or blanket over the reality of your other
Why the lie to every other in your jest or hope for cover
Why the hope and want to be another
Why the darkness held far under
Why the gloom and dying of the true self that lies in waiting

Why the fallacy?
Why the dreams of another reality
Running from sanity
Living false reality
Hiding truth and eternal happiness in hopes of avoiding the
Pain that caused this mess.

Jeff Rushton

When?

One day she will see...

I live my life in hopes of WE

The air I breathe, the food I eat, water I drink, work I do, and sleep I ensue

Are all in hope of one day becoming a part of the companionship I see in

Her vision of Eternity

Jeff Rushton

Where Do I Feel Comfortable

In a crowd of friends, being loud
Around people that are on my level of social shroud
Under the influence of something to which I have become a slave
Alone in a world where there are varying degrees of fame
Removed from the growth and learning that can cloud
Amidst the center of what is considered 'now'
Attended by superficial things that are soothing for the minute, not the hour
Sleeping off the intricacies of life
Beginning things
Ending things
Making sure things go right
Making sure things go wry
Making sure
How can I feel comfortable?

Jeff Rushton

Where Do You Go When There Is No Road?

Where do you turn when all road maps are burned?
What do you do when the vision is blurred or esque?
What direction do you follow when your transportation is swallowed
The path is clear
The direction straight
The only map needed is a push toward forward flight
Not looking back at what drives you from being late.

Jeff Rushton

Where Does It Begin?

The fight over a toy?

The yell at a sibling for a wondering eye?

The argument over something that cannot be remembered at end?

The commotion caused when they hold another's hand?

The fists that fly over 'land'?

The debates over offices, governments and estates?

The words that break a marriage's years?

It all begins at the birthing stand?

Where you spanked to come to life?

Or where you brought to life by a miraculous device.

Jeff Rushton

Who Am I?

It rises with beauty, magnitude and the power to radiate across the earth
Its power multiplies as it nears its peak, burning away the clouds of darkness and
the fog of cover
Though it ends with a magnanimously eloquent adjourn, its power and light still
remain,
Reflecting off of the specters in the sky and the orb of the night
East to West, always in the sky
Am it the Sun or the Son?

Jeff Rushton

Who Will Hold?

I hold with me a treasure greater than gold
It is mine, but owned and inherited by only one
Valued by some as little, others as million dollar treasure
An heirloom given me from father and mother
Never losing its luster, only growing greater
Given at birth but not recognized or held as a prize until I realized
The value is not in money but in holding on to that which others spend
In pressure or in hopes of a greater treasure
Fleeting, depressing, lost or stolen, it is gone. Never to return...broken
I hold with me a treasure greater than gold
One day it will be given, not through anticipation, pressure of pleasure
But will be bestowed upon one who will treasure
Hold and behold the value and eternal growth of an
Heirloom that will be handed down from generation to generation
Never to leave
Fulfilled

Jeff Rushton

Winning

Winning is not, the awards, the trophies, the medals, the honors or the crowns

Winning is the roads, the troubles, the misfortune, the thorns and the frowns

Winning is the ability to look around, and admire the hands that have

Guided, comforted, given, aided, and cheered you up

Winning is just a step, to a greater beginning

NEVER ENDING

YOU ARE ALWAYS WINNING

Jeff Rushton

You Are The Beacon

The treasure, so pure and pristine, unmistakable
An angel of light, love and unmistakable trust
You treasure more the others hand, when in vice you pleasingly stand
Heart and eyes put for the apparent sign
The teaching of things never asked, wanted, or forgotten
The learning of things true direction, foundation, and eternal ramification
An honesty through all, save it be simple diversity
A burden well taken, with toll compassionately accepted as a token
Forgiving in seconds to others indiscretions, yet holding the weight of a long
since faded and unnecessary state
Respect, honor, and trust fond for all who travel past
Love, life and light are the beacon you are seen to have in your eyes
The eyes that stand as a lighthouse in a world of fog covered skies.

Jeff Rushton

Your Mind Is Master

What you mind and don't mind...
Masters your state of mind

Jeff Rushton