

Inspired Poetry

Faith & Spiritual Wisdom

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In this book I will share with you, through mostly a style that blends contemporary free verse with lyrical spiritual poetry, some notable individuals who have inspired and guided my journey into the areas of transcendence, inner peace, divine connection, and ethical living. Their inspiration in my life inspired the following poems.

The Contemplatives and Mystics who helped me focus on inner transformation, spiritual practice, and lived wisdom. Namely Jesus Christ, Ernest Holmes, St. Francis of Assisi, Buddha, Thich Nhat Hanh, Emma Curtis Hopkins, Thomas Troward, and Carl Jung, St. Mother Teresa, and St. Ignatius of Loyola.

The Philosophers and Thinkers who helped me focus on reason, ethics, metaphysics, and the exploration of mind and being. Namely Marcus Aurelius, Confucious, Immanuel Kant, René Descartes, Plato, Socrates, Epictetus, Seneca, and Thomas Aquinas.



Jesus Christ, born over 2,000 years ago in Bethlehem, is revered in Christianity as the Son of God and Savior of humanity. His message of love, forgiveness, and faith in God, along with His crucifixion and resurrection, form the core of Christian belief. Seen as the promised Messiah, His life and teachings continue to shape spiritual thought and influence cultures across the world.

The Voice Upon the Hill

(Inspired by Jesus Christ)

Blessed are the poor in spirit,
For theirs is heaven's gate—
The meek, the pure, the peacemakers,
The ones the world calls late.

“Love your enemies,” He whispered,
“Do good to those who hate,
Forgive, and you shall be forgiven,”
He taught of love, not fate.

“Let he who is without all sin
Cast the first and stony breath.”
But He knelt low and wrote in dust,
And turned the hand of death.

“You are the light upon the hill,
A city strong and bright—
Let not your lamp be hidden,” child,
“But lifted to the night.”

“Where two or three are gathered nearby,
There I shall surely be.”
He calmed the storm with outstretched hand,
And walked upon the sea.

“Consider now the lilies,”
He said with quiet grace,
“They neither toil nor do they spin,
Yet none match their embrace.”



Siddhartha Gautama, known as the Buddha or “the awakened one,” was a spiritual teacher and founder of Buddhism in the 6th or 5th century BCE. Born into royalty in present-day Nepal, he renounced his privileged life to seek truth through asceticism and meditation. After attaining enlightenment in Bodh Gaya, he spent his life teaching the path to liberation, forming a monastic community, and guiding others toward inner peace and freedom from suffering.

The Middle Way

(Inspired by the Buddha)

A lotus rises through the mire,
Untouched by mud yet born of mire.
So too the soul, when still and free,
Awakes to truth and learns to see.

Desire burns like hungry flame,
Chasing joy and fleeing shame.
But clinging hands and craving eyes
Will never hold the open skies.

To walk the path, release the hold—
Not too rigid, not too bold.
In balance lies the quiet grace,
The middle way, the sacred place.

No self to guard, no self to prove,
The ego stirs, but we need not move.
For every thought, each rising breath,
Contains both birth and hints of death.

Compassion blooms where anger dies,
And wisdom comes with emptied eyes.
The world is mirror, dream, and play—
Let go, be still, and find the way.

No temple higher than your mind,
No truth more bright than being kind.
Each step, a prayer; each pause, a gate
To peace that neither comes nor waits.

Stillness in the Storm

(Inspired by Marcus Aurelius)

Within, a citadel stands tall,
Unafraid though empires fall.
Not built of stone or mortar gray,
But thought, aligned with Nature's way.

The world may twist with fate's design,
But calm belongs to what is mine—
My mind, my will, my inner peace,
Where noise and anger find no lease.

You are a breath, a spark, a day,
A wave that breaks, then slips away.
Why chase the praise, or flee the scorn,
When each is dust the wind has worn?

What harm can come from honest deeds?
What fear be found where virtue leads?
No crowd can shake the rooted oak
That bends with grace, but never broke.

Let others rage and grasp in vain,
Let fortune bless, or deal out pain—
Still choose the path the Logos laid,
And greet the dawn unafraid.

Be just, be kind, be true, be whole,
For Nature gave you but one soul.
And if the gods are just, then trust;
If not, then why bow down to dust?

So live each hour as if your last,
Not shackled by what's gone or passed.
The present moment—clear, austere—
Is all you own. Stand firm. Live here.

Continue the Journey

Inspired Poetry: Faith & Spiritual Wisdom

These selected poems offer only a glimpse of a collection inspired by spiritual teachers, contemplatives, mystics, philosophers, and thinkers whose lives and ideas continue to illuminate humanity's search for meaning, compassion, wisdom, inner peace, and a deeper connection to one another.

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Thank you for reading.

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