

*Poems for Motivation,  
Stimulation and Reflection*

*Jay Almon*

*I would like to acknowledge two gentlemen for their contribution to my work, Herb Gart the manager of my group The Buckeye Politicians and Keith Deja for his untiring review of my poems because he felt I had a work to be proud of. Both will be missed. Thanks for the inspirations.*

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## *About the Author*



My name is Jay Almon; I am a retired computer programmer. I live in Ohio with my wife Sally. In my younger days I traveled the United States and sometimes out of the country with the band The Buckeye Politicians

([thebuckeyepoliticians.com](http://thebuckeyepoliticians.com)).

Being a musician, singer, songwriter and recording artist, I decided I would write poems in the hope that it would enhance my songwriting skills. As I traveled the United States and toured Europe, I would note the date and location when I wrote a particular poem. Over several years I wrote quite a few. Letting friends and musicians read my poems, I was encouraged to make them available to all persons that appreciated poetry.

An artist will transport you to a place on canvas with oils and a brush. It is my hope to take you to a place with words and a verse. As I reviewed my poems, I found 3 topics revealed to me, "Motivation" "Stimulation" and "Reflection". So take a trip with me and see if the topics are revealed to you.

*Jay Almon*

I want to leave you with the last stanza from my poem "Expansion."

Words are spoken with ease  
But action is what you need  
Listen, while you make conversation  
There'll be a lot of good words to heed

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*Part I*

*Motivation*



*“Tomorrow”*

I had a talk with Tomorrow  
She told me I depended too much on Yesterday  
She said that if I didn't give her more  
consideration  
She was gonna leave me  
I told Tomorrow  
She ought not get so riled  
Because Yesterday and I only talked about her  
And how much she means to me

If Tomorrow goes away from me  
My life will be at a standstill  
All my dreams will subside  
None could ever become real

12/12/1973  
London, England

*Jay Almon*

*“Layman”*

Work all day  
That's how it goes when you want to get ahead  
Miss meals, get hungry as can be  
No time to stop, gotta keep working instead

Poor people dream about being rich  
Rich man thinks how to take advantage of the  
poor  
Both get a chance at their jackpots  
They usually come out with an even score

Ambition with no contribution  
Is always a waste of time  
Just wanting something is not enough  
To get to the top of a mountain, you got to make  
the climb

So work, work, work  
Make sure you have a plan  
As long as you know what your goals are  
You won't mind when you have a tired hand

10/17/1974  
Columbus, Oh

*“Weekend”*

Labored all week  
Glad to see it end  
A break from my daily schedule  
Makes me want to live it up, my friend

I've been told too much of anything  
Is bad for your system  
Work is a sure enough killer  
And I don't want to be its victim

I just want to go somewhere  
A place I can be at ease  
Let my mind drift on a cloud  
Find a little heavenly bliss, I'll be pleased

Hard work can pay big dividends  
Even though it may be back-breaking and tiring  
Motivating my anxieties  
I sometimes find it inspiring

10/21/1974  
Columbus, Oh

*Jay Almon*

*“Time”*

You try to be on time  
Only it seems like you're always late  
It's disturbing when others depend on you  
No one likes to wait

Being patient is a good virtue  
But all do not possess this gift  
Doing things with a natural attitude  
Can give you a spiritual lift

Whatever you do, give consideration to others  
They're the same as you  
If a bad temper and work habits irritate  
Build a disposition that's minus those two

Time is important  
Hours lost cannot be regained  
Life still allows you a chance  
To make the most of the day that remains

10/18/1974  
Columbus, Oh

## *Motivation*

### *“Will”*

Will to survive  
Helps you to stay alive

Will to win  
Is as good as your best friend

Will to succeed  
The one stimulant that everyone needs

Will to give  
Makes you conscious of the life you live

Will to love  
Seems boundless as the sky above

Will to fight  
Works best when used for that which is right

Will to adjust  
Can make living less complicated, than a lot of  
fuss

Will to fail  
Makes every breath of life stale

11/05/1974  
Columbus, Oh

*Jay Almon*

*“New Day”*

When you greet a new day  
What is your first thought in mind?  
Quietly acknowledging that you're still alive  
Do you ponder about the time?

Having to rise early  
Do you find it hard to awake?  
Get the necessary hours of sleep  
You won't have the problem for goodness sake

With love in your life  
A new day you eagerly await  
Leave your love flow on the sea of time  
For day drifts into night and never hesitates

Giving is the secret of good living  
A sunny day makes it easier to deal with a dull  
mind  
Knowing that nothing is allowed to remain the  
same  
Devotion to daily progress is a healthy sign

11/27/1976  
Columbus, Oh

*“Did You Know”*

That I am, I wish not to be  
That I wish to be, I am not

Today is not forever  
And forever is nothing but the sum of  
tomorrows' tomorrows

Winning is flanked by praise and glory  
While losing is a constant shadow of each victory

A thought is equated by unforeseen and  
unfulfilled desires  
Yet, once attained: desires places you in the seat  
of boredom

No one knows the height or plain of one's destiny  
How far can you go before you retrace yourself?

A step ahead could become two steps behind

09/30/1976  
Columbus, Oh

*Jay Almon*

*“Look”*

If you're satisfied with the way you live  
How can you advance?  
Stop! Think! Don't make another move  
Leave nothing to chance

You want the best of everything  
I'm guilty too!  
Unconcerned about the dangers or the changes  
Our ambitions take us through

Creativity is always a challenge  
Ideas have to be tried  
Success looms somewhere in the shadows  
Takes a lot of work and faith to survive

Accidents and mistakes  
Are always considered bad  
When they give you the advantage  
Certainly doesn't make you feel sad

10/07/1976  
Newburg, NY



*“Determination”*

You see people like yourself  
Struggling to gain a position  
Finally they make a breakthrough  
Leaving you in the same condition

You've seen it happen  
Where one fails, another succeeds  
Does fortune have favorites?  
It seems that way, indeed

What you want in life  
Requires hard work and a determined mind  
And when you think you're almost finished  
Keep looking for a victory sign

Friends and loved ones  
Don't always understand  
Take your work too lightly  
Don't worry, just do the best you can

10/15/1976  
Columbus, Oh

*Jay Almon*

*Conscience”*

What do you like to do?  
A very good question to ask today  
However, when you give the answer  
It doesn't come out that way

You always seem to be busy  
Spending endless hours on the phone  
Complaining about needing more time  
Yet, you wonder where the day has gone

It's easy to talk to me  
Even though you don't listen to what's being said  
If you realized how we both get confused  
You wouldn't have those sleepless nights in bed

Ha, Ha, Ha, life can be a lot of fun  
Loosen up, don't be so serious all the time  
A little breather is good for you  
And darn well good for the mind

10/22/1976  
Columbus, Oh

*“Expansion”*

Experience teaches us what we should know  
Books serve as guides  
A good balance of the two  
Is essential in making progressive strides

Put your imagination to work  
And creative thought will flow  
Observe what is around you  
Cramped space stunts the mind and will not let it  
grow

Ideas are a great source of energy  
Without hesitation write them down  
Ignite yourself by repeating them aloud  
Even you will be astound

Words are spoken with ease  
But action is what you need  
Listen, while you make conversation  
There'll be a lot of good words to heed

11/11/1976  
Columbus, Oh

*Jay Almon*

*Future”*

What you want out of life  
Are you seeking to attain?  
Do you feel it's within your reach?  
Are you willing to endure the stress and the  
strain?

Nothing in life is without a price  
How much will you pay?  
Work hours can be endless  
Could take years to reach that special day

Look out for frustration and depression  
Discouragement that tries to make you weak  
Build up your confidence  
Face the factions, never dwell on defeat

What you have now  
May not be what you want or what you need  
But Continually expanding oneself  
Will get the desired results and reward you well  
indeed

11/24/1976  
Columbus, Oh

*“Consider”*

Hobbies can be fun  
Without serious endeavor  
But once you become serious  
It gets difficult to get it together

Expectation of making high marks in life is good  
If the thoughts in mind and work is invested  
One thing you can be very sure of  
Your dedication and devotion will be tested

Ridicule may come from all directions  
When others are loose and you seem to be in  
    deep concentration  
Determination demands a price  
What you pay for success is rewarded later with  
    admiration

But if you want to breeze through life  
I'm not sure that you can  
Because of a tendency to believe in what you do  
Conflict has made the most nonproductive and  
    inconsiderate persons take a stand

12/07/1976  
Columbus, Oh

*Jay Almon*

*“Examine”*

Once in a while  
It's nice to look back on yesterday  
Not lingering too long  
For you must live today

Dreams can be a driving force in your life  
And a big help in motivating you to move ahead  
People who say they don't dream  
Usually have little ambition, low incentive and  
tomorrows they dread

While nearing each year's end  
There's an unspoken account of all your actions  
And always a surprising tally  
Many unforgettable appointments and a shortage  
of satisfactions

Look back, if you will  
Look ahead as well  
You'll find a most interesting life  
With many good stories to tell

01/04/1977  
Columbus, Oh

*“Construction”*

Things done very simple  
We tend to enjoy a great deal  
If you remove the pleasure and replace it with  
work  
You will quickly lose the feel

It can be a waste of time  
Trying to perfect something physical that is  
unnatural  
Your body and mind may find it difficult to  
respond  
Whether the tempo be rapid or gradual

We must be alert  
To recognize what our true talents are  
By noticing what we do well with ease  
No matter what it is, inside ourselves we become  
a star

Get the most out of your life  
Don't live in regret  
What you don't have now  
While you still live, you have time to get

01/07/1977  
Reynoldsburg, Oh

*Jay Almon*

*“Searching”*

Searching for my rainbow  
Traveled here and there  
Just like a gypsy  
I'll go most anywhere

Every chance is a gamble  
Takes faith to see it through  
Day by day I get a little stronger  
I'm learning more and more what to do

I'm gonna find that rainbow  
I promised myself that I will  
And all those that laugh at me  
When I find it, may unknowingly be laughing still

But smile, I can, because I know what I'm after  
And whether it be near or far  
I'll search, search and search  
And let fate be my guiding star

04/30/1977  
Reynoldsburg, Oh



*“Opportunity”*

I go to work every day but I'm not satisfied  
I don't like my job yet I must provide  
Thoughts of you always cross my mind  
It's been said, that you pass by once in a lifetime  
The question I ask, is how long must I wait?  
Too long of a time does irritate  
Opportunity, where are you? What must I do?  
Opportunity, please elevate me, I need you can't  
you see?

I've been to college, worked hard to increase my  
knowledge  
I've got a definite goal, did everything that I was  
told  
Worked hard each day and I never took time to  
play  
I've looked for you my friend, where on earth  
have you been  
Can't say I'm sorry because I've come a long way  
But I would be much further and I'm still waiting  
today  
Opportunity, where are you? What must I do?  
Opportunity, please elevate me, I need you can't  
you see?

Patience is a good virtue, something I found out  
waiting on you  
You taught me things I never learned in school, I  
tried my best not  
act or look like a fool  
Waiting for you I became a father and a man  
I wanted you first, that was my plan  
Yet, I've tried to advance alone as best as I could

*Jay Almon*

But with you beside me, I'd be on top and you  
know I would

Opportunity, where are you? what must I do?  
Opportunity, if you continue to forget me, I will  
make it on my own  
Just you wait and see

05/03/1977  
Reynoldsburg, Oh

*Motivation*

*“Motivation”*

Ideas

Discreetly suppressed

Never encounters rejection

Ideas

Readily expressed

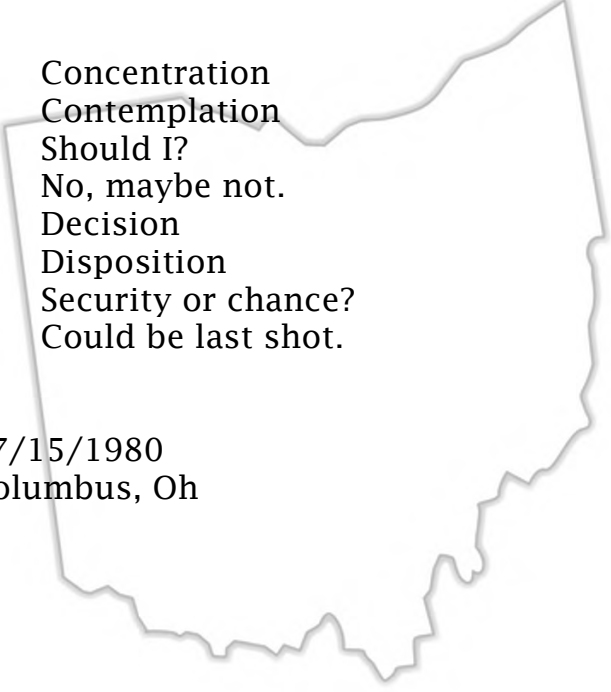
Stimulates criticism, decision and direction

07/15/1980

Columbus, Oh

*Jay Almon*

*“Moves”*



Concentration  
Contemplation  
Should I?  
No, maybe not.  
Decision  
Disposition  
Security or chance?  
Could be last shot.

07/15/1980  
Columbus, Oh