

Waking Spirit

Prose & Poems the Spirit Sings

Shirley Cheng

*Foreword by New York Times
Bestselling Author, Cynthia Brian*



www.DanceWithYourHeart.com

Wappingers Falls, New York

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To the dearest, most beloved jewel that has ever been bestowed upon me by Heavenly Father: my wonderful mother Juliet Cheng, the cornerstone and light of my life; the foundation of my happiness, strength, and success. Thank you, Mom, for giving me such a wonderful life!

~*~*~

Many songs have been left unsung, their tales all untold. The melodies were never formed, with words all but spoken. Do not let the same misfortune befall your spirit. Sing your song while it is young. Let your melodies travel far and wide, and when you do, prepare to embrace the sky.

Table of Contents

| | |
|--|------------------------------|
| Foreword by Cynthia Brian | 13 |
| Dance with Your Heart: How to Befriend Your Heart and the World around You | 17 |
| Midnight Dancers | Error! Bookmark not defined. |
| Nightingale in Air. | Error! Bookmark not defined. |
| Nightingale's Melodies..... | Error! Bookmark not defined. |
| Forget-Me-Nots in Reminiscence..... | Error! Bookmark not defined. |
| Dance of Silvery Swans.... | Error! Bookmark not defined. |
| Delighting Ripples | Error! Bookmark not defined. |
| Yellow Shadows... | Error! Bookmark not defined. |
| Heart of Songs | Error! Bookmark not defined. |
| Dove Love Song. | Error! Bookmark not defined. |
| Forest Melodies ... | Error! Bookmark not defined. |
| Dance of Frozen Flowers.. | Error! Bookmark not defined. |

Let me Borrow Those Wings.. Error! Bookmark not defined.

Stormy Clouds' Snack Error! Bookmark not defined.

White Wings Error! Bookmark not defined.

Up, Down, All About..... Error! Bookmark not defined.

Flying Splendor.... Error! Bookmark not defined.

Intertwining Vines.. Error! Bookmark not defined.

Black Capes..... Error! Bookmark not defined.

Celebrate Your Existence, for It Is Your Privilege!..... Error! Bookmark not defined.

Sunny Was Your Smile..... Error! Bookmark not defined.

Blanket of Cherry Blossoms... Error! Bookmark not defined.

Blooming Dandelions..... Error! Bookmark not defined.

Mud Bath..... Error! Bookmark not defined.

Sunflowers' Hello Error! Bookmark not defined.

A Woodpecker's Visit..... Error! Bookmark not defined.

Chuckling Hyenas **Error! Bookmark not defined.**

Where the Valley Glows..... **Error! Bookmark not defined.**

Job of the Sun..... **Error! Bookmark not defined.**

Ruby Blossoms..... **Error! Bookmark not defined.**

The Downcast Willow..... **Error! Bookmark not defined.**

The Treasure Collector.... **Error! Bookmark not defined.**

Silky Threads **Error! Bookmark not defined.**

Art of Icicles **Error! Bookmark not defined.**

Bursting Buds..... **Error! Bookmark not defined.**

The Eye..... **Error! Bookmark not defined.**

Dancing Grand Ballet..... **Error! Bookmark not defined.**

Life in Shell..... **Error! Bookmark not defined.**

I'm Not Disabled—I'm Ultra-Abled..... **Error! Bookmark not defined.**

Thy Silvery Ladder..... **Error! Bookmark not defined.**

Thunderous March **Error! Bookmark not defined.**

Little Joey's Ride. Error! Bookmark not defined.

New Pair of Wings Error! Bookmark not defined.

Ant Army Error! Bookmark not defined.

Pride of Lions..... Error! Bookmark not defined.

Frolicking Frog..... Error! Bookmark not defined.

The Moonlight Soiree Error! Bookmark not defined.

The Misty Moonlight..... Error! Bookmark not defined.

Flirting Diamonds. Error! Bookmark not defined.

Awaiting Owls..... Error! Bookmark not defined.

Ivory Beauty..... Error! Bookmark not defined.

Full Moon's Blessing..... Error! Bookmark not defined.

Flickering Moonbeams Error! Bookmark not defined.

Leaves of Sunset Hues..... Error! Bookmark not defined.

Moonlight Embellishment... Error! Bookmark not defined.

Crescent Yellow Moons Error! Bookmark not defined.

The Reflection..... Error! Bookmark not defined.

Thank You, O, Holy One! Error! Bookmark not defined.

Our Rewarding Gold..... Error! Bookmark not defined.

Survival Ball..... Error! Bookmark not defined.

Tropical Love..... Error! Bookmark not defined.

Gliding Eagles Error! Bookmark not defined.

Running on Water Error! Bookmark not defined.

Awakening Leaves..... Error! Bookmark not defined.

Peeking Orange Head..... Error! Bookmark not defined.

Waking Spirit Error! Bookmark not defined.

Beyond the Seashores..... Error! Bookmark not defined.

Morning Dove Error! Bookmark not defined.

Fiery Dance Error! Bookmark not defined.

The Inner Box..... Error! Bookmark not defined.

Blood-Red Hourglass..... Error! Bookmark not defined.

Laughing Dolphins Error! Bookmark not defined.

Blue Flaunt..... Error! Bookmark not defined.

Night Cats..... Error! Bookmark not defined.

Black Beauty Error! Bookmark not defined.

White Beauty Error! Bookmark not defined.

Those Unforgettable 180 Days..... Error!
Bookmark not defined.

Sing Me a Song.. Error! Bookmark not defined.

Happy Winds Error! Bookmark not defined.

White Umbrellas... Error! Bookmark not defined.

Shimmering Feathers..... Error! Bookmark not defined.

Crystalline Flowers..... Error! Bookmark not defined.

Upside Down Meals Error! Bookmark not defined.

Veil of Willows..... Error! Bookmark not defined.

The Summer Breeze..... Error! Bookmark not defined.

Midsummer's Blue Sky..... Error! Bookmark not defined.

Love on Midsummer's Nights ... **Error! Bookmark not defined.**

Wrath of Nature ... **Error! Bookmark not defined.**

Where the Old Oak Stands ... **Error! Bookmark not defined.**

Tumbling Leaves .. **Error! Bookmark not defined.**

The Red Silver Fur..... **Error! Bookmark not defined.**

Meadow of Cotton Balls .. **Error! Bookmark not defined.**

Praying Mantis..... **Error! Bookmark not defined.**

Red, Orange Leaves **Error! Bookmark not defined.**

Playful Rays..... **Error! Bookmark not defined.**

The Jewel from Heavenly Father **Error! Bookmark not defined.**

With You by My Side **Error! Bookmark not defined.**

Glorious Stars..... **Error! Bookmark not defined.**

Black and White Pair..... **Error! Bookmark not defined.**

Silly Peek-A-Boo..... Error! Bookmark not defined.

Veil of Waterfalls.. Error! Bookmark not defined.

Tumbling Waterfalls..... Error! Bookmark not defined.

Wing Dance..... Error! Bookmark not defined.

Twilight Serenade..... Error! Bookmark not defined.

Twilight Greeting. Error! Bookmark not defined.

Midnight Ghostly Lights.... Error! Bookmark not defined.

Sleepy Spells Error! Bookmark not defined.

That Secretive Grin Error! Bookmark not defined.

Weeping Ocean ... Error! Bookmark not defined.

Moaning Winds..... Error! Bookmark not defined.

Seashell Sighing.. Error! Bookmark not defined.

Withering White Error! Bookmark not defined.

Kiss of King Cobra..... Error! Bookmark not defined.

Guilty Mockingbirds Error! Bookmark not defined.

The School People Crave **Error! Bookmark not defined.**

Will I Still Feel It? **Error! Bookmark not defined.**

Cool April Showers..... **Error! Bookmark not defined.**

Rain's Masterpiece..... **Error! Bookmark not defined.**

Shameless Rooster..... **Error! Bookmark not defined.**

Hunger of Venus Flytrap... **Error! Bookmark not defined.**

Darting Blue Shadows..... **Error! Bookmark not defined.**

Ocean Sighs..... **Error! Bookmark not defined.**

When Your Spirit Is Blue. **Error! Bookmark not defined.**

Hot Pink Flamingo **Error! Bookmark not defined.**

Festive Motif..... **Error! Bookmark not defined.**

Migrating V..... **Error! Bookmark not defined.**

Awake!..... **Error! Bookmark not defined.**

Tickle Me Not..... **Error! Bookmark not defined.**

Lullaby Whistle..... **Error! Bookmark not defined.**

Sliding in Tuxedos Error! Bookmark not defined.

Rise! Error! Bookmark not defined.

About the Author Error! Bookmark not defined.

Spotlight Reviews Error! Bookmark not defined.

Foreword

**By Cynthia Brian,
New York Times Best Seller**

Whenever I'm having a bad day, I think of Shirley Cheng! I had the pleasure of meeting Shirley during a radio show I produced when she was a guest for her three books, *Daring Quests of Mystics*; *The Revelation of a Star's Endless Shine: A Young Woman's Autobiography of a 20-Year Tale of Trials & Tribulations*; and *Dance with Your Heart: Tales and Poems That the Heart Tells*, all of which were written at age twenty. When I first received her pitch to be on the program, I was shocked to learn that she was just twenty-two years of age, blind, disabled, and had written her books using a screen reader called Jaws then typing with just two index fingers. Her tagline to me read:

"Although I'm blind, I can see far and wide; even though I'm disabled, I can climb high mountains. Let the ropes of hope haul you high!"

Wow! I was impressed. Of course I wanted to interview someone who appeared to be indefatigable. Could she be for real? I had to find out for myself. From the moment I welcomed her on the airwaves, her bubbly personality captured my delight. I could feel her smiles across the miles. Here was a young lady filled with faith, determined to make a

difference and obviously having a blast living in the moment. She didn't sound incapacitated or helpless. She was a beacon of confidence, a role model of trusting in her Higher Power. The interview was a smash hit with listeners! Her optimism, outgoing nature, and obvious appreciation at being alive empowered us all to reach for the stars while expecting to land on them regardless of the obstacles standing in our path.

In her newest book, *Waking Spirit: Prose and Poems the Spirit Sings*, Shirley once again shares the joys of living. You are treated to dancing hearts, singing souls, and warm blanket of love wrapping around you with her use of poetry, spiritual prose, and haiku. Original quotes penned by Shirley are sprinkled throughout her writings as you engage in *A Moment with Shirley*.

Waking Spirit celebrates life while encouraging us all to appreciate what we already have. It's a book of survival, a tome of devotion, a bible of being.

I am especially impressed with the relationship between Shirley and her mother. They are best friends, one another's head cheerleaders, and soul comrades in the shuffle of reality. How many mother/daughter teams do you know that truly love and respect one another? If we could all just implement one lesson from these remarkable women, our world would be a more loving and peaceful place.

If Ms. Cheng's mother has been her guide on the side, God has been her sage on the stage. She is swift to give thanks for the many blessings and gifts bestowed upon her. Shirley is most grateful for the precious jewels of wisdom, wit, and whimsy that surround her, including her ability to communicate her affection for her Creator. One would not expect such a positive upbeat attitude from a girl who has suffered such enormous pain and formidable challenges throughout her life. Yet without those stumbling blocks and her deep faith in the goodness of her Heavenly Father, we would not have been graced with this soulful manuscript from this very talented young lady.

The book you are holding in your hands is a celebration of the dance of life. Awake your spirit, embrace the unknown, love unconditionally, and fan your flames of passion.

We have only one life in this body. Whether we are disabled or ultra-abled, we have the ability and the responsibility to treat our temples of our vitality with dignity and joy. Life is a banquet. Enjoy the buffet. Serve yourself a big helping of Shirley Cheng's inspiration and you'll be motivated to shoot for the stars.

And as Shirley is fond of saying, "Don't live each day as though it is your last; live each day as though it is your first." Today is the beginning of a stellar journey. Sit back, relax,

and rise to sing your song with *Waking Spirit*. There is no quiet desperation here—only sensational courage and astounding beauty. Embrace your Godliness. You are a wonder of creation. Shine on! You are a STAR!

Cynthia Brian is a New York Times best selling author (her books include Be the Star You Are!, The Business of Show Business, Chicken Soup for the Gardener's Soul, Miracle Moments), TV/radio personality and motivational speaker. She is available as an media/writing/acting coach. Contact www.star-style.com, or 925-377-STAR.

Dance with Your Heart

How to Befriend Your Heart and the World around You

First published in 101 Great Ways to Improve Your Life, Volume 2, along with highly acclaimed experts like Jack Canfield, Dr. John Gray, Dr. Richard Carlson, Alan Cohen, and Bob Proctor

What do you see when people dance? Is it how their hands and feet move so gracefully in such unison with one another, yet each of them sparkles individuality? Are the dancers smiling? What does that mean? They may be joyous when they move their bodies to the rhythms of the music, but that is not all. They smile because they are dancing with their hearts.

What do I mean when I say they dance with their hearts? When you are dancing with your heart, you are dancing together with your heart and dancing using your heart, and as a result, you are becoming a dancing heart.

What do you feel when you see them dance? Do you feel like dancing as well? When you dance, you will project how you feel and what you feel onto any onlookers, causing them to have a desire, a need, to mirror your feelings, then finally your actions. You set good examples of life when you dance; you are teaching true things of life, so you must lead

others by dancing yourself.

To dance with your heart, you must be pure. Release all the negative feelings hammering inside you and block out the ugly voices the outside world whispers stealthily in your ears. Become friends with yourself. What qualities do you look for in a friend?

Are you ready to become your own friend and dance with your heart? Take the following dance steps on your own before you can hold hands with your heart.

- Acceptance. Accept who you are as a whole. Accept how you feel. Accept how you think. Accept how you look from your head to your toes. You may not like to accept yourself as you are now because you feel you are not perfect. But what is perfection anyway? Is nature perfect? If so, then you must be perfect, too. Take a look—I bet that tall tree in your backyard has at least one torn branch, but is it still majestic? Does it still deserve to be called beautiful? Perfect?
- Openness. Be open, truthful, and honest with yourself. Do not lie to yourself. Do not live with pretense. When something is making you unhappy, face it, do not run away from it. Change the situation with a clear and honest