

Inspiration for Peace & Strength



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Introduction:

One day I found myself with a disability nineteen years old and had no idea what this meant. I chose to not fight or deal with it. I went on like this for years, angry with the world, myself, and others. God, who was that? What was He going to do for me? This went on for eleven years.

Here I am now, thirty years old. I go to the doctors for what I believed would be a visit regarding my leg problems. I find that not only do I have my current disability, I have Multiple Sclerosis.

My heart sank, I was forced to deal with life. I was alone and at the bottom. I would not listen to family or friends. I was very angry.

I turned to God. I was not sorry I did this. I turned to writing and learning about God. The more I learned the more I wrote. The better I felt.

At my lowest time the Lord came to me. I was at peace with what was happening.

Time went on, the peace of the Lord continued to grow inside of me and I was gaining strength from the Holy Spirit. Each time I wrote I felt like I was giving back to God.

In the next pages you will read my work. I hope my writings are able to help each of you with your life. I hope they inspire you to fight till the end and never quit. No matter what the odds may be.

I want to say thank you to Johnathan Lyden for the original design of the cross and to Chris Allen for the book design.

May you find Peace and Strength.
David

Dedication:

To Susie, thank you for standing by me throughout the past year, you're caring and love has helped in ways you will never know.

To Laurie, thank you for helping me to deal with disability and learn that life is never over in the face of adversity.

To every MS patient in the world, life is not over, it is just beginning and as we band together to fight this disease we can do nothing but beat and destroy this disease and win.

To David and Lauren,
Daddy gets his strength from watching you grow.

Most of all
God, thank you for the peace and strength that you have blessed me with each day. I am never alone.

Where is God?

Is He there when we are born?
Is He with us when we are children?
Is He there when we are scared?
Is He there with us when we are sad?
Is He with us when we are upset?
Is He with us in the good times?
Is He with us in the bad times?
Is He in our hearts?
Is He in our minds?
Is He with us during sickness?
Is He with us when we are ready to leave
this world?

My answer to these questions is, **YES!**
The Lord is with us always.
In every aspect of our life,
every minute while we are on this earth.
All we have to do is listen and watch for his
signs.

A sign can come anywhere at anytime.
Signs can be as simple as a sunrise,
as small as a smile.
All we have to do is look.

Life is difficult but manageable
Taking on life is hard but we all have the
strength to do it.
We have the ability to fight adversity and
overcome.
We have a power inside us all that is bigger
than the earth itself,
What you ask?

God.

The Road Ahead

The road ahead is so uncertain
so many paths to take
so many decisions with each path,
which way should I go???

Who do I trust?
Is there anyone to protect me on the road?

The protection you seek is there,
just not in the way you think.
God is here to protect us,
All we have to do is believe and trust in him.

Each path has its own dangers,
each path has its own fight.
We have to put our faith first and
believe that God is our protector and
will help us along the way.

Let his strength guide us,
God's strength can conquer any obstacle or
fear.

Let his love protect us,
God's love is unconditional and true.

As we travel the road,
path by path,
no matter what we may confront,
we will never be alone if we just believe,
trust that God is with us!

Disability- A New Beginning

Disability to some is a dirty word,
To some, people think a disability is the end
of life,
To others, they feel nothing but pity,
still others feel nothing but shame and
sorrow.

A disability is just another way to live,
it is a new beginning to what a life was,
Disability should be defined as “A new
beginning”
NOT “lack of physical or mental ability”

While having a disability means change,
change leads to good if that is what is
wanted.

While disability may be painful,
pain will exist and destroy only if it is
allowed.

Disability can close off some doors but
it is the strong person to find new and better
doors to enter.

Disability to some may mean the end,
it is also a chance for a person to grow and
develop.

It is a opinion that we each have a cross to
bear,
passing a judgment on someone does not
make things better.
We all have to work to be the best person we
can be,
Disability does not take this goal from us,
it places a bigger challenge to reach it.

Maybe we can each,
Be a fighter not a quitter,
Be a friend not an enemy,
Be a supporter,
Support breeds life.
Support can conquer all disability!

Friends, Family and Support

Have you ever wondered why people find
each other?

Ever thought how lucky you are to have
found someone special?
Someone to call friend?
Someone you can trust?

Friends are an important part of life.
They offer love and support when people are
at their lowest.

They give happiness when it is needed the
most.

They have the ability to take a day and turn
it around.

Who knows how the bonds of friendship are
made.

Does it matter?

God seems to know what we need.

God seems to send people in our lives to
offer things that maybe we can not do
ourselves.

Friendship is a true gift from God.

One of the gifts to help us through our
happiest times to our lowest.

Friendship is also a two way street.
To be a friend, you must give back what you
receive.

Support, love, compassion.

These are just a few parts of a friendship.

Support during down times and sickness can
be difficult.

Friends and family can pick you up when
you are down by support.

Support gives strength, love and comfort.
All these aid in fighting sickness, loneliness.
Wouldn't you rather not go it alone?

The world is filled with ups and downs
We can try to go through it alone.
We might even make it alone.

I believe we all need to take advantage of
the gift from God.
Traveling the road of life with friends and
family is much more rewarding.

Faith and the Mountain

It is said that faith can move mountains,
mountains can come in many forms,
a problem with a person,
a problem at work,
a fight with a disease.

When the mountain appears in front of you,
choices are limited.
Time to climb or
stand and wish for everything to change.

Nobody will get anywhere if you stand and
wait,
time to climb, time to fight, time to form a
plan!

The climb may be lonely and difficult,
being scared is normal,
fear of the unknown is normal.
Keep the final goal in sight.

Remember something very important,
nobody is ever truly alone when friends
near.
The climb may be difficult,
we can all use a push.

When the top is reached, good may be on
the other side,
yet another mountain may be in the way.
Life is full of highs and lows.
Nobody ever said it was easy.

Nobody said we would have a free ride.

Fight for your cure if that is what you need.
Fight for your family if that is what you
need.

Whether you believe you will win or lose is
unimportant,
What is most important is to continue to
fight,
climb and work for your goals.
When a goal is reached,
strength comes that will aid in the next
climb.

Faith is a funny thing,
Faith in God?
Faith in ourselves?
Both?

God is always there to help,
all you have to do is ask.
It does not mean that he will fix everything
but answers may present themselves
More strength to continue the climb.
Remember to ask for help when you are
low.
You will be surprised with the response.

Remember one final thought.
“Believe in yourself, we all have untapped
strength inside us”.
Reach for the skies!

The Night

Why do I fear the night,
is the darkness that intimidating?
Do I worry about tomorrow?
what it will bring me,
maybe good? maybe bad?

So much in my mind,
is being sick the reason for my fear?
does MS mean death?
Does MS mean life in a wheel chair?
Does MS mean disability?
I guess the most important question is
WHY?
Why me?

There is so much I want to get done before
my time is over,
So much to give and receive,
So many things to do,
So much to share!
Will I have the time?
Am I the same person I was before the MS?

I guess I believed I would live forever,
nothing could get in my way.
I guess I never thought about mortality,
something every person must face.

I wish there was an earthly person with these
answers,
someone to hold my hand and explain
everything.
I know God is near,
can't God give the answers now?

The night brings darkness,
the darkness brings quiet,
I am afraid of the quiet,
too much time to think.

My Thoughts

The smile of the little baby,
her touch on my face,
the love I feel for her,
the love I feel from her,
my greatest achievement,
my greatest gift from God.

Why am I so lucky?
I wish I knew!

She changed my life,
she changed my thinking,
my thoughts on life,
my thoughts on love.

Till the day I die, she will be a part of me,
my spirit will outlive my body because of
her,
my love will be a part of her life forever,
can it get any better?

My life will never be the same since she
came,
forever I will love her unconditionally,
my memories of her will always make me
smile,
I thank God for her daily.

Now that I have MS, I could be depressed,
I am not!
My baby's love will guide me.
I will do what it takes to fight this disease,

I will live to see her grow.

God gave me Lauren,
God depends on parents to care for his
children,
I have a new job that MS can't stop,
I have to believe I will have time to see her
grow and be her father!

Everyday with her and that smile is a gift,
Thank you God for the reason to fight.
Thank you God for my life!
Thank you God for the gift of Lauren!

A Prayer for Guidance

Lord I stand before you with a heavy heart,
I don't have all the answers,
I am turning to you for guidance.

I want to be happy and healthy,
not if it offends you.
I want to know I am making the right
decisions,
decisions that will not hurt you.

I am human and know I make mistakes,
I am human and know I am weak.
Allow me to gain strength from you.
I am asking for help.

Give me the strength to fight for what is
important.
Give me the strength to help people as they
help me.
Give me strength to fight for life.
Help me to see right from wrong through the
trials of my life.
Never let me just give up on myself.

Forgive me for my mistakes and failures,
know I am trying to be the best and
strongest person I can.
Life is so very precious and I know it is
short,

Never let me quit!

Alone

Alone to fight,
Alone to think of my future.
Alone to walk though this world.
What is next for me in this world?

Support?
Love?
Compassion?
Who do I live for, myself or others?
Who do I fight for, others or myself?

I sit and stare into the night.
Scared for tomorrow.
scared to see what will come next for me.
Childhood to adulthood to disability to MS.
This does not seem like a normal
progression, yet it is my life.

Why God?
Why must I fight alone?
What is the plan for me?

I know you are with me God but I still feel
alone.
I know you are trying to guide me God,
yet I seem to resist.

Fighting is something I do well.

You gave me this gift Lord.
I am so tired though.
So worried I will not regain myself, who I
was and hoped I would be.

I call upon you God, please show me
direction.
Show me the way to your heart.
I feel safe when I am in your graces.
Show me the way there God.
Help me to see that you are my support.

I am afraid of tomorrow.
I never know what is coming next.
Will I see a future or has it passed???

Decisions

Everyday of our lives we have to make
decisions,
decisions that affect the direction our lives
will take,
decisions of what we eat or drink,
decisions to just get up or stay in bed,
this is truly part of our lives.

The decisions that affect our lives are what I
talk about,
each decision we make affects others,
other people's decisions affect our lives
also,
it is a two way street.

Imagine watering a tree,
as the water touches the roots of this tree it
begins to travel through the veins of the tree.
It will touch a branch of the tree,
from there it will continue to touch each
leaf.
The water effected the life of each leaf of
the tree.

This does not mean that we must not make a
decision for ourselves.
We must be aware that others are affected.
We can not expect others to not want to
direct the water to themselves.
They want to be part of the decision.
Should they be?

Knowing all this is nice but what are we to
do?

Put our trust in God that he will help us to
make decisions.

Right or wrong does not matter.

Sure it would be nice to make only right
decisions,

We are human and not perfect!

Remember that each day we live we make
decisions,

Each decision we make affects others,
Affecting others can not be avoided,

If your decision hurts another,
sit and talk to the person.

Help them to understand where you are.

This does not mean you have to change you
decision,

Understanding is the key to knowledge.

The leaves are trying to get water,
Are you going to deny that?

Where the fight will take me...

The fight against MS has begun for me,
the road ahead is scary,
the road ahead is long,
the road ahead will be hard.

I no longer fear this road,
friends and family have shown their love,
I see how people have embraced the fight,
this is a fight for life.

Never knowing where the fight will take me
is difficult,
never knowing when the next attack will
happen is hard.

Knowing that people care helps,
knowing people don't want me to fight
alone is important.

So much to learn,
so much to understand.
Life changes because of this disease.
For better or worse this is my new way of
life.

This fight is not about winning or losing.
This fight is not about right or wrong.
This fight is about a disease.
A disease that can not be allowed to take
over and win.

If you have the disease,
know there are others fighting the disease
with you and in the same ways.
If you know someone with the disease.
know this someone needs you,
your love and support will go a long way to
aid the fight.

If we fight together we will conquer this
disease,
If we fight together we will all see the
disease more clearly.
One day at a time,
one minute at a time,
never give up on the fight for life.

Where the fight will take me...?
I can't answer this question.
I do know I will NEVER STOP fighting this
disease!
This is my goal,
TO LIVE!!

Open the door

Open the door to your heart,
open the door to you mind,
open the door to your soul.
The doors must be open to experience life.

There is so much to take in from this world.
the blue sky,
the bright sun,
the love of another,
the touch of a friend.
the beauty of nature.

As we open the doors to ourselves, we can
experience life,
the beauty of life is there for the taking.
To not want to experience this is sad.
To keep the doors closed is wrong.

We are all given the chance to live,
the chance to experience the gifts of life.
It is up to each one of us to try and
experience these gifts.
See the world as a wondrous place to cherish
and not ignore.

Open the door,
let your mind experience the sights of the
world,
let your heart experience the love of the
world,
let your soul experience the higher power of
the universe.

Take in the world while you can,
it has so much to offer,
as much as we have to offer back!

Dreams of an MS Patient

The dream I think we all have is for a cure.
to know that the disease that is inside will
not do more damage.

My dreams are much less than a cure but
still important.
a dream to continue to fight this disease.
a dream to win the fight in whatever way
possible.
a dream to never quit.

MS with its plaques that have the ability to
cause disability,
The myelin that our nerves need for
protection,
the disability that it can all cause,
With all of this it does not mean I can't
dream of a future.

A dream of no disability
A dream of no plaques
A dream of a healthy spinal cord and brain
A dream of just being healthy.

To dream is to live.
To live and fight is the only way to
overcome this disease.
There may not be a cure today but there are
many dreams.
Let the dreams guide us all.

I believe dreams are a look at what is

possible.
Dreams give us hope.
Dreams can give strength of what may be
possible.
To not dream would be a great loss.

As I think about the dreams I have for a
future,
my ultimate dream is to not let MS change
my dreams!
Let me dream of a better life, help me
conquer this disease.
Let all MS patients who dream of a future
know that,
they are ALL possible.

Prayer for Peace & Strength

Lord, I come to you for help.
Life is full of trials and turmoil.
Sometimes it gets the best of even the
strongest of your people.
You, Lord, are the one to turn to.
I am in need of your guidance through this
time.

Lord, show me the way to obtain strength to
combat the trials of life.
I know your love is infinite.
Because of your infinite love, peace can be
obtained.
With strength and peace I can face turmoil.

With all that life has to offer,
allow me to see your will in all that I do.
Help me with your peace to help others.
Help me to see the good in everything
around.
Help me to find and keep the peace that can
be obtained from your love.

With Jesus, I know I will gain strength.
His life had trials and turmoil.
Help me to learn from his sufferings.

Thank you for sending Jesus to show us that
unconditional love is possible.
With Jesus as our guide, our greatest goals
can be achieved.

An Ocean of Love, A Sea of Pain

Love surrounds us from all directions,
It comes and hits us like the waves of the
ocean.

We gain strength from love.
We deal with life much easier with love in
our lives.
We can drown in love but yet we do not die
from it.
We gain hope from love.

Pain can be the same way.
It can surround us just as love does, but in
ways we don't like.
The waves of the sea hit us and pound on us;
all we can do is want it to stop.
We lose strength,
have a difficult time with life.
We can drown from pain, it still may not kill
us but can feel like we will die.
Hope seems to fade away.

When we are living in the Sea of Pain,
we have to search and find the Ocean of
Love in our lives.
When we find the Ocean of Love it can help
us deal with the Seas.
It will help us conquer the Seas not matter
how hard it may seem.
We will be given the hope that comes with
the Ocean,
The fact that we are not alone to fight the
Seas,

the knowledge that the strength that comes
from the Ocean can be powerful.
With this power we can stay afloat in the
sea.

It is possible that you may never enter the
Sea,
Having the knowledge that it can be
conquered will help if you have to enter the
Seas.

The Oceans are beautiful,
the Seas are difficult and hard to navigate.
Life will go on as long as you fight the Seas
as they come.

Swim through life as it happens,
deal with the Oceans and Seas as you swim
through life.

We have but one life to live.
The Ocean and Seas are a part of living.

Know anything is possible in life with an
Ocean of Love.
Life does not stop because of a Sea of Pain.

The Love you leave behind

The sound of your voice,
The laughter from the next room,
We knew you were near.

The smile,
The happiness in your eyes,
Were you ever truly down?

The love,
The feeling you gave to the world,
The comfort that you were with us all,
Unconditional always

The kindness,
Helping others no matter the situation,
Lending a hand to people in need.
Never asking in return

The fight,
You took up the crusade,
Pushing us forward,
Never looking back.
Helping us to see the road ahead,
We were never alone weather you were near
or far,
You instilled in our hearts you would stand
and fight with us,
Till the end,

Now all we have is memories,
Memories to share with anyone who will
listen.
Memories of good and happy times together.
Memories of a life with you involved.

Gone but NEVER forgotten,
Loved and NEVER unloved.
You were a teacher, companion, and friend.
Shoes that will NEVER be replaced.

To Andrew:

Always in my heart and mind

David

Not Today...

You came into my life like a thief in the
night.

I did not know you

I wish I never did

Yet not we are enemies forever.

The fight has begun.

Each day I wake,

I know you stalk me

I know you have not left

You try and break my spirit to live

You try to break my will to survive

Let me tell you this

Not today!

Some days you may gain an edge,

You might be stronger that day

I will continue to fight you.

You may think you have me but

Not today!

I can't stop your destruction,

I can fight your pain though

You will never be stronger than my spirit to
live

My will to survive

My desire to destroy you

You can never win

Not today!

So each day as the battle rages,
No matter where you start today's attack
Not matter how much you believe you can
win
No matter where the fight may take me
No matter how long it takes
No matter day or night
Weeks, months or years
I will always say to you
Not today for today is MY day!!!

Just never quit...

Times get tough,
Changes in life take place.
Life is not always easy.
Quitting is never an answer to a problem.

As hard as life gets,
As difficult as it may be,
All you have to do is work on today,
Leave tomorrow for tomorrow.

True strength comes from within,
From the heart, mind and the soul.
So reach down and grab the strength,
Deal with the day
Just never quit

Problems come and go,
Strength can always be found if you reach
down deep,
And always remember,
Just never quit

Setback

Each life is full of setbacks
Setbacks due to illness,
A setback at work,
A setback at school,
Maybe just a personal setback that only you
understand.

This happens to us all.
Most of the time we let the setback bring us
down.
We go through different emotions
Our first thought is usually not to work
harder.

We know setbacks will happen
It is a part of life.
Life will always be a challenge.

As setbacks happen,
Take a step back from the situation.
Don't just give up.
Work harder
Reach down inside yourself and examine the
goals

Setbacks happen when a goal is not met or
achieved.

If the goal is important enough to you
You will make it work.

Change the direction which caused the
setback

Rethink the goal and the importance in your
life.

When you give your mind a chance to slow
down,

Look at the setback objectively rather than
emotionally

Good will come from this.

We all need to take a setback in life.

Helps us to see where we are.

Helps us to see the direction we are going

Give us a chance to take a moment and look
at life.

So look at a setback as a moment to take a
step back.

To look at your life and its directions.

Make changes to enable you to live life to
its fullest

The Road Less Traveled

We walk the world a day at a time
Nobody wants to have to fight or struggle
Why would anyone want this?

So you walk the world and come to the
crossroads of life.
Time to make a choice
There are now two roads to travel ahead.

A road that is easy
A road of gaining without work
No feelings or remorse
Taking without thinking
Wanting and getting without struggle
Not looking what or who maybe hurt.

OR

The road less traveled
A road that requires struggle to achieve
goals
A road of never wanting but hoping
A road where love and caring replace desire
A road helping and not hurting

We all come to this crossroad of life
This choice determines so much of us
What we are
What we will and can become
Most of all who we are.

Nobody can ever tell you which way to go
But when it is time to sleep
As you close your eyes.
Knowing you worked hard to achieve is
always better than never working at all

Something to think about?

The Touch

It night and you wake from sleep,
Alone and a sudden fear comes over you
Yet within a minute the fear is gone
It turns into a calm peace

A day begins
From the start it just turns bad
Nothing you do is right
You are about to explode
Suddenly you feel a touch on your shoulder
Nobody is there but yet calmness falls upon
you.

Someone one was there,
Someone special
Someone you can't see or hear
Someone who loves without end
Without reason

Our Lord

Our heavenly Father watches us
He knows what we need
When we need it
Offering unselfishly
Loving as only a Father could

Our Lord has a touch that is calming
A touch of loving and peace that can sooth
even the hardest heart
A touch that we all feel at sometimes of our
lives

The next time you feel His touch.
Remember to thank him for the gift
And for being with us without for the good
and the bad
Remember that he is with us always

Through the eyes of another

Have you ever wondered what it would be
like
to look at yourself through the eyes of
another?
seeing your attitude during adversity,
seeing your attitude through sad times,
seeing your attitude during happy times?

A gift such as this is not possible but
consider for a moment that it is.
Think of the changes that we could
accomplish
the better understanding of how we deal
with different situations,
see what our emotions look like to others.
the understanding of who we are would be
so clear.

I believe we all have an idea, of who we
want to be,
we all want to be the best person we can be,

As part of the human race we all have to try
and get along,
Understanding one another is not enough,
I believe understanding ourselves should
come first.

Ask yourself the simple questions,
Do I like who I am?
Am I the person I always hoped I would be?
Can I be a better person to friends, family,
myself?

Understanding ourselves is so important,
If we understand our feelings and ourselves
only then can we help and understand
others.

Life is a job in itself.
Sometimes understanding is very difficult
and often impossible.
Nobody said it would be easy!

Tomorrow, Today, and Yesterday

Tomorrow is always a day away,
It is always one step ahead of us,
We never catch-up no matter how hard we
try
This is a fact of life.

We live our lives planning for the future
Rather than accepting life as it happens.
When life does not follow the best laid
plans,
We get confused, upset and begin to
question yesterday.

People then live their lives thinking of
yesterday
Wishing things could be different
Wanting to make changes to the past
Rather than going forward with life

When does today get a chance?
When does today get thought of?

When it is past,
Can we get it back?
Why must we wonder if it could be
different?
Shouldn't we continue forward?

Life has twists and turns,
No matter how hard we plan
No matter how hard we try
We must roll with life as it comes

Living for today has many advantages
We get the chance to see and enjoy life
We look for the beauty of the day.
Special days can be saved,
For when we need to think of the past,
We have that special day to look back on

If we let just one today get by us,
We do ourselves a grave injustice
We forget about our lives today and worry
about tomorrow.
Tomorrow will come, you can be assured of
that but what have you lost
With all your worry
Can you get the day back?

Maybe you lost a special day,
A day of happiness rather than worry.
Live for today, enjoy today
Tomorrow will be here soon and soon it will
be yesterday

Enjoy today, make it a day to remember,
When you look at yesterday, you will be
happy because you lived it to the fullest.
You seized the day and the gift of the day
The gift of life

Thoughts on Friendship

It is written

“Greater love has no one than this,
than to lay down one’s life for his friends”.

Helping others is so very important,

It is a learning experience of life.

It offers great rewards,

Maybe not financial or something that can
be seen.

Maybe you will never know that a reward
was given.

When we help others,

we become a teacher and a student.

For what other go through,

We may be there also someday.

Sometimes when we help others,

We lose ourselves in the process,

Never stopping to see what is happening in
our own lives.

Losing site of ourselves.

Does this mean we should not help others?

Do we turn away when we are needed?

I believe that there is a balance,

A balance between our life and the life of
others.

With this balance and the learning,

We become better human beings rather than
human doings.

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Poems For Peace & Strength

A friend is a gift,
A special gift to be cherished rather than
squandered.

With friends all things are possible!

Never Time to Give Up

Times get hard,
You know they will
Life takes turns,
You might not be ready for.

The easiest is to give up,
To allow life to run itself
To hope the problems go away
Ignore the problem like it does not exist

When times are tough
Giving up is never the answer.
There is always a solution
You just have to look and listen

Each day has 24 hours of life
In one hour an answer may come
All you have to do is look, listen and believe
Be open for anything

Just never give up
Believe that anything is possible
Never give up hope and faith

Life is so precious,
Too precious to ever give up on
To ever believe it can't get better
To ever believe an answer does not exist

Fight for the precious gift of life
Fight for the person that matters the most in
your life
YOU!