



Decide
to

For A
Better
World

Robert
Muller

Robert Muller

Poems For A Better World



1998

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Decide to be happy

Render others happy
Proclaim your joy
Love passionately your miraculous life

Do not listen to promises
Do not wait for a better world
Be grateful for every moment of life

Switch on and keep on
the positive buttons in yourself,
those marked optimism, serenity,
confidence, positive thinking,
love

Pray and thank God every day
Meditate - Smile - Laugh
Whistle - Sing - Dance

Look with fascination at everything
Fill your lungs and heart with liberty
Be yourself fully and immensely
Act like a king or queen unto Death

Feel God in your body, mind,
heart, and soul
And be convinced of eternal life
and resurrection



Decide to be healthy

Pray to God every day for good health
Take health as your sacred, God given duty
Make no room whatsoever for the slightest
thought of sickness
Never

Encourage your trillions of faithful
little cells through joy,
happiness and confidence
Thank them, talk to them, sing to them

Let no foul air, food and liquids poison you
Let no anger, anxiety or bitterness enter you

Wake up every morning with gratitude for
your resurrection
And repeat ten times
I am the happiest and
healthiest person on earth
Repeat it again before your sleep

Close your eyes on the thoughts of God,
good health and happiness
And thank your God in heaven
Who has given us a body never to be sick
A mind never to be dull
A consciousness never to be empty
And a spirit full of
the heavens and of the Earth



Decide to be peaceful

Render others peaceful
Be a model of peace
Irradiate your peace
Love passionately the peace
of our beautiful planet
Do not listen to the warmongers,
hate seeders and powerseekers
Dream always of a peaceful world
Work always for a peaceful world
Switch on and keep on, in yourself
the positive buttons,
those marked love,
serenity, happiness, truth,
kindness, friendliness,
understanding and tolerance

Pray and thank God every day for peace
Pray for the United Nations
and all peacemakers
Pray for the leaders of nations
who hold the peace of the world
in their hands
Pray God to let our planet at long last
become the Planet of Peace

And sing in unison with all humanity:

“Let there be peace on earth
and let it begin with me”



Decide to be a spiritual person

Render others spiritual
Irradiate your spirituality
Treat every moment of your life
 with divine respect
Love passionately your God given miraculous life
Be endlessly astonished at
 your brief, breathtaking
 consciousness of the universe
Thank God every moment
 for the tremendous gift of life
Lift your heart to the heavens always
Be a cosmic, divine being,
 an integral conscious part of the universe
Contemplate with wonder
 the miraculous Creation all around you
Fill your body, mind, heart and soul
 with divine trepidation
Know that you are coming from somewhere
 and that you are going somewhere
 in the universal stream of time
Be always open to the entire universe
Know yourself and the heavens and the Earth
Act spiritually
Think spiritually
Love spiritually
Treat every person and living being
 with humaneness and divine respect
Pray, meditate, practice the art of spiritual living
And be convinced of eternal life and resurrection



Decide to be thankful

Render others thankful
Start every day with overflowing
 thanks to God
Be thankful for every moment
 of your life
Never complain, never be bitter
 or ungrateful
Switch on and keep on in you
 the grateful buttons
 those marked, thanks, joy, love,
 happiness, kindness, generosity
Make your entire being and life
 a feast of thanksgiving
Rejoice immensely and jubilantly
 at the prodigy of life
Be the miracle God intended you to be
Thank God for your wonderful body,
 mind, heart and soul
Thank God for our beautiful planet
 for the stars and the sky
 the mountains and the seas
 our human brethren and sisters
 our friends the animals
 our sisters the plants and flowers
Thank God for the seasons of your life
Repay God with your best deeds,
 thoughts, feelings and prayers
And be convinced of your divine,
 eternal, cosmic nature



Decide to forgive

For resentment is negative
Resentment is poisonous
Resentment diminishes
and devours the self

Be the first to forgive
To smile and take the first step
And you will see happiness bloom
On the face of your human
brother or sister

Be always the first
Do not wait for others to forgive

For by forgiving
You become the master of fate
The fashioner of life
A doer of miracles

To forgive is the highest
most beautiful form of love

In return you will receive
untold peace and happiness



Decide to open yourself

To God
To the Universe
To humanity
To all your brethren and sisters
To your inner self

Open your mind
Open your heart
Open your soul
Open all your being and senses

To the greatness of Creation
To the beauty of our Earth
To the potential of the human race
To the infinity of your inner self

And you will become the Universe

You will become Creation
You will become the Earth
You will become humanity
You will become infinity

And you will be at long last
your real,
divine,
stupendous self



Decide to laugh

Make others laugh
 Irradiate your good humor and happiness
 Coalesce with other happy people
 Look at the world with a wondrous smile
 Let the miracle of life upwell in a happy face
 Grow and keep a twinkle in your eyes
 Laugh, sing, whistle and dance
 Wake up in the morning with a song
 in your heart
 Go to sleep with a happy thought
 on your mind
 Enliven any company with your cheerfulness
 Deflate tensions, depressions and bitterness
 with good humor
 Be known as a happy, likeable, joyful person

Tell jokes
 Read jokes
 Write down jokes
 Learn jokes by heart
 Look out for good humor everywhere
 For it is infinitely better for people and nations
 to laugh together
 than to fight each other
 And at the hour of your death be able to say:

 Life has been great fun
 Thank you, O God, for your beautiful,
 immensely enjoyable gift



Decide to ask

Your entire being for divine fulfillment
 Your body for wonderful health
 Your mind for great ideas
 Your heart for much love
 Your soul for the meaning of life
 God for guidance and enlightenment
 Your government for peace and justice
 Your neighbors for friendliness
 Your colleagues and friends for kindness
 Your family for love and happiness
 The Earth for all its boundless beauty
 The skies, sun and stars for all their brilliance
 Humanity for hope and cooperation
 The universe for utmost consciousness
 Eternity for resurrection
 For by asking you shall see more clearly

 And by asking you shall receive



Decide to network

Use every letter you write
Every conversation you have
Every meeting you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want

Network through thought
Network through action
Network through love
Network through the spirit

You are the center of a network
You are the center of the world
You are a free, immensely powerful source
of life and goodness

Affirm it
Spread it
Radiate it
Think day and night about it

And you will see a miracle happen:
the Greatness of your own life
In a world of big powers, media, and monopolies
But of six billion individuals

Networking is the new freedom
the new democracy
A new form of happiness



Decide to do at least one good action a day

If not several
Or innumerable ones
Talk to God every morning
And ask God:
"What good can I do today?"
God will answer you and guide you
for God is with you
And you will have given God life
by asking God

God can not be manifest
Without being asked

God speaks to you through your soul
Which is the true guide of your life
Ask God, talk to God, dialogue with God
And you will be the source of many miracles
You will produce them all around you

Do at least one good action a day
Until the very end of your life
Just think what a huge amount of good
That will represent!

And if all six billion people on Earth
Do one good action a day
What a Planet it will be!



Decide to be human

To be a world citizen
A global being
A member of the human family
To place humanity before anything else

To love your human brethren and sisters
As your own family

Never to kill,
 not even in the name of a nation
Never to exercise physical
 or verbal violence

To know, love and respect your beautiful
 planetary home
To live in it as a grateful, joyful guest
To contribute to humanity your peace,
 kindness and
 happiness
To help the further ascent of the human race
To cherish its endless, beautiful diversity
To educate your children as world citizens
 and children of God

And to leave behind you the remembrance
Of a good, kind, loving human being



Decide to be blessed

To spread your blessings all around you
That everything you touch
 or do will be a blessing
That every person you meet will be blessed
 with your joy
 with your knowledge
 with your kindness
 with your enthusiasm
 with your greatness

Be a daily blessing for the universe
 and eternity
 for humanity
 and our planet

Open yourself widely to the blessings
 of God
Be an instrument, a multiplier
 of God's blessings
From morning to evening,
 in the smallest event
See an opportunity to do a miracle
To be a blessing

Walk through life as a Blessed Person
 and a Miracle Maker



Decide to be the good news

Let the good news be
incarnated in you

Proclaim your belief
In humanity
In our success
In our further transcendence
In our peace, justice
and happiness
In the construction of the
Planet of God

Think of it
Feel for it
Speak of it
Work for it

For all we think, all we feel,
all we say and all we do

Must not hinder but help
The great design of God

Our Cosmic destiny
Our further ascent and evolution
Towards the permanent reign of

God on our miraculous planet



Decide never to be negative

Replace negative thoughts
and feelings
In your mind and heart
By happy, excellent,
positive ones
Eradicate negativism on
all internal
and external fronts

Deny negativism
Avoid the pessimists
Do not bang your head
against the walls
Climb them, fly over them,
circumvent them
Always radiate positive currents
of light, goodness,
love, kindness,
hope and determination

Since life is the antidote of death
Affirm life and ignore death

Affirm your life even after death
Through the lasting effect
on human ascent
Of your good deeds
Of your good thoughts
And of your overpowering love



Decide to be cheerful

Render others cheerful
Praise the whole Creation
with your cheers
Be a rock against sadness,
pessimism and hopelessness
Switch on and keep on in yourself
the cheerful buttons,
those marked joy, laughter,
happiness, love,
passion for life,
gratitude for life

Whistle, sing and smile at life
Feel like a God or Goddess
Feel like dancing

See the bright glory of God
everywhere and in everyone
Say yes to life, immensely,
cheerfully, ecstatically,
enthusiastically

Be convinced of the prodigy,
sacredness, sanctity and
divinity of life

Bring your precious contribution
to the happiness and
ascent of humankind

And believe in the immortality
and everlasting effects
of your goodness



Decide to lookout

For any sign of God
For any occasion to do good

Let the divine flower in you
think from morning to evening
What else you can do for the good
of the world

Turn every stone you can
To look for a hidden opportunity
to do good

Put many irons in the fire
Be convinced that God is watching you,
loving you
and helping you
God will send endless opportunities
to do God's will

And open your eyes, mind and heart
to the astonishing miracles of life
to the beauty surrounding you
to the uniqueness of your being
to the wonders you can achieve
And your life, centered on its inborn
divinity

Will become what it was always
meant to be:

a cosmic masterpiece
a jewel in the universe
a shining proof of God



Decide to write *Decide to* poems for a better world

Reprinting the *Decide to* poems woke me up with this revelation: all my life, all my endeavors have been for a better world. My latest book (in 4 volumes) is: *Ideas And Dreams For A Better World*.

My books can be republished as *Books For A Better World*, my speeches as *Speeches For A Better World*, *Essays For A Better World*, *Institutions For A Better World*, my autobiography, *A Life For A Better World*, *Actions For A Better World*.

I am thankful for having opened my eyes to this. Now all makes sense for me. I will even call my archives at the University for Peace: *Archives For A Better World*. What a positive world karma this would all mean!

The people are craving for a better world. Let us mobilize them as co-workers for a better world. My 34 *Robert Muller Schools* and writing on education could be: *Education For A Better World*. There would even be *Businesses For A Better World*.

All my life could make sense and every life on earth could make full sense.

– Robert Muller 18 August 98

Each of us can do many things for a better world. Writing *Decide to* poems is one way to inspire ourselves to work for a better world.

Here are two *Decide to* poems written by Barbara Gaughen - Muller. Robert Muller and Barbara Gaughen were married, June 27, 1997



in Dobbs Ferry, New York before their children and grandchildren. Barbara is an educator, author, global public relations consultant, and public speaker, based in Santa Barbara, California.

You too can write *Decide to* poems for a better world.

Decide to be . . . like Robert Muller

by Barbara Gaughen - Muller

Every decision made on this planet
in your life and mine
was first a thought
in someone's mind
But in worldly matters there is one more link
Robert Muller is the missing link
The father of Decide to be . . . all you can be
in this time and space
Decide to . . . let go of your doubts
in your life they have no place

Just decide to be . . .
every dream you ever dreamt
create a Bench of Dreams
and your wish shall be sent
straight to God, Buddha or a tree
You see God is everywhere
inside you and me



So quit wasting time
and thinking you can't
and don't blame anyone
who says you can't

It's your choice now to decide to be . . .
like Robert Muller
his example is there for you and for me
and then you'll know
why the little baby you once were
was allowed to grow

It's not your age,
your income or your being
It's just you
so keep on dreaming
The coincidences will happen
so quickly you'll know
that Robert Muller was right . . .

First you dream, then watch it grow
That's it!
So simple and pure
It's God's way to say,
"I love you for sure"



Decide to be married

by Barbara Gaughen-Muller

Decide to be married
To become one heart, one body, one mind and
one soul
To share your joy
To live life as an art
And to make every moment precious
Whether together or apart

Remember as a couple
You are now more than one
To create harmony and perfect love
that will last through eternity
even after this life is done

Remember also there is a power
In this union of two
to protect this planet
And humanity too
As a couple you can do it

It's in the deciding
To be united in love
To express your joyful oneness
To every person you meet, and
In every action you take
And together a perfect marriage you'll make





Decide to be a global citizen

A good inhabitant of planet Earth
A member of the great human family
Pray, think, act, feel and love globally
And you will aggrandize yourself
 to the outer limits of being
Know this planet
Love this planet
Care for this planet
For you come from Mother Earth
And you will return to Mother Earth
You are made of her elements
You are the Earth,
 become conscious of herself
You are her eyes, her ears, her voice,
 her mind and her heart
Save your Mother Earth
 from her matricidal children
 who destroy her
 who divide her
 who spike her with nuclear arms
 who hold their territories to be
 greater than the globe
 and their groups greater than humanity
Unite, global citizens,
 to save and heal planet Earth
And to make our Mother bloom again
As the most beautiful
 planet in the universe



Decide to dream

Decide to dream
Decide to widely open the gates
 of your wonderful mind,
 heart and soul

Let flow in the dreams of God,
 of the angels, saints, prophets and sages

Give birth and let out into the world
The dreams of your own unique,
 unrepeatable
 cosmic being

If not born for any other purpose
 be born to dream
 to love
 be born to fashion a better world

Dreams and dreamers never die
From heaven you will see your dreams
 come true
You will reincarnate,
 inspire and energize the new dreamers

The dreams of our beautiful Planet of Dreams
 will never die
 until we become the Paradise
 we were always meant to be
 and are about to now joyfully become



My Dream 2000

I dream
That on 1 January 2000
The whole world will stand still
In prayer, awe and gratitude
For our beautiful, heavenly Earth
And for the miracle of human life

I dream
That young and old, rich and poor,
Black and white,
People from North and South,
From East and West,
From all beliefs and cultures
Will join their hands, minds and hearts
In an unprecedented, universal
Bimillennium Celebration of Life

I dream
That during the year 2000
Innumerable celebrations and events
Will take place all over the globe
To gauge the long road covered by humanity
To study our mistakes
And to plan the feats
Still to be accomplished
For the full flowering of the human race
In peace, justice and happiness



I dream
That the few remaining years
To the Bimillennium
Be devoted by all humans,
nations and institutions
To unparalleled thinking, action,
Inspiration, elevations,
Determination and love
To solve our remaining problems
And to achieve
A peaceful, united human family on Earth

I dream
That the year 2000
Will be declared world year of
Thanksgiving
By the United Nations

I dream
That the third millennium
Will be declared
And made
Humanity's First Millennium of Peace



Robert Muller

Born in Belgium in 1923 and raised in the Alsace-Lorraine region in France, Robert Muller experienced constant political and cultural turmoil during his youth. His grandparents had five successive nationalities (French, German, French, German, French) without leaving their village as a result of three wars (1870-1871, 1914-1918, 1939-1945).

Often as a child, Robert Muller would look out of his window at the border he could not cross and long for the day when he, like the birds, the clouds, the sun and the stars, would no longer have to observe the imaginary line. Today, thanks to the dream and effort of his compatriot Robert Schuman who similarly hated these borders, Robert Muller's passport reads, "European Union" with the sub-title France, and he is free to cross all western European borders.

Robert Muller knew the horrors of World War II, of being a refugee, of Nazi occupation and imprisonment. During the war he was a member of the French Resistance. After the war he returned home and earned a Doctorate of Law from the University of Strasbourg. In 1948 he entered and won an essay contest on how to govern the world, the prize of which was an internship at the newly created United Nations.

Dr. Muller devoted the next 40 years of his life behind the scenes at the United Nations focusing his energies on world peace. He rose through the ranks at the UN to the official position of Assistant-Secretary-General. He has been called the "Philosopher" and "Prophet of Hope" of the United Nations.

Robert Muller is a deeply spiritual person. From his vantage point of a top level global states-person he has seen a strong connection between spirituality and the political and cultural scene.

Robert Muller created a *World Core Curriculum* and is known throughout the world as the "father of global education." There are 34 Robert Muller schools around the world with more being established each year. The *World Core Curriculum* earned him the UNESCO Peace Education Prize in 1989. Based on this curriculum and his devotion to good causes, Dr. Muller has recently drawn up a *Framework for World Media Coverage* as a public service, as well as a *Framework for Planetary and Cosmic Consciousness* and a *Framework for the Arts and Culture*.

Now in active "retirement," Dr. Muller is Chancellor of the University for Peace created by the United Nations in demilitarized Costa Rica. He is in great demand to make speeches to educational, environmental, spiritual and political conferences around the world. Dr. Muller concentrates his efforts on promoting greater human understanding and global awareness. He was recently the recipient of the Albert Schweitzer International Prize for the Humanities and the Eleanor Roosevelt Man of Vision Award.

Robert Muller lives most of the year at his small farm overlooking the University of Peace, on a sacred indigenous hill, Mt. Rasur, from which according to indigenous prophecy, a civilization of peace will extend to the entire world. His traditional Costa Rican house is located just up the hill from the Peace Monument of the University. In addition to his duties at the University, he devotes time to his writings and is an internationally acclaimed, multi-lingual speaker and author of fourteen books published in various languages. He has published *My Testament to the UN* as well as his plans and dreams for a peaceful, happy world.

At the prompting of many of his friends, admirers and non-governmental organizations Robert Muller was a candidate as a global citizen in 1996 for the post of Secretary General of the United Nations.

Books by Robert Muller

2000 Ideas & Dreams for a Better World

A Planet of Hope

Decide to

Dialogues of Hope

Essays On Education, A Vision for Educators

First Lady of the World

Most of All, They Taught Me Happiness

My Testament to the UN

New Genesis, Shaping a Global Spirituality

The Desire to Be Human, International Essays on Pierre

Teilhard de Chardin

What War Taught Me About Peace

Good Humor, World Joke Book

The World Core Curriculum in the Robert Muller School

Safe Passage into the 21st Century

Framework for the Preparation and Celebration of the

Year 2000, the 21st Century and 3rd Millennium

The Birth of a Global Civilization

German, French, Spanish, Portuguese, Polish,

Japanese, and Dutch titles are also available

English and French titles can be ordered from the

United Nations Bookstore, phone: 800.553.3210

2000 Ideas & Dreams for a Better World

can be ordered from MEDIA 21,

phone: 805.968.8567 or email: Barbara@rain.org

Robert's Websites

www.GoodMorningWorld.org and www.RobertMuller.org

Decide to Poems and individual Decide to greeting cards

can be ordered from

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