PROVERBS FOR THE PEOPLE:
(Wisdom for the common man)

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poetry

500 proverbs for the common man
by a student of Life

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no outside permanent address
For all my children
I LOVE YOU so much!
I am so sorry I am not there in person to teach you this
Here is what I have learned

For The People
Of The People
By The People

And to you Cory, I didn't forget
I promised you a dedication
if you borrowed me your typewriter
Thanks bro
you came thru!
in memory of

Bo Lozoff

who showed me
that all religions are Beautiful.
and that one man can make a difference
introduction

This is my second book of sayings. My first one is called NOT TOO BLIND TOO SEE. For almost two years I have been writing inspirational sayings and posting them on the board for everyone to see. The head sergent asked initially for anyone to write original quotes and I stepped up and did it and have been doing it ever since. What a journey it has been. So many people have told me how much they have enjoyed my sayings. Guys write them down and send them to their families, some keep them for themselves. One young guy told me how he was having such a hard time adjusting to prison and that he was severely depressed and that the sayings "get him thru the day". On days I am late in writing the new saying the guys ask me "where's the board quote?" Sometimes I walk around and ask the guys to pick the one I post that day. Often after writing a new one I will ask several people's opinions to see if it is clear enough and to gauge each person's reaction.

Each saying represents a minimum of an hour each, some I have worked on for a whole day. I have learned so much about myself, the world, my Beliefs and other people by writing these proverbs. I keep taking old proverbs out and putting new ones in. The reason the format is different in this book and not in order of subject like the last one is because my best friend Aaron told me that when the proverbs are not listed according to subject matter they are alot more interesting to read. Initially I believed to keep them in the order they were written would allow the reader to see the logical progression of the creative process but in order to keep the book "interesting" I followed Aaron's wisdom. I hope this book inspires people to sit in a quiet room alone and contemplate their Lives, the world, their Beliefs, their relationship to other people in the world and the meaning of their Lives. It has done that for me. Hopefully this book will get you started in finding your own answers.

Sincerely

David Hehn
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PROVERBS FOR THE PEOPLE:
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author: DAVID HEHN
Chapter 1

1. It may be hard to tell by the company we keep
   but looking back at our lives can get pretty deep:
   When you're doing time you ponder your mistakes
   and seeing how your life went wrong your heart just aches;
   So you vow never to return to prison and see repentence as the key
   No, you don't get out for while but that's alright
   'cuz your mind's already Free

2. The knowing man sees mischief and leaves;
   a fool stays there and gets in trouble

3. We are never alone when
   we have our memories to keep us company

4. The measure of a man is his actions

5. The man who errrs and learns from it
   is wiser than the man who doesn't err
   because he has experience

6. The right choice is right
   not only for you
   but for everyone else

7. By being peaceful we are peace

8. Serenity is realized
   thru knowing the joy of simplicity

9. Mistakes are only failures if
   we don't learn from them

10. There is very little room for compassion
    when one is full of cruelty

11. Wisdom is finite
    ignorance is unlimited
Chapter 1

23. No man knows his true character until he has had his ass kicked, been seriously ill, lost a Loved one, and done hard time.

24. He who loses his rage finds a happier Life

25. The difference between youth and old age is Experience

26. The more compassion increases the more selfishness decreases

27. When you dig for gold you gotta go thru alot of dirt

28. Without ugliness there can be no Beauty

29. Reading without thinking leads to misunderstanding Acting without thinking leads to Trouble

30. The beginning of Wisdom is Seeing all Life as a lesson

31. A successful man's greatest friend is hard work

32. Sometimes the greatest thing you can learn is you were wrong

33. The easiest thing to make is a mistake
Chapter 2

38. You can measure a man's character
   by how easily he gives up

39. The more we learn
   The more our imagination grows

40. If you don't wanna get sick
   eating right is half the trick;
   but if you also wanna live long
   you gotta exercise to stay strong

41. How successful you become
    is determined by
    how ambitious you are

42. Great power does not come from muscles
    It comes from having a determined mind

43. Every time we say "no" to ourselves
    we become a little stronger

44. Peace
    starts from the inside and works its way out

45. Like a flying eagle hunting for food
    a wiseman searches for knowledge

46. Our legacy lies not in how much we
    changed the world
    But in how much we changed ourselves

47. In the deep Silence of Time
    we can hear
    FOREVER

48. Only thru Time
    is Time conquered

49. He who sees rationally
    is blind to rage
Chapter 2

62. Truly Great plans are like new houses
    they take time to be built

63. A mind is like a well
    if you want it to be clear
    get rid of what's making it impure

64. With great patience
    great things are possible

65. The key to having compassion come naturally
    is practice

66. The strongest Men are the ones
    who can conquer themselves

67. What we work on
    we become

68. The devout man learns to change the world
    by learning to change himself

69. If kindness grew on trees
    everyone would be a farmer

70. Being happy is like being in shape:
    If you don't do it everyday
    it goes away

71. He who meditates every day
    will learn to keep stress at bay

72. Happiness is like sports:
    If you practice it everyday
    you get good at it

73. Those who know how to state a fact
    with the least offensive impact
    have mastered the art of "tact"
    which is all part of being a class act
Chapter 3

85. Love as if you're gonna die tomorrow
    Give as if you're gonna live forever

86. Excellence starts out as a mindset
    then it becomes a way of life

87. Religions were made so that we would love one another
    not so that we would hate those who are
    different from us

88. We see who we are
    by what we think
    The world sees who we are
    by what we do

89. The mark of a big man
    is
    the ability to raise people up
    when they feel small

90. Friends may come and friends may go
    But a true friend you will not
    outgrow

91. The first thing you have to do
    to solve a problem
    is
    See it

92. Serenity
    comes from being in harmony with
    the world around you
    and within you

93. The mark of a little man
    is that
    he puts others down to feel big

94. Like a tailored suit and a Rolex
    manners make you look good
107. False friends mostly talk
True friends mostly listen

108. Every man has his own reality
an insightful man can see another's

109. Wisdom is not only learning
what to see
but what to overlook.

110. Even if your heart was in the right place
if your actions were wrong they're hard to erase.

111. Holding a grudge
is like picking a scab
the wound never gets a chance to heal

112. The key to having class
is courtesy
and being with others
when you're not in the spotlight.

113. The greatest feat of strength
is biting your tongue when you know you're right.

114. The key to kindness is
seeing your neighbor as yourself.

115. People meet your attitude
before they meet you;
If they don't like your attitude
they won't like you again.

116. A person is attracted to kindness
the way a house plant is drawn to a ray of sunlight.

117. The secret to getting along with anyone
is patience.
Chapter 3

129. Kindness is contagious

130. A compassionate man sees
similarities between himself and other people
not differences

131. You are only as Alive
as the people your Life touches

132. The problem with being an island
is that's it's easy to get washed away

133. The key to having true Empathy is
seeing all people in ourselves
and ourselves in all people

134. He who cannot guard a secret
surrenders the right to be called a friend

135. Words are like hammers
they can be used to build
or destroy

136. People like people who
solve problems

137. When you begin to see yourself
in all Men
All Men will begin to See themselves
in you

138. The more you Listen
The more you Learn

139. When we learn to apologize
we'll look a lot better in other's eyes

140. Smart remarks are like ghosts
they may come back to haunt you
Chapter 46

144. An enlightened man sees his emotions as just clouds that go by, and he is the mountain that will not be moved.

145. Memories are our recollections of the past. Dreams are our hopes for the future. Never confuse your past with your present or your present with your future.

146. The difference between a successful man and an unsuccessful man is Goals.

147. If you want to change your future, change your goals.

148. Your mood is not based on your surroundings; it's based on what you think. Life is what you make of it.

149. Whether you see your life as lousy or great, it all depends on your mental state.

150. True strength starts when you learn not to be lonely. Life is not about you, but you can change it.

151. Like a gold chain or a diamond ring, smart words make you shine. Never lose your edge.

152. He who always does his best lives a life full of success.

153. Egos are like free throws. When you keep them in line, it's easier to make your point.

154. A lazy man waits for others to solve his problems. An industrious man solves them himself.
Chapter 4

161. The more Life's riddles that we solve
    the more our consciousness does evolve

166. Before Success can become a way of Life
    it must first become a mindset

167. When your back is up against the wall
    there's no where to go but forward

168. Without Fear
    there can be no true courage

169. A sincere man
    is not only truthful with others
    but himself

170. We are not paid for our potential
    we are paid for our performance

171. If you think today is going to be
    a good day or a bad day
    you're right
    Because that's what you're gonna get

172. Our Reality is whatever we
    think is Real

173. Your mood is like a pair of glasses
    it affects the way you see the world

174. Like a salmon heading upstream
    an optimistic man will not be deterred

175. Whatever you put into your Mind
    is what you're gonna get out of it

176. A smart man collects good ideas
    like a bee collects honey
Chapter 4

189. An angry mind is like a bucket of muddy water, but if you leave it alone long enough, it will start to clear.

190. The most flattering thing you can wear will define how that makes everyone look their best cannot be bought in a store, it is a smile.

191. He who looks deep into his heart will find that false illusions soon depart.

192. For those who hear the calling, Life itself is composed of puzzles that compel them to look for answers.

193. What is inside a man's heart will eventually come out in his actions.

194. Right attitude leads to right results.

195. For those who hear the calling, this world is full of adventure.


197. An Enlightened man can see the whole world without going outside.

198. The key to covering all your mistakes is success.

199. You can't reach for the stars with your hands in your pockets.

200. But how you see it...
212. If a man loves courage but does not practice it, he is a coward.

213. Mistakes are like text books; they are only useful if you learn from them.

214. When you bite the hand that feeds you, you may find out they no longer need you.

215. The harder we prepare, the easier we prevail.

216. A wise man not only knows his strengths, but he also knows his weaknesses.
229. Delusions of the ego are like wearing a blindfold: You can't see what's real.

230. Watch out: discussing with the devil is like playing a game. If you try to beat someone at their own game afterwards, you may never be the same.

231. The more we can see our death, the more we can see our life.

232. Big addictions cause strongmen to become weak.

233. When you stop lying to yourself, you start to see the truth.

234. He who asks the most questions gets the most answers.

235. The number of people in our personal world is directly proportional to the amount of compassion in our heart.

236. Simplicity is the key to understanding.

237. We might not have the power to change the world, but we do have the power to change our attitude.

238. Hope is an anchor that keeps you secure in the stormy seas of despair.

239. A man without patience is like a car without oil. Patience is the key to success in life.

240. Words are as beautiful as tigers - and sometimes just as dangerous.
251. Our noble ambitions are little saplings that when they are fully developed become giant redwoods.

252. Goals make the man.

253. There is no force greater than hope with it all future realities are possible.

254. Our life is like a car it goes in the direction we steer it.

255. Reality is what you make of it.

256. A man who spends his time learning knowledge is his own best friend.

257. The harder we plan, the easier we progress.

258. He who searches the silence finds... understanding.

259. The most powerful man is not the one who can control others but himself.

260. A wise man chooses his habits like he chooses his cars.

261. If you want to change your future make steps to change your present.

262. Imagine the future you always wanted then take the steps to make it happen.
They say: "Absence makes the heart grow fonder" but if you wait too long their mind will wander.

Everyone has had good ideas successful men acted upon theirs.

To see the truth a man must not be blind to the facts.

If you want to change your world change yourself.

Your life is like a working car engine all things are connected and nothing is without meaning.

Secrets are like pin numbers they should be kept to yourself.

Try often! It's not the number of shots you missed how often you made it.

Same actions - same out comes different actions - different out comes.

He who doesn't dare never succeeds.

The best way to understand something is to do it.

The harder we think about our future the harder we will have it in our old age.

Change your mind change your attitude change your life.
298. To be able to see the solution we must first see the problem.

299. A future without a plan is like a car without a steering wheel.

300. The doors to a deeper existence are found through patient persistence. You learn how to control your own thoughts and feelings. You eventually become so serene you can see what humanity means:
That the real way to satisfaction is to practice compassion in Action.

301. The key to organization is SIMPLICITY.

302. The person we were if unchanged will be who we become, if all of that was good then great, but if not then that's dumb.

303. No matter how bad things may seem, no matter how bad things may get; Hope lies in a different tomorrow. The future isn't set.

304. No man knows his true character until he has been so low that everything looks like “up” to him.

305. He who watches what he says sees himself staying out of trouble.

306. A smart man watches his mouth like he watches his money.

307. Selfishness is a one way street to a dead end.
### Chapter 7

320. It's hard to have room for love when you're full of judgement.


322. Look at your past and then you will see if you are your friend or your own worst enemy.

323. Addictions are just afflictions that we can't escape. But if you quit long enough, you'll get back your sanity.

324. The only thing a quitter builds is a wall of excuses.

325. It is easy to argue but difficult to take bad words back.

326. The worst thing about anxiety today isn't that no one knows about it anymore. It's that no one knows how to help themselves.

327. Temptations are like defective GPSs; they take you in the wrong direction.

328. There is very little room in your life for others when your life is full of selfishness.

329. When you allow others to make you angry, you become a puppet on a string.

330. The things that annoy us are just a test of character.

331. If people don't like what you've done, it's usually because what you've done says what you've got to do.
Chapter 2

343. The worst thing about the crazy train is:
your choo-choo goes coo-coo
your caboose gets loose
your get-up-and-go goes loco
your clickety-clack goes off the track
and man it's hard gettin' back

344. Problems are like cars
if you don't fix them
they get worse

345. Whatever stops your progress
holds you back

346. Failure is to Success
as cocoa beans are to chocolate
as water is to ice
as silt is to sediment

347. So you think you're a player and you string women along
Well there's consequences for wrong actions and they
can be strong
Listen to these words my friend and be forewarned
"Hell hath no fury like a woman scorned!"
You may think little of this and you may justifiably
But each love affair you enter is only a test;
many a man has had their life torn apart and had a hard time
All because they broke a woman's heart
and didn't think it a crime.

348. Opportunities are never lost
they are just given away

349. Emotions are like horses
if not controlled they'll run wild

350. He who has been there
knows what to expect

351. The worst thing about low expectations
is you get what you wish for
358. A Man is only as good as his principles.

359. Time in the hole does not build character.
   It reveals it.

360. When you do the right thing, you do right by you.

361. When your down on your luck and times are hard and you'd do anything for a buck, it's best not to be real choosy even if the job is a real doozy.

362. The more we raise our standards the lower our tolerance for mischief.

363. Honesty is the key to morality.

364. Sincerity comes from having a clear conscience.

365. When you're on top of the world, it's easy to fall off.

366. Our Actions are like boomerangs, they always come back to us.

367. There is one thing all Great Men have: A conscience.

368. Life's pain is the catalyst that forces us to change.

369. There is very little room for Love when one is full of hate.

370. People are only as "Real" as you let them be.
Chapter 8

382. A wise man knows it is better to say too little than to say too much.

383. Secrets are like attack dogs.
    They only hurt people if you let them out.

384. One moment of patience can save you from a lifetime of sorrow.

385. Words are like handguns.
    If they're not kept clean they can backfire on us.

386. The greatest gift we can give ourselves is a clear conscience.

387. Spreading gossip is like playing with fireworks.
    You never know if it will come back to hurt you.

388. He who closes his eyes and searches the silence finds... his Mind alone waiting patiently for him.

389. As tools are to a mechanic, Truth is to Justice.

390. I don't care what they say.
    WHERE THERE'S A WILL THERE'S A WAY!
    you see it every day.
    good ideas pay they're always on display.
    so hurry don't delay.
    and from your task don't stray.
    remember if you enjoy it it's not work it's play.
    the trick is not to let your emotions sway.
    or your goals you'll betray.
    Whatever you do don't do it half-way.
    If you need strength to see it thru- pray.
    don't let your dreams decay.
    you're stronger than that- OK?
    And when you're finished everyone will say- HURRAY!
393. The only way you can succeed
    is
    If you try

394. When you have a great imagination
    you are never bored

395. Religions were made to bring people together
    not to tear them apart

396. Every fortunate future starts
    with a pondered past

397. The Lives we make
    are based on the opportunities we take

398. He who finds himself
    is no longer lost

399. When we fix our own problems
    we're our own best friend

400. A happy memory is like gold
    It's value keeps increasing with years

401. He who keeps the company of fools
    gives up having a good reputation

402. The harder we prepare
    The easier we profit

403. We are never alone
    when we are our own best friend

404. In the space of Silence
    we can hear
    all of Eternity

405. Where ever you are
    is where you're at
Chapter 9

417. Life is a constant series of choices of what to do and what not to do; what we choose becomes who we are.

418. You are only as alive as your last breath.

419. Life is like a treasure hunt; the world is full of good ideas —and it is up to you to find them.

420. Actions are temporary; reputations are lasting.

421. Old haagups prevent new growth.

422. To the Enlightened man every moment has meaning.

423. A still Mind Sees the Truth.

424. We cannot have a new past but we can make a new future.

425. The Truth has always been there; it is up to us to notice it.

426. Count yourself lucky if you’re ever one of the men who has to utter the saddest words ever heard: “It could have been...”

427. For those who hear the calling: You are only as Alive as the number of people your Life touches.

428. The Life you make is equal to the opportunities you take.
440. To see an opportunity
You must have your eyes open

441. If you want to keep bad health at bay
exercise everyday

442. Life is an endless river of opportunities.
but if we always play it safe and stay on the shore
One day we will realize our youth has floated by
to return to us Nevermore
Chapter 10

453. Only those who pay attention
       hear opportunity knocking at their door

454. The Moment is ripe with possibilities;
       And the way to harvest it
       is
       thru the fruit of your labors

455. Crime doesn't pay
       no matter what they say
       it's not a game you play
       it just ends in dismay

       Crime doesn't pay
       you'll just end up in prison some way
       and a criminal record is here to stay
       following you every where you go from day-to-day

       Crime doesn't pay
       even predators become prey
       then you could get blown away
       all because you went astray

       DON'T THROW YOUR LIFE AWAY!
       Crime doesn't pay

456. Life is a constant series of choices
       of what we should keep or throw away;
       others define us by our choices

457. Prayer is like an engine
       the more regularly you use it
       the better it works

458. Exercise and eat right every day
       and you'll keep bad health at bay

459. He who constantly wastes his time
       commits one of Life's most unforgivable crimes;

       You might not agree with this when you're young and new
           but when you get old you'll say
           "WHAT DID I DO??"
Chapter 11

471. When acquired wisdom becomes second nature we call it common sense

472. A student of Life sees the world as his classroom and everyone as his teacher

473. The greatest pleasure from learning is to go over what you have learned and learn from it again

474. Reputations are made by Actions not by intentions

475. The road to mediocrity is littered with excuses

476. Every time you pass the test of patience you graduate to the next level of Maturity

477. An ordinary man when he looks back at his Life sees only his accomplishments; An extra-ordinary man sees all his mistakes and learns from them

478. The most important thing you can give someone is kindness

479. If you keep "burning your bridges" you won't be able to get back home

480. In order to go forward we have to part with the people and things which hold us back

481. The more you are aware of your Death The more you are aware of your Life

482. Superstitious men believe in luck Rational men believe in cause and effect
Chapter 11

495. What most people don't realize is
   we must work for our Wisdom;
   It is not entertainment
   it is Life's most important job

496. This Life,
   in all it's many different forms,
   is all the same Life:
   It flows in all things,
   IT is all things,
   It is the Universe,
   and we...
   are all One

497. When you give your all
   and you have no more to give
   You know what it is to be Alive
   and you have found a reason to Live

498. The past is done and gone
   The future no one can really tell;
   Tommorrow could be your final song
   So before you say farewell;
   Live each moment like its your last
   because Life goes by pretty fast

499. Oh Life how precious is your kiss
   each second of awareness we dare not miss;
   Oh Life how passionate is your touch
   you bring our senses Alive so much;
   Oh Life how soothing is your song
   when we feel it our hearts sing along;
   Oh Life how perfect is your unconditional Love
   it is all we ever wanted and we could ever dream of;
   Oh Life how Beautiful and simple is your creed
   As long as we respect you, you give us what we need
summary

(my celly asked me to sum up the whole book in eleven proverbs)

He who opens his Mind shall See

He who opens his heart shall find compassion

He who learns to be humble no matter where he goes will always know the Joy of friends

He who changes his way of Thinking shall find a different Life

He who studies his past shall find insight

He who opens up his Life shall find room for others

He who analyzes his Beliefs shall find Understanding

He who opens up his imagination shall find an endless world of possibilities

He who listens to his conscience shall find Humanity

He who makes Patience his passion shall find Peace

He who learns to See the Universe and himself as being the same comes to care for all things
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I would like to thank the PRISONS FOUNDATION for publishing my book and giving a voice to the voiceless who are behind bars. For many who are incarcerated the Prisons Foundation gives them a reason to write and drives them to new levels of spiritual
The PRISONS FOUNDATION exhibits art by imprisoned artists, publishes books by prisoners, and presents prisoner-written plays at the Kennedy Center. If you wish to make a donation to support this worthy cause it can be made online using the donate button on their website at:

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PO Box 235
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Thank you, no donation is too small.
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