

RAMIL SUAREZ CUETO

Of life, love and dreams...

INSIGHTS OF A DREAMER

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**RAMIL SUAREZ CUETO**



## **A DREAMER'S PRAYER**

Jehovah God, may you heal our world.

Please make love reign and take away all hatred, selfishness and divisiveness from all peoples, from all countries, from all groups, from everyone.

Jehovah God, please take away this virus that is causing fear and resulting to economic havoc globally. Please make all the global leaders wise and humble to cooperate and work together for the good of all.

Jehovah God, help us start anew. Make our dream come true. Please guide us in each and every step we will take and all decisions we will make.

Thank you Jehovah God. Use me to help our world become a better place for everyone.

Ramil S. Cueto

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**10% of sales proceed will be donated to helping those who like make their dreams come true and those worthy causes.**

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## **ACKNOWLEDGMENT**

To my parents - Cipriano and Cristina, eternally Beloved.

To my ever loving Partner, Best Friend and Wife Julia, my deepest thanks for believing in me always and in all ways. You are my inspiration and life and business coach. Thank you so much.

To my one and only daughter Juliana (FeiFei). You have grown up and have become a loving and responsible person. Thank you for your love and respect.

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To all my aunties - most especially to Tita Son for helping me study in America. I am forever grateful to you. To all my uncles - Bing, Henry, Narding and Phil. Thanks so much for all your kindness to my Dad, my Mom, me and my siblings.

To my siblings - Randy & Bella, my treasures, my loves. You are always in my mind.

To my Kakang Sofing - ever loving and kind. Thank you also to your wonderful children - Ate Shirley and Kuya Ronnie.

And to many others whom I met along the way and had inspired to write this book - thank you.

*AND TO OUR EVER LOVING JEHOVAH GOD.* Thank you for giving me the gift and interest to write and the courage to share my thoughts and feelings. Thank you for giving me this life. Be always with me for the rest of my life.

## FOREWORD

I am very happy to see Ramil's first book published. Over the past 16 years, I have witnessed Ramil's transformation because I am living and working with him every day as his wife.

From the day I met him in Shanghai, what remains unchanged is his smile, his caring for people, his serving heart. He evolved and grew into a mature man with big vision, a man with a lot of compassion for his Filipino people and his country and a man who got his hands "dirty" to realize his dream.



When he hit some low points in Beijing, he developed keen interest in sketching. It was art that dragged him out of the depression. Today, in the farm, although he is very busy working in the field, he always finds inspiration from Nature and the most ordinary activities a farmer can engage in. He can easily come up with many haiku sentences. He transformed himself into a Farmer-Artist.

Nature nurtured him, instilling so much positive and creative energy into his body, mind and soul. He is alive. His Haiku captured and recorded his spontaneous insights that reveal the truth, wisdom and love for all beings.

When you read this book, try to visualize yourself working side by side with him, feel the breeze of the mountain, hear the birds chirping, smell the scent of the mountain flowers. Stay in that state and you will feel you are loved by Mother Nature, by God. You are part of the Oneness.

JULIA FENG (WIFE OF RAMIL CUETO)

## INTRODUCTION

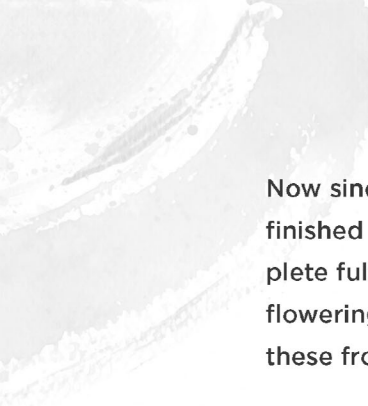


Ramil will farm your heart through his poems, verses, anecdote-reflections and modern haikus. The variety of his experiences, spanning many years and so diverse ... are the seeds. They will be sown there inside you. This is like what a farmer does when he tills the soil. He lets the soil be, he lets you be who you are, a separate entity. But from the soiled yet caring, sharing hand of a farmer . . . the soil and the seeds become no longer separate but one. Ramil is a farmer and a poet, he unites what seems different.

Read his book, a light read yet deep. Ramil is a dreamer and he sights your heart in his insights. And there's no escaping him as you will really be engaged by his poems, verses, anecdote-reflections and modern haikus which actually speak only of what are so common and natural to all of us. The commonality which proves that shared experiences will indeed makes us one!

Tuck neatly well in this book (open the book any way and images and feelings will jump off pages to hug you tight!) are about Ramil's romantic autumns with wife Julia in Shanghai, China. Also about what them to put up One Family Farm in Batangas City, Philippines, and about their only daughter Juliana and her birthdays, "be light to others, be kind and forgiving". Ramil has way with words.

Skim the pages and be moved by his reflections and some practical calls-to-action on how to properly survive the ongoing pandemic. He lives in a farm, so this book was written amidst the tiktilaok of roosters, the krook krook of chicken and the meow meow of cats. These creatures are the cheering squads of Ramil, Julia and Juliana. Yes, the Farm life and all that be written about.



Now since the aforementioned are the seeds in your soil, all these are “ unfinished affairs of a heart being shared to you. ” Words moaning for complete fulfillment of which emerges are roots, to the lush leaves, then the flowering, the bearing of fruits of your own reflections, yes, you will get these from reading this book.

There are of course left unwritten here, feelings left unexpressed, and plots unrevealed. Well! Because the poet is a farmer, he farms even the incompleteness. That’s why he tills the soil, caresses his plants and prays for rain. For the fulfillment, final meaning and completeness of all these is when you no longer just read, but anticipates harvesting.

The harvesting of more sensitive, loving and compassionate hearts . . . surprised by your own joy that you the reader can find in your own deepest self while reading the Insights of the Dreamer Ramil. Truly, when eyes can see clearly what is inward, they can cast the entire horizons and see everything as one. Insights are in-sights.

Now read Literature are best read than explained. Better still, read as if I did not tell you yet some great things about this book.

**by Benett de Leon Amoroso (a Friend of Ramil)**



## Insights of a Dreamer

What really matters?  
Not money not fame not achievements.  
Respect Love Honour these are what I strive for what we could strive for.  
And if we didn't succeed. What of it.  
For when we are gone.  
No one remembers.  
Life must be spent in celebration.  
Of lightness and kindness.  
Of humour and laughter.  
For these are the secrets of being young.  
We can't carry the world  
yet we can do something to lighten each load.  
In scarcity there is but one abundance that never runs out - love.  
For when we love  
we live  
and when we live we learn.  
And in learning we become wiser, stronger and more resilient  
that no big storm could bring us down.  
Nothing is permanent.  
Permanence is illusion.  
Joan of Arc was a heroine  
yet she was burnt at stake .  
There must be no attachment  
for it makes us insecure.  
We can only desire to grow  
till our last breath  
so we can find our potential  
and we can put it to good use.

## INTRODUCTION TO THE BOOK

*Insights of a Dreamer* is a collection of thoughts and feelings about my wife's and my journey and the many people who believe and support us in the development of the One Family Farm initiative. In this journey, both the process and the outcomes are important for they help us maintain a balanced view of life. One cannot just aim for results without enjoying the daily events contributing to the attainment of the outcome.

No matter what we set out to do and achieve, we can maintain a healthy and resilient attitude on what may come. The road less taken is often lonely yet in that solitude we may find solace in it. We may also meet along the road an itinerant traveler who may lend an insight or 2, a shoulder to lean on, a penny or dime to help you going.

Insights of a Dreamer is both a philosophy and statement of values we hold dear. It's both fiction and non-fiction in nature with a view of drawing life lessons illustrated by real or non- real events and stories. As a philosophy, our experiences concretise Insights that help us discover the purpose and meaning of our lives.

My grandparents (both parental and maternal) had exerted significant and indelible impact as to who I am today. They lived in simplest way and abundance in laughter, in gratitude, in time, in compassion and in things as well. My Grandpa Ponciano awakened my love for storytelling while my Grandma Fausta taught me the secret taste of her vegetable soup using Thai basil (balanoy) as a flavour. Both worked hard to tend their farm and in raising 5 children. Orphaned at a young age, they and their children helped us cross the bridge.

My family, the many people I meet, my wife and the people I work with inspire me as I discover little by little their dreams. Often, people tell me they also want to have a farm someday, however, the current preoccupation blocks them and moves them away from its realisation. I tell them the first step to realising their dream is to make a decision to make it happen and work towards it everyday of their lives. Let us not fear to leave the status quo.

According to Andre de Lorde (1871 - 1933):

“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”

That’s it. We need to persevere, we need to face uncertainties, we need to be vulnerable - to eventually become stronger. If life is a walk in the park, dreams will not be borne. My father-in-law encouraged us through these words:

“Work hard.  
Find solutions to challenges  
Create miracles. “

We are not alone. We are guided by the Spirit of our Creator. We are nourished by the collective positive energy all around us. Notice life, touch the flowers, say hello to trees, be kind to each other and to animals as well. Take time off to visit each other and share a meal or coffee. Shed the ego and pride and the many entitlements we thought are rightfully ours. These are fleeting, an illusion that goes away and vanishes in thin air. What remains is our love for life and each other expressed by seeking and achieving noble purposes that create meanings to our time in this world.

Peace. Namaste. Shalom.

Ibrahim



*Introduction to the Book  
By Ramil Cueto*



**NOW, let's *dream*.**





## **Music Uplifts, Inspires**

Leaves swaying to the dance of the wind

Sweet soft harmonious voices

Intertwined in an emotional music

Of strings flute and accordion.

Baritone and base fill the air

Though unknown the melody is kind

Each note uplifts my soul

Each bar inspires my Spirit.

Thousands of lives lived in one existence

Gliding flying discovering

The secrets of the universe

Of love of life and learning - an immortal Self remains.

O what is life devoid of music

Perhaps a gong without a sound

A dark heaven with no stars

A heart missing his beloved.

O music be kind

Never depart a tender moment

And if you would bid goodbye

May you find your home again to the One in Eternity is waiting.





## Quiet Time

It's hard to pause

It's hard to breathe

It's hard to think

When all is driven by madness and busyness.

What does really matter?

Security or anxiety?

Money or lack of it?

Good health or sickness?

When was the last time you let go?

When did you let it be?

We can't control the way it would be

We can perhaps temporarily.

The only thing that matters is the thought you have

When the will prevails

It becomes an action

An action I hope that is pure inaction

A quiet time wherever you maybe.







## Smile

Smile, like a key, opens doors  
That invites to springtime walks  
Midst the noises of busy stalls  
Glances never scarce sweeter than honey.  
Smile makes the morning easy  
Keeps the ember burning  
Lights the house with anticipation  
To a wonderful glorious living.  
Give it with Abundance  
Receive it with gratitude  
For smile is the radiance  
Of a heart enthralled.  
Better than words  
Higher than lofty mountains  
Mightier than swords  
Yes smile, the silkish touch upon our soul.





## **Beginning of Friendship**

Eager hands to get on to the work of the day  
Hungry spirits sensing an awesome experience  
We cleaned we planted we cut the grasses  
Celebrated our good deeds with appreciation and joy.  
Everyone is welcome yet not all will come  
Too many cares too heavy a life  
Brother Albert came with 5 chicken  
Beyond dusk he braved the roads unfriendly and dangerous.  
When dedication and commitment reign  
Friendship unfolds in the scorching heat of the sun  
Or the uncertainty of pitch dark evenings  
Together I travel with these men with passion and care.





## Way Back When

I miss the old days  
When the world was young  
The smile pure  
Hellos real.  
I miss the time  
When stories were told  
Magnificent adventures of old  
Such memories are gold.  
I miss the simplicity of life  
When folks were gentle  
Trees were tall lands were green  
And rivers were alive.  
Oh what have we done  
Where have we been  
How could we restore  
The times gone by the bliss of life we had.  
It's not too late  
When we made the switch  
To simplicity we return  
Then our life reborn.





## Nature's Way

Bewitched I was by different colours and scents  
Of flowers and plants teeming in the garden  
Enthralled I was by the hands that look after them  
There my solitude awoke in the midst of busyness and people.  
Nature is rich in its expression  
Persuasive it is with alluring beauty and mysticism  
The leaves and branches gaily swaying  
To the unheard tune of love and devotion.  
Abiding by its laws  
Nature need not think twice  
For its actions are certainties  
Its laughter sweet and authentic.  
O we can learn so much from its way  
Heeding its whisper protects us from mishaps  
Embracing life the way Nature does  
Will keep all troubles and woes at bay.







## **Joyful Moments, Family Togetherness**

A life viewed on a lens  
A moment lived in bliss  
A place to refresh  
Moments together, family joyful.  
Time is fleeting  
Can't be attached to anything  
Live in the now  
Positive future planned for.  
Coffee aroma  
Lively music  
Happy faces  
Sofa quite comfortable.  
Family at peace, family dreaming  
A sea of grass  
An ocean of oil  
A lake of healing  
For body mind and soul.





## **My Little One**

You are growing beautifully everyday  
Learning to face adventures each and every way  
The path you desire is to take charge of business  
For you desire to have control of your time and resources.

You will study in my alma mater  
An institution that changes people  
You will be a global citizen and become a bridge to achieve peace and prosperity  
For this world is short of workers to turn possibilities into realities.

We will be business partners in many many ventures  
We will create value and share to the needy  
We will fly a plane together and see the world from above  
We will write books together to share our insights about life and business.

Oh Darling Little One, you are a Star - a shining bright light  
That brings inspiration to me and your Mom  
Keep learning keep searching  
Till you find the way for good and vibrant living.



## Silence Says It All

The man wakes up with thankfulness in his heart  
Attends to his cats, with the coffee aroma filling the air  
Smiled to colleagues - old and new  
Not much words said. The heart joyful and content.  
How confused the world is  
The fundamentals- love, joy, kindness, compassion- forgotten  
Intolerance exclusivity entitlements persist  
Aggrandisement materials hoards praised.  
Oh we need a simple life  
Guidance to the young utmost  
Lest they succumbed to the race of the rats  
By producing consuming wanting more  
One marvels what the mind can do  
One amazed what the hands can create  
One admires how the heart can be loving and kind  
When all three works together for the good  
The stars align the angels sing the Divine content  
The dew comes with no fail  
The sun shines endlessly  
The air flows everywhere  
Life continues in perfect harmony  
Let it be let it flow and the wonders unfold  
Birds sing in rhythm they fill the space with sweetness  
The leaves of trees give shades and comfort  
On and on the heart beats wanting desiring to do good and noble things  
Courage builds up as we go, strength come, the insights borne.  
The Teacher speaks:  
Learn, experiment, burn oil (invest)  
Study the process  
Celebrate the results  
Do it again till you arrive to desired outcomes .  
The Leader leads:  
Show respect





## Nature & Poet

### Land's Promise

A cheerful day, a delightful start  
The sun beaming with rays of life  
Rain-drenched land wonderf'ly embraces  
Its potential to regenerate each passing day.  
Every creature has a place in the sun  
Every plant and trees have roots anchored  
Strongly mightily hugged by the land  
Whose selfish love propels their bloom.  
Sorrows laughters joys and pains  
Altogether life brings  
Draught Abundance scarcity and fertility  
Altogether land brings.  
There is a hope that always remains  
There is a dream that always comes true  
There is a life that happily brings solitude  
In a land of promise in a land of dreams.







## **The Dreamer**

The path looked dim

The people rough

The vision blurred

Yet there is something that moves him.

Her wonderful embrace

A gentle touch to a weary soul

A soft whispering voice

That kept him going.

The Dreamer wept, he laughed

He wrote of love and adventures

He spoke of magic and dreams

He believed.

He believes in the goodness of man

He believes in the benevolence of God

He believes in what he can do

He believes dreams do come true.



## **Starry Night**

The world is beset by the pandemic.  
Governments working 24 by 7  
People are dying and many are afraid of tomorrows  
In this starry night, One ponders where are we headed to.  
“tis not the first time human survival has been put to a test  
Many catastrophic events came and went  
How is covid-19 different?  
How can covid-19 be contained?  
Gazing upon the sky riddled with stars  
One gains hope heart strengthened  
For millennia men progressed  
Science marched forward to improve health.  
How come this virus is difficult to arrest  
How come cure is delayed  
Or is the cure already there?  
Obscured hidden controlled by malevolent forces?  
When shall men start to realise  
That goodness and reason are the only means of survival  
How can people agree to the one understanding of goodness  
How can people reason and use mental faculty to to arrest threats to humanity?  
I look beyond the stars  
And I see beautiful image of humanity  
I see people happily co-existing  
I see a planet blue and green, not a stain of corruption in its entirety.  
Men could not survive far too long without adopting universal principles of  
equality freedom and truth  
Men could not go on without pursuit of self reliance and continuous study  
Men would continue to stagnate if the basic physical needs of food and shelter  
Could not be provided by their rulers.  
The lands the water the air the sunlight the effective microorganisms they are here  
The knowledge abound  
Yet the path is not taken  
To food Sustainability our minds astray.  
Must we not change?  
Must we not challenge the status quo?  
Must we not rise from the decay of “progress?”  
Must we not create a new path leading to a new world system?  
I say it's time to change  
I say the time is now  
Where to start?  
Here in our mind powering our will with wisdom and courage.  
Then our world will change positively  
Moving towards equality abundance and intellectual prowess  
Gaining momentum ablaze by fire  
The burns within the core of our being.



## ABOUT RAMIL SUAREZ CUETO

*Insights of a Dreamer* is Ramil's first self-published book. He hopes to inspire you to become a poet and discover your latent desire and talent to be one. He will be also publishing *The Teacher and Living Light*.

Influenced by his studies about economic development from Dominican University of California, Ramil has developed a deep sense of helping his country The Philippines to achieve genuine, equitable and humane economic and social progress. Armed with teaching, training and coaching skills, he is guiding individuals and organizations to engage in agriculture and participate in Food Abundance Movement he is advocating to counter the food shortage threat caused by the covid-19 pandemic.

Ramil grew up in Batangas City, Philippines. He, his wife Julia and their daughter Juliana live in One Family Farm, Batangas City.





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