

Poetry Series

Robert M Hensel
- poems -

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Robert M Hensel(05-08-1969)

Robert was born with a birth defect known as spina bifida. A disability that has not stopped him from achieving success in his life. Robert serves as an Advocate for the disabled, an on going effort to to better the rights of all Americans with disabilities. He is an International poet-writer with well over 900 publications Published worldwide. In 2000, Robert was nominated as one of the best poets of the 20th Cen. Just most Recently, he was nominated for the pushcart prize, an award giving to Outstanding Poets & Writers. Robert is also a Guinness & Ripley's World Record Holder for the longest non stop wheelie in a wheelchair, covering a total distance of 6.178 miles. The reason for his record, was to help raise money for wheelchair ramps throughout the community. Robert's journey doesn't stop there by any means. In Oct 2006, Robert was asked to carry the torch for the 2006 Asian games. It is said that he was the only one chosen out of thousands of other Celebrities throughout the United States to carry out such an honor. Some Of Mr. Hensels accomplishments have recently found a permanent home within the walls of The Museum of Disability History, for others to appreciate and learn from. The Museum of Disability History is the only Museum of it's kind, displaying the artifacts and accomplishments connected to some of histories most notable disabled figures of our time, such as Helen Keller and many others. The Museum is located in Buffalo, New York.

AWARDS -

- *Nominated as one of the best poets of the 20th Cen.
- *Inducted into The Museum of DisAbility History, located in Buffalo, New York.
- *Nominated for the Push Cart prize for Poetry.
- *Editors Choice Award in 1996,1997,2000 and 2007.
- *New York State Assembly Excelsior Award for Excellence.
- *New York Senate Certificate of Merit.
- *State of New York Executive Chamber Certificate of Commendation.
- *Guinness World Record Holder.
- *Ripley's World Record Holder.
- *Invitation To carry the Torch for the 2006 Asian Games.
- *Nominated as International Professional Of The Year For 2007. 'By The International Biographical Centre in Cambridge, England.
- *Included in The Dictionary of International Biography. 'Published through the International Biographical Centre in Cambridge, England'.
- *Nominated for the 21st Century Award for Achievement. Through International

Biographical Centre in Cambridge, England.

*Included in The International Dictionary Of Experts and Expertise. Published by The American Biographical Institute.

*Included in the book Outstanding People of the 21st Century.'Published by The International Biographical Centre in Cambridge, England.

*Nominated for the 2007 Man of Achievement Award. Through the American Biographical Institute.

*Nominated for the Distinguished Service to Humankind Award 2007. Through The International Biographical Centre in Cambridge, England.

A Window Of Pain

I look beyond a window of pain.
A fragment of glass, with tears that stain.
My life of sorrow brings out a fire.
To write of things, that to me inspire.
My thoughts are put into a poem.
Giving my words, a voice of their own
Printed on paper, is the pain that I leave.
Releasing myself, of all that I grieve.

Robert M Hensel

Accept Yourself

In order for one man
To accept another
One must except himself, first.

Robert M Hensel

'America's Symbol'

It was through broad stripes and bright stars,
that this great Nation has been born.

A symbol of our Freedom that has continued
to be worn.

America, united we stand, proud of our long beliefs.
That all who wish to live among it's land,
shall forever share in it's peace.

Written by American Poet Robert M. Hensel

Robert M Hensel

Dream

Take me to a sleepy little town where the sandman lives, and let me dream of a better tomorrow.

Robert M Hensel

End Racism

We all must bring our
Racism to end.
A message to all, I long to send.
The colors of the world,
All join as one.
For the Lord is our shepherd,
And we as his son.
Christ made all man in the
Likes of him.
So please let us all, "End Racism".

Robert M Hensel

Fears Of Night

Darkness surrounds this room that I live.
Shadows cast figures, that blackness will give.
Transforming a room of unknown sight.
To bring onto me, my "fears of night".
Unrealistic thoughts of open gates.
A wall of vision, my mind creates.
Through my eyes, these things are real.
My "fears of night", that I still feel.

Robert M Hensel

'Pass The Torch'

This is my plea to all nations, please lay down all
your weapons and guns.
Come sit at our table, lets talk, so the wars, they
may be done.
Let the vehicle of democracy be our driven force.
To serve as an example to your neighbors, and
dare to pass the torch.
Let it's bright light be your guide, and it's flame
what warms your heart.
Tell me, Isn't that how World Peace really begins,
and Allies seem to start?

Robert M Hensel