

RAMIL SUAREZ CUETO

Of life, love and dreams...

INSIGHTS OF A DREAMER

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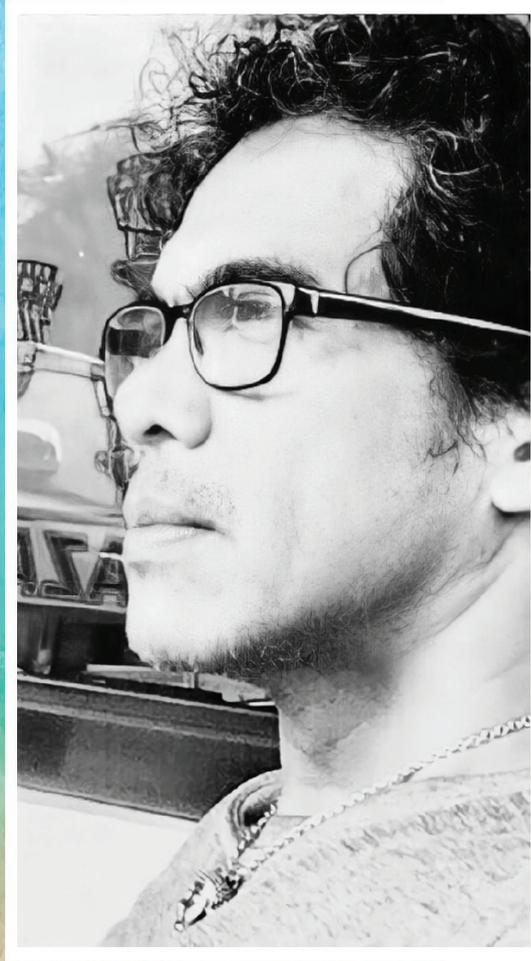
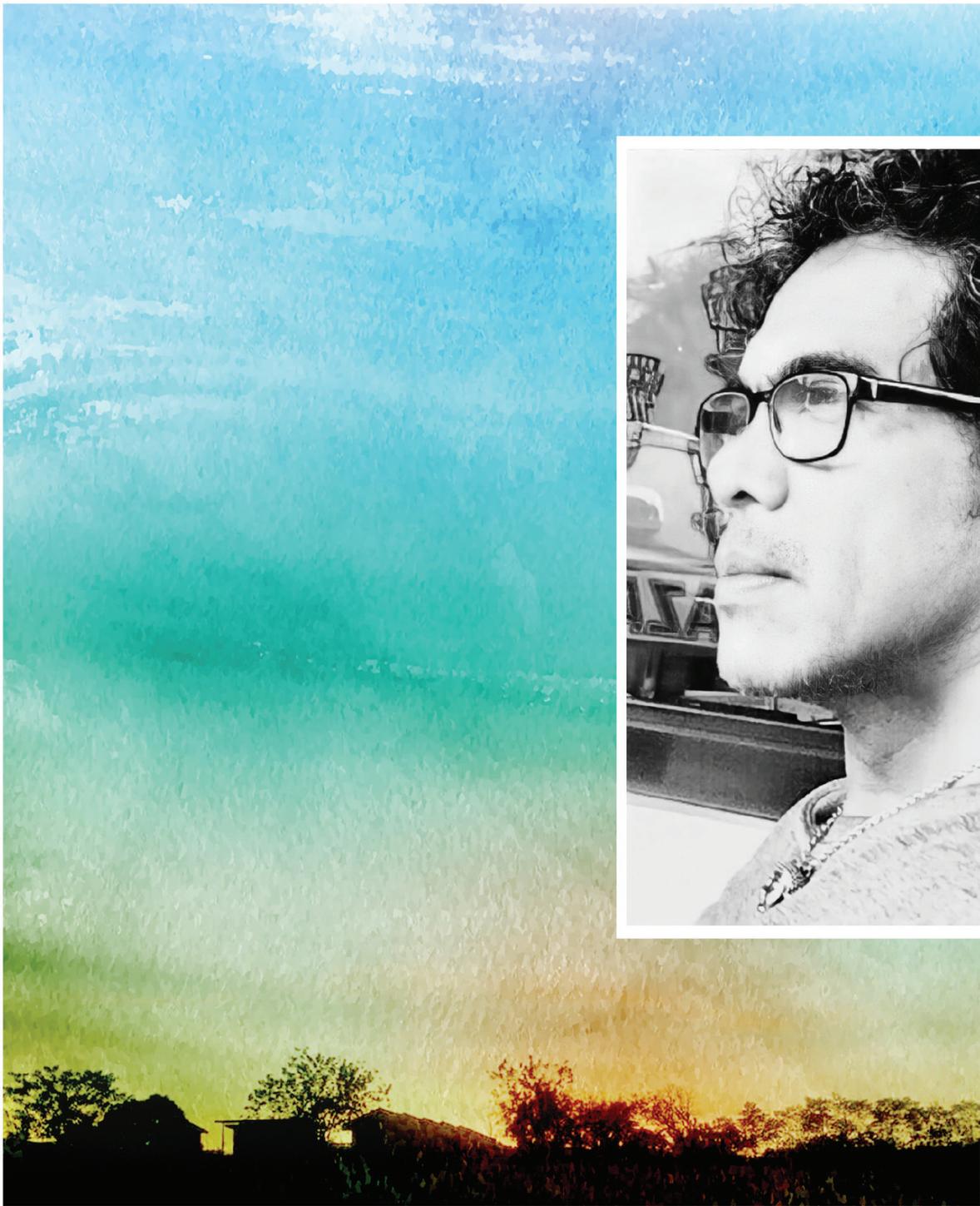


Of life, love and dreams...  
**RAMIL SUAREZ CUETO**



# **INSIGHTS of a DREAMER**

by Ramil S. 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  
01 October 2020

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## **Acknowledgement**

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.

To my friends – Adel & Carlo, Daryl, Mr. Rene Go, Gilbert, Raul, Henry, Benett, Lena, Jo, Atty. de Mesa, Sharlene, Randy, Chris, Tim, Mr. Chua, Alex and Ari, David – thanks so much for all the stories and experiences we shared.

To all my aunts – 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.

## FOREWARD

*By Julia Feng*

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 find inspira-tion from Nature and the most ordinary activities a farmer can engage in. He can easily come up 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

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

*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 callsto-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 " un-finished 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 unrea- veled. Well! Because the poet is a farmer, he farms even the incom- plete- ness. 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 har- vesting.*

*The harvesting of more sensitive, loving and compassionate hearts . . . sur- prised 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.*



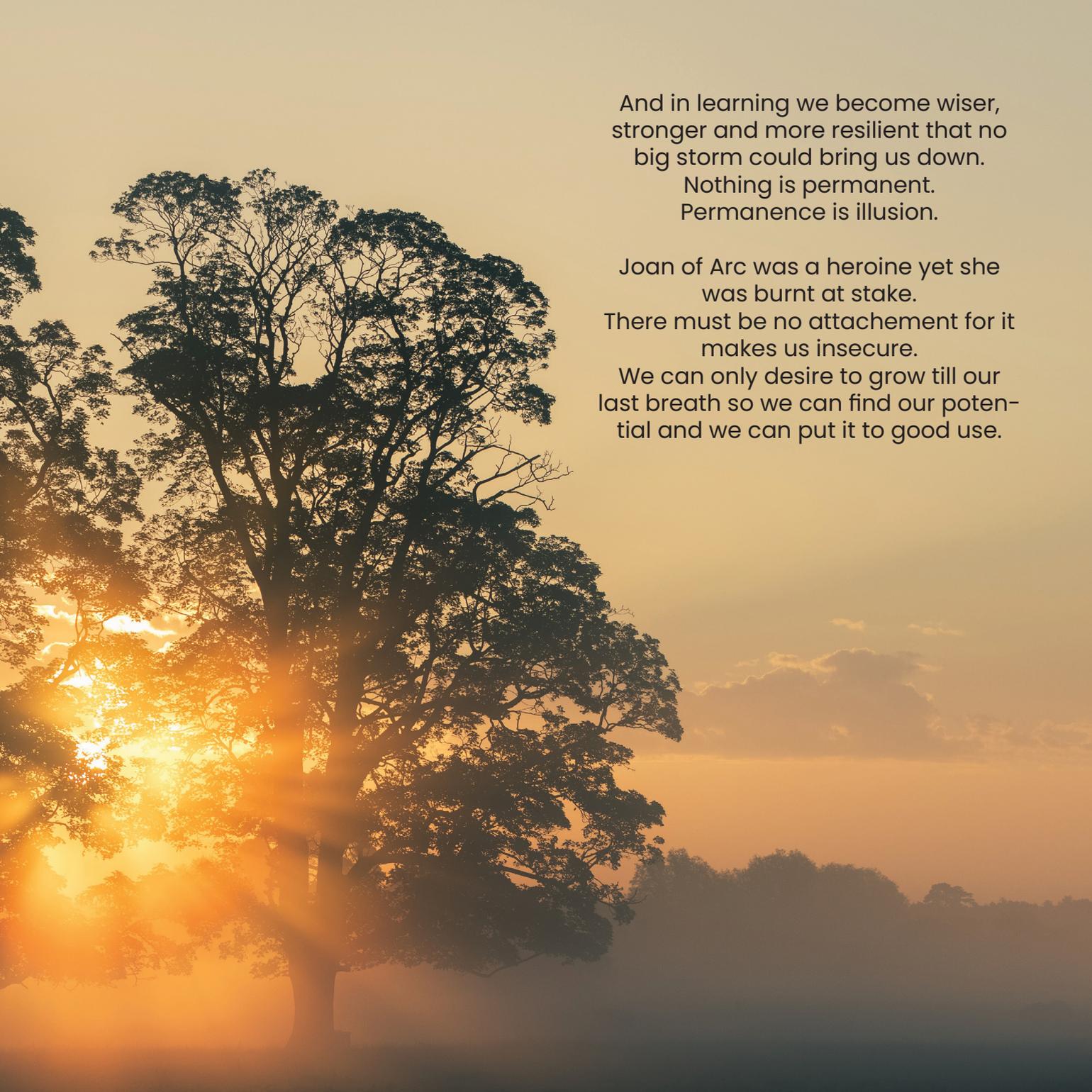
## **Insights** of a Dreamer

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 remem-  
bers.  
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.



A large, dark silhouette of a tree stands on the left side of the image, its branches reaching across the frame. The background is a warm, golden sunset sky with soft clouds. The sun is partially obscured by the tree's leaves, creating a bright glow. The overall mood is contemplative and serene.

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 poten-  
tial 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.***



*Field Work Today. Such Fun!*

You can't let a day go by  
Without feeling grateful  
To the abundance nature brings  
You can't miss a sight

Of possibilities  
When you let your imagination run wild  
To put it mildly  
Being out of the box is not enough

To get out of economic collapse  
What you got to do is recreate or  
Create a new box  
In order to be where you want to be.

Love life  
Love nature  
Love people  
Then what ensues is beautiful



A thing to give hope  
A thing not to hold  
A thing to ignite  
A thing to renew

A thing to create wonders  
For you  
For me  
And the whole of humanity.



## *Village Life*

Everyday brings fresh air  
Plenty of work to do  
Upkeep, build and improve  
Making the body agile.

A walk to the water company  
On a slightly winding narrow road  
Up and down the hills  
Making sense how my village thrives.

I observe the daily happenings  
One drives a trike  
Another raises hogs and goats  
Yet another cuts lumber.

One bakes, another plants vegetables  
Many know how to weld  
One a house builder  
Two experts in plumbing and electrical works respectively.

Chicken dogs cats roam around  
Occasionally goats too  
In a quiet nursery seedlings are sprouting  
Eagerly waiting to grow in the wild or a shelter.

The narrow path  
The dreamer's path  
Follow your heart  
No matter how far the horizon is.



*Broken Slippers*

Happily the man watered the plants  
Alone in the field of trees weeds and  
Lemongrass  
Time slipped away in seconds

As darkness crept into the surrounding.  
One last trip to the far end of the plantation he mused  
Few more plants awaiting to quench their thirst  
He slipped and fell to the ground



Only to discover he broke his slippers.  
Barefoot he walked to catch a public transpo  
For his home is not a walkable distance  
Mindless he was till someone took notice

That he had no shoes nor slippers nor sandals.  
Chatted with him and his companions  
They kindly offered him a ride to go home  
Gently said no for it didn't really matter

That his slippers were broken as long as his heart is whole.



## *In the Horizon*

I always felt a sense of awe when gazing upon the horizon  
There is such vastness behind it that contains all the history of  
time

I used to be engulfed by such vastness  
Till one day I felt and realised that I am connected wonderfully  
with the universe.

I looked into the state of living we are all in  
And got emboldened to throw in my share  
I minimised taking and amplified giving.  
Fatigued we are by traffic and unaffordable living  
Most people living in the margin helpless and resigning

Why can't it be that abundance and prosperity  
Be near and accessible to everyone who tries even he falls.  
Now realise that the life we live is not handed to us  
It is what we asked for when we give in to mediocrity and lethargy

Rise and seek every day and charge with courage  
For there in the horizon an adventure is waiting - an adventure  
that could change the course of your living.

Even if life could not be understood  
Try and do what we should  
We may not have all the answers  
But trying certainly lightens the load.

## *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.





Other Works of **Ramil Suarez Cueto**

**Living Light** (2011)

**Insights of a Dreamer** (2021)

**Four Pillars of Enduring and Loving Relationships**  
(2023)

**Actions of a Dreamer** (2024)

**Me at My Best: The Inspiring Story of Julia Feng**  
(2024)

**The Teacher** (2026)





## 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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