

Fletcher Soul Traveler

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## Intro



The definition of alchemy is as follows. <sup>1</sup>

**1:** a medieval chemical science and speculative philosophy aiming to achieve the transmutation of the base metals into gold, the discovery of a universal cure for disease, and the discovery of a means of indefinitely prolonging life

**2:** a power or process that changes or transforms something in a mysterious or impressive way... the practitioners of financial *alchemy* that transformed the world of money in the 1980's ...— Gordon Williams

**3:** an inexplicable or mysterious transmuting

### *Alchemist: Someone Who Transforms Things for the Better*

Today we recognize *alchemy* as a pseudoscience, and give *chemistry* its rightful place as a serious scientific field, but the two terms initially overlapped in meaning before separating by the 17th century, just as *astrology* and *astronomy* did during the same period.

*Alchemy* and *alchemist* are in fact older words than *chemistry* and *chemist* in English.

Alchemists believed that lead could be “perfected” into gold, that diseases could be cured, and that life could be prolonged through *transmutation*, or a change of some essential element into a superior form.

Their secretive experiments, usually involving heat and the mixing of liquids, led to the development of pharmacology and the rise of modern chemistry.

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<sup>1</sup> <https://www.merriam-webster.com/dictionary/alchemy>

The long route to English for *alchemist* began with the Greek word *chēmeia*, which probably came from the word *chyma* (“fluid”), derived from the verb *chein*, meaning “to pour.” It then passed to Arabic, which added its definite article *al-* (“the”) to the Greek root.

The word then passed from Latin to French before coming to English. Some other words derived from Arabic also retain the *al-* in English, such as *algebra*, *algorithm*, and *alcohol*; in fact, the transformative liquid that was constantly being sought through experimentation by alchemists is another word with the Arabic *al-* prefix: *elixir*.

This power to transform things for the better, real or imagined, led to figurative meanings for *alchemy* and *alchemist*.

## The History of Alchemy



The medieval chemical science and speculative philosophy that focused on the attempt to change less valuable metals into gold, to find a universal cure for a disease, and to discover a means of prolonging life indefinitely is called *alchemy*.

'It was practiced in much of the ancient world, from China and India to Greece. Alchemy migrated to Egypt and was later revived in 12th-century Europe through translations of Arabic texts into Latin.

Medieval European alchemists made some useful discoveries, including mineral acids and alcohol. The revival led to the development of pharmacology and to the rise of modern chemistry. The gold-making processes of alchemists were finally discredited, but not until the 19th century.

## What Does Alchemy Have To Do With Me



Like it or not it has a lot to do with the purpose of life. We are going from darkness to light. Mind you this is not some hocus pocus. Imagine the operating system, hardware and software had always been there inside of you. Your subconscious is running the show.

Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza. He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies. That means the good bad and ugly.

For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour.

That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts?

We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We

brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic.

We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower charkas.

There is a law that whatever strong emotion you have stored, this emotion will be predominant in your life. Say for example someone makes you angry.

You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your poison. This gets stored in your subconscious mind.

Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions. Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

The great mystics of old and modern-day scientists are both talking about the same thing. We can transform ourselves using ancient and modern-day tools to transform.

Literally, the science of alchemy is coming back to life. This time it is not transmuting lead into gold but transforming oneself. The science of self-realization is coming to fruition. Millions of people are waking up from their slumbers.

Our subconscious is like a computer. With any given situation it responds automatically. Many times the body responds in less than a nano second. You see you really can't tell the difference between the mind and body.

They are so intertwined. Mystics have talked about how to reprogram the mind for thousands of years.



## THE FIVE WISDOM BUDDHA



Can you imagine you have the tools inside of you to transform these five aggressions into universal wisdom? Imagine if the entire world did this.

- converts ignorance and bewilderment into the wisdom of primordial awareness, or the wisdom of universal lawfulness
- converts jealousy and envy into all-accomplishing wisdom
- converts pride and greed into the wisdom of equanimity, or the wisdom of essential similarity, or the ultimate equality of all living creatures;
- converts anger and aggression into mirror-like wisdom
- converts desire, lust, and passion into the wisdom of discriminating awareness, or the wisdom of distinction;

## Fourteen Video Game Stages Of Spiritual Development



<sup>2</sup>Jainism acknowledges that the soul advances to its liberated stage in various steps, called Gunasthan or “The Stages of Spiritual Development”.

Through these fourteen stages of development, the soul gradually frees itself, firstly from the worst, then from the less bad, and finally from all kinds of karma, and manifests the innate qualities of knowledge, belief, and conduct in a more and more perfect form.

Here we will take a glance at each stage of spiritual development. Dharma Dhyana or Righteous Meditation plays an important role in climbing each stage and the external austerities like fasting, giving up tasty food, etc help in supporting meditation.

The goal is to reach the highest type of meditation (Shukla Dhyana) and liberation.

This sounds to me like a cosmic video game that I constantly talk about.

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<sup>2</sup> <http://jaincosmos.blogspot.com/2013/11/jain-meditation.html>

Head	Gunasthāna	Meaning
<b>Belief</b> (Rationality in perception)	1. <i>Mithyātva</i>	The stage of wrong believer (Gross ignorance)
	2. <i>Sasādāna</i>	Downfall from right faith
	3. <i>Misradrsti</i>	Mixed right and wrong belief
	4. <i>Avirata samyagdrsti</i>	Vowless right belief
<b>Minor Vows</b> (Commencement of Right conduct)	5. <i>Deśavirata</i>	The stage of partial self-control
<b>Right conduct:</b> Mahavrata (Major Vows)	6. <i>Pramattasamyata</i>	Slightly imperfect vows
	7. <i>Apramatta samyata</i>	Perfect vows
	8. <i>Apūrvakaraṇa</i>	New thought-activity
	9. <i>Anivāttibādara-sāmparāya</i>	Advanced thought-activity (Passions are still occurring)
	10. <i>Sukshma samparaya</i>	Slightest delusion
	11. <i>Upasānta-kasāya</i>	Subsided delusion
	12. <i>Ksīna kasāya</i>	Destroyed delusion
	13. <i>Sayoga kevali</i>	Omniscience with vibration
	14. <i>Ayoga kevali</i>	The stage of omniscience without any activity

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1. The stage of the wrong believer: the lowest stage with ignorance, delusion, and with intense attachments and aversions. This is the normal condition of all souls involved in the mundane world and is the starting point of spiritual evolution.

2. The stage of one who has a slight taste of right belief: Indifference to reality with the occasional vague memory of spiritual insight.

3. The stage of mixed belief: Fleeting moments of curiosity towards understanding reality.

4. The stage of one who has a true belief but has not yet self-discipline: Awareness of reality with trust developed in the right view, combined with a

<sup>3</sup> [https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEiYLidh8\\_JM7KNqXgxR5VrkPDD4ail](https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEiYLidh8_JM7KNqXgxR5VrkPDD4ail)

willingness to practice self-discipline. The soul may be able to subdue the four passions namely anger, pride, deceit, and greed.

5. The stage of partial self-control: At this stage, the right view and discipline start to develop. The soul now begins to observe some of the rules of right conduct to perfect itself. With the discipline of introductory or minor vows, the soul starts the process of climbing the spiritual ladder.

6. The stage of complete self-discipline, although sometimes brought into wavering through negligence: Major vows are taken up with firm resolve to control passions. There may be failures due to a lack of full control over passions and carelessness.

7. The stage of self-control without negligence: At this stage, self-discipline and knowledge develop more. The intense practice of vows assisted in better self-control and virtually replaced carelessness with spiritual vigilance and vigor.

8. The stage of one in whom the passions are still occurring in a gross form: The stage of one in whom the passions are still occurring in a gross form. Closer to perfect self-control over actions, higher control over the mind, thoughts, and passions with the soul ready for a reduction of the effects of conduct-deluding karma.

9. The stage of higher control over the removal of passions and the elimination of conduct-deluding karma begins.

10. The stage of one in whom the passions occur in a subtle form but complete elimination of all passions except for a subtle degree of attachment.

11. The stage of one who has suppressed every passion but still does not possess omniscience. Suppressed passions and lingering conduct-deluding karma may rise to drag the soul to lower stages; fleeting experiences of equanimity.

12. The stage of who has annihilated every passion. This is the point of no return. All passions as well as conduct-deluding karma are eliminated. Permanent internal peace achieved. No new bondage from this point onwards.

13. The stage of omniscience with the physical body. All Destructive karma was eliminated and the Arihant stage was reached. The perfected soul is still trapped in the physical body due to the presence of remaining Non-Destructive Karma. The Lord Arihant now preaches to others on the path of liberation and helps seekers showing the path to cross the ocean of rebirths and reach the safe shore.

14. The stage of omniscience without the physical body. Siddha Stage reached and the purest soul after destroying the remaining non-destructive karmas attains Nirvana and reaches the abode of the liberated soul. Now the soul is free from the cycle of births and deaths and enjoys infinite bliss.

See Wikipedia.

[https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfc3IjBI-XjcHiEIYLidh8\\_JM7KNqXgxR5VrkPDD4ail](https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfc3IjBI-XjcHiEIYLidh8_JM7KNqXgxR5VrkPDD4ail)

## The video game of life



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much grander than we think.

Most people would probably say I don’t believe it. I have been meditating for many moons. In fact, since day one I have loved to meditate. My intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.

Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are proactive and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought. Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only in the mid-eighties did universities give a class on subjects like happiness. Buddhists have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man.

That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

Sthanakvasi and Terapanthi sects of Jainism do not believe in having temples or statues.



## Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

There is a signal from God and the universe that is playing.

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

In every breath, you take fine-tune your inner radio to this signal.

All the great masters have said that the kingdom of heaven lies within.

This is probably the most practical thing you can do for yourself.

What is keeping you alive?

The more you concentrate on this signal the more powerful and clear it will be.

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

This love fills up your entire being and slowly washes away all the negativity.

This radio station is live.

It has been broadcasting for eternity.

When you are driving and talking on your cell phone you aren't paying attention to life.

What is so important externally that you have forgotten your true nature?

Why do you insist that the external world is the only world?

For now, you might say because that's all there is.

Well someday you will die and it will disappear in an instant.

This radio station will make you laugh at life.

It will bring you to a place where anger and hate do not govern you.

Kindness and compassion will be there.

I'm not saying you won't ever get angry again.

I'm saying that with conscious effort you can use water to put out the anger in  
your life.

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

## Alchemy At Its Finest

This is alchemy at its finest.

Image two drops.

One female.

One male

One drop drips down.

One drop drips up.

They both merge together in the heart.

A great union just occurred.

This takes place every time one goes to sleep.

You enter the quantum field.

You enter the state of emptiness.

Yet you are not conscious of it.

During sexual union that bliss you experience is coming directly from emptiness.

Emptiness contains infinite bliss.

When you die one experiences this blissful state of awareness.

The wise men of old daily practiced this.

It is said that over time all your negative traits will disappear into the wind.

This is pure alchemy at its finest.

It takes one from darkness to light.

This is your true essence.

The sun is always shining inside of you.

We have put dark clouds that have covered the inner sun.

This human body and mind are magnificent.

Your true state of mind is purer than any gold.

Yet in our current condition, we have lost sight of our purity.

We have all the tools we need inside of us.

We just need to gather our will and do something about it.

Apathy and lack of willpower will never solve our problems.

One must have great motivation to solve this puzzle.

You were born to discover your true nature.

Yes, it is elusive.

That's why I call it the video game of life.

When one understands there is a grand video game being played and you are the star hopefully one might get motivated.

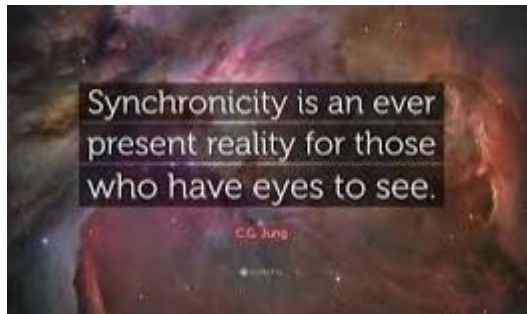
Whether you like it or not the video game of life is all around you.

Life will throw you curveballs.

Why.

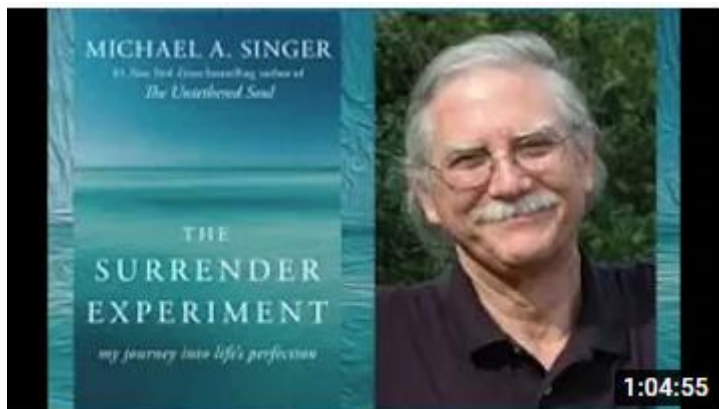
One can learn how to hit the curveballs out of the park.

## Synchronicity



Synchronicity is a part of my life. Currently, I'm studying the 6 Yogas of Naropa.

It's all about learning to use inner alchemy to transform oneself. A month ago my dear friend David Schweizer told me about Michael Singer. Many of my chapter's names were based on listening to his podcasts.



### **Yoga Journal: What is “The Surrender Experiment”?** <sup>4</sup>

**Michael A. Singer:** The surrender experiment is a challenge I gave myself to try to allow life to unfold around me without

struggling with it.

We are all intelligent enough to realize that we are not in control of 99.9 percent of what goes on around us. Our hearts beat, our food digests, and our cells divide — all without any intervention of our own.

Likewise, the planets stay in orbit, and the entire rest of the universe unfolds on its own. We are not controlling any of this, yet it has been unfolding in perfect harmony for billions of years. If

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<sup>4</sup> <https://www.yogajournal.com/meditation/surrender-experiment/>

the forces of creation can create and maintain the entire universe, every moment, are not the moments unfolding in front of me part of this same universal perfection?

When I was in my early twenties, I took one look at this and realized that all the moments of creation are part of the same interrelated perfection.

They have nothing to do with me; they belong to the forces that created them. All that is happening each moment is that I'm seeing the result of 13.8 billion years of forces that interacted together to create exactly what is in front of me.

That being the case, I decided to experiment with surrendering to that perfection instead of listening to what my preference-driven mind had to say about it.

Specifically, when something appears in front of me, I try to honor and respect the enormity of its origins, rather than immediately judging whether I like it or not.

That is the surrender experiment, and my new book is about what ended up happening as I aligned myself with life instead of struggling to align life to me.

**YJ: How did your practice help you stay centered (and peaceful) during your amazing rise to success as founding CEO of a billion-dollar public company and also during your indictment on federal fraud conspiracy charges (which were later dropped)?**

**Singer:** Though I have consistently maintained daily practices, my true practice of yoga is done inside at all times. It is this internal practice of constantly letting go of whatever disturbance arises within that has allowed me to stay centered through these amazing situations life has presented to me. Yoga is like a fine wine that becomes better over time. You start by letting go of the little things that irritate you for no reason, like the weather,

or someone else's attitude. Of what purpose is it to get disturbed by things that are just passing by and are pretty much out of your control? So you begin the practice of allowing the shifts in your inner energy to just pass through internally. You do this by deeply relaxing and giving them the space they need to pass. It is very much like relaxing into an asana. The more you relax, the easier it becomes, until at some point it becomes an enjoyable experience. It can be the same inside if you begin relaxing and releasing early enough in the process. Then something bigger happens in life that challenges your willingness to relax and let the reactionary disturbance pass by within. Your tendency is to resist the uncomfortable feeling and control your environment so that you don't have to deal with the inner disturbance. But your commitment to yoga demands that you let go and use each situation life puts you in to go beyond your comfort zone. This is the true practice of yoga, and it becomes your way of life.

But what will happen to my outer life if I commit myself to letting go within? That is the subject matter of *The Surrender Experiment*. What happens is phenomenal. You begin to see a perfection between what you need to let go of inside and what unfolds outside. You are presented each moment with the perfect situations to bring up the issues you have stored within, which in yoga we call *samskaras*, and you are then given the opportunity to let them go. If you do this each time, you will achieve the goal of yoga — a liberated energy flow that constantly bathes you with love and bliss as it rises within you. So becoming CEO of a public company and being wrongly charged by the federal government are both the same — they are amazing opportunities to let go of yourself at a very deep level and learn to surrender to the phenomenal perfection of a life devoted to yoga.



“If you want to be happy, you have to let go of the part of you that wants to create melodrama. This is the part that thinks there's a reason not to be

happy. You have to transcend the personal, and as you do, you will naturally awaken to the higher aspects of your being. In the end, enjoying life's experiences is the only rational thing to do.

You're sitting on a planet spinning around in the middle of absolutely nowhere. Go ahead, take a look at reality. You're floating in empty space in a universe that goes on forever. If you have to be here, at least be happy and enjoy the experience.

You're going to die anyway. Things are going to happen anyway. Why shouldn't you be happy? You gain nothing by being bothered by life's events. It doesn't change the world; you just suffer. There's always going to be something that can bother you, if you let it."



My dear friend David told me about Michael's singer. I listened to a few of his videos. I like what I heard. I sent David an email. This is what he sent me.

Yes, it's so practical and very relative to just day-to-day living. I really liked his explanations of

Trapped energy or samskaras. It's so nice to know that we can just be human and able to handle all experiences and then any discordant energy we can recognize it and release. And that's what's called purifying the mind. Ramakrishna said that purifying the mind is our purpose and that a purified mind is the same as the self.



## Surrender



Just think the universe has been around for thousands of years. It has been operating fine without us. The universe is in harmony. It knows how to surrender and be in balance. T

hat's part of its nature. Yet man wants to control and dictate every single event it encounters. Talk about control freaks. Humanity is very good with that notion.

Yet life will throw us curveballs. Life will give us sweet cookies. At times life will offer us boredom. We can never be content if we react to any given situation.

We will be happy in one moment and downtrodden in the next moment. We will be bored stuff with life. As I said many times before 95% of our actions come from our subconscious minds.

I love the following two paragraphs from Michael Singer. <sup>5</sup>

The surrender experiment is a challenge I gave myself to try to allow life to unfold around me without struggling with it. We are all intelligent enough to realize that we are not in control of 99.9 percent of what goes on around us.

Our hearts beat, our food digests, and our cells divide — all without any intervention of our own. Likewise, the planets stay in orbit, and the entire rest of the universe unfolds on its own.

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I try to honor and respect the enormity of its origins, rather than immediately judging whether I like it or not.

That is the surrender experiment, and my new book is about what ended up happening as I aligned myself with life instead of struggling to align life to me.

The great mystics of old talked about the art of surrender. You are the universe. You just don't know it. We live most of our lives in our tiny boxes. Yet we think we live in a vast infinite ocean where we live in a small well of being. What you don't know you don't know. If someone says something outside of our little wells we get angry with them.

Maybe just maybe we should look at new ways to look and act in life.

## Surrender and Gratitude



The following came from the HeartMath institute <sup>6</sup>

Psychologists once maintained that emotions were purely mental expressions generated by the brain alone. We now know this is not true. Emotions have as much to do with the heart and body as they do with the brain.

Of all your body's organs, it is the heart, a growing number of scientists theorize, that plays perhaps the most important role in our emotional experience. What we experience as an emotion is the result of the brain, heart, and body acting in concert.

Since its founding in 1991, the HeartMath Institute has been dedicated to decoding the underlying mechanics of stress. HMI's Research Center is committed to the study of the heart and the physiology of emotions and has conducted many studies that identified the relationship between emotions and the heart.

A number of HeartMath's studies have contributed new insight to the scientific community's understanding of how heart activity is linked to our emotions and health, vitality and well-being.

### Emotions and the Heart

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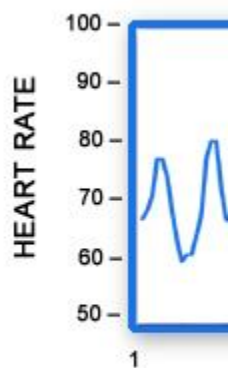
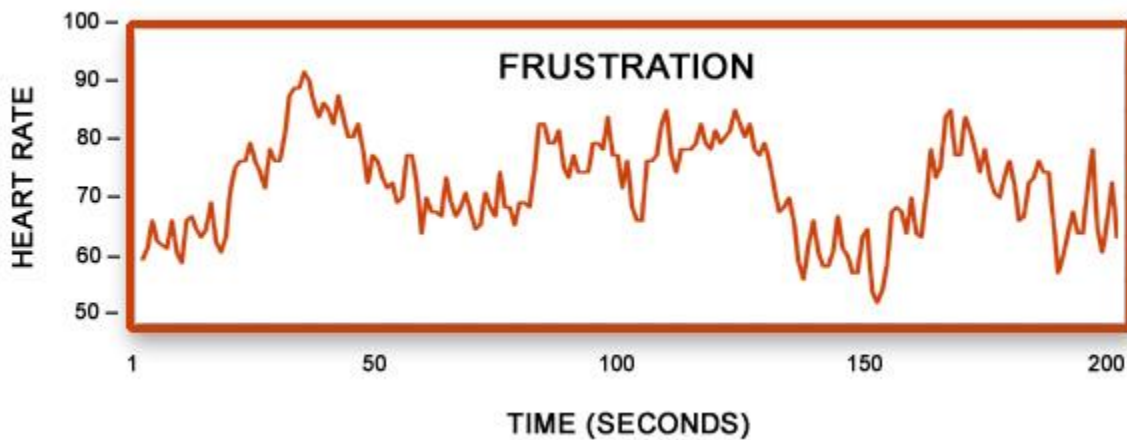
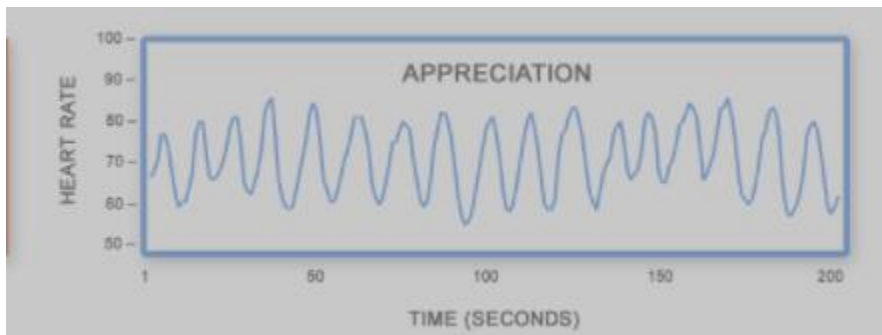
<sup>6</sup> <https://www.heartmath.org/articles-of-the-heart/personal-development/an-appreciative-heart-is-good-medicine/>

HeartMath studies define a critical link between the heart and brain. The heart is in a constant two-way dialog with the brain. Our emotions change the signals the brain sends to the heart and the heart responds in complex ways.

Today we now know the heart sends more information to the brain than the brain sends to the heart, and the brain responds to the heart in many important ways.

This research explains how the heart responds to emotional and mental reactions and why certain emotions stress the body and drain our energy. As we experience feelings like anger, frustration, anxiety and insecurity, our heart-rhythm patterns become more erratic.

These erratic patterns are sent to the emotional centers in the brain, which recognizes them as negative, or stressful feelings. These signals create the actual feelings we experience in the heart area and elsewhere in the body. Erratic heart rhythms also block our ability to think clearly.



Many studies have found that the risk of developing heart disease is significantly increased for people who frequently experience stressful emotions such as irritation, anger or frustration.

These emotions create a chain reaction in the body: stress-hormone levels increase, blood vessels constrict, blood pressure rises and the immune system is weakened. If we consistently experience these emotions, it can put a strain on the heart and other organs and eventually lead to serious health problems.

Conversely, HeartMath's research shows, when we experience heartfelt emotions such as appreciation, love, care and compassion, the heart produces a very different rhythm – one that has a smooth pattern and looks something like gently rolling hills.

Scientists consider harmonious, or smooth heart rhythms, which are indicative of positive emotions, to be indicators of cardiovascular efficiency and nervous-system balance.

This lets the brain know the heart feels good; often we experience this as a gentle, warm feeling in the area of the heart. Learning to shift out of stressful emotional reactions to these heartfelt emotions can have profound positive effects on our cardiovascular systems and overall health.

As you begin to understand and appreciate the important link that exists between the heart and emotions, you'll start to see how it is possible to shift the heart into a more efficient state by actually *monitoring heart rhythms*.

This is from Joe Dispenza talking about surrendering to the universe within not to external events.<sup>7</sup>

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<sup>7</sup> <https://drjoedispenza.com/blogs/dr-joes-blog/a-practical-guide-to-chasing-the-mystical>

In the case of the mystical, the experience comes not from an external world; it comes from an internal one. When you have a mystical, transcendental experience, it is as if your senses heighten to such a degree that the internal experience causes you to become more aware, more awake, and more conscious than any experience you have in your everyday, waking, 3D reality—but it's not the 3D world that you are awakening to. It's another entire world beyond the senses. It is as if you are having a full-on sensory experience without your senses.

You may have previously heard me say that the stronger the emotion you feel—that is, the stronger the change in your internal state—the more you begin to pay attention to whatever is causing it in your outer world. This is how we create long term memories. In a mystical experience,

it's an increase in energy that makes us feel more like frequency and energy, and less like matter and chemistry. As a result of the increase in energy in the form of an elevated emotion, due to the internal experience, vivid, lucid images capture the brain's full attention, and it's the energy directing your awareness that begins to neurologically reshape the brain.

The elevated emotion or energy you experience from the internal event is what begins to condition the body to a new mind. In other words, it's what moves the body out of the past and more into the present moment—and the stronger you feel that ecstasy, energy, love, bliss, or whatever you want to call it, the more you want to experience the present moment. This is how the body begins to move out of the past. This is also why so many people heal in this work.

## You Can Change - Dr. Joe Dispenza - YouTube



Watch Dr. **Joe Dispenza** explain how you can be biologically ... with higher amplitudes in **gamma** brain waves ...

YouTube · Quantum University · Aug 20, 2017

## Let go of your aggravations



Let go of your aggravations. They do not serve you in any way. They will tie you down in life. They are like a nest of mosquitos swarming over you and biting you. Stay away from the swamp where they love to live.

Our subconscious mind has been programmed to get aggravated. For some people, any event can cause this to occur. The wise men of the past just ride the waves of life.

Good things will occur. Bad things will occur. Boring events will occur. All things must pass. Be like the wise person who lives in the center of the hurricane. The winds of the mind can not touch you there. The majority of people live like leaves blowing in the wind. Depending on external events they are happy, sad, or bored.

The universe just is. It doesn't judge or criticize itself. The present-day man judges every moment. Take a look at the world of politics you will see what I mean.

Many people hold onto things that aggravate them for their entire life. I have friends who have traveled around the world. Yet they only go to fast food American restaurants in their travels. They miss out on the diverseness of life.

Whatever aggravates you it is trying to teach you a lesson. One will never be happy if you don't face it and change the situation around. It's like a broken record it will play the same song over and over again. You will get angry and say why does this happen to me? What did I do to deserve this?

The moment you face this aggravation face to face with humor and kindness this aggravation will disappear like a thief in the night. You will have transformed this into something else that is beneficial to you. True alchemy takes place.

One transforms the aggravation from darkness into light. This is the greatest alchemy to transform oneself. One learns not to be controlled by external events that occur.

One learns to surrender to the universe and gather wisdom at the moment. With this precious wisdom, one acts from this precious wisdom. One lives in the center

of the hurricane. The wise man is the observer in the movies of life. He looks at the movie projector and knows that light is displaying images on the screen of life.

Each image comes and goes in an instant. Everything changes. Nothing is stable. You can't control anything. When a person truly realizes this and practices this one learns to surrender and listen to the universe in every moment. For billions of years, it has been fine without us. We just need to change our mental state of mind.



## Let Go

If I would offer any advice I would say the following.

Let go.

Why are you holding on the past?

Let go of your grudges.

You are holding on to something that is drowning you.

Is it worth it?

Let go of your anger.

Your body, mind, and soul don't like it.

You are getting old way before its time.

Let go of your worries.

They don't help in any situation.

Let go of your intolerance.

You can't see clearly in that state.

Let go of your prejudice.

There is room for all in this world.

Let go of all the junk you are carrying.

That old jalopy is not worth a dime.

We have forgotten our true nature.

We love our junk because we don't know who we are.

Ponder the meaning behind these words.

## Let It Go

Are you tired of being angry?

Let it go.

Are you tired of struggling?

Let it go.

Are you tired of your lack of patience?

Let it go.

Are you tired of your intolerance?

Let it go.

Are you tired of your bottled emotions?

Let it go.

Are you tired of fighting?

Let it go.

Are you tired of blaming others?

Let it go.

You can let go of all of these things.

Day by day weed your garden.

You are the farmer.

Nobody can pull the weeds for you.

## It Takes Two To Tango

It takes two to tangle.

The next time you are about to get angry remember the following.

It takes two to tangle.

You can diffuse your anger by seeing the molehill is not the mountain.

What difference does it make?

Do I really need to prove my point of view?

There are always two sides of the story.

The wise man always sees it takes two to tangle.

If you give anger to a wise man he will not accept it.

The anger will be redirected back to you.

This is the true martial artist.

The wise know it takes two to tangle.

## Relax and Release



These two words if practiced in every moment can transform a person's life. As humans, we react to each event that occurs to us by either clinging to the event, being repulsed by the event or being bored with the event.

Our reactions are stored in our subconscious minds and body. In the East, they call this karma. As you know the subconscious mind is running the show. 95% of our actions are dictated by the subconscious mind. A childhood event that occurred 50 years ago is still there.

Whenever you think about it the same anger you felt fifty years ago comes to the surface and the mind and body will get agitated. Stress hormones will be released into the bloodstream. You will experience the same feelings as you did fifty years ago. Essentially we play the same tapes over and over again.

Imagine you have an inner garden. Mind you, you do have an inner garden. Because we don't even know we have an inner garden our garden is a complete mess. Huge boulders are everywhere. Weeds have overtaken the garden. It's a complete mess. It's a miracle we have any sanity at all.

So where do relax and release come into the picture on this journey in life? They are the keys to removing the rocks, boulders, pebbles, and weeds in your inner garden.

Here's how it works. The next time any external event happens to you try to consciously relax and feel the event. Then simply release the event. By doing so the charge of the event will be let go.

Depending on the charge the boulder, rock, pebbles, or weeds will slowly disappear from your inner garden. By doing so your inner garden will come back to life.

This is your true state of being. You are the universe. You just don't know it. It's that easy yet it takes time, practice, and discipline to do.

This is the true essence of practical and spiritual life. They are the same. The great mystics and Yogis have known this for thousands of years. Western scientists are discovering the same in neuroscience. No wonder our world is in chaos. As humans, we try to control everyone. Look at our politics today and you will see what I mean.

## Relax

If you want peace of mind you must relax.

If you want a healthy body you must relax.

Struggling never leads to relaxation.

Do you know the tension you are in any given situation leads to stress?

Over time your mind and body become stressed out.

This becomes your natural state.

Mind you this is not your true state.

Your body then becomes wired to this.

Note in this state it is like a mosquito is constantly buzzing around you.

One becomes quite irritated.

Most spiritual practices say the more relaxed you are the closer you are to realizing your true nature.

Being stressed out one will never discover the jewel within.

It's as simple as that.

Only when the mind, body, and soul are in harmony can one understand the meaning behind this.

Relaxation is the key.

One may have the greatest concentration in the world yet if you aren't relaxed the door won't open.

Brute mental force won't open the door.

A person who is totally relaxed realizes the door is always open.

In fact, there is no door.

This is your true nature.

One then discovers that relaxation is a valuable asset to have.

It is your friend.

Curveballs can be thrown at you.

One simple smiles at life.

There is no internal struggle.

As I said many times before one lives in the center of the hurricane.

This is your true state.

Our current society doesn't know how to relax.

Even when we are drinking our beers the mind is agitated.

When the mind is agitated peace of mind can't occur.

How relaxed are you in your life?

Have you discovered the inner relaxation that exists inside of you?

This is your true nature.

## Relax Your Muscles Every Day

Did you know that past traumas get stored in your body and muscles?

Day by day, year by year they fester.

This ultimately leads to disease.

When I was young I learned a very easy yoga technique.

It was so simple I ignored doing it for many years.

Fast forward 48 years.

I just started to practice this again.

It's very easy.

Just tighten and relax starting from your toes to the top of your head.

Tighten each part three times.

Start with your toes.

Ankles.

Thighs

Stomach and hips.

Upper chest and back.

Tighten your hand's elbows and upper arms.

Tighten your throat.

Tighten all your muscles in your face.

The last part tighten all in one sequence all of the above.

Do this three times.

This should take around 4 minutes.

At first, you probably will have a hard time doing this.

The body and mind are not used to be in sync with each other.



Over time you are training the body to be more relaxed.

Anybody can do this.

## Control freak



The colloquialism control freak usually describes a person with an obsession with getting things done a certain way. ... Control freak is an insinuation or allegation about someone that is likely to insult them or damage their reputation. It implies that the person's need to control others is a

weakness.

We are all control freaks in one way or another. We try to totally control our lives. If someone has a different point of view we try to convince them with our point of view. Just look at the world of politics today.

Taking control is the opposite of relax and surrender. Just think the universe has been operating just fine without us for billions of years. We think we can control external events.

When a person relaxes and surrenders in each and every moment the universe will look after you. One then drops the patterns of trying to control their external lives. We call this harmony. Unfortunately, discord is all around us. We think discord is normal but it is not.

We have to fine-tune the guitar of life. Our guitar is not in tune yet we think it is. That is the major problem. We can't see the forest from the trees. We only see the images bouncing off the screen of life and think this is reality. The wise man turns around and sees that there is a projector streaming light onto the screen. This is your true nature. The wise men of the past highly recommend one to discover the inner light within.

Your true nature is the same divine substance as the universe. Only dark clouds are covering the sun within.

One who tries constantly to relax and release understands this riddle of life. We were never taught this in schools. Only the innocence of a child can enter the door within.

Our boulders, pebbles, rocks, and overgrown weeds prevent us from discovering our true nature.

You can solve this riddle if you want. The choice is up to you.

## Risking failure



I've been a software engineer for around thirty-eight years. One thing I learned right off the bat is that the program will have bugs in it. That's the nature of the beast.

Yet in the spite of failure one doesn't get depressed. A person rises to the occasion and fixes the problem. One doesn't cry over spilled milk. The software development process includes testing each unit of software. It is quite sophisticated.

We must learn to reprogram our subconscious. The techniques of relax and release in every moment are the essence of reprogramming the subconscious.

We are learning how to surrender in each moment. This is true alchemy. This process is rewiring the operating system, hardware, and software. It is a glorious process.

Yes, there are failures all along the way. That's how we learn from our mistakes. Yet if you have the mindset of programming your inner self you transform failure into playing an exciting video game. This is where true alchemy comes into the picture.

True risking failure is when one only looks at the external world for happiness. One tries to control any given situation. One never tries to clear the garden within. One doesn't even know the garden exists inside.

Did you know that when you fix just one bug inside of you your body and mind will generate bliss inside you? Supreme bliss is your true nature. Learning to reprogram your subconscious allows you to discover your true nature.

All you are doing is removing the bugs from your subconscious. The Buddhist talk about emptiness. Emptiness is your true nature. The essence of the entire seen and unseen universes are emptiness. Behind emptiness lies love, compassion, and kindness. This is your true nature.

By your conscious will and wisdom, one learns to transform failure into a supreme blessing. Remember that it took Thomas Edison hundreds of tries to make a light bulb.

## Recognize I have a problem and it is me



The wise man recognizes I have a problem and it is me. Problems come and go yet we at times hold on to them for dear life. We remember problems from early childhood.

One must learn to relax and release from any given problem. This is where true alchemy occurs. One transforms darkness into light. Curveballs will

always be thrown your way.

The same curveball that throws you into a tizzy the wise man laughs at life. It's your attitude that makes all the difference in the world A wise man learns to surrender in every moment.

Mind you this doesn't mean a person will get streamed rolled by the situation. One will be in harmony with the universe and act accordingly.

The problem won't get stuffed into the subconscious mind. One is constantly working on the inner garden. One takes responsibility for his thoughts and actions. This is the nature of being. One lives in the center of the hurricane, not in the swirling winds of the mind.

When a problem occurs relax your body and mind and release it. Yes, it takes practice. A professional baseball player didn't get to the majors without practicing.

He practiced for countless hours during his career. Imagine the first time going to the batter's box. One would be timid. He might even strike out. Would he give up and say I'll never be good enough? Practice does make perfect.

In the same way, this technique takes constant practice. You must be aware and conscious.

One must have discipline in a spiritual practice of some sort. If you only focus externally this will never work. One must learn through inner practice to be in the center of the hurricane. This is where self-realization takes place.

When one identifies with his true nature it is very easy to relax and release. This is probably one of the most difficult things you can learn but can be the easiest thing to master. An innocent child does this automatically but as it gets older one forgets.

The more control you have the more out of control you are.



The more control you have the more out of control you are. This may seem like a paradox yet it's true. Consider the life of the Buddha growing up.

<sup>8</sup>The Buddha, or Siddhartha Gautama, was born around 567 B.C.E., in a small kingdom just below the

Himalayan foothills. His father was a chief of the Shakya clan.

It is said that twelve years before his birth the brahmins prophesied that he would become either a universal monarch or a great sage. To prevent him from becoming an ascetic, his father kept him within the confines of the palace.

Gautama grew up in princely luxury, shielded from the outside world, entertained by dancing girls, instructed by brahmins, and trained in archery, swordsmanship, wrestling, swimming, and running. When he came of age he married Gopa, who gave birth to a son. He had, as we might say today, everything.

And yet, it was not enough. Something—something as persistent as his own shadow—drew him into the world beyond the castle walls. There, in the streets of Kapilavastu, he encountered three simple things: [a sick man](#), [an old man](#), and [a corpse](#) being carried to the burning grounds.

Nothing in his life of ease had prepared him for this experience. When his charioteer told him that all beings are subject to sickness, old age, and death, he could not rest.

As he returned to the palace, he passed a wandering ascetic walking peacefully along the road, wearing the robe and carrying the single bowl of a sadhu.

He then resolved to leave the palace in search of the answer to the problem of suffering. After bidding his wife and child a silent farewell

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<sup>8</sup> <https://tricycle.org/magazine/who-was-buddha-2/>



without waking them, he rode to the edge of the forest. There, he cut his long hair with his sword and exchanged his fine clothes for the simple robes of an ascetic.

Despite his father's control, Buddha discovered his true destiny.

## Is it fixable



Is it fixable? Are we always going to walk on the treadmill of life where we are walking yet never going anywhere? Yes, it is fixable. Millions of people are waking up from their slumber.

The question is do you want to wake up? What is keeping you from doing it? Are you so sure this is all there is to life?

One will never fix the internal garden by ignoring it. How much garbage do you want in your internal living room of life? These are practical questions, not spiritual questions.

Your quality of life can improve so much more than you currently know. As I said we are like leaves blowing in the wind. We either cling, get repulsed, or are bored with any given event.

Our happiness is derived from trying to control external events. Not very good. Even enlightened beings can't control the external world. Yet they can control how they act. They know how to relax and release in each moment. They are in harmony.

We live such stressed-out lives that we think it is normal. We think it's a fairy tale if one try's to change one's ways toward living a better life.

Once again is it fixable? Yes, absolutely. No doubt about that. It could take you a trillion years or more. Everyone eventually returns home. This is the video game of life we are on.

True alchemy can and will occur when one begins to change his ways. Just think this is your true nature. You are the universe. You just don't know it.

Much can be said and much can be known. There is a huge difference between eating a mango and talking about a mango. The proof is in the pudding.

## Before you judge others or claim any absolute truth, consider that...

...you can see less than 1% of the electromagnetic spectrum and hear less than 1% of the acoustic spectrum. As you read this, you are traveling at 220 kilometres per second across the galaxy. 90% of the cells in your body carry their own microbial DNA and are not "you". The atoms in your body are 99.9999999999999999% empty space and none of them are the ones you were born with, but they all originated in the belly of a star. Human beings have 46 chromosomes, 2 less than the common potato. The existence of the rainbow depends on the conical photoreceptors in your eyes; to animals without cones, the rainbow does not exist. So you don't just look at a rainbow, you create it. This is pretty amazing, especially considering that all the beautiful colors you see represent less than 1% of the electromagnetic spectrum.

## Recognition of your problem



Imagine you have a major problem yet you don't know you have a problem. The boulder of the problem exists in your inner garden. What do you do about it?

This is where intuition comes into the picture. Developing your

intuition allows you to recognize you have a problem. That's the first step. If you don't recognize you have a problem the problem still exists in your subconscious mind.

Now that you see you have a problem what are you going to do? You have three choices.

One does nothing about it. Not a good way.

Two try to fix your problem by thinking about it constantly. This can lead to constant worry and anxiety about the problem. Not a good idea.

Three relax and release. Surrender. If the universe has been fine with solving problems for trillions of years it can solve your problems. Looking externally to fix your problem one does not have the vantage point to fix it.

All the great mystics talked about being in the center of the hurricane. Most of humanity lives like leaves blowing in the wind. We try to constantly control our lives. This leads to more suffering and pain.

The wise man just smiles at the good, bad and ugly. He understands all things must pass. Being in a state of wisdom the universe can and will direct you.

Yes, you still will face conflicts yet the mind, body, and soul will be in absolute bliss. Absolute bliss is the foundation of the universe. This is your true nature.

You can have your feet on the ground and your head in heaven. Chop wood Carry water is the Zen way. Having a spiritual life is the most practical life.

## Everything causes a disturbance



The definition of disturbance is as follows. <sup>9</sup>

1: the act of disturbing someone or something : the state of being disturbed: such as an interruption of a state of peace, quiet, or calm

(2): a moving out of place

a departure from a norm or standard : a deviation, disruption, or impairment in form, function, or activity

sleep disturbances

endocrine disturbances

Every external event causes a disturbance in some shape or form. Nothing is stable and unchanging externally. You can't try to hold on to some external event forever.

Everything comes and goes. As George Harrison once said all things must pass. Mind you when I first heard that song I had no idea what he was talking about.

I believe the reason so many people's lives are in chaos is because of so much disturbance being received from external events that they can't control. We always try to fix the situation. To be honest, at times it can't be done.

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<sup>9</sup> <https://www.merriam-webster.com/dictionary/disturbance>

A person can learn to relax and release in any given situation. The good, bad, or indifferent occurs. One feels the energy of the event and then one releases the energy.

By doing so one doesn't store this event in the body and subconscious mind. It really is that easy. We were never taught this in our schools. Many wise people from the past knew about this. The Buddhists, Jains, Taoists, and Yogis have talked about this for thousands of years.

Many people don't think that the East doesn't have anything to offer us. Maybe we should look beyond our tiny boxes.

## Why are you disturbed by the weather <sup>10</sup>



I just love the following from Michael Singer. It is a great example of surrendering.

That said, so go back to your question. What I was talking about was low-hanging fruit. That's why I used to

weather. What is the low-hanging fruit?

What does it mean? The ones that are easier to let go of. I define it as this: the cost of not letting go is you're disturbed. The benefit of not letting go is zero. You're not gaining anything, so why wouldn't I let go?

Those are easy ones. For example, let's say it's raining. If it's raining, it's raining. You not liking it raining is a 100percent cause, 0percent benefit, right or wrong. You're not getting anything from not liking it raining.

MS: It's going to rain anyway, so right? Why not like it? It's silly—if I put food in front of you and one of them would make you feel good and the other would make you feel bad, which one would you take?

Every single time, you would take the one that makes you feel good, as long as there's no cost involved, right? They're both equal. Well, the weather is the weather.

You can either like or not like it, and if you like it, it's fun and if you don't like it, it's not. You did that; the weather didn't do that. That's the epitome of how you start to work with yourself. There's no reason not to like the wind. There's no reason not to like the rain.

There's no reason not to like the heat. There's no reason not to like the cold. They're just things you decided to do that are making you miserable, all right?

You just decided, "I'm not the kind of person that likes the cold." All right, change it. Let go. Say, "I love the cold. It's fun! I like to bundle up. I love it." Change the

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<sup>10</sup> <https://resources.soundstrue.com/transcript/michael-singer-living-from-a-place-of-surrender/>



way you're looking at things, and that act of willfully letting go of the negativity is a very positive thing to do.

As you learn to do that, those are like your scales; as you learn to do that, all of the sudden you'll find that when somebody criticizes you, you're better off at being able to relax and release because you were able to do it with the cold weather, with the rain, and so on.

They're like practice fields. Every day, you have the opportunity to practice raising yourself.

## How to learn to live with the world around you



How to learn to live with the world around you. That is a good question. Everyone reacts differently. The same event occurs. It's a rainy day. Some people freak out. I'm not going out in that kind of weather.

Some people will sit near the fireplace and have intimate conversations. Some people will get bored and not know what to do with themselves.

Each one of us acts accordingly. We are the ones who will have an incredible day or not. Our attitudes dictate our state of mind.

We can't control the weather but we can learn how to control our attitudes in any given situation. We can learn to be in a constant state of surrender.

As humans, we have our attitudes about all situations that we can't control. This is where the problem arises. Life will always throw you curveballs. One can learn to hit the ball out of the park. I

'm not saying you will get what you want. I'm saying one can go beyond reacting to the external event and smile at life. All things must pass.

The universe has infinite wisdom. It doesn't need any help from you. You need help from the universe. You need to be in harmony with the universe. This is called the video game of life. One will always fine-tune the guitar of life.

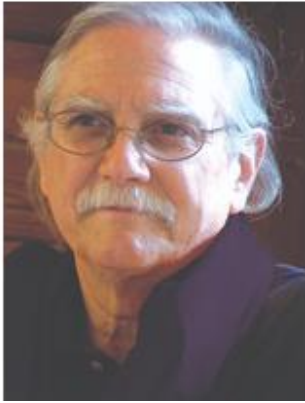
The wise men of old knew how to do this. It became a part of their lives. The more internal one is the more one will be living in the world around you.

The more external you are the more you will try to control your life. Life can't be controlled. Life must be lived from the internal.

Mind you this is the opposite of what we have learned. It will take some readjusting on your part.

This is a riddle you can solve if you want to.

## What part of you is disturbed



“When a problem is disturbing you, don't ask, "What should I do about it?" Ask, "What part of me is being disturbed by this?”

– Michael A. Singer, *The Untethered Soul: The Journey Beyond Yourself*

We protect ourselves from what we feel uncomfortable inside of us.



Big boys don't cry. That was a central theme we were told during our childhood days. We were taught to stuff our emotions. Unfortunately, those emotions are still festering today.

We placed the trash in our own living room of life. We refuse to clean up our house. No wonder we lead such chaotic lives. We can take any of the disturbances and use alchemy to transform them.

A wise man will take feelings of being uncomfortable, face them and do relax and release them. This is the science of alchemy at its finest. One faces the beast within and the beast gets transformed.

The Buddhists say that anger can be transformed into bliss. They advise one to do the same. They would say relax and let go. Only through a relaxed mind can one enter the state of emptiness. In this state, all afflictions are transformed through time.

They daily scan the body scan their body to see where uncomfortable things are occurring. The human body is always talking to us yet do we ever listen? That is a major problem for disease.

We haven't developed the intuition to listen to the mind and body. Intuition is one of the major keys.

Common sense is uncommon. The older I get I see this all around me. We have lost the sense of being in harmony with the universe. We are at odds with our true nature. It's a wonder we are still alive today.

This sounds to me like a cosmic video game that I constantly talk about. Read the chapter Fourteen Video Game Stages Of Spiritual Development again.

This might give you more insight into the various levels of the video game of life. Note we are only trying to help you on your journey. We can't walk for you. Only

you can take a step forward, backward, or don't take any steps at all. It's up to you.

One can learn to smile and laugh at life whatever comes your way. This is your true nature. Only you can remove the trash in your living rooms of life.

The highest way to let go of a disturbance is to relax.



The highest way to let go of a disturbance is to relax. We automatically react to the disturbances. Imagine you are having a good conversation with someone. This person says something you don't like.

Most people will react automatically and probably say something that will place gasoline on the fire. The other person will place more gasoline on the fire. What was a friendly conversation a few minutes ago turned into a bonfire of anger?

Just think one sentence started this darn thing to spin out of control. What was once your friend turned into someone who might not ever speak to you again. They will hold on to this for the rest of their life.

We need to master the art of relax and release. Just think if the first person just hesitated for a fraction of a second. He did a relax and release the fireball argument would have never started.

If the other person did the same thing they would just smile at the situation and not take it personally.

The words we use can be our best friends or worst enemies. How we react can be our best friends or worst enemies. Trying to control the situation is our worst enemy.

Trying to defend our point of view is our worst enemy. Placing blame on others is our worst enemy. Making a person feel guilty is our worst enemy.

When one is relaxed one is full of kindness, humor, and laughter. One is full of wisdom and compassion. A person doesn't have a care in the world. One smiles at life and doesn't take things personally. One will always try to uplift the situation not cause a firestorm of anger.

Unfortunately, we never learned this in our schools and family. We learned how to always think about I'm right and you're wrong. Take a look at politics today. It's a rare situation where we compromise with each other.

Our society is drinking its poison. Unfortunately, billions of people can't get a good night's sleep. The facet of adrenaline can't be turned off. All diseases come from stress. One who is not at ease will manifest a disease one day or another.

Don't complain just relax.



“If you don't like something, change it. If you can't change it, change your attitude. Don't complain.”

~ Maya Angelou

You can't please everyone. When you're too focused on living up to other people's standards, you aren't spending enough time raising your own. Some people may whisper, complain and judge. But for the most part, it's all in your head. People care less about your actions than you think. Why? They have their own problems!

Kris Carr

Any fool can criticize, condemn and complain - and most fools do.

Benjamin Franklin

It doesn't matter what cards you're dealt. It's what you do with those cards. Never complain. Just keep pushing forward. Find a positive in anything and just fight for it.

Baker Mayfield

We have first raised dust and then complain we cannot see.

George Berkeley

The ignorant complaint day and night. The wise man just relaxes and enjoys the movie of life. He has gone beyond petty issues and watches the universe unfolds before his very eyes.

Little Ricky the dragon



## Discipline leads to surrender



Discipline leads to surrender. Without discipline, surrender will never happen. Only by rewiring your operating system and reprogramming the hardware and software can surrender take place.

Discipline in this manner is a daily internal practice that focuses on the inner garden. It can take many shapes and forms. Try to find a practice that can help you focus behind your breath in every moment. This is the starting place.

There are many incredible modern-day and ancient tools you can use. The most important tool is your dedication, practice, and discipline. You can't become a world-class swimmer without putting hours into the pool.

Your inner practice can take place wherever you go and wherever you are. It can be done in your sleep and waking state.

This is why the spiritual life is the most practical. It can transform you into whatever you are doing. Discipline isn't only internally driven. Discipline occurs in every action that takes place.

The time of placing five bucks into the offering is over. I'm not saying don't do that. I'm saying take it to the next level and radically discover your true nature. If you don't change the world won't change. It's as simple as that.

Discipline is fun to do. This isn't a hardship. It's a playshop. When I was a kid I love to surf. I mean I loved to surf. It was my passion and world. Yes, it was a discipline but an incredible discipline.

Discovering yourself is the ultimate discipline. The stakes are high yet the reward is worth more than all the wealth in the universe. You may think this is an aggregation but it's true.

This path is true alchemy at its finest. One goes from darkness to light. One goes from a state of ignorance to a state of wisdom.

Each moment is a sacred moment. Even brushing your teeth every day is sacred. One learns how to be in harmony with the universe.

We are just at the beginning of this transformation. Millions of people are waking up from their slumber.

When you relax you disengage from the disturbance.



When you relax you disengage from the disturbance. When you react you are fully part of the disturbance. It's as simple as that.

Unfortunately, we were never taught that. Maybe some rare soul was taught that but that majority of people never were.

Relax and release is the key to alchemy. We need to disengage from the disturbance. By doing so we discover our true nature. You are the universe. You just don't know it.

This does not mean that you disengage from life. This means you are 100% engaged in life. You are in harmony with the universe.

What better state there is to live in? I love this song Somewhere over the rainbow.

Somewhere over the rainbow, way up high  
There's a land that I heard of once in a lullaby  
Somewhere over the rainbow, skies are blue  
And the dreams that you dare to dream  
Really do come true

Someday I'll wish upon a star  
And wake up where the clouds are far behind me  
Where troubles melt like lemon drops  
Away above the chimney tops  
That's where you'll find me

Somewhere over the rainbow  
Bluebirds fly

Birds fly over the rainbow  
Why then, oh why can't I?

If happy little bluebirds fly  
Beyond the rainbow  
Why, oh why can't I?



 Israel Kamakawiwo'ole — 'Over The Rainbow' & 'What A Wonderful World'  
Medley — 1993 

97M views · 8 years ago

 Mario Nicola Misino

Israel Kamakawiwo'ole — 'Over The Rainbow' & 'What A Wonderful World' — 1993 ENG ~ Dear visitor, in this channel you can ...

CC

## All Things Must Pass

George Harrison wrote the song “All things must pass”.  
To be honest, at the time I really didn’t understand the song.  
This was many moons ago.  
Since then I have seen stormy weather and sunshine in my life.  
Whatever troubles you have today will soon be forgotten.  
As George says all things must pass.  
Our lives are like a river.  
It is flowing towards the sea.  
The problems we have in life disappear into the night.  
Everything changes.  
Nothing in life is static.  
Change is everywhere.  
You can’t hold on to the good old days.  
Everything is water under the bridge.  
It takes time to develop this awareness.  
When you do your life will change for the better.  
You will be wise enough to carry an umbrella when it rains.

## Water underneath the bridge



Water underneath the bridge. Now you see it now you don't. Everything comes and goes in life. Nothing is stable. At times it seems that way. You think you are in control of your life.

Everything is going so smoothly. One day a curveball is thrown your way. It throws you into a tizzy. The next moment one life is spiraling out of control. You just lost your job. Your wife just divorced you. Your precious Mom dies.

Everything is water under the bridge. The good, bad and ugly. Life will never be constant. Nobody is handed cards that are always winning cards. At times we are dealt cards to push our buttons so we can learn.

I love this quote.

It doesn't matter what cards you're dealt. It's what you do with those cards. Never complain. Just keep pushing forward. Find a positive in anything and just fight for it.

Baker Mayfield

This is the ultimate goal to achieve. One can truly laugh and smile at life. One can be in supreme bliss and wisdom.

Wisdom allows one to see life through a different set of eyes. One sees the beauty behind all things. Even if something terrible shows up one can see the thread of love tying us all together.

I love this story.

When Garchen Rinpoche was 22 he was imprisoned by the Chinese for 20 years and put in a labor camp.

His roommate was Khenpo Munsel a famous Buddhist. Garchen said he would have never given me the time of day before being in prison. He was extremely famous. I was a nobody.

Khenpo Munsel was a Nyingma master who taught him during the whole 20 years of his imprisonment. During that time, while enduring the labor camp hardships, Garchen Rinpoche kept on practicing in secret,[ according to his guru's instructions until he achieved the wisdom-mind which Khenpo Musel called "an emanation of a Bodhisattva".

Everything is a blessing in disguise.

Here's Garchen Rinpoche talking about his experience of spending twenty years in prison.

<sup>11</sup>In prison Khenpo Munsel Rinpoche taught me this: "The extent of your realization will be known when you encounter difficult circumstances.

You will not know the extent of your realization when things go well." When you find yourself in a troublesome situation, when you are in great pain, when an intense emotion arises, only then will you know where you are at with practice. He added: "Adverse circumstances reveal your hidden faults." If you are able to hold awareness unwaveringly during such a time, and thus if you are not carried away by the force of the emotion, it is a sign that you have gained experience in practice.

If you were to practice mindful awareness with great diligence for just a month, if you were to recognize even the slightest thought and not allow your mind to wander off into delusion for that time, even in such a short time you would witness great changes.

Fierce afflictions would not faze you so much any more, because you would have gained personal experience in observing the illusory play. There is in fact just one remedy necessary—mindful awareness. It is the single sufficient remedy that transforms difficulties inside and out.

--H.E. Garchen Rinpoche

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<sup>11</sup> <https://www.facebook.com/garcheninstitute/posts/in-prison-khenpo-munsel-rinpoche-taught-me-this-the-extent-of-your-realization-w/463858266996950/>

## Using the world to define you

“The mind is its own place, and in itself can make a heaven of hell, a hell of heaven”

- Satan "PARADISE LOST"



Most people define themselves by the outside world. I'm married have two kids and I'm a software engineer. Most Fortune 500 jobs dictate who you are and your commitment to your job. I live in Kansas City.

There is a software company specializing in medical software. They are a multi-billion dollar company. I once had a job interview with them. Point blank they said during the interview we expect you to work at least 60 hours a week. We don't pay overtime.

I told them I didn't come down to earth solely to work. My life is not my job. The job is a part of my life. Companies have their priorities wrong. During this pandemic, millions of people are quitting their jobs. They realized that work balance must be there.

Many people realize that the constant treadmill we are on is not worth it. Constant stress leads to illness.

Many people can't sleep at night due to stress. You would think that companies would have that realization and change. I had one company that was supposedly one of the best companies to work for in the US. This was during the eighties and nineties.

When the .dot com bust occurred they went quickly downhill. Before this layoffs never occurred. By 2009 over 12,000 people were laid off. The company was profit-driven not people-driven.



I think that kindness will go far in this world. When a person or company has kindness everyone will benefit. The world around us can reflect goodness for all. The world will not define you. You will define the world. It's as simple as that.

Self-realization is the mechanism for turning this around. You define the world, not the world that defines you.

## Road Rage



You're running late for an appointment and hit a traffic jam. Or maybe someone cuts you off. How do you respond? Driving can be stressful, but feeling angry when behind the wheel could lead to aggressive driving, distracted driving, or even an accident.

I first encountered road rage in the eighties living in Miami Beach. I would watch the daily news and see frequent shootings due to road rage.

I have a theory the more a person drives erratically the condition of his state of mind.

<sup>12</sup>One survey found that nearly 80 percent of drivers expressed significant anger or aggression behind the wheel at least once over the prior year. The consequences can be serious: Aggressive driving played a role in 56 percent of fatal crashes over five years, according to one analysis.

80 percent is a lot of people. It means the majority of people's minds are under stress and can act accordingly.

Our actions are a reflection of our state of mind. We live such chaotic lives. Constant stress is all around us. And inside of us. No wonder things are spinning out of control. In some cities, drive-by shootings are the norm.

We have completely lost touch with our true nature. Things will get worst before they will get better.

Most people don't realize they are the cause of chaos in their lives. The mind is spinning out of control. A dysfunctional mind will bring a dysfunctional life. Kids will grow up under this and pass it down to their kids. The cycle will go on and on until we change this.

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<sup>12</sup> <https://www.geico.com/living/driving/auto/car-safety-insurance/7-ways-to-avoid-road-rage/>

Suppression pushes the event away.



<sup>13</sup>I love this quote from Morihei Ueshiba, the founder of Aikido: "In Aikido we never attack. An attack is a proof that one is out of control. Never run away from any kind of challenge, but do not try to suppress or control an opponent unnaturally.

Let attackers come any way they like and then blend with them. Never chase after opponents.

Redirect each attack and get firmly behind it."

For events that cause pain or uneasiness, we use suppression to push the event away. Unfortunately, this just compounds the problem over time. We are throwing more garbage in the living room of life.

By relaxing and releasing each event we neutralize the energy thereby we let go of the samskara inside of us. If we approached this every moment with a smile on our face our lives would change dramatically.

In the Taoist tradition, positive and negative emotions are associated with the internal organs.

One of the keys to good health is to become aware of the emotional energies that reside in the organs and to transform the negative emotional energies into positive virtues.

Taoists believe that we are all born with the virtues of love, gentleness, kindness, respect, honesty, fairness, justice, and righteousness.

The Taoists have an inner smile meditation which is alchemy for the mind, body, and soul. It is the same concept of relax and release. Many different ways can be used to enhance your state of awareness. Find one that suits you.

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<sup>13</sup> <https://www.newsweek.com/stop-pushing-bring-aikido-principles-your-leadership-1642190>

No experience is traumatic it is how we handle it.



No experience is traumatic it is how we handle it. I'm going to talk about this conceptually. I am not in this state of awareness. Yet I can see the potential. Here's an article Miachel Singer is talking about getting low-hanging fruit.

#### LOW HANGING FRUIT <sup>14</sup>

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16 Apr

By Michael A Singer

So you decide to use life to free yourself. You become willing to pay any price for the freedom of your soul. You will realize that the only price you have to pay is letting go of yourself.

Only you can take inner freedom away from yourself, or give it to yourself. Nobody else can. It doesn't matter what others do, unless you decide that it matters to you.

Begin with small things (low-hanging fruit). We tend to let ourselves get bothered by the little, meaningless things that happen every day. For

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<sup>14</sup> <https://untethered.site123.me/articles/3-low-hanging-fruit>

example, somebody beeps at you at the stoplight. As these little things happen, you will feel your energy change. The moment you feel a change, \*\*\*relax your shoulders and \*\*\*relax the area around your heart (RnR see file for more detailed description).

The moment the energy moves, you simply relax and release. Play with letting go and falling behind this sense of being bothered (who were you before the disturbance).

Let's say someone at work took your pencil, and you notice that every time you go to use another one, your inner energy shifts—even the slightest amount. Are you willing to release the old pencil in order to liberate yourself?

This is how you make freedom a game. Instead of getting into being bothered, you get into being free. When you reach for a pencil, and you see yourself getting a little uptight, let go. Your mind might start saying, "It was a pencil today and if I let go, they'll step all over me.

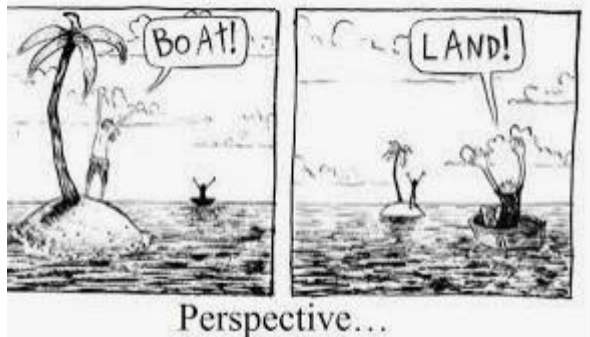
It'll be my desk tomorrow, or my house, or maybe even my husband." That's how the mind talks. It's very melodramatic. But you decide that for the cost of a pencil, you'll go for the ride.

You tell your mind, "When it's the car, we'll have a talk. Right now, it only costs a pencil to be free." Just decide that no matter what the mind says, you aren't getting involved.

You don't fight the mind. In fact, you don't even try to change it. You just make a game out of relaxing in the face of its MELODRAMA. You simply learn how to release the tendency for getting drawn into the energy. The root is where the consciousness is aware of the pull of these energies.

This is one of the games we play here in our group. Make a pact with yourself to dedicate time every time you get in the car and traffic slows or someone is tailgating use the experience to FREE yourself. The second you notice your closing DON'T stay open and do Relax and Release - RnR (see file).

The same event occurs in the family yet everyone has a different experience



The same event occurs in the family yet everyone has a different experience.

Amazingly, the same event occurs to an entire family and each one will process it differently. The family has its dynamics.

Some members of the family will hold a grudge their entire life. They will never let go. Even with direct evidence to the contrary, they refused to let go.

Many families have been torn apart permanently by this. They will not speak to certain family members for the rest of their lives. They will say good riddance and cut the communication cord.

When you're young you don't have all the facts or understanding of the issues at hand. An event occurs and you react without knowing all the facts.

This goes into your subconscious. Mind you years later you hold a grudge from the past. It could be 50 years ago. Yet we still hold on to it just like it was yesterday.

For other members of the family, the event came and went out the door of life. They forgot that incident years ago. We all make mistakes. We can learn how to heal ourselves.

Our anger for someone is a poison that we drink every day. The other person dropped that event years ago yet you are still drinking the poison.

Stress and adrenaline flood into your body. It brings you back to the same state fifty years ago.

The body doesn't know the difference between recalling the event and the event that occurred.

We are playing the same tapes over and over again. Each time we play it the needle is digging a deeper groove in your record of life.

I'm not trying to convince you. Just saying things that might be true for you.

## The Mosquito Itch

Have you ever been bitten by a mosquito mind?

The mind itches and you are bothered by something.

Yet you don't know what it is and you feel off-centered.

You can't pinpoint what's going on?

Did you know that meditation and paying attention to the itch will soothe it away?

Meditation will help focus where the itch is.

Once you can see it you can focus on it and embrace it.

Once you embrace it, it will disappear.

The Buddhist were the original psychologists.

They have been studying the mind ever since Buddha was around.

They are experts in positive mental health.

Did you know it was only 30 years ago did western psychologists studied positive mental health?

We need as a society to have a positive mind.

How would the world change for the better?



## That nagging feeling

Have you ever had the nagging feeling it might be wise to think about what you are going to do or say?

Most of the time we ignore the signal and pay the heavy price of our consequences.

The feeling of discomfort is coming from your mind and body.

It is telling you to stop, look and listen.

It is showing warning signs on the freeway of life.

The signs are saying turn around.

Danger is ahead.

The lights are flashing ahead.

Yet we are so busy texting on the freeway of life we don't heed the advice.

We need to listen to those silent yet nagging thoughts.

We need to listen to our bodies.

They are always talking to us.

True alchemy occurs when we learn how to do so.

One learns to relax and release in each moment.

The universe is always talking to us.

If we are the universe wouldn't you think that would be the case?

We have a lot to learn on the journey of life.

Maybe we should just relax and enjoy the ride.

Infinite possibilities are in front of us.

You can solve this riddle.

## Laugh At Life

Laugh at life.

If you don't you will always have a bumpy ride.

The same potholes will be there.

Yet laughter makes the journey more incredible.

Over time one sees life as a divine video game.

As any gamer without challenges, what's the point of playing the game.

Life would be boring if everything is static.

Yet mankind hates to change.

Even when our life is miserable we don't want to change for the better.

Yet we are constantly chasing the carrot on the stick.

We do this for our entire lives.

Laugh at life and life will laugh with you.

When I was depressed as a kid my twin brother would laugh at me.

The more he laughed the angrier I got.

At some point, I saw the absurdity of it all.

I then started to laugh.

Laughter gives one wisdom to see from different angles.

My dear friend Mark would make funny faces.

Laughter allows a person to think outside of the box.

During this global shutdown laugh daily.

Smile within.

This will keep your sanity during trouble times.

## Closing



I hope you enjoyed this book. It includes many tips on the trades in life. We are all on the same boat sailing home together.

We are not alone. We are all dependent upon each other. We are all interconnected. Modern scientists know this to be a fact. Unfortunately, we have

not realized this fact.

Alchemy and transforming yourself are in your hands. There is no magic bullet. The world around you won't transform the internal. Only you can transform your internal garden.

Nobody is trying to convince you. The truth needs no convincing. These chapters were different angles that you might want to look at in your life. They may help you someday.

One of my main mantras is that the spiritual life is the most practical. There is no difference between the spiritual and the physical.

We just have our concepts. We place a wall between the two. Kindness is kindness. There are no walls that exist between the external and internal.

The only thing that is preventing you to see your true nature is the dark clouds that exist inside of you. Simply blow them away. Relax and release in every moment. The wise men and modern-day men say the same thing. They may have different terminology yet the essence is the same.

Remember the more attention you pay to something the more attention it pays to you. Pay attention to your problems the more problems will come to you. Pay attention to your anger the more anger will come your way.

Pay attention to the universe and the universe will pay attention to you. By the way that's your true nature.

That's why alchemy can occur. The operating system, hardware, and software have always been there. Now it's up to you to change your source code and

rewire your neural networks. Millions of people are waking up from their slumber.