

You are you own master chemist

Fletcher Soul Traveler

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Intro

My dear friend Laurie Secrist once said if you want to master anything teach it or write about it. I took her advice to heart. I have been doing this for around twenty years now.



For most of my life, I've been researching the great mysteries of life. I love to learn. That is my passion. I love to think outside of the box.

During the last 10 years, I've been studying the lines of this book you are your master chemist. I've been interested in science and heightened awareness since the seventies. During the eighties, I went to the Robert Monroes Gateway program for a week. He was a pioneer in Hemi Sync.

This technology is still being used today. Click on the picture above to listen to the audio. I have included the audio from the week-long sessions.

<https://www.youtube.com/playlist?list=PL9qsexN4A8jyLQv-bepXIPqSRKdzFZnNN>

This has been an evolution in learning. When I first started to learn how to meditate there wasn't much science behind the mind, body, and soul connection.

The phrase being in the zone was a new concept that had just come out. My dear friend Tim Gallwey wrote the book the inner game of tennis in the early seventies. He has been at it ever since.

Many professional coaches and athletes give tribute to their success for the wisdom gained from Tim. When his book came out I was only around 20 years old. This book was one of the doorways I took on my lifetime pursuit of gathering inner wisdom. My meditation practice was learned when I was in India.

Here's an excerpt from his web page.¹

¹ [HOME - The Inner Game](#)

What is The Inner Game?

In every human endeavor, there are two arenas of engagement: the outer and the inner.

The outer game is played on an external arena to overcome external obstacles to reach an external goal. The inner game takes place within the mind of the player and is played against such obstacles as fear, self-doubt, lapses in focus, and limiting concepts or assumptions. The Inner Game is a proven method to overcome the self-imposed obstacles that prevent an individual or team from accessing their full potential.



Just yesterday I wrote this article entitled Mind Blowing. Click on the picture to hear the audio. I hope this book will interest you as much as I do. I'm always exploring and fine-tuning the guitar of life.

This human body is incredible. We have the operating system, hardware, and software put into place. You are the universe.

Everyday discoveries are mapping how this human body is a gateway to the universe. That is our true nature. This is a story where you are your master chemist. You control your destiny in life.

In every moment thousands of either positive chemicals or negative chemicals are regulated in your body. You control this mechanism by your thoughts and emotions. Let's dive into this subject. Come and join me on this journey.

Eight limbs on the tree of life



This journey of self-discovery is infinite. It's like peeling an onion. There are infinite layers to this onion. A person can never clap your hands and say I've mastered it all.

Our whole sense of understanding the world around us has to change. The journey is going from a reactive state to a pro-active state.

Going from the hurricane state of the mind to absolute silence.

This takes time and patience. You see darkness is the flip side of the coin of light. You can walk into a room when it's dark flip on the switch and the lights will turn on.

In the same manner, you can walk into a room where there is light and then turn off the lights, and darkness will occur. Darkness is simply the absence of light. In both examples, you decide whether darkness or light will manifest in the room.

The same goes for your life. Most of us are unconscious therefore we don't make proper decisions. We live on automatic pilot so we have our ups and downs in life. Nothing is stable.

We spend our lives not wanting to change even if it means for us to have miserable lives. We don't know that we can climb out of the hole that we have dug. This is the state of mind today.

We don't ask questions about life. Even during this shutdown when Mother Nature is sending us to our rooms we aren't asking questions like why. We are so busy and bored to get back to our everyday life.

The eight limbs represented the tree of life and how we can be in harmony with it. Over time one discovers one is a scientist, physiologist, dreamer, mystic, lover, and practical. One learns to have the feet on the ground and your head in heaven.

Patanjali set out his definition of yoga in the Yoga Sutras as having eight limbs (अष्टाङ्ग aṣṭ āṅga, "eight limbs") as follows:

The eight limbs of yoga are abstinence, observances, yoga postures, breath control, withdrawal of the senses, concentration, meditation, and samadhi (absorption).

Imagine a doctor prescribing a program that will heal you in your body, mind, and soul. Note the doctor does not heal you. You heal yourself.

In the last fifty years, yoga has been mainstream in America. When I first started practicing yoga in 1971 you were considered a weirdo to practice yoga. Yoga posture is only one limb on the tree.



2

This is a living tree. You are a living tree. So many benefits occur just by practicing yoga postures. People's health and state of mind have been drastically improved just by doing these. Note practicing yoga postures is only one limb on the tree of life. We will talk about the various limbs in separate chapters.

² <https://www.youtube.com/watch?v=vSaf47zusx4>

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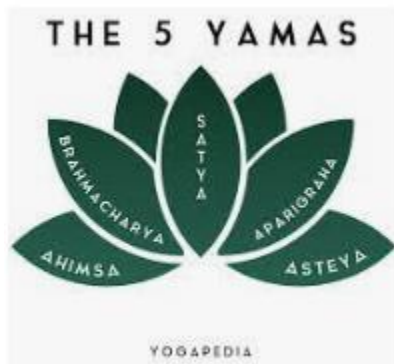


3

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³ <https://www.youtube.com/watch?v=vSaf47zusx4>

1. Yamas social restraints



Yamas (Sanskrit: यम), and their complement, Niyamas, represent a series of "right living" or ethical rules within Hinduism and Yoga. It means "reining in" or "control". These are restraints for proper conduct. They are a form of moral imperatives, commandments, rules, or goals.

Jain ethics and five vows



See also: [Yamas § Five Yamas](#)

I find it quite fascinating that both the Jains and the Pantajali's Yoga sutras both have the same names and the same five rules. The Yoga sutras used the word Yamas social restraints. Jainism teaches five ethical duties, which it calls five vows.

PDF



YouTube



Ahinsa (अहिंसा): Nonviolence, non-harming other living beings.



In the west, they use Ahimsa while the Jains use Ahinsa.

Both Gandhi and Martin Luther King Jr. used non-violence for their causes. What does that have to do with me? Just think America has only spent around thirty years not fighting a war.

Where do these wars begin? Inside of our minds. Our movie industry makes billions promoting violence.

Bullying is rapid among children. The United States has more murders than any western civilization. More people in America have died from shootings than all the wars that soldiers have died in.

Violence is almost the norm in America. We talk about the Wild West but today in Kansas citizens can walk around with weapons. Just last week, a group with sub-automatic guns held a rally in the Michigan congress hall.

We have millions of people hiked on drugs and opioids. Drug manufacturers made billions knowing that people misused the drugs. Many of them got hooked by taking the drugs prescribed by their doctors. People flame each other on Facebook.

This all stems from a violent mind. People love violent movies and shows on TV. We have become numb and immune to it. Violence creates dark storms in the mind.

Being nonviolent starts with clearing out your own rock, boulders, and weeds. It all stems from our disharmony in the mind and body connection. Violent people are in a state of fear.

Anything small thing can tip them off. The opposite of violence is peace. Peace only comes from within. Peace is a state of awareness. It is a state of being.

When a person lives in peace automatically one is non-violent and non-harming. That means to oneself and others. True peace is the awareness that we are all one. This being goes from the awareness of me to w

Satya (सत्य): truthfulness, non-falsehood



This is so much more than speaking the truth. There is an Indian saying sat chit Ananda which means truth is the consciousness of bliss. When the mind is absorbed in truth the mind will be in bliss. Truth is a state of being. Absolute truth occurs when one's will is aligned with the

will of God. This is the ultimate state for man. One goes from darkness to light. Mind you this is an endless journey.

"Je Evam Janai, Se Savvam Janai"

He who knows the one knows all.

Asteya (अस्तेय): non-stealing



Everyone knows that you shouldn't steal a purse from an old lady. Well, I hope so. Some people are so desperate they will do so. At its deepest is letting go of the desire to possess or steal anything.

This gets quite deep. Stealing is manifesting as greed. Whichever you want and don't possess you can't take it away from someone. This is very subtle.

In the business world, people steal ideas all the time. My wife told me stories where she performed something and her boss got all the credit. We live in a world where we are trained at a young age to possess goals, objects, and things.

We try to outmaneuver each other. We are taught to be clever. Which are other weaknesses and obstacles? Most people who are clever are probably cunning and want their way. They try to control the situation. These traits must be overcome.

All spiritual traditions talk about weeding the inner garden. One must be conscious and aware. Non-stealing is a state where thought, words, and actions are in alignment with their soul.

This takes constant awareness and effort. One must begin to monitor one's thoughts and actions. The Kabbalah would say stop, look, and listen before, during, and after you speak. In each moment be aware and conscious. Remember you are peeling the onion in life. One is fine-tuning the guitar of life.

Brahmacharya (ब्रह्मचर्य): chastity, marital fidelity or sexual restraint



The following came from Sri Sri Ravi Shankar ⁴

Brahmacharya is Godly conduct. Godly conduct brings you strength, lots of strength. Brahmacharya has a higher meaning than just Godly conduct. Brahma means infinity, charya means moving in

infinity.

Knowing your vast nature. Not thinking that you are just the body, but you walk like you are a glow of light. You move in the world as though you are in space. This is when Godly conduct naturally happens.

Do you see what I am saying? When you are sitting in meditation you do not feel like you are a body, a lump of heavyweight, 80 pounds, 90 pounds, 100 pounds, 60 kilos sitting there solid. You feel so light as though you are like a feather. Isn't it?

So many people cheat on their marriage. At times it is an epidemic in society. One thinks the grass is greener on the other side of the hill.

Yeah, it's burnt. One who wants to be humble in life must not cheat and still be in life. One does not possess another wife or husband. To reach the goal of realization one must be in alignment with your true self. One must not harm or hurt anyone.

By having marital fidelity trust is broken in the marriage. Once trust is broken it's hard to put back together again.

Our society is obsessed with sex. Many kids are brought up on pornography. The sexual act is something that is not special. When I was young many of my friends would boast about who they got laid with.

⁴ <https://www.artofliving.org/us-en/yoga/patanjali-yogasutra/knowledge-sheet-70>

It was a trophy. Madison Avenue sells sex. Sex makes a lot of money for them. We have taken something precious and downgraded it where young women are getting date raped.

There is a huge slave trade for young runaways. Tremendous sexual violence occurs daily in the world today. We are going from darkness to light. The world at large has a long way to go.

Aparigraha (अपरिग्रह): non-avarice, non-possessiveness



The definition of avarice is: an excessive or insatiable desire for wealth or gain:
GREEDINESS

Imagine we have eight billionaires who have more wealth than half of the world's population. Yet they are never satisfied. They are like a ghost who drinks a glass of whiskey

and it simply drains to the ground. T

hey can never be satisfied. How many people lie and cheat to get to the top. We have politicians who in crisis hold on to their power and ignore the desperate prayers from their citizens.

I'm writing this during the global shutdown. Over 30 million people have lost their jobs. No money is coming in. Politicians are fighting with one another so they can hold on to their power.

Our school systems teach our children that it is the survival of the fittest. You must fight your way to the top. Your fellow student is your enemy. You have to outfox him. Mind you this starts at a young age. It is built into our subconscious. The mentality of conquering the Wild West is much alive today.

We are destroying this planet because of this. Mother Nature has sent us to our rooms to think things over. Unfortunately, we just want things to come back to normal without thinking about the reason why.

The definition of possessiveness is demanding someone's total attention and love. Many people don't have the awareness of self-love inside of themselves.

Consequently, they demand their partner for total attention and love. This will always lead to disaster. This is the lowest state of love when one tries to control one another.

Love is not an object to be controlled. Love is not a trophy to show off to the world. Look how beautiful she is? God is love and love is God. A person who understands this and puts his life obtains a state of awareness that goes beyond these petty issues.

Unfortunately, mankind is stuck somewhere in the middle. Remember our subconscious is running the show.

Jainism prescribes seven supplementary vows, including three *guṇa vratas* (merit vows) and four *śikṣā vratas*.^{[97][98]} The [Sallekhana](#) (or *Santhara*) vow is a "religious death" ritual observed at the end of life, historically by Jain monks and nuns, but rare in the modern age.^[99] |

n this vow, there is a voluntary and gradual reduction of food and liquid intake to end one's life by choice and with dispassion,^{[100][101]} This is believed to reduce negative karma that affects a soul's future rebirths.^[102]

Fourteen Video Game Stages Of Spiritual Development



5

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 helps 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.

⁵ <http://jaincosmos.blogspot.com/2013/11/jain-meditation.html>

Head	Gunasthāna	Meaning
Belief (Rationality in perception)	1. <i>Mithyātva</i>	The stage of wrong believer (Gross ignorance)
	2. <i>Sasādana</i>	Downfall from right faith
	3. <i>Misradrsti</i>	Mixed right and wrong belief
	4. <i>Avirata samyagdrsti</i>	Vowless right belief
Minor Vows (Commencement of Right conduct)	5. <i>Deśavirata</i>	The stage of partial self-control
Right conduct: <i>Mahavrata</i> s (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

6

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

⁶ 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 on 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, thought 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. The all Destructive karma eliminated and the Arihant stage 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 others 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



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 gave a class on subjects like happiness. Buddhist 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.

Violence in our leaders



Why do we still go to war? You would think with all the incredible technology we have created that war would be obsolete. Yet we make greater weapons of mass destruction.

With all our knowledge and so-called wisdom, you would think that we could overcome any problems. We could use our wisdom to solve any conflict which leads to war.

Yet mankind still hasn't solved the mystery of discovering the jewel within. Until that missing piece is discovered we will always go through the up and downs of violence inside of us.

Scientists and mystics know about the quantum field that unites us all. It is staring us in the face. We need to look in the inner mirror to find out that we are all in the same boat.

The definition of violence is a behavior involving physical force intended to hurt, damage, or kill someone or something.

Last weekend the President did the following.

This is the headline from CNN.

Trump responds to protests with a strongman act.⁷

Trump on Monday turned security forces on peaceful protesters in front of the White House, [as tear gas and rubber bullets flew](#), [before declaring himself the "law and order" President](#). Then, in one of the most bizarre moments in modern presidential history, he strode across the park to stand in front of an iconic church holding a Bible aloft in a striking photo op.

It was a moment of vanity and bravado -- orchestrated for the cameras and transparently political -- as Trump struggles to cope with protests sweeping the country after the killing of [George Floyd](#) and tries to cover up his botched leadership during the [coronavirus pandemic](#). Overnight, the White House's official Twitter account [released a triumphant video of the moment set to music](#) but omitting any signs of the mayhem unleashed on the protesters.

⁷ <https://www.cnn.com/2020/06/02/politics/donald-trump-george-floyd-protest-military/index.html>

I'm mentioning this because in a week this story will soon be forgotten. We have an administration where almost every single day some outrageous event occurs.

If only one of these occurred in the previous administration that would have been his legacy and people would talk about it for his entire term.

We have a president who has lied over 18,000 times since taking office. Look if I told you five lies and you found out they were lies you wouldn't believe a word I said. Still, most Conservatives and Christians support the current administration. This should go beyond politics. Mind you this is a moral and ethical issue.

We need to vote for politicians who truly care about the people. We need term limits. Corporations aren't human beings. Take that away.

Get rid of the lobbies. If someone slanders another person in a campaign don't vote for them. If politicians vote for corporations over man don't vote for them. Vote against all politicians who gave huge tax credits to the one percent.

Get them out of the office. They don't care about the common American who is struggling to be alive.

I said this in the intro.

Here we are amid a global shutdown. At least 30 million Americans got laid off. Most of these people can't pay their bills. Congress is bickering with one another. Here's an excerpt from Forbes magazine.

Billionaires Are Getting Richer During The COVID-19 Pandemic While Most Americans Suffer ⁸

Billionaires are not in the same boat as the rest of us, as we try to navigate the treacherous currents of the COVID-19 pandemic. They're smoothly sailing in luxury yachts, while most Americans are doing the doggy paddle, treading water, and just trying to stay afloat.

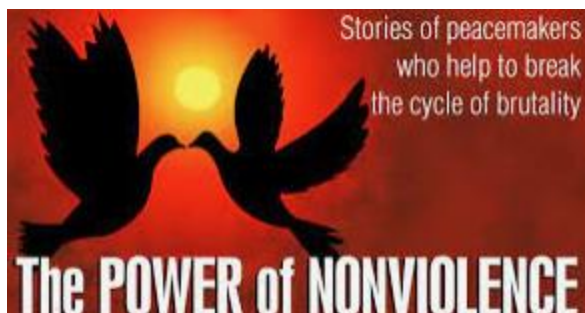
This is the greatest violence toward Americans. Millions of people are starving and we have an administration that allows this to happen. We are a third-world country now. This is beyond politics.

⁸ <https://www.forbes.com/sites/jackkelly/2020/04/27/billionaires-are-getting-richer-during-the-covid-19-pandemic-while-most-americans-suffer/#2cbddc484804>

The definition of evil is profoundly immoral and wicked. That about sums it up. If anyone out there can tell me why the rich should get richer and the poor get poorer is a great thing please send me a comment about why. When the poor can't pay their bills and feed their precious families so the rich can get richer is an evil act.

Yet most politicians go on their merry way. That my friends are called violence.

Non-violence in your mind and body



What came first the chicken or the egg? The body and the mind are so tangled with each other. It's like a huge bundle of string. Imagine for each thought you have a series of chemical reactions get released into your bloodstream.

The Buddhist has the following saying. Holding onto anger is like drinking poison and expecting the other person to die. You see each time we get angry a series of harmful chemicals gets released into the body. Some people are so out of sync that the facet never gets turned off.

Even if they want to it takes time, patience, and effort. Our subconscious is driving the show. If someone says something to you that you don't like you will automatically get angry.

The anger is wired directly into your body. By the time we reach the age of 35 our body is hardwired directly from the subconscious. It is driving the show. We are on auto-pilot. Habits good and bad are hardwired directly into our bodies. We are like leaves blowing in the wind.

Each morning we get up. We do the same thing over and over. It's like in the old days listening to a record and the album is scratched. It will play the same thing over and over and over.

This is our life. Even if we want to change we have to start to rewire our circuits consciously.

For that to happen, one must be able to break away from a beta state to change. You see a beta state of mind can't reach the subconscious. So if you say an affirmation to change it can't reach the subconscious to rewire the circuits.

This is where meditation comes in. A person who meditates learns over time how to connect to the quantum field.

The stronger the connection you have to this field the more capability you will have to rewire the human body. The scenarios are endless. It's up to your imagination. You have free will.

The quantum field doesn't judge us. Yet changing and rewiring your circuits require you to be in sync with love, kindness, patience, tolerance, and compassion. This is why it's so important to meditate. This is why it's so important to be conscious and aware of each moment.

The wise ones in the past would monitor their thoughts and actions. If they were in a situation where the person would say something to make them angry they would simply smile.

Why put gasoline on the fire? They understood that by getting angry they are drinking their poison. Yet this is difficult to do. That's why it takes constant training.

We have people in the office who will Twitter whatever comes to their minds. They don't know how to stop, look, and listen.

To be honest this was never taught in schools. Look at our nation today. Both sides are pissed off and can't work with one another. This is an emotionally immature society.

For the world to change for the better one must take responsibility and learn new ideas to discover their true nature.

We must all ponder over the state of mind we are in. As a society, we must discover ways to become mature adults. We must help those in need. We can do this. Millions of people are waking up from their slumber.

Emotions



Emotions can be scattered all over the place. Most of us are reactive beings. As you probably know by the time you are thirty-five your personality is usually set in stone.

Your subconscious is running the show. The body and mind are so ingrained. Our habits are driven by our subconscious. It's like we react without being aware. Our subconscious has taken over.

Yes, that is a good thing and yet at the same time, it causes many problems in our life.

When we go through a traumatic experience in life it creates an emotional scare in our subconscious. All of us have traumas that have occurred in our lives. Many people may ask why this guy is so angry all the time.

Most of the time it was some event that happened years ago and never got resolved. The circuits are still hardwired to that event.

Humanity has been trying for years to learn how to go beyond our emotional issues.

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, and negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal and transform ourselves.

We are using our free will to tap into the quantum field and rewire our nervous systems and our body.

Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away. Yes, it will take time but the sun is rising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

Humanity is stuck on the merry-go-round of life. The mystics have declared there is a way around this mess that we created.

This is a divine video game. Once a person understands the rules and why the game was even created in the first place this person will simply smile.

We have free will. The message in this book is you are the universe. You just don't know it. Think outside of your box. The quantum field exists everywhere and that includes inside of you.

New Thought



Did you know that in every thought you have there is a chemical reaction to your thoughts? Your thoughts create who you are. They create your habits your personality and state of mind.

Your subconscious is driving your car in life. Most of us have put the car in the remote control. We aren't aware of the power that is keeping us alive.

We don't realize that we have a genie within. Every thought we have enforces our views on life. We are a collection of all our thoughts since we were born.

We contain the blueprints of all our thoughts. Our thoughts are where we stand today. It's kind of amazing that most of mankind has forgotten the power of thoughts.

We never ponder over what we think we become. We haven't put two and two together. I think without meditation mankind can't truly see the forest from the trees.

We are so much focused externally that we don't even know about the internal world within.

I don't have to say what happens when the world at large does this. We have been fighting for thousands of years. Many people think that man's nature. Well, it is if we as a world only focus externally. Need I say more?

Did you know that meditation over time will help slow down the mind? Many people have a hard time falling asleep. It is a major problem all around the world.

When the facet of adrenaline can't be turned off and you're in a high beta state of mind it's difficult to fall asleep.

The chemical melatonin can't be released. This chemical is responsible for telling the body to fall asleep. Many people take drugs to put them to sleep.

Unfortunately, the drugs will put them to sleep yet they are extremely harmful and over time causes tremendous damage to the body. Yet the drug industry is interested in making a profit.

Meditation brings one to the awareness of the quantum field. When one mediates one begins to tune in to a field of kindness, love, and compassion.

When one becomes kind this person will have over time kind thoughts. Life is like a tuning fork.

Whatever you think you vibrate at that frequency. If your thoughts are anger I can guarantee you will be in a state of anger.

You will enforce your anger into your subconscious. Over time this becomes your habit and this becomes your personality.

Many years ago I heard the Dalai Lama would go over his entire day when he was going to sleep. He would pay attention and think about how he could improve his thoughts and actions.

He would ponder over and consciously progress to be a better human being.

At that time I truly didn't understand it and see why it was so important. Years later I see it as a foundation for humans to transform. If we as a society become kind in all areas of life the world at large would change for the better.

So yes mediation is the key to helping transform our thoughts. When one begins to be aware and conscious of the quantum field the mind slowly begins to transform.

This is the ultimate brainwashing. You are learning how to clean the clothes of your mind. This is how true healing takes place. Because we are unconscious we live our life that is not in harmony. Consequently, our world at large is in chaos.

I remember I worked for a short time for a company that has a software program for heart surgeons. This program would guide them in certain heart procedures.

I remember asking the owner of the company why the health care industry didn't promote preventive medicine. His answer was the American public does not want this.

They expect doctors to heal them and not to take responsibility for their health issues.

This is how far off we are. A society that doesn't understand and know the quantum field is an immature society. Look at our political system. We want to

build a huge wall. The quantum field builds bridges. The quantum field does not judge. The quantum field is never angry. The quantum field does not know about war.

Because we are totally out of touch with our true nature this is where we stand today.

New thoughts will arise when humanity becomes to embrace the quantum field. All the wisdom to solve any problem lies in that field of intelligence.

You can only think based on your emotional maturity. The universe will only show and help based upon your awareness in life.

The more humanity taps into its true essence the more our world will transform. In the future, we will see that presently humanity is in a kindergarten state of awareness. We think we are at a high level.

We have these cell phones and think we are so advanced. But we use them for texting while we are driving our cars. We think we are so advanced. Our society thinks the indigenous people aren't civilized.

Yet they have been in harmony with Mother Earth for thousands of years. We are sawing the branch we are sitting on and are so smug in thinking we are superior.

Our egos have to lead us astray. Ponder this over. You are a piece of the puzzle.



I'm sorry to say but many people are locked into their boxes. Many people can only think inside their box. Take a look at American politics today. They are in shambles.

One side can't talk to the other side. Both sides say the other side is to blame. We are locked by our subconscious minds and we do the same thing over and over again. Our concepts of who we truly are are limited. They are archaic.

We are so focused externally that we have forgotten our true nature.

It's like we can't see the forest from the trees. We must be open to new concepts and ideas for society to progress to the next level in the video game of life.

Many people get stuck at a certain level in the video game and call that life. They have no idea that you can be aware and conscious of the quantum field.

The sun is about ready to come up for humanity. It has been a roller coaster of a ride for thousands of years. War has been going on, it seems like an eternity.

Yet millions of people are waking up from their slumber. A new dawn is occurring for mankind. Man is slowly evolving into a kind man.

When humanity understands that we are the universe incredible transformations will occur on this planet.

You see with greater transformations comes new concepts and ideas that will be developed and implemented on this planet. Take for example kindness. Many people think that kindness is weak yet the entire foundation of the universe is kind.

Slowly over time kindness will manifest in all areas of life. Take a look at politics today. The way politicians campaign today is to slander their opponents. We have politicians today who mock anyone who has a different point of view. Both sides of the party only vote on issues that support their party.

When true kindness comes into the picture people no longer will support anyone who is not kind to their opponent. They may have different points of view yet kindness allows a person to see through the other person's eyes.

Kindness leads to love and compassion. Kindness allows a person to think outside of the box. Kindness can solve any problem on earth. Every problem has a solution. If you are stuck in your belief system you will not be open to a practical solution even if it's staring you in the face.

For example, the quantum field is all around. You are the universe you just don't know it. Humanity must learn how to think outside of the box. We must learn how to be tolerant of all.

Light is winning the battle against darkness. Darkness is the absence of light. Currently, we are seeing chaos all around the world. Darkness has nowhere to hide.

New concepts and ideas are being presented all around the world. Millions of people are looking at life's problems and thinking about how to solve the problems on earth.

Each one of us holds an individual piece of the puzzle. What good would a puzzle be if the entire puzzle was put together yet your piece was missing?

Ponder this over. Learn to think outside of the box. Go beyond your comfort zone in life.

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Mankind is on an incredible journey. We are going from darkness to light. We are on a journey to discover our true nature. As I said we are hardwired to find God.

We have everything set in place. The car is there sitting in our garage. God is sitting patiently in the passenger seat. All it takes for you to use your remote control and open the garage door within.

You see it's only by your will alone can you open the garage door. Nobody will open the door for you including the one in your passenger seat. You see the law for human beings is free will. You must make the practical decision to use your will to open the door within.

Well, what does this have to do with new wiring? Our subconscious is running the show. Almost every action we take is automatic. 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.

Our daily routines in life are hardwired. We party on the weekends to release stress and wake up in the morning with a hangover.

Day by day, year by year we continue this routine. Our subconscious picks this up and reinforces it in our everyday life.

Our wiring is complete. This is our being and personality. You are a combination of all the thoughts you have ever had. Mankind is locked inside of his box.

So what is this new wiring you are talking about? Imagine you are the universe. You just don't know it. What if I told you that slowly you could rewire your circuits to understand and experience your true nature?

What if your true nature is part of the quantum field? It is part of the universe and God. What if I told you, you are magnificent?

Meditation is a way to directly rewire your circuits within. It is a way to slowly reprogram your subconscious. You are a computer programmer for your subconscious. You can transform and change into a butterfly.

I have said before the mind is like a tuning fork. Whatever it focuses on it will vibrate at that level.

Meditation allows one to tap into the quantum field which is infinite love, kindness, compassion, and tolerance. These are just a few traits.

The more one meditates these traits are rewired into our circuits and create new wiring within. One learns to stop, look, and listen to live. Every moment a person makes a conscious decision to act and be aware.

These lead to proactive human beings instead of reactive beings whose leaves are blowing in the wind.

One learns over time to be in the center of the hurricane instead of the 150 miles per hour of the winds of the mind.

Our world at large is stressed out. Yet the person who meditates slowly learns to be in the center of the hurricane. Yes, this takes time and effort.

But with the same time and effort it takes to be angry and pissed off in the world is the same time and effort it takes to be a kinder person.

Everything takes time and effort. Mystics have talked about this for thousands of years, ways to go outside of your box. They have talked about the human body is designed to experience God within you.

Many people try to use affirmations to program directly to our subconscious. Only when a person learns how to dive deeper into meditation will this work. Imagine from 0 to 7 years old everything that came before you the good, bad, and ugly was directly stored in your subconscious. Your brain waves were in a theta state.

From seven on the waking state is in beta. Your subconscious is online. Over 90% of your actions are dictated by your subconscious. For so many people on this planet, they are living lives that are stressed out.

Their brain waves are in high beta. No matter what affirmations they say they can't rewire and reprogram their subconscious.

Only by learning how to meditate and learn how to go into more coherent brain waves states can one learn to reprogram the subconscious.

These are exciting times. There is a marriage between science and spirituality. Science is giving direct evidence to help mankind discover his true nature and to discover the quantum field within.

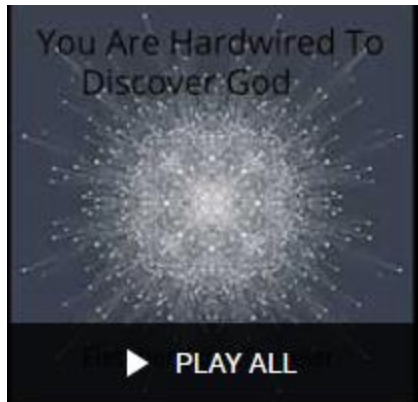
I don't know about you but I'm blown away by the possibility for humanity to change. We are on the journey of going from darkness to light. New tools are coming our way. Just wait and see.

The more a human being embraces his true nature one's imagination becomes larger. The universe starts to give you a different point of view on this journey of life. Ponder this over. Are we living in the matrix and don't realize that we have been asleep?

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Your personality is driven by your subconscious. Over time one cements into his subconscious all the thoughts, feelings, and emotions. Our daily habits contribute to mostly our subconscious. To change and reprogram ourselves we must be conscious and aware.

We are like the snake shedding a new skin. To change we must develop a new personality. This requires great courage. We are learning how to drop the old and embrace the new. Why do humans resist change? Even if they know it will be beneficial to them

we resist it. We love our comfort zone even if it is making us miserable. Strange isn't it? Many people would rather wallow in their misery than overcome their problems and have a better life.

What kind of personality can I become? At the simplest level how about one who is kind in all circumstances? Amid adversity, one would simply smile. If another person would get angry at you, you would simply smile. It takes two to tango. Kindness will not participate in putting gasoline on the fire.

How about learning to see through the other person's eyes? You could see his point of view. You would listen to what the other person is saying. Most people don't. Most people are thinking about what to say next without actually listening to the other person.

How about loving life? You wake up in the morning and are so excited to be alive. What a glorious day it is. You get up and meditate. You get in tune with the quantum field.

Your mind, body, and soul get filled up with love, kindness, and compassion. You are in sync with the universe. Your will is focused on love. Your mind is your friend. You have sweet thoughts throughout your day. You become a kind human.

Incredible synchronicity occurs daily. Your love humanity. Every moment you are living in harmony.

One loves to be in nature. Gaia (Mother Earth) is by your side. She knows your name and you know that. You are living once again in perfect harmony with her.

Each person discovers his/her gifts to help solve the world's problems. With each problem a solution lies.

One begins to acquire incredible wisdom. This is a part of your true nature. You are in harmony with the universe. Exciting times are ahead of us.

We are becoming a new humans. Humans learn over time to directly reprogram ourselves. We discover we are our genie. In the past, our genie would work behind the scenes and we would be oblivious to it.

Mankind slowly learns that through his will he can learn how to reprogram his life. Someday in the future, this will be taught in schools throughout the world.

Science and religions are merging. Many new fields will open up. The higher our society advances the more harmony will be discovered.

Mankind will discover that war is obsolete. The bickering and fighting will stop when we can directly experience the thread that ties us all together.

We are going from me to we. This is how the world changes when we see the unity of all.

These are incredible times. The news mostly shows chaos. Yet millions of good deeds are happening all around the world.

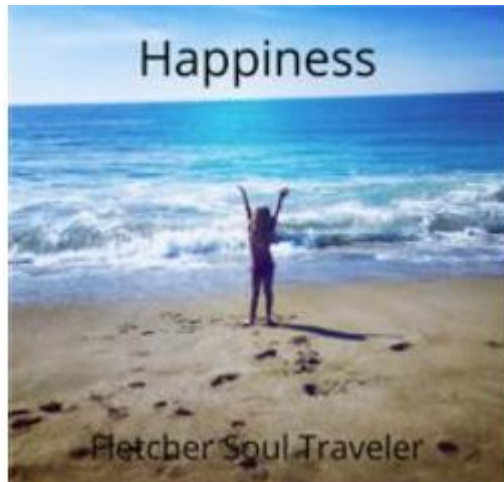
Yet it takes effort and conviction. But every time you get out of bed it takes effort. Why not just reprogram yourself and discover your true nature? Imagine a hidden gold mine exists inside and we search throughout the four corners of the earth to find it.

One can spend lifetimes trying to discover it. It's a joke when one realizes that it has been there all the time inside of you.

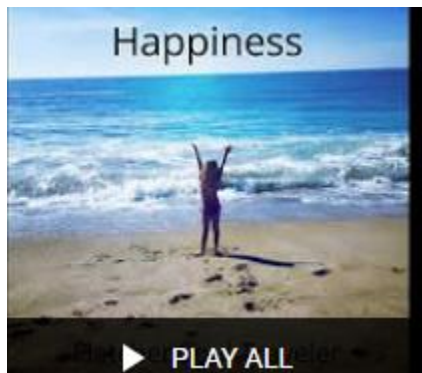
Mystics have been saying that for thousands of years. You are learning to become a mystic. You don't have to give up your life. You must embrace life.

Ponder this over. Exciting times are ahead of us.

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When one starts to implement new higher emotion, new thoughts, new concepts, new wiring, and new personality then one becomes a new human.

Christ was a perfect example of that. For thousands of years, man has been fighting and involved in wars. It seems quite

barbaric.

The world still fights wars all around the world. Many people say this is man's nature. In reality, it's not. We are going on a journey from darkness to light.

For thousands of years, we have been governed by different shades of darkness and light. Anger and hatred have ruled the land. Man doesn't know how to be civil so we go to war. War is obsolete.

Yet for war to become truly obsolete one must transcend our emotional state of mind. Anger and hatred towards one another must stop. Mankind is presently becoming a butterfly.

We were a worm and now millions of people all around the world are turning into a cocoon. In a matter of time, we will become butterflies. Yes, this will take time but a new human is emerging from the ashes. The greatest transformation is slowly occurring on this planet.

Science and spiritualism are merging. You see each individual is a piece of the grand puzzle.

A new human is born when we embrace God moment by moment in our daily life. It's not just the words but a state of being. The new human will learn how to be conscious of the quantum field 24 hours a day.

This new mindset will radically change the world. It will affect every single aspect of life. We will see through different eyes.

Mankind will become a kind man. We will begin to see the thread of love that ties us all together. We will become one unified mind. Yes, you will still be an individual yet your awareness will be in a state of oneness in life.

You will see that humanity is an extension of yourself. Presently we only see me. We are going on a journey from me to we.

I hope this excites you. This is not a fairy tale. It may take millions of years. You see the sun is rising. There is no doubt about that. Mankind is waking up from his slumber.

I believe that mankind can change for the better. Every day people are waking up. In the past, the mystic path was out of reach for the common person.

Presently people are seeing easy and practical ways to morph and change into a brand new way of seeing life. All the mumbo jumbo is taken out.

This does not change the experience of the quantum field. Nothing is taken away yet people now can practice simple techniques to directly connect to God.

I feel all the help in the universe is there. By our will alone we can ask for help in our daily life. We are not alone. Yet to experience this we must open the door within.

Humanity must learn how to rewire ourselves. Humanity must change and be open to greater adventures in life.

We have seen where man's present state of mind is and the consequences that occur. Just look at politics today. We are divided. Yet the new human will transform and leave all darkness behind.

You see when one embraces the quantum field darkness can't exist. Darkness is the absence of light.

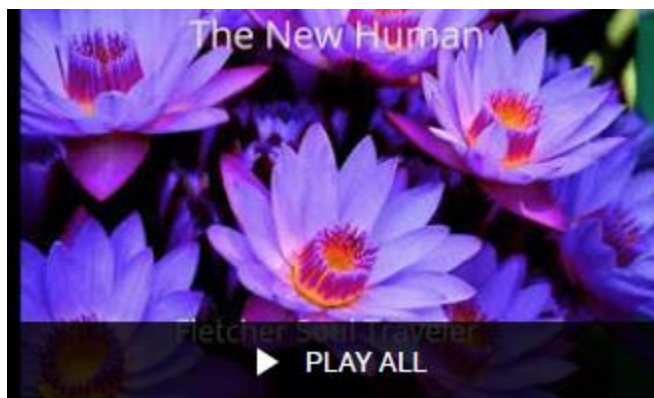
Someday in the future, we will look back at the present and we will say what an incredible roller coaster ride that was. What an incredible journey. This is the greatest story ever told.

We were on the verge of blowing ourselves up through nuclear. The consciousness of man knew deep down inside that we could overcome our petty difference and become united.

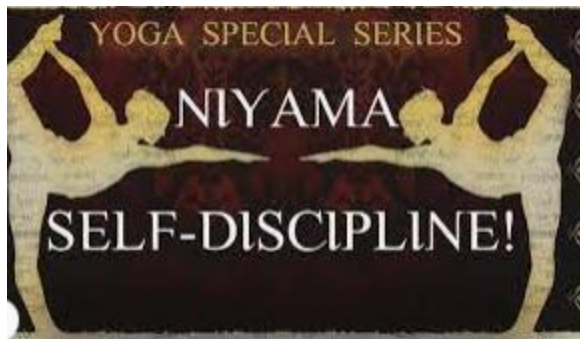
Not every civilization ends this way. Some have destroyed themselves. A new dawning is occurring for mankind. Just wait and see.



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2. Niyama self-disciplines



The second component of Patanjali's Yoga path is niyama, which includes virtuous habits and observances (the "dos")

Ralph Waldo Emerson once said 'a person is what he or she thinks about all day long'. That may seem simple yet our words create our life.

Shaucha (शौच): purity, clearness of mind, speech and body



Why is humanity in this state of misery? Yet most people don't know that they are drowning in misery. Most people don't want to change. Most people are lethargic.

We are constantly doing. Mankind gets bored when sitting still. Consequently, man

is not synched with natural laws. Our subconscious is running the show.

From a practical aspect, man is living in darkness. There is a jewel hidden within and man seeks for the jewel externally.

How does man purify itself?

The definition of purity is the following. Freedom from adulteration or contamination.

The definition of purify is the following. To purify something is to remove dirt, chemicals, or anything else that it's contaminated with

So the goal is to purify the mind and body. Modern-day scientists are discovering there is no demarcation point between the body and mind.

When the mind thinks the body reacts to the appropriate mental state and the emotion tied to it. For example, if a person is angry over 1500 different chemicals get secreted into the bloodstream.

This affects the entire body. Over time disease will occur. Cancer is a manifestation of angry cells.

Man lives like leaves blowing in the wind. He reacts to every situation. A wise man lives in the center of the hurricane. In India lies the lotus flower.

These flower roots live in the dirty mucky water yet it rises above it and blossom into an incredible flower.

We come into this world with a clear mind. We are pure. Yet slowly our minds get dirty. We lose our way in life.

I once met an Indian man who had just come to the states in the early seventies. He didn't know that the word brainwashing wasn't a good term. He said that meditation is brainwashing the brain.

I liked that. It had a positive spin to it and makes perfect sense. Do you know that western scientists only studied happiness only thirty years ago? In the east, they have studied the mental states of happiness for thousands of years.



Man is hardwired to discover God inside of him. Imagine the most beautiful car that is sitting inside of you yet the garage door is shut.

Not only that but you have no idea that this car exists. God is sitting in the passenger seat having a jolly good time.

The laws of the universe dictate that only by your will can you discover this precious garage of life.

Nobody can force you to open up the garage. Just think the garage is present inside of you yet you aren't aware of it. There is a veil separating you from seeing it.

To see one must purify the mind. It's similar to putting contaminated water through a water filter. The water filter cleans the water so it is crystal clear.

The state of your mind also reflects the state of your body. If your mind wants to drink beer every day your body slowly over time will reap the harmful effects of the alcohol.

A wise man understands that in every moment one must monitor and train the mind. In the east, they say the most difficult thing to do in the universe is to control the mind.



I'm saying this again. Ralph Waldo Emerson once said a person is what he or she thinks about all day long.

You are what you speak. To be honest when I first start on this path of awareness I didn't understand this. I heard it yet I didn't

comprehend it. The Dali Lama once said that every day he does a review of his activities.

He goes over each moment and tries to improve upon himself. He asks the question of how could I improve in this given situation. When I first heard this I didn't comprehend the meaning.

I thought by only meditating one could clear the mind. Clearing the speech clears the mind which clears the body. They are not isolated. One affects the other.



How do we fine-tune this body? Most people are oblivious to this. We go through life oblivious of the action we take will have either a positive or negative effect on the human body.

I mentioned this before but it is highly relevant today. A few years ago I worked for a firm that developed software for heart surgeons.

Each step of the way in the operation a series of questions and steps would be presented to the surgeon. Anyway, I casually ask the CEO of the company why isn't preventive medicine more pervasive.

He told me that nobody wants to take responsibility for their lives. They want western medicine and doctors to fix them. Nobody wants to be responsible for their actions.

They expect a Doctor to cure them without taking any responsibility for themselves.

A wise man learns how to be in harmony with nature and God. I go into preventive medicine in high school. My theory was you get only one body. Might as well take care of it properly.

Many of my friends were into drugs and alcohol. I was into surfing and meditating. I learned to constantly fine-tune the mind, body, and soul.

Santosha (संतोष): contentment

acceptance of others, acceptance of one's circumstances as they are in order to get past or change them, optimism for

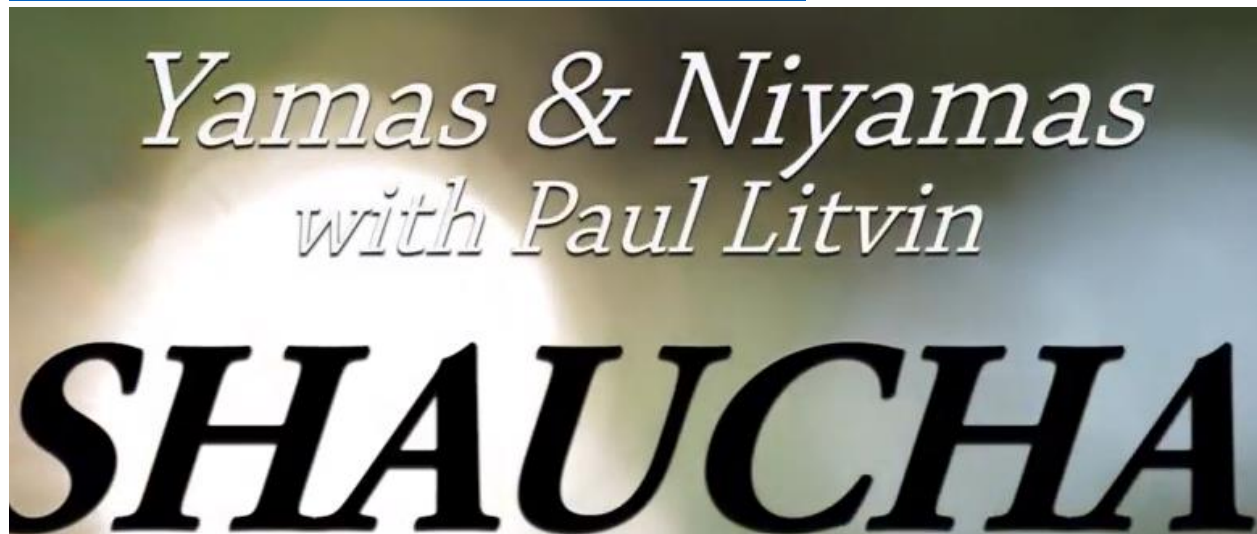
Tapas (तपस्): persistence, perseverance, austerity, asceticism, self-discipline

Svadyaya (स्वाध्याय): study of Vedas, study of self, self-reflection, introspection of self's thoughts, speech and actions

Ishvarapranidhana (ईश्वरप्रणिधान): contemplation of the Ishvara (God/Supreme Being, Brahman, True Self, Unchanging Reality)

As with the Yamas, Patanjali explains how and why each of the Niyamas helps in personal growth. For example, in verse II.42, Patanjali states that the virtue of contentment and acceptance of others as they are (Santosha) leads to the state where inner sources of joy matter most, and the craving for external sources of pleasure ceases.[20]

[This is an excellent overview of the Yamas & Niyanas.](#)



[Four Types of People - Yoga Sutras of Patanjali - Sri Sri Ravi Shankar](#)



How To Make the Yamas and Niyamas Work for You in the Modern World

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has a huge side effect.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concepts of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is being out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs are existing inside of you that are dormant.

To receive them you must be in balance and harmony.

In every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In every moment thousands of chemicals are being released throughout your human body.

Mankind is spinning out of control.

We are drinking our poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your chemistry.

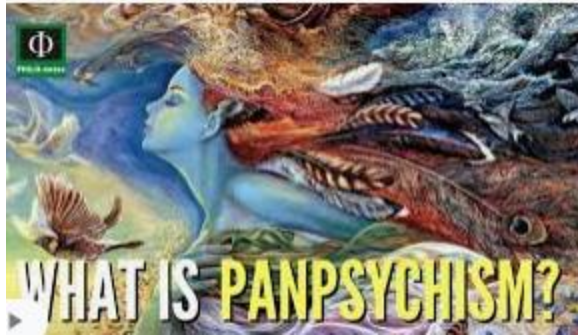
Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human

body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

You are the universe. You just don't know it.

3. Āsana Postures



स्थिरसुखमासनम् ॥४६॥

The meditation posture should be steady and comfortable.[22][23]

– Yoga Sutras II.46

Asana is a posture that one can hold for some time, staying relaxed, steady, comfortable, and motionless.

The Yoga Sutra does not list any specific asana.[24] Āraṇya translates verse II.47 of the Yoga sutra as, "asanas are perfected over time by relaxation of effort with a meditation on the infinite"; this combination and practice stop the quivering of the body.[25]

Any posture that causes pain or restlessness is not a yogic posture. Secondary texts that discuss Patanjali's sutra state that one requirement of correct posture for sitting meditation is to keep the chest, neck, and head erect (proper spinal posture).[23]

According to Patanjali, in the second book of Yoga Sutras, yoga is helping us to do the following:

- Restraining us from harmful behavior
- Developing beneficial behavior
- Developing physical posture
- Creating conscious breathing techniques

- Developing steady concentration

10 Top Benefits of Hatha Yoga

- Builds Flexibility and Mobility. ...
- Builds Strength and Core Stability. ...
- Develops Balance and Proprioception. ...
- Helps to Maintain Healthy Joints. ...
- Stimulates The Immune System. ...
- May Reduce Inflammation and Inflammatory Disease. ...
- Improves Sleep Quality. ...
- Helps Develop Discipline and Self Control.

Many people think Hatha yoga is the only thing to practice in the west. I've been on this path for over forty-nine years.

I first learned yoga in high school. Back then you were a commie if you thought outside of the box. Today yoga is mainstream. There are many different forms of yoga.

Unfortunately, many of them focus only on the physical. This is only a speck of dust compared to the vast universe of yoga.

The majority of yoga classes today lack integrity. They only emphasize the physical postures. That is only one branch on the tree of life. The student never understands the complete picture.

They are never allowed to know that the postures are only a small piece of the pie.

Most centers never discuss the moral principles of the yogic path. This path is about overcoming all the obstacles that keep us from recognizing our true nature. The path of yoga if used correctly can help eliminate mental suffering at all levels.

I was trained to be in a state of meditation when I practiced yoga. For forty-nine years I have been trying to be consciously aware of the power behind my breath.

The entire universe is keeping you alive. For me practicing the postures is sacred and holy. Note this is a mindset that should be developed over time. Never strain

or push yourself deeper into a posture. Listen to your body. Your body has intelligence.

Never look at another person and judge them or judge yourself. Each one of us has a different body. This is not a completion. Don't show off. You bring the world and the ego into your daily practice. Just let it go.

When I do a posture I close my eyes and focus on my breath. Just relax. Your body and mind will love it. It doesn't matter if you have mastered this posture or not.

There are infinite levels of any posture. The goal is to harmonize the mind, body, and soul.

Remember the yogis knew that a strong and flexible body helps one to meditate easier. When a body is stiff and sick it's hard to concentrate.

One begins to take responsibility for your mind, body, and soul. Your human body is the most precious temple on earth. When you have that understanding you begin to treasure every moment on earth.

Yoga is a way to harmonize yourself with the universe. At least that is what it is intended for. Today we have a three-legged stool with two legs chopped off. You can no longer sit on the chair.

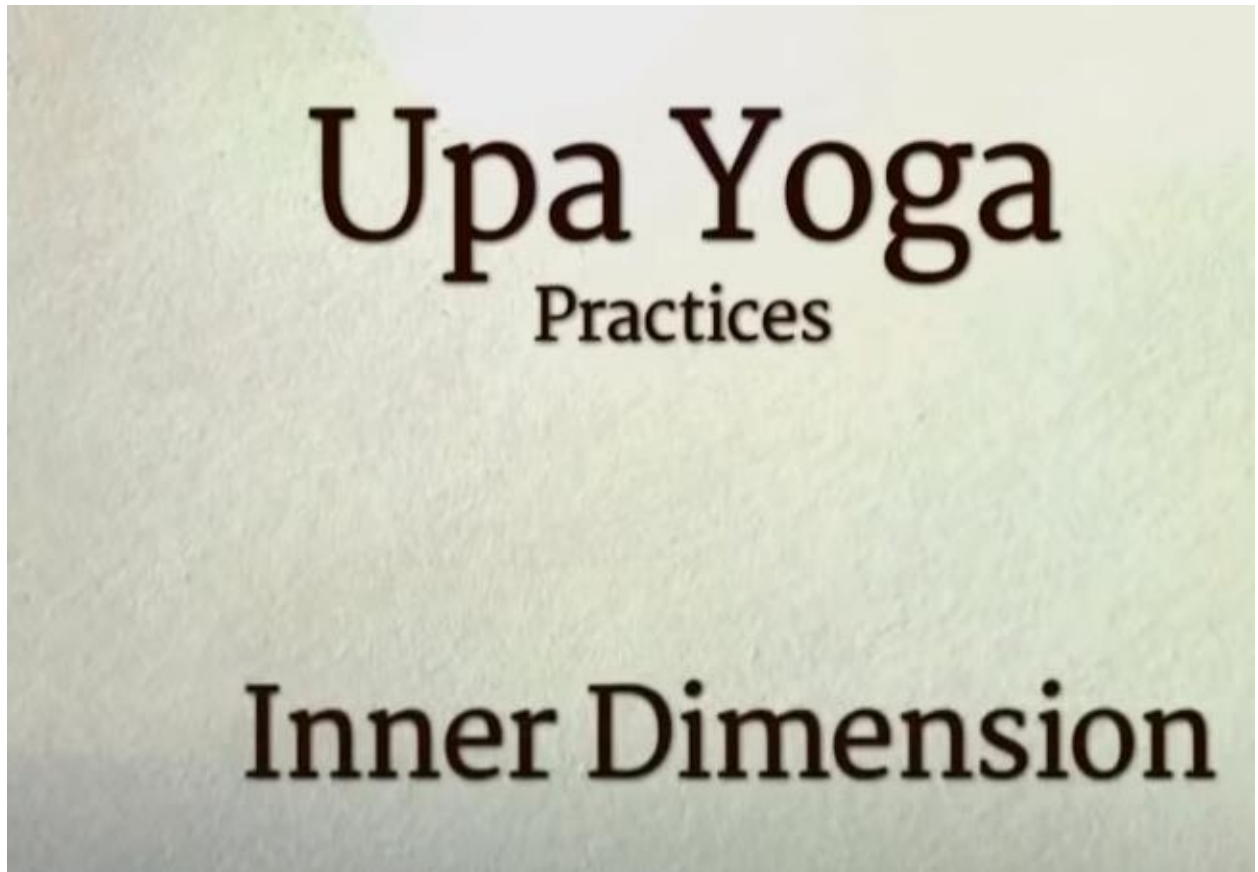
Maybe you should ask yourself the question "how far do I want to go with this practice"? If it's only for your physical body and nothing more than just carrying on. Do your practice.

The ancient yogis spent each moment trying to be in contact with the power of the breath. This is the ultimate goal. One who does this truly becomes a human being.

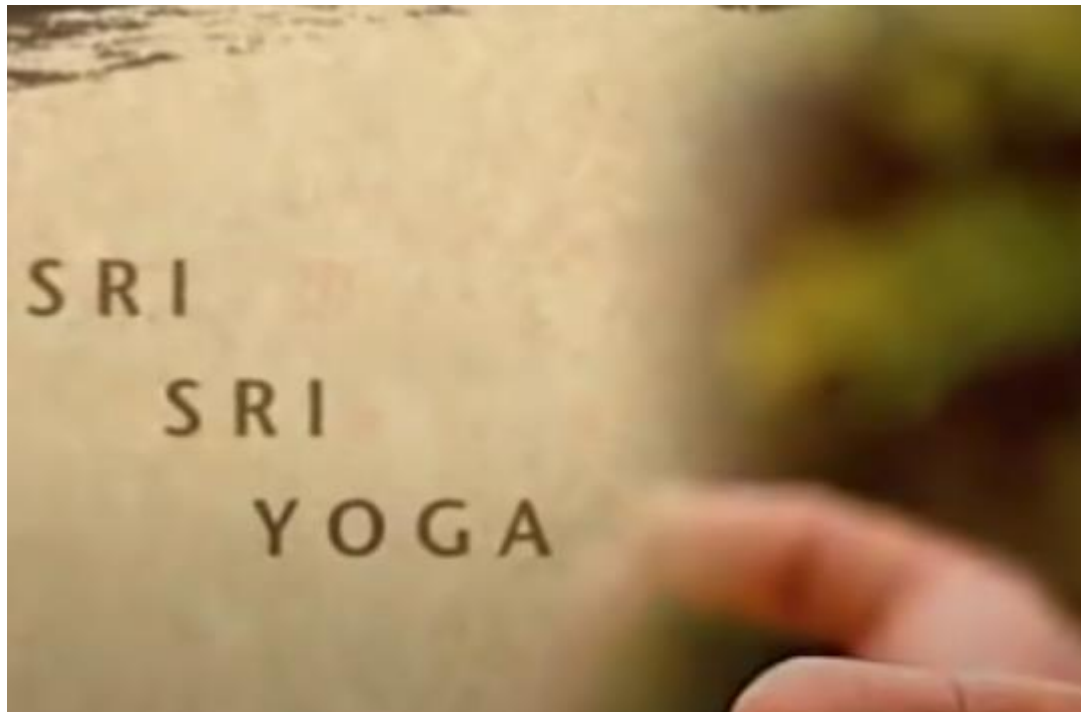
Hu means divine. Man = mind. A human being is a divine mind. Today most of us are a man which equal minds. Look at the condition of man today. Many people start learning to meditate and give up when they see how powerful the mind is.

The yoga sutras give tricks to the trade. They guide you in all areas of your life. They are a blueprint for discovering your true nature.





[Sri Sri Yoga](#)



Temple Of God

Where is the temple of God?

Man searches near and far.

We think the true temple exists outside of ourselves.

Billions of dollars have been spent over time building external places of worship.

Yes, they are great ways for communities to come together.

But where does God reside?

God resides everywhere.

God resides in this universe and beyond.

There is not a single space in the universe where God does not exist.

Yet man at times is looking in the wrong place.

The great masters of old said that the great temple lies in your heart.

Is that a paradox?

Man has spent his entire life searching for God and the whole time the answer lies within.

I see some irony in this picture.

Yet we have been told many different stories.

Some of them were true and some of them made up.

Some of them were meant to control you and make you feel bad.

But the journey of the heart begins when you realize that God exists inside of you.

This is your true place of worship.

Now I'm not saying change your religion.

God, in essence, is no religion.

Keep your religion.

You will see the true beauty of your religion.
When you discover God within you will see the unity of all religions.
There is a thread of love tying us all together.
This is our true state.
God wants us to discover our true nature.
When mankind does this peace will be on earth.
War is obsolete.
The universe does not fight itself.
God does not fight itself.
Only man fights.
This is an old way of thinking.
Humanity can change.
The temple of God lies inside.
You can discover it.
Moment by moment your awareness can be on God.
Ponder this over.
A great awakening is taking place.
You have a piece of this puzzle.

Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

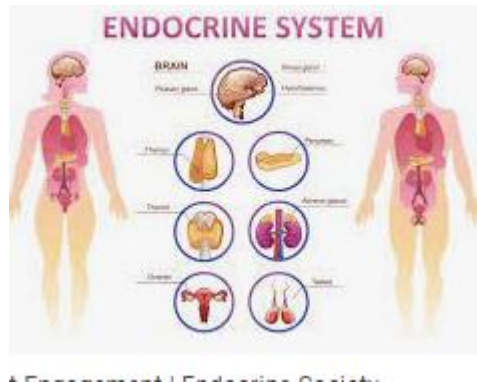
It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

Endocrine System



The following information came from Wikipedia.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by the internal glands of an organism directly into the circulatory system, regulating distant target organs.

A hormone is any of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior.

Hormones have diverse chemical structures, mainly of 3 classes: eicosanoids, steroids, and amino acid/protein derivatives (amines, peptides, and proteins).

The glands that secrete hormones comprise the endocrine system. Hormones are used to communicate between organs and tissues for physiological regulation and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

Hormones affect distant cells by binding to specific receptor proteins in the target cell resulting in a change in cell function.

This may lead to cell type-specific responses that include rapid changes to the activity of existing proteins, or slower changes in the expression of target genes.

Amino acid–based hormones (amines and peptides or protein hormones) are water-soluble and act on the surface of target cells via signal transduction pathways; steroid hormones, being lipid-soluble, move through the plasma membranes of target cells to act within their nuclei.

Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into interstitial spaces, and then absorbed into the blood rather than through a duct.

The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.

Hypothalamus gland



The hypothalamus is a portion of the brain that contains several small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland.

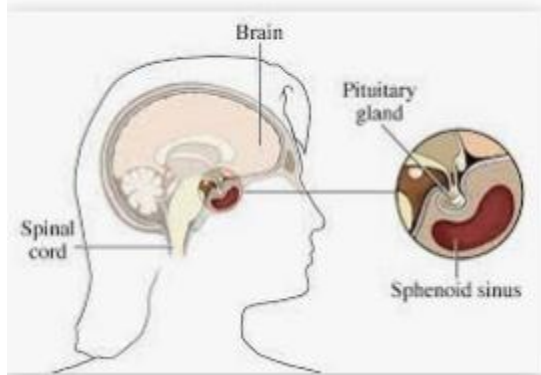
The hypothalamus is located below the thalamus and is part of the limbic system. In the terminology of neuroanatomy, it forms the ventral part of the diencephalon.

All vertebrate brains contain a hypothalamus. In humans, it is the size of an almond. The hypothalamus is responsible for the regulation of certain metabolic processes and other activities of the autonomic nervous system.

It synthesizes and secretes certain neurohormones, called releasing hormones or hypothalamic hormones, and these, in turn, stimulate or inhibit the secretion of hormones from the pituitary gland.

The hypothalamus controls body temperature, hunger, important aspects of parenting and attachment behaviors, thirst, fatigue, sleep, and circadian rhythms.[citation needed]

Pituitary Gland



The pituitary gland is a pea-sized gland that sits in a protective bony enclosure called the sella turcica (Turkish chair/saddle).

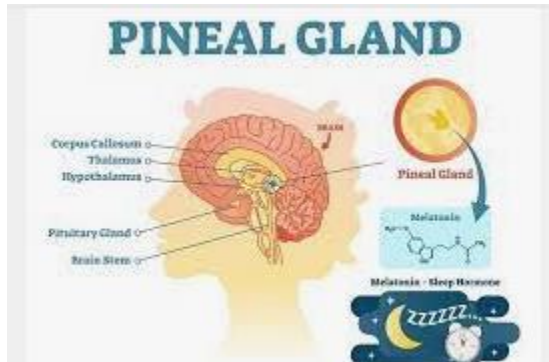
It is composed of three lobes: the anterior, intermediate, and posterior lobes.

In many animals, these lobes are distinct.

However, in humans, the intermediate lobe is but a few cell layers thick and indistinct; as a result,

it is often considered part of the anterior pituitary. In all animals, the fleshy, glandular anterior pituitary is distinct from the neural composition of the posterior pituitary.

Pineal Gland



The pineal gland is a small endocrine gland in the brain of most vertebrates.

The pineal gland produces melatonin, a serotonin-derived hormone that modulates sleep patterns in both circadian and seasonal cycles.

The shape of the gland resembles a pine cone from which it derived its name. The pineal gland is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join.

The pineal gland is one of the neuroendocrine secretory circumventricular organs that are not part of the blood-brain barrier.

Nearly all vertebrate species possess a pineal gland.

The results of various scientific research in evolutionary biology, comparative neuroanatomy, and neurophysiology, have explained the phylogeny of the pineal gland in different vertebrate species.

From the point of view of biological evolution, the pineal gland represents a kind of atrophied photoreceptor. In the epithalamus of some species of amphibians and reptiles, it is linked to a light-sensing organ, known as the parietal eye, which is also called the pineal eye or third eye.

René Descartes believed the human pineal gland to be the "principal seat of the soul".

Academic philosophy among his contemporaries considered the pineal gland as a neuroanatomical structure without special metaphysical qualities; science studied it as one endocrine gland among many.

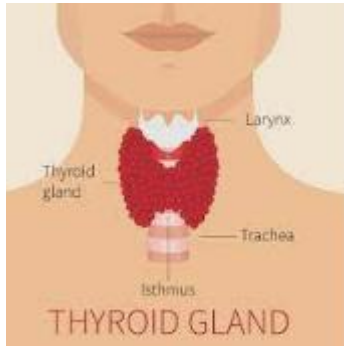
Seventeenth-century philosopher and scientist René Descartes were highly interested in anatomy and physiology.

He discussed the pineal gland both in his first book, the *Treatise of Man* (written before 1637, but only published posthumously 1662/1664) and in his last book, *The Passions of the Soul* (1649) and he regarded it as "the principal seat of the soul and the place in which all our thoughts are formed." In the *Treatise of Man*, Descartes described conceptual models of man, namely creatures created by God, which consist of two ingredients, a body, and a soul. In the *Passions*, Descartes split man up into a body and a soul and emphasized that the soul is joined to the whole body by "a certain very small gland situated in the middle of the brain's substance and suspended above the passage through which the spirits in the brain's anterior cavities communicate with those in its posterior cavities".

In the late 19th century Madame Blavatsky (who founded theosophy) identified the pineal gland with the Hindu concept of the third eye or the Ajna chakra. This association is still popular today.

Rick Strassman, an author and Clinical Associate Professor of Psychiatry at the University of New Mexico School of Medicine, has theorized that the human pineal gland is capable of producing the hallucinogen N,N-dimethyltryptamine (DMT) under certain circumstances.[61] In 2013 he and other researchers first reported DMT in the pineal gland microdialysate of rodents.

Thyroid Gland

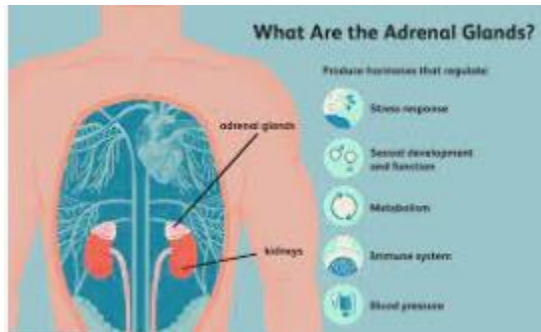


The thyroid gland, or simply the thyroid, is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below Adam's apple.

The thyroid gland secretes three hormones, namely the two thyroid hormones (thyroxine/T4 and triiodothyronine/T3), and calcitonin.

The thyroid hormones primarily influence the metabolic rate and protein synthesis, but they also have many other effects, including effects on development. Calcitonin plays a role in calcium homeostasis.

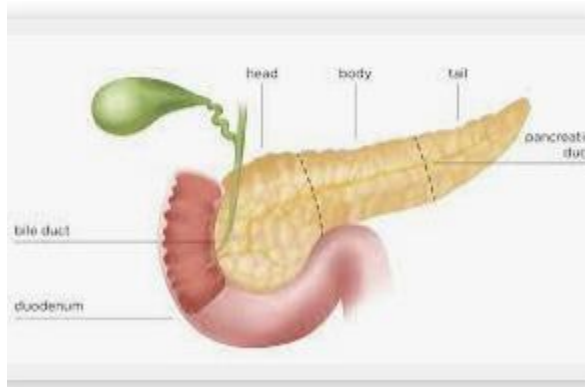
Adrenal Glands



The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

They are found above the kidneys. Each gland has an outer cortex that produces steroid hormones and an inner medulla.

Pancreas



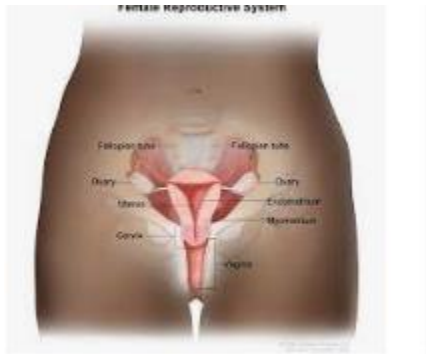
The pancreas is an organ of the digestive system and endocrine system of vertebrates. In humans, it is located in the abdomen behind the stomach.

The pancreas is a gland, having both an endocrine and a digestive exocrine function.

As an endocrine gland, it functions mostly to regulate blood sugar levels, secreting the hormones insulin, glucagon, somatostatin, and pancreatic polypeptide. As a part of the digestive system, it secretes pancreatic juice into the duodenum through the pancreatic duct.

This juice contains bicarbonate, which neutralizes acid entering the duodenum from the stomach; and digestive enzymes, which break down carbohydrates, proteins, and fats in food entering the duodenum from the stomach.

Ovaries



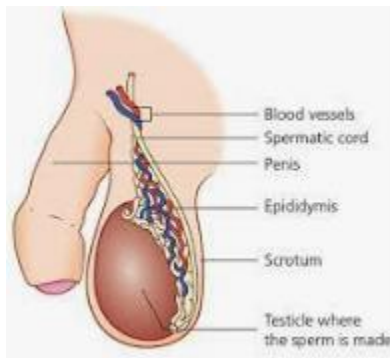
The ovary is an organ found in the female reproductive system that produces an ovum. When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.

There is an ovary (from Latin ovarium, meaning 'egg, nut') found on the left and right sides of the body.

The ovaries also secrete hormones that play a role in the menstrual cycle and fertility.

The ovary progresses through many stages beginning in the prenatal period through menopause. It is also an endocrine gland because of the various hormones that it secretes.

Testis

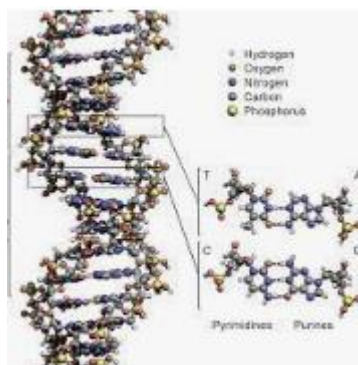


Testicle or testis is the male reproductive gland or gonad in all animals, including humans. It is homologous to the female ovary.

The functions of the testes are to produce both sperm and androgens, primarily testosterone.

Testosterone release is controlled by the anterior pituitary luteinizing hormone; whereas sperm production is controlled both by the anterior pituitary follicle-stimulating hormone and gonadal testosterone.

DNA



Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum.

We contain the blueprint of God inside of us. From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some parts of time in the future. Some people have fine tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA that contains the blueprint of God.

Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe. You are eternal. You can never die. Your body will.

Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way.

You would be in tune with God and listen to the wisdom that lies within. You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living in our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure.

We come into this world to discover our true nature and to help transform this world from darkness to light. It is a cosmic game. This isn't the first time this game has been played.

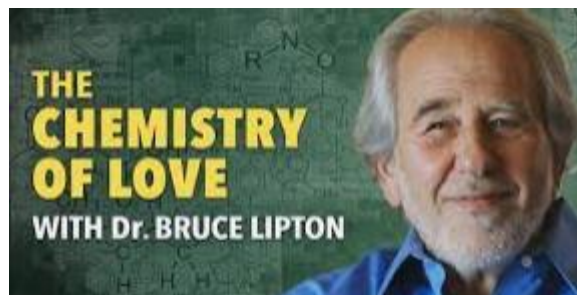
For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me, we have fought countless wars. We are living in an era where this is changing right before our eyes.

Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell.

He wasn't interested in God, religion, or anything spiritual. His passion was science

and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna.

He thought to himself. Mind you I'm paraphrasing what he said. He asked himself what are these antennas for? For what purpose do we have for them?

In the real world, he thought of a TV set. You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field. Each one of us has a unique signature.

He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said that give me a child for seven years and I will tell you how the child will grow up. In the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever for so long. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover

4. Prāṇāyāma



Alternate nostril breathing, one form of Pranayama

Main article: Pranayama

Prāṇāyāma is the control of the breath, from the Sanskrit prāṇa (प्राण, breath, and āyāma (आयाम, restraint)

After the desired posture has been achieved, verses II.49 through II.51 recommend prāṇāyāma, the practice of consciously regulating the breath (inhalation, the full pause, exhalation, and the empty pause)

This is done in several ways, such as by inhaling and then suspending exhalation for a period, exhaling and then suspending inhalation for a period, slowing the inhalation and exhalation, or by consciously changing the timing and length of the breath (deep, short breathing).

Most westerners don't breathe properly. Just think from the moment we take our first breath to the moment we take out last breath there is a power that is keeping us alive.

Yet the majority of mankind is not aware of it. We are completely oblivious to it. Due to the stress in our life, we have forgotten how to breathe properly.

If you want to observe incredible breathing, watch a newborn. They naturally practice deep, or diaphragmatic, breathing by using the diaphragm, a muscle under the lungs, to pull air into the lungs.

Visually, you'll see the belly expand and chest rise as they inhale air through the nose and into the lungs. As they exhale, the belly contracts.

For many people, this kind of breathing is no longer instinctive. Instead, many of us have become shallow chests, or thoracic, breathers—inhaling through our mouth, holding our breath, and taking in less air.

Over time our breathing patterns have shifted as a reaction to environmental stressors, like temperature, pollution, noise, and other causes of anxiety. Cultural expectations, including the desire to have a flat stomach, encourage holding our breath and sucking in our stomachs, further tightening our muscles.

When we breathe in a shallow way, the body remains in a cyclical state of stress—our stress causing shallow breathing and our shallow breathing causing stress.

This sets off the sympathetic nervous system, the branch of the autonomic nervous system that primes us for activity and response.

“Shallow breathing doesn’t just make stress a response, it makes stress a habit our bodies, and therefore, our minds, are locked into,” says John Luckovich, an apprentice Integrative Breathwork facilitator in Brooklyn, New York.

My advice before one begins this practice is to before you begin to make sure you are breathing properly.

If you still breathe through your chest or your mouth spend three weeks learning how to breathe properly. I would advise anyone to spend three weeks meditating and focusing on their breath.

Do this from this moment on. This is the key to life. Without this, your practice won’t take you far. There is a power that is keeping you alive. Behind your breath lies the keys to life.

So what does this breathing exercise do? There are 72,000 nadis or energy channels in the human body.

The following is a passage from Sadguru.

⁹ <https://www.headspace.com/blog/2017/08/15/shallow-breathing-whole-body/>

¹⁰ <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the Ida and the Pingala, the left and the right channels.

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna. The word “nadi” does not mean nerve. Nadis are pathways or channels of prana in the system.

These 72,000 nadis don't have a physical manifestation. In the sense, if you cut the body and look in, you will not find them.

But as you become more aware, you will notice the energy is not moving at random, it is moving in established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

Starting from the left nostril there are 36,00 nadis or energy channels.

Starting from the right nostril there are 36,00 nadis or energy channels.

Prānāyāmai is a breathing exercise that cleans the ida and the pingala. This exercise will help balance the mind and body.

When the breath gets calm the mind and body will get calm. One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.

[How To Do Alternate Nostril Breathing \(Nadi Shodhana\)](#)

- Sit in a comfortable position with the spine long and the hips relaxed. Release any tension from your jaw. Close your eyes.
- Place your left hand on your left knee with the palm face upward, or in the Chin Mudra by pressing the index finger and thumb together.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows with the ring finger and little finger on the left nostril, and the

thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and use the thumb for the right nostril.

- On an exhalation, close the right nostril with your thumb and breathe out through the left nostril.
- Breathe in through the left nostril and then close with the ring finger.
- Release the thumb on the right nostril and breathe out through the right nostril.
- Inhale through the right nostril, close with the thumb, release the ring finger from the left side and exhale through the left nostril.
- These two full breaths are called one round of Alternate Nostril Breaths.
- Perform 5 to 9 rounds of this alternating breath between the nostrils.
- Remember to always inhale through the same nostril you just exhaled through.

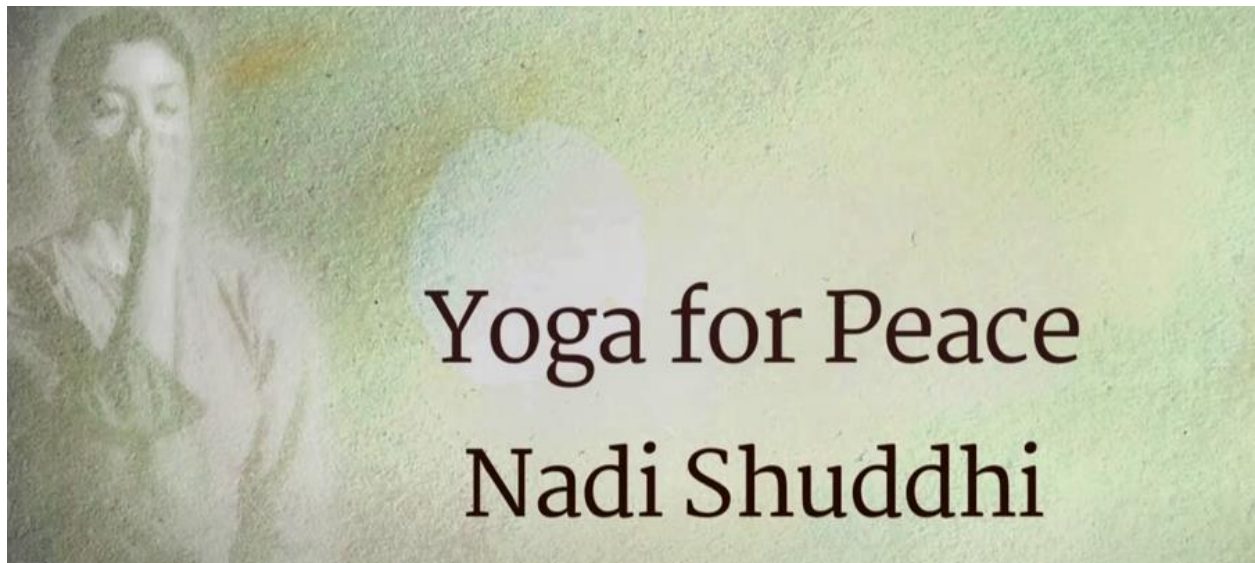
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There are many variations of this technique. Some hold their breath between breaths. Mind you should never use force. Breathe naturally. Over time the breath will be sweet and calm.

[What is Prana and Pranayama? | Gurudev Sri Sri Ravi Shankar](#)

¹¹ <https://www.artofliving.org/us-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan>

Breathing Technique: To
increase exercise capacity
and reduce anxiety and
shallow breaths



The Breath

The breath

It's kinda sad.

The majority of mankind takes the breath for granted.

Yes, we breathe in and breathe out.

That's so common to us.

We do this in every moment.

What could be more common?

We all breathe.

Yet behind our breath is a power that keeps the entire universe alive.

You are the universe.

You just don't know it.

The power behind your breath is keeping you alive.

You have the potential to connect to this source.

In essence, this is your true nature.

Many of the great masters taught this.

They taught me to meditate upon my breath.

It takes baby steps.

At first, you may not seem to feel or see anything.

Have patience.

The mind is like a tuning fork.

It takes time to tune into the frequency of life.

This frequency is pure love.

Day by day simply follow your breath.

Year by year simply follow your breath.
Decade by decade simply follow your breath.
Your breath will set you free.
Your breath will reveal your true nature while you are alive.
I know it sounds so simple.
It is.
Yet we make life so complicated.
The truth can be there all the time.
Yet we are trained to look outside of ourselves.
The jewel has always been hidden under our pillow.
This is where God hides.
Inside of you.
This is the greatest hide and seeks game.
Ponder this over.
You can solve this puzzle.

Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about various kinds of breaths.

In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

They have found out when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in the short term is beneficial.

Yet for many Americans, the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East, this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding for the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

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.

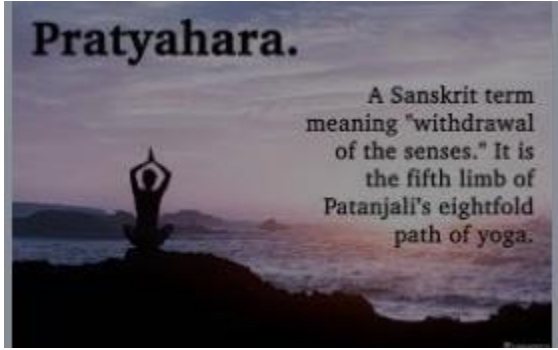
Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

5. Pratyāhāra withdrawing of the external senses



Pratyāhāra is a combination of two Sanskrit words prati- (the prefix प्रति-, "against" or "contra") and āhāra (आहार, "bring near, fetch").[38]

Pratyahara is drawing within one's awareness. It is a process of retracting the sensory experience from external objects. It is a step of self-extraction and abstraction.

Pratyahara is not consciously closing one's eyes to the sensory world, it is consciously closing one's mind processes to the sensory world.

Pratyahara empowers one to stop being controlled by the external world, fetch one's attention to seek self-knowledge, and experience the freedom innate in one's inner world.[39][40]

Pratyahara marks the transition of yoga experience from the first four limbs of Patanjali's Ashtanga scheme that perfect external forms, to the last three limbs that perfect the yogin's inner state: moving from outside to inside, from the outer sphere of the body to the inner sphere of the spirit.[41]

I first learned about Pratyāhāra withdrawing from the external senses in India many moons ago.

Forty-nine years ago to be exact. I learned that we have five external senses and five external senses.

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar. Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

By closing down the external senses one begins to develop the internal senses. This is the doorway to discovering your true nature.

A wise man understands this. One begins to cultivate the inner senses. One begins to realize one's true nature. Instead of just being a physical body one slowly begins to see that you are the universe inside of a human body.

One begins to see harmony in all things. Most people's senses are always external. We think happiness exists outside of ourselves. Therefore we chase the carrot on the stick.

Our happiness is dependent on the external which always changes therefore our happiness will come and go. That is the nature of things. Everything comes and goes.

Just think you are the universe. You just don't know it. Yet every night when you go into a deep sleep you go back to the source. You just aren't aware of it.

The more one mediates and consciously withdraws the external senses one will advance on the journey of life.

It's ironic that the human body is wired and has the software for discovering the jewel within. It's been there the entire time since you were born.

Yet it is enigmatic and foreign to us. Most humans refuse to even recognize it. Don't go there. I don't want to hear about this. Don't tell me what to do. You are trying to convert me. Look there is nothing to convert to. This is your true nature.

A wise man learns there are infinite levels of withdrawing the external senses. We are always fine-tuning the guitar of life.

We can never rest on our laurels. Thinking you have laurels won't take you very far on this journey of life. One must become humble and in harmony with life.

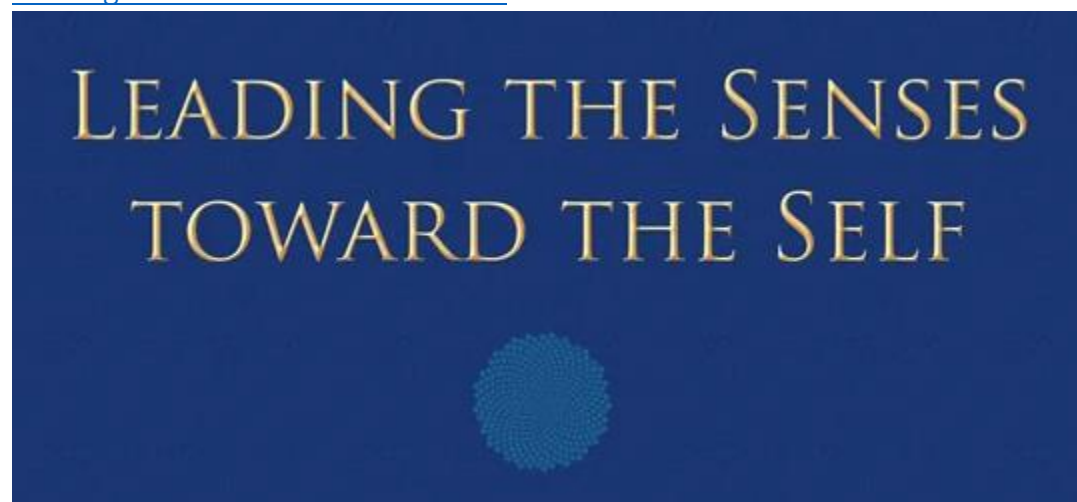
The sun in the sky doesn't boast and say worship me. Without me, you wouldn't be alive. The sun in the sky just shines.

The more one withdraws the external senses one becomes to be in harmony with life. The ego must be left behind.

There are safety mechanisms set into place. The ego can take you so far and then it reaches a wall and can't go further. Only a child at heart can enter the kingdom of heaven.

Remember you are the piece of this puzzle. Discover your true nature. Learn how to meditate and withdraw your external senses.

[Leading the senses towards the self](#)



[Pratyahara Meditation by Sadhguru](#)



[SWAMI VIVEKANANDA EXPLAINS PRATYAHARA, DHARANA, DHYANA & SAMADHI - STEPS OF RAJA YOGA](#)



Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.

6. Dhāraṇā Fixity



Main article: Dharana

Dharana (Sanskrit: धारणा) means concentration, introspective focus, and one-pointedness of mind. The root of the word is dhr̥ (धृ), meaning "to hold, maintain, keep".[

Dharana, as the sixth limb of yoga, is holding one's mind onto a particular inner state, subject, or topic of one's mind.

The mind is fixed on a mantra, one's breath/navel/tip of tongue/any place, an object one wants to observe, or a concept/idea in one's mind.

Fixing the mind means one-pointed focus, without drifting of mind, and without jumping from one topic to another.[44]

One-pointed concentration, fixing one's full attention on one place, object, or idea at a time. It is the sixth limb, or requirement, to attain full Self-realization as outlined in the Yoga Sutras attributed to the sage Patanjali.

Dharana is the ability to bring the mind into focus and to hold the concentration on a single point. In true dharana all body consciousness and restless thoughts cease, enabling one to focus on the object of meditation without distraction.

In the Hindu epic, The Mahabharata, Arjuna demonstrates dharana. Dronacharya, the teacher of archery, is holding a contest.

There is a statue of a vulture placed high in a tree, and its head is the target. As each student approaches to take his turn Dronacharya asks him what he sees.

One replies, "I see you, my teacher, the tree, the sky, and all who have gathered around." This student misses his shot. The next replies in a similar manner, and he, too, misses.

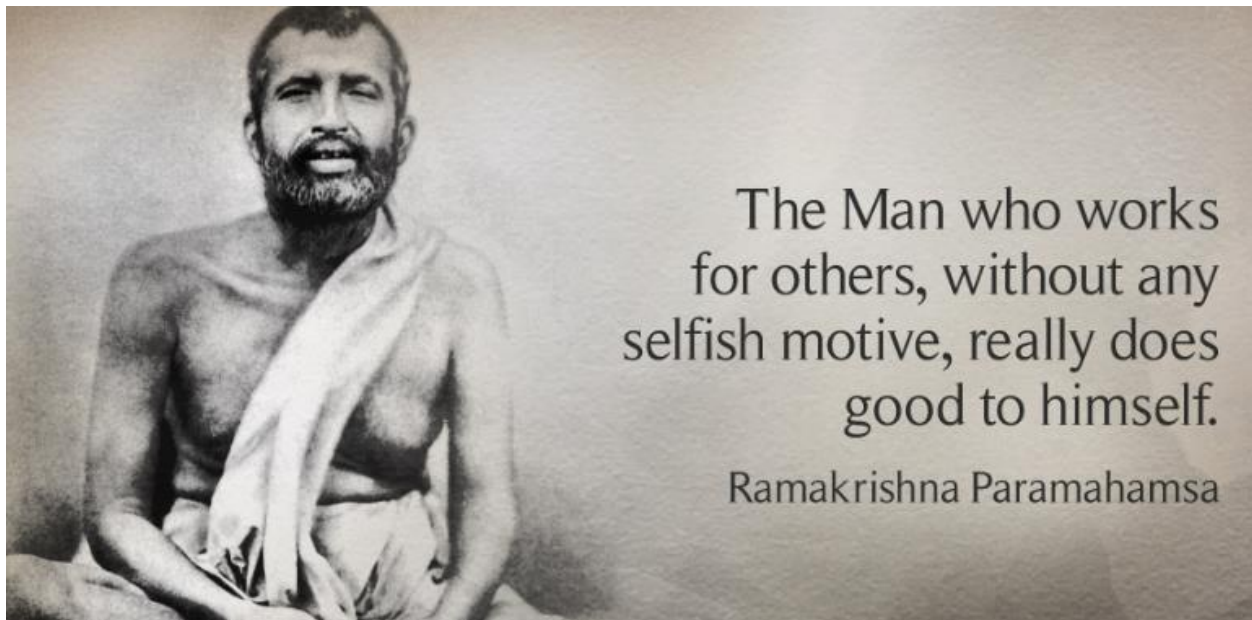
Finally, after everyone else has failed to hit the target, Arjuna approaches. In response to the question he answers, “I see the head of the bird.”

Dronacharya asks, “Don”t you see anything else?”

Arjuna replies, “I see only the head of the bird.”

He then shoots his arrow and hits it right on target. ¹²

[The Story of Ramakrishna Paramahansa’s Enlightenment](#)



¹² <https://www.ananda.org/yogapedia/dharana/>

DHARANA : THE ART OF CONCENTRATION

Breathe

Many moons ago I read in a magazine something which I haven't forgotten.

The magazine was interviewing a scientist.

They were talking about the expansion and contraction of the universe.

The interviewer said so it's just like breathing.

The scientist said "absolutely".

As you can see I never forgot this.

This was around 1972.

I have been fascinated by the power of breath most of my life.

Before I first started to learn how to meditate I knew there was an incredible experience inside.

I knew there was a power behind my breath keeping me alive.

Yet I didn't know how to sync with it.

It was a total mystery.

Most of us just breathe unconsciously.

We never think about it or pay attention to it.

Unfortunately, we don't experience the direct source inside of us.

Whenever I tell people that the most simple technique in meditation is the following.

Just watch your breath go up and down.

Follow your breath.

At this point, you can see their eyes roll up.

Yeah.

Don't feed me that crap.

That's too simple.

Yet it is simple.

The truth is so simple and obvious that we overlook it.

We expect some complicated technique where only a powerful Guru can give it to you.

Yet the truth is simple.

The Buddhists have a doctrine called "Crystal Clear".

This book was introduced to the West only decades ago.

They released this secret doctrine because they knew, unfortunately, westerners wouldn't believe it.

It was all about the breath.

Why is it in the East they have studied the breath for thousands of years?

They have mapped out the various stages of enlightenment through the breath.

Yet in the West, we just roll our eyes.

Doesn't that make you ponder for a moment?

Have you ever stopped for a moment and pondered "what is keeping you alive".

Imagine when you are born and you take your first breath you become alive.

Now imagine when you take your last breath you die.

What exactly left your body?

Your body is dead.

Some incredible life source left your body.

Now imagine that day by day you focus on your breath.

In the beginning, it takes time and effort.

You meditate on the source.

Over time you begin to realize that the source meditates on you.

What's once took hours to connect to, now when you close your eyes the experience is there.

Words can not describe this experience.

Christ said the "kingdom of heaven lies within.

Only you can take this advice.

Only you can solve this mystery.

The entire universe exists inside of you.

You just don't know it.

Fixity

Fixity is a state of being unchanging or permanent.

Everything changes in the external world.

We buy a brand new car and it gets old.

I remember when I first moved to Kansas City eight years ago.

A friend of mine bought a BMW for 65,000 dollars.

He sold it just recently for 10 grand.

What brought so much pleasure initially over time lead to dissatisfaction?

This is the nature of the external world.

Everything changes.

You can't hold on to anything outside of you.

Even your human body will someday disappear before you.

What can we fix upon that is permanent and unchanging?

The mystics of the past used fixity to concentrate on the power behind the
breath.

We all breathe in each moment.

Yet we take it for granted.

To be honest most people are oblivious of their breath.

When the great mystics say the entire universe is breathing most people just
chuckle.

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost are there.

Your human body is wired for this experience.
Yet we think that the mysteries of life can't be found by being aware of our
breath.

That's too easy.

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.
Another way of saying it is that the more assumptions you have to make, the
more unlikely an explanation.

Fixity on your breath is as simple as you can get to find God.

It's so simple.

Yet we don't believe it.

The path must be complicated.

If you think the path is complicated then the path is complicated.

Mystics have said this path is super easy.

Just watch your breath.

That's how easy it is.

This has been known for thousands of years.

Today it's still unknown in our society.

The present-day man's mind is fixated upon the external.

When a society does this chaos is all around.

Need I say more?

Recalibrate

Recalibrate to determine, check, or rectify the graduation of (any instrument giving quantitative measurements)

I used to work for an observatory in Maui for six years.

For the observatory to run properly, our instruments had to be recalibrated. If just one instrument didn't get recalibrated it could cause results that weren't right.

Many moons ago I realized that we have the hardware and the software to discover our true nature.

Yet many of these instruments are offline.

You may ask why.

Well, it's doing to the fact we aren't even aware of them.

You can only perceive something if you are conscious and aware.

We play the same tapes over and over again.

Consequently, we can only play the tapes from the past.

Mind you this is not taught in your schools.

Imagine your true nature is like a mirror.

Currently, dust is covering it.

Why?

Because you don't look inward.

It's as easy as that.

Once you look inward you see the mirror needs cleaning.

This is not just once that you do it.

Recalibration is moment by moment.

You are a master chemist.

Each time you focus on the power behind your breath you are recalibrating.

Every thought you have has an effect on you and the world around you.

We are lethargic.

This means we are so lazy and don't have the necessary energy to truly consider this.

Help is on the way.

It will take time.

Yet the sun is rising in the sky.

Mankind will soon wake up.

Millions of people around the world are waking up from their slumber.



7. Dhyāna Meditation



Dhyana (Sanskrit: ध्यान) means "contemplation, reflection" and "profound, abstract meditation".[46]

Dhyana is contemplating, reflecting on whatever Dharana has focused on. If in the sixth limb of yoga one focused on a personal deity,

Dhyana is its contemplation. If the concentration was on one object, Dhyana is non-judgmental, non-presumptuous observation of that object.[47] If the focus was on a concept/idea, Dhyana is contemplating that concept/idea in all its aspects, forms, and consequences.

Dhyana is an uninterrupted train of thought, current of cognition, and the flow of awareness.[45]

Dhyana is integrally related to Dharana, one leads to others. Dharana is a state of mind, Dhyana the process of mind.

Dhyana is distinct from Dharana in that the meditator becomes actively engaged with its focus. Patanjali defines contemplation (Dhyana) as the mind process, where the mind is fixed on something, and then there is "a course of uniform modification of knowledge".[48]

Adi Shankara, in his commentary on Yoga Sutras, distinguishes Dhyana from Dharana, by explaining Dhyana as the yoga state when there is only the "stream of continuous thought about the object, uninterrupted by other thoughts of a different kind for the same object"; Dharana, states Shankara, is focussed on one object, but aware of its many aspects and ideas about the same object.

Shankara gives the example of a yogin in a state of dharana on the morning sun may be aware of its brilliance, color and orbit; the yogin in dhyana state contemplates on sun's orbit alone for example, without being interrupted by its color, brilliance, or other related ideas.[49]

Above is the formal definition of meditation. I once had a great teacher who said meditation is perfect concentration upon a perfect point. How elegantly said.

There are thousands of meditation techniques out there. I always thought there was a super duper technique that if discovered one would be enlightened by using it, to be honest, it doesn't exist.

Your love for meditation will carry you on this journey. Your determination and willpower will carry you on this journey. Your moment-to-moment, day-by-day, year-by-year conscious practice will carry you on this journey.

When you stop meditating for yourself and mediate for the oneness of humanity one becomes a mature meditator.

We are going from the consciousness and awareness of me to we. For thousands of years, the separation of me has been the downfall of man, We no longer live in harmony with nature and God.

Many people are obsessed with their enlightenment that they can't see the forest from the trees. We are all on the same boat sailing home together. Meditation brings the awareness that we are all one.

Mediation is not a chore like brushing your teeth. If you have that attitude your experience of life and meditation will be mundane. You will get bored and maybe eventually give up.

You are the universe. You just don't know it. This sums up the meditative experience. You have the hardware and software inside of you. Don't get limitations and concepts about what society says.

They will say this is a figure of your imagination.

Read my Heart of Gold chapters or listen to the audio. You will see that for thousands of years mankind has spoken about the same thing.

They may use different languages yet the essence is the same.

Every moment love the breath that is keeping you alive. Be conscious and aware of the power behind your breath. That is the main key in life.

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[Dhyana Meditation-Simple Meditation](#)



Greetings. Welcome. Today let's increase our meditation to around 10 minutes. You can do this. Close your eyes and focus on your breath.

Watch your breath go up and down. Up and down. Just let your thoughts come and go. Just follow your breath. Watch your breath. Just relax into this experience.

Slowly open your eyes. How does that feel? Remember to try to watch your breath in your day-to-day moments. You are on a path of self-discovery.

[Dhyana Meditation-Anima](#)



Greeting. Welcome. Today we are going to talk about a mantra called Anima.

Anima is a vibration that exists in this world and the multidimensional world. It is the smallest of the small.

Supposedly a Yogi when mastering this thing can shrink himself to the point of being as small as an atom.

This is a very powerful mantra even without acquiring this ability. Just the ability to tap into the multi-dimensional world is good enough for me.

To start close your eyes. Place your attention on your third eye. Mentally repeat Anima. Just like this

Anima, Anima, Anima.

When thoughts come just let them go. Bring your awareness to Anima. This technique is super simple. Now let's practice this together.

Close your eyes. Focus on your third eye. Mentally repeat Anima. Anima, Anima, Anima.

Now slowly open your eyes. Bring that experience into your body. Focus on your breath and carry on your day.

How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

Where Would I Be Without Meditation?

Where would I be without meditation?

I don't want to know.

Imagine the entire universe is alive.

I would never know that.

Imagine never truly knowing you are never alone.

When I close my eyes the light of God would be there yet I wouldn't see it.

I would see only darkness.

I would take this precious breath for granted.

I would never experience that the word of God is keeping me alive.

Behind each breath, the love of God exists.

I would be focusing on my cell phone or Facebook and be oblivious to God.

I would never know that God is my friend and coach.

He is on the sidelines watching the game.

He will never play for us but his presence permeates the game.

He will never get angry or yell at us.

I would never know if I didn't meditate.

Prayer is when you talk to God.

Meditation is when God talks to you without any words.

I can't imagine how painful that would be to the soul.

In each and every action we are looking for God.

Meditation allows us to experience God within.

Before I started to meditate I felt lost.

I didn't know how to find myself.

I knew the door existed within yet I didn't know how to open the door.

Fortunately, in this present day, you can open up your door within.

Just use your intent and open up the door within.

Concentrate on your breath.

This is the key.

Moment by moment place your mind on your breath.

Whatever action you are doing place your mind on your breath.

When you have free time close your eyes and follow your breath.

This is the key to the kingdom of heaven.

All the major meditation traditions say the same.

Behind your breath lies the entire universe.

You are the sun, moon, and stars.

You just don't know it.

Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of?

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Every time you meditate allows the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is was and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye is single the whole body shall be full of light.

In the Gita Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhists have scriptures that talk about a great light upon death.

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

Is there a primordial word or energy that is, was, or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking about the same experience.

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to a man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy that exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man
intoxicated.

All wisdom and knowledge exist inside of this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.

8. Samādhi समाधि



Samadhi (Sanskrit: समाधि) means "putting together, joining, combining with, union, harmonious whole, trance".

Samadhi is oneness with the subject of meditation. There is no distinction, during the eighth limb of yoga, between the actor

of meditation, the act of meditation, and the subject of meditation.

Samadhi is that spiritual state when one's mind is so absorbed in whatever it is contemplating, that the mind loses the sense of its own identity. The thinker, the thought process, and the thought fuse with the subject of thought. There is only oneness, Samadhi.

There are many benchmarks that Yogi has come up with on this journey of life. Don't get caught up in them.

Remember this is not a competition. This is not a race. Be like the Tao. The Tao is meek, simple, and humble yet is the power behind all life. You may meditate for a trillion years yet you have just taken your first step.

Each step is brand new. You will never know how far you have gone. Common benchmarks are probably are you kind in every moment? Does your mind still get bitten by mosquitos of unharmonious thoughts?

Are you living in me or we consciousness? Are you conscious and aware of each moment of the power that is keeping you alive? Can you smile at any obstacle? Does politics affect your state of mind?

Are you still trying to fit into society? Can you walk into the shoes of others and have compassion? Do you still want to prove your point? Can you truly listen without thinking about what am I going to say next?

These are practical benchmarks. You may have an incredible experience yet how you treat others and life itself is the true benchmark of life.

Personally, one who brags about his experience goes down a couple of rungs on the ladder of life. That is not to say you can't ever talk about your experience. If it will help inspire someone that's a good thing. For example Brahmanand's poem of the palace in the sky.

I heard that in India forty-eight years ago and the bell of wisdom is still ringing in my ears. Words can't describe how it affected me back then and today.

Links on Samadhi

<https://artoflivingretreatcenter.org/blog/samadhi-enlightenment/>

<https://www.facebook.com/watch/?v=2272453903015184>

<https://chopra.com/articles/the-3-levels-of-samadhi>

Jain Meditation Old School

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Meditation is the foundation for the Jains along with the three jewels. The three jewels are right faith, right knowledge, and right conduct. Meditation in Jainism aims at realizing the self, attaining salvation, and taking the soul to complete freedom.

It aims to reach and to remain in the pure state of the soul which is believed to be pure conscious, beyond any attachment or aversion.

Samayika



Jain meditation is also referred to as Samayika. The word Samayika means being in the moment of continuous real-time.

This act of being conscious of the continual renewal of the universe in general and one's renewal of the individual living being (Jiva) in particular is the critical first step in the journey towards identification with one's

Tricks Of the Trade



A person who loves video games puts his whole mind, body, and soul playing the game. He is concentrated on playing the game. You could say he has extended awareness.

In this video game of life, we need to play this game with the same extended awareness. We must live in the present moment. A wise man focuses on the power behind the breath moment by moment.

Mind you it could take your entire life to master this. Note that just one second of doing this could help you throughout the day. Behind your breath lies the universe. The same force that is keeping you alive is the same force keeping the universe alive.

Just like a video game, one must monitor one's thoughts, emotions, and actions. When we have negative thoughts and emotions we are living our life in the past. We are living our lives in a reactive mode.

We are drinking our poison. Buddha was correct when he said this over 2,5000 years ago. The modern-day scientist has had hundreds of experiments proving this. ‘

Modern-day man lives in constant stress. Stress is responsible for all diseases. The disease occurs when the mind and body are not at ease.

I believe that common sense is uncommon. We don't see the thread of love tying us all together. Consequently, we are divided in so many ways. Just look at our politics today.

Both sides are angry and don't know how to compromise. True wisdom comes from the quantum field. As I said hundreds of times signposts are all around. Yet the majority of humanity is oblivious to them.

Meditation is the key to opening the door within. I think whatever meditation you use will work for you. The goal is to close your eyes and go within. By closing your eyes you are shutting down your analytical brain. Your awareness is going from the external to the internal.

When one learns how to do this one begins to see how powerful this is. One begins to train himself to live in the center of the hurricane. Most of humanity lives in the swirling winds of the hurricane. We are like leaves blowing in the wind.

This path is extremely practical. You might say it's not even a path. The quantum field exists beyond time and space. It's a paradox it exists everywhere yet it is hidden from us. This is why I call it a video game. One goes from darkness to light. At each level, we learn and grow along the way.

If our subconsciousness is responsible for 95% of our actions and only 5% is consciousness that's a grim picture. No wonder we constantly live in the past. We are playing the same tapes over and over again.

Yet we go one wearing blinders and thinking everything is all right. My advice is to learn how to reprogram your subconscious. In the last 25 years, numerous tools have been provided to assist in this manner. Do some research.

One piece of advice is to learn about how to focus on the energy centers within. As I said we are hardwired and have the software to discover our true nature. To be honest we are oblivious to these energy centers. When one begins to focus on them all sorts of incredible things start to happen.

The entire human body and mind are an expression of these energy centers. You wouldn't be alive today if these energy centers shut down. When these energy centers shut down death is only a breath away.

We were born to have a direct connection to the universe. Does that excite you or is this some boring topic? Nobody is trying to twist your arms. Only you can discover the jewel within you.

The Wonderous Human Body



Did you know that we are all master chemists? Just think through our thoughts and emotions we create our current state of awareness. Most of the time we play the same tapes over and over again. Yet we are oblivious to that fact. We only see around one percent of the light spectrum.

Can you imagine the ancient ones have talked about the chakras system for thousands of years? Recently in 20 years or so many new scientific devices have been invented where we can see these energy fields.

Did you know that your chakras display signs of disease before they manifest in the human body? I find that quite interesting.

The more you pay attention to something the more it pays attention to you. For the past few months, I've been paying attention to my chakras. There is not one function in the human body that is not affected by the charka system.

By scanning and paying attention one develops over time a communication system between the mind, body, and soul. It's beyond words but intuition might be the correct word.

Quite frankly intuition was never taught in schools. I find it is one of the keys to life. My brother John posted this on Facebook recently. Mind you this is not his quote. If you don't pick a day to relax your body will pick it for you.

How true that is? I've been fortunate that I have since I was young listened to my body. For example yesterday I felt I was coming down with a major cold.

My body was giving me signals. So I went to bed three hours earlier. I woke up just fine. The body speaks to us yet we are oblivious. We pay so much attention to performing external actions that we never realize that we are human beings. I emphasize beings.

This is my main theme in almost everything I write. We are missing out on so much of what life has to offer us. We live our lives in such a mundane existence. The entire universe lies inside of you. What can be grander than that?



I loved my Grandma Josie. As a kid, she would always tell my brother John and me that God loves us. We would always giggle in delight. Even when we got older we would always giggle when she said this.

Usually whenever we saw her. Her Mother knew Mary Betty Eddy the founder of Christian Science. I learned at a young age many of them didn't go to doctors. They believed that only God heals.

Yes that is quite controversial even for today's standards. To be honest I didn't study Christian Science yet somehow I hooked into some of these principles.

For example, when I was young I believed in preventive medicine at around 10 years old. My thought process was this is the only body you get so you better take care of it.

Where did I get this thinking at such a young age? During this time my Dad gave my brother and me a series of yoga postures. I remember it was in a brown folder with a string attached.

He drew each yoga posture. We did these for years. He said that he learned these from his Air Force days. I discovered later that these were classical yoga postures.

Right before he died he told me that these postures came from a Yoga teacher. In the early sixties, he went to USC and found a Yoga teacher. To be honest I wished back then my Dad told me the truth.

I would have been more amazed at the fact that these exercises came from a Yogic path. I was searching for this in my life at ten years old. Anyway, that was water under the bridge.

In high school we had a series of classes we could take and one was a Yoga class. Well from that moment on I was hooked.

I got involved in the world of meditation at 18 years old. Let's fast forward to the mid-seventies. My dear friend Joe Lopez told me about the Science of Mind developed by Ernest Holmes.

I was fascinated by it but I still didn't have the emotional development to understand this. I barely understood the theory. Both Christian Science and Science of Mind were on the same wavelength.

It's more than halfway through 2019. From 1971 to the present I've been to the doctor only a few times. When I got the job as a software engineer for the Miami Beach Police department in 1982 I had to get a checkup.

The Doctor told me I don't know what you are doing but keep it up.

Why am I writing this? I've been meditating for 48 years. Yet in the last few years, I have finally connected the dots between Christian Science, Science of Mind, and modern-day science. Ok here goes my understanding.

Science has discovered that each thought that you think has a corresponding series of chemicals that get secreted into the body. Our western society is living in extreme stress conditions.

Imagine a negative thought that makes you angry. Over 1500 stress chemicals are released into your body. Buddha called it drinking your poison. To be honest I wasn't truly aware of the consequences. It didn't truly sink in until I researched the matter.

Yet get this 95% of our actions are governed by our subconscious mind. We are playing the same tapes over and over again. Our bodies are constantly being flooded with stress hormones.

Not only is that but our heart is not in harmony with the mind. They are fighting with one another. This is called heart incoherence. When the heart waves are in disharmony the telemeters in our cells get shorter.

When the cells divide they do an exact copy. Over some time they get shorter and shorter. When they no longer exist death is slowly approaching. Your cells don't carry the proper information anymore.

Yet get this one can learn to have heart coherence. The human body can regrow the lengths of the telemeters. Think that one over. If you can increase the size of the telemeters then how long can you live? That is a great question.

So what can we get with this present-day knowledge? Your body is your drug store. You are constantly taking drugs whether you know it or not. Your thoughts that you think lead you to disease or a healthy body.

We never learned this in school. Did you know that all diseases are caused by our thoughts? Did you know that you can reprogram your thoughts?

You have the capability just like a computer programmer to reprogram your subconscious. You can monitor your thoughts every moment. Granted it takes time and effort yet in the end the outcome is nothing but miraculous.

Just ask the student from Joe Dispensa seminars. They have healed themselves of all sorts of deadly diseases.

We were never taught this in school. It wasn't even till five years ago did this information was leaked.

When I came back from India in the early seventies I went to see our family doctor. My Mom wanted me to go for a checkup. I told him I was a vegetarian.

As he was smoking his cigar he told me that I was going to die within one year because I was a vegetarian. I told him that there are around a billion vegetarians in India. India has been vegetarian for over 5,000 years. My doctor died within the year.

Look I'm not telling you don't see a doctor. I'm saying with the latest science demonstrated that in each thought you have around 1500 positive or stress chemicals get released into your body.

You are your pharmacy. There is no getting around this. The next time you are flaming someone thinks of the consequences. Like the Buddha said you are drinking your poison. Modern-day science has proved this.

I now can take the teaching of Christian Science and Science of Mind and have a much clearer understanding of the mind-body connection.

Science for me has been a bridge to bring a more complete understanding of the mind-body connection. As you can hopefully see every day I'm learning more on this journey in life. I like that.

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has a huge side effect.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concept of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is being out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are emotionally immature with the earth.

Where am I going with this?

Imagine if the man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs existing inside of you that are dormant.

To receive them you must be in balance and harmony.

In every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In every moment thousands of chemicals are being released throughout your human body.

Mankind is spinning out of control.

We are drinking our poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

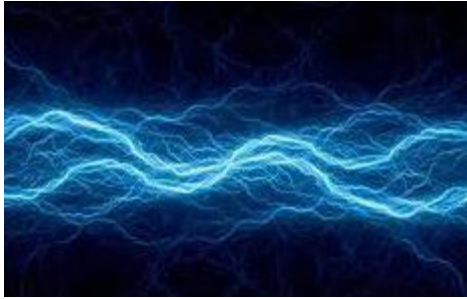
My advice is to learn how to change your chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.



Let's look at this common scenario. It's Monday morning. Your alarm clock didn't go off. You're late for work. You stumble out of bed and take a quick shower. You don't have time to go to Starbucks for your morning coffee.

You are stressed out. You are in a huge traffic jam. You missed a very important meeting. Once again you get stressed out. Things don't go quite as planned. Without your morning coffee, you are on edge. You don't think properly. You are in a funky mood.

Imagine how many Americans this happens to every Monday morning. Did you know that the majority of heart attacks occur on Monday morning? Did you know that the majority of Americans hate their jobs?

Let's take a look at the biological aspects of what is occurring. From the moment you wake up to the moment you go to sleep you are running the same tapes over and over again.

Did you know that your subconscious is running the show? Scientists say that 95% of our actions are driven by our subconscious. Only 5 percent are conscious. Imagine your body and mind are fused.

Scientists say they are almost the same. You can't separate one from the other.

We are playing old tapes. A day like today is not uncommon for most Americans. When you wake up and realize you're late for work your mind-body connection is stressed. You think "oh my God I'm late for work. My boss is going to get pissed off".

Just the mere thought of being late over 1500 stress chemicals are being released into your body. This is how you set your day. Automatically you can't think properly and you are in a negative emotional state. This state carries you throughout the day.

You came back from work and your lovely wife says something to you. You snap back automatically and a huge argument occurs. Mind you it doesn't have anything to do with your wife. You can't control your state of mind and emotions.

Multiple this by 300 million Americans and this is our current state of awareness in our country today.

You see we were never taught about in school the mind-body connection. We were never taught that all thoughts will either make us sick or make us healthy. We have no idea that our way of thinking leads to our diseases today.

Did you know that the majority of diseases aren't caused by your genetic makeup? Most people think they are. Yet scientists say only 2 percent of diseases are caused by your genetics. The rest is caused by your environment. It's caused by stress. It's living day by day in a life of stress.

Imagine you may be super athletic and try to take care of your body. You do everything external to the tee. Yet if you aren't aware of your thoughts and change them your life is still under constant stress.

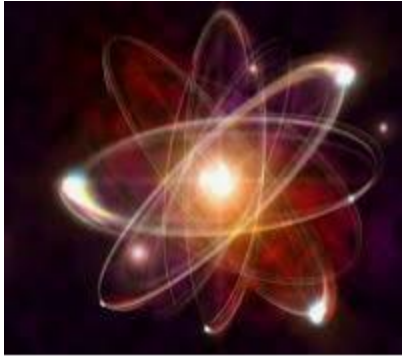
I wrote an article called your body is a drug store. Read that to get a better understanding of this.

Imagine we have thousands of consultants who will give you advice on how to improve your life yet how many of them go back to the mind-body connection of how your thoughts trigger powerful chemicals?

As I said these chemicals will ultimately lead to disease. Not only that but your emotional state is being driven by your thoughts. It's a classic circle of running the same tapes over and over again.

The whole world is living in this state. We have been living like this for thousands of years. We are reactive beings. We react in every situation either positively or negatively.

What is the solution to this? We will discuss this next.



What is the solution? In my last talk, I wrote about our current conditions. For the average person, it might seem normal. What is the solution? This is the current state of affairs. I can't do anything about it. We are saying yes you can.

What is the future for humanity? Did you know that disease can't live in the quantum field? Did you know that man will evolve into a creature filled with light and have a physical body? Imagine the universe's vast storehouse of chemicals that exist inside. They can't be released until one starts changing their thoughts and actions.

Negative emotions are obsolete. They have not served us in any way. We have fought for thousands of years. We continue to fight. Without genuine kindness for all, the world will continue into this downward spiral.

Your mind and body are one. As you know that for every negative thought you have over 1500 different chemicals get released into your bloodstream. Did you know that for every positive thought you have over 1500 positive chemicals get released into your bloodstream?

By being aware of the quantum field in your daily life one begins to transform and change. We are on the cutting edge of transforming.

Did you know the human body is wired to live for 900 years? You may scoff at that and say that is ridiculous. Yet some trees live to be around three thousand years. The majority of humanity is living under intense stress. The majority die way before what they are wired for.

I have a friend who said I will do it when I'm 88 years old. He will die when he is 88 years old. Imagine we have no idea of the power of the mind. We think we are helpless and diseases just manifest out of the blue. Yet we create our disease through our lifestyles, thoughts, and actions.

We are oblivious to playing the same tapes over and over. Baby steps are needed. Two steps forward and one step backward. This is how humanity and the universe learn. This is a learning process. The entire universe takes baby steps. Yes, certain

events seem to occur in seconds. Look at a volcano blowing. It seems like it just explodes. But it might have been simmering for hundreds of years.

What has this got to do with me? Everything. Imagine you are hardwired for this experience. The car is sitting in your garage gathering dust. It was meant for you to drive down the freeway of life. Yet the majority of people don't even know that the car exists inside.

We have been raised to only focus on the external. Society says only the artist, musicians and mystics dive deep into their hearts. They were born that way. Yet we all have that capability.

We are skimming the surface of the ocean of life and think that is reality. The mystics have said there is an infinite ocean that lies inside of you. They didn't have the name quantum field during their days. Yet it's all the same.

Can you imagine a world where mankind is truly kind to each other? We could easily solve the world's problems. How would you like a world where negative thoughts and emotions don't exist? Yes, you may laugh. Imagine some civilizations went through the same path of going from darkness to light. No civilizations get a free ride. Yet they truly transformed. They went from war to a state of living in the quantum field.

This is our destiny. Look it's not going to happen overnight. Many people say it takes over a million years. Fortunately, millions of people are waking up from their slumber.

Our life is about to change in ways that we can't even conceive. Many incredible scientific discoveries will come along the way. The more the world embraces the quantum world there are an infinite amount of discoveries to come. You see humanity is like a tuning fork. It vibrates at the frequency of human consciousness. We have been in a state of darkness and chaos for thousands of years. That is about to change. Personal empowerment is gaining momentum.

When people understand the principles that they can change and then science helps humanity to take practical steps to change.

For example, I truly didn't know that thoughts produced chemicals directly into the bloodstream.

Just this one discovery alone changed my life. Mind you I've been meditating for many moons. I didn't pay attention to my thoughts. Yet now I try to monitor my

thoughts which leads to monitoring my emotions, which leads to monitoring my actions. This is quite different from people who tweet what comes to their minds.

Here are some simple steps which have helped me.

Try to meditate every day. Even if it is five minutes. Just follow your breath. I know it sounds too simple.

Focus on your breath doing your daily activities. Why? Just do it for a year and then you tell me?

Monitor the words that you speak. If it is not kind don't say it.

Pay attention to your heart. Have gratitude that you are alive. The heart contains the incredible emotions of love, kindness, mercy, and compassion. This is your true state. I could go on for a long time about the heart. Look at the various research on heart coherence. Just this alone blows my mind.

Learn how to be aware of the negative emotions that are stored in your body. There are many different techniques out there. Find one which matches your needs. You can learn how to reprogram your old tapes.

Read the latest fusion between science and Mystics. It will bring you to the understanding this is a practical path.

Learn to be in harmony with nature. Look at the four seasons for an example. Nature can truly teach us if we ask.

Your ancestors are always there. They have never left you. As I read about a week ago they just moved into the next room into the mansion of life. As we get older you might understand how this would help us grieve healthily. We might even learn how to knock on their door. You see the quantum field contains all.

Get enough sleep. Your body truly needs sleep to repair itself. Scientists have found that athletes who get extra sleep recover much quicker and are less prone to injuries. The less sleep you get the more prone to injuries. This even goes with us, everyday folks.

Your body and mind are your friends. Treat it that way. Many of the world's diseases could have been prevented.

Mankind lives mostly from old tapes. Learn to reprogram yourself. I have been a software engineer for over 35 years. I have learned to reprogram myself for many years.

Health is your greatest wealth. If you are a billionaire and you are sick you can't quite enjoy it. Take care of yourself. Take care of your mind, body, and soul.

Remember God is your co-pilot. He will not drive your car for you. It's only by your will yet God is there to help you on this journey in life. Only you can open the inner car door.

Be kind towards yourself. Laugh at life. We all make daily mistakes. Learn from them. Some mistakes may take thousands of tries. Just laugh if you fall to the ground. Dust yourself and stand up and continue along on your journey. Life will always throw us curveballs. Someday we will be able to hit the ball out of the park.

We then proceed to the next video game level. You see we are always in a state of evolving.

Be kind to the world around you. Smile and be considerate of others. Listen from your heart to those who are in pain. I mean truly listen. Don't think about what I'm going to say next. When you pray to God does he think what am I going to say or does he truly listen?

Learn how to cultivate to become the mind of God. Mind you in this present moment that might sound outlandish. Yet try to think like God. Monitor your thoughts to be in alignment with God. God thinks totally outside of the box.

Learn how to cultivate to become the heart of God. Same thing this sounds outlandish. Even if you gathered one drop from the heart of God your life would transform. Remember what you pay attention to you become.

This is a totally practical path. You don't have to renounce anything. Well maybe. You just let go of the garbage that is weighing you down.

So take these ideas. Some may work for you while some won't. The goal is for you to take practical steps on this journey of life. Be aware of the actions you take. The world will enjoy being around you.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in
your body.

All our billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible?

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phones while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

Garbage Collector For The Mind

We need a garbage collector for our minds.

It seems like so much garbage is in this world.

Mankind is spewing hatred upon the land.

We need a reset button.

We need to turn on the garbage disposal of the mind.

Turn on the water of life within and flush out the garbage.

Mystics have used this process for thousands of years.

The inner light within dispels the darkness.

Flip on the light switch within.

Only you can do it.

The world needs you to flip on your switch.

The light dissolves all negativity.

Don't embrace the chaos in this world.

It wants you to be enticed.

It wants to draw you in.

It doesn't want you to embrace the light.

Even if you have meditated for thousands of years you still must be on your toes.

Remember the Tao of life.

You must be in perfect balance.

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 the muscles in your face.

The last part tightens all in one sequence of 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 being in sync with each other.

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

Anybody can do this.

The Path Is What You Think It Is

The path is what you think it is.

I think that is ironic.

Your thinking dictates your path in life.

If you are lonely your path will be lonely.

If you are angry your path will be angry.

If you are sad your path will be sad.

If you are happy your path will be happy.

It seems like our emotional state and mental state create our paths in life.

Did you know that all your ancestors walk with you on this precious path?

You are never alone.

Ask a quantum scientist.

You exist everywhere.

Your loved ones are all around you.

They just moved into another room in the mansion of life.

Remember it's one mansion.

It has many rooms.

What am I saying?

Learn to think outside of your box.

You are limiting yourself.

Tap into silence.

From there you will experience the quantum field.

Your essence is pure light.

You are hardwired for this experience.
This light exists inside of you and the entire universe.
This is your true essence.
Hopefully, you will contemplate these words.
They have a deep meaning.
They are meant for you to connect directly to the source of all.
You will then have a deeper meaning on this path of life.

Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside of our DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

Self-Regulate



Self-regulate is the process of bringing the mind and body into balance. This is desperately needed today. Mankind is living like leaves blowing in the wind. Our subconscious is running the show.

Over 95% of our actions come from the subconscious mind. You can't separate the body and mind. Our good and bad habits are ingrained into our bodies.

The body over time knows instantly how to react even before the conscious mind. You could say it's an automatic response. That's the problem.

Did you know the mere thought of trauma brings up the trauma just like it happened yesterday or 50 years ago? We live our lives in yesterday. We think and act and respond to our subconscious mind.

Mind you it's just like a hard drive where this memory occurs. The thought just goes to the hard drive to the particular sector where the info is stored. Presto in less than a second you respond. In these instances, you respond.

Thousands of chemicals get created and flooded into your bloodstream. Stress hormones get released. The body is in panic mode. Your system is off-balanced. Not only that but you are enhancing your neural network and wiring this trauma further from what it was. This trauma over time could define you.

Why we don't learn this in schools is a mystery to me. Maybe because society at large lives in the remote control. We think we understand the mind and body.

Some people's facets of adrenaline never get turned off therefore they toss and turn all night and can't sleep properly. Mind you a good night's sleep is how the body gets relegated and puts itself into balance.

This is a miracle taking place. Probably trillions of unconscious operations take place. God's supercomputer inside is trying to bring balance to your life. Yet we

are unaware and carry on with our subconscious actions day by day. Look at a newborn baby.

When it fades away to sleep a smile is on her face. That my friend is what we are supposed to do.

So what is this self-regulate thing you are talking about? How about learning to do this process consciously? How about learning how to reprogram yourself?

How would you like to rewire your neural network? How would you like to live in the center of the hurricane? How would you like to discover the jewel within?

Wise men have been saying for thousands of years what is keeping you alive. What is the power behind your breath? The same power of breath that is keeping you alive is keeping the universe alive.

We have the operating system, hardware, and software installed. The wise person learns to focus on the power of breath in every moment. This is called the present moment.

This is an infinite field of existence. All creation comes from this field. Kindness, joy, compassion, love, and an infinite amount of qualities we can't even imagine exist in this field.

A wise person understands to self-regulate daily. We all get knocked off balance. This is probably the most difficult video game ever played. A wise person is consciously aware of his thoughts and emotions.

When trauma hits and we respond unconsciously we can quickly restore balance. One can breathe and go into the field. This is our natural state. One's awareness should be in the heart.

Love and compassion are the emotions to self-regulate. By being in this state one can slowly learn to self-regulate. When one is in a state of love and compassion new neural networks and wiring will occur.

Imagine doing this over a million times when you are alive. One learns how to reprogram ourselves from being victims to a place of empowerment. Most of humanity has their lives on autopilot.

This is where the problem stems. This is why I say the spiritual life is the most practical.

To self-regulate takes your will and intention. You must be 100% committed. Even in the beginning if you aren't that's ok. Just start where you are at. The main thing is that you want to change and are willing to do something about it.

Dr. Joe Dispenza says unfortunately for most people they have to have a life and death situation occur to be open to changing their ways. He said why not learn to change during easy times.

This is just a small piece of the puzzle when it comes to learning how to self-regulate. One is constantly learning and growing. We can never stop and clap our hands and say I've mastered all there is.

Remember there are infinite levels in the video game of life. Even when you die there are infinite levels. Everything changes. Everything morphs and grows.

Disengage



The wise men of the past said to disengage from this world. Mind you they didn't say to escape this world. The Kabbalists would say have your feet on the ground and your head in heaven.

Most of humanity lives their lives like leaves blowing in the wind. We react in each moment. Our subconscious minds run the show. Yet we

think we are in control of our lives. I've been meditating for fifty years.

Yet I'm just beginning to see how the subconscious truly controls our actions. If you want to act a certain way when the situation arises the subconscious and body will react before you can.

This is quite the predicament. No wonder all the great masters have said that conquering yourself is the most difficult thing to do.

Yet on this journey in life, we have come such a long way. We have no idea how far we have traveled. What does it mean to disengage?

One who pays attention to the power behind the breath learns how to disengage in life. One performs actions yet at the same time, one is present in the moment.

The moment is the awareness of the quantum field. Everything in the universe stems from it. In this state, one has his feet on the ground and his head in heaven. There are infinite levels of this state. Slowly I mean slowly people transform.

Dr. Joe Dispenza has seen almost instant results in his students. The mind and body can heal instantaneously if given the right conditions. He used to do a four-day retreat.

He saw that over four days many of his students just reached a point of being truly disengaged. Joe changed the format to seven days. This had profound results.

Dr. Joe uses the latest scientific instruments in his seminars. He can predict when a person is going to transform. Many scientists can't believe what they are seeing. It is so far off the normal charts.

Many of them think a person is having a heart attack or stroke. Joe simply smiles because he has seen thousands of his students with live brain wave monitoring before. When a person can disengage the mind this person enters the quantum field. This is our natural state.

Many moons ago I read Ram Das's book 'Be here now. To be honest I didn't understand a word he said. Years later this is an integral part of my life. My life is dedicated to being in this state.

I say quite frequently the more you pay attention to something the more attention it will pay to you. Anybody can learn how to disengage the mind from this external world. We do this every day when we go to sleep.

Yet to do this consciously is another story. It takes your will and determination. Today's cutting-edge science and the teachings of the old are both talking about the same thing. They use just different words.

In the last ten years, science has gotten to a point where it can see and measure the effectiveness of spiritual training. Many people think only the Yogis, Buddhists, and renunciates can have this experience. Yet the hardware, software, and operating system were put into place when you were born. You are hardwired for this experience.

I think that apathy keeps us from even trying to open ourselves up to our true nature. We are so busy and stressed out we prefer misery to take action to discover the jewel within.

It is so easy to have our lives on autopilot. We don't have to do anything. Yet this is like a ship without a rudder. To disengage in life one sees the rudder of life and can steer the boat to its destination.

One doesn't try to swim upstream. One turns the boat around in the river of life and carries you downstream. This is what happens when a person disengages.

When I was in India many years ago I was told only a lotus flower can grow in the dirty murky water. Its roots are in the water yet the flower rises above the swampy water.

This metaphor is like us. A precious lotus flower exists inside of us. This is our true nature. We have simply forgotten it. We have all experienced this lotus before especially during our youth.

It's those days when you could hardly wait for the sunrise so you could have a glorious day. Today we dread getting out of bed in the mornings. I have to drag myself to work during another rush hour.

A wise man simply smiles at rush hour. He is content and is not affected by the traffic ahead of him. Remember this is a state of mind. One smiles and another is honking his horn and getting angry at the drivers around him.

This is an example of feet on the ground and the head in heaven. Heaven is a state of mind.

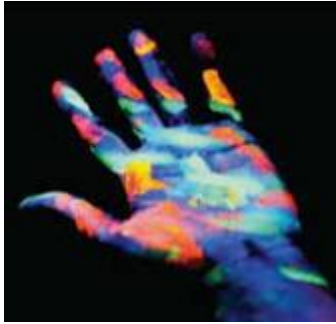
The more a person disengages himself the more in harmony this person will be. These are natural laws. The universe does not favor anyone more than another. Yet the law of being disengaged does apply.

Remember the more attention you pay to something the more attention it will pay to you. By paying attention to your problems constantly you bring even more problems your way. I know my people dislike the law of attraction.

It's been a buzzword for twenty years or so. Yet you attract what you think. Your subconscious is the hard drive of your thinking. To change means to think outside of the box and be aware of your thoughts, feelings, and actions.

By being disengaged externally it helps one to see with a clearer vision. You can learn how to do this. If it took me around a month to ride a bicycle you can learn how to do this.

Art Of Practice And Creativity



One who practices the art of discovering the jewel within is truly a wise man. I remember when I was in grade school I couldn't understand any of these concepts.

They were way beyond my train of thought. I instinctively knew there was a jewel inside of me yet I didn't have a clue how to find it. When I was 18 years old I started on this magnificent path.

It seems like wisdom is like wine. It gets better as the years go. Just think this same wisdom exists inside of you.

I've been writing every day since 2017. I wrote a book previously 10 years before that. Many of my friends said that I should write a book on my life many moons ago.

I spent around 30 years writing and forgetting about it. I would pick up where I left up and the process would continue.

To be honest I was a terrible writer in school. I have come a long way. Granted I'm far from being a good writer but practice makes perfect.

I wrote the following words two weeks ago.

I've been posting almost every day since 2017. Since then over 55 books have been created. Over 92 collections of the day have been written. Each collection contains about 11 thoughts for the collection.

Each month or so I do a talk of the month. I talk about what's relevant for us to get along together.

All these have been presented in both audio and a pdf. My intuition tells me that at times this is information overload. Even the best advice must be chewed slowly. Yet the story must continue.

This is an example of the art of practice and creativity. Remember the more attention you pay to something the more attention it pays to you. All these books would have been impossible to write earlier in my life.

I didn't have the wisdom or writing skills to pull it off. The more you write the better you get. I may never get to the level I want yet mere practice enhances my ability.

Remember my brother John just hopped on a bike and rode into the sunset. It took me over a month just to ride the darn thing. Yet this was an incredible lesson to learn. I learned I could master anything with practice and determination.

My wife would often say you learn things too easily. I just simply smile.

My writings have hardwired my brain and neural circuits. It has allowed me to think outside of the box. My mind and body are being refined. These books are practical tools to use to enhance my life.

It's not some set of theories. I incorporate this wisdom daily. Granted we never learned this in school. Now that doesn't mean it's not beneficial for us. Wisdom is wisdom.

My purpose is to simply be an author and hopefully, you can take this advice to heart. You have your unique journey in life. My journey is my unique journey.

Your journey is unique to its own. Yet there is a common thread of love tying us all together. This is what I'm talking about.

That same creative source that is keeping you alive is keeping the universe alive. The world of mystics and science is both talking about the same thing. Practice makes perfect.

That goes for your life. Whatever action you do reinforces your neural circuits. It reinforces the mind and body connection. It doesn't matter if it's good for you or bad for you.

That's how it works. Remember the more attention you pay to something the more attention it pays to you.

Old self and new self



Here's an incredible description of the old self and the new self.

Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth

to spirit. You should not be surprised at my saying, 'You must be born again.

A modern-day scientist would say we would have to rewire our neural networks, and brains. We would have to rewire the operating system, hardware, and software.

We came into this world with all systems running. Yet due to ignorance, the system is malfunctioning. We are supposed to live in the center of the hurricane, not in the whirling winds of the mind. Big difference.

The old self must be dropped. It's like a metamorphosis of a caterpillar. It turns into a cocoon and then a beautiful butterfly. This is the transformation of the old self and the new self. We have to transform.

The book's title you are your master chemist is attempting to describe that it's by your will alone can you change.

You can have all the most incredible theories in the world yet without putting them into action one goes nowhere. You can't quench your thirst by thinking about drinking water.

You must drink the water. It doesn't matter what kind of vessel you use to drink the water.

The difference between the old self and the new self is the old self is always in a reactive state. The subconscious is running the show.

We just think we are. The new self knows the subconscious is running the show and attempts to do something about it. This is where the art of disengaging, meditation, and self-regulation comes in.

This takes day-by-day, moment-by-moment, and year-by-year practice. One learns to reprogram the mind and body connection.

This is probably the most difficult thing to do but also the most rewarding. Anybody on the planet can do it.

Remember the more attention you pay to something the more attention it pays to you. In the eyes of the almighty, there are no favorites.

Developing your will and fortitude will transform you. This is an active path, not a passive path. The same silence the great masters of the past entered is the same silence that exists inside of you.

All the great masters had different words and stories to describe the inner kingdom. Yet the same door exists inside of you.

The Kabbalistic might say feet on the ground and have your head in heaven. There are so many great metaphors that have been told.

Christ said “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Just look at a newborn baby drifting off to sleep. Now that is a heavenly state of being. Not a care or worry in the world.

I’ve said numerous times before the spiritual path is the most practical path. One who pays attention to the internal and the external is the most practical person on earth.

Infinite wisdom exists inside of you. A person may be illiterate yet acquire the greatest wisdom from within. Information and wisdom aren’t the same. The building block of the universe is wisdom.

This is going to be short yet sweet. It’s time to wash your inner clothes. You will feel so much cleaner if you know what I mean.

Your actions create your future

Did you know your actions create your future?

Just think over 95% of our actions come from the subconscious mind.

The body learns to respond even before the conscious mind has a chance to respond.

What a predicament we are in!

Are we trapped in our little boxes in life with no way out?

We are at level zero in the infinite video game of life.

We don't even know this video game exists.

The majority of mankind will read this roll their eyes and continue living without pondering this over.

Yet the subconscious mind stores all thoughts, emotions, and actions.

Almost all actions stem from the past.

A wise man learns how to rewire the brain, mind, and body in each moment.

This can be done.

Millions of people are doing this.

Why aren't you doing this?

The jewel you are looking for exists inside of you.

You are magnificent.

We all come from a creative source.

We all eventually return to this source.

Why not be aware of this creative source while you are alive?

Ponder this over.

It may help ask you questions about your own life.

Rehearsing

Imagine going to a Broadway show and shelling out \$1,000 for a single ticket.

Yet they have never rehearsed before.

They didn't even know a single line.

Would you enjoy the performance?

None of the props were even made.

The orchestra didn't even know a single score for the play.

Well, that's us in life.

The majority just wing it through life.

Ted Williams was an incredible baseball player.

He had the highest batting average for any player.

He rehearsed in his mind hitting the ball over and over again in his mind.

He was rewiring his neural circuits.

The mind and body knew exactly what to do with this repetition.

The body doesn't know what is imagination and what is physical action.

It's all the same.

Ted didn't smoke or drink alcohol.

This was huge back then.

He didn't even go to the movies.

He wanted to have an exceptional vision for swinging the bat.

In my eyes, he was a baseball mystic for his time.

He learned the art of rehearsing and was a master of it.

Unfortunately, this knowledge is not taught in school.

You will go far in life if you learn how to rehearse moment by moment.

People see the future through the lenses of the past

Are you seeing the future through the lenses of the past?

Do you think you have clear vision?

Maybe just maybe we are wearing tinted glasses.

Yet we think we can see clearly.

Are we so stuck in our ways that we will never ask these questions?

Why are you asking me these questions?

It's none of your business.

True.

Yet we are all in the same boat.

Maybe we can get on the same page in the book of life.

Maybe just maybe the world can get along with each other.

Yes we have a different point of view

There is nothing wrong with that.

The world would be a boring place if we all had the same viewpoints on life.

Yet that doesn't mean that we can't get along with each other.

The problem is we see the world with our tainted glasses.

If someone has a different point of view we get angry towards them.

Nations will go to war because of this nonsense.

We declare God is on my side.

God doesn't take sides.

Humans must take care of their garbage.

It's called growing up and being mature.

We have been fighting forever so long.

Lower the audio of a negative emotion

Imagine you are talking to your sweetheart.

You just made an incredible candlelight dinner.

The sweet conversation is in the air.

You brought out the best wine that could be found.

In the background, your lover's favorite music is being played.

You are having an intimate conversation.

No worries or cares in the world.

Time is standing still.

Yet suddenly out of nowhere, the neighbor is blasting his music.

The sound is blasting through your walls.

It is so loud that you can feel the bass level.

We do this almost every day.

We must tell our inner neighbor of the mind to turn down the music.

If he doesn't we can turn it down for him.

This my friend is the spiritual path.

This is why it is the most practical path.

We can do something about lowering the audio of negative emotion.

Most of us think we can't do anything about it.

Many try using external substances which lead a person down another rabbit hole.

They simply compound the problem.

Ponder this over.

It might come in handy someday.

Are You Curious or Dull About Life

Are you curious about life?

Or.

Are you dull about life?

Only you can answer those two questions.

Do you wake up in the morning with a smile?

Or.

Do you dread every morning waking up?

Are you a constant complainer?

Or.

Do you count your blessings every day?

Are you in constant anger with life?

Or.

Do you see kindness in all?

Do you judge someone different than you?

Or.

Do you love to see the diversity of mankind?

Your thinking is the clothes you wear for your personality.

One who knows this will wear clean clothes every day.

Maybe it's time to do the laundry.

Just saying.

Transcendental

The definition of Transcendental is as follows.

adjective existing outside of or not in accordance with nature

""find transcendental motives for sublunary action"-Aldous Huxley"

synonyms:nonnatural, otherworldly, preternatural

supernatural

not existing in nature or subject to explanation according to natural laws; not physical or material

adjective of or characteristic of a system of philosophy emphasizing the intuitive and spiritual above the empirical and material

I first hear this word when I was 18 years old.

I didn't have a clue what it meant.

Fast forward 50 years and this word is a part of my life.

Meditation brings one to the transcendental state of mind.

It all begins with a seed.

Plant the seed in the ground.

Water the seed daily.

Pull the inner weeds.

Over time presto a wonderful tree is grown.

We all have the inner seed within.

This is your true nature.

We can transcend the ugliness and conflicts of the world.

Your true nature is not anger and being intolerant towards others.

You are the universe.

You just don't know it.

Memory without emotional charge is called wisdom

If the world at large would learn just this one thing peace would be on earth.

Memory without emotional charge is called wisdom.

Right now think of an event in the past that caused you trauma.

As soon as you do notice your thoughts and feelings have changed.

Your mind and body relive this traumatic event.

The same chemicals get released into your bloodstream.

Your neural networks get enhanced.

A deeper groove is made in the record of life.

You seem to play this track over and over again in your life.

A wise man learns to take out the inner garbage.

He learns how to transform emotional charges into precious wisdom.

Been there done that.

I've learned my lesson.

One just smiles at life.

When one lives in the center of a hurricane all is calm.

As Alfred E. Neuman once said what me worry.

Maybe dear old Alfred was a mystic in disguise.

This one ounce of wisdom will help you in so many ways.

Don't just blow it off.

It will save you so much pain in your life.

We can fix the broken record in your life.

Ponder this over.

This was never taught in our schools.

Nerve cells that fire together wire together

These are called neural networks.

The brain fires more electrical charges than all the cell phone calls in a day.

That is a lot of activity going on.

I would have loved to see the brain scan of a Buddha or Christ.

Just think how incredible that would be.

Years ago I hear the Dalai Lama would rehearse in his mind all the activities of his day.

He would see in his mind's eye area where he could be kinder and wiser in his actions.

At that time I couldn't relate to it.

Well, I sure do now.

He was consciously reprogramming his neural networks and his subconscious mind.

He didn't have to think about being kind.

He trained the subconscious mind day in and day out to be kind.

I once read where he said he had a major anger problem as a child.

Yet today it's hard to believe.

There is no kinder man on the planet.

This is a practical path.

What kind of neural networks are you creating in your life?

If you don't want to answer that question then you are like a leaf blowing in the wind.

Your subconscious mind is running your show.

Nobody gets a free ride.

You can turn on the stress control by your thoughts alone

For all my friends who like to mock the other side.

You can turn on the stress control any time you want.

Just the mere post of mocking someone gets the job done.

Yes, you are drinking your poison.

Let's toast to that.

Seriously this is true.

You may wonder why you live such an angry life.

Well, every day you program your subconscious to be angry.

You are creating a deeper groove in the record of life.

Anger becomes a part of you.

You get great amusement in mocking others.

It becomes over time your nature.

You are the universe.

You just don't know it.

Where are you going, my friend?

The precious jewel lies inside of you just waiting to be discovered.

Your life is extremely precious.

Heaven is a state of mind.

Being constantly angry is a state of mind.

You choose what state you want to live in.

Ponder this over.

It's as simple as that.

Modify our behaviors to reprogram the mind

Just think if you modify our behaviors you reprogram the mind.

What a difference that would make.

It's not easy yet it can be done.

Just start slow.

You will stumble and fall.

That's part of life.

Don't get hard on yourself.

Pretend it's a game because it is.

Your life will change significantly when you do this.

Your happiness is not dependent upon others.

You can't blame anyone for your problems.

There is a way out of this rabbit hole.

There is a light at the end of the tunnel.

No, it's not another freight train barreling your way.

One who smiles at life is truly content.

One has nothing to say or prove.

You don't have to defend your position or try to convince anyone.

The truth needs no convincing.

Have you ever thought if I changed just one bad behavior it would make my life
easier?

Simplicity is the key.

Just look at a newborn baby drifting off to sleep.

Nothing is more joyful than watching that sweet smile appear.

This is your natural state.

Observe vs participate

A person who is an observer lives in the center of the hurricane.

A person who participates in every event that comes his way is like leaves blowing in the wind.

This is the common state of humanity today.

Meditation teaches one to be an observer both internal and external.

They even call the meditation state of being an observer.

We are never taught this important point in school.

I find it fascinating that probably all these chapters are never taught in our schools.

They are fundamentals in life.

Yet we just gloss them over.

They are only for the other person, not me.

Yet everyday life sends us curveballs.

We get quite dazzled by them.

We can't even hit the ball which makes us even more discouraged.

We constantly strike out and get down on ourselves.

Is there a way to live?

A wise man goes to the movies of life and doesn't get sucked into the plot.

He knows that by turning around he will see light being projected from the movie projector.

Light is bouncing off the screen creating an illusion.

He can enjoy the movie and sees the illusion being created.

Most of humanity gets sucked into the drama of life and is frustrated.

They see no way out of their predicament.

What state are you in when watching the movie of life?

The Mind is the brain in action

I love this quote from Dr. Joe Dispenza.

The mind is the brain in action.

The mind manifests your current brain state.

Your brain state is reflected by your mental state.

They are intertwined.

One is dependent upon the other state.

Somehow we haven't done too well in calculating this precious formula of life.

We tend to ignore our minds and our precious brain.

You can't go too far in life if one gets put offline.

Why do we trash our mind, body, and soul connection?

Do we seem to love being in a state of apathy?

I don't have to do anything.

Yet we wonder why life is so hard.

We are trying to swim upstream.

One who looks inside watches his life being carried downstream.

Obstacles will still come your way.

All things must pass.

You will then begin to enjoy whatever comes your way.

You have the tiller in your hand with a precious drink in your other hand.

This life is an incredible journey.

It's only your state of mind that makes a difference.

What do you think?

Behaviors to match the intention

If you have an intention to change don't you think your behaviors should match your intention?

You will never change if your behaviors don't change.

One can go to church every Sunday and give an offering.

Yet if during the week you don't practice what you preach.

Life is an infinite series of modifying our behaviors.

There will never be a moment where we clap our hands and say I've learned all there is.

If you ever say this boy do you ever have a grand lesson to learn?

I can almost guarantee life will throw you a curveball.

The greater the intention the greater one must modify his behaviors.

One can't live one's life on autopilot.

A proactive being is constantly modifying one's behaviors for the better.

You can't rest on your laurels.

Every moment we can always improve.

How does that make you feel?

A spiritual path is a practical path.

One learns that in each moment we can modify our behaviors for the better.

We will stumble and fall.

Yet we will pick ourselves up and continue walking.

We can smile through diversity.

We can not have a care in the world.

Your behaviors become your personality.

Change your behaviors and you change your personality.

Memorize and act consciously over and over again

To change the subconscious one must do the following.

Memorize and act consciously over and over again.

To rewire our neural circuits and subconscious we must be conscious and aware.

We must slow down and enter into silence.

In this state one is aware.

We can learn to memorize new patterns to make our life better.

The old habitual pattern will come up.

We can learn how to replace this old habitual pattern with a new one that is conducive to our inner growth.

The more we do this we are creating a new neural network that will replace the old one.

The transformation will take place.

Just like in a play an actor must memorize his lines.

He does this until it becomes second nature.

When he goes on stage he will remember what to say.

Stage fright may occur yet he can overcome it.

The same goes for this.

We can memorize the lines in life.

With slow repetition, we can consciously change for the better.

I don't know about you but I love that.

That means we can change every behavior that we don't like about ourselves.

We can change for the better.

Our attitudes toward life will be of the highest gratitude.

This is a glorious life.

Victim of your environment

I've said many times before the spiritual path is the most practical path.

What do I mean by this?

We are all victims of our environment.

We are like leaves blowing in the wind.

When the environment is good we are happy.

When the environment changes we become frustrated.

Externally everything changes.

Nothing remains the same.

Consequently, our happiness goes up and down.

We try to hold on to our happiness for dear life.

Consequently, we experience tremendous pain.

Life will never go the way you want it.

One may see the glass as half empty or half full.

A wise man learns that inner happiness exists inside of him.

Therefore the world may change yet one resides in the ocean of happiness inside.

This has been known for thousands of years.

Yet it falls upon deaf ears.

Isn't that ironic?

What we have been searching for exists inside of each one of us.

I find that sad at times.

You are the universe.

You just don't know it.

Negative Energy of the past

I find it fascinating that a person will be good 99% of the time yet if he makes just one mistake he will be known by this forever.

Just look at some of our politicians.

Each one of us has trauma stored from the past.

Everyone gets traumatized by life.

Even Buddha was brought up in an environment where he didn't see the conditions of the world.

Yet when he did he question the purpose of life.

These negative energies stop us from reaching our highest potential.

The subconscious mind does not ever forget.

Yet we can learn to reprogram new positive neural networks.

With this, we can remember the trauma yet have no emotion attached to this.

This is called wisdom at its highest.

One goes from darkness into the light.

A huge weight is lifted from your being.

Do you get excited by this?

I certainly do.

We are going from darkness to light.

Years ago I didn't pay attention to my subconscious.

For the last five years, I have.

We can let go of all past traumas.

We can learn to be kind in each and every moment.

This world would change for the better.

Nobody changes until you change your energy

Nobody changes until you change your energy.

We still live in a Newtonian world.

We still are only conscious of the external world of matter.

Therefore we only see 1% of the light spectrum.

You could say as human beings we are extremely dense.

For over a century scientists have been studying the quantum field.

Mystics have been studying this for thousands of years.

They knew once you change your energy you change.

The mind is like a tuning fork.

It vibrates at whatever frequency it touches.

When the mind touches silence it becomes silence.

This is our true state of mind.

In the East, our present state is called the monkey mind.

If you don't know what it means do the following.

Sit down.

Close your eyes and focus on your breath.

Just do that simple thing.

You will see that the mind jumps from one branch to another.

You can't stop it.

I have a friend who gave up trying to meditate because he couldn't control his
mind.

To conquer your mind is the most difficult thing to do in the universe.

Your body is your subconscious mind

The East has always known there is no demarcation point between the mind and body.

Western scientists know that the subconscious mind exists inside of the body.

Imagined that 95% of our actions come from our subconscious mind.

That means only around 5% are conscious.

Our bodies are trained to respond even faster than our conscious minds.

It is built in that way.

Yet we are unaware of this fact.

Consequently, our reactions stem from past events.

It is like a computer going to a specific track and playing it over and over again.

We respond to past events and we think it's a new one.

We do this day in and day out.

Over time we put deep grooves into the record of life.

We build attitudes towards others.

We mock people and flame others and think it's perfectly ok.

We are intolerant of others.

The list goes on and on.

If we want to change this world we must change ourselves.

Nobody can do it for you.

God will not do it for you.

That's why it's called free will.

Being a victim vs being a creator

A victim lives like leaves blowing in the wind.

A creator lives in the center of the hurricane.

Need I say more?

Non-Placebo effect

I find it fascinating that in all drug trials some patients are given a placebo.

With this placebo, a person heals himself without any side effects.

Mind you the medicine being tested has all sorts of side effects.

Some even are death.

That's another story.

We are on the cusp due to discoveries in the quantum field that will change medicine in the future.

How about you don't need an external drug or placebo?

That is trying to change the matter upon the matter.

Yes, it can be done.

It's done all the time.

But how about the field of energetic medicine where energy transforms energy?

Imagine all health and wellness comes from the quantum field.

One can live in this quantum field while being alive.

The body can and does talk to you about what it needs.

The mind can be a reflection of the quantum field.

Maybe, just maybe we can live a lot longer than we think.

Our state of mind reflects our health.

We are told that our bodies must age dramatically as we get older.

Maybe this is just a figure of our imagination.

We think this is fact and the body says ok and follows your mental instructions.

I think therefore I am.

We are just at the beginning to understand the mind, body, and soul connection.

Habits take at least three weeks

Habits take at least three weeks to become a habit.

It is not a one-shot deal.

I know a friend who loves to mock and ridicule the other side.

She takes absolute delight in this.

She has a bunch of friends who find it hilarious.

Yet she is extremely cruel.

How does this happen?

Follow me on this.

This is hypothetical.

One day she decides to post something inappropriate on Facebook.

She gets a huge response back of approval.

She does it again.

And again.

And again.

Presto a new habit is formed.

That's how easy it is to establish a habit.

When I was young I learned in order to change a habit you must replace it with another habit.

Many people back then replaced drugs and alcohol with meditation.

This gave them a great purpose to be alive.

Only you can change your destiny.

What habits do you want to replace?

Closing



I hope you got something out of this book. I most certainly did. I'm fine-tuning my guitar of life. What are you going to do if anything? You came from the source and you will go back to the source.

The hardware, software, and operating system have been there your entire life. It is up to you to do something about it. The choice is yours.

