



Stoking The Fire

Fletcher Soul Traveler

Contents

Stoking The Fire	3
Happy Life Happy Death	4
What Are You Gathering My Friend	5
The inner Elixirs	6
How's It Going?.....	7
There's a fine line between fiction and nonfiction.....	8
Speak up for the truth.....	9
Breath By Breath.....	10
Geese flying in the sky.....	11
Pause	12
One million 3 hundred thousand.....	13

Stoking The Fire

We are all stoking the fire of life.
Most of the time we aren't aware of it.
Many people simmer the pot of anger.
It boils over constantly.

Mind you they have a difficult time going to sleep.
Thousands of negative chemicals get released into the bloodstream.

The mind is in a high beta state.
The facet of adrenaline doesn't ever get shut off.
Imagine constantly drinking your own poison.

Anger never solves any problems, especially for yourself.
The wise man places the logs of kindness, love, and compassion on the fire of life.

He sleeps like a baby.
One has nothing to prove.
He doesn't try to convince you of his point of view.

He will say what he has to say without any judgment or superiority.
Kindness goes a long way in life.

Many people think that kindness is weak.
Do you think the universe is weak?
The foundation of the universe is kindness.

This is your natural state.
What kind of fuel do you put on the fire of life?

Are you sinking the ship that you are on?
A wise man has his hand on the tiller of life.
He is thoroughly enjoying the breeze blowing through his hair.

He may have a cold one in his hand.
The stars are sparkling at night.

What a glorious life.
This life is a grand adventure.
Whatever you stoke the fire with becomes your reality.

You place the kindling on your fire of life.
Whatever you place on the fire becomes your destiny.

Ponder this over.
You can solve this riddle.

Happy Life Happy Death

Happy Life Happy Death.

This seems to be a contradiction in life.

Smile at life and smile at death.

Both life and death are your greatest friends.

We come into this world empty-handed.

We leave this world empty-handed.

Everything external is taken away.

Yet our upbringing is not in harmony with reality.

We place such emphasis on the external.

We break almost every conceivable natural law.

We place clouds around our clear light and are proud to do so.

A wise man has his feet on the ground and his head in heaven.

He is probably one of the most practical people on earth.

He may be a poor man yet he is rich in heart.

Great wisdom comes from silence.

This wisdom is the only thing you can take on your voyage back home.

The world needs kindness desperately.

Our petty thoughts have created chaos all around.

We are throwing garbage in our own living rooms of life.

Yet we think that's no problem.

A wise person once said over 50 years ago, we are sawing off the branch we are
sitting on.

Ponder this over.

Happy Life Happy Death.

You will solve this riddle when you discover the jewel inside of you.

What Are You Gathering My Friend

What are you gathering my friend?

Every day we wake up and start a new day.

Usually, the first thing that you think about starts the wheels in motion of the mind.

If it's oh my God I have to drag myself out of bed you will be exhausted throughout the day.

If you watch the media throughout the day your mind will be preoccupied with the trauma drama of the present moment.

You will then gather fear and trauma in your mind and body.

Remember your mind and body are one and the same.

A wise man gathers wisdom in each and every breath.

A wise man gathers kindness, love, and compassion in each moment.

Yes, even the wise man has his moments when he falls down.

Yet the wise man will pick himself up from the ground and laugh at his mistake.

In each moment we choose what we gather.

The same event can happen to two different people.

One person will take the high road.

The other person will take the low road.

The same two people have the same event happen to them at the same exact place and time.

Why do they respond so differently?

One person is trying to swim upstream in life.

Life is a struggle.

The other person lets the river of life push him downstream.

That is the only difference.

One lives in the center of the hurricane where the winds of the mind can't touch him.

The other person lives his life like leaves scattered by the hurricane-force winds of the mind.

Mind you the wise man was once like you.

He simply changed the direction he was swimming in.

Yes, this is a riddle.

There is a meaning behind these words.

You can change if you want to.

Your true happiness lies inside of you.

Even during this covid time, one can be in absolute peace of mind.

The inner Elixirs

Many great mystics talk about the inner elixirs of life.

From the Bible.

Then the angel showed me the river of the water of life, bright as crystal, flowing
from the throne of God and of the Lamb

The Buddhist talk about the Elixir of mindfulness.

In the Six Yogas of Naropa, they talk about the following.

Flaring and dripping the drops within.

The 4 blisses melt the drops of kindness, compassion, and love.

Uniting the white and red drop at the heart.

The ancient Yogis talked about the Amrita: The Divine nectar and Soma.

Kabir says

See what a lotus blooms there without water!

My heart's bee drinks its nectar.

The Taoist talk about the inner elixirs within.

They are both physical and non-physical.

Today western science knows we have a chemist lab within.

Each of our thoughts and emotions creates over 1500 different kinds of chemicals.

Depending on your brain state harmful or positive chemicals will be released.

Billions of people can't turn off the facet of adrenaline at night.

They toss and turn all night long.

The wise man learns to calm down his mind and sleep like a newborn baby.

One is aware there are an infinite amount of chemicals waiting to be discovered.

Dr. Joe Dispenza is on the cutting end of technology using science and the old
ancient mystic's ways.

Millions of people are waking up from their slumber.

They realize they are their own master chemist.

One can live like leaves blowing in the end.

Or.

One can live in the center of the hurricane.

The choice is yours.

We can have our feet on the ground and our heads in heaven.

This is a riddle to be solved.

The answers lie within.

How's It Going?

How's it going?

Just checking up on you.

We are all in the same boat in the journey of life.

This journey needs support from one another.

One can't do it alone.

Have you ever seen a baby born without a Mother?

We all need support along the way.

I even wrote a book called family and friends.

I think I wrote about 450 of my family and friends.

Treasure them while they are alive.

Your worldly possessions don't mean much without friendships.

Can you imagine having a grand palace and you living there alone?

That could be a mental torture chamber for some.

I find it strange at least in America we work ourselves to death.

Years ago I worked for the observatory in Maui.

A dear friend dies because he worked too much.

He left a 12-year-old daughter behind.

One good thing about this pandemic is many people are thinking about the purpose of life.

Many people are fed up with their jobs and how they are being treated.

This is a serious situation.

Maybe companies need to wake up and face the music.

They have no problems firing you or laying you off.

Yet when thousands of employees quit out of nowhere they bitch and moan.

Europeans laugh at our work-life balance.

They think we are crazy.

We use around 85% of the world's pharmaceuticals yet our population is only around 6% of the world's total.

We get a measly two weeks' vacation.

Many people never use that.

No wonder we are in such an unhealthy state of mind, body, and soul.

Relax and chill out.

Only you can adjust the thermostat of stress within.

Change your lifestyle.

Truly enjoy the friendships in your life.

Laugh at the absurdity of the situation at hand.

Don't take it personally.

It's a mad mad world.

There's a fine line between fiction and nonfiction

There's a fine line between fiction and nonfiction.

Where does our imagination come from?

Einstein said "Imagination is more important than knowledge.

Knowledge is limited. Imagination encircles the world."

I would say imagination encircles the universe.

Our external know knowledge is extremely limited.

Our imagination is infinite.

We were born to dream.

We were born to fly like dragons within us.

Even a young child that can't walk can be as free as the wind.

Nothing external can stop our imagination.

The more a person imagines the more developed the imagination will be.

The Tibetan Buddhists are at a Ph.D. level when it comes to imagination.

Yet they have hearts like a child.

Only a child can gather great wisdom.

Our egos don't lead us far in gathering sacred wisdom.

Yes, we need them in order to survive.

Unfortunately, the world is run by egomaniacs.

When truth becomes fiction and fiction becomes truth is a sad day in human history.

We have so much potential inside of us.

Our media spins the truth like cotton candy.

It tastes so good but it's pure sugar.

If you only ate that one would have an early death.

What does it take for man to change?

We were sent to our rooms by Mother Nature.

A few years later we try to live life like nothing ever happened.

A few days ago over a million people caught the virus in one day.

Imagination brings great wisdom to this land.

Maybe, just maybe we should ponder about life.

Do we even know we are on a treadmill that is going nowhere?

Speak up for the truth

It's been one year since the Capital riot.

The majority of one party still says it didn't happen.

Even with all the evidence they put their heads in the sand and spin the truth.

For those who tell the truth heavy consequences come their way.

Like being booted out of your own party.

Death threats towards you and your family.

Many people would love to have the former president in office.

Many still believe it was a rigged election.

Consequently, many laws are passed to restrict voting rights.

Our democracy is being tested right before our very eyes.

Truth is fiction and fiction is truth.

If you say the lie enough millions of people will believe it.

This is not Republicans vs Democrats.

We are talking about the democratic system that is our foundation.

The foundation is slowly collapsing.

Where are the ethics and morals which made our country?

It seems like some want power and will do anything to acquire them.

Even if it means destroying the foundation.

Many news media spin the truth like cotton candy.

They know exactly what they are doing.

Millions of their followers eat the candy and think it is the truth.

The latest poll says around 36% of Americans believe in violence to protect the county.

Maybe we should return to our ethics and not spin the truth.

We need to hit the reset button.

Let's bring back kindness and compromise.

Let's bring back that we are Americans and we are united.

Each one of us has a different point of view in life.

Our founding fathers embraced that.

That's why millions of people emigrated here.

This is a melting pot.

Love your fellow man.

Enjoy how different and unique they are.

Stop building the roadblocks.

After all, we are sawing off the branch we are sitting on.

Breath By Breath

The key to unity is in each and every breath.

You are the universe.

You just don't know it.

The east says Sat Chit Ananda.

Truth is the consciousness of bliss.

This is your true state of being.

All external highs will take you up and then come crashing down on the sand of life.

That is the nature of the external world.

Everything changes.

Nothing is constant.

We hold on for dear life.

Family and friends slowly fade away into the night never to come back again.

Yet behind your breath lies the key to the other rooms in the great mansion.

One can experience your loved ones on the other side.

You are never alone.

You just think you are.

Mystics have been talking about this for time immemorial.

Yes, it takes patience and practice.

Tell me anything that doesn't.

A great surfer spends years practicing his craft.

We have the opportunity to do this in each and every breath.

Nobody knows when they will take their last breath.

Life is a grand mystery.

Geese flying in the sky

I love watching geese flying in the sky.

It is so mesmerizing.

Shri Ramakrishna would go into Samadhi when he saw them flying in the sky.

They were in perfect harmony and synced with each other.

The military builds surveillance jets like the formation of geese flying.

They discovered this was the perfect energy flow for flying.

Harmony is all around us.

You don't see flocks of geese at war with each other.

They have their own families and clan soaring together.

Where I live in the winter thousands of geese are flying in the sky.

Most people in Kansa where I live never pay attention to them.

For many, they are a nuisance.

Why don't they pick up after themselves?

Their dropping makes great fertilizer for the earth.

We don't need artificial fertilizers.

This world would be a better place if humans would learn how to be in harmony
with Mother Earth.

We see drastic climate change and the effects it is having.

It gets worse year by year.

A sword is held up by a thread in each and every moment.

Yet we are oblivious to it.

Many people are waking up from their slumber.

You are a piece of this precious puzzle.

Further generations are dependent upon the precious actions that we take today.

If we all chipped in and made the effort we can solve this puzzle.

The ingenious people say "In our language, we don't have a word for rights. We
have words for responsibility."

There is great wisdom in that statement.

We are guardians of this sacred land.

Pause

Learn to pause in your life.

We live most of our lives on the remote control.

We can't see the forest from the trees.

To pause consciously is a gift from the universe.

You might ask what's so special about pausing.

I don't see any benefits from it.

Well if you are about ready to cross the street and a huge truck is barreling down
it might be wise to pause for a few seconds.

Pausing causes one to have gratitude in one's life.

Gratitude is the key to seeing whether the glass is half empty or full.

Our attitudes are the factors of how we live our lives.

If we are constantly sour, sour grapes will be the norm.

Likewise, a wise person turns sour grapes into wine.

This is the greatest alchemy there is when we turn our perspective of life around.

By pausing before acting we can filter what we say or do.

Just one word spoken or action can sever a relationship.

Words can spin out of control.

We can stop putting gasoline on the fire of life.

A wise man simply smiles at confrontation.

He has nothing to say or prove.

His ego isn't involved in trying to convince someone of his point of view.

Pausing, relaxing, and releasing are the keys to a happy life.

One learns how to be in harmony with the universe.

Lao Tzu was at the forefront of this.

The Tao Te Ching is probably the greatest book written on universal harmony.

For many, it's a fairy tale.

For many life's great mysteries are contained in its essence.

Life's mysteries are contained in simple things in life.

Just like breathing.

Most people take it for granted until the last breath comes along.

At that point, death is knocking on your door.

The wise man is conscious of his breath during his lifetime.

Consequently, death is simply changing one's clothes.

Bring the art of pausing into your life

One million 3 hundred thousand

A few days ago we had 1, 300, 00 people get covid in one day.

I was kind of excepting that..

We had three major holidays back to back.

Over a hundred million people traveled by car or by plane during the holidays.

I know people want things to get things back to normal.

Yet we are repeating the same mistakes as the Spanish flu in 1917.

We are patient only for a while and then we lose it.

Yesterday Dr. Fauchi said on CNN that half the population would get covid one day or another.

I first saw this online.

I thought I wasn't reading this properly.

I told my wife and we turned on the news.

Lo and behold there was Dr. Fauchi was saying the same thing on TV.

Furthermore, they were saying the cloth masks which millions of people wear daily don't work at all.

Mixed signals.

To be honest this virus morphs and changes on a dime.

Maybe what is true now is not true a month later.

I remember a year ago when the administration took off their masks.

They said if you were vaccinated you didn't need one.

Well, today the story is different.

Even if you had both vaccines and the booster shot you could get this new variation.

The good thing is your chances of landing in the hospital are slim.

Now the unvaccinated are another story.

I have two dear friends I have known for a very long time.

They weren't vaccinated and both came down with it recently.

Both of them said they have never been sicker in their entire life.

They could see if you were already down and out one could easily die.

It's like surfing a huge wave and wiping out.

Unfortunately, one is held down for three waves.

Can you imagine coming up to the surface gasping for a breath and another wave hits you on the head?

Most covid survivors say they would take the vaccine if they know what they had to go through.

Most surfers couldn't survive a three-wave hold down.

How about you?