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Your Spirit Took Human Form

Your spirit took human form.
For the majority of mankind, they would almost say that's not possible.
How could that be?

But it is absolutely the truth.
Behind your breath lies the answer.
Imagine your spirit is a battery that keeps you alive.
Behind your breath lies the battery of life.
When you die and you take your last breath, no amount of trying to recite you will
work.

What gives?
What is the power behind your breath?
I know I sound like a broken record.
Yet we no longer live in the. Newtonian age.
Modern-day scientists are blowing their minds by discovering the wisdom of the
quantum.

My friend Guy says that modern-day Buddhism has to keep up with the latest
scientific discoveries in the quantum field.

Mystics and scientists are both talking about the same thing.
Nothing could be more true than your spirit taking a human form.
Most people would say your human form contains a spirit.
Yet with that concept, we have limited ourselves to our true nature.
This is where we got the puzzle wrong.

With that train of thought, one only looks externally to find the hidden Jewel that
lies within.

We become separated and lost.
We fight one another.
It's every man for himself.
It's country against country.
It's racing against race.
It's religion against religion.
It's one political party against the other political party.
The list goes on and on.

When we are where the spirit takes human form, we have an entirely different
picture.

We see the thread that ties us all together.
We understand that we are a part of the universe and the universe is a part of us.
There is no separation.
What I do to you I do to myself.

When we can see our reflection of ourselves in the mirror and see the unity
behind all things, our lives change forever.
This is truly a video game of life.
There are an infinite amount of levels.
Most people are on the level where they can't see both sides of the picture.
When one is only aware of the external one sees only 1% of the light spectrum.
Most people think yes I see clearly.
Even if you have 20/20 vision, your site is limited.
We are talking about having your feet on the ground and your head in heaven.
This is not an oxymoron.
This is your true state of existence.
Just look at a newborn baby.
That smile radiates the entire world.
That is what we are talking about.
A baby lives in that state.
Unfortunately, over time it loses its true state of existence.
We get programmed by our environment.
We learn unfortunately from the outside world that we must always look
externally.
We slowly lose the light spectrum of life until we only see 1% of the light
spectrum.
There are millions of people waking up from their slumber.
The Sun is about ready to rise.
It's going to be a glorious sunrise
Just wait and see.

The Goody Bag

What is the goodie bag?
I love to watch Mary Poppins.
I remember in one scene she took out so many different items from her bag.
There was no way on earth a back could contain all those items.
Yet, we all contain an infinite goody bag inside of us.
In fact, the entire universe exists inside of us.
That is my friend the grand goody bag.
The magic behind all magic lies inside of us.
Yet we are texting on the freeway of life.
We are oblivious to the divine gifts that already exist inside of us.
We have free will.
Currently, there's so much chaos on this land.
Yet this chaos is a manifestation of not knowing our true selves.
We are all reminding each other that there's a different path, a different avenue
to life.
This goody bag is our true existence.
It is our true nature.
It's magic and yet it's as real as can be.
It's supernatural yet it's the most natural thing there is.
It doesn't try to convince you or convert you.
There's nothing to convert to.
This is not a belief system.
This is the foundation behind all life.
We live in such incredible times.
I know that at times it doesn't seem like that.
Yet this is probably the greatest time ever to be alive.
The world of the mystic and the quantum scientists are coming together.
We are ready to embark on an incredible journey of self-discovery.
The Renaissance age of old is nothing compared to what we are about to embark
on.
History will show that went from darkness to light in such a short time.
I call this the evolution revolution.
Can you imagine the entire world's chemistry sets that exist inside being used for
the benefit of all?
We are about ready to change this world from the inside out.

For thousands of years, we have been trying to change this world through
intimidation, chaos, and wars.

This has not worked at all.

Not a single war helped humanity in the end.

We are shifting our paradigm of living.

We are shifting our attention from the external to the internal.

By doing so we are tapping into our true potential.

We are tapping into the web of life that is tying us all together.

Can you imagine how incredible that will be?

What I do to you I do to me.

The world will change drastically when we see ourselves in the other person and
the other person sees themselves in us.

Just that fundamental realization will change the world.

This may seem like an impossibility.

Yet the entire universe is supporting us on this journey.

We have simply thought that we are alone.

The universe is your best friend.

There are no enemies in eternity.

Enemies are only a figure of imagination in the mind.

The mind can either be your best friend or your worst enemy.

We are going from darkness to light.

We need to take our minds to dog school and learn how to be civilized again.

Our way of thinking is not in harmony with nature and the universe.

Then yet we wonder why life in general is so chaotic.

What you focus on you will come.

If you focus on the chaotic world around you, you will become chaotic.

If you focus on kindness for all, you will be kind.

It's quite simple, isn't it?

That's why I say the more attention you pay to something. It pays attention to
you.

It couldn't be more simple than that.

Just think in one day you can change your focus and direction in life.

Did you know that it takes only around 3 weeks to establish a habit?

These habits can be good for you or detrimental to you.

It's up to you

We can learn how to reprogram our subconscious minds.

95% of your actions come from the subconscious mind.

We think we are in control.

A wise man learns how to read the garden within.

In every moment one tends to his garden.

One constantly pulls the weeds, rocks, and boulders within.

This life is a grand journey.

You make a reservation.

You check and someday you check out.

Each of us has there own individual hotel.

Many people when they are young think they will never check out of this hotel.

Yet as bugs Bunny once said don't take life so seriously because you will never get out of it alive.

You have been alive for eternity.

Before this universe was even created you existed.

Yet we think that we are so mortal and frail.

Mind you in some way we are.

You're true. essence is eternal.

Countless lives we have lived.

This life is a riddle meant to be solved.

The wise man constantly tries to solve the riddle of life.

The riddle of life might never truly be solved.

My brother John once said it's the untold story.

Words will never be able to describe the story.

Yep, that's the best we can do.

Common sense is uncommon.

This journey in life is an incredible learning experience.

At times we make this journey much more difficult than it should be.

One should live in the center of the hurricane.

Most of humanity unbeknownst to their lives like leaves blowing in the wind.

That makes the journey much more difficult.

One has to hold on to dear life.

One has to always try to control things around them.

You can see it today.

The Supreme Court recently has made some crazy decisions that affect human life.

It seems the court today is more partisan than ever before.

In history, when chaos arises in our court systems, it is the beginning of the end.

I'm not saying this is the case.

These two decisions bring us back 50 years or more in time.

This world would be a better place if we all embraced life to its fullest.

We must embrace the jewel that exists inside of us.

Chaos may be all around.

A wise man he just smiles at the chaos.

He knows the center of the hurricane which is calm.

He will not go outside of the center.

The winds of the mind are constantly howling.

This is why chaos is manifested in this world.

The world is a reflection of our state of mind.

Do you try to control your mind?

Our dogs are more trained than their owners.

I find that ironic.

We don't see the mess that we have created.

We think it's normal when it's not.

Hopefully, you will ponder what I am saying.

For many people, words come in.

Words come out.

End of story.

A wise man listens even if he's heard the same story hundreds of times before.

Each time the story is told something new is realized.

We all can fine-tune the guitar of life.

They will never be a time when we can clap our hands and say I know at all.

Welcome To The World Of Maya

Welcome To The World Of Maya.

This is the greatest grand illusion in the universe.

It is created by the master magician who creates all.

Everything is created and everything eventually gets destroyed.

Nothing physical last forever.

The universe comes.

The universe goes.

This is the nature of all things created.

Yet you are eternal.

You were never created therefore you will never die.

That is the grand mystery of life.

When we were born we came from the creative source.

This was and is our true nature.

Somewhere along the way, we got caught up in the web of Maya.

We think this world we live in is so real.

I can see it with my own eyes.

I know what is real and what is not.

Mystics have said for thousands of years that what you see is not real.

It is an illusion.

Tell me when you are watching a movie.

Is that movie real?

We get so sucked up in the drama of the movie.

We go through all the emotions, the ups, and the downs.

A Wise man says to turn around and look at the light projecting on the screen of life.

When you do this you will understand this riddle.

So Many Solutions

When President Kennedy made a speech saying that we would go to the moon before the end of this decade.

Many people laughed and scoffed it off as a joke.

Yet he was serious.

There were thousands of obstacles in the way.

The modern-day cell phone has probably a hundred times more power than the computers on board the craft.

Many of the calculations were done by hand without using sophisticated computers like we have today.

Back then there was a common mission and people stepped up to the plate.

Today we have a myriad of problems facing us.

We can find solutions to all these problems.

The only way to find a solution is when we unite for a common goal.

It should be so obvious what the goal is.

Nobody should spell it out for you.

Yet we've been fighting for so long.

We think that is the solution, my friend.

Wars are obsolete.

Only an uncivilized world will go to war against one another.

We are the only species on this planet that will kill on the battlefield of life.

It seems like we need to get our priorities in order.

True wisdom comes from the silence within.

Without wisdom, one makes hasty decisions.

Hasty decisions without truly pondering them over will make many mistakes.

Many or most of the world's problems stem from people who are more interested in making money than healing this planet.

We are sawing off the branch we are sitting on.

As long as I make my money, who cares?

This has been the consciousness of so many leaders and companies today.

It's always the bottom line.

It's always short-term profits.

How did we do this quarter?

How many decisions are made ten generations down the line?

Life is like a grand chess player.

He can make in his mind around 7 to 10 moves in advance.

We need to find practical solutions that consider this state of mind.

One must look at all the different angles.

Many so-called solutions are simply made without truly thinking about the consequences.

They are made hastily.

Most wars are simply hasty decisions.

If there is a problem, there is a solution.

We have so many brilliant minds in the world today.

Unfortunately, many of these brilliant minds are hidden.

Mainstream society never hears from them.

They are brilliant.

What would happen if these brilliant minds' ideas would be brought to the mainstream?

Can you imagine if the world at large is united with these incredible ideas for the future?

Can imagine if each citizen of the world lives their life embracing these new ideas and solutions?

We can change this world for the better.

To change this world the first step is to change yourself.

If you only did this, you would put in your piece of the puzzle.

The more people do this, the more the puzzle becomes complete.

True solutions only come when a person is humble and kind.

If you're not humble and kind in my eyes, the solution will simply be a band-aid.

It may solve their immediate problem by hiding the symptoms.

Yet the cancerous disease will still exist.

We have seen so many of these problems in the world today.

Take a look at the infrastructure of America.

It is following apart and we put Band-Aids on the problem.

How many bridges have to fall before we get our act together?

Your infrastructure is the foundation of your society.

When your infrastructure crumbles your society eventually will crumble.

Our nation is polarized in so many different ways.

When a nation is polarized compromise has gone out the door.

When a person can't bow and bend he becomes rigid.

Problems will never be solved.

Politicians will always pass the buck or kick the can down the road.

Nothing substantial won't get done.

Finger-pointing will be the name of the game.

The Supreme Court will no longer be able to make noble and right decisions.

It seems like we have gone back over 50 years.

Maybe more.

It looks like the civil rights movement of yesterday with all its advancements have gone back 50 years.

Instead of advancing civilization, we are bickering and fighting one another.

In my eyes, if a politician is not kind, vote him out of office.

Only a kind man can make kind laws.

We must look at the characters of those who represent us.

If we did we would vote most of them out of office.

All civilizations go down the drain and decay when common ethics and morals have gone out the door.

The solution is in our hands if we want to listen.

You are part of the problem or part of the solution.

What are you going to do about it?

Celebrate The Breath Of Life

Celebrate the breath of life

There are infinite possibilities of ways to celebrate the breath of life.

Unfortunately, most of us don't realize these possibilities.

We still don't know what is keeping us alive.

Mystics have said for thousands of years to realize the power behind your
breath.

It is keeping you and the universe alive.

Each breath is a celebration of life.

You may say what a joke that is.

Yet when you are on your deathbed you will not be joking any longer.

That my friend is a puzzle to solve within you.

When we're young we think we have all the time in the universe.

The older we get we see time is ticking away.

As Bugs Bunny once said don't take life so seriously because you will
never get out of it alive.

These are wise words from good old Bugs.

The great mystics of old were surfers of their time.

They knew how to ride the wave of life.

The breath was a doorway to surfing this divine wave.

This same doorway exists inside of you.

There is no place in the universe where you don't reside.

We think we're so alone.

Yet we are one in the vastness of the universe.

I remember many moons ago an Indian poem. that said how can a fish
drown in water?

I find it quite amusing that there is water all around us yet we are oblivious
to it.

We are like a fish drowning in water.

Heaven is all around us yet we are oblivious to it

The greatest love in the universe surrounds us yet we are oblivious to it.

Your loved ones on the other side are always with us yet we are oblivious
to it.

The greatest wisdom in the universe is all around us yet we are oblivious to
it.

The greatest Jewel exists inside of us yet we are oblivious to it.

This is a riddle meant to be solved by you.

Nobody is trying to convert you or convince you.

It's only your decision.

This is the true nature that we are talking about.

The life you are living is just skimming the surface of the ocean of life.

There is an infinite ocean of love inside of you.

You are this magnificent ocean of life in a human form.

We think we are just this physical body.

Since we think that we experience life at such a gross level.

What I mean by that is imagine that scientists know the quantum field
exists.

The quantum field exists beyond time and space.

All universes are part of the quantum field.

Your true essence is the quantum field.
This is why I say we live at such a gross level.
We see only less than 1% of the light spectrum.
Many of us think we see the entire picture.
You have the inner microscope that lies within you.
All we are saying is simply turn it on and magnify it and you will see your
true nature.

It's quite simple.

You can see it in the eyes of a newborn.
Those eyes are sparkling with the majestic of love.

No words, can't describe that.

That my friend is our true nature.

We need to go back home while we are alive.
This is called The Kingdom of Heaven on earth
Granted this will take time.

But this is the video game of life.

Imagine for trillions of years and beyond this video game has been going
on.

Some civilizations have blown themselves up.
Some civilizations have overcome all obstacles and transformed.

They went through all the levels of going from darkness to light.

Yes, this took probably a million years or so.

Yet just think they did it.

This is the same video game that they played.

The same rules.

The same video game.

The same breath.

What a divine opportunity we have.

Celebrate the wonders of your breath in every moment you are alive.

RIP Grant Gelker

A few days ago, a dear old friend Grant Gelker passed away.

I haven't seen or heard from him in 50 years.

We weren't close friends.

My brother John and I would call him the gentle giant.

Even back in junior high school, he had an extremely large frame.

Inside that frame was the heart of gold.

He had a great sense of humor.

He loves playing football.

Football indeed was a part of his life.

That gentle giant who was gentle outside the football field was a gladiator
in battle on the field?

I wouldn't like to have a half-ton truck come barreling down on me.

During my senior year, the football team went all the way to the CIF finals
and won.

That was quite an accomplishment.

I heard rumors he moved to Colorado many moons ago.

My brother John saw him one day in Newport Beach while he was on a
business trip.

That was the last we have seen or heard from him.

My condolences to his family and kids.

He was a great man.

I can tell by the picture he had a great sense of faith.

Rest in peace, Grant.

My dear friend Richard

I have a dear friend named Amar.
Amar has a dear friend named Richard.
Mind you we have never seen each other yet we are friends.
He is quite sick and is fighting for his life.
His wife once or twice a week gives Amar the latest status of his condition.
Each time we send him our prayers and love.
We are all family united under the umbrella of love.
I have been going through health issues.
Mine you nothing compared to what Richard is going through.
I send him my love and prayers to him that he can make it through this.
He has a great attitude.
His wife is lovingly supporting him through this trauma.
He knows nobody can live forever.
If it's time to go, it's time to go.
He has a great will to master this
He appreciates life for what it offers and that is the greatest blessing.
We are with you, Richard.
Many people are praying for you.

Never Stop Learning

Never stop learning.

Today's greatest wisdom may be tomorrow a thing of the past.

Don't be so lazy that you think you are always right.

There are always two sides to the coin.

A wise man just smiles at adversity

An ignorant man will try to convince you in any way he can

Here Today Gone Tomorrow

Here today gone tomorrow.

We think our lives are eternal.

Yet it is less than a blink of an eye in eternity.

The wise man ponders this meaning throughout his life.

The ignorant man only ponders this upon his deathbed.

The Inner Light

Once upon a time when I closed my eyes, I saw nothing
but darkness.

This is a common condition for mankind today.

When someone says that there is a light inside of you,
what comes to your mind?

Most people use this logic.

I have never seen a light inside of me, therefore it
doesn't exist.

I have a saying the more attention you pay to something
the more attention it pays to you.

This is a practical riddle for you to solve.

By solving this riddle you will be on the conscious
journey of going from darkness to light.

This is your true nature.

You are the universe.

You just don't know it.