



Beat a rug

Fletcher Soul Traveler

## Contents

Balance Is The Key To Life.....	3
Be Mature.....	4
Beat A Rug.....	5
Best Of Both Worlds.....	6
Bite The Apple.....	7
Bob's Big Boy.....	8
Calm Inside Of The Storm.....	9
Campaign Reform.....	10
Can You Change The Past? .....	11
Can You Laugh? .....	12
Carnival Of Life.....	13
Carry Your Meditation Into Your Daily Life .....	14

## Balance Is The Key To Life

Did you know that balance is the key to life?  
A person who is fanatical can't see the forest for the trees.  
Even if you are a fanatic for God you can't think properly.

Look at all the religious wars.  
My religion is better than yours.

God is on my side only.  
God does not take sides.

Man create wars.  
God doesn't.

He has never started a war.

By being balance in all areas of your life you develop a healthy relationship with  
God.

You become mature at all levels of your life.

You find your true nature.

Your true nature is balanced.

Look at the great masters.  
They were totally balanced.

They said we could also be balanced.

They showed the way.

Ponder these words.

They have an inner meaning.

## Be Mature

Did you know that God wants a mature relationship with you?

You are on equal footings.

You are partners.

God doesn't want to carry all the load.

He doesn't want you to wallow in how bad you are.

He doesn't want you to be sheep which follows on command.

He wants you to take responsibility for your actions.

You can create a healthy relationship.

It takes a new perspective on life.

It takes a new meaning.

It takes you to have a new way of seeing your relationship.

It is time to take it to a new level.

You can do it.

All the tools lie within.

Your whole outlook will change.

You will be much stronger.

Ponder these words.

It's a new perspective that you probably never heard.

## Beat A Rug

The poet Rumi once said the following.

When someone beats a rug, the blows are not against the rug, but against the dust  
in it.

When we go through the up and downs of life remember we are not alone.

Struggles and beating of life are meant to clean ourselves.

They make us become stronger.

They help build character.

How can you truly have compassion for your fellow man if you never experienced  
hardships?

Life is truly a video game.

This game appears so real.

We even feel pain along the way.

The beatings are not against us.

We do not get punished by God.

Yet life has its lessons to learn.

We come unto this earth to grow and love all of life.

We are all on the same boat.

We are all on the same journey.

All the great teachers in the past spoke that we are all the same family.

We have forgotten our true nature.

Life tries to wake us up from our slumber.

You are the universe.

You just don't know it.

## Best Of Both Worlds

I'm so thankful I discovered God within.

I have the best of both worlds.

The treasure within is shared with mankind.

Happiness, joy, and content.

Love for mankind.

I have the best of both worlds.

I love learning to master myself.

Inside and outside this life is a gift.

I'm so lucky to be alive.

Danger is all around yet the path I walk on is safe.

I may get laid off yet, in the end, another job opportunity is just around the bend.

This life is an incredible journey.

Enjoy every step on the way.

## Bite The Apple

Imagine if you never saw an apple.

Someone then describes to you his experience of the apple.

It can be sweet and at times sour.

It can be green, red or yellow.

It has a marvelous taste.

Words can only describe the apple.

They are not the experience.

In your imagination, we create the image of the apple.

Yet it is not the apple.

Man throughout history has written words about God.

These words are mans experience trying to describe the experience.

They are not the experience.

Man has to bite the apple.

Man has to taste the experience inside.

## Bob's Big Boy

When I was young my uncle took by my twin brother and me to Bob's big boy.

    We went there for a shake.

They had placemats that said 'take me to your leader'.

    I can still see it clear as day.

My brother and I took those mask and place it over our faces.

    We began to laugh.

    We knew we came from the stars.

    My Uncle had no idea why we were laughing.

    He wouldn't have understood even if we had tried.

    This was during the mid-fifties.

Nobody except my twin brother and I understood this riddle.

    You came from beyond the stars.

    You are literally stardust.

    Understand this riddle.

    You are special.

    This is not a mundane life.

    It just seems that way.

## Calm Inside Of The Storm

Calm inside of the storm.  
There is a storm brewing this very night.  
Stay home.  
Nap next to the fire.  
Stay calm.  
Don't go out tonight.  
Your ship will still be there tomorrow.  
It's safe in the harbor.  
Danger is in the air.  
Yet at home, you are down for the night.

## Campaign Reform

I'm glad to hear one candidate talk about campaign reform.

He wants to restrict the use of lobbyists.

He wants to restrict the amount of money they can contribute to a candidate.

Both the republicans and democrats oppose this.

This is their power base.

If you take that away, what is left is the people?

This scares them to death.

This is supposed to be a government for the people, by the people.

Well at times it's more like for the business, by the business.

Do politicians really care for the common man?

I believe we need a political reform.

## Can You Change The Past?

Can you change the past?

Have you ever thought can I change the past?

All of us probably wish we could re-record some events from the past.

If I only held back saying so and so.

All these junk lives inside.

No, we can't change the actual event.

It happened.

Yet you can change this event inside.

You can truly forgive yourself and truly learn from your mistakes.

All of us have lessons to learn.

We are on this planet to learn.

Without making any mistakes how would you grow?

We just need to pull our inner weeds.

Day by day your flower bed will grow.

A farmer learns how to constantly pull weeds from the garden.

He doesn't allow it to get out of control.

You can solve this riddle.

Your life will never be the same.

## Can You Laugh?

Can you laugh at yourself?  
Can you cry?  
Can you admit when you're wrong?  
Can you complement your lover?  
Can you show your innocence?  
Can you expose your faults to others?  
Can you shower them with love?  
Can you be honest at what you feel?  
Can you be open to life?  
Can you be compassionate?  
Can you be a friend of mine?  
Can you be tolerant?  
Can we accept mankind?  
Can you show your love?  
Can you tell me what going on?  
Can you be humble?  
Can you act like a child?  
Can you be full of wisdom?  
Can you tell no lies?

## Carnival Of Life

This world we live in is certainly a carnival.  
But life isn't.

There are almost an infinite number of acts in the carnival.  
All the good, bad and ugly.  
We think the carnival is real.

I just bought a bag of popcorn or I just got ripped off.  
Someday the carnival will pick up stakes and leave town.  
Where will you be?

The carpet will be pulled while you are standing on it.  
The wise man has been coming for thousands of years and he has said the same  
thing.  
Know thyself.  
You will be set free.  
The chains that bind you will be set free.

## Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Each and every time you meditate allow 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.