

Talks 2017



Contents

6-13-2017	3
5-12-2017	4
5-12-2018 Iran	6
4-8-2017	7
3-01-2017	9
3-02-2017	10
3-06-2017	11
3/08/2018 Kindness	12
3/09/2018 Trade	14
3/10/2018 Universe	17
03-20-2017	20
03-29-2017	22
03-30-2017	24
2/03/2017 Life's mystery	26
2-4-2017	29
2-5-2017	31
2-6-2017	33
2-7-2017	35
02-08-2117	37
2/08/2017 Kindness	39
2-9-2107	41
2-11-2017	43
2-12-2017	45
2-13-2017	47
2-14-2017	48
2-15-2017	49
2-24-2017	50

6-13-2017

Is there something going on behind the scenes that we are not aware of? The world seems to be falling apart yet there is a glue that is tying us all together. It seems like the world is in chaos yet behind the scenes is harmony. We need as the world to discover this harmony moment by moment.

This is why the wise man can smile during difficult times. He can see behind the scenes. He knows that we are actors on the stage of life. We play our part and then ultimately we leave the stage and go home.

Some of my friends have gone home in the past few years. My dear friend Patti lost her Dad recently. Patti wrote a touching Obituary for her Dad. I never met her Dad but Patti is a reflection of her Dad. I could see the tenderness of her Dad. He was an OB/GYN at Hoag Memorial Hospital in Newport Beach. In fact, on Patti's Facebook post one of the moms said three of her children were delivered by Patti's Dad.

Now, why am I writing about someone who I never met? Good question. I love to hear about the adventures of life with my family and friends. Over the years I loved to see posts about Patti and her adventures in life. We both love to travel. I loved to read about families and friends sharing life

I believe that we receive traits from our parents. They brought us up. They carried us through thick and thin. They raised us. How incredible is that? A part of them lives inside our hearts. Their body is no longer with us but their essence lives inside.

We all come and go into this stage of life. Let's cherish our friends and family while we are alive. Rest In Peace Royal. May you have an incredible journey.

5-12-2017

Does the universe stop and pay attention to us or do we stop and pay attention to the universe? Does the universe help us on our journey of life? Can the universe be our coach in teaching us about the mysteries of life?

Is it true that the more you pay attention to the universe you will see signposts everywhere? Is the universe gently showing us the way? Look over in this direction.

Is life like a video game where you go from one level to another level? Does life throw curveballs so you can ultimately hit a home run out of the park? When we strike out do we think we failed or do we see the opportunity to learn and grow?

Recently when I meditate I have a sense of being coached. For the past month when I dream I'm at a point where all of a sudden I get pulled from the dream and back into the light. I feel the universe is saying everything comes from light.

I read the autobiography of a yogi many moons ago. One of my favorite passages is when he describes going to a movie theater. The entire audience is captivated by the movie. It becomes real. Yet how many people turn around and realize that a projector is streaming light upon the screen? The wise masters have been talking about this for eons.

How do we fine-tune the guitar of life? Has the entire universe always been inside of us and we haven't been aware? Does the perfect wave exist inside of us? These are exciting times for us. Amid Trump and politics, the universe is beckoning us to discover our true nature.

We are the universe and just don't know it. Our civilization is quite young. Probably less than 200,000 years. Most scientists say probably less than 34,000 years. I'll tack on a few years.

Yet imagine there are probably civilizations that are over 5 billion years old. Imagine they reached a point in evolution where they had a choice to blow themselves up or evolve to a state where they became the universe. War becomes obsolete.

The universe is kind. The universe is supreme love. The universe is compassionate. The universe is aware. Is the human body hard-wired for the experience? Are we created in God's image?

Quite frankly I believe the universe is always evolving. Can you imagine the joy of the universe when an entire civilization becomes the universe? Granted it takes a long time. Some say a million years but if you are never created nor ever destroyed what is a million years? A blink of an eye.

Are we here on earth as individuals to grow and evolve? Have the great teachers in the past been representatives of the universe to show us the way? They can coach us on the sidelines but remember only you can play the game.

What will cause humankind to wake up from our slumber and discover we are the universe?

5-12-2018 Iran

Most of the world was highly disappointed when President Trump pulled out of the Iranian deal. It took six long years of intense negotiations for an agreement to take place. Granted it was not perfect that's why it's called a deal. You win some and you lose some.

All the major superpowers signed on the dotted line. It seems like Trump has a major vendetta against the previous administration. Whatever they did good or bad he wants to tear it up. The Iran deal is no exception.

All the major superpowers who signed it were completely against the US backing out of this deal. Even our closest allies are disgusted with us. What does it show to the world that we can't keep our word any longer? Who will trust us when at a whim the President can back out of a deal?

Why can't Congress do something about it? Do we have a dictator in office? Whatever happened to diplomacy? We have a President who lacks wisdom and thinks he knows more than the world leaders. He is running the office only for the people who voted for him.

I feel the US is so far off its mark. Anyone of Trump's actions would have impeached another President. Yet for the time being our nation is being run into the ground.

Will another war take place in the Middle East? Only time will tell. I feel we lost a huge opportunity in helping Iran get stabilized. Most of the hardliners in Iran were against the deal but the President said let's trust them and see what happens. Well, we backed out of the deal and a huge vacuum exists. Let's see what gets sucked in.

4-8-2017

The definition of a mystic is the following. A person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect.

Many moons ago I heard about the world of a mystic or Yogi. I was quite fascinated by it. What were they experiencing? How did they tap into this experience? Is this for a privileged few? How come everyone doesn't know about this? Do you have to give up your life and move to an ashram? I like my life. Can I become a mystic and still carry on with my life?

These are the questions I asked myself. Fast forward 46 years. Wow-what an adventure life is. I learned that anyone can learn to go inside and discover their true essence. It's not for a privileged few. We are hard-wired for this experience.

We were designed for this experience. Somehow along the way we have forgotten. No, you don't have to give up anything in your life except for a few things. You must learn to give up anger, greed, war, intolerance, lack of patience, gossip, and all your negative emotions.

Don't you think it's wise to take out the trash every once in a while? We have tons of internal housekeeping to do. At times it's difficult and painful for a human being to change. We tend to hold on for dear life yet we are carrying a huge bolder on our back. Maybe the great mystics were right.

Maybe their path was to demonstrate or show that we can throw away our garbage. We don't have to change or walk away from our lives. In a matter of fact, we need to embrace life. The universe is kind. We need to cultivate kindness in our life. We need to plant the seeds of kindness and water them every day. A farmer tills the soil and takes out the weeds. We need to do the same thing. We need to be aware of our actions.

Humanity needs to plant the seeds of love, compassion, tolerance, patience and so much more. Follow the steps of planting the seeds of kindness. Guess what over time you will become a mystic.

Every day watch your breath moment by moment. Pay attention to it. Focus on it. Try to do this 24 hours a day. It will take time. At first, it will be extremely difficult. Just relax. When you are driving turn off the music, put down the cell

phone, pay attention to the road and follow your breath. It's that easy. Over time you will experience that there is something behind your breath that is keeping you alive. A sense of peace, compassion, love, and bliss will arise.

Learn to love to close your eyes and watch your breath go up and down. Learn to be relaxed and focused at the same time. With too much relaxation you will fall asleep. Too much focus is like trying to break down a door. The door will open on its own time and terms. Just love the opportunity to sit there and discover your true nature. This is not a race. Be patient with yourself.

Over time this world will merge into yours. You can simply close your eyes and you will be filled with love and compassion. Still every day we take baby steps. We will never truly say I have learned everything about our true nature. We will always be infants.

Even if you meditate for over a billion years we will still be infants. Remember we are never born and we never die.

So this life is quite the adventure. What we learn from inside we take the experience outside.

We learn to be kind in midst of anger. We learn to be compassionate on Facebook. We learn to have patience and tolerance toward others.

We can see the thread of love tying us all together. This life that we are given is to truly become the best that we can be in all areas of life. This practice enables us to see beyond the box. We can be open to so much more than our limited beliefs and ideas.

The universe wants you to discover who you truly are. The universe wants you to reach for the stars.

This is the life of a mystic. This is your true nature. Discover who you truly are.

3-01-2017

Greeting. Welcome to a brand new day. On Monday of this week, I had a job interview. They asked a very interesting question. Who inspires you? I said the Dalai Lama. I loved that he said, “Kindness is my religion”. I told them the world needs kindness.

He goes all around the world and gives kindness where ever he goes. I told them that I’m inspired by people who are kind to each other. I love random acts of kindness.

My wife and I love Fridays on CBS Evening News where they have a section called “On the road with Steve Hartman”. It’s my favorite section of the news. Steve finds these incredible people who are kind to one another. Some may do random acts of kindness.

It is very touching. It demonstrates to me the essence of being a human being. Each story is different yet there is a thread of love tying us all together. I love even seeing the news host Scott Pelley hold back tears. It’s nice to see a newsman combine his mind and heart. It’s quite rare to see.

I feel kindness is the answer to the world’s problems. Humanity has been spewing anger for thousands of years yet it never solves any problems. Look at Facebook today. Anger is just putting fuel on the fire. Kindness extinguishes the fire. It transforms it.

These are basic principles we need to bring back into our lives. Your family, friends, community, state, nation, and the world would rejoice if we did that. Kindness is not a Pollyanna state of mind.

Kindness takes the greatest strength you can muster. It is so easy to get angry. Anyone can do it. Yet to be kind to diversity takes strength. You have to cultivate that.

You must plant the seed of kindness in your heart. Daily you must weed your garden. Take out the negative weeds. Water the seed and watch it grow. If we all did this the world will be a better place.

3-02-2017

Anger = gasoline on fire
Kindness = Putting out the fire

3-06-2017

Recently I put up this website Evolution Revolution of Love. My good friend Mike Reed checked out the site on his mobile device. He said to check your responsive design on Mobile. I replied thanks. I will. That was my next step. You may wonder why this is important.

Ok, you built the site and everything looks great on your desktop computer. Then you start looking at your site on an iPhone, iPad, Android, etc. and you see that the content is not displayed properly. Responsive design means that when a user goes to a website the screen displays the content in a usable manner.

For example, even when you are on the website with a desktop computer or laptop if you change the browser size the content should adjust accordingly. Without using responsive design. The content could look awkward.

So what does this have to do with life? Many of us never think about how we respond to life's events around us. We simply react. We are reactive beings. We don't stop look and listen before reacting. We don't think should I say these words. Anger is putting gasoline on the fire.

Responsive design comes into the picture where whatever life's events come into play you can rearrange them where your foundation is kindness, compassion, patience, tolerance, and love.

These qualities help in rearranging the event that surrounds you. You may not like the event but you can respond in a mature emotional manner. Remember this takes time. You will stumble and fall. That's how you learn.

We learn from our day-to-day mistakes. This is how we grow.

3/08/2018 Kindness

Kindness is needed in this world. Amid all the flame-throwing in our media nothing ever will get solved. People shouting and bickering with one another will never help us heal. When I'm right and your wrong where never brings us together. We have a President who said he loves conflict. He loves putting gasoline on the fire. He loves to divide us.

He loves to be the big bully. He will not listen to his advisors. He will not hesitate before he speaks. He will tweet whatever comes to his mind a 3:00 in the morning.

We need kindness everywhere we go. I truly believe that kindness is a gift from God. It is more valuable than gold. Yet in our present day, world kindness is long forgotten. Kindness is a thing of the past.

Look at Facebook today. So many people are flaming each other. People are rude and angry. People are throwing darts at each other.

Did you know that Buddhists are highly skilled in the debate? They debate in a manner where they would never put their opponent down. They would never yell or scream at each other. They would never flame their opponent.

You see they debate from the state of kindness. They debate from the state of love and compassion. This makes all the difference in the world. They have fun debating with each other. They don't bring each other down. They bring each other up.

We can all learn from this. Why do we hold on so tightly that only our ideas are correct? If you don't believe in my ideas you are not a good human being. Isn't it amazing that God and nature don't judge us yet man does it all the time?

How far off the mark have we gone? We think we are civilized but we have a long ways to go.

Early in my life, I couldn't grasp Confucius or the knights of the roundtable. I guess I didn't truly know about chivalry. But the older I get the more I value kindness, love, patience, and compassion. I truly think these are the cornerstones of mankind.

Mankind means kind man. I may be oversimplifying things that these principals can solve any problems. If we truly embrace them in our daily life the world will change for the better.

I remember a video I saw about a year ago on Facebook. NPR was about to lose major funding many moons ago. Mr. Rogers was at a congressional hearing. He had only about five minutes to speak. The congressman asked this question quite forcefully more or less saying you have five minutes to convince me.

Well, Mr. Roger spoke with so much kindness and dignity about how his show helps the young children of today. The congressman was overwhelmed. He approved the budget for NPR which is still around today.

I remember as a child the school teachers who were kind and taught in a manner of love and compassion. They didn't preach it. They embodied it. Big difference.

So what am I trying to say? I'm not trying to convince you. I don't have anything to prove to you. I'm just saying your true essence is kindness. The mirror just has some dust on it.

3/09/2018 Trade

President Trump says it's easy to win a trade war. My question is why should we have a war at all? Our economy and the world's economy are going great. Why sink the ship? According to President Trump, he says China is overtaking our steel market. Yet according to NPR, only three percent of our steel comes from China. Our next-door neighbors Mexico and Canada provide the majority of steel to the US.

Why should we ruffle their feathers? We already have NAFTA which has been running smoothly for years. Yes, there are some problems. But with any deal with nations, there will be problems.

A trade deal helps solve the majority of problems. It can't solve everything. The world is looking at America and doesn't like what it sees. It seems that there is a bully in charge. It's his way or the highway. Even his main advisor on trade is leaving the office.

He has years of experience and strongly advised the President not to take action. Paul Ryan and the majority of the Republicans strongly disagree with this.

Even our European allies are considering a trade embargo on our jeans, whiskey, and other goods. It seems like our great partnership with Europe has changed ever since Trump entered office.

I believe we should be a shining light in the world yet in the past year there is so much uncertainty. The US needs to be stable to maintain relationships with other countries.

I often wonder if the President wants to destabilize the world. Why do we have most embassies not having ambassadors? Even in South Korea presently we don't have an ambassador. Right into South Korea's backyard, we don't have an ambassador.

I'm beginning to think that a powerful businessman such as Trump doesn't understand the mechanics of politics. How can we have a President who doesn't read his daily briefs? My way of thinking is if you don't see the value of this you shouldn't be President.

Personally, I didn't think that the President was a Monarch. About a year ago I was talking to a friend and he said the President doesn't have much power. Well within one year I called him and he couldn't believe how wrong he is.

It seems like everything President Obama did is being dismantled. Whether it was good or bad. If Obama did it tear it down.

Look I'm just saying that we need to wake up America. The house of cards is falling down. The world doesn't understand where we are coming from. The President tweets at three in the morning and our officials have to do damage control.

I think that there should be a law banning a President to tweet. His message should come from official sources.

I can't remember how many times he has said something that is so far off the mark. Like calling the North Korean leader little Rocketman. Or my button is bigger than my button.

How could we elect a President who is so emotionally unstable? It could be the beginning of the end for America. In the past year, there is so much chaos in our government institutions. Our EPA is a joke. How could someone who truly disliked the EPA be in charge? I could go on and on.

Look I'm just saying what I see. A bully on the playground does not good for the other kids. He doesn't want to play with kindness. He will cheat to win. He is insincere.

Likewise, a bully in the White House can truly damage the US and the world. He can help bring instability to the world.

Our closest allies are rolling their eyes. Our greatest friends for over a hundred and fifty years are beginning to doubt our friendship.

What took years to build is quickly eroding. I'm not a Politician but I have been around the block a few times. I feel the bickering between both parties has got to stop. If it doesn't the US will sink into the sand. All past civilizations went under when their leaders could no longer talk to each other.

The US is not above this law. Take a look at all civilizations going back two thousand years and you will see these traits were the cause of the downfall.

Of course, there is war. I'm not going into that subject. So what's it worth? Some people will disagree with me and some won't. I'm not a Democrat or a Republican. I see both sides of the story.

Both of the central values are good. Yet presently both sides hate each other so much it brings the ship down. They don't see that amidst their bickering they created a hole in the ship and water is coming in.

The ship is sinking and all they are doing is bickering with one another. No laws are being passed.

3/10/2018 Universe

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 more grandeur 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 some 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 since the mid-eighties did universities gave a class on subjects like happiness. The Buddhists have been talking about this since day one.

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

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

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

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

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

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

03-20-2017

Well, I had to ask Dell Human resources if they heard any news about my interview.

Hi Dan

Did you ever hear back from James? Thanks.

Here's what they said.

I did and he confirmed that some of the interviewers told you very positive things. Unfortunately, not everyone shared those opinions. He has spoken to them about this and to not repeat it going forward. We apologize that this happened and gave you a different expectation than ultimately the team decided.

I've been thinking this over with all your wonderful support. Imagine you are driving and you see signposts everywhere. Signs like "do not enter". You're driving on a one-way street and you're driving in the opposite direction that you should be. There is a major accident ahead of you. Road rage is all around you. You're almost out of gas and the nearest gas station is miles away.

I'm getting the picture. These are blessings in disguise. These signposts are wonderful ways for me to stop, look and listen. I'm getting all these crazy signals without even starting the job. What kinds of things would happen if worked there for some time?

In this situation, it's best to forgive but not forget. Big difference. Forgiveness is a way to let go of all negativity around the situation. Dell computers had already forgotten about this. I had to remind them again to look into the situation. If there is a poison dart that hits you forgiveness is a way to take the dart and poison out of your system. Why hold on when they so easily forget about their actions.

I have a simple solution. Next time I won't buy a Dell computer. Let's hit these companies where it really hurts. If people don't buy their products they won't be in business.

It's about time that companies honor their employees. We are not just assets where when you make a certain salary or reach a certain age you get laid off. Short terms profits should not be the key element in decision-making. In Europe, employees are on the board of directors. That makes common sense. In America, we have no say.

Anyway, once again thanks for all your wonderful comments. They were extremely insightful. Many of us are facing the same situation.

03-29-2017

Did you really want that job? Did you feel it was a good fit for you? Gut instinct

It's funny that the synchronicity of the job interview went so well. When I walked into the room two managers were sitting there. It was a casual environment. One was wearing shorts. Both of them had my resumes in hand. We carried on with a casual conversation. The room was relaxed.

One of the managers mentioned he went to my website whatscookingtreasures.com and loved the site. We talked about the technology of the site. During the interview process I was talking and he said "where can I find cardamom seeds"? He saw I had a recipe for homemade chai.

The meeting lasted for an hour and a half. It was great to have an interview where you didn't get grilled with technical questions for an hour and a half. This company has a great work-life balance and great benefits. The environment was super relaxed, casual and yet the software system is super complicated. No one understands the whole system.

Two hours later I had my second interview. Once again they saw my impressive resume. They wanted someone who understood and used a certain software framework and convert it into another framework. They saw on my resume I could do it.

What struck me was how friendly the software engineers were. These were the people I would be working with. There was a lot of laughter in the air. Both of us used a great framework but it was going to be obsolete shortly. We had a great laugh at that.

At one point in the interview, someone said "you got the job. When can you start"? I said anytime you like. With that, the interview ended and

one of the software engineers took me on a tour of the building. I met my new manager and was shown my new desk.

This company is only 3 minutes from Lifetime fitness where I swim every day. All in all, I felt really good about the situation. I saw that the entire group wanted to hire me yet you never know until you receive an offer letter. Until then it's not reality.

Well, Monday comes along and I received an email saying they didn't see a fit.

They are looking for better technical depth.

What a wild journey.

So that's the story. It was a great fit. Yes. Did I want the job? Yes. Gut instinct- In this crazy world and being 64 years old the dice are rolling. 10 years ago I wouldn't see the discrimination at all. The people who interviewed me didn't have that but someone did. Or maybe I was sent the wrong email.

03-30-2017

Well, I had to ask Dell Human resources if they heard any news about my interview.

Hi Dan

Did you ever hear back from James? Thanks.

Here's what they said.

I did and he confirmed that some of the interviewers told you very positive things. Unfortunately, not everyone shared those opinions. He has spoken to them about this and to not repeat it going forward. We apologize that this happened and gave you a different expectation than ultimately the team decided.

I've been thinking this over with all your wonderful support. Imagine you are driving and you see signposts everywhere. Signs like "do not enter". You're driving on a one-way street and you're driving in the opposite direction that you should be. There is a major accident ahead of you. Road rage is all around you. You're almost out of gas and the nearest gas station is miles away.

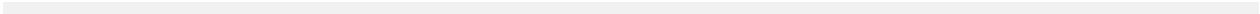
I'm getting the picture. These are blessings in disguise. These signposts are wonderful ways for me to stop, look and listen. I'm getting all these crazy signals without even starting the job. What kinds of things would happen if worked there for some time?

In this situation, it's best to forgive but not forget. Big difference. Forgiveness is a way to let go of all negativity around the situation. Dell computers had already forgotten about this. I had to remind them again to look into the situation. If there is a poison dart that hits you forgiveness is a way to take the dart and poison out of your system. Why hold on when they so easily forget about their actions?

I have a simple solution. Next time I won't buy a Dell computer. Let's hit these companies where it really hurts. If people don't buy their products they won't be in business.

It's about time that companies honor their employees. We are not just assets where when you make a certain salary or reach a certain age you get laid off. Short terms profits should not be the key element in decision-making. In Europe, employees are on the board of directors. That makes common sense. In America, we have no say.

Anyway, once again thanks for all your wonderful comments. They were extremely insightful. Many of us are facing the same situation.



2/03/2017 Life's mystery

When I was young I was fascinated by the mystery of life. I knew there was more than a 9 to 5 existence. When I was around 5 years old my Uncle Bill took my brother and me to Bob's Big Boy for a shake.

At that time they have these paper placemats with a Martian saying take me to your leader. My brother and I placed these masks over our faces and started to laugh and laugh. We knew that we were from the stars. My Uncle had no idea why we were laughing.

How did we know that we came from the stars? Most people would say it was your childhood imagination. Yet you can't really explain it. How do you explain the power of love? Where does it come from? Does our DNA contain parts of us that are eternal?

Does our DNA contain the essence of God? Scientists say that 95% of our DNA is junk DNA. Does God create junk? I don't think so. According to Kyron, he says junk DNA is multi-dimensional DNA. In other words, our DNA is part of the physical and spiritual. We don't have any instruments on earth to prove this.

Yet Bruce Lipton from Stanford says that thru his research that they have discovered the following. Your DNA may have the propensity for a certain disease. Yet with lifestyle changes and the mind being in a state of being that is spiritual you can overcome your propensity to get the disease. You can in essence program yourself out of this problem.

Can you imagine if a part of your DNA contains your higher self that means you are hard-wired to discover God inside of you? A part of you exists in the cosmic soup of God and a part of you exists on this planet. For ages, the great masters have said that the kingdom of heaven lies within. Maybe we have all the tools inside of us. We have been looking in all the wrong places.

For example, imagine only a short time ago we thought that the world was flat. We thought that by sailing deep into the ocean there would be a point where the ship would fall off the face of the earth. This was only about 600 years ago. Yet Christopher Columbus sailed to America and debunked that theory.

Now imagine the Mayans and other ingenious cultures. They developed several calendars the calendar cycle was around 24,000 years. They had around 10

different calendars that they used to calculate different cycles of time. They have from one day to 64 million years. How did they get this information? The Mayans had this knowledge around the 5th century BC. This is around a thousand years before Christopher Columbus discovered America.

How did they get this knowledge? They didn't have computers or modern-day telescopes. Could their knowledge come from within? I certainly think so. The universe within is a microcosm of the universe outside of us. They could tap into the source.

You are the universe. They understood that principle and had a direct relaxation of that. They knew about entanglement and the Universal Field. Scientists are just beginning to focus on and understand these laws. Yet they had this knowledge 2500 years ago.

Many indigenous people all around the world had this knowledge. They knew they came from the stars. Westerners would laugh at them and say how cute that is. Imagine if a scientist would discover their true nature and work with his scientific nature. Imagine how far we could go.

We have satellites that go around 16,000 miles per hour. Imagine even if we could go 186 thousand miles per second it would take around two years to reach the closest star. What if a man could go within and use the field and go anywhere in the universe in less than a second?

Imagine if a civilization has been around for 16 billion years. How advanced do you think they would be? Imagine that they had the same problems that we had. War, poverty, crime, etc. they learned over time to advance themselves physically, mentally, and spiritually. They reached a point where the entire civilization became the universe. At this point in evolution, they decided to help another planet achieve the same.

The cycle would occur over and over again. Sometimes it would not work out. The people might have a great war and destroy the planet. When the planet was mature enough they would then go to another planet and start anew. This sounds like science fiction. Yet you are eternal.

You were never created and you will never die. Your body will. So think this over. Maybe our planet was created as a great experiment. Maybe our DNA came from

the stars. We are stardust as Carl Sagan once said. Let's put it this way Life is a great mystery.

2-4-2017

Many people think that living a spiritual life must be boring. You just sit around and meditate. What a boring thing to do. Yet a spiritual life is exquisite. I've been all around the world. I've surfed waves as high as a two-story building. I hitchhiked from France to India with my surfboard. I hitched from Kenya to South Africa. Been to South America and the Galapagos Islands.

You see a spiritual life is practical. It is a life that truly is meant to bring you secrets of the universe while you are alive. Before you came to earth you were the universe. When you die you become the universe. Wouldn't you like to know that you aren't alone when you are alive? Wouldn't you like to know that there is a family out there?

The kingdom inside is your true home. It will transform your character. It will over time make you kind, patient, and full of tolerance, love, and compassion. This is your true nature. You will transform from darkness into light. It takes work but what rewards come your way? You can be in the center of the hurricane. The whirlwind of the mind may be there but calmness resides inside.

Over time a spiritual person loves every moment. You love going to work. You put your heart and soul into your actions. Nobody knows your beliefs. You just blend in. You have nothing to prove. You are stable in your emotions. A person learns to stop look and listen instead of reacting automatically. The universe slowly begins to train you in its ways.

The universe is kind. The universe is love. The universe is patient. The universe is compassionate. The universe is alive. A human being has the opportunity to become these traits. All the great masters have said this. The kingdom of heaven lies within.

Remember you are eternal. You were never born and you will never die. The game of life is to discover your true nature while you are alive. We search for God outside our entire life. He has been hidden inside the entire time.

The most obvious place a person should look a person looks outside for the answer. Isn't that fascinating? Maybe the whole universe is a game. It was created so we could find God within ourselves. What an elaborate setup it is. The entire

universe is a stage and we are actors on the stage. We come down to earth to discover our true nature.

So for many, we are oblivious to this. We live our lives. Now I'm not trying to convert you. I'm not trying to convince you. I'm just telling my side of the story. The truth needs no convincing. When you die you will see that God doesn't judge.

This life is a learning experience. Imagine a raindrop with its journey of returning to the ocean. In the same manner, we are traveling back to the ocean of life. Enjoy this journey. Spend time with your kids. Spend time with your family and friends. Call them on the phone. Find out what truly has meaning in your life. Most of all you are never alone. The universe is watching over you.

2-5-2017

Greetings. Welcome back. Did you get to practice your simple meditation? If so how does it feel? Did you hear any different sounds? Did you have any glimpses of light? Each one of us is wired differently. Each one of us will have a different experience. Each one of us is on the same path yet we all are on different parts of the road.

You are not alone on this journey. It may seem like it. By practicing meditation daily you will begin to feel the love and tranquility that exists inside. Taming your mind is not easy. It's probably the most difficult thing to do in the universe. But with practice, you can do it.

Don't fight the mind. When a thought comes in just let them disappear into the night. You can never truly stop the mind but you can master it. You can be in control of the mind instead of the mind controlling you. Big difference.

The body has to learn how to relax when you meditate. Be patient with it. Be kind to yourself. Start to pay attention to your body and listen. The body has intelligence. Remember your DNA is both physical and spiritual. Imagine your DNA is talking to you. It is all the time. We are just not aware of it. Your higher self is contained in your DNA. Imagine you have trillions of cells in your body.

Stop look and listen daily.

Slowly increase your meditation time. Don't get lazy or too aggressive. There is a balance. Start with 5 minutes and slowly increase your time. Learn to love to meditate. Your attitude is everything in your practice. Without a proper attitude, you will have a hard time meditating.

There are many mediation practices. When I first began to meditate I thought that there was a magic one. There was one where if I received it, it would be so easy to meditate. Years later I realized that all the ways will take you there. Each one is different and unique yet the experience is the same. Trust me on this. I have practiced a lot of different techniques.

I still use the technique where I focus on my breath. I would consider this to be a universal technique. All the meditation practices I have seen use this technique. It seems so simple. It is. To the mind, it's come on. Is that all you got? Yet the entire universe is breathing and so are you. There is a power behind your breath that is

keeping you alive. Now that is a literal fact. When this power leaves the body you have died. This is the soul that all religions have talked about.

In essence, by concentrating on your breath you are tapping into your true essence.

Another reason why the technique is so powerful is that you can use this in your everyday activities of life not just sitting down. What does this mean? It means that you have the potential to be one with your true nature. As I have said that in the beginning you meditate on the source and at some point in time the source begins to meditate on you. You still must make effort but you can see and feel this connection so strongly.

There will never be a time when you can clap your hands and say I totally got it. On this incredible journey, you will never stop learning. This is the way of life.

Even the universe is learning moment by moment. So start to develop a practice wherein every moment you try to concentrate on your breath. When you lie down for the night concentrate on your breath. Make the breath your friend. Which it is. Without it, you won't be alive. The entire universe lies inside. All the great masters have said the kingdom of heaven lies within.

So once again be patient with your practice. Love your practice. Be thankful that you are learning and experiencing your true nature. You are kind. You are love. You are patience. You are compassion. All these traits are the power of your true nature. Over time by meditating on your breath this journey will unfold.

2-6-2017

Greetings. Today we are going to talk about patience. You have probably had someone say to you that patience is a virtue. You probably felt it was an insult. Why do we get insulted when someone says that to us? It triggers some emotions.

Yet patience is a virtue. There is a huge difference in belief systems between the East and the West. Maybe not so much today because of globalization. In the East, for generations, they planned for the future. They planned for their children's children.

Because their culture was old they developed patience. They knew if they planted a seed in the ground over time a huge Banyan tree would grow. This tree could live for over two thousand years.

In the west, we have an awareness of where we want it now. If you can't afford something put it on a credit card. Buy a bigger house that you can't afford. Most of our decisions are for the now not the future. Most people who are about ready to retire don't have enough money to retire. There might be good reasons for that.

The 2009 fiasco sent many people back.

In the East, they run the business and country for the future. It's not only for the quarterly report. In the West, it is always for short-term profits. If a company misses Wall Street quarterly projections the stock might tank. There may be many valid reasons why projections are down.

Maybe they were investing for the future but got dinged because our system doesn't support this way of thinking.

Yet on this spiritual and practical journey patience is needed. So a simple technique such as meditating on your breath seems so simple. But in actuality, it's probably the most difficult thing to do.

Many people give up shortly after trying this practice. A dear friend of mine gave it up because he said his mind was too powerful. Before he ever started meditating he had no idea of the power of the mind. You think you are in control yet the mind has control over you.

Over time with patience, there is a breakthrough and the door is slightly opened. For the first time, you have a glimpse of your true nature. Your patience had paid

off. Patience is food and medicine. Over time you develop patience and it floods into all areas of your life.

The earth is patient. Imagine the earth knew that for billions of years humans would be on this earth. The earth is alive and has awareness. If you waited for 15 billion years for guests to come to your house you would be patient.

The entire universe is patient. It's part of its being. It's one of God's traits that we have forgotten. Without patience comes frustrations, anger, and fear. We lose the synchronicity of life. We are off-balance. When something should come our way we miss the opportunity. We give up just before reaching our goal. We have not been trained in this.

When I was young I couldn't relate to King Arthur and chivalry with its code of ethics. In the East were Confucius and their moral codes. As I grow older I realized that the only thing you take when you die is your character. Nothing else can you take. All your riches are left behind.

Why don't we learn this in our life? I never learned this in school. I never learned this in church. In some way, we are emotionally stunted. At times we are adults stuck in our ways. We haven't grown very much emotionally. Take a look today.

On Facebook is a war of angry words. At times it is truly a toxic environment. My wife has a friend whose words that come out of her mouth are so mean and vile. She has been a spiritual person for over 25 years yet actions speak louder than words. We need to stop look and listen to each other. We don't need a can of kerosene on the fire.

This directly affects our political system today. We are totally off balance. Our emotions are skewed. We are lopsided. We have no discrimination. We have lost our values. The political system is a mess. Need I say more?

Patience is needed more than ever. We must learn to compromise. We must truly listen to the other side without shutting them off. I'm right and your wrong is childish. We need to act as mature adults. We have a lot to learn. This life is an incredible journey. Patience is part of our lives.

2-7-2017

Greetings. Welcome to another brand new day. Today is another day of our journey in life. What a golden opportunity we have. We are alive. We are walking around this wonderful earth. The universe is watching over us. We are not alone. We may think we are but that is never the case.

These are exciting times on this planet. So many people are waking up from their slumber. The faster people wake up the faster this world will change. To change this world, we must change ourselves. There is no other way. I can't change you and you can't change me. That's the truth.

Ultimately we are on this planet for our evolution. As a raindrop returns to the ocean we return to our true nature. Yes, this takes time. Fortunately today we have so many different factors on our side. We have reached a turning point where the light is shining so bright. Darkness is going away but not without a fight. It knows it's a losing battle.

Did you know that kindness is more powerful than anger? It's so easy to get angry. Look at Facebook today. Everyone is angry about the political situation. Both sides are yelling at each other. Does this ever solve the problem? Nope. It will never be solved through anger.

Yet if a person uses kindness it might defuse the situation. At least the anger won't be redirected to you because you are mature enough not to accept the gift of anger from someone else.

Anger can only be received if you accept the anger from someone else. You don't have to buy into their anger. You can listen with compassion. The other person is hurt inside and only knows to express anger.

You have the power to defuse the situation. This is how the world will change. When you act like a mature human being and let go of your negative emotions you can truly help this world just by your being.

You have nothing to prove. You aren't trying to convince anybody. You are what you are. The sun in the sky just keeps on shining. That's its true nature. The sun is always there. There may be clouds covering the sky but the sun is always shining.

This is a day-by-day, moment-by-moment journey. Every day we can change ourselves for the good. It's like a musician practicing his craft. He loves to get better. He loves to practice. We can all practice our craft of becoming better human beings in each and every moment.

We might not have a concert hall to play in yet we have the universe smiling upon us. We are doing our part to make the universe grow. We have no idea of how our actions affect the universe. Our actions ripple like waves all across the universe. All of us have a divine part to play in the universe.

If we truly knew who we are. We are the universe. Unfortunately, we don't realize it. We are all family. We are not separated. There is a thread of love tying us all together. This is the journey we are on.

No judgments are made if you don't want to hear about this. All of us are welcome back to the creator when we die. God does not judge. You judge yourself but God does not judge. There is a spiritual evolution going on. Ultimately we go back to the source.

02-08-2117

Greetings. Today we are going to talk about frustrations and setbacks. We all have experienced these in the same way in our lives. I remember in 2009 Charles Schwab laid me off just before my 10th anniversary. I survived 11 out of 12 layoffs. I was working on a project where our group saved Charles Schwab millions of dollars.

When a broker signs up with Schwab they sign a contract saying they would never take their clients along with them when they left the company. They didn't have any mechanism in place. There was a group of us that developed a program to keep track of all the clients' money when the broker leaves the firm.

The first month going into production we say 100 million dollars left the company to go to this broker's new firm. We had a trail of all his clients with the date and time the transfer occurred. This was a tool that significantly tracked these transactions.

Unfortunately, most of the key players who developed this system got laid off soon after this went into production. Charles Schwab said they needed to cut corners so a great many people got laid off. They still made profits that year.

This was the first time I ever got laid off. I will admit it hit me hard. Even with all my spiritual background I really felt the effects of this layoff. I remember trying to fall asleep at night and having slight panic attacks. I knew everything was going to work out yet there is human trauma when this occurs to you. I was living in a small town in Oregon and after some time we had to sell our house and move out of state.

Imagine during this time thousands of people lost their jobs and homes. I can feel for them. The banks caused this to happen yet they never felt the brunt of it. They were given petty fines and a slap on the hand. It's time that companies truly respect the work of their employees.

I feel for the majority of companies this is far gone. Most companies in the past 15 years will lay you off. It doesn't matter who you are. As for age discrimination that goes out the door. With Charles Schwab, I saw that when you reached a certain age you were shown the door. Not always but enough to see this routine.

Since then I have been laid off four times because of government shutdowns. The government will lay off contractors not public employees. Recently Booz Allan

laid off 90 out of 100 employees. They really had no choice. The money just dried up. Our entire GIS team eventually got laid off. We maintained a system where all the farms in America could be displayed on a map. This system is used in every county office across the United States including Alaska, Hawaii, Puerto Rico, and Guam. So consequently all this knowledge went down the drain. They will have to start all over again.

One of the problems is today everything is for short-term profits. If your quarterly reports figures are down you lay people off. You don't think about the long-term future. If the company knows that its service is going away in the future then invest in another field where the company can make money. Train your employees. They are valuable assets. Most of them are working hard for the company. Treat them with respect.

One of my pet peeves is that one percent of the population has more money than the rest of us. This has got to change. We need a revamping of our companies. We need employees to be on the board of directors. They need to be heard.

Why should shareholders have more say than the employees? This seems very old and archaic. A new system needs to be devised. Take a look at how progressive the Northern Europeans are. They are miles ahead of us. Unfortunately, many of their ideas came from us. We came up with ideas and threw them away.

2/08/2017 Kindness

Kindness is needed in this world. Amid all the flame-throwing in our media nothing ever will get solved. People shouting and bickering with one another will never help us heal. When I'm right and your wrong where never brings us together.

We have a President who said he loves conflict. He loves putting gasoline on the fire. He loves to divide us.

He loves to be the big bully. He will not listen to his advisors. He will not hesitate before he speaks. He will tweet whatever comes to his mind a 3:00 in the morning.

We need kindness everywhere we go. I truly believe that kindness is a gift from God. It is more valuable than gold. Yet in our present day, world kindness is long forgotten. Kindness is a thing of the past.

Look at Facebook today. So many people are flaming each other. People are rude and angry. People are throwing darts at each other.

Did you know that Buddhists are highly skilled in the debate? They debate in a manner where they would never put their opponent down. They would never yell or scream at each other. They would never flame their opponent.

You see they debate from the state of kindness. They debate from the state of love and compassion. This makes all the difference in the world. They have fun debating with each other. They don't bring each other down. They bring each other up.

We can all learn from this. Why do we hold on so tightly that only our ideas are correct? If you don't believe in my ideas you are not a good human being. Isn't it amazing that God and nature don't judge us yet man does it all the time?

How far off the mark have we gone? We think we are civilized but we have a long ways to go.

Early in my life, I couldn't really grasp Confucius or the knights of the roundtable. I guess I didn't truly know about chivalry. But the older I get the more I value kindness, love, patience, and compassion. I truly think these are the cornerstones of mankind.

Mankind means kind man. I may be oversimplifying things that these principals can solve any problems. If we truly embrace them in our daily life the world will change for the better.

I remember a video I saw about a year ago on Facebook. NPR was about to lose major funding many moons ago. Mr. Rogers was at a congressional hearing. He had only about five minutes to speak. The congressman asked this question quite forcefully more or less saying you have five minutes to convince me.

Well, Mr. Roger spoke with so much kindness and dignity about how his show helps the young children of today. The congressman was overwhelmed. He approved the budget for NPR which is still around today.

I remember as a child the school teachers who were kind and taught in a manner of love and compassion. They didn't preach it. They embodied it. Big difference.

So what am I trying to say? I'm not trying to convince you. I don't have anything to prove to you. I'm just saying your true essence is kindness. The mirror just has some dust on it.

2-9-2107

Greetings. Welcome to another talk. We are happy to be here. Life is glorious. Your world is going through many changes. I don't have to tell you that. It is very important to be centered. Don't let the political affairs today affect you emotionally. Don't let it get you angry. You can't fight fire with fire. You can put water on the fire. You can arise beyond the anger and let your true nature take over.

There are new energies on this planet. Kindness, compassion, tolerance, patience, and love. These are the new energies to embrace. Let go of the old energies. Anger, fear, war, intolerance, etc. This planet doesn't need these energies anymore. They never led to any positive outcomes.

Our world needs to be united not divided. We are one family. We are intelligent enough to be united. Look at the past. Wars have come and gone because we are not united. We can do this.

Each one of us is responsible. Don't spew anger on Facebook. If someone has a different point of view speak from your heart. Listen to the other side. They are not your enemy. They are in pain too. Many times they express pain is through anger.

Change your attitude. Don't let the old energies control your life. You won't be able to think properly. The old doesn't want to lose control. It truly is a battle between light and darkness. There is a way to convey your thoughts without stooping down to their level.

Look at the Dali Lama. He uses humor to convey his message. Speak from your heart. The universe is watching you.

We can change our way of thinking. We can change our point of view. We need to become mature adults. Stop look and listen before you speak. Don't be reactive.

Most of all are kind. Be kind to your fellow man. Laugh. Play. Be considerate. Come from your heart. Don't ridicule or mock others. Don't insult others. You are neither right nor wrong.

If you do these things the situation will change. You can't fight a war if your enemy is your friend. You can't fight a war if the other person truly tries to understand your pain and tries to help you. We need to help each other. America is

divided. We all want the same thing. Our system is broken. People have lost faith. We are tired that our political system is not working for us.

We need to change. We need to change our attitudes. We need to see that we all want the same thing but we have a different points of view. The Democrats and Republicans aren't enemies.

Both sides are beautiful. They just need to stop playing petty games and cooperate. They need to compromise. They need to truly listen to one another and not play childish games with one another. They act like children in a sandbox throwing sand at one another.

It's time for the political system to become emotionally mature. We need mature leaders. We need our leaders to think about the situation and not speak without thinking. This could be of serious consensuses. A war can be started this way. America is at a crossroads.

Which way are we going? It truly is up to each one of us. Let go of your fears of your fellow man. We are a melting pot. We need to show the world our true values. The world is concerned about us. Most political leaders around the world are highly concerned. Many of our relationships with these countries are at peril. We are on shaky footing. The carpet could be pulled from our feet.

Nuclear war is not the answer. We shouldn't even think that is an option. War will never solve any problems. We are capable to have other solutions. We need to lose the mentality of war altogether.

2-11-2017

Greetings. Welcome to a brand new day. Did you know that the universe is alive? Did you know the universe is aware and conscious? Did you know your true nature is the universe? You were never born and will never die. Your body will. Yet your true essence is was and will always be. You are timeless.

What happened? Why are we in this state? This is the game of life. The entire universe was created for this incredible game. If you thought to hide and seek was fun how about God playing hide and seek with us? We help create this universe. It took billions of years to create the stage. Here we are now in this human body. A part of us is on the other side watching the show. The goal of this hide-and-seek is to discover your true nature.

Many hints have been given throughout time. Many great masters have come and gone. They all have the same message. The kingdom of heaven lies within. The entire universe exists inside of you. Plant the seed of meditation in your heart and watch it grow. Water it daily. Pull out the weeds. Change your way of thinking. Get rid of your negative emotions.

The universe is not angry. The universe does not mock each other and calls each other names. The universe is not divided. The universe does not fight with each other.

The universe is kind. The universe is full of love. The universe is united. The universe is patient. The universe is full of compassion. The universe is God. We need these traits today. This is a practical journey. This is how we change the world. Each one of us is a piece of the puzzle.

Play your part in this incredible game of life. We are not here to convince you. The universe does not need convincing. We are not here to convert you. The universe doesn't convert, it just is.

We are here to simply remind you of your true nature. Imagine you are a bird in a cage. The cage door is opened. We are telling you that you can fly. That is your true nature. Because of our conditioning, we think we belong in the cage. We feel comfortable being there. We have lost our true nature. Birds are meant to fly.

Man is hardwired to discover his true nature. Imagine we have a car in the garage and it never even leaves the driveway. A car is meant to be driven. A wise person learns to open the garage door, turn the car on and back out of the driveway and take the car for a spin.

That's a practical use of driving the car. In the same way, we need to open the garage door. Back out the car and take it for a spin. This journey is practical, not mumbo jumbo theory.

The laboratory of God exists inside of you. You perform all the experiments inside of you. Nobody can do it for you. Can it change my life? Well first tell me what life is. This process will help you to discover life itself and its mysteries. It's a challenging path. Everyone has seen the challenges in their own life. Life has challenges. That is how we grow.

No this isn't an easy path, but your path is not easy either. One thing I can say is that over time you realize you are never alone. There's a signpost of God everywhere. You begin to realize that even before you have thought the universe knows what it is. All your prayers and concerns are known before you say them. God is always watching over you.

The tools lie inside your heart. Open up the garage door and take your car for a spin.

2-12-2017

Greetings. Today let's talk about civility. My wife has a dear friend who she has known for over 40 years. She is a dear old friend. She is good, kind-hearted, and loves her fellow man. This is before our presidential elections. She has turned into a monster.

She spews such hate. I'm afraid if any of her Facebook messages ever got leaked out she would be in serious trouble. She has a group of loyal followers.

Why am I bringing this up? It is because as a nation we are so divided. As a nation, we are so angry. We can't think properly. We think we are correct and the other side is the devil.

Now this person is deeply religious. She was a member of a famous Christian church. I will not mention the name. Probably the majority of the members of this church are great Christians.

Well, where is this story going? She had this one post recently that was so full of hate. On the hate meter, she was a 10+. She was attacking Muslims. Well, my daughter is a Muslim. She has three incredible daughters. I'm very proud of her and her beliefs.

I have many Muslim friends. They are incredible people. I believe in all religions. America is a melting pot. We are all immigrants except for the Native Americans.

Here's a small excerpt that I posted on the wall.

Where is the Suzie that I know? I once knew a Suzie that was kind, open, and considerate toward others. She had a great heart and soul. About two years ago a friend of yours asked the same question. You trashed him and probably never heard from him again. He deeply asked you how you are.

Do you think you're Christ and St Germaine will love the hate you are spewing? Don't think so. You have a great heart, Suzie. You may think that

you are funny. My daughter is a Muslim. I love her family. I have many Muslims as friends and family.

I'm just saying this as a friend. You have gone through hard times. We are your friends. If you want to talk about things we are open to it. Love you Suzie.

From this post, I didn't want to attack her or be filled with anger. I was trying to be in love and kindness. When you see a person about to drive the car off the cliff hopefully someone will give them a warning. The hate she spews could land her in jail. This is beyond free speech. Here are the responses that came back.

Emotional browbeating. Don't fall for it, Susie.

Susie has learned that sometimes being nice can get you killed by those who want you to be nice to them.

Susie smartened up.

I believe as humans we need to go beyond hate and anger. We will never solve any problems that way. Don't put your fellow man down. Whatever religion you have to practice the principles of that religion. The world will be a better place.

2-13-2017

Greetings. Welcome to a brand new day. Let's continue our discussion on mediation. As I said before we are hard-wired to experience our true nature. We have simply forgotten our true nature.

Meditation allows us to open the door within. It's a simple practice yet at the same time it takes time to master. There will never be a point where you can clap your hands and say I have mastered all that there is.

So close your eyes. Focus your mind on your breath. Relax. Watch your breath go up and down. That's all there is to it. When thoughts come in don't struggle. Just watch your breath go up and down. Enjoy the rhythm of your breath.

Now slowly open your eyes. What did you feel? Take that feeling and incorporate that feeling into your whole body. You want to integrate this experience into your body. Day by day, do this. Over time your experience will grow.

Remember to try to focus on your breath whatever actions you are taking. Over time it will be natural.

2-14-2017

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.

2-15-2017

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.

2-24-2017

Welcome. Greetings. The name of this site is evolution revolution. What does that mean? Man has been evolving for thousands of years. It's been a slow journey. We have used the same tools for thousands of years. We have been reactive to circumstances for thousands of years.

Man has used anger, war, intolerance, bigotry and so much more against our fellow man.

Granted this is the minority. The majority of people have the same vision of peace on earth. They want a world where people are kind and considerate towards one another. We can speak our differences calmly and peacefully. We can talk to one another without putting each other down.

So what is an evolution revolution? This is a state of rapid transformation. Our world is going through rapid changes that have never been seen before. There was a study that the New York Times Sunday edition had more information than what the average American acquired in the 1700 hundreds.

With the advent of the internet, we are a global village. What happens in one part of the world is known instantaneously all around the world.

We are mapping the universe. The world at large is becoming slowly and quickly aware that something significant is going on. We can't pinpoint it. It's in our subconscious. We know that this is the greatest time to be alive. Our everyday life is speeding up.

We are at a point in time where science and spirituality are melding together. Just think that we have mined the DNA in the last 15 years. We have mapped it out. Scientists say that around 90% is junk DNA. The rest can and was mapped out.

What is in the junk DNA? Are we missing something? Does God make junk DNA or are we missing something?

What if our junk DNA is multi-dimensional? We don't have any instruments known to man that can detect this. This is the world of God's multi-dimensional energy. Now just imagine this blueprint of God exists in your DNA. You were created in God's image. Does this start to make sense? Your DNA contains the

source of life. You are the universe. You just don't know it. All the tools exist inside of you. This is why it's called an evolution revolution.

You have at your disposal the ability to wake up from your slumber. We have been playing hide and seek. Unfortunately, we have looked for God outside of ourselves. Isn't it funny that the entire time in your DNA contains the mysteries of God? You have the opportunity to discover your true nature.

You don't have to convert your religion. There is nothing to convert to. We are not trying to convince you. Truth needs no convincing.

The evolution revolution is a state where a man can discover his true nature. In other words, by learning to go inside you will accelerate your discovery of your true nature.

What does that mean? It means you will discover that deep downside you are kind. You are patient. You are full of love. You are full of tolerance for others. You are full of compassion. You are happy.

You will learn to be a partner of God. You will learn not to be reactive. You will learn to be calm and peaceful, especially in this highly charged political environment.

You can let go of the old energy of anger in dealing with what's happening in this world. You can be in the center of the hurricane in absolute calm when dealing with this world.

The world at large is angry. Both sides are angry. We can never solve anything through anger. When you are angry you are wearing tinted glasses. You can't see clearly. There is a mist that surrounds you.

Your discrimination is off. The world wants you to be angry so you can't empower yourself.

So this is the evolution revolution. It is silent. Nobody needs to know the connection that exists between you and your higher self. You can simply smile. You have nothing to prove. You are enjoying this journey of life. You are the piece of the puzzle. Ponder over this message. Does it make sense?

How would you like to play peekaboo with your creator? This experience lies inside of you.

The evolution revolution is a state where a man can discover his true nature. In other words, by learning to go inside you will accelerate your discovery of your true nature.

What does that mean? It means you will discover that deep downside you are kind. You are patient. You are full of love. You are full of tolerance for others. You are full of compassion. You are happy.

You will learn to be a partner of God. You will learn not to be reactive. You will learn to be calm and peaceful, especially in this highly charged political environment. You can let go of the old energy of anger in dealing with what's happening in this world. You can be in the center of the hurricane in absolute calm when dealing with this world.

The world at large is angry. Both sides are angry. We can never solve anything through anger. When you are angry you are wearing tinted glasses. You can't see clearly. There is a mist that surrounds you. Your discrimination is off. The world wants you to be angry so you can't empower yourself.

So this is the evolution revolution. It is silent. Nobody needs to know the connection that exists between you and your higher self. You can simply smile. You have nothing to prove. You are enjoying this journey of life. You are the piece of the puzzle. Ponder over this message. Does it make sense?

How would you like to play peekaboo with your creator? This experience lies inside of you.