

Talks 2018



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3/16/2018 Stephen Hawking

Stephen Hawking died yesterday.
I have been following him for many years.
Yesterday he became stardust.
He became one with the universe.
Imagine being trapped inside your body for so many years.
Yet that didn't stop him.
He used it to his advantage.
His mind was as vast as the universe.
I loved one of his theories about black holes.
His theory was the other side of a black hole was a new universe being created.
Wow, how that for thinking outside of the box
Just a week ago I saw an incredible episode on Star Talk the series by Neil
deGrasse Tyson.
He was interviewing him.
One of the panel members was Michio Kaku.
Both Michio and Neil were laughing at how incredible Stephen was.
He hit a home run in answering the questions.
Both of these people had a hard time understanding his concepts.
That day showed me his mind was probably the most brilliant of his time.
One of my all-time videos was "A glorious day by Carl Sagan and Stephen
Hawking.
Each time I see it brings tears to my eyes.
I think this video capture the essence of life.
This is what Stephen yearns for.
I think Stephen was a modern-day mystic.
His laboratory was the universe.
He was trapped inside his body but his mind was free.
He could use all of his energy to think about the laws of the universe.
He used his disability to leapfrog mankind.
I heard he had an incredible sense of humor.
A person who studies the universe will acquire humor.
Humor is the foundation of life.
He used humor as a tool to go beyond all of his difficulties.
So today Stephen became one with the stars.
He was welcomed home with a standing ovation.
Tears of joy were heard throughout the universe.

3/16/2018 Panpsychism

Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term. It's kind of like what came first the chicken or the egg.

What comes first a human body and mind or is there an awareness beyond that? Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware?

Does consciousness require a form? How big or how small can the form be to be aware?

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

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware. Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time.

Like the incoming of breath and the outflow of breath, the universe comes and goes. Granted it takes billions of years. But still, that is a blink of an eye for eternity.

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

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

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

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

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

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe. Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

4/28/2018 Chicken

Last week I heard on NPR radio this fascinating story. A group of scientists was studying animal behavior. They studied a group of chickens for three years. These scientists took the so-called brightest and smartest chickens and placed them into a group.

The so-called normal chickens were placed into another group. After three years they saw the results of the test. Out of 30 chickens, only three survived. They fought and killed one another. It was the strongest survival. No sense of cooperation. No harmony whatsoever.

These chickens were living in hell with no sense of purpose. War is what they knew how to do.

Well, the normal chickens lived as chickens do. They laid eggs and were content. No fighting occurred among them. They had nothing to prove. Everyone thrived in this environment.

Well, this discussion changed course and then they started to take a look at the top 10 Ivy League schools. They are super hard to get in. The average student would thrive at another college. Yet they found out that this created conditions just like the chicken study.

These students were placed in a situation where they always had to be the best. You learned to cheat, steal and lie to the top. Mind you I'm not saying all students are like that. But the intense pressure is there to perform.

Knowing these top colleges place students in the top fortune 500 companies today. Their psychology is embedded directly into the work environment. It's subtle yet there. As a worker, you are only valued for your performance. Period. This places a lot of stress on the worker.

As a worker, you fight your way to the top. There are only so many promotions to go around. You live in fear of layoffs. Your CEO makes probably 1000 times that you do.

They then took a look at present-day politics. Need I say more? Constant bickering and fighting. No cooperation. Name-calling is the name of the game. There is no sign of discrimination.

We have media that is on one side or the other. Both sides can hardly speak to one another.

Our President has told so many lies that nobody knows what truth is. Just one of his major blunders would have brought a past President to resign. How many affairs has the President had and the Christian majority still supports him?

Well, the rest of the chickens are living their lives. They are going to school. They have friends and family. They go to work. They go on vacations. They are good people. They love their fellow man.

I'm not saying there are no problems. There are tons of them. I remember people always talking about Darwin's theory. The survival of the fittest. Did you know that Darwin considered this to be the lowest in his view of evolution?

His view was cooperation. Nature cooperates. The entire world of nature is in cooperation with each other.

If nature did not cooperate this planet would have been gone a long time ago. This is the main theme that the scientist discovered. Without cooperation, we are doomed. We must reclaim this.

We are all Americans. We aren't just Republicans or Democrats. We are united. It is about time for us to wake up. I see a new wave of hope occurring in us today. People are starting to wake up and demand change.

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

I think we are in the beginning stages of development. Why we still are babies in emotional development. We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs.

We have a President who tweets his button is bigger than your button. A thin thread is holding a knife over our heads and we are oblivious to it.

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

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

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

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment. The human body has five senses and there are five eternal senses within. Human beings can learn how to be aware of the consciousness of the universe.

A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level. There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

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

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

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

4/29/2018 Korea

What can I say about the good news coming from Korea? Imagine the North and south have been at odds with each other for over sixty years. It was a complete surprise to see that they are speaking to each other and wanted to resolve their differences.

Today I see that Kim Jong Un will shut down his nuclear test site in May. He will invite experts and journalists from South Korea and the United States to inspect the site.

Many people are skeptical about this. North Korea has promised many times before. Yet this time something special is going on. A rare sign of friendship is in the air. Maybe, just maybe they will let bygones be bygones.

There was so much mistrust in the air for over sixty years. It seems like in the past few months the healing between the North and South has taken place. The Olympics was the first place in years that both countries participated together. Kim Jong Un even sent his sister as an ambassador for the games.

I remember about a year ago South Korean President Moon created a controversy by saying he wanted to meet the North Korean Kim Jong Un. I remember a great sparkle in our press when he said that.

Kim Long Un said he wanted to create a diplomatic solution between the United States and North Korea.

If this gets pulled off this would truly be a miracle for the 21 century. Maybe friendships can occur between these nations. Maybe all the past tensions can be resolved. Maybe North Korea can finally rebuild its nation and become prosperous.

Only time will tell. I hope that President Trump will act as a diplomat and not call anyone names. I hope he will not ridicule anyone or taunt anyone. These are delicate times. We don't need gasoline to be put on the bonfire. We want water to quench the fire.

part·ner·ship

'pärtnər, SHɪp/

noun

noun: **partnership**

1. the state of being a partner or partners.
"we should go on working together in partnership"
- an association of two or more people as partners.
plural noun: **partnerships**
"an increase in partnerships with housing associations"
synonyms: [cooperation](#), [association](#), [collaboration](#), [coalition](#), [alliance](#), [union](#), [affiliation](#),
[relationship](#), [connection](#)
"close partnership"

What if I told you that you can be a partner in the universe? What if I told you that it's your free choice? You make the conscious decision to either pursue light or darkness in your life.

You see you are the master of your own life. Nobody can solve your problems for you. You must solve them on your own. Know there is tons of advice out there. Here are my personal two cents.

First of all the mind is a very dominating force in our life. We can't control it. You might say my mind doesn't bother me. Well sit down and meditate for over a month and tell me if you still believe so.

We are a mixture of light and darkness. The more you are in alignment with the universe the less darkness will be in your life. The more aware and conscious you are on a day-to-day basis the more you will be in harmony with the universe.

You see the universe is kind. It does not judge you or criticize you. We do that to ourselves.

Did you know that at every moment in your life the universe is saying dance with me? You will love this dance. This is your true nature. Yet we are oblivious that there is a hand always there asking for you to dance with life.

Well, how come nobody ever told me? Well for thousands of years people have been talking about the dance of life. Unfortunately for thousands of years, darkness has been winning. That is changing right before our eyes.

All you have to do with your free choice is accept the universe in this incredible dance of life.

Do these words cooperation, association, collaboration, coalition, alliance, union, affiliation, relationship, or connection with the universe as your partner excite you? How would you like to be a partner with the universe? It is your birthright. You came into this world to discover your true nature.

Ponder this over. The message is short and sweet. My advice is to become a partner with the universe. Day by day, moment by moment you can change and discover your true nature.

9-08-2018

What if I told you life is like a video game? As you know most video games have different levels in playing the game. As you play the game at each level new challenges occur. Yet in this video game of life, most of us play this game without any awareness of how we programmed this game of life.

You see by the time we are six years old everything up to then goes directly into our subconscious. Hook line and sinker we capture all. The good bad and ugly. It's not our fault. Yet years later these emotions are still there and unrecognized.

We live in a world of habits. Every day more or less we do the same things. Our body knows exactly how to react to any given situation. We are on autopilot. This means we are like the leaves blowing in the wind.

Our external environment dictates our state of being. We react most of the time without thinking about the situation. Our current President does this all the time.

In this state, man has been for thousands of years. War is not the answer. War is an immature state of being. War lack any sort of compassion. It's so easy to get angry.

Look at Facebook today. So many of my friends flame each other. It's so easy to put gasoline on the fire. Yet to be kind in face of adversity takes true strength and commitment.

We all have the same tools inside of us. Nobody gets a free ride. Yet it does take a free choice. You must want to change for change to occur. These are exciting times. In the face of darkness, millions of people are waking up. We are discovering our true nature.

Can you imagine you have the capability to solve any problem? For every problem, there is a solution. The more we think outside of the box the better the world will be.

To have a new world of kindness, we must think and act in ways of kindness. Being a bully is as weak as you can get. Calling people names and ridiculing them is a state of someone who is insincere.

Nobody kind needs to act in this manner. They have nothing to prove. They are secure moment by moment within their being.

A wise man looks at each moment similar to one who plays a video game. Yet this video game is alive and real. It's your life.

You can change and act in any given moment to be kind and in balance with the universe. You can experience that you can be in harmony with nature. You can see through the eyes of others and not judge them but love them.

As you go through the various levels of the game you see that in each level there is something grand to understand and grow.

Life is not static. Life is always evolving. If we are not aware of this precious video game life will always throw us curve balls whether we like it or not. As I said nobody gets a free ride.

Yet by being aware and participating moment by moment in this game, you can hit a home run when a curveball is thrown. Ok, maybe not a home run but a single. This means you are at first base. Wow, that means you are playing the game. You are conscious and aware.

It means that you are rewiring your body and subconscious. Now that's a miracle. Do that moment by moment and you will truly transform.

Did you know that meditation is the key to helping you change your life for the better? Did you know that if you make an affirmation over and over and your mind is in an ordinary state (beta) nothing will change in your subconscious?

The subconscious can only change in a deeper state of mind. This is one reason why one meditates.

Now meditation is not only when you close your mind. Meditation can occur in your daily activities even while you are sleeping. They say that in the beginning, you meditate on the universe.

At some point in time, the universe meditates on you. You then can become aware of how grand this game of life is. You have a partner who has always been with you.

You desire to be in tune with the universe and help others along the way. Even a simple smile will do wonders for a human being. We all can help and assist others in our life. This is how peace comes to our planet. We become true stable and

mature human beings. We can see how we are all connected by a thread of love. Ponder this over. There is a great meaning behind this. You are the universe. You just don't know it.

10-03-2018 John Mors

There is a thread of love tying us all together. I heard last week from a Facebook post from William Baker that John Mors passed away from chronic leukemia. John and William were childhood friends.

John was a year older than me. He had a brother Mike who was my age. My twin brother and I knew the Mors since first grade.

Looking back it's amazing how we create such a web that truly ties us together. For example, John's Dad was my brother and my, baseball coach. He was an incredible coach in life.

He taught us to play the best that we can. If you lose don't get upset just learn from your mistakes. He made playing baseball fun. Frankly, I wasn't a good baseball player. I loved the game. My brother John was an incredible player.

I remember playing against a team whose star pitcher was Lee Heavens. He was an incredible pitcher. I don't think our team ever beat them. I see that Lee is on Facebook and I love to see how his life turned out.

He married his high school sweetheart. I mention this because every day we make a web of connections that are called memories. These connections tie us all together.

Mike was a great friend to both my brother and me. I've known Mike since first grade. We have a series of friends that we have known for many moons. Mike has maintained a friendship with them throughout the years. I guess I kind of faded away. It seems like all of us have incredible building blocks of people that we have met over the years.

There was a time that Mike was surfing buddies. We shared the love of the ocean and the beauty of being alive.

I find this quite fascinating. I'm amazed at how simple life is and at the same time how complex the web of God is.

I haven't talked to John in over 47 years yet I will always remember his smiling face. He had a great heart. He loves adventure. One of my fondest memories of John was when he bought a motorcycle. He was so thrilled. He asks if I wanted a

ride. I reluctantly said yes and go on the bike. He gave me a fast and furious ride in the neighborhood.

There is a theory that I love which goes like this. When we die we return to the essence of God and the universe. This means that John's essence is inside of us. His body is now gone yet his spirit is eternal.

I send prayers to the Mors family. Their family was an intricate part of my life which I will treasure forever. RIP John.

11-03-2018

Dear Mr. President your words affect others. When you say you are a nationalist everyone knows what you are saying. Wink Wink. I didn't add white to it but you know what I mean. I'm not responsible for your actions. As the President of the United States, I can say whatever comes to my mind.

When you say that thousands of immigrants are criminals and rapists. When you say many of them come from the Middle East and the Democrats are behind it. Look what happened in the synagogue in Pittsburgh Pennsylvania.

When you call all news fake news look at what happened to CNN. Bombs were mailed to them. At the same time bombs were delivered through the mail to dozens of your democrat foes. You see all sorts of people listen to your messages. They listen to what you say.

This even means unstable people. Your message can and does push people over the edge.

When you said at Charleston that both sides were responsible for the violence you were supporting the white nationalist.

Clearly, after two years in office, you have no intentions to unify the nation. How many people have you mocked? How many lies have you told? The last count was six thousand and something from the Washington Post.

You have backed out of the Paris accord. All the countries in the world were trying to solve a major problem with our environment. Future generations will be affected by climate change. This is a real issue today. Look at the weather all around the world.

You backed out of the Iran nuclear deal. It took around five years of hard work with the major countries of the world supporting it. It seems to me that whatever President Obama did you are reversing. I feel you have a chip on your shoulder that you want to undo any past progress from the Democrats.

As for Obama care, people need help and assistance. What better plan have you come up with? We all know that there is a serious healthcare issue today. I was totally surprised when you said on 60 minutes that you mocked on purpose Christine Blasey Ford so Kavanaugh would be elected. You said on air I had to do

whatever to get him elected. You even had the FBI do a jackass background investigation.

Look I'm not angry. I'm just saying what I see. The entire world is looking at us and is shaking its head. They have never seen a president like this before. You mock our allies and then at the same time give praise to the Russians and the North Koreans. Look I'm all for a peace treaty with North Korea. I sincerely hope you succeed.

As I citizen I hope you learn to change your ways. Kindness will go a long way. You have such an incredible opportunity to change America. I pray that someday your speeches will come from your heart and you don't only speak to your followers. I hope you may learn how to unify man.

I could go on and on. I'll keep it short. I believe that America must be united. The time of bickering has to stop. The Democrats and Republicans must learn how to talk with one another. We are all Americans. It seems like if we disagree with the other side they are our enemies. They are not. They just have another point of view.

The only way to solve this is through kindness. We must drop our anger. It does not have any purpose. We must be mature adults and act like one. Currently kids in nursery school act more mature than congress.

Both sides of the party are to blame. Every person must rise to the occasion and change for the better. Ponder this over. We can be a guiding light to the world. We may stumble and fall. Yet we dare to get back up and learn from our mistakes.

We as Americans have lost our focus. We are divided. Our President has no intention to unite us. Every one of us must have the awareness to unite with each other. We can civilly solve our problems.

We don't have to throw gasoline on the fire of life. Our whole nation it seems is in a state of anger. Look at all the shootings today. People are angry and acting out.

It's time for America to hit the reset button. It's time for us not to blame the other side. It's time to stop the name-calling. It's time to stop demonizing the other side. We must get rid of our anger and start listening to each other. Both sides have great ideas. We must once again learn that we serve the people. You don't come into the

office to hold on to your power. You come to serve. I think we have forgotten this. At this time both parties are deadlocked and set in their ways. Name-calling comes from both sides of the aisle. We have lost human decency. We can't even be kind to each other.

We have republicans who are so sacred and refuse to speak up about our President. We have Christian leaders who support our President. Yes, I believe in supporting the President yet I don't believe in forgetting your sacred values to enhance a position you want.

All of us are to blame. The President isn't the only one to blame. The entire congress is at fault. Congress hasn't gotten along in many moons. The problem is not new. It seems like the more people wake up from their slumber the more darkness has no place to hide. It's in clear sight.

I like the idea to pray and send light to all our leaders. Send kindness not anger. We don't have to hate one another. It's up to each one of us to change. We are in a vicious cycle. We think that by hating and being angry towards the other side we can solve the problems.

Anger and hatred will never solve any problems. So it's up to America to change. Kindness has never left us. Love and compassion have never left us. Patience and tolerance have never left us. Our mirror is dusty. We just need to clean it.

Ponder this over. You are a piece of the puzzle. We can unite with each other. We are already united. We just can't see it.

11-04-2018 Refinement

Hi Mike. I listen to what you had to say yesterday. Thanks for the honest feedback. I did not intend to hide behind hate and anger. If you see that then thanks for discovering my cover-up. This is a refinement of what I was trying to say yesterday.

Throughout history, words have had power and consequences. We have gone to war thousands of times and yet we still fight today.

In the same manner, great books have been written like the Bible, Gita, and Koran. These books have inspired mankind for thousands of years.

The words we say have great consequences. The words our leaders say can be remembered for thousands of years. You are a Christian and you speak highly of the words Christ spoke. I admire that. I admire anyone who speaks that wants to unite humanity.

Our nation is deeply divided. Both political parties can't stand one enough. The only way to solve these differences is for us to understand all of us are Americans. After all, it's called the United States of America.

Personally, I think the common denominator is being kind toward one another. It's having love and compassion toward our fellow man. It's being patient and tolerant toward others.

I don't think people truly listen to each other. We need to truly listen to each other. Most of us are thinking about what we are going to say next without truly listening.

We as a society must change. Anger and hate have brought America to a stalemate today. Our country is divided. We want the same things. We want our nation to prosper. We want to educate our young. We want health care for all. We want jobs for all who want them. We want families and friends.

Ask any American and they are probably sick and tired of the bickering. The only way to change is for each person to realize they are a piece of the puzzle. Each one of us must weed our inner garden and take out the rocks and boulders. We must weed out anger and hate. We must water our garden with love.

If each American did this we could end this crazy cycle. When we understand the common denominator of all we cease to hate and be angry towards our fellow man. This is what all the great teachers and masters talk about. Even if one doesn't believe in God one can be kind. They can have love and compassion in their heart.

11-11-2018 Lee More

Hi Marly

I was just meditating and had a wonderful experience with your brother Lee. He told me to say hi and that he loves me deeply. He said he is always with you and never left you. When he died a part of him became a part of you. It was a wonderful experience. As a kid, I looked up to your brother. He was very kind to my brother and me. Anyway, I just wanted to pass this on. I didn't want to bother you.