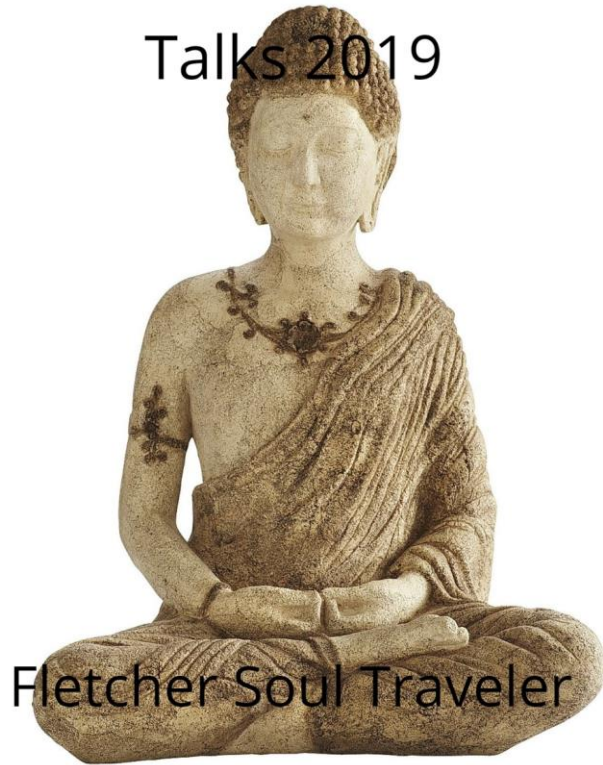


Talks 2019



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01-12-2019 Shutdown

Why do politicians hold American workers hostage when we have a shutdown? Millions of people are effective in one way or the other. I lost my job three times due to government shutdowns. This was in 6 years. It's not a pretty picture.

Most Americans are struggling. We are supposed to be the greatest country in the world yet most Americans have a hard time paying their bills.

Can you imagine the millions of people trying to sleep at night? What do I sacrifice for my heating bill, my medicine, or feeding my family?

Pain and suffering are in the air. Our politicians fly away for the weekend to go to their comfy homes. They still can pay their bills. They are not affected. Both sides are to blame. I think it should be against the law to hold the workers hostage. They have no say in this manner.

Both the House, Senate, and the President are to blame. Unfortunately, we voted them into office. Maybe now is the time we should vote them out of office. We need people who are kind and considerate of all people.

Many people think that is childish yet look what happens when you have a government that doesn't care about you. You are the pawns and are the first to go.

The leaders truly don't care about you or they would do something about it. I thought the government was for the people and by the people. This is not true today.

This is the longest shutdown America has seen yet there is no end in sight. I believe in immigration reform. But our policies lately have been horrific. For example, separating children from their parents.

When I was young Americans were horrified by the Berlin wall. It was a symbol of everything that America was fighting for. Now we as a nation have a President who wants to build a wall.

Are we the next East Germany? I believe in border security yet a wall is everything America is against. There are no thousands of terrorists trying to get in through the wall. At last count last year the figure was 6 to 12 terrorists were trying to enter our country through the border.

Most of these people are from Central American countries where they are fleeing from. Many of these people would be killed by gang violence. What would you do if you were in their shoes? They risk their lives and are fleeing from terror in their own homes.

Yet we have a President who despises them and condemns them and wants to build a wall. I believe as a nation we have great moral values yet today we have a President who lacks them.

As a so-called Christian nation would Christ build a wall? Absolutely not. Christ would have figured out a way to embrace these people into our nation. There is always a solution to a problem.

Our nation has changed its values where lies and deception are the norms. We as a country don't know when the President speaks the truth or not. For example, before the shutdown congress had a bipartisan bill that all the President had to do was a sign. Fox News said he was caving in and being weak. Consequently, the President shut down the country.

The President is only the symptom. Has America lost its way? He was voted in. Maybe it's time for us to wake up before it's too late. We need kindness to return to the forefront before it's too late.

01-16-2019 Family & Friends

Recently I just finished a book called Family & Friends. To be frank it was quite the journey. I went through all my childhood friends to the present. I went through my family and their families. It was incredible to see how the web of life ties us together.

Some of my friends I didn't hear of nor seen for forty-plus years and somehow synchronicity happened and they reappeared in my life. For some of my friends, there would be gaps and once every ten years we would meet again. I love seeing the different patterns of how this occurs. It's like humanity is creating an incredible quilt. We are all weaving and creating this together.

I love to hear stories about my friends and people in general. My wife and I love to see how much of the network news ends with an incredible story about a person.

Recently I just stumbled upon an interview with Lee Haven. His daughter and son-in-law did a podcast. I loved it. I had no idea what an incredible and interesting life he had.

Stories are ways to get to know humanity better. We are so frantic in life that we truly can't see the forest from the trees. Only when someone dies does our foundation gets shaken and we realize how precious life is. Why do we get sucked into the drama of life?

I would love to hear your stories about your family and friends. Recently I have seen many pictures of my friend's parents when they were young on Facebook. I love to see this. It helps keep the memories to be alive.

The world needs this. We need to cherish and uplift each other. Life can be a struggle. We can all laugh and smile at the obstacles together. We can help and assist each other on this incredible journey.

For those of you on Facebook keep on posting about your family and friends. Try to stay away from politics. We all have different points of view. Let's try to uplift each other and see the miracle of life all around us. This is not a religious thing. This is a practical thing. We can see through a different set of lenses.

01-26-2019 Shutdown

Common sense is truly uncommon. This is a quote from Bernie Sanders. How pathetic. On Dec 19, the Senate unanimously passed essentially the same legislation that we will vote on today. We are back to exactly where we started.

Thank you, Thump, for shutting down and holding 800,000 federal employees hostage. All for nothing.

To be honest I can't even begin to fathom the pain and suffering the shutdown has caused. Millions of people were affected. Can you imagine the ones who had to go to work for thirty-five days and not get paid?

Millions of people had a hard time putting food on the table. Millions had a hard time paying their rent and mortgages. How about the decision what do I give up paying for food or medicine? These are the physical effects. How about the emotional and mental effects? Can you imagine trying to sleep at night?

I remember the first time I got laid off from Charles Schwab. They laid off 12,000 workers over 10 years. I love to meditate yet I clearly remember having panic attacks at night. I've been meditating for over forty-seven years and I have been weeding my inner garden for years. Yet even then the mind and body can get traumatized by life's events.

The entire nation was held hostage by this event. I think we were so close to a total meltdown. Imagine the air traffic controllers and the security at airports. They were just about ready to collapse. Day by day their situation was getting worse. No money was coming in and the bill collectors were at the door. How many thousands of people had to go to the food banks?

How can you direct aircraft when your mind is in turmoil? Look the job is hard enough and our government is putting gasoline on the fire. Quite frankly I'm amazed no incident occurred.

Yet this re-opening is for only three weeks
President Donald Trump announced Friday a short-term plan that will reopen the government for three weeks so that border security negotiations may continue without the devastating effects of the partial government shutdown.

To be honest this is a joke. What kind of guarantee do we have that another shutdown is on the horizon? Does our President think about what the entire country just went through? Just think we could have round two in a few weeks.

The American fiber is at a breaking point. We all went through a hugely traumatic event for no reason at all. Are we ready for round two? I don't think so. Quite frankly we should pass a law where the American workers can never be held hostage again.

I think we should freeze the pay for the leaders in congress and the president. We should also freeze their bank accounts and their holdings until they can fund the government. They should see what it is like to not be able to pay their bills. They would quickly pass the necessary bill.

01-28-2019 Shutdown Response

A few days ago I wrote a piece about the government shutdown. My friend Lorne was kind enough to respond. Usually, I try to stay away from politics.

- **[Lorne Brinkman](#)** The wall was a big part of Trump's campaign. The American people elected Trump. Democrats, in the recent past, have voted for even more money than the 5 billion Trump is now asking for. Suddenly, Democrats say walls are immoral. Suddenly, Democrats say walls don't work. Suddenly, Democrats say walls are too expensive. Can't the Democrats be blamed for holding the government employees hostage over a lousy 5 billion dollars?

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• **[Richard Fletcher](#)** Both parties are to be blamed. Don't hold the American's hostage.

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• **[Lorne Brinkman](#)** I don't mean any offense, Richard, but it seems a bit of a cop out to just say both parties are to blame. (And by the way, in your post you only thanked Trump for the shutdown, not the Democrats.) Setting aside any Trump hatred, what is your "solution"? Mine was implied in my previous post: Democrats should give Trump his 5 billion. (And because they didn't, I would place most of the shutdown blame on them.) I would genuinely like to hear your solution--or just explain where/why the blame for the shutdown lies. Surely you don't really think it's 50/50, do you? ... I'm just trying to have a friendly conversation here.

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Richard Fletcher Personally don't shut down the government. The senate passed a resolution on Dec 19.Both

Here's my thought on the current state of politics in America today. We have two parties that hate one another. They can't get anything done. Everything is tit for tat. It's revenge based on politics. It's my way or nothing at all. Both side don't know how to compromise. They both use dirty politics to get anything done.

No wonder they are in a mess. How can you get anything done when you hate your opponent? Common sense is uncommon.

We have left out in politics kindness, love, and compassion. Our leaders on both sides say this is for the benefit of the American people yet the American people just went through a mess that could take years for them to recover. Meanwhile, the politicians were getting their paychecks and using Americans as pawns.

Look both sides are wrong. They govern with no respect for one another and the American people.

As a kid, I was fascinated by the power of magnets. I once got a huge magnet for a birthday present. I remember trying to put the magnets together when they repulsed each other. It was impossible to do.

The power was so great between the magnetics that it wasn't possible. Yet if I just turned one magnet around in less than a second both magnetics were merged. It was then almost impossible to separate the two.

This is so easy to see in politics today. Yet we are acting in totally immature ways. We must return to being tolerant and civil towards each other. In the end, both sides want the same thing. Without decency and honor towards our fellow man, we will never get our act together.

I salute Jacinda Ardern the Prime Minister of New Zealand. If you haven't heard about her you should hear her viewpoints on politics. She believes in the power of

kindness. She says we teach our children to be kind yet when it comes to politics we teach people to be adversaries.

I think that if we returned to kindness and voted for people who are truly kind not for some politician who lips service kindness. If they degrade their opponent then don't vote for them.

Don't vote for your political party if they are waking the old ways of hatred, anger, and intolerance towards their opponent. This must stop.

Many people may think kindness is weak yet the entire universe is kind. We as a nation need to reclaim the kindness that is our true nature that lies within. That's probably the hardest thing for politicians and for men to do.

02-06-2019 The Video Game Of Life

Last month I finished my book, Family & Friends. It will always be a work in progress. After I posted this book I was fascinated by the fact that many of my friends I wouldn't see for decades of sudden would pop up in my life.

I give the analogy many times that life is a video game. Each one of us is playing the game whether we knew it or not. It's called the journey of life. Each one of us has a unique and different journey to walk on.

Each curveball that is thrown at us seems to be custom designed and tailored for us. Just like in real video games a player doesn't want to get stuck on one level. The goal is to advance in the level of life.

Maybe we are alive on the earth to learn how to overcome our negative emotions and embrace our true nature. Well, what exactly is that?

Well, look into the eyes of a newborn child. That should sum it up. There is no judgment there. Nothing but pure love and compassion. What if the video game is all about the opportunity to discover your true nature?

What if you are the universe and you just don't know it? I say this a lot yet talk to a modern-day scientist. Imagine quantum energy is beyond time and space. We are a part of this. Maybe just maybe the human body is wired up to connect to this.

This video game of life is an incredible web. Imagine on the human level mankind which means kind man is also involved in this video game. At a human level, we are going from darkness to light.

Man has been fighting for thousands of years. Many people think this is normal and man could never advance to a higher level in this video game.

Many great masters have come and instructed humanity how to advance to higher levels in this game. They have left great instruction manuals for humanity to read. Many people's hopes are focused on the second coming. They are waiting for this to occur.

Now imagine that they never left us. Their body has died yet their essence is the universe. What if every one of us holds a unique piece of the puzzle? The puzzle couldn't be complete without you. As each one of us discovers our true nature it

has a ripple effect on the video game of humanity. It's like a wave that sends ripples beyond time and space. It even affects the universe.

It doesn't matter if you believe in God or not. Every one of us has seen incredible photos from the Hubble telescope. They are beyond words.

What I like about this game is it doesn't judge us or critique us. We all have free will.

Ponder this over. What do you think? I would love to hear what you think.

02-23-2019 The Dentist

Anyone who knows me knows that I love to take care of my body. I was into preventive medicine since my early teens. I have been sick only a few times in my life. Yet my teeth have been a different story. As a kid, I had my share of cavities.

Yes, they were small. They used mercury to fill them. Probably not the best substance but it worked. My cavities never grew.

Ever since I moved to Kansas I have had some problems. Mind you I get my teeth cleaned three times a year. I use an electric toothbrush, floss, and use a water pic.

You would think that my dentist would notice something. Yet since being here, my dentist has given me probably 3 or 4 crowns. A crown is where they chop off almost half the tooth and put a crown on top. In the past, the dentist would insert a small amount of material in the filling. The difference is between night and day.

If this solved the problem I would be happy. Yet from the crowns, I got all three had to be pulled in a space of seven years.

One supposedly needed a root canal yet one year later it needs to be pulled. This week I had another pulled. That's three in a space of seven years. I wouldn't have any concerns if I didn't take care of my teeth.

I'm wondering if having crowns somehow allows bacteria to build up over some time. With mercury fillings they were small. Yes, mercury is poison yet I never had to get my teeth pulled because of this.

You would think that in this day in age we would have the technology to prevent cavities. I saw an article on CNN that our cavemen had a hundred times better teeth than what we have today. Granted many people don't take care of their teeth. I do and I asked my dentist why and he said just think of what your condition would be if you didn't.

I would love to hear what preventive measures my friends take and does it work. By the way, my brother John just had one tooth pulled.

02-27-2019 Think Outside Of The Box

Ever since I was a kid I loved to think outside of the box. I'm sure that at times it alienated me from my friends. Why do you think like that? Well to be honest I'm working on trying to solve the riddle of life.

It's an incredible riddle trying to solve it. In the last fifty years, science and religion are getting so close to each other. In the field of quantum energy, scientists are getting their minds blown. Imagine the energy that is beyond time and space.

We are a part of that energy. It exists inside of us. In school, we were never taught how to connect to our true nature.

Now imagine this pure consciousness pure light, love, compassion, patience, and tolerance. The universe does not judge us only man judges one another. What if this is truly a hide-and-seek game? What if there is a jewel that exists inside each one of us? Let's get down to earth. Let's ignore the spiritual side of things.

Can you imagine that you are a part of the universe? No. I'm just this human body. That's it I'm nothing else. Can you imagine that around a hundred years ago dear old Albert Einstein proved the existence of quantum energy?

Imagine a part of you is contained throughout the entire universe. What if I told you that when you die you return to the source of all? What if I told you that the human body is hardwired to discover your true nature?

Imagine living your incredible life and realizing that you are a part of the universe. Your true nature is kindness. Imagine that you can laugh at the craziness of this world and know that human beings are waking up from their slumber.

Quite frankly I think most humans are tired of the anger and bickering in life. We are tired of politics. We are tired of all the drama. It seems that life in the US is a soap opera on steroids or opioids.

What if I told you that all the answers to these problems lie within? We were never taught that. We were never taught that we are a piece of the puzzle of life. Let's get practical again.

Can you imagine that someday you could truly see through the eyes of others? How would that change your world? Wouldn't that stop many conflicts around the world? How could you fight with yourself?

Currently, we think we are separate. We fight with one another. In politics, we are divided. We don't even know how to compromise. Yet the practical solution lies inside of us.

I believe it's probably the most practical thing that a human can do. Yet we don't learn it in schools. Quite frankly you don't need a teacher but wellness to be open to a way to perceive life in a new way.

Imagine your true self is kindness. This is your true nature. How would you like to increase kindness day by day in your life? You can. Whatever you focus on you become. I know some people who moan and complain their entire life. Well to be truthful whatever you focus on you become.

How about focusing on your true nature? How about day by day focusing on kindness, love, and compassion? How about making a little effort day by to discover your true nature?

My theory is that we can't change this world without changing ourselves. That's the only way to change the world's problems.

We can't change our politics until we can reach a point where we are civil with each other. We can't continue to see our political foes as enemies. How childish is that? I think that most politicians are emotionally immature. To change this world we must let go of our old ways of thinking and being.

We have been angry and at war for thousands of years. Many people think that man can't change. I disagree. I think that we have this incredible car that just sits in our inner garage.

True it is dusty. Well, dust off the car. Open your inner garage door and take your car for a spin. Then tell me about your incredible ride on the freeway of life.

All it takes is a flip of the switch to turn your life around. Granted every day we make decisions and actions that affect where we are going and where the world is going.

02-28-2019 The Body Only Dies

I'm getting to the age where my family and friends are slowly passing away. I remember when I was young I was petrified of death. I was told that when you die you no longer exist.

This was many moons ago mind you. I have spent my life dwelling on this issue. Meditation has shown me that this is a myth. Modern-day science has shown this is a myth.

You see both religion and science are talking about the same thing. They have different terms to describe the oneness of life.

Imagine quantum energy is beyond time and space. It exists everywhere. Mind you it even exists inside of you.

How would the world change if we all spent time connecting to the source inside? Presently we get extremely sad and have funerals when someone dies. What if we had the understanding that only the body dies? The soul just goes back to the source. This source is pure light, love, and compassion.

The person you loved simply changed form and resides inside of you and the universe.

It's like ice gets converted to water and water goes into a cloud where someday a raindrop will come down from the sky.

I've been saying for a while now that spiritual life is the most practical. We all miss our loved ones when they die. Nothing can replace this. Yet if we truly understood the cycle of life and realize that our essence can never die. Therefore we can connect to our loved ones.

Granted it's not the same. But we can connect to their true essence which is love, compassion, kindness, patience, and tolerance. Wouldn't that brighten up our days? How would you like to be aware of your family and friends that have passed?

Every step you take they would be with you. True not in a physical manner yet their true essence is there. Wouldn't that take the sting out of death?

Maybe we should think outside of the box and ask ourselves this question. Take a look at the modern views on quantum energy. Maybe they are in perfect synch with your religion. They are describing the oneness with modern day words.

What if I told you that the human body is wired up to discover our true nature? Unfortunately, we were never told this. Ponder this over. I'm trying to give practical advice to help us on this journey of life.

We are all in the same boat in life. We can help and assist each other on this journey. Like I said in my book Family & Friends I saw the incredible web of life that ties us all together. We all help and assist each other on this journey.

03-01-2019 Grandma Josie Dairies

A few weeks ago I was talking to my sister Jane on the phone. She was going to sell her house and she was going through all her belongings. She mentioned that she had all my Grandma Josie's dairies. Would you like them? I said I would love them. Well, a week ago I received a heavy box in the mail.

I haven't opened the box yet. As you can see I'm just about ready to open them up. My grandmother Josie introduced me to God. She looked just like Mrs. Santa Claus. She had silver hair, rosy cheeks, and a smile that could lite up the world. She was an absolute delight to be around her.

My brother John, Jane, and I would be mesmerized to be around her. She had that magic or aura that would fill the room. She was kind to all.

She would always tell my brother John and me that "God loves you". My brother John and I would just giggle with delight. Mind you she said this for years and each time John and I would giggle. She was my signpost to see that we are never alone.

My grandmother Josie's Mom was best friends with Mary Baker Eddy the founder of Christian Science. She belongs to the church. I remember when I returned from India I was visiting my grandmother.

She took me to a meeting. All her friends were fascinated by my quest to discover myself. They were on a different path from mine but they found joy that I was trying to discover the jewel inside. I remember that they had a great sense of tolerance for all people. My grandmother even subscribed to the magazine "And it is divine" for some time.

I'm looking forward to reading these dairies. Here she is writing about her daily activities and her thoughts on life. Wow, that's incredible. She took the time every day to document her journey in life. Somehow unconsciously I took up the same mantle.

You see I adore humanity. I love to listen to the stories of life. I love to read books about improving your life. When they contain a story my heart and mind shift into a higher gear. The story is the essence of the book. At the time a book is just a theory but when you introduced a story into it. I'm captivated.

A few months back I was on Facebook just reading some posts. I saw a link to an audio interview with Lee Heaven who I went to high school with. We were not close friends yet I've known him since fifth grade.

Anyway, I was blown away by the interview. I never knew he lived such a fascinating life. The interview went up to the late seventies. I asked when the other portion of the interview will take place. They said next summer.

I love to read stories and hear about the adventures of my friends. Lately, I love to see many of my friends post pictures of when their parents were young. It truly is a web that ties us all together.

As you know recently I finished the book Family and Friends. I truly see in my own life the incredible web that ties us all together.

Keep up writing about your journeys and adventures in life. One by one ours days is numbered. There is an incredible circle of life. It seems just like yesterday I was a young teenager surfing in Newport Beach, My kids are grown and live on both sides of the coast. The circle goes around and around for eternity.

03-17-2019 The Hierarchy

I have been taught many different ideas about God. One of them is there is a hierarchy. There are angels and then there are Archangels. Of course, the Archangels are above the angels. I have read numerous books that have complete charts of the hierarchy. It is quite complex.

Yet just think about it. Quantum energy is beyond time and space. It exists inside of you. Darkness cannot touch it. Love, compassion, patience, and tolerance are some of the qualities it contains.

Imagine a cosmic soup. Love, compassion, patience, and tolerance are ingredients in this soup. Yet imagine they are all blended. You can't separate them.

The same goes for the concept of a hierarch. In the quantum world, all is one. There is no hierarchy. Because we live in this physical world we have created labels to describe the hierarchy.

Look I'm not saying Angels or Archangels don't exist. I'm just saying that on the other side of the veil lies absolutely oneness. There is a power that keeps the entire universe alive.

God does not judge us. We have free will. Maybe the whole human journey is to go from darkness to light.

Maybe just maybe God lies inside of us which all the great masters taught us. Ponder this over.

03-18-2019 God Friended Me

This is a description of my favorite show currently on TV.

Miles Finer is an outspoken atheist whose life is turned upside down when he receives a friend request on social media from God and unwittingly becomes an agent of change in the lives and destinies of others around him. After repeated pokes by God, Miles's curiosity takes over, and he accepts the ultimate friend request and follows the signs to Cara Bloom, an online journalist.

Brought together by the mysterious account, the two find themselves investigating God's friend's suggestions and inadvertently helping others in need. Miles is set on getting to the bottom of what he believes is an elaborate hoax, but in the meantime, he'll play along and -- in the process -- change his life forever.

This show is full of hope for mankind. It doesn't matter if you believe in God or not but our actions can be full of love and compassion towards others. This show depicts this. Miles is an atheist yet has a heart of gold. In each episode, Miles helps someone in need.

Somehow Miles and Cara help people to overcome extreme obstacles for those who they come to help. It is heartwarming and touching. After each show, my wife and I look at each other and say wow what an incredible show.

We need more shows like this. It is uplifting and shows the true spirit that lies inside of us. Our essence is the same. This show reflects the true spirit of humanity.

03-19-2019 Did You Know

Did you know that since the sixties more people have died from gun shootings inside of the US than all Americans who died in wars since the American Revolution?

Yet guns are still on our streets today. How come in the late nineties a man had a shoe bomb that didn't go off that worldwide we have to take off our shoes at airports around the world? Granted I agree with this measure. I agree with airport security. It is a hassle but a necessary one.

Yet today we still have gun laws that are needed to be changed. A right to bear arms. Mind you back then they only had a musket which probably took a minute or so to load.

Unlike today where thousands of rounds can be fired in minutes. Mind you this weapon is intended to kill people in mass.

Yet people stand by their gun rights. Laws change every day but when it comes to guns we recite our second amendment.

The right to keep and bear arms in the United States is a fundamental right protected by the Second Amendment to the United States Constitution, part of the Bill of Rights, and by the constitutions of most U.S. states The Second Amendment declares:

A well-regulated Militia, being necessary to the security of a free state, the right of the people to keep and bear Arms, shall not be infringed.

To be frank this amendment should be obsolete. Back then states needed citizens to bear arms to help protect America from further wars. Today we spend trillions of dollars on defense. We spend more money than the top 10 countries on their defense combined.

Are we at a breaking point? In the past, the first sign of the downfall of civilization is when a country spends more on defense than anything else. Slowly the country deteriorates. We need to change our views.

The following is from the LA Times.

It's bad enough that Congress allows military assault-style weapons to be sold to the general public, making instruments of mass carnage available for the price of a laptop computer. Making matters worse, lawmakers have granted the gun industry near-blanket protection from liability for the damage inflicted with their weapons, unlike other companies that make or sell deadly products.

That shield against liability — the Protection of Lawful Commerce in Arms Act — was passed in response to a wave of lawsuits in the late 1990s against gun manufacturers and dealers for injuries and deaths caused by their goods. Last week, however, the Connecticut Supreme Court issued a ruling that might open a narrow breach in that outrageous legal wall protecting the industry.

The case centers on a lawsuit filed by families of nine victims of the 2012 gun massacre at Sandy Hook Elementary School. The plaintiffs argue, among other things, that Remington, the manufacturer of the Bushmaster XM15-E2S semiautomatic rifle used in the massacre, should have reasonably foreseen that its advertisements touting the Bushmaster as, in effect, a weapon of war would lead someone to use it as one.

I agree with this. Many of my friends probably disagree. Personally, I think that for any mass shootings the government should sue the gun manufacture at least a billion dollars, and the family of victims should have the power to sue the gun manufacturers. If this happened the gun manufacture would help create laws that would change the system.

Currently, the saying goes “Guns don't kill people, people kill people”. Tell that to the victims all around the world from mass shootings.

04-06-2019 RIP Ishwara Devi

My dear friend Ishwara passed away over a week ago.

I was planning to write something a week ago.

My body was feeling somewhat off so I went to bed a few hours earlier than usual.

I went into a deep sleep.

Around 7:00 PM I heard this huge thunderbolt hitting a tree in my backyard.

There was a huge explosion.

Shrapnel from the tree was sent all over the backyard.

My wife came into the bedroom and I couldn't come out of my deep sleep.

I woke up early and was planning to write this for my dear friend Ishwara.

Well lo, and behold I couldn't turn on my computer.

The power supply got damaged.

Fortunately, my hard drive didn't get damaged.

Anyway, here I am a week later writing this for Ishwara.

My dear friend Ishwara passed away last week.

I knew her from the palace in the sky.

A great ashram sitting on top of a mountain near Ashland Oregon.

We both had teachers from the Radhasoami lineage.

We both loved to meditate.

We were like kids eating our melting ice cream cones

People who love to meditate love being around each other.

Quite frankly we had nothing to say or prove.

We were just like the sun in the sky.

We just loved to shine.

Both of us recognize the divine in each other.

Ishwara was a kind soul.

To be honest she was a gift from God.

She was one of those who was like an angel.

She really didn't belong to this physical world with all its drama.

Her mind was on God and helping her fellow man.

I was amazed at how many people she knew.

When she died I saw hundreds of people who deeply loved her.

I don't know how she died and what caused it.

I know that I lost a dear friend.

Yet deep in my heart she is there smiling.

Her ashes are scattered throughout the universe

Her soul has returned to God.

Someday we shall meet again.

04-14-2019 Fine Tune Your Radio Station

Fine-tune your radio station.
You are listening to an old station.
This station is reinforcing all your bad habits.
There is a signal from God and the universe that is playing.
Listen to KGOD.
This signal is broadcast from within.
It is clear and constant.
You just have to tune your mind to this signal.
In each and every breath you take fine-tune your inner radio to this signal.
All the great masters have said that the kingdom of heaven lies within.
This is probably the most practical thing you can do for yourself.
What is keeping you alive?
The more you concentrate on this signal the more powerful and clear it will be.
This is your true nature.
This signal is like a magnet.
It draws kindness, love, and compassion to you.
It's like taking a shower of love.
This love fills up your entire being and slowly washes away all the negativity.
This radio station is live.
It has been broadcasting for eternity.
When you are driving and talking on your cell phone you aren't paying attention to
life.
What is so important externally that you have forgotten your true nature?
Why do you insist that the external world is the only world?
For now, you might say because that's all there is.
Well someday you will die and it will totally disappear in an instant.
This radio station will make you laugh at life.
It will bring you to a place where anger and hate do not govern you.
Kindness and compassion will be there.
I'm not saying you won't ever get angry again.
I'm saying that with conscious effort you can use water to put out the anger in your
life.
Your mind is looking externally to fix your inner world.
Mankind has been running in circles for thousands of years.
Look at the political landscape in America today.
Anger and chaos rule the land.
Fine-tune your radio station.
You are a piece of the puzzle.

04-16-2019 God Won't Drive Your Car For You

God won't drive your car for you.
You have free will which will never be taken away.
God is your co-pilot.
He is sitting in your passenger seat.
Mind you the car is sitting in your inner garage.
It may be gathering dust.
Only you can open the garage door within.
You have the remote control.
It's by your will alone you open the inner door within.
It's only your will alone that you back out the car and take it for a spin.
All it takes is to focus on your breath constantly.
This is the secret to life.
Unfortunately, you never learned this in school.
The highest university lies inside of you.
You have been playing hooky for ever so long.
The mind plays tricks on us.
Why would God hide inside of me?
I'm a nobody.
Yet you are the universe.
You just don't know it.
This is the grand illusion of life.
We think the outside world is the real deal.
Yet only moments ago you checked into the motel.
You will sleep overnight and then you will leave this world.
You won't be able to take anything material with you.
Death is knocking on your door.
Yet the wise man just laughs.
He knows he is eternal by practical experience.
Day by day one discovers his true nature.
You are magnificent.
You are eternal.
You are the universe.
Ponder this over.
Open the garage door within.
Dust off your car and take it for a divine spin.
Your world will never be the same again.
Remember only by your will can you discover your true nature.
God is simply sitting in your passenger seat.

04-21-2019 What A Magnificent Drop You Are

Kabir a mystic from the 15 century said the following.
All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside our, DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

06-29-2019 UFO's Ridding Gravity Waves

I have a dear old friend named Kryon. Recently I heard what he said about gravity. Everything from the smallest in the universe to the largest has push-pull energy. The ancients called it the Tao. Everything has a pair of opposites.

Gravity was first discovered by Sir Isaac Newton after an apple famously fell from a tree as he watched. The discovery of a gravitational force allowed him to develop his three laws of motion. He published his findings of gravity in "Principia Mathematica" in July of 1687.

Here's where I find it interesting. If everything has a push-pull effect then gravity has a push-pull effect. Why can't we detect that? To be honest, if our society discovered this we would use it as a weapon. We are not emotionally mature to handle that.

Yet suppose there were civilizations billions of years ago. They went through the same turmoil we are in and overcome all obstacles. They learned how to become one with the universe. By the way that's our true state also.

They also knew everything has push-pull energy even gravity. I love watching Unidentified: Inside America's UFO Investigation on the History channel. This show documents former US intelligence officers who left the government because the government hid all their findings and wouldn't release them.

Anyway going back to the story. Hundreds of people are totally amazed by the flying capability of these UFOs. They can stop on a dime. Disappear and then instantly reappear in the opposite direction. They can travel underwater at enormous speeds.

The military asks how they do it. When our fighters try to engage them the UFOs are taking a stroll in the park. Our technology is so primitive yet we think we are advanced.

How do they fly like that? When you discover everything is push-pull energy including gravity you can surf these waves. Mind you this is not anti-gravity. If you truly understood these laws over time you could create a vehicle that could respond at your command.

Yet how do they survive those G forces? Any human would instantly blank out. My theory is the following. They have learned how to keep the body asleep and at the same time, their awareness is alive. Hum sounds like meditation to me.

They have reached such a state of awareness that their consciousness can operate the UFO. Yes, it seems far fetch yet today we are learning how to use thought to operate many devices. We are still in the kindergarten stage of development. We can't even get along with each other. We are all lost in our dramas. We can't see the forest from the trees. Signposts are all around yet we can't see them.

I think we are newcomers on the block in the universe. Imagine there are civilizations billions of years older than us. Imagine they realized the universe is kind.

Imagine they have reached a point in time where they can be anywhere in the universe in less than a second. Maybe just maybe these UFOs are taking a leisure Sunday stroll in our part of the universe. The family of life is sightseeing and looking at the great wonders of our magnificent planet.

They do have not a care in the world. Why should they? They and their planet mastered themselves a long long time ago. They became one with the universe. They went from me to we. Now that's another story. I would love it if good old Albert Einstein was alive today. He would have a grand time explaining this.

07-06-2019 The Mind Of God

I was meditating a few days ago. I got this message about the mind of God. Humanity has been playing the same tapes for thousands of years. The tapes of anger and intolerance towards others lead to wars throughout the lands.

Humanity has been living in the survival mode of existence. Our mind and body are not in harmony with the universe. We have lost touch with the mind, body, and soul connection.

How does the mind of God relate to humans? Can humans just take one grain of sand from the quantum field and transform our thinking?

Did you know only you can change how you think? Nobody can do it for you. Just think you can have incredible out-of-this-world meditations and yet your mind and thoughts haven't progressed on this journey in life.

If we truly want to transform let's take a look at a few attributes of the mind of God.

First God does not judge us. Many people think that he does. God gave us free will so why would he judge us? Humans judge each other. How would the world be if we didn't judge one another? Most of the world's problems would go away. If we could just remove judging others we would be one step closer to uniting a small fragment of the mind of God into our minds.

Second God is not angry. There is not a jealous God. Humans are angry. Humans get jealous of one another. Just think if you could eliminate anger and jealousy in your life. The world around you would be much more peaceful for you and others. You would be much closer to having an internal relationship with the Divine.

God does not hate. Humans hate. God does not take sides. Can we eliminate our negative way of thinking and our negative emotions? Yes, we can. Yes, it does take time and effort. This is the journey we are on.

In the last 30 years, so many discoveries have taken place in the mind-body connection. Scientists have discovered you can't separate the mind and body. They are directly correlated with each other. One must begin to understand ways to create harmony with each other.

Just think most of us never stop and reflect on how we can change our state of mind. We don't think we can or we are too busy living our lives without being aware of our thoughts.

The world can't change if we live in our current mindset. Peace on earth can never manifest if we continue with our current state of thinking. The United States is deeply divided. Every day gasoline is put on the fire and both sides flame each other. We are immature children. We are throwing mud pies at each other. We need to refine the way we think and act.

At times I wonder if we like all this chaos. It's exciting. Never a dull moment. But being in harmony with the universe is not a dull event. Imagine being part of a star being born. How incredible is that?

We have no idea how incredible this world would be if we all lived in harmony. How would you like to see and experience that when you looked at others you see a reflection of yourself? In that state, there is no separation. If all of us would experience this at a constant moment this world would truly transform.

It's kind of funny. We came from the mind of God. When we die we return to the mind of God. It's only a flicker in time. Yet when we are alive we forget our true existence. It's like we have total amnesia.

Our true state of mind is united with God. A part of us never left this state. Yet we have forgotten.

Ponder over these words. How much do you want to change? Help is all around you. You are never alone. Signposts are all around you. Remember it's only by your free will can you understand this message.

07-07-2019 The Mind Of God 2

Let's continue with the mind of God. I got some great feedback from two of my friends. They each had a different point of view on this. I responded with a link to a chapter in my new book Dragon Tales 2.

<https://johnfranklinfletcher.com/track/1742644/where-did-they-go>

I think the entire universe is evolving including man. Some wise masters have seen it might take millions of years for a civilization to evolve where they go from me to we. We have a long ways to go. Yet the seeds have been planted. I have great hopes for mankind even despite the chaos all around. Remember what good is adventure without overcoming obstacles along the way?

Humanity is learning. Two steps forward one step backward. We learn from our mistakes. Science and mystics are both talking about the same thing. Many new technologies are being invented. Just thing in the seventies a biofeedback machine cost thousands of dollars. Today you can buy Muse 2 for 240.00.

Personally when humanity can see the direct correlation between the mind and body and see the results on their mobile devices exciting times are here. The time of living in the Newtonian model is over. We are about ready to embrace the quantum model which scientists embraced in the early 1900s.

When society learns they can change their thoughts and actions for the better the world will slowly start to transform.

This is a practical path that we walk on. We can't look at the past for guidance. Mankind has been playing the same tapes for thousands of years. War, war, and war. Many of my friends think that mankind can't change. I beg to differ on this one. Millions of people are waking up from their slumber. Remember each one of us is a piece of the puzzle.

Commented [RF1]:

I'm truly optimistic about man's future. So many people are thinking outside of the box. In the United States, so many people are disgusted by the medical system. Drugs have skyrocketed. Serious side effects can happen including death. We are all looking for a practical solution.

My way of thinking is there is a solution to every problem that man created. Because of our negative state of mind, we can't think outside of the box. We only listen to our tapes from the past. We look at the past and see that mankind hasn't

changed much in thousands of years. We then project it to the future. Many people think that this is a total hocus pock because they can't see what the quantum. Many people say if I can't see it I can't believe it. Can you see love? Yet it exists.

So for many people, the future looks bleak. I just see exciting times are here. We are going on a journey from darkness to light. The sun is appearing on the horizon. It's going to be a glorious day.

07-13-2019 Never Stop Learning

I remember when I came back from India I introduced my brother to the world of meditation. It was love at first sight. We saw the direct connection between meditation and physics.

In the early seventies, we had a conversation with a high school friend who graduated in Physics. We told him about our experiences on how meditation and the world of energy are closely connected. People use different words but the gist is the same. $E=mc^2$. For thousands of years, Mystics have been directed and connected to the source of life.

Our friend thought we were crazy. Nobody can experience energy. Fast forward 48 years. My brother and I still love to meditate. We are still beginners. Mind you after a billion years of meditation we will still be beginners.

One can never stop learning. I've been a software engineer for over thirty-five years. I have learned you can never rest on your laurels. Every project will make your mind stretch. Technology always changes. What is current today will be obsolete tomorrow.

The same thing goes with my spiritual practice. I'm always learning and growing. Inside of me and you lies the laboratory of life. Recently I had an amazing experience that I wanted to share.

I was in a dream and all of a sudden the dream slowly faded away and I was in a field of light. Just like when I close my eyes and see this incredible light. Imagine you are watching TV in the old days. You are watching a movie and all of a sudden the picture slowly disappears and you see the white noise on the TV.

This experience demonstrated to me ever our dreams come from the quantum field. Let's go one step more and our life will disappear like a thief into the night. We call this death yet in reality we go back to the source of life.

We never die yet our body does. I find this completely fascinating. Many people roll their eyes when I say the human body is hard-wired to find God. There is so much scientific knowledge and experiments out there to prove this. What is stopping us?

Are we convinced that there is nothing more to life than the external world?
Wouldn't you like to be aware and conscious of the source of all while you are
alive? We are slimming the surface of the ocean of life. We were born to dive deep
within to discover the precious jewel.

07-14-2019 Your Body Is Your Drug Store

I loved my Grandma Josie. As a kid, she would always tell my brother John and me that God loves us. We would always giggle in delight. Even when we got older we would always giggle when she said this.

Usually whenever we saw her. Her Mother knew Mary Betty Eddy the founder of Christian Science. I learned at a young age many of them didn't go to doctors.

They believed that only God heals. Yes, that is quite controversial even by today's standards. To be honest I didn't study Christian Science yet somehow I hooked on some of these principles.

For example, when I was young I believed in preventive medicine at around 10 years old. My thought process was this is the only body you get so you better take care of it. Where did I get this thinking at such a young age?

During this time my Dad gave my brother and me a series of yoga postures. I remember it was in a brown folder with a string attached. He drew each yoga posture. We did these for years. He said that he learned these from his Air Force days. I discovered later that these were classical yoga postures.

Right before he died he told me that these postures came from a Yoga teacher. In the early sixties, he went to USC and found a Yoga teacher. To be honest I wished back then my Dad told me the truth. I would have been more amazed at the fact that these exercises came from a Yogic path. I was searching for this in my life at ten years old. Anyway, that was water under the bridge.

In high school we had a series of classes we could take and one was a Yoga class. Well from that moment on I was hooked.

I got involved in the world of meditation at 18 years old. Let's fast forward to the mid-seventies. My dear friend Joe Lopez told me about the Science of Mind developed by Ernest Holmes. I was fascinated by it but I still didn't have the emotional development to understand this. I barely understood the theory. Both Christian Science and Science of Mind were on the same wavelength.

It's more than halfway through 2019. From 1971 to the present I've been to the doctor only a few times. When I got the job as a software engineer for the Miami

Beach Police department in 1982 I had to get a checkup. The Doctor told me I don't know what you are doing but keep it up.

Why am I writing this? I've been meditating for 48 years. Yet in the last few years, I have finally connected the dots between Christian Science, Science of Mind, and modern-day science. Ok here goes my understanding.

Science has discovered that each thought that you think has a corresponding series of chemicals that get secreted into the body. Our western society is living in extreme stress conditions. Imagine a negative thought that makes you angry. Over 1500 stress chemicals are released into your body. Buddha called it drinking your own poison. To be honest I wasn't truly aware of the consequences. It didn't truly sink in until I researched the matter.

Yet get this 95% of our actions are governed by our subconscious mind. We are playing the same tapes over and over again. Our bodies are constantly being flooded with stress hormones. Not only is that but our heart is not in harmony with the mind.

They are fighting with one another. This is called heart incoherence. When the heart waves are in disharmony the telemeters in our cells get shorter. When the cells divide they do an exact copy. Over some time they get shorter and shorter. When they no longer exist dearth is slowly approaching. Your cells don't carry the proper information anymore.

Yet get this one can learn to have heart coherence. The human body can regrow the lengths of the telemeters. Think that one over. If you can increase the size of the telemeters then how long can you live? That is a great question.

So what can we get with this present-day knowledge? Your body is your drug store. You are constantly taking drugs whether you know it or not. Your thoughts that you think lead you to disease or a healthy body. We never learned this in school.

Did you know that all diseases are caused by our thoughts? Did you know that you can reprogram your thoughts? You have the capability just like a computer programmer to reprogram your subconscious.

You can monitor your thoughts at each and every moment. Granted it takes time and effort yet in the end the outcome is nothing but miraculous. Just ask the

student from Joe Dispensa seminars. They have healed themselves of all sorts of deadly diseases.

We were never taught this in school. It wasn't even till five years ago did this information was leaked.

When I came back from India in the early seventies I went to see our family doctor. My Mom wanted me to go for a checkup. I told him I was a vegetarian. As he was smoking his cigar he told me that I was going to die within one year because I was a vegetarian. I told him that there are around a billion vegetarians in India. Indian has been vegetarian for over 5,000 years. My doctor died within the year.

Look I'm not telling you don't see a doctor. I'm saying with the latest science demonstrated that in every thought you have around 1500 positive or stress chemicals get released into your body. You are your own pharmacy. There is no getting around this. The next time you are flaming someone, think of the consequences. Like the Buddha said you are drinking your own poison. Modern-day science has clearly proved this.

I now can take the teaching of Christian Science and Science of Mind and have a much clearer understanding of the mind-body connection. Science for me has been a bridge to bring a more and complete understanding of the mind-body connection. As you can hopefully see each and every day I'm learning more on this journey in life. I like that.

07-20-2019 Raindrop Failing

From the moment I started to read the book, I was captivated. I couldn't stop reading. John clearly writes that the signposts of God exist and yet we must have the will to see them. This book clearly comes from his soul. The words are alive. This is not just some dry theory or philosophy.

This is a moment-by-moment connection to the source within. John says he isn't special the precious jewel lies within us all. Yet to me John is special because of his incredible lifelong journey that I have seen. Since we first met many years ago until the present John has cultivated the garden within.

This book is his humble effort to give back to humanity a book that talks about each human's potential. John does it in a way that truly inspired me. I know that it will inspire others that pick up this precious book, You are a raindrop. Your destination is the ocean.

07-20-2019 Mystic Ramblings

What can I say to all my friends who have had dear ones pass away? We all must leave this precious planet someday. My dear twin brother John sent me an incredible message he found. Death is only going from one room in a mansion into another room. That's all it is.

Our ancestors are with us all the time. They have simply gone into another room. Unfortunately, we can't see. Yet we were born from God. What went wrong? This life is a journey going from darkness to light. Imagine there are civilizations over a billion years ago that went through the same trauma that we are going through today.

We are the young kids on the block. Humanity is throwing sand at each other. Darkness is being dispelled. The sun is rising in the sky. It's going to be a beautiful day.

What happens when the sun rises? Darkness has nowhere to hide. Look at the current conditions all around the world. It seems the world is in total chaos. Yet what seems to be total chaos is that the light is dispelling darkness. Darkness has nowhere to hide.

We are in a midst of the greatest transformation in human history. Yes, it will take time and effort. Two steps forward one step backward. That is how we learn. We learn every step on this journey in life.

Help is always here. If you don't believe that then help is not here to guide you. It's as simple as that. Your thoughts and beliefs make your personality. Imagine signposts are all around yet we are on our cell phones driving on the freeway of life. We are oblivious of our true nature.

Hey Richard what are you trying to say? I'm saying that you are magnificent. Your true nature is kind. Your true nature is full of love and compassion. Your dear ones who have died are still with you today. Why wallow in pain and suffering when you can have a firsthand experience that they exist inside of you?

The quantum field exists. Ask any scientist. All religions are talking about the same thing.

You are even hardwired to find God inside of you. The car is sitting in your garage with the door shut. It was meant to be driven.

Imagine the time that you were happy. At the time you drove that car out of the driveway and went for a Sunday spin. Imagine you can consciously drive that car around in your daily life.

God is sitting in your passenger seat and enjoying the ride. Mind you he will not drive the car for you. It's only by your will alone that you drive the car. It has been this way for eons. Every being must drive the car for themselves.

We think we are highly advanced. Yet did you know there are civilizations out there that have become one with the quantum field? They can go anywhere in the universe in less than a second. We send satellites in the sky that go chug chug. Wow, we can go 13,000 miles per hour. Imagine it takes two years going at 186,000 miles a second to reach.

We have a long ways to go. Humanity must stop the bickering. We are so self-centered. The United States is no longer united. We are throwing anger at each other. We have forgotten our true nature. We have forgotten patience and tolerance for all. We have forgotten to truly love our neighbors and others who have different viewpoints in life.

Did you know that in the quantum field there is no separation? Did you know you can see through the eyes of others? It's all the same. We think we are different. That's what gets us in the mess we are in.

For many people, it's accepting my point of view or leaving. Did you know that God created us all unique yet the essence is the same? Why don't we see that?

I've been saying for a while that we play the same tapes over and over again. We have over 60,000 thoughts a day. The majority are the same old thoughts that lead nowhere in advancing on this journey in life. We do the same things over and over again.

Look we have been fighting for thousands of years. Have we learned our lessons? War is obsolete. We can continue doing this but it's a dead end. Nobody truly wins. We have been fighting in Afghanistan for over 17 years. WWII was only around five years. In Afghanistan, there is no end in sight.

Did you know that mankind can solve any problem on the face of this incredible planet? But first, we must become a kind men. Without kindness, the world's problems will never be solved. Civilizations learned this billion years ago. Nobody and I means nobody gets a free ride.

So you may say what this has to do with me. My answer is everything. You are a piece of the puzzle. It takes humanity as a whole to leap into another way of thinking and being. It takes kindness towards all. Politics without kindness will never lead the world anywhere.

Kindness is missing in all areas of life. The days of hating your fellow man is over. You had your time and look at the mess we have created.

In the end, we must choose what we want. It is quite simple. Do you want the kingdom of heaven on earth or do you want constant war? We must all decide. The time of sitting on the fence is over. Make your decision. It's a wondrous day. As my old Mr. Roger's said it's a beautiful day in the neighborhood.

07-21-2019 How To Use The Quantum Field

Let's look at this common scenario. It's Monday morning. Your alarm clock didn't go off. You're late for work. You stumble out of bed and take a quick shower. You don't have time to go to Starbucks for your morning coffee.

You are totally stressed out. You are in a huge traffic jam. You missed a very important meeting. Once again you get stressed out. Things don't go quite as planned. Without your morning coffee, you are on edge. You don't think properly. You are in a funky mood.

Imagine how many Americans this happens to every Monday morning. Did you know that the majority of heart attacks occur on Monday morning? Did you know that the majority of Americans hate their jobs?

Let's take a look at the biological aspects of what is occurring. From the moment you wake up to the moment you go to sleep you are running the same tapes over and over again.

Did you know that your subconscious is running the show? Scientists say that 95% of our actions are driven by our subconscious. Only 5 percent is conscious. Imagine your body and mind are fused. Scientists say they are almost one and the same. You can't separate one from the other.

We are playing old tapes. A day like today is not uncommon for most Americans. When you wake up and realize you're late for work your mind-body connection is stressed. You think "oh my God I'm late for work. My boss is going to get pissed off".

Just the mere thought of being late over 1500 stress chemicals are being released into your body. This is how you set your day. Automatically you can't think properly and you are in a negative emotional state. This state carries you throughout the day.

You came back from work and your lovely wife says something to you. You snap back automatically and a huge argument occurs. Mind you it doesn't have anything to do with your wife. You can't control your state of mind and emotions.

Multiply this by 300 million Americans and this our current state of awareness in our country today.

You see we were never taught about in school the mind-body connection. We were never taught that all thoughts will either make us sick or make us healthy. We have no idea that our way of thinking leads to our diseases today.

Did you know that the majority of diseases aren't caused by your genetic make-up? Most people think they are. Yet scientists say only 2 percent of diseases are caused by your genetics. The rest is caused by your environment. It's caused by stress. It's living day by day in a life of stress.

Imagine you may be super athletic and try to take care of your body. You do everything external to the tee. Yet if you aren't aware of your thoughts and change them your life is still under constant stress. I wrote an article called your body is a drug store. Read that to get a better understanding of this.

Imagine we have thousands of consultants who will give you advice on how to improve your life yet how many of them go back to the mind-body connection of how your thoughts trigger powerful chemicals? As I said these chemicals will ultimately lead to disease. Not only that but your emotional state is being driven by your thoughts. It's a classic circle of running the same tapes over and over again.

The whole world is living in this state. We have been living like this for thousands of years. We are reactive beings. We react in every situation either positively or negatively.

What is the solution to this? We will discuss this next.

07-27-2019 How To Use The Quantum Field 2

What is the solution? In my last talk, I wrote about our current conditions. For the average person, it might seem normal. What is the solution? This is the current state of affairs. I can't do anything about it. We are saying yes you can.

What is the future of humanity? Did you know that disease can't live in the quantum field? Did you know that man will evolve into a creature filled with light and have a physical body? Imagine the universe's vast storehouse of chemicals exists inside. They can't be released until one starts changing their thoughts and actions.

Negative emotions are obsolete. They have not served us in any way. We have fought for thousands of years. We continue to fight. Without genuine kindness for all, the world will continue in this downward spiral.

Your mind and body are one. As you know that for every negative thought you have over 1500 different chemicals get released into your bloodstream. Did you know that for every positive thought you have over 1500 positive chemicals get released into your bloodstream?

By being aware of the quantum field in your daily life one begins to transform and change. We are on the cutting edge of transforming.

Did you know the human body is wired to live for 900 years? You may scoff at that and say that is ridiculous. Yet some trees live to be around three thousand years. The majority of humanity is living under intense stress. The majority die way before what they are wired for.

I have a friend who said I will die when I'm 88 years old. He will die when he is 88 years old. Imagine we have no idea of the power of the mind. We think we are helpless and diseases just manifest out of the blue. Yet we create our disease through our lifestyles, thoughts, and actions.

We are oblivious to playing the same tapes over and over. Baby steps are needed. Two steps forward and one step backward. This is how humanity and the universe learn. This is a learning process. The entire universe takes baby steps. Yes, certain events seem to occur in seconds. Look at a volcano blowing. It seems like it just explodes. But it might have been simmering for hundreds of years.

What has this got to do with me? Everything. Imagine you are hardwired for this experience. The car is sitting in your garage gathering dust. It was meant for you to drive down the freeway of life. Yet the majority of people don't even know that the car exists inside.

We have been raised to only focus on the external. Society says only the artist, musicians and mystics dive deep into their hearts. They were born that way. Yet we all have that capability.

We are skimming the surface of the ocean of life and think that is reality. The mystics have said there is an infinite ocean that lies inside of you. They didn't have the name quantum field during their

Yes, you may laugh. Imagine some civilizations went through the same path of going from darkness to light. No civilizations get a free ride. Yet they truly transformed. They went from war to a state of living in the quantum field.

This is our destiny. Look it's not going to happen overnight. Many people say it takes over a million years. Fortunately, millions of people are waking up from their slumber.

Our life is about to change in ways that we can't even conceive. Many incredible scientific discoveries will come along the way. The more the world embraces the quantum world there are an infinite amount of discoveries to come.

You see humanity is like a tuning fork. It vibrates at the frequency of human consciousness. We have been in a state of darkness and chaos for thousands of years. That is about to change. Personal empowerment is gaining momentum.

When people understand the principles that they can change and then science helps humanity to take practical steps to change.

For example, I truly didn't know those thoughts produced chemicals directly into the bloodstream.

Just this one discovery alone changed my life. Mind you I've been meditating for many moons. I didn't pay attention to my thoughts. Yet now I try to monitor my thoughts which leads to monitoring my emotions, which leads to monitoring my actions. This is quite different from people who tweet what comes to their minds.

Here are some simple steps which have helped me.

Try to meditate every day. Even if it is five minutes. Just follow your breath. I know it sounds too simple.

Focus on your breath doing your daily activities. Why? Just do it for a year and then you tell me?

Monitor the words that you speak. If it is not kind don't say it.

Pay attention to your heart. Have gratitude that you are alive. The heart contains the incredible emotions of love, kindness, mercy, and compassion. This is your true state. I could go on for a long time about the heart. Look at the various research on heart coherence. Just this alone blows my mind.

Learn how to be aware of the negative emotions that are stored in your body. There are many different techniques out there. Find one which matches your needs. You can learn how to reprogram your old tapes.

Read the latest fusion between science and Mystics. It will bring you to the understanding this is a practical path.

Learn to be in harmony with nature. Look at the four seasons for an example. Nature can truly teach us if we ask.

Your ancestors are always there. They have never left you. As I read about a week ago they just moved into the next room into the mansion of life. As we get older you might understand how this would help us grieve healthily. We might even learn how to knock on their door. You see the quantum field contains all.

Get enough sleep. Your body truly needs sleep to repair itself. Scientists have found that athletes who get extra sleep recover much quicker and are less prone to injuries. The less sleep you get the more prone to injuries. This even goes with us, everyday folks.

Your body and mind are your friends. Treat it that way. Many of the world's diseases could have been prevented.

Mankind lives mostly from old tapes. Learn to reprogram yourself. I have been a software engineer for over 35 years. I have learned to reprogram myself for many years.

Health is your greatest wealth. If you are a billionaire and you are sick you can't quite enjoy it. Take care of yourself. Take care of your mind, body, and soul.

Remember God is your co-pilot. He will not drive your car for you. It's only by your will yet God is there to help you on this journey in life. Only you can open the inner car door.

Be kind to yourself. Laugh at life. We all make daily mistakes. Learn from them. Some mistakes may take thousands of tries. Just laugh if you fall to the ground. Dust yourself and stand up and continue along on your journey. Life will always throw us curveballs. Someday we will be able to hit the ball out of the park. We then proceed to the next video game level. You see we are always in a state of evolving.

Be kind to the world around you. Smile and be considerate of others. Listen from your heart to those who are in pain. I mean truly listen. Don't think about what I'm going to say next. When you pray to God does he think what am I going to say or does he truly listen?

Learn how to cultivate to become the mind of God. Mind you in this present moment that might sound outlandish. Yet try to think like God. Monitor your thoughts to be in alignment with God. God thinks totally outside of the box.

Learn how to cultivate to become the heart of God. Same thing this sounds outlandish. Even if you gathered one drop from the heart of God your life would transform. Remember what you pay attention to you become.

This is a totally practical path. You don't have to renounce anything. Well maybe. You just let go of the garbage that is weighing you down.

So take these ideas. Some may work for you while some won't. The goal is for you to take practical steps on this journey of life. Be aware of the actions you take. The world will enjoy being around you.

07-28-2019 Basic Human Decency

Yesterday I found this incredible post on Facebook. The caption said the following.

You know what I would like to see go viral.
Basic Human Decency

I got to thinking about that. Human decency is desperately needed in the world today. So many people are flaming each other. Our nation is divided. One group hates the other group. One group thinks the other group is pure evil. We call each other names.

We mock each other. This is so common in the world today. We think over time this is our true nature. We think it's impossible to change this. So we just continue our old ways. We don't see the harmful effects it has on human consciousness.

We don't see and feel the collective human consciousness so it's not our problem. Yet it is. The world can't change without you.

I hope someday this phrase will go viral. I hope that someday we all make this a mission in our life. The world would transform if every one of us took this truth to heart.

09-01-2019 Age Is Timeless

What if I told you in about 100 years we would have this incredible device? Imagine putting on a ring before you get up from bed in the morning. As soon as you put the ring on you merge with the quantum field. You are no longer a body.

You are beyond time and space. You have entered a field of intelligence that is beyond time and space. The Buddhist may call this the Buddha mind. Christians may call it the kingdom of heaven.

Scientists may call it the quantum field. Imagine this device has the intelligence to scan your body and sense if any negative energy or darkness appears in your auric field.

Scientists discovered way back in the 1990s that darkness first appears in your auric field and then slowly through time it appears in your physical body.

During the early 2000's western medicine still used drugs that had tremendous side effects to try to heal most diseases. Mind you these drugs had tremendous side effects. By the way, most drug manufacturers were interested in making huge profits and your health was secondary.

This device knew what custom chemicals and hormones the human brain and heart knew how to produce. Imagine the universe drug store exists inside of you and this device was intelligent enough to know precisely what energy frequencies, chemicals, and hormones were needed to bring the mind, body, and soul into alignment.

This experience only lasted for around a minute yet it seemed timeless which it was. Upon getting out of bed you were in perfect harmony throughout the day. In the past, your subconscious mind controlled 95% of your actions. It still does. Yet mankind learned how to reprogram the subconscious with the quantum field. All past negative experiences were transformed.

The survival mechanism of fight and flight was once again stabilized. Remember in the early 2000's mankind facet of adrenalin was turned on and mankind didn't know how to turn it off.

Consequently, the disease was rampant throughout the land. Most mental diseases and physical diseases were eradicated a long time ago. You see mankind discovered how to be in balance with the quantum field.

War was a thing of the past. Politics changed so much that we couldn't even recognize it today. Nobody could run for office without being in a state of love, kindness, and compassion.

Because people living in the quantum state someone who tried to run for office could smell and sense the darkness. People could see integrity and see the harsh ego of those who only want to serve themselves. You see mankind in such a short time learned how to evolve emotionally to such a high level.

My timing may be off yet this will come true. Mystics have talked about this for thousands of years. Today modern-day scientists and mystics are merging their various technologies.

The ring has existed inside of you for thousands of years. Great teachers like Mohammed, Christ, and Buddha knew how to discover the jewel that exists inside every one of us.

Today we are inching towards a new evolution revolution of love. Just think 30 years ago a brain scan device cost around 20,000 dollars. Today Muse 2 cost around \$250.00. the cost over time will come down even more over time. Each device will get smaller and more sophisticated.

Dr. Joe Dispenza in his week-long retreats is photographing the auric field and the photos display in various colors the state of the energy centers or chakras. During the seven-day retreat, people learn how to transform themselves. Many incredible diseases have been cured by his students.

The students learn the power to heal lies inside of themselves. Each human being can access their natural drug store to heal almost any alignment. What's amazing is after the retreat they once again photograph the energy centers and the darkness and unbalance have disappeared.

This has happened thousands of times. Dr. Joe Dispenza has a huge database that scientist and universities are using around the world.

Another incredible institute is the HeartMath institute. They have been at the forefront of discovering heart coherence.

This is from their website.

Adding a heart translates into increased care and genuine connection with others and harmonizes the resistance between our own mind and heart. Adding heart is especially about practicing kindness and compassion, along with forgiveness and latitude in our interactions.

Adding heart increases the love flowing through our system, which can play a large part in solving the collective challenges of these transitional times. HMI has developed reliable, scientifically validated tools since 1991 helping people reduce and avoid stress while experiencing increased peace, satisfaction, and enjoyment.

Research at the HeartMath Institute shows that adding heart to our daily activities and connections produces measurable benefits to our own and others' well-being. We are at the dawn of recognizing Love as the new transformational intelligence. Dr. Bruce Lipton (aka, the Father of Epigenetics) states that " Epigenetics doesn't change the genetic code, it changes how that's read.

Perfectly normal genes can result in cancer or death. Vice-versa, in the right environment, mutant genes won't be expressed. Genes are equivalent to blueprints; epigenetics is the contractor.

All these work in harmony with each other. They are at the cutting edge of technology. Mind you this ring doesn't exist today but there are many technologies if merged will be the ring in the future.

Fortunately for you, the human body is wired up for this experience. You have the hardware and software already existing inside of you. It's up to you to use it appropriately.

If you want the world to change you must change yourself. You can learn how to reprogram your mind and body. You can learn how to live in the quantum field. After all, this is where you came from and ultimately this is where you are going to return to when you die.

09-14-2019 Star Wars

Recently I have seen a lot of attention from a man going to Mars. Many different countries and businesses want to start a colony there. To be quite frank before we start colonizing another planet we should first clean up the mess on our planet. You see if you are angry and greedy on earth you will be angry and greedy where ever you go.

If we still have wars on earth I can almost guarantee you we will have wars on another planet. If we can't get along with ourselves we won't be able to get along with some alien lifeform.

It all stems from not learning how to remove the boulders, rocks, and weeds from our internal garden. If we are divided on earth we will be divided where ever we go.

We are still living in the mindset of conquering the Wild West. We killed off the buffalo and the Indians and took all the resources. We think we own whatever we touch. We have lost respect for nature.

If we destroy this planet we want to go somewhere else. We are custodians of this land. Yet we would be sued by our father for our neglect.

Look I'm not saying to go and explore the universe. This is our nature. Yet I'm saying before we go out we had better make sure we make friends with our minds. Imagine traveling for three years going to Mars. They will probably put a person in suspended animation.

When a person wakes up they realize that home is a long way away. I can guarantee they will get homesick. The mind won't work properly. Because it's a foreign environment the mind will make certain individuals paranoid and scared. If you have any tendencies on earth this will magnify much more on Mars.

Personally what is needed is a being who is mystical and a scientist at the same time. You need a team that has been practicing meditation and is in harmony with each other. They say you are the company that you keep. In space, you are the weakest link in the chain. Just imagine one person can cause the entire milk to go sour. Just one drop of lemon can curdle the milk.

I haven't read anything that talks about the relationship of the mind, body, and soul in space. We still tend to think it's an external event. If we can get the technology right then we are good to go. That's only part of the picture. That's the problem.

We have incredible technology today yet we have billions starving to death. We are still fighting wars all around the world. Look even in the United States the country is divided. Look bringing this mindset somewhere else is going to be a disaster.

I'm all for exploring space yet I also believe first in cleaning up the mess we have on this planet. Go ahead and send thousands of satellites throughout the universe. Just don't colonize them until we are emotionally and spiritually mature.

Unfortunately, my words won't listen too. We still can't see on earth that each and every person on earth is a piece of the puzzle. We are all interconnected. This is one earth for all. The resources and money don't just belong to the one percent.

The laws for a country aren't for the one percent to thrive more while taking away more from the ninety-nine percent. This is a complex subject. There are an infinite amount of variables.

Personally the more in touch one is with the quantum field the more wisdom and guidance one will have. One needs to be in harmony with the universe before one begins to conquer space. Space is not to be conquered. Space is to be in harmony with. It's an entirely different mindset.

We should be explorers, not conquerors. Big difference. Man has been a conqueror for thousands of years. This is our mindset and it exists in all areas of life. We truly don't know harmony with the universe and nature. Our entire society is built on conquering. Whether it's in politics, business, media, and sports. It's all about conquering our opponents.

This is a state of mind that must change. We even have nuclear weapons that can blow up the entire world. We spend billions of dollars on these every year. It's still an us versus them mentality. We are all on this planet together. In essence, we are one. This is a given fact. Talk to a modern-day quantum physicist. He will absolutely agree with this statement. We are still living in a Newtonian model. It's all material and external.

Our mindset has got to change. We are all living in a mindset that has been obsolete since the early 1900s. Never before have we had the incredible opportunity to change. As I said many times both the world of mystics and scientists are merging together. Ponder this over. What do you think?

10-05-2019 Grace

How can one-fathom grace? That sweet song that comes from heaven is playing inside of us. It is beckoning us to come back home. The song never stops playing. The Angels are all around us. Your ancestors are always with you. Amazingly, signposts are all around yet the world seems like it is in chaos. Yet millions of people are waking up.

Why are we so lost when the grace of God is all around us? Is life like a video game where we are destined to discover our true nature? Grace is God's gift to discover his true nature. We are all hardwired to find God yet we are on our cell phones in life. Why can't we see? Are we just stubborn?

Grace is all around us. It has never left us. The spirits of our beloved masters have never left us. This life is a miracle, my friend. We spend so much time dwelling on our miseries. God gave us the strength to smile at diversity.

God gave us the strength to smile at our enemies. We are all on the same boat sailing in the sea of life. We get lost on this journey and think because one has a different point of view he is an evil person. Yet looked at the diversity of all the flowers. Each one is different. They don't ridicule one another.

Christ loved all humanity. It didn't matter if you were rich or poor. Where have we gone? How far off the mark has humanity gone? We are just a speck of space dust in the cosmos. Yet the entire universe exists inside of us. What a miracle that is!

Do you know that you can experience that divine presence inside of you? Look I'm not trying to convert you. There is nothing to convert to. The fact is you are alive. You are the universe you just don't know it. Talk to a quantum scientist and he will tell you the same thing. This life is so magical my friend.

One who finds the jewel within truly appreciates the grace of God in one's life. It doesn't matter your religion the same life force is keeping the same universe alive. Grace is a mystery. Grace is a gift from God. We all have had moments where we experienced the grace of God.

We came from Grace and we will go back to Grace. Let's help our fellow man. Let's stop the bickering and fighting. Let's stop flaming each other. Let's be kind to each other. God doesn't take sides only man does. Let's unite and bring kindness back into the picture.

10-07-2019 Troubles

My dear friend Laurie Secrist posted the following on Facebook. Maybe you went through it and survived it so you can help make someone else make it through. It had a picture of two young children walking down an unpaved road with their arms around each other. It was a very touching moment.

We are all in the same boat in life. We are sailing home together. The problems that we face can help uplift our fellow man. Yep been there done that is the motto. I can help you in this situation. I went through the same predicament you went through.

People can sense empathy for one another. Empathy is the ability to understand and share the feelings of another. Currently, the world needs this more than ever. Our world seems to be in chaos. Our nation is so divided. People are flaming each other. Nobody is listening to each other.

Yet a person who develops empathy truly is wise. Empathy can be cultivated just like a crop. The more one takes care of the inner soil of life and pulls their internal weeds empathy for others will grow. One will begin to see the thread of love tying us all together.

When we can see through the eyes of others we are at the beginning stage of developing empathy. When we can walk in someone else shoes we may see a different viewpoint in life.

Nobody has the true story. We all see through our tainted glasses. This is why there is so much chaos in this world.

Scientists say we only see 1% of the light spectrum. Yet we think we see the entire picture in life. Our point of view is the only way. Yet we can see through the eyes of love, mercy, and compassion. This state of allowing one to see more in the spectrum of light. These divine qualities exist in the light spectrum of life. They aren't only some emotional quality. They are building blocks of the universe.

Presently we are behaving in an immature state of being. We should know better. Yet we have been fighting wars and bickering for thousands of years.

Laurie's post should remind us that we are all children in life. We can help support each other in this river of life. We can give life support jackets when someone is

about to drown. Remember we are all on the same boat together. The eagle has a left-wing and a right-wing. Both of them are needed so the eagle can fly.

10-26-2019 Treasure Chest Of Words

I remember in my sixth-grade class was a student named Alfred. Now Alfred was extremely smart. One day our teacher Mr. Walker asks the class what hobbies they had. Well, when it was his turn Alfred said it was reading the dictionary. I thought it was quite funny and I couldn't relate to it.

Fast forward fifty years. I love to read the definition of words. I get inspired by them. We have a whole treasure chest of words that we can use. Many words have lost their meaning due to the fact we aren't truly aware of the power behind them.

Words are extremely powerful. The words you use define your life. They define it as either for your benefit or harm. To be honest most of humanity doesn't truly think before they speak. This includes twitter. Some people tweet whatever comes to their minds.

Open your treasure chest within. Look at the words you speak. Maybe just maybe look at the definitions of the words. You might see a different side of the story. Remember signpost of God is all around us. We just don't have the eyes to see.

11-10-2019 Random Act Of Kindness

Yesterday my wife Barbara and I experience a random act of kindness. We were trying to rake the leaves in our backyard. The previous day was hot and the temperatures dropped thirty degrees overnight. Consequently, all the leaves fell off the trees. You couldn't see the grass.

It was completely covered. I never saw so many leaves in my yard. Well, my wife and I get our rakes out and try to rake them. We hardly made a dent. Our kind neighbor saw our predicament and came over with his blower and within 15 minutes he blew the leaves into two massive piles. Wow, we couldn't believe his kindness. He saved us hours of work.

I love to see random acts of kindness. Each small gesture makes this world a better place.