

Talks 2020



Fletcher Soul Traveler

Contents

01-01-2020 Gathered Wisdom.....	3
01-04-2020 Tricks Of the Trade	6
01-18-2020 The Big Aquarium.....	8
01-25-2020 The Wild West	10
02-01-2020 The Wonderous Human Body.....	11
02-08-2020 Heavy Boulders	12
02-23-2020 Dance With Me	14
02-29-2020 Observer	16
03-02-2020 Dance Of Light.....	19
03-07-2020 RIP Bihari Singh	20
03-14-2020 Dear Family.....	23
04-19-2020 Different Kinds Of Cloths.....	26
05-11-2020 Creative Project.....	28
05-15-2020 Creative	29
05-16-2020 Elaine Boorstein RIP	31
05-18-2020 Elaine Boorstein	34
06-23-2020 Tuning The guitar Of Life.....	37
07-05-2020 Mt Rushmore.....	39
07-06-2020 United States	40
07-27-2020 David Bohm	42
08-25-2020 Paying Respects.....	48
11-03-2020 Voting & update on the virus	50
11-26-2020 Happy Thanksgiving	51
11-28-2020 40 Days 40 Nights	52
12-05-2020 can't see family	57
12-19-2020 Mahatma Ashokanand.....	60

01-01-2020 Gathered Wisdom

Happy New Year. Today is a brand new year and decade. What an incredible year this has been. I have learned so much this past year.

Here are some of the highlights.

The signposts of God are all around us. The more we pay attention to them the clearer we see them in our life. Even inside the human body, these signpost exists.

This past year I spent a considerable amount of time concentrating on my chakras or energy centers. This has opened up a part of me that I have never known. I first learned about the chakra systems when I was 18 years old. It was very esoteric for me. Fast forward 48 years and they are a part of my life.

We are indeed hardwired to discover our true nature. We are born with the hardware and software to discover the quantum field.

When I was 18 years old I took my first Yoga class. I learned a simple technique to relax the entire body. At that time I didn't see the significance of doing this.

This past year I have been focusing on the mind and body connection. There is no demarcation point between the two. You can't separate the two. Learning how to release the muscles helps to weed out our precious garden. We have rocks, boulders, and weeds that must be removed from our subconscious.

I'm learning how to reprogram my subconscious. Over 95% of our actions are dictated by the subconscious. We are reactive beings. Mind you this isn't our true state. Yet by the time, we are seven years old our mental foundation is set up.

All the good, bad, and ugly are formed in our subconsciousness. Currently, millions of people are learning how to tend their inner gardens. They are taking responsibility for themselves and the collective unconscious of mankind. Note by doing this we change the collective unconscious from darkness to light.

The more people wake up the faster this will change. Darkness is the absence of light. When a person discovers the light within the darkness slowly disappears. We are at a point in history where darkness knows it's a losing battle. It has no place to hide. Just look at the chaos in this world today. Need I say more? This is the greatest true science fiction movie. Yet it's real.

Mystics and science are finally seeing eye to eye. Science has mapped out the various states of brain wave frequency. They know the effects of positive and negative thoughts. Each thought has a corresponding chemical. A negative thought produces over 1500 different chemicals in the bloodstream. As Buddha said by being angry you are drinking your own poison.

Science is learning that disease can't live in the light. Slowly humanity is learning this. We have all the necessary chemicals inside to heal diseases. It's by our thoughts alone and our consciousness can we learn to be our own chemists.

Presently we are oblivious to our thoughts and actions. We live our lives being reactive. We haven't learned how to live in the center of a hurricane.

I'm learning how to perceive that when I see faults in others they exist inside of me. You can't change anybody but you can change yourself. Mind you this is like peeling an onion.

There are so many layers so be kind to yourself. Don't beat yourself up. This is the video game of life and it's real. We will always learn on this journey in life. There is no final destination. The universe is constantly learning and growing.

I'm learning how to ask questions and ask for help in my life. We are never alone yet we think we are. Our ancestors live inside of us. The entire universe exists inside. For me the more I pay attention to this fact the more help and advice I received.

Remember it's your own will that is keeping you from discovering your true nature. Your will can be conscious or subconscious. It's up to you. The quantum field does not judge you yet you judge yourself. It's only when you start asking questions and want to change for the better.

Mind you this is the most practical thing you can do. It involves every moment of your life. When a person plays this video game with the same determination as a teenager playing his game you are on his or her way to self-discovery.

These are just a few things I learned. Every day we have the opportunity to learn and grow. We are always fine-tuning ourselves.

01-04-2020 Tricks Of the Trade

A person who loves video games puts his whole mind, body, and soul into playing the game. He is concentrated on playing the game. You could say he has extended awareness.

In this video game of life, we need to play this game with the same extended awareness. We must live in the present moment. A wise man focuses on the power behind the breath moment by moment.

Mind you it could take your entire life to master this. Note that just one second of doing this could help you throughout the day. Behind your breath lies the universe. The same force that is keeping you alive is the same force keeping the universe alive.

Just like a video game, one must monitor one's thoughts, emotions, and actions. When we have negative thoughts and emotions we are living our life in the past. We are living our lives in a reactive mode. We are drinking our own poison.

Buddha was correct when he said this over 2,5000 years ago. Modern-day scientist has had hundreds of experiments proving this. Modern-day man lives in constant stress. Stress is responsible for all diseases. The disease occurs when the mind and body are not at ease.

I believe that common sense is uncommon. We don't see the thread of love tying us all together. Consequently, we are divided in so many ways. Just look at our politics today. Both sides are angry and don't know how to compromise. True wisdom comes from the quantum field. As I said hundreds of times signposts are all around. Yet the majority of humanity is oblivious to them.

Meditation is the key to opening the door within. I think whatever meditation you use will work for you. The goal is to close your eyes and go within. By closing your eyes you are shutting down your analytical brain. Your awareness is going from the external to the internal.

When one learns how to do this one begins to see how powerful this is. One begins to train himself to live in the center of the hurricane. Most of humanity lives in the swirling winds of the hurricane. We are like leaves blowing in the wind.

This path is extremely practical. You might say it's not even a path. The quantum field exists beyond time and space. It's a paradox it exists everywhere yet it is hidden from us. This is why I call it a video game. One goes from darkness to light. At each level, we learn and grow along the way.

If our subconsciousness is responsible for 95% of our actions and only 5% is consciousness that's a grim picture. No wonder we constantly live in the past. We are playing the same tapes over and over again.

Yet we go on wearing blinders and thinking everything is all right. My advice is to learn how to reprogram your subconscious. In the last 25 years, numerous tools have been provided to assist in this manner. Do some research.

One piece of advice is to learn about how to focus on the energy centers within. As I said we are hardwired and have the software to discover our true nature. To be honest we are oblivious to these energy centers. When one begins to focus on them all sorts of incredible things start to happen.

The entire human body and mind are an expression of these energy centers. You wouldn't be alive today if these energy centers shut down. When these energy centers shut down death is only a breath away.

We were born to have a direct connection to the universe. Does that excite you or is this some boring topic? Nobody is trying to twist your arms. Only you can discover the jewel within you.

01-18-2020 The Big Aquarium

When I was quite young several of my friends had aquariums. I love to see the fish swimming around. Several times I came over and they were cleaning the aquarium. They would place the fish in a large container filled with water. Then they would clean the aquarium and fill it full of fresh new water. If they didn't do this eventually the fish would have died. You see at some point the aquarium needs fresh water to revive itself.

If anybody knows me I love to read. I got to thinking. The earth goes through tremendous cycles. It's almost like ocean waves. The ice pack goes through cycles from high to low to none. Then the cycle starts over again. Mind you this cycle takes millions of years. Our planet is around 4.53 billion years old. That's a lot of cycles.

Maybe this world is like a huge aquarium. When the reefs start dying off is a signal to Mother Nature to start the cycle of cooling the earth. This may mean a mini-ice age or a major one. Mind you I'm not a geologist. Yet I do like to ponder things over.

Humans have created quite a mess. We have polluted our precious planet. I think the indigenous people are the wisest people on the planet. They have been in harmony with the earth for thousands of years. Yet we call them all sorts of names.

We continue to rape the land and think all the resources solely belong to us. We are so off-balance yet we don't have the eyes to see. To be quite frank capitalism as it exists today causes more harm than good. We put profit first instead of the environment.

We are sawing the branch we are sitting on. Presently world leaders are trying to do something about this. Yet in the US it seems like we are going backward. Need I say more?

I believe in conscious capitalism. Conscious capitalism is where the world at large is united as one. Everybody has this awareness. From that state, true capitalism will take place.

The workforce as we see it today in the United States will be different. You wouldn't even recognize it. It would take the best in the world today and multiply that by 1000.

Once humanity lives as one the world truly will change in ways we can't even perceive today. The 1 percent of people who have more wealth than half of the world's population will no longer have this amount of money. It will be spread out evenly.

For example company's main focus is to make money for its shareholders. That's the name of the game. Just think hardly any employees are on the board. In Europe, both employees and shareholders are on the board. With capitalism, profit is the only goal. How much money did we make? That's the bottom line.

I once worked for Charles Schwab. They laid off around 10,000 employees in ten years. Each time they said they had to do this. Yet each time they made huge quarterly profits. Once upon a time layoffs were unheard of with Charles Schwab.

When I first started working for them they were one of the best companies to work for. They treated their employees with exceptional care. Along came the dot com crash and it was downhill ever since.

The reason I'm saying this is that in all areas of life we need to clean the fishbowl. We are so out of touch with our true nature. We are spinning our wheels. We are going nowhere.

It's time for us to grow up.

01-25-2020 The Wild West

It seems to me that western man is still living in conquering the wild west. We still have the mindset that life must be conquered. Mind you we annihilated millions of Indians along the way. Yet we still don't have any remorse for doing so. You would think that we might change our ways.

Yet this is embedded into our consciousness. We feel conquering is the only way. Whether it's war, politics, sports, or business. There are winners and losers. We even fight with Mother Earth. We take and steal precious resources without any sense of morals or ethics.

The following is from CNN. Prince Charles made these statements.

Only a revolution in the way the global economy and financial markets work can save the planet from the climate crisis and secure future prosperity, Prince Charles warned on Wednesday.

"We can't go on like this, with every month another record in temperatures being broken," he told CNN in an exclusive interview at the World Economic Forum in Davos, Switzerland. "If we leave it too long, and we have done, just growing things is going to become difficult."

The heir to the British throne and lifelong environmentalist was speaking to CNN after he threw down a challenge to the global business and finance elites in Davos to lead a "paradigm shift, one that inspires action at revolutionary levels and pace" to avert the approaching catastrophe.

"Do we want to go down in history as the people who did nothing to bring the world back from the brink in time to restore the balance when we could have done? I don't want to," he told the audience at the WEF's 50th annual meeting.

We must change our awareness and consciousness. We are nonchalantly sawing the branch we are sitting on. Every human on earth holds a particular piece of the puzzle.

02-01-2020 The Wonderous Human Body

Did you know that we are all master chemists? Just thinking through our thoughts and emotions we create our current state of awareness. Most of the time we play the same tapes over and over again. Yet we are oblivious to that fact. We only see around one percent of the light spectrum.

Can you imagine the ancient ones who have talked about the chakras system for thousands of years? Recently in 20 years or so many new scientific devices have been invented where we can see these energy fields. Did you know that your chakras display signs of disease before they manifest in the human body? I find that quite interesting.

The more you pay attention to something the more it pays attention to you. For the past few months, I've been paying attention to my chakras. There is not one function in the human body that is not affected by the charka system. By scanning and paying attention one develops over time a communication system between the mind, body, and soul. It's beyond words but intuition might be the correct word.

Quite frankly intuition was never taught in schools. I find it is one of the keys to life. My brother John posted this on Facebook recently. Mind you this is not his quote. If you don't pick a day to relax your body will pick it for you.

How true that is? I've been fortunate that I have since I was young listened to my body. For example yesterday I felt like I was coming down with a major cold. My body was giving me signals. So I went to bed three hours earlier.

I woke up just fine. The body speaks to us yet we are oblivious. We pay so much attention to performing external actions that we never realize that we are human beings. I emphasize beings.

This is the main theme in almost everything I write. We are missing out on so much of what life has to offer us. We live our lives in such a mundane existence. The entire universe lies inside of you. What can be grander than that?

02-08-2020 Heavy Boulders

We all carry heavy boulders in our life. Every single one of us does. Our subconscious contains the good, the bad, and the ugly from the time we are born to around 7 years old. This is where it gets formed. Nobody gets a free ride. Yet for thousands of years, the man stuffs his emotions. We don't talk about it.

When Michael Phelps opened up about his fight with depression it left many of us grateful he spoke up. You see in our society it's almost taboo to talk about mental health. Nobody wants to hear it. You are weak if you do. In my eyes talking about mental health issues is the greatest thing we can do to help our world. It affects every one of us.

Scientists know that we play the same tapes over and over again. Our subconscious is running the show. 95% of our actions come from the subconscious and only 5% comes from our conscious mind.

Just think to change one must rewire the brain and body with new software and hardware. We must learn how to consciously cut the wiring from the past and rewire it with the new. I'm putting this in simple terms.

We need to be aware of every moment. The masters of the far east have said for thousands of years the following. The hardest thing to master in the universe is your mind. Yet humanity doesn't seem to be aware of this. We fight with each other. Yell at each other. We are angry with each other. We call names to each other. We have fought wars for thousands of years.

I don't call that a healthy state of mind. Even if your life is incredible there is always room for growth. Millions of people are waking up from their slumber. They are doing inner housecleaning. We all have an inner house that we need to clean. Most of us simply text on the freeway of life and ignore it. We don't place any importance on it. We just skim the surface. Maybe we just don't want to know.

Imagine every day we take our showers or baths. We don't get freaked out. Most of us love it. I love to feel the warmth of the water. It soothes the mind and body. In the same way diving into the silence balances the mind, body, and soul. We learn how to let go of our inner boulders. At times it's painful. At times it's super easy. Remember this is a journey. The journey has its ups and downs.

Yet by daily focusing on the silence, we are conscious of moving through levels in the video game of life. We are taking responsibility for our own inner game. This, in essence, helps in putting together our piece of the puzzle. Everyone is a piece of the puzzle. Yes, even your so-called enemy. In reality, we all are the same.

There are billions of problems to be solved on our precious planet. Each one of us holds the key. We must learn how to overcome all the negative emotions we have. We must learn how to be kind again. Currently, in our society, we are so off the mark. It seems like learning the truth and evidence doesn't seem to matter anymore.

I have so much hope for the future. Granted it's going to take time. The universe is cheering us on. We are not alone.

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

02-23-2020 Dance With Me

I love afternoon naps. I remember as a child my Grandparents would take afternoon naps. As a kid, I couldn't relate at all but now I relate. Did you know that the universe talks to you during your sleep? Not with words but in a way we can't comprehend. Imagine as a soul you were never created nor were you ever destroyed. You are eternal yet we are texting and are completely oblivious to the miracles of life.

Did you know that the universe has a sense of humor? Where do you think humor comes from? During my nap, the universe came and talked to me. Let's do the waltz together. Come and dance with me.

Imagine the entire universe dancing in spiraling delight. It is conscious and aware. This is our true nature. Words can't describe the magnificent.

Do you know the more you pay attention to something the more it pays attention to you? When I first started to meditate it took hours just to break through. Over the years it has got so much easier. It seems like now the universe is meditating on me. Even saying this I still have a lot of baggage to let go of.

One has to be humble on this journey. When I first started to meditate I did it for myself. I wasn't spiritually mature. How could you when starting this conscious spiritual journey? Yet through the years, one gathers wisdom that one meditate to help humanity. It's as simple as that. We are all in the same boat. We either sink or swim.

I said many times before that we are hardwired to discover our true essence. We have the software installed many moons ago. We are our master chemists. Unfortunately, our subconscious is running the show. We play the same tapes over and over again. Some are good and some are quite ugly. We are reactive beings.

We were never taught the following in school. You are your master chemist. You can control your thoughts and emotions. Yes, it takes time and effort. Remember you are on a journey. You are here to discover your true nature. You are a piece of the puzzle.

Why are we living in the pits? I saw this slogan on a wall at Buffalo University over forty years ago. If life is a bowl of cherries why are we living in the pits? I say a lot that signposts of God are all around us. Yet do we have the eyes to see?

To see, you must use your will and take simple actions. We have free will. The universe doesn't judge us or criticize us. We are great as humans to do that to each other. Yet we have free will. What you place your attention on you become. Imagine that the signposts are staring at you both inward and outward yet our attention is somewhere else.

Maybe we should use our will to be aware of the mysteries of life. Do we ever just spend time being and doing nothing? Many people hate silence. I work out every day. This one trainer came up to me and we had a conversation.

Somehow he told me that he hates to slow down and be silent. I have many friends who have the same state of being. We are so stressed out that our chemistry is totally out of balance. Did you know that living in survivor mode you can never tap into your true nature?

Modern-day scientist has proven this. How can you go within and discover the joy inside when the facet of adrenalin is constantly flowing?

This is a common state for people today. That is why we are stressed out. In this fight of flight condition, the immune system stops working. All systems shut down. You are in survival mode.

Tomorrow you are going to visit your in-laws and your mind and emotions are already freaking out. Mind you this isn't tomorrow but the mind doesn't know the difference in time. You are freaking out just thinking about it.

If you want to see the signposts you must become aware. You must learn how to reprogram yourself otherwise you will play the same tapes over and over again until you die.

02-29-2020 Observer

Yesterday I wrote about being an observer. Here's the link.

<https://johnfranklinfletcher.com/track/2254598/observer>

My dear friend Chris Parker gave this comment on Facebook.

The thing that gets me is that thought can't be self-reflective in its action. I.e. we can't think about ourselves thinking... AS we are thinking! It can't truly serve as a conscious mirror of the moment. We reflect on whatever has gone by or is yet to come. It lives in the past and the future. It is born of the parents of observation and meaning and comes hand in hand with a twin sister of emotion. Living with such, art is to make peace in the house. Not easy when both of the twins are so demanding! Between the inside and the outside, where exactly does meditation lie? Is it connected to nothing or.... everything? Why should peace and perception only be found in silence?

Here's my response.

Everything you say is true. Thought can't be self-reflective in its action. I.e. we can't think about ourselves thinking. Yes, we play the same mental and emotional tapes over and over again. They are part of our neural networks. Each time we play them we enhance the network. That is quite the predicament. Yes, we have two demanding twins. One is thought and the other is emotion.

We have quite a dilemma. We are only 5% conscious while our 95% subconscious is running the show. Before I started to meditate, to be honest, I didn't have any insight at all. We have both been meditating for many years. I'm in no way an expert. Every day I learn how to fine-tune the guitar of life. I'm trying to use being an observer in my life. At this stage, I'm stumbling more than succeeding. Yet I continue.

When I was young my parents gave my brother and me our first bicycles. My brother John took off and rode down the block. It took me over a month. My parents wondered if I would ever learn how to ride a bike.

I learned that with patience I can learn anything. Today my wife says you are so lucky that you learn things so easily. I just smile.

To discover our true nature is the most difficult thing to do. I can see why in the east they have the expression to conquer your mind is the most difficult thing to do.

Presently the odds are stacked against us. You and I have been on this conscious path for many years. I have never had so much hope. I'm learning that trying to be in a state of meditation no matter what I'm doing is key. What does this do for you? It allows me to observe my thoughts and emotions. That is a major key. If someone says something to me that makes me angry and I play the same tapes from the past I have two choices. One is to express my anger. I put gasoline on the fire.

Two I realize that life is a video game. A wise man will simply smile. He has nothing to prove. When a person does this slow person is cutting up the old tapes. We go from being reactive to a state of being a Co-Creator in our lives. I prefer to live in the center of the hurricane instead of the mighty winds of the mind.

It's not easy. Life throws us curveballs. We learn from our mistakes. In baseball, a hitter is considered great if he has a 333 percentage at-bat. That's 1 out of every three times he gets on base. Mind you he great paid quite handsomely for doing this.

Everyday life throws us curveballs. Many times I hit the ball out of the park. Many times I strikeout. Both of us are learning and growing along the way. Just think about when we first started to learn how to do meditate and do yoga. I was considered an outcast by many of my friends. Years later my Mom and her friend took the same Yoga class from the same teacher. Yoga is now everywhere.

Today humanity is waking up. New tools are being discovered. We are learning how to tune this guitar of life. I'm excited for the future of mankind. Maybe we will become a kind men.

I think there is no one way. We are all wired up differently. What works for me maybe won't work for you. I'm glad that we can share information and sort out what is good for us.

Thanks for the comments. They are simple for me and at the same time quite profound that we can solve this riddle of life.

Your last question.

Why should peace and perception only be found in silence?

Silence contains all the mysteries of life. It is as simple as that.

03-02-2020 Dance Of Light

Today I was going to write about splendor. Yet during my early morning meditation, I got guidance to talk about Ricardo and the dance of light.

I love seeing my friends on Facebook. Some of them I haven't seen in over thirty-plus years. One of these is Ricardo. The last time I saw him he was throwing a party in Miami Beach in the mid-eighties. I first meet him in India in 1971. Ricardo was born to dance much like I was born to meditate. Now dancing and meditation is part of his life.

When he dances he truly becomes alive. He was invited to go to India and share his love of divine dancing with the Indian people. I closely followed his adventure on Facebook. All I can say is wow. He has been meditating for around 48 years and has danced all his life. It was so beautiful to once again see the Indian culture and how they express their love toward God.

You just don't dance to dance. You dance to celebrate the dance of light. There is a huge difference. Now I'm not a dancer. I'm quite clumsy yet when it comes to surfing I feel the same incredible power of love as a dancer. I'm in complete harmony with the sea of life.

I feel so happy for Ricardo. It was a trip of a lifetime for him. I just wanted to say thanks for sharing. There is a web of light tying us all together. We all express life in our own and distinct ways. Hey, Ricardo, I would love to see you again someday.

03-07-2020 RIP Bihari Singh

Joan Apter posted this on Facebook a few days ago.

Bihari Singh passed away peacefully in Jaipur at 2.30 PM on March 05th, 2020. His funeral procession will take place on March 06 in his birthplace Ramsingh ki Dhyani near Kot Putali.

I met Bihariji in 1969 in Dehra Dun, India when I first knocked at the door of Prem Rawat's residence. He traveled to the west with Prem in 1971. We called him hanuman because of his great love and his great strength! He was almost 90 years old. Fly free dear Bihari, feel all our love with you!

Update: just got this YouTube interview with Bihari. Super powerful!
<https://youtu.be/VmrYrbsDQAs>

The following is Richard's experience with Bihari Singh

When I was in India the Indians, in general, had a whole different idea about the style of cooking. Their concept was to cook a meal for the Lord. Imagine all the care, love, and kindness you would put into the food. Cooking would become an art and devotion. This food would then be presented, blessed, and served to your family and friends. I loved that idea.

Fast forward to the present we have cooking shows liked chopped where they have 20 minutes to cook a dish. They hurry around in the kitchen and slap together a dish to be judged. The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food.

How about fast food restaurants like Burger King? This is a profit-driven company. Do they cook with the concept of cooking a meal for the lord? You can answer that question yourself. Bihari Singh brought

this incredible practice to the west. From the very beginning when Prem first came to the West he helped teach many different westerners Indian cooking and the philosophy of cooking from love. I had the joy of watching him cook in India, South Africa, and the United States. He was a master in the kitchen. I know a few of his students and boy can they ever cook. I would rather have a meal cooked by them than any professional chef in the world.

Here are some of my favorite moments with Bihari.

On the first day of the program, my twin brother John came to the program. I was pleasantly surprised. He was living in Utah and somehow he ended up here.

In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Prem never knew I had a twin brother.

Bihari wanted to play a trick on Prem. He got us both together and said "Prem look at this. This will blow your mind. He looked over our way and did a double-take. He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.

One day we went to the Cape of Good Hope. It was an incredible sight to behold the Atlantic and the Indian Ocean merging at one point. I remember at one point Prem and the group had a race to get to the top of these stairs.

I couldn't believe how fast he ran. He beat all of us by a long shot. I thought with all of my training I was fast. When I got to the top I was breathing quite hard.

Prem was hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Prem, his longtime bodyguard Bihari Singh and myself. We placed our arms on

top of each shoulder (just like kids) and said cheese. It was a great moment. Bihari had a twinkle in his eyes. He was saying non verbally “wow betcha you will never forget this in your life. This was 48 years ago.

During the eighties, I lived in Miami Beach. Alex Shea, Bihar, and I would play tennis a lot. Many times we would go to Bihar’s house and cook incredible Indian food. We would first watch a Bollywood movie. We had so much fun. I will never forget it.

I read on Facebook hundreds of people talking about their love for Bihari. Each one was touched by him. He had thousands of friends all around the world. RIP Bihari. You are home with your beloved Swan.

03-14-2020 Dear Family

Dear Family. What a week it has been. All sporting events have been shut down. March Madness is postponed. The NBA is shut down. Concerts are shut down. There is a travel ban to Europe. Grocery store shelves are empty. For some reason, toilet paper is being hoarded. Panic is in the air.

Look we probably have two options for looking at this situation. We can panic and freak out which makes things worse. Did you know that fear shuts down the immune system? Fear causes the body to be in a fight-or-flight system.

In this state, the body shuts down the immune system. For example, during a heart transplant procedure, they will insert cortisone into the human body. This will put the body in a fight-or-flight condition. Consequently, the immune system shuts down. Otherwise, the immune system would not take the new heart.

Yet during this point in time, we want the immune system to be fully online. Your fear and panic shut down the immune system.

Maybe this is all a blessing in disguise in disguise. Everything is falling apart yet we are still alive. Maybe it's time to realize our true nature. We are human beings. Maybe just maybe we have lost awareness of our true nature.

I think we should learn to be kind in all situations. Let's count our blessings. Let's go beyond politics. This virus doesn't care about your politics. Maybe we shouldn't either. We are all in the same boat. We either sink or swim together.

During WWII our entire nation rallied together. People united. People sacrificed their lives. Our nations backed each other up. We know have the enemy at our doorsteps. This is why everything is being canceled.

Many of my friends say it's such a small percentage of the population that is getting affected. Yet that is correct for now. Without these closings, it could get worse. We don't have the necessary infrastructure in place to treat millions at a time.

We need a shift in consciousness. The panic and fear of the media have to stop. It's time to think differently. We must go from an awareness from me to we. When we are in a me state we panic and act irrationally. We buy out of fear.

We don't think about our fellow man. It's like a mob mentality. Yet in the we state we are united under the umbrella of love. We are kind and considerate towards others. This is our true nature. There are only clouds covering it up.

Mind you this is not some cheerleading talk. This is your true essence. What are we going to do with this situation?

Are you going to continue being panicked and living in fear? It's your choice. You can stop this in your tracks. Kindness already exists inside of you. Peace already exists inside of you. We are so busy living the external life that we don't ever look within. That's a huge problem. Now everything external is being stripped from you. Who knows what's next?

We are like a person that is sitting in a movie theater. We are watching the movie and get so sucked up into it that we think the movie is real. A wise man turns around and sees a projector shining light upon the screen. He knows the movie is an illusion. He is content inside.

Look it is our choice. Each one of us must decide what we want. For some reason, the entire world is facing this. When a society is calm wisdom is gained. Proper decisions can be made. A society can think with a clear mind. The clouds of panic and fear don't exist.

In our present state fear and panic are starting to rumble upon this land. We can stop this before it's too late. Remember we are all on the same boat sailing toward home. One by one we eventually depart from this earth.

Let's graduate and go to the next video level of life. We can do this. Panic and fear are tapes that have been run for thousands of years. What has it accomplished for us? Nothing but misery. Do we want to go down the same rabbit hole? The decision is yours.

04-19-2020 Different Kinds Of Cloths

Recently I'm posting on Facebook two incredible journeys. One is a year-long Kaballah class I took in 2001. The other is my recent fascination with the Tao.

A few months ago I was going through my boxes and I stumbled upon the diaries that I did for the Kaballah class. It was quite extensive. To be honest I forgot the depth of the Tree of Life. I got this brainstorm idea to put it into an audiobook.

Mind you it needs a lot of editing. Google has a voice-to-text which I used. It's probably about 80% accurate. It has some funky replacement of words. At times it replaces a word with another word. Anyway, I got the project up and running and one by one I'm placing it on Facebook. I have around 286 different diary entries.

During this global shutdown, I just finished my audiobook on the Tao Te Ching. You may think that they have nothing in common yet they have so much in common. They are two different clothes yet there is a thread of love tying them together.

I have been a long-time student of Prem Rawat for almost fifty years. His teachings are also in total alignment with the Kaballah and the Tao.

Here's the common denominator that I see.

- Silence is the key. Behind your breath lies the universe. You are the universe. You just don't know it.
- There is a huge difference between a state of being and a state of constantly doing. Currently, the majority of mankind is human doers. We are on a treadmill and not going anywhere. We have lost touch with our true nature. By being in a state of beingness one starts to realize his true nature.
- Proactive versus reactive. Currently, Mother Nature has sent us all to our rooms. There is a worldwide shutdown. Are you going to live in the center of the hurricane or the powerful winds of the mind? A reactive being is like leaves blowing in the wind. A Proactive being lives in total calm no matter

the outside situation. You can't control external events but you can control how you react to them.

- Strive for harmony. A wise man continually fine-tunes the guitar of life. One takes actions moment by moment to be in harmony with the mind, body, and soul. We must be conscious and aware of our actions.
- Boredom is a state of mind. How are you doing in isolation? If you are bored ask yourself why? Your mindset for almost your entire life is based on being busy. You have the opportunity to discover your true nature. Your mindset has to change to do so.
- Peace lies inside of you. The door is open. Some of my dear friends say there is no door. You just have to focus within. Peace lies inside of you. External events do not bring peace. I can guarantee you that when this shutdown is over if you don't have peace now you won't have it when it's over.
- Be responsible. Take your life under control. You can create heaven or hell in your life. It's your choice.

I could go on and on. The main thing is you are in your room. What are you going to do about it? Mother Nature wants us to learn some valuable lessons otherwise she wouldn't have a shutdown in the first place. We can make this world to be an incredible place to live. It's our choice. Mother Nature is saying to stop throwing garbage in the living room. I don't need you but you need me.

05-11-2020 Creative Project

I have had this on the back burner of my mind. As you know I wrote the book family and friends a while ago. In the next month, I will have posted all my entries on Facebook.

My next project will be hopefully you. I would love to do a book and audiobook of all the creative endeavors of my family and friends. It could be a recipe, a song, poetry, a photograph, or anything else. The sky's the limit.

Each one of us has ways to express our true nature. Many of my friends are getting up in age. I would love to see treasure chests of creativity from all my friends and family.

If you have a song or poetry the following formats are supported. Mp3, Wav, or FLAC. Also, the words should be included.

Hopefully, if the response is good I can have all this material for the future. My plan is each day to release something you did on Facebook each. I think it would be a great project to do.

Even surfers or body surfers could submit photos, videos, or stories.

The goal is to show our creative expressions. We don't need only rock stars to be creative.

So think it over. Message me on Facebook if you have any questions. I'm looking forward to hearing from you.

Also if you have short stories or anything creative it would be a pleasure if you included them.

Let's see where this project takes us.

Each one of us has a piece of the puzzle.

05-15-2020 Creative

Inside each one of us lies the ocean of creativity. It is endless and boundless. Each one of us is custom designed by the universe. The universe is constantly creating, morphing, and changing.

Our true nature is the everlasting state. During this global shutdown, we have the opportunity to tap into silence.

From silence comes the creative state of mind. Silence allows us to tap into our true nature. My brother and I started “the creative project” only a few days ago. What in the world is that?

Yesterday I finished my last posting from my audiobook family and friends. I posted around 540 family and friends. My intention when I wrote this book was to see the thread of love tying us all together.

I wrote this in the opening chapter of my book.

No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

I just finished a book called “Hearts of gold”. My passion is poems and quotes from times past to the present. You might see that presently I'm doing a series of poems by Kabir.

When I was writing this book I had a flash to do a book tying the creative manifestation of my family and friends. The arts help humanity. Whichever our mental state the arts bring out kindness, love, and compassion.

My previous post was a message I sent out four days ago. So far I have gotten a great response. This is a work in progress. If you are interested in participating in this project my brother and I would love this. My brother and I aren't making money on this project. We are doing this for the love of it. Yet we want to showcase artists who need financial income to continue their work.

I hope that you will enjoy the upcoming results of this project.

Here are the links to the audio and the written word.

https://drive.google.com/file/d/1uMRAFAc4N1usV73GfO37A_-g5vGEwVqO/view

<https://johnfrankinfletcher.com/album/1589513/the-creative-project>

05-16-2020 Elaine Boorstein RIP

My dear friend Glen Matthes's wife died on May 13 just three days ago. I only met her around five times before. Glen and I go back 20 years. We used to work together. Even after my job ended we continued our friendship. Elaine had a deep impact on people's life.

She loved the music world. Glen would tell me stories that he would play the piano and she was on the violin playing. I asked him if he ever recorded any sessions. He replied that they went against their beliefs. A song is so pure that you don't want to destroy the fragrance. A song begins. A song is played and then the notes disappear into the night. How incredible that is! How pure that this?

So many musicians play to be famous and well-known. It's like they flaunt their egos. Here the music is played only for the sacred moment. Nothing can tarnish that. It takes a special person to be in a high emotional state to do that. That my friend is a true artist. I could just say I call it quits and say no more yet I'm sure Glen wants me to say more.

I saw this quote on her Facebook.

For my birthday this year, I'm asking for donations to Lone Tree Symphony Orchestra. I've chosen this nonprofit because its mission means a lot to me, and I hope you'll consider contributing as a way to celebrate with me. Every little bit will help me reach my goal.

Elaine has a passion for the arts and this truly reflects it.

Here's another gem

Hey, music fans! I wanted to let you know that the next concert Lone Tree Symphony will be performing will be our first family/children's concert. And although all our concerts are very family-friendly, this one is truly designed with children in mind.

We will be performing the William Tell Overture (the well-known "Lone Ranger" part), Beethoven's Symphony No. 5 (the well-known first movement), Peter and the Wolf, and Star Wars. If you have little ones, please consider this an excellent opportunity to expose them to a lot of fun music!

Elaine has the passion to pass the baton to the next generation. The arts are vital for civilizations. Without the arts, society would be lost.

Here's an example of Elaine's friendship. How humble she is in giving praise. Many musicians quarrel with each other. Elaine sees them as her equals.

I'm so glad I got to know Michael at RMHS where we performed in orchestra together. His talent and love of music were infectious. I would show up to orchestra early (it was our first class of the day) and practice a little piano.

He was also early to arrive person and would coach me on the piano. I got to the point where I was able to play a very complex Chopin piece that was way beyond my skill level, but possible because of Michael's coaching.

I continue to be amazed at his talent. His composition and singing skills are amazing. He recently composed a piece for the quartet I play in. I'm privileged to know such an accomplished musician.

--

Here's another example of her zest for life.

I'm thrilled beyond words! A friend of mine who is an accomplished musician/composer/singer wrote Transylvanian Lullaby (Young Frankenstein) for our string quartet. Here is the computer version that he wrote. I'm so excited about this!

How about when you have tenants from hell?

Googled how to make Meth. Nope. Not starting up a new business but wondering about some old tenants (tenants from hell). I'm sure my google search has placed me on a list somewhere.

Elaine spent some of her childhood in Oahu.

Returning to Hawaii after all these years will be bitter-sweet. So many wonderful old buildings are no longer there. I'm discovering a lot of my memories, will just be memories.

Elaine had a post of an old Hawaii Waikiki Theatre that was demolished. She expresses how the past changes and morphs into the future. Her memories fade into the night with all changes that are made. I saw this as Elaine being melancholy.

The definition of melancholy is as follows. A feeling of pensive sadness, typically with no obvious cause.

I loved that Elaine would change her Facebook home photo. She had all sorts of witty characters. You could see that she played with life. She thought outside of the box.

Glen deeply loved his wife. Throughout the twenty-year-old friendship we had, I would always bring up Elaine and asked him how she was doing. I could tell they had a great relationship. Of course, they had different opinions in life yet they could rise above them.

Elaine's song has ended. We will miss her. She is playing in the grand orchestra of life. If you are silent you might hear her playing.

05-18-2020 Elaine Boorstein

Hello, my name is Richard and I'll be delivering the service for Elaine Boorstein. The service will be as if Elaine herself was talking". Please imagine that as I'm talking that it's Elaine talking.

Albert Einstein once said in his famous quote Imagination is more important than knowledge. Knowledge is limited, whereas imagination embraces the entire world, stimulating progress, and giving birth to evolution.

Well here is a stretch of the imagination. As you know my entire life has been for the love of music. Music is creativity at its deepest core. It helps us when we are happy and when we are sad. Everyone loves music.

Glen's friend Richard asked if Glen and I had any music we recorded together. Glen said that they didn't do that ever. We start to play, we play and then the notes disappear into eternity. We play solely for the love of it. No more no less.

Before I passed over Glen was playing our favorite songs. When he stopped playing I was carried away from the last ending notes.

It's like fall winds blowing the leaves to the earth. It is a natural process. Everything is created and yet everything has its life span even the universe. So please don't mourn me but celebrate the joy of my life. Death is but an illusion. It's just I'm in a different room than you in the mansion of life. Yet it's one mansion called life. Life is eternal but we can't see outside of our little boxes.

I will miss my adventures in Disney World with my family. We went probably twenty times or more. Most of the time we traveled by car. It was so interesting being in motion and looking out at the beauty of nature and the ever-changing landscape. The drive was 2000 miles to get there. Yet we did it year after year.

When we weren't traveling, we were homebodies. As Glen said one extreme to another. Yet there was a balance between the two.

A different type of ride I loved was roller coasters. While most people would scream during the rides I would laugh with delight. Nothing like being just at the crest of the mountains and swooping down like a bird in the wind.

Glen wrote the following.

Our first trip together was a long weekend where we drive to Mount Rushmore. It was here that Elaine discovered that she liked really long drives. Rushmore was kind of boring, but we were there for a couple of days, so we did some side trips. We saw the devil's tower in Wyoming.

We also did two long drives where the point was to get to Montana in one and North Dakota in the other. She started calling me "Rain man" because it was my idea to do these types of trips just to get to more states in the US.

Later we did a similar pointless trip where we drove from Denver out to Utah and back in one day, over 600 miles of driving, just to say we did it.

Over the years we had similar trips where the goal was to dive into new states. but just drive through them. We would stop in places you wouldn't expect. Like Carhenge in Nebraska. Or little towns in Canada north of Michigan where the owner of the small store would wash your windshield just because there were bugs stuck to it - no charge either.

I totally enjoyed my life and family. Life is a mystery. We never know when it's time to go. You are living in interesting times. There is a global shutdown. Just think you are having a virtual funeral. Imagine just a few months ago who would have imagined that the entire world would be shut down?

Mother Nature sent all of humanity to their rooms and think things over. This had huge repercussions around the world. As so here we are having a virtual funeral. Yet don't cry, be happy. I'm in such an incredible place. Just think when you die you are scattered through the universe. You never die. That one drop of water merges with the immense ocean of life.

So you are not alone. Your family and friends who have passed away are still with you. Unfortunately, we are human beings yet we are beings who must always be in a state of doing. We do, do, and do and we get bored if we stop and just be. I exist in the being of life. The only way to feel me is to stop and enter into the silence. I'm always with you.

It's funny the human body is wired for this connection yet we are not aware of this. I certainly wasn't aware of this when I was alive. Glen had his calling to try to comprehend the mysteries of life. I had my passions in music and cooking. I loved playing music with the orchestra. It was so beautiful to play a masterpiece and the

harmony between the conductor and the players. Everyone was a piece of the puzzle. They weren't the puzzle itself.

Here's what I wrote on Facebook

Hey, music fans! I wanted to let you know that the next concert Lone Tree Symphony will be performing will be our first family/children's concert. And although all our concerts are very family-friendly, this one is truly designed with children in mind. We will be performing the William Tell Overture (the well-known "Lone Ranger" part), Beethoven's Symphony No. 5 (the well-known first movement), Peter and the Wolf, and Star Wars. If you have little ones, please consider this an excellent opportunity to expose them to a lot of fun music!

This was my life. I was a stay-at-home Mom. Many people would ask me what do you do. I would say I'm a stay-at-home Mom. You could see their eyes change to disapproval. Our society thinks that stay-at-home moms don't do anything.

Well during this global shutdown I'm sure that many people don't see it that way anymore. Probably one of the most active people is the stay-at-home Moms. It's a twenty-four-hour career. Most people put in their work hours on the job and come home to relax. Our job is around the clock. Yet I wouldn't have traded it for anything.

You have been listening to Smetana's Moldau. This is one of my favorite compositions of all time. Music is in my blood.

The Moldau, Czech Vltava, symphonic poem by Bohemian composer Bedřich Smetana that evokes the flow of the Vltava River—or, in German, the Moldau—from its source in the mountains of the Bohemian Forest, through the Czech countryside, to the city of Prague where it ultimately joins the Danau, or Danube River.

We all are on this incredible river of life. My family and friends my journey has ended on this earthly river yet I'm sailing on the ocean of the universe. Someday we shall meet again.

06-23-2020 Tuning The guitar Of Life

What a glorious day it is. We are alive. That my friend is a miracle. Our lives here on earth are a blink in time. Now you see it. Now you don't. Our sense of time can really play havoc on us. We think we have all the time in the world. This is one of man's major downfalls. We put off tomorrow what we could do today. Tomorrow never comes.

How do we fine-tune this guitar of life? Most of us never bother. Consequently, we don't discover the jewel that lies inside. We don't discover our true nature. You are the universe. You just don't know it.

The older I get I see that the great power lies in being meek and humble. The great Tao created this entire universe. It is meek and humble yet its power is keeping the entire universe alive.

In our society today being humble and meek is something you don't want to strive to be. Currently, we have an administration that loves to rule by mocking and bullying others. I don't need to talk more about that. Yet all great teachers from the past talked about the virtues of being a child at heart.

Your mind talk won't make you happy. Concentrating on every moment on the news won't make you happy. The world has to grow up. We are emotionally immature.

Our happiness has been derived externally for thousands of years. We are still fighting wars. We are still bickering and fighting. Your cell phone hasn't saved you.

Common sense is uncommon. God is humble and meek yet currently, we make a mockery of it. We can't even get along with each other. The universe is coaching us yet we think we know more than the universe. We are stuck in our ways and won't think outside of our tiny boxes.

During this global shutdown, many people refuse to wear masks. I don't have to wear one. How selfish that is. Your grandmother or others might be dependent on you wearing one. Note this is not a rant. This is only a request that we fine-tune the guitar of life. We can in each moment change for the better. We can be nice to each other.

I love stories from the sixties where the Democrats and Republicans would banter with each other all day long. In the evening they would go to a bar and toast each other with a mug of beer. We can all be different. We have all different sorts of views. Maybe we should rejoice in the diversity of life.

Just think the universe does not judge us yet we judge each other. So much so that we have anger and hatred in our hearts. We must love diversity. When you are angry you are personally drinking your own poison. Science has proven that. You will have cloudy thinking. Science has proven that. Yet the world is still spinning on the treadmill of anger with no end in sight.

This world will change for the better when you change for the better. It's as simple as that. Your savior won't save you. It's your responsibility. They will coach you but you have to play the game. Salvation comes from action, not believing. Actions are stronger than words.

Only by our day-to-day actions can we change this world. We all want peace in our lives. What part are you going to do? Discover the jewel that lies inside. The kingdom of heaven lies inside of you.

Be like water. It is humble and meek. Yet don't underestimate the power that it has.

07-05-2020 Mt Rushmore

I'm slightly confused. The current administration had a rally two days ago at Mt Rushmore. Yet masks and social distance were not required or encouraged. On the same day, over 50,000 Americans got affected. Over twenty secret servicemen have come down with the virus. Even Donald Trump's girlfriend has been affected. Hospitals are in overdrive. Yesterday ICUs are almost maxed out.

Yet why is this current administration going on without even mentioning or doing anything about this? Why is the current political power not in an uproar? This is not a political battle. Millions of lives are at stake.

We are far worse now than ever before. We are still in phase one. Dr. Sanjay Gupta wrote a sobering article If the United States were my patient: We aren't ready to celebrate yet. We are on the verge of jumping off a cliff.

The EU had the same problems we had and overcame them. They took the medical advice to heart and implemented them. Yes, they were hard. The economy suffered. The EU has the United States on a list of countries that can't enter. I can totally see their point. They don't want to go through the horrific affair again.

In the US we are still fighting about wearing a mask and social distancing. Many Americans think they know more than medical experts. People say wearing a mask is an infringement of my freedom. Every day more and more people are affected.

Why are we so blind and divided? This is not a political disease. It doesn't care who you are. We can't ignore it and put our heads into the sand. The US needs intense leadership. The current administration is mocking the medical experts and causing harm along the way. We need leaders in this time of trouble.

It's like the ship is sinking and the captain of the ship is saying don't listen to the experts. They don't know what they are saying. Meanwhile, the ship is keeping on sinking.

Today the time bomb is ticking. The medical establishment is fighting a battle for our lives. If anyone could tell me why the current administration is so complacent. I'm confused.

07-06-2020 United States

This is a continuation of yesterday. We live in the United States and yet we are not united. Each one of us has a particular point of view. We think our view is the correct one.

It's like the story of three blind men touching the elephant. Each one touches a different part of the elephant and thinks I know what the elephant is. We are the same way. Unfortunately, this is a life-and-death situation for many in our hospitals. In Houston, there are no beds in the ICUs left. Doctors have to decide who they can treat. A sad situation.

We need to be kind to one another. We need to arise to the occasion. The medical field has. They are literally dying to save human beings. Folks this is real. We can debate all we want but a crisis is going on.

I often wonder where our compassion, love, kindness, and tolerance went. We flame each other. We think my way is the only way. I always say you are the universe you just don't know it. Our true nature is kind. Our true nature is united. We have forgotten this.

I think when we are angry we will never solve any issues. The great mystics and modern-day scientists know that anger is drinking our own poison. Thousands of stress hormones are released. Anger literally over time destroys the mind and body. I'm hoping that we can change our ways. We need to change both externally and internally.

When one is angry true wisdom goes out the door. You are like a leaf blowing in the wind. What I'm saying is extremely practical and down to earth. When we go beyond me, me, and me into a state we will have true compassion for others. Our constant anger has brought us to this situation where the country is divided.

We think that the other side is evil because they don't have my point of view. This virus doesn't care about your viewpoints in life. It doesn't care who you are. We can't go on this way.

We are all a piece of this precious puzzle. If Europe and the Far East solved this problem so can we. I would rather put my trust in the medical experts. Yes, they aren't 100% correct. We are in such disarray that the European Union has a travel ban for the US. That is saying a lot. Our allies are saying you guys are messed up.

We can't allow your citizens to enter this country. We went through hell and don't want to visit it again.

Here in America, the battle is raging. Some of my friends think it's a mild battle. Just ask the medical doctors and brave medical personnel that. They will tell you a completely different story. They are fighting for our lives.

Without kindness, we are doomed. We will continue to divide. Ironically, our true nature is kindness. Yet we are a million miles away from it. It's right behind your breath.

07-27-2020 David Bohm

I remember our sweet time having our coffee hours at work. At times you guys would talk physics that was beyond my comprehension. Here's a great video on the works of David Bohm. I would love to do a zoom session with both of you. I'm writing a book about story telling and thought this would be a perfect story to talk about.



pilot wave theory is right from my perspective... too bad others pushed back so hard just because the math is harder. I have on my gravity page several videos on this, but my favorite is veritasium.

<https://www.youtube.com/watch?v=WlyTZDHuarQ>

Is This What Quantum Mechanics Looks Like?

Silicone oil droplets provide a physical realization of pilot wave theories. Check out Smarter Every Day: <http://bit.ly/VeSmarter> Support Veritasium on Patreon... [youtube.com](https://www.youtube.com)

folks can't handle pilot wave theory but they can handle super position... please...

SUN 6:51 PM



George M Gerstner

Hi Guys, I just spent the day doing homework on these videos.

Let me ramble a few thoughts.

The video "Is This What Quantum Mechanics Look Like?" does make sense and I know all the math behind the behavior of the particles. I can go over it if you guys like but I'll probably lose you guys.

I studied particle physics when I was a grad student (20-ish years ago). Tossing in the particle theories I studied (particles include quarks, electrons, photons, etc), to me the video describing waves emanating from each oscillation of the particle is a wave of another particle. In the case of an electron, each oscillation generates a photon wave. Particles can't change course (eg, oscillate) by themselves. They need another particle for that. Electrons (or otherwise charged particles) use photons. Leptons use W and Z bosons. Mass particles (I probably need a better name than that) probably use gravitons (aka gravity waves). See: https://en.wikipedia.org/wiki/Elementary_particle

I have to confess that I'm not well-versed on what the pilot wave theory is all about. But it has promise. Seems incomplete but promising.

The video "Infinite Potential: The Life and Ideas of David Bohm" is really long (sorry Richard) so it's taking me a while to go thru it. I'm finding myself needing to go back and look up terms and definitions.

The video tells a great story but doesn't get into the math at all. I need to see the math to understand it. Not saying Bohm is wrong, just saying that since no math formulation was brought up it was hard to tell what his theory means. The video was more of the life story of Bohm than the details of his theories. (Caveat, I haven't seen the whole video yet). By the way, I find it curious that he was a victim of McCarthyism (a master of conspiracy theories). Kind of parallels today's current events. I'll not venture into politics.

I'd like to add that during my time as a particle physics student, I was also into astrophysics. When I entered graduate school, I had to choose between the two. In the 20 years since graduate school, I veered back into astrophysics as a hobby. I would love to discuss topics such as star system structure, life on other planets, etc, if you guys are interested.

Elementary particle - Wikipedia

In particle physics, an elementary particle or fundamental particle is a subatomic particle with no substructure, i.e. it is not composed of other particles.[1](pp1–3)

Particles currently thought to be elementary include the fundamental fermions (quarks, leptons, antiquarks, and antileptons), whic...
en.wikipedia.org

Mike Reed

I watched about 5 minutes of the video, sorry, when I saw it was over an hour it lost me. We are working to sell our house so I am extremely busy. I do appreciate bohemian mechanics and the math is well established. What you will notice is just how similar it is to schrodinger's equation. See

Mike Reed

https://en.wikipedia.org/wiki/De_Broglie%E2%80%93Bohm_theory

De Broglie–Bohm theory - Wikipedia

The de Broglie–Bohm theory, also known as the pilot wave theory, Bohmian mechanics, Bohm's interpretation, and the causal interpretation, is an interpretation of quantum mechanics. In addition to a wavefunction on the space of all possible configurations, it also postulates an actual configuration...

en.wikipedia.org



George M Gerstner

Bohm is similar to Schrödinger equation because it uses it. Schrödinger equation is to quantum mechanics as Newton's laws are to classical mechanics. No conflicts here.

Schrödinger equation's solution, called the wavefunction is a sort of a "probability" function for a particle's position and momentum. Those probabilities flow in waves.

From the little I was understanding, was that Bohm (actually DeBroglie first) just tried to explain why it behaved like a probability wave. I beleive the Copenhagen idea was that since we can't measure it, its not important. Which is somewhat valid given that its a general rule that in science you must quantify or measure something to before you can discuss it. Other's scientists are supposed to try to measure it too and see if they get different answers. If they get another answer, your theory is disproven (or at least shown to be missing something). If, after a long time, no one ever manages to get a different answer, then its assumed to be a

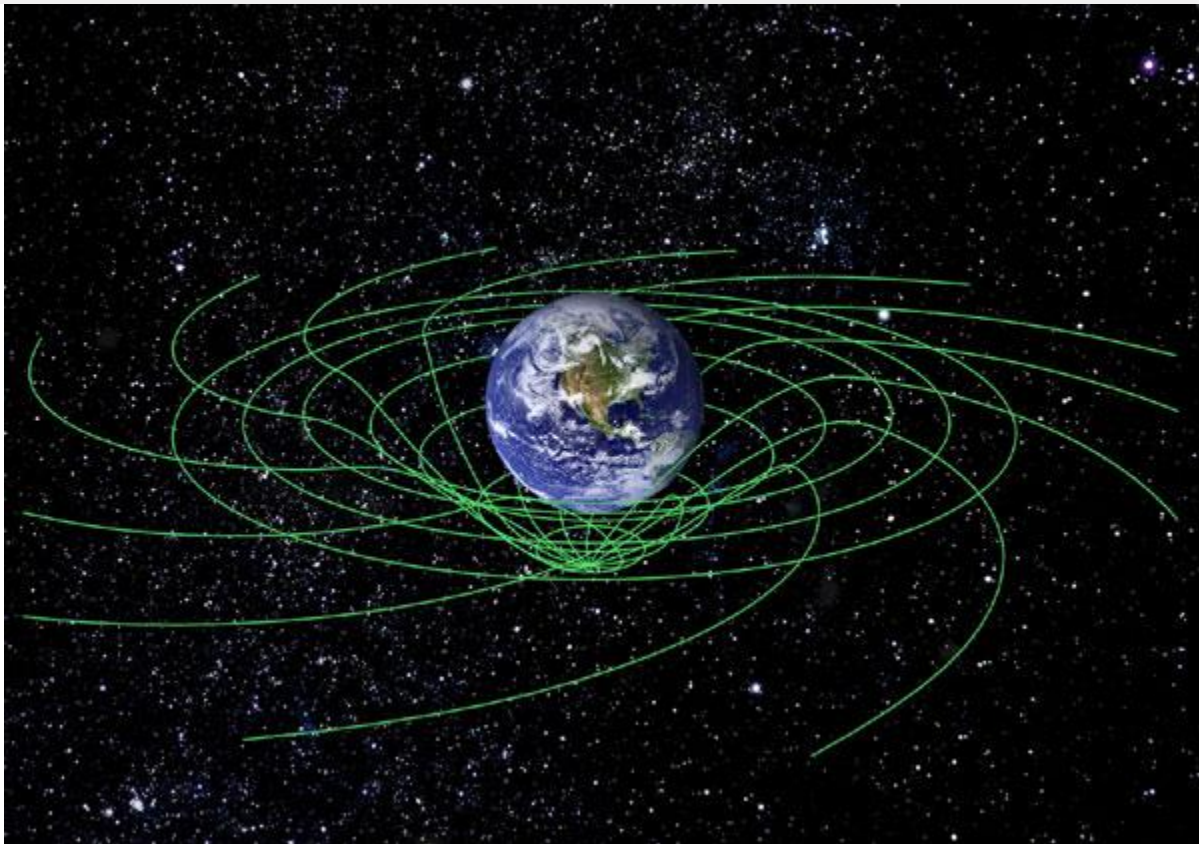
correct theory (assuming no one later still finds a different answer).

Oh and its Bohmian not Bohemian. 😊 Bohemia is a region in Europe.

SUN 9:58 PM

Mike Reed

You will find instructional videos on all of this on my gravity page. at <https://www.facebook.com/TheGrandDeUnificationTheoryOfGravity/> there is a lot to take in but also a lot of great information. I am a big fan of Pilot Wave Theory, so I cover it from multiple angles. I also cover quantum mechanics and wave theory in some depth. I've curated what I think are the best videos on the subject.



The Grand De-Unification Theory of Gravity

Community

Hi Guys.

Both of you are correct. This is a video of David Bohm and not his teachings. I found it quite fascinating. He wrote an advanced physics paper while in high school. His mentor in college Berkley was J. Robert Oppenheimer the father of the atomic bomb.

He was asked by Oppenheimer to assist in making the bomb. Unfortunately, he couldn't get a security clearance. He had different political views and this was during the Joseph McCarthy era. Consequently, he was blacklisted. He was a great friend of Albert Einstein. Due to being blacklisted, he left the country.

Here are a couple of important details I liked. David's wife read a book from Krishnamurti. She saw that both of them talked about the observer and the observed. One did it by studying the external while the other studied the internal. She spoke to her husband about this. This lead to 25+ years of dialoguing between each other/

My first acquaintance with Krishnamurti's work was in 1959 when I read his book *The First and Last Freedom*. What particularly aroused my interest was his deep insight into the question of the observer and the observed. This question had long been close to the centre of my own work, as a theoretical physicist, who was primarily interested in the meaning of the quantum theory. In this theory, for the first time in the development of physics, the notion that these two cannot be separated has been put forth as necessary for the understanding of the fundamental laws of matter in general. Because of this, as well as because the book contained many other deep insights I felt that it was urgent for me to talk with Krishnamurti directly and personally as soon as possible. And when I first met him on one of his visits to London, I was struck by the great ease of communication with him, which was made possible by the intense energy with which he listened and by the freedom from self-protective reservations and barriers with which he responded to what I had to say.

https://kfoundation.org/krishnamurti-and-david-bohm/?gclid=EAIaIQobChMI5NqYgZ_t6gIVUdbACh20WQ6hEAAYASAAEgL-2PD_BwE



I have been meditating for almost 50 years. I believe the scientist and the mystic are both talking about the same thing. One has an external lab while one has an internal lab. Granted the mystic doesn't have bookish knowledge. Yet the mystic has direct experience. The more I meditate I concluding that what I'm experiencing is the quantum field. The quantum field is beyond time and space. It lies in all dimensions. Mind you this is what the mystic's experience. A modern-day scientist may have different terminology.

I find it fascinating the Dali Lama had David Bohm as his scientific mentor for over twenty-five years. The Dali Lama said if science proves that some of the Buddhist theories need to change due to the latest scientific breakthroughs he would change and move with the times.

My understanding of science is at a kindergarten level. Yet I'm been discovering the lab within for almost 50 years. I thought it would be great if you are open to learning more about the internal lab within.

08-25-2020 Paying Respects

A great friend of mine Mom's passed a few days ago. She was in her nineties. Everyone loved her. She radiated life. A couple of days later I was taking my morning walk. At a certain point, his Mom appeared in a vision and gave me a message for her family.

For some reason, I have this uncanny ability to receive visions and messages when a person dies. It is usually always a week or less when a person dies. The vision just comes without me doing anything. If I would try I would almost guarantee nothing would happen. It seems like mediating for almost 50 years unlocks the door within.

I told my friend this story and he told his sister. She contacted me and I told her the story. I told her that everybody has different hardware and software yet we can all be in touch with our loved ones.

Even as simple as closing your eyes and thinking and experiencing the love inside. By doing this daily one establishes a connection with the person on the other side. Mind you they won't talk to you directly with words. In some cases, they might. But love is the language of the soul. Love is the language of the universe. Her ashes got scattered throughout the universe.

A few days ago I was walking on the same path where I had the vision. Well, I got another vision again. I called my friend and he wasn't home so I left a message.

He called me a few hours later. We had an incredible discussion. He told me that when his Mom and Dad passed he was doing CPR on them Both of them had heart attacks. He was there when they took their last breaths. How incredible that is? I was blown away. What a gift for him and his Mom and Dad. I'm speechless.

He told me a story that took place almost 49 years ago. I just returned from India. Brad came over and my brother and I started to talk about seeing the inner light. Mind you it's not thinking or imagining a light. It's as clear as day.

Fast forward 49 years. He told me that when he closes his eyes he sees this incredible light.

What can I say? This is an incredible journey.

11-03-2020 Voting & update on the virus

Sometimes I wonder if the roles were reversed would the other side understand the gravity of the problem? For example, yesterday over 100,000 people got the virus. Yes, 100,000 people. Yet our current administration says that we should continue our daily lives as if nothing is going on. At these political rallies, social distancing and wearing a mask are discouraged.

Imagine if the other side did this if they were in control. The other side would be furious. What is it the one side can see the problem and the other side has blinders over their eyes? Yet if the other side did the same thing they would say how foolish the other side is.

An eagle has two wings. The left and right. An eagle can't fly with one wing. If we want our country to fly we must be tolerant of all. A nation divided won't last for long.

Today cast your vote. You have a say. Let's stop the bickering and name-calling. Our government needs to grow up and get the job done. After all, we are Americans.

11-26-2020 Happy Thanksgiving

Happy Thanksgiving to all. This has been a roller-coaster of a year. Yet the light is always shining inside of you. No matter the circumstances you are magnificent. You are the universe. You just don't know it.

Before you roll your eyes just stop and think for one second. Do you think the universe skips you over? That somehow you aren't part of it. Scientists and mystics have been saying this for years. Your true nature is kindness. Your true nature is compassion and love.

We as a nation have been rattled extremely hard this year. The entire nation has been affected by this. Yesterday at least 197,000 got the virus. That's just in one day. Over a thousand died yesterday.

We need to follow science and be kind to one another. Being divided never will solve the problem. The great eagle in the sky needs both wings to fly. The only enemy you have is the enemy inside of you.

The world will be a better place when we embrace our true nature. We have been living in darkness for ever so long. We must unite. There is a place inside of you where unity for all exists. That is your true nature.

There is a part of you that doesn't want you to discover it. It loves anger, hatred, and animosity toward others. It makes you feel more special than others. Yet it drags the world down.

Man has been fighting for thousands of years without solving the problem. Have an incredible day. Be smart. Be loving towards all. Love your fellow man. We are all on the same boat sailing in the infinite ocean of life.

11-28-2020 40 Days 40 Nights

This life is an incredible journey. Many of you know that I'm extremely inquisitive. Somehow I see the world through different eyes. For example, when I was around 14 years old I believed in preventive medicine. I knew that drugs only hide the symptoms yet the disease got more acute.

I knew that the entire universe lies inside of you and me. Anyway, I am always fine-tuning the guitar of life. About 6 months ago I wrote a book on Non-Violence. This book was about the Jains and the incredible knowledge they have. Well, one thing led to another.

I'm just finishing a forty-day course on practical tools to fine-tune your guitar in life. Let's face it everyone needs a tune-up. Some know it and some don't. You can never clap your hands and say I know it all. You can meditate for a trillion years and still, that's the first step on this infinite journey in life.

Here's a flyer for the course that I'm almost finished with. Mind you this is an infinite journey. The course just gives you practical knowledge to utilize. It's up to you to take proper action. This course is for you to learn how to be in harmony with your mind, body, and soul connection.

The East has been discovering this for thousands of years. You are a part of Mother Earth yet we live our lives divorced from it. Consequently, our lives are out of balance. We can't see the forest from the trees.

Yesterday over 180,000 Americans got the Corona-19 virus. People are still fighting over whether we should wear a mask or not. We have lost our wisdom. We have an administration where they have no concrete plans to solve this desperate situation.

This course teaches you that you are your own doctor. You control your chemistry set in life. I mean this literally. We live our lives driven by our subconscious mind. 95% of our actions spring from our subconscious.

Only 5% comes from our conscious minds. Did you know that anger is drinking your own poison? Buddha said this thousands of years ago. In the past thirty years, western scientist has discovered what the ancients said thousands of years ago are indeed true. Your thoughts and emotions program your life.

This course provides practical tools for you to utilize in your everyday life. To be honest I was overwhelmed by the number of tools provided. Even if a person practically uses only 5 percent they will go a long way for self-healing and discovering their true nature.

Healing Through Yog ! Arugga Bohi Labham !

Brings you 40+ hours of Holistic Healing through integration of Jain Yog & Patanjali Yog!



Sessions will cover Theory and Healing Techniques as follows :

- Uniqueness of Yog
- Jain Yog
- Mantras
- Meditation
- Human Anatomy
- Asanas
- Pranayama
- Rog anusar yog
- Acupressure
- Seed therapy
- Mudra healing
- Home remedies
- Chakras
- Naturopathy
- Sapta Dhatu
- Ritu Charya
- Detox diet, juices, salad recipies

Theory and Practical Fun filled Sessions

Date : 21-10-2020 onwards
Time : USA EST 7 - 8 AM
(India: 4:30 - 5:30 PM)

Limited Entries!

\$ 25

At the end of the sessions you will learn to manifest your hidden potential and be your own doctor and for your family and move away from medicines if any!

Contact : Nehal Jain
WhatsApp No. : +91 76959 31604
Email : nehaljain.nj01@gmail.com

Here are a few things I learned.

Did you know that you should chew your water and drink your food?

Did you know that the majority of digestion comes from your mouth?

Do you know the power of your saliva?

Your body is an electrical system. Using mudras(hand gestures one can turn off and on key opponents inside of you. You can literally learn how to rewire your neural networks inside of you. Mind you recently a brand new science is being brought to the forefront using many of these ancient tools.

Discover the world of prana. Lifeforce energy. I've been doing this for around fifty years. In this seminar, I learned more techniques. Prana is the life force energy of the universe. It exists inside of you.

For the past 4 years, I've been meditating on my chakras. You may roll your eyes as much as you want but chakras regulate your entire endocrine system. We are living our lives with the car being out of alignment. The spark plugs don't work properly. We put the wrong gasoline into our precious car. We constantly change lanes on the freeway of life. Our minds are out of control. We think the world can make us happy. How do we balance life?

Meditation is the key to unlocking the door within. True meditation should be done 24 hours a day. That is the beginning state. Yet it all begins by taking small baby steps in every moment.

I've been practicing yoga postures for around

When the body is relaxed the mind is relaxed. Your emotions are stored in your physical body. Practicing yoga will help release these emotions and heal the body from many diseases. The disease occurs when the body is not at ease.

This course touched on the powerful effects of acupressure. The point on the hands and feet turns on or off the electrical currents inside. Each point corresponds to a particular endocrine system, organs, or many different aspects inside of you. The more aware and conscious you are the more this will benefit you. The course is all about awareness. Awareness is the key in life.

Many different types of diseases were talked about. The East has many preventive measures to heal the body. To heal any disease there must be a mind, body, and soul connection. One must learn how to be in harmony with nature.

Nature is always talking to us silently yet we only listen to our thoughts. We can't stop the chattering mind. The more you pay attention to nature the more nature will pay attention to you. That's the law of free will.

We learned about seed therapy. Particular plant seeds when used in alignment with acupuncture promote the healing of disease. Each seed contains the wisdom of Mother Earth. The ancients learned which seeds help with particular diseases. Mother Nature is a true pharmacy. She knows exactly what can heal us.

Much emphasis was placed on the foods we eat. In the west, most people eat junk food diets and wonder why their bodies break down and get diseases. They drink tons of sodas. I have a friend who I worked with and he drank nothing but soda all day long.

He used to smoke over two-pack of cigarettes a day. Common sense is uncommon. One who is on the path of awareness realizes that the human body is the most precious temple in the universe. One learns how to take care of it. I've never seen anybody trade it in for a new one while alive.

Both teachers love to teach. I could see that. This is a practical course. It came from a university yet this is a life course. Only you can change it. Nobody can do it for you.

There is a new course coming up in early December. It's only 25 dollars for the entire session. These are zoom sessions.

My only recommendations to the teachers are to please speak only English. I've spent around 50 years in the Indian culture yet I got lost in Indian terms. For example, when discussing a disease you would use Indian terms for the remedy. You might say 4 or 5 of them. Quite frankly I got lost. Yes, we are all fine-tuning the guitar of life. I would recommend this course to anyone.

12-05-2020 can't see family

What a year this has been! My Mom had an accident and went to Hoag Hospital. She spent a few days there and was told she had to go to a rehab center for a while. I would love to see her. Yet there is no way I'm going to travel by plane.

A few days ago over 200,000 people got the virus and 3,100 people died in a single day. If that's not called a pandemic then I don't know what you would call it. It seems like the worse is about to come.

Yet we still have the current administration holding Christmas parties without masks and social distancing. This is not a political statement. We are in serious trouble and the current administration is doing nothing about it.

If I was president I would try to do the following.

- You can keep businesses open. Yet a nationwide mandate for social distancing and wearing masks should be put in place.
- Any job that can be performed at home must be allowed.
- The current administration should follow and promote these guidelines. It's time to stop the name-calling from the President that Joe Biden is weak for wearing a mask.
- We had time in early January to have a concrete plan. We still must come up with a plan.
- Instead of bailing out large companies, every American family should get bailed out. Over 25 million Americans are struggling today. The food banks can't keep up.
- Both sides of the aisle need to bow and bend and compromise. Maybe we should take away their paychecks and medical benefits until they pass some laws. The bickering and name-calling must stop. Act like adults instead of bickering children. Most kindergarten children are more mature than you are.
- There is a mental health crisis going on. Everyone from children up to the elderly is struggling. Imagine an elderly person living by himself and not being able to communicate with the outside world. Children need other children in their lives. We should have systems put in place where

children can be treated properly and a game plan to help them. Right now as I see it the current administration doesn't have a nationwide one.

- There must be a nationwide board from the administration to come up with a comprehensive plan for with dealing these problems.
- In the past, a series of fireside chats would be given by the President. The American people need assurance and directions from their President. During WWII the President gave hope and support to its citizens. We are fighting the battle in our own homes.
- Many states have seen drastic surges in the past few weeks yet the governors still refuse to have a mandate for wearing a mask. This is not a political affair. We are not in the dark ages. Science has brought us where we are today. It seems like so many people are conned into thinking that masks aren't needed. I see many of my Facebook friends saying that but tell that to the nurses and doctors who have been fighting this every day. How many loved ones lost their precious family members and friends because of this thinking?
- Shut down air travel during holiday times. Each spike has occurred during holiday times when millions travel. Look at the trends and spikes. I don't like this yet it is needed. We could be in an entirely different situation if we had a game plan put in place from the beginning.
- Politicians put themselves into the other side's shoes for a moment. If the other side did the same thing you did you would be in an uproar. Guided by this principle. Don't keep your mouth shut. Don't say anything because you are afraid of losing your job. History will come back and haunt you. Your job is to be ethical and moral to the American people. Your silence is eroding democracy.
- Who do you trust all the Republican and Democratic officers who helped with the elections this year? Both sides said there was no tampering. Even Barr the attorney general said the same thing. Yet millions of people still believe the President. He was saying the same thing months ago. Personally, this in itself can be classified as a crime or treason. When the population doesn't trust the democratic process that is the start of the downfall of democracy.

- The President should concede graciously. That is not going to happen. Yet Republicans are silent about that. Once again change roles and tell me what you would be saying. Your silence is saying that you care more about keeping your job than our democracy. I hope the American people vote you out of office.
- Hospitals are overloaded with no end in sight. Send in the National Guard and hold the people in charge accountable. By not doing anything our entire nation is affected. Every single American has his/her life turned upside down. Not a word of comfort or support comes from this administration. We could have done better and must do better. It seems like many third-world nations are doing better than we are.

12-19-2020 Mahatma Ashokanand



A few months ago I got a FaceBook request from Ashoka Kumar. I didn't think I knew who he was. Yet a few weeks later I see a post from a dear friend Jacques Sandoz. It was a picture of Mahatma Ashokanand and I found out that Mahatma Ashokanand and Ashoka Kumar were the same. Life is a riddle. I haven't seen him in 48 years. I knew him in the early seventies.

Since then we have talked a few times. He is eighty-nine years old. Yet he still rides a bicycle every day. He said he averages about 40 kilometers a day. I was quite impressed with the youthfulness of his voice. He has a yearning to always gather wisdom. We talked about mutual friends.

He received knowledge from Prem's father Shri Hans in 1956 a year before Prem was born. He has been meditating ever since. I could tell by his voice the wisdom of meditating for all those years.

I find it quite interesting that when I lived in the House Of The Future in 1955 Ashokananda was also quite futuristic.

This is a quote from Ashoka.

I completed my MSc in Physics from Patna University. Patna University is called by the British in India 'the Cambridge University of The East'. The entire campus of the University was constructed and designed and established by the British in 1921. In 1958 I talked to the head of the physics department about using the radio as a communication device.

This sounds like a modern-day cell phone to me. There aren't many students of Shri Hans around. He has lived quite a fascinating life.

Here's one of my favorite incidents with Mahatma Ashokanda.

Asokananda Incident



While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and started to wave his hands towards one of his Initiators Asokananda.

The hair on his whole body stood up. It looked like he put his hand in a light socket. He was yelling please Maharaj Ji stop it.

After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being the eighteen kid that I was I said Maharaj do you want to zap him once more. Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him.

Maharaj Ji was electrocuting him. We all laughed. This was the first time that I spent close time with Maharaj Ji. There were only a few westerns there. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.

It is a great pleasure to renew our friendship. True friendship goes beyond time and space.