

Talks 2021



Fletcher Soul Traveler

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01-01-2021 Happy New Year

This is my hope for humanity. May we all assume the role of the Faithkeeper.
Thanks to David Gelfand for sharing.

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In many Native American traditions, one member of the tribe will assume the role of the 'Faithkeeper'. The role of the Faithkeeper is to remain peaceful and calm, while maintaining spiritual enlightenment and understanding, no matter what the tribe may endure.

Under extreme conditions, if every single tribe member stumbles into fear, doubt, anxiety, worry, and pain, the Faithkeeper maintains peace, spirituality, and understanding.

Therefore, the Faithkeeper is looked upon as the mainstay to the 'I AM' presence of God, Great Spirit, or Creator.

Layout a welcome mat for confusion in difficult times and remember that seemingly chaos in the outside world is the perfect opportunity to go within and practice your inner Faith.

-SEMINE

<http://seminejourney.com/blog/2020/8/24/the-faithkeeper#:~:text=In%20many%20Native%20American%20traditions,what%20the%20tribe%20may%20endure.>

01-02-2021 Do you love to meditate?

Jai Jinendra. Do you like to meditate? I just finished a book called Jai Jinendra. The Jains in my eyes have probably the most progressive culture on earth. Many of the social reform programs stem from the Jains.

Some Jains ask me if I'm a Jain. I answer them I wasn't born into a Jain family yet my lifestyle is following the Jains. I believe in every moment to fine-tune the guitar of life. In December I finished a 40-day program with the Jains.

I'm a curious person. Many of my Jain friends would love for me to go to India and see its magnificent temples. The topic of meditation always comes around. I love to meditate.

If I could give any advice I would say to my Jain friends to develop a passion to love meditation. Meditation is food for your soul.

Imagine all the great Jain masters were leaders and instrumental in fine-tuning the meditative practice. They created a feast within. They didn't just talk about a mango. They discovered the mango within.

In the same manner, the jewel of life lies inside of you. Meditation allows one to discover the jewel within. The world would be in a better place if we all did this. Meditation is the foundation for life.

Jai Jinendra

01-17-2021 Focus

Focus occurs when one pays attention to some object. During these chaotic times, I see so much focus on expressing anger toward each other. I have friends that's what they do. They have been meditating for years. It is so easy to let anger get in your way. We all try to defend our point of view. Even if it means expressing anger or flaming one another. We live in a toxic environment. Need I say more?

There are no enemies. They exist in our minds. We can be nice to each other. That is probably the hardest thing to do in the universe. Yet just look back to when you were young. Most of us were nice.

Our society dictates how we should think and feel. If you don't follow these rules you are an outcast. Yet these rules of conformation have held humanity back. As humans, our society is emotionally immature. We are at a kindergarten level when it comes to being a society of love, patience, and tolerance. Millions of people are waking up and changing for the better.

How would it be if Facebook only had positive and kind things to say? That would slowly change our state of being. Imagine your friend posted an incredible sunrise. Today one has to sift through the garbage to find the precious jewel.

If we all did this our sense of awareness would grow. We would have more patience and tolerance towards each other. That is how the world changes. An angry and flaming post never solves anything. As Buddha once said you are drinking your own anger.

Maybe we could consciously try to uplift our fellow man. Each of us is totally unique. We should try to celebrate that fact. We have the potential to transform. We can morph and change into something better.

01-28-2021 Stuttering

Once upon a time, there was this young boy who loved life. He loved to be kind and patient toward others. From the beginning, this was his nature. Yet he had a stuttering problem. Everybody would mock him and make fun of him. You see many people think stuttering is a form of being unintelligent. This is not true at all.

This young boy went to a Catholic school. One day even Sister Nun mocks this young boy after he read an assignment. He was so embarrassed he walks out of the room. He walked out of the school and walked home.

Well, when his Mom hears about this she took her son directly to this teacher and confronts the teacher.

The sister starts telling him how disrespectful Joe is. And my mother, "Stop." She said, "Just tell me. Did you make fun of my son?" "Well, I—" "Sister, did you make fun of my son?" "Well—" And my mother said, "Well, I'll answer it for you. You sure in hell did. And if you ever, ever, ever do that again, I'm going to come back and I'm going to knock your bonnet right off your head. Do we understand each other?"²

This young boy starts to overcome his stuttering. He would daily practice looking at a mirror and reciting poetry. He likes to read poetry. Pretty unusual for a boy. Yet he was a great athlete. He became a star football player on his team.

In high school, he became president of his class. He still had a stuttering problem yet it was very minor. All the effort he put in paid off.

He reached a point where a person had to listen very attentively to hear any signs of his stuttering. Only when he was super tired did anyone pick this up.

This young boy is a man. He is Joe Biden the current President of the United States.

² <https://www.pbs.org/wgbh/frontline/film/president-biden/transcript/>

02-05-2021 Challenges

We all go through our challenges in life. Every day they come our way. Some are easy and some are hard. This week I had my share of them. Guy and I have several websites we are working on.

To make a long story short we use IIS as our web server. This week we tried two different web hosting companies. Each one had its share of problems. Vendor A said they supported unlimited websites and unlimited storage. Well if anyone knows me I have been creating everyday content since 2017. Well, when I tried to copy my .mp3 files over it stopped midway. I called them and they said they had a limit. Gur.

In the next step, I copied over 15 different web projects. To my surprise, they only supported one solo web project. There was a workaround that would have caused havoc in maintaining the sites.

Vendor B

This vendor advertises on TV so they must be good. <Grin>. To my utter amazement, you couldn't use a backup copy and import the data directly. You had to use a script file. They locked down the ability to import directly.

The problem with this is I use the USDA database. Some of the data is huge. I mean huge. When running the script I would run out of memory and the script would fail. Not only that but when I first created my database I had to scroll down a list of over a thousand different databases from other users. This was not going to work.

This was highly frustrating. I spent hours on this to no avail. Well, Guy and I talked and we decided to buy a computer and host it ourselves. We could easily set it up and let it do its thing.

What do you do when you get frustrated? When I get super tired I get cranky. Just ask my wife. That's not my nature yet life does throw us curve balls. I talk about this all the time.

Yet during this challenge, my mind was in the whirling winds of the hurricane. I was not in the center of the hurricane. During this level of the video game, I clearly lost this round and did not pass the test.

How do you overcome challenges? I would love to hear your point of view. Each one of us can help the other. Ponder this over. Have a great day.

02-11-2021 Challenges 2

Well, the challenges keep on coming. I received the Dell computer and set it up. It was fairly easy. I restored my database with no problems. I was confident. Next step I backed up my IIS server with all the websites.

Hey, I was on a roll. The next step was to restore the backup IIS onto my new site. To my surprise, the deploy menu didn't appear. I spent hours looking at how to make it appear. I tried countless ways.

I gave up on the matter and tried just copying over the files to my new server. I had to set up all the connections and bindings again. Well, nothing worked. Not a single site. Mind you all the software was the same version.

Yet one contained the magic ingredient deploy while the other one didn't. It seems like changing to a different server I had to start over creating the IIS server. How many billions of hours have people wasted?

Patience is truly a virtue. I spent hours on this. My intuition was to slow down and the answers would come. I can't force this issue to be solved on my timeline. Is that true in your life? Issues have their own timeline. We can't force it. If we do we will get frustrated and burned out.

Life is throwing us a curveball. We can hit the ball out of the park by being patient and not being rattled by the situation at hand. Think about it when life throws you a curveball. What do you do?

02-14-2021 Challenges 3

I try to live in the center of the hurricane. I don't always do it. I stumble and fall. Yet my goal is to live there 24 hours a day. I'm continuing with my saga of installing on a new computer the various sites Guy Nouri and I are working on.

Our goal was to have them up and running by Valentin's day. After a grueling week, I'm happy to say I got them all installed and running properly. They are still in alpha. Synchronicity came to my help during this whole process. I was lead to an obscure article to fix my problem. Lo and behold it worked.

I believe if we calm down and do not get frantic we can face any situation. We may not get the results we wanted yet our state of mind will be peaceful in the end.

Happy Valentine's Day.

03-13-2021 I love to write

I love to write. It wasn't always that way, In high school, I dreaded it until I had a poetry class from Betsy Topallion. She turned my thinking around. I saw a different perspective.

I can't truly describe it but she inspired me. She helped open a doorway within. I'm still an amateur writer. Yet I write for the love of it. I get inspired. It's not how great your writing is as much as you love doing it.

There are incredible writers out there in the media but are they writing from the soul? Is the media uplifting mankind? You can answer that question yourself.

I'm amazed by the topics I have covered. Everything from Conscious Politics, Conscious Economics, and books on Dragon. I've written books on the major religions with a different points of view. During this coronavirus, I wrote a book from day one to the present trying to write uplifting ways to approach life.

I'm into sports medicine. When Kansas City Chiefs won the Super Bowl a few years back I wrote a book dedicated to them on enhancing ways to improve playing the game.

Just think if Patrick Mahone could be in the zone more for just a fraction of a second more he would even be more incredible. Playing football is even more mental than physical. I introduced the theory of the Zen Buddhists using the force of the tacklers against them. It has not been used before.

Currently, I'm writing a book on Dreamtime. Wow, the Aboriginal people have such an incredible past culture. Their way of thinking and perceiving are light years ahead of us. Yet like most ingenious people our western way of thinking and conquering almost destroyed their way of life. All in the name of consumerism and feeling superior over another race.

I love the book from Me to We. This book talked about the 10 million years of transformation of humankind going from darkness to light. We are just kids on the block. There are civilizations out there that have existed before our universe even existed.

This is from my book describing my journey in life. I wrote about 600 family and friends. There is a thread tying us all together. From that, I wrote about all the creative endeavors they have done. Thanks to all who participated.

Web Of Life



This book isn't solely about me and my adventures. 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. At times I will stop and reflect on the impact they had on my life.

I spent a year studying Kabbalah 20 years ago. I kept a journal for one year. Last year I stumbled upon it and made it into a digital form.

This year I wrote about Jainism and the incredibly practical and spiritual practice they have. I took a two-month zoom course to better understand. This course was in complete alignment with my beliefs that we are our own chemistry set.

Before that, I wrote about Patanjali Yoga Sutras. To my amazement, the Jains and the ancient Yogis had identical principles on life.

This year I took a look at social media and the harmful effects it has on society. In quite a sobering story. We are being brainwashed and addicted for profits. There is a reason there are two users in this world. A drug user and a user of social media.

I love to talk stories with people. I interviewed around twenty-six people so far. Each one of them is a precious treasure. I could go on and on. This is just a fraction. We all are unique and different. Let's celebrate that. Even so-called weeds like a dandelion have incredible health benefits. Maybe we should as the world at large embrace diversity. We should all love the ability to see harmony and the web of love that ties us all together. Have an incredible day.

0-02-2021 One Thing Leads To Another



One thing does lead to another. This is an incredible journey. I remember in my junior year at Newport Harbor High an elective class that changed my life forever.

The entire student body had a choice of three or more electives that one had to choose from. Quite frankly I only remember the one I took.

The one I took was a three-week Yoga class that took place on our basketball court. Did anyone out there take that elective? I remember Michael Folks brother of Missy taking the class.

The teachers were Ramakrishna Ananda (Graham Ledgerwood) and his lovely wife at the time. The class blew my mind. It opened up doors that I knew existed yet didn't know how to open myself.

It was love at first sight. Yet it was so radical. At that time there was only one yoga studio in our area. I was 17 years old at the time. Surfing and yoga became my passion in life.

Does anyone know how they were invited to our high school? It was extremely radical for its time. It was like a communist coming to our school and teaching communism. This was 51 years ago. Today the area is flooded with yoga studios. In fact even my Mom took classes there in the eighties.



Here's the address 445 E 17th St, Costa Mesa, CA 92627 next to the car wash. It has been there for 51 years. After I took this three-week course I took classes at their yoga center. The incredible wife taught yoga postures and Graham taught meditation.

This helped set my foundation for life. I still practice both today. I think I remember Buddy Owens taking both classes. I don't remember.

This series of events lead me to go on my surfing odyssey and meditation odyssey around the world, especially in India. That my friend is even more of an incredible story. One thing does lead to another.



Click on the link for the Youtube video.

06-01-2021 Charles Cameron

Charles Cameron died last year around Labor Day. A few days ago I listened to his son's EMLYN CAMERON podcast Ashes in California. I was deeply moved. It was so honest, touching, and real. Charles and his son are a master of words.

Let's rewind the tape. The year is 1971. I took an incredible poetry class my last semester. Betsy Topallion was the teacher. Mind you I had an extremely difficult time writing and expressing myself through words.

I graduated from high school and six months later found myself in India. That's a whole other story to tell. I first met Charles in an ashram in Hardware India at the foothills of the Himalayas. Charles was probably 10 years older than me. He graduated from Oxford University in England.

He had that incredible English flair around him. He was a master with words. Quite frankly I never saw anything quite like this. He was a master poet also. I just graduated from high school and was just starting to learn about life.

There was an incredible birthday party celebrating Prem's fourteenth birthday and Charles was the court jester and master of ceremonies. It was a sight to behold. Everyone dressed up in these elaborate customs. I remember listening spellbound when he gave discourses at the ashram. He told incredible stories.

Charles wrote an incredible poem Christ a rose in Jerusalem. This was written in a magazine where he was the editor. I still remember this almost 50 years later. The last time I talked to Charles was in Miami Beach in 1986. He asked me a meditation question.

A few years back I stumbled upon the Zen Pundits blogs and followed them for a while.

I never knew that Charles was married and had a son. Emlyn through his podcast filled me in.

I didn't bloom to be a writer until only a few years ago. I'm never going to be at that level as Charles and his son. I learned how to write for the love of it and hopefully improve my craft. The goal is to express the depths of your soul. Every one of us has a unique story to tell. It took me over 60 years to realize my passion

and purpose. Charles was an inspiration from the beginning of my journey in India.
May your touching words live forever.

06-14-2021 Feedback

I've been posting almost every day since 2017. Since then over 55 books have been created. Over 92 collections of the day have been written. Each collection contains about 11 thoughts for the collection. Each month or so I do a talk of the month. I talk about what's relevant for us to get along together.

All these have been presented in both audio and a pdf. My intuition tells me that at times this is information overload. Even the best advice must be chewed slowly. Yet the story must continue.

Many of my friends have been meditating for many years. Despite this many are discouraged by their practice. Many still have no clue what it is. We all have incredible journeys.

I was thinking to have a series of courses derived from some of my books. These courses will go over the book and have a group discussion talking about how to implement these principles into your life.

Note I'm not a teacher or Guru. I'm simply a person who loves to think outside of the box. I try to take these basic principles into my daily life. Each day I'm fine-tuning the guitar of life.

We could all learn more together. This could be like a think tank. I would call it a wisdom tank. Many think tanks aren't in for our best interest. Wisdom is beneficial for all.

Here are some feedback questions.

- Has the wisdom inspired you at all?
- Have you taken any steps?
- Did you read the book or listen to Family and Friends? Over 500 family and friends, I talked about are in that book.
- Did you know that project I did a Creative project? Many of my family and friends are extremely talented and creative. I was blown away by how each of us has a particular gift.
- Do you know I have three different sites for all my material?
- Would you be interested in any courses?
- I'm going to charge the least I can. I have been paying for everything out of my pocket. I'm semi-retired. I'm not working in the outside world now for

two years. I would love to charge around 10.00 a month. If I could I would try to have sponsors. If sponsors came along this could be free.

- I hope this wisdom has inspired you. That's all I want.
- At times I bring up current events. I've trying to see our current issues with a clear vision. Kindness will go a long way in life.
- I have no desire to make tons of money out of this. I prefer my anonymity. I would love to have others contribute to this collaboration. We all have a unique message to give.
- I was also thinking about having ethnic cooking classes online. I love to cook. Many of my friends are incredible cooks and chefs.
- Learning should be fun. I love to learn. I have a simple mind yet simplicity is the key. Intellectual knowledge takes you so far. Inner wisdom lies inside of you. If a newborn baby could just describe the inner wisdom we would be blown away. Imagine coming from the source of all minutes before.
- Anyway, let's go to the next step on this journey.
- Any thoughts or comments.

06-28-2021 Surfside Disaster

We have all been mourning what happened in Surfside when the condo collapsed. I had a dream last night that hopefully, we could develop in the future. Imagine a quantum device that by pointing it towards any building you could see in the quantum field the state of the building. You could see all the areas of strengths and weaknesses.

Champlain Towers South was apparently in the very early stages of the 40-year recertification process. It's easy to be a backseat driver instead of driving the car. Yet we need to think outside of the box here. The United States is facing a major infrastructure problem. The event could happen anywhere in the United States today.

I remember around 25 years ago John Slowsky and I built a virtual 3D model of Lahaina on Maui. I took a month's vacation to photograph the main street. John and I mapped them to virtual reality. Google today has a car with a camera that works 1000 times faster than what we had.

Imagine having a quantum camera that takes pictures of each building and stores them in another field in Google's database. The town of Surfside could easily be done in less than a week.

The building inspectors and the general public could see online the results. No longer would the opportunity arise where incidents like this would happen. Granted they would have to fix the issue. That's another story. Yet this image could pinpoint in detail a disaster that could happen and manifest.

This camera could be pointed at the collapsed building and it could detect any survivors. This would make it easier for the rescue worker to find the victims. Note, every moment is critical.

Many inventions come from dreams. John Slowsky and I developed a visual real estate program and a virtual reality walkthrough before its time.

Today the whole world is using this technology. I'm probably not the first person that had the dream last night. Inventions occur this way. A desperate need for this has to occur otherwise a disaster could be set off at any time.

Instead of a 40-year-old recertification, it could happen once a year. Mind you like a dream it's only a prototype in the mind's eyes. Yet every dream follows the thought, idea, plan, and action. Maybe someone could take the ball and run with it.

06-30-2021 Intermittent Fasting ³

Here's another trick of the trade. I've been doing this for around five years now. My body loves it. Take care of your body and your body will take care of you.

Here's a great article I found on the science of intermittent fasting. Start slowly and find out your cycle between eating and fasting. I eat from 10:00 in the morning and have my last meal around 5 to 6 p.m. Do your homework. Don't force yourself.

Listen to your body and mind. This is not a torture test or some penance. Most of all have fun and let your body heal itself from the trauma of the day.

Intermittent fasting is an eating pattern where you cycle between periods of eating and fasting.

1. Changes in the function of hormones, cells, and genes

When you don't eat for a while, several things happen in your body.

When you fast, insulin levels drop and human growth hormone (HGH) increases.

Your cells also initiate important cellular repair processes and change which genes they express.

2. Can help you lose weight and visceral fat

Intermittent fasting helps you eat fewer calories while boosting your metabolism slightly. It's a very effective tool to lose weight and visceral fat.

3. Can reduce insulin resistance, lowering your risk for type 2 diabetes

Intermittent fasting can reduce insulin resistance and lower blood sugar levels, at least in men.

4. Can reduce oxidative stress and inflammation in the body

Studies show that intermittent fasting can reduce oxidative damage and inflammation in the body. This should have benefits against aging and the development of numerous diseases.

5. May be beneficial for heart health

Studies show that intermittent fasting can improve numerous risk factors for heart disease, such as blood pressure, cholesterol levels, triglycerides, and inflammatory markers.

6. Induces various cellular repair processes

Fasting triggers a metabolic pathway called autophagy, which removes waste material from cells.

³ [10 Intermittent Fasting Benefits: Weight Loss, Cell Repair & More \(healthline.com\)](https://www.healthline.com/health/intermittent-fasting)

7. May help prevent cancer

Intermittent fasting has been shown to help prevent cancer in animal studies and some human studies. Research in humans showed that it can help reduce side effects caused by chemotherapy.

8. Has benefits for your brain

What's good for the body is often good for the brain as well.

Intermittent fasting may have important benefits for brain health. It may increase the growth of new neurons and protect the brain from damage.

9. May help prevent Alzheimer's disease

studies in animals suggest that intermittent fasting may be protective against neurodegenerative diseases such as Alzheimer's disease.

10. May extend your lifespan, helping you live longer

Intermittent fasting may help you live longer, according to studies in animals.

09-03-2021 Bounty Hunter

Pardon me am I still living in the United States of America? A few days ago Texas passed this insidious law. Not only did this law get passed but it made the average American a bounty hunter. Suppose a young woman needed an abortion after 6 weeks. She hops into a taxi and goes to the clinic.

The poor taxi man is liable for up to a 10,000 fine. The women will be told sorry no can do. You came here after the time limits. Just think the supreme court of America allowed this to happen.

How many more crazy laws will be passed? At the same time, Texas passed a law where a person can carry a gun without a permit. I saw on the news a beautician needs at least a year's training while a person with no training with a gun can carry one without any training at all.

The Nazis and East Germans turned your neighbors into bounty hunters. They lived in fear of one another. It looks like this is coming down to our neck of the woods. Roe vs. Wade was passed over fifty years ago. In just one day it disappeared like a thief in the night.

In the last six months so much destructive change is going on. Truth becomes fiction. Fiction becomes the truth. Thousands of laws are being passed because of this. The owners of these laws know they are lying but want to remain in power and control. In Texas, they make it extremely difficult for minorities to vote.

We have a crisis at hand. Our democracy is going down the drain right before us. Note I'm not aggregating. America is losing its moral compass. Ethics and morals have gone out the door. Leading by wisdom and compromise is nowhere to be seen.

Natural disasters are almost everyday occurrences yet congress is at a stalemate. There has never been more of a time when we need to unite ourselves again. Our division is tearing us apart.

I could go on and on which I won't. We must grow up and act like mature adults before it's too late.