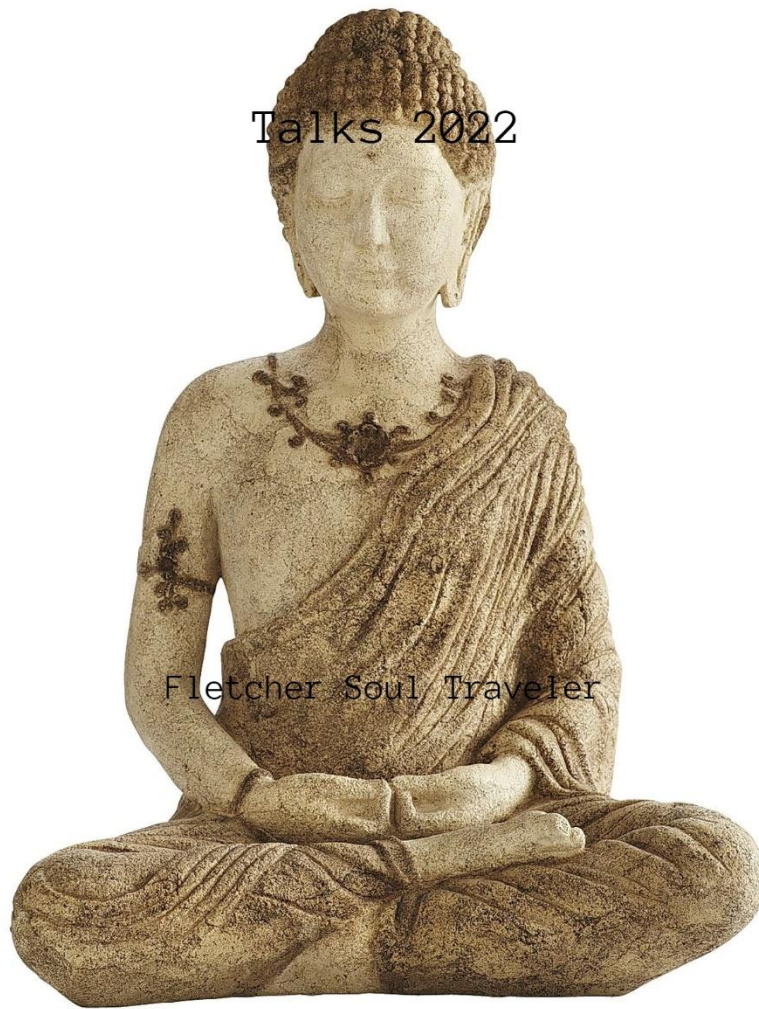


Talks 2022



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01-01-2022 Happy New Year

This is my hope for humanity. May we all assume the role of the Faithkeeper. Thanks to David Gelfand for sharing. May you have an incredible time wherever you. We miss you dear David.

1

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

¹<http://seminejourney.com/blog/2020/8/24/the-faithkeeper#:~:text=In%20many%20Native%20American%20traditions,what%20the%20tribe%20may%20endure.>

01-08-2022 Sawing Off The Branch We Are Sitting On

Sometimes we want things to go back to normal that we are sawing off the branch we're sitting on. This is a phrase I love that Prem Rawat said around 48 years ago. Last Thanksgiving just a few months ago I saw on the news that over 100 million Americans were planning to have Thanksgiving with their loved ones. The airports were packed. The same scenario occurred for Christmas and New Year.

A few days ago we had the largest surge since this began. Over a million people got the virus in one day. Just think that if that occurred every day the entire population could be affected in just one year give or take.

Many of us have lost a sense of wisdom and practicality. This virus will morph and change as time goes on. It doesn't care about your political point of view. It doesn't matter what side of the spectrum you are on. It has a mind of its own.

We need to stop and reflect on the actions that we take. Unfortunately, it affects us all. We are all a piece of the puzzle.

We can either rise to the occasion or see the next round that it will change and morph into.

Each one of us is responsible for millions around us. We are not separate.

02-09-2022 Computers Can Be So Damn Frustrating

Computers can be so damn frustrating. Have you ever had a day where you shouldn't have gotten out of bed? Yesterday was one of those days. I was having a meeting with my business partner Guy. \

We are doing a program called magicrings.org. He saw that I spelled Mullin as mullen. Anyway, to make a long story short I accidentally deleted my slides table. I'm using MS SQL express. Just think for the past thirty years once you say delete it deletes with no questions asked. Once you press that button to execute that code it's gone.

I thought this was going to execute.

```
delete FROM [rfletcher_MagicRings].[dbo].[Slides]
where id >3669
```

Instead, this got executed.

```
delete FROM [rfletcher_MagicRings].[dbo].[Slides]
```

I thought I highlighted the where clause. You would think by now there could be a roll-back function. I had a friend who accidentally deleted the Schwab ID table in production. The system was down for a while before people could use it again. I'm positive this is probably a daily nightmare that occurs anywhere in the world.

About a year ago I thought that I could backup my data daily. I found out MS SQL Express doesn't handle that functionality automatically.

02-13-2022 Science and meditation

As many of you know my twin brother and I love to meditate. It's built into our genes. We also love to research many different things in life. Fifty years ago I dreamed of assisting in some way in researching the bridge between meditation and science. Since then thousands of research documents have come out.

Recently I saw a live feed with Joe Dispenza and the research scientists at the University of San Diego. Wow, I was blown away by the sophistication. We have come so far in just fifty years. Here's the link

<https://drjoedispenza.com/pages/scientific-research>

I sent an email to the chief scientist explaining my background. This was about a month ago. I sent out the email not expecting a response.

Last Monday I received an email from Hemal and he wanted to do a zoom interview with me and my brother. We had an amazing conversation. We were on the same wavelength. Anyway Hemal said he would love to have my brother and my assistance in helping in his research by finding different meditation groups that are out there.

The first stage would be to gather people during covid to give some saliva, urine, and other samples. A test kit would be mailed to each participant. Note this is in the infant stage but will be ramping up soon.

I'm asking for assistance from all my friends who meditate. We can slowly change this world one drop after another. Fifty years ago I was considered a commie because I meditated and did yoga. Fifty years later it's in the mainstream culture.

Hemal told me it's very hard to find people to participate in research projects. I'm hoping that my friends will participate. This research will involve many different groups. We are all united through the thread of love. We must rejoice in the different diversities and at the same time realize the thread that is tying us all together.

This link explains the latest findings.

<https://drjoedispenza.com/blogs/dr-joes-blog/hello-geniuses>

If you are interested please message me or send me an email at richardpfletcher@gmail.com

We can slowly change this world. The more research is done on this and comes into the mainstream the faster the world can change. Even if you don't meditate you are welcome to participate. Your findings can be used as a benchmark.

02-26-2022 War

Billions of people are witnessing the slaughter in Ukraine. Can you imagine your world changing forever during your sleep? You wake up in the morning and have to run to the bomb shelter. An invasion like this hasn't happened since WW II. Where does this insanity go? What country is he going to attack next? Sanctions unfortunately hardly ever work. Yes, the common person gets affected but Putin won't.

We can't send in NATO. If we do we start another world war. I'm going to keep this short.
This is from CBS news.

As Russia began its full-scale invasion later Wednesday, Trump told Fox News that "This all happened because of a rigged election." At a Mar-a-Lago fundraiser Wednesday evening, he continued his praise of Putin, calling him "pretty smart" in "taking over a country for \$2 worth of sanctions."

War is insane. Only you and I can stop the craziness. It just takes one person in power to bring total chaos to a country. They are being attacked by three sides. No wonder the President of Ukraine is asking for assistance from the world. His county is violently being destroyed.

02-28-2022 I need ammunition, not a ride



This is from CNN ²

Ukrainian President Volodymyr Zelensky has turned down an offer from the United States of evacuation from the capital city Kyiv, the Ukraine embassy in Britain said Saturday on Twitter.

"The fight is here; I need ammunition, not a ride," Zelensky told the US, according to the embassy.

Zelensky remains a "prime target for Russian aggression," US State Department spokesperson Ned Price said Thursday evening amid Russia's invasion of Ukraine. It echoed Zelensky's own words that his intelligence said he has become a key target.

"According to our information, the enemy marked me as target №1, my family - as target №2," Zelensky said Thursday.

"They want to destroy Ukraine politically by destroying the head of state. We have information that enemy sabotage groups have entered Kyiv.

I have nothing but respect for this man.

² <https://www.cnn.com/2022/02/26/europe/ukraine-zelensky-evacuation-intl/index.html>

03-25-2022

The session lasted 90 minutes. 15 minutes initial phase. 1 hour highly charged oxygen phase and 15 minutes back to normal oxygen. The oxygen level is around 99%. Normal levels are around 33 percent.

You put on an oxygen mask and lie down on a comfortable tent with a nice pillow. You have the option to have the windows blocked or not. I chose the block windows so it was pitch black. You put on your mask and they zip it so you are totally closed from the outside world.

You are given instructions similar to being on a plane when the oxygen levels change to yawn and move your jaw. I only had to do this several times. It was at the beginning of the high oxygen cycle and at the end portion of coming down to a normal oxygen state.

To be honest it was an incredible experience. Beyond mystical. My body absolutely loved it. I've been meditating for fifty years and the level of oxygen that I received was extraordinary.

Part of my body that has been lying dormant was coming back online. My foot was being reactivated. The nerves and circulation flow were coming back online. Granted this is the first treatment. I have a lot of things to change to fine-tune the guitar of life. Once again synchronicity brought me to this incredible place.

03-26-2022

Today the clinic I went to originally for this problem called me and asked me how I was doing. I was very impressed and told them so. In this day in age, I haven't heard of such a thing.

I told her this story.

After the acupuncturist and MD doctor told me to go to the nearest clinic right away. He diagnosed the problem. He said I needed antibiotics right away. The clinic also said the same thing. Both of them said it was quite serious. The nurse practitioner told me to get an appointment with the wound specialist right away.

The referral from the clinic got lost in translation and I couldn't get in for over a week. Thank God I was taking antibiotics.

The nurse practitioner told me it was a serious infection. She said at this point it was a fifty-fifty chance I might lose my left foot.



She highly recommended Hyperbaric Chamber Therapy for daily sessions for a month. The cost was \$60,000 for a month.

That's two thousand a session. She said we could start the next day and Medicare would pay for it. I said let's do it.

She left the room and came back a few minutes later. She told me that Medicare won't allow this treatment until a month after my first visit to the clinic.

I said could you give me a discount for the sessions that I would pay out of my own pocket until the month arises. She left the room and came back and said sorry no discounts are allowed.

She was blown away by the cost and lack of concern from this center. They said it was a fifty-fifty chance of losing my left foot and nonchalantly blew me away. I told her I found the Epigenetics Healing Center and on Friday already start my first session. On Monday the 28th, I have a one-on-one with the Doctor for 1 ½

hour. She said this was an excellent decision. They handle cases like these all the time. Just think I booked a month's worth of sessions for one thousand dollars. The other place charged me 2,000 per session.

03-28-2022

Oxygen is intelligent. This was an amazing session. If you ever do this don't read a book. Don't watch TV listen to music or have your phone. The more you pay attention to something the more attention it pays to you. If you are distracted by putting in external stimuli you really miss the point of it all.

True communication is needed in this process. Healing takes your effort and concentration. All the magic pills in the world won't help you if you are not involved in the healing process and the lifestyle changes needed to be in harmony with this wonderful body.

03-29-2022

The Hyperbaric Chamber was again an incredible experience, I have a few tips that they might want to look at. First, have the clinician take their time and wait for the patient to be absolutely ready to start the session. I was just putting on my face mask when they started.

Don't introduce stress to the patient when all it takes is to be mindful. The more relaxed the patient is from this world the more benefits will come your way. Don't introduce any more stress.

Have a simple blood pressure monitor in the room just like in the IV room the clinician use. It's cheap and the patient can take their blood pressure without any help.

Have a simple bathroom scale in the room. Someone like myself would like to monitor my weight and blood pressure daily. It might be before or after the session. The patient could do this all themselves.

It might be a good idea for the clinicians to have a couple of sessions. Without this, they have no idea what's going on. When they are put into another person's shoes they can gently change their ways.

Consultation

The result of my interview was almost exactly what I wanted. A few comments I have. One is when I spend over 2,500 dollars out of my own pocket and a 150.00 consultation fee I expect a 1 ½ hour consultation. I'm a senior citizen on a fixed income. Around 50 minutes in the interview process, the consultation was abridged and I was led to the finance office to pay for my treatments. I still had many questions to ask. I felt she had all the service I needed and that was the end of the discussion.

I was satisfied with the treatment plan and the medicine I got. My twin brother John the day before sent me a link on Berberine. My brother has been studying functional medicine for over 25 years. After I was finished I called my brother and he said I sent you this link yesterday. He was very impressed. Another example of synchronicity. [Can This Herb Completely Replace Drugs for Type-2 Diabetics?](#)

Last Wednesday I was told that I had a fifty-fifty chance of losing my left foot. I took off my bandage and she examined my foot. I had a very hard time putting away back on the gaze wrap. I had to throw away my bandage. I would think a professional would see I have a problem and help. I'm not criticizing her. These

are helpful comments to make your business even better. If I didn't care I wouldn't be saying this.

I would give her an A even despite this. We can always learn and grow. The front office and finance department are top-notch.

I was impressed by the female clinician who tried two times to put the IV in my right arm. She was very professional and out of integrity asked for assistance from another person. That was great thinking and wisdom. We know now my left arm is easy to hook up while my right arm is extremely difficult.

I have more helpful advice if you like. This is all about fine-tuning your business. You are offering an incredible service to the Kansa City area.

03-30-2022

Talk about synchronicity. A few weeks ago I get a phone call from Julie Chertow. She was calling to ask some questions if I could help her out. We discussed it for some time and I told her about my foot problems. She highly recommended Young Living essential oils for my feet. Julie recommended lavender, thieves, and Melrose.

Legend Of The 4 Friends

³During Medieval Times, in the darkness of The Plague, there were four brothers whose parents were herbalists. When times got tough, the four brothers became four thieves. They robbed the graves of the dead; hugely exposing themselves to The Plague but never getting sick.

One day they were caught and offered a reduced sentence if they explained how they managed not to get sick. They explained that they learned about medicinal herbs from their parents and were using the essential oil blend that has traditionally become known as Thieves oil.

In the early 2000s, studies were done on the efficacy of the essential oils in the blend. In summary, these essential oils were proven to pack a big wallop to mold and mildew spores, bacteria, and viruses. In fact, regarding mold and mildew, the blend not only killed more spores than standard chemical preparations but also continued being effective for weeks after the standard treatments were no longer effective!

Inner rebooting of operating system

Yesterday was quite a day. I started to take Berberine before eating my meals.

Berberine helps to lower blood sugars without taking insulin.

⁴Just like insulin, it activated the same biochemical pathway (protein kinase phosphorylation activation of GLUT-4) that signals cells to take up more sugar. And just like insulin, the greater the amount of berberine they exposed the cells to, the more sugar they took up. All this happened in the absence of any insulin! Now I understand why Rich had the great result he had. I also see why he was not responding to the program I describe in my book, *The Type-2 Diabetes Breakthrough*.

Last night my wife Barbara was helping me to put on the oils and apply the dressings. To our amazement, we could see such significant changes it was mind-blowing. I can't express in words the support and guidance my wife has given me. It has brought us so much closer. When you might have to have your foot amputated you see the preciousness of life.

I woke up to meditate. It was early in the morning. I was quite dizzy. Imagine a heroin addict going through withdrawal. The same symptoms occur when one drops sugar in your life. The body has to undergo great changes. Let's keep it at

³ <https://ecofreako.ca/pages/legend-of-the-4-thieves>

⁴ <https://www.faim.org/can-this-herb-completely-replace-drugs-for-type-2-diabetics>

that. I lay down and when this wave was over I got up to meditate. Within seconds I felt the inner rebooting of my operating system. I can't put it into words. For the first time in years, I didn't have to get up and go to the bathroom.

Furthermore, I could feel a significant reduction of numbness in my feet. All the effort I made was coming to fruition. I was told that this couldn't happen and that one had to live with this condition.

Yes, I have a ways to go. You don't just heal when you have been thinking you have been eating right for years. Yet my inner operating system has been rebooted. If anyone is reading this I hope you are listening.

The lifestyles we live only promote sickness and disease. So much unnecessary pain and suffering. We are getting old and dying well before what the human body is capable.

THIEVES®, THIEVES® ROLL-ON, & THIEVES® VITALITY® (Essential Oil Blend)

This is a most amazing blend of highly antiviral, antiseptic, antibacterial, antifungal, and anti-infectious essential oils.

It was created from research based on legends about a group of 15th-century thieves who rubbed botanicals on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, the thieves were forced to tell what their secret was and disclosed the formula of the herbs, spices, and oils they used to protect themselves in exchange for more lenient punishment.

Studies conducted at Weber State University (Ogden, UT) in 1997 demonstrated the killing power of these amazing oils against airborne microorganisms. The analysis showed that after 10 minutes of Thieves diffusion in the air, there was an 82 percent reduction in the gram-positive *Micrococcus luteus* organism bioaerosol, a 96 percent reduction in gram-negative *Pseudomonas aeruginosa* organism bioaerosol, and a 44 percent reduction in *S. aureus* bioaerosol.

A 2000 study by Sue Chao and Gary Young found antifungal properties for Cinnamon Bark, Lemon, Rosemary, and Eucalyptus Radiata oils, four of the five oils in Thieves blend.

A 2015 study found Clove essential oil (*Cinnamomum zeylanicum* syn. *Cinnamomum aromaticum*) to be antifungal as well as antibacterial. Gary Young personally used Thieves blend to eliminate black mold.

Essential oil expert Kurt Schnaubelt has written that essential oils do not kill beneficial bacteria. He explains that phenylpropanoids such as cinnamic aldehyde, eugenol, and carvacrol are antimicrobial. However, they are also unique in the way that beneficial probiotic bacteria can harmlessly metabolize them.

MEDICAL PROPERTIES & USES:

Anti-inflammatory, antiviral, antibacterial, antimicrobial, antioxidative, calming, cardiovascular supportive, dietary, digestion or elimination supportive/nausea reducing, disease inhibitory, muscle relaxant/bone-joint preservative, oral protective, organ protective, pain or swelling reducing, performance enhancing/stimulating, respiratory system supportive, wellness supportive

INGREDIENTS:

Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, Rosemary,
Fractionated coconut oil (Roll-On only)

DIRECTIONS:

Aromatic: 10 Topical: 20-80. For headaches, put 1 drop on tongue and push against roof of mouth. Apply neat to bottoms of feet. Dietary (Vitality): Dilute 1 drop with 4 drops of V-6 or other pure carrier oil. Put in a capsule and take 1 daily.

CAUTIONS:



ABOUT MELROSE™:

This is a blend of four essential oils that have strong antiseptic properties to cleanse and disinfect cuts, scrapes, burns, rashes, and bruised tissue. These oils help regenerate damaged tissue and reduce inflammation. Melrose is powerful when diffused to dispel odors, purify the air, and protect against viruses and daily radiation bombardment.

MEDICAL PROPERTIES & USES:

Antiviral, antimicrobial, anti-inflammatory, antioxidative, cardiovascular supportive, organ protective, pain or swelling reducing, performance enhancing/stimulating, wellness supportive

INGREDIENTS:

Rosemary, Tea Tree, Clove, Melaleuca Quinquenervia (Niaouli)

DIRECTIONS:

Aromatic: 30. Topical: 50-50. Apply to broken skin, cuts, scrapes, burns, rashes, infection, or desired location as needed. Follow with Rose Ointment to keep oils sealed in wound. Put 1-2 drops on a piece of cotton and place in the ear for earaches. Dietary: Children over age 8: 6 drops per capsule 2 times daily or in yogurt. Adults: 20 drops per capsule, 1-2 capsules, 2 times daily or in yogurt.

CAUTIONS:



LAVENDER & LAVENDER VITALITY™ (Lavandula angustifolia)

The French scientist René Gattefossé was the first to discover lavender's ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory explosion. Today, lavender is one of the few essential oils to still be listed in the British Pharmacopoeia.

MEDICAL PROPERTIES:

Sedative, antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum on skin

USES:

Cleanse and soothe minor burns, cuts, and other skin irritations; respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions (perineal repair, acne, eczema, psoriasis, scarring, stretch marks), burns, hair loss, insomnia, nervous tension

FRAGRANT INFLUENCE:

Fresh, floral, clean, calming, relaxing, and balancing, both physically and emotionally. Lavender has been documented to improve concentration and mental acuity.

University of Miami researchers found that inhalation of lavender oil increased beta waves in the brain, suggesting heightened relaxation. It also reduced depression and improved cognitive performance. A 2001 Osaka Kyoiku University study found that lavender reduced mental stress and increased alertness.

DIRECTIONS:

Aromatic 60, Topical: Neat, Dietary (Vitality): Put 2 drops in a capsule and take 3 times daily.

CAUTIONS:



True lavender is often adulterated with hybrid lavender (lavandin), synthetic linalool and linalyl acetate, or synthetic fragrance chemicals like ethyl vanillin to increase volume.

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Reba and the crew

The crew here has been absolutely incredible. I would rate this place an A+ They are highly professional and yet they carry true compassion for their patients. They have a lot of humor which helps in situations like mine.

They will always try their best to answer your questions. Many times I have been woken at 2:00 or 3:00 in the morning. They always have a sense of humor and compassion. I have a call button that I use to call and come assist me. They always come with a smile and humor.

Sound of a freight train

The MRI experience that I had was quite different. This was the first time I ever had an MRI. I had to wear headphones because the sound was so loud. It was like a freight train whizzing by inches away from your head.

It was one of the most annoying sounds I have ever heard. You would think with the latest technology we could develop something less annoying to the mind and body. Someday soon we will have a device like a cell phone where we can scan a particular part of the body and instantaneously see an image of what we want. We have a long ways to go but probably within 10 years, this technology will be common.

Surgery

The surgery was quite stupendous. How can I say that it was a mystical and practical experience? The anesthesiologist gave me the anesthesia right before surgery. During the operation, I was in a state of clear light awareness.

How could I say this? I was in a place of pure light and yet I was aware of the operation taking place. The first time I had an anesthetic I was completely blacked out of any experience at all. The anesthetic was applied and the next thing I knew the operation was over. This was completely the opposite.

Meditation helps to bring one's awareness of the sleep state and allows the person over time to be aware that they are in a sleep state and be aware of the clear light inside.

Words can't describe this experience yet. The doors are open if we recognize that there is a door within. This is not mystical but a practical experience that we have forgotten.

Code Red

What can I say? Lying in bed at night. So many different kinds of sounds. Code Red. Code Red. Emergency emergency emergency. Stroke, stroke, stroke. Heart attack. Heart attack. Heart attack. Laughter from nurses. Laughter from nurses. Laughter from nurses. Silence silence silence.

I love when the nurses laugh and tell sweet stories. They are watching death and life taking place right between their eyes. They are so composed of life-threatening events going on all around them. I have a new respect for the jobs nurses perform.

Be conscience or freak out

I had two choices. One was to be conscious and the other was to freak out. There is no in-between. Either one has faith or one goes into a frantic state of mind. This will always lead you nowhere.

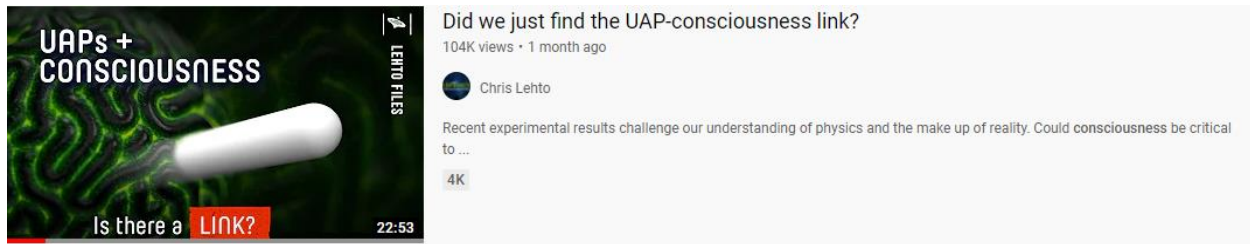
The power of prayer and meditation is the guiding force that allows one to be conscious and aware of the divinity that lies within. This is the true sanctuary that we all have. I often say the more attention you pay to something, the more attention it pays to you.

By doing this, one can be in the center of the hurricane and yet not be touched by the hurricane force of the mind. The mind is either your friend or enemy. The choice is up to you to decide where you place your awareness. This is why I call the spiritual life the most practical life.

Slowly through the years, my understanding has grown tremendously. The chemistry set lies within you and you can control the chemicals that get released by your thoughts and actions.

We can never rest on our laurels. One always has to learn sacred wisdom, externally and internally. I thought I had an incredible diet yet I was totally wrong. The body talks in a very subtle matter. Unfortunately, most of us including myself didn't get the message before it was too late. I probably wouldn't be in the circumstance that I am right now. I'm sitting in a hospital bed writing this.

The double split experiment



My dear friend Amar sent me this link to this YouTube video a few days ago. I highly recommend for you watch this. It could totally transform your life. It's a simple scientific experiment that goes back to the early 1800s, but it is so relevant today.

The wise man says that one should have their feet on the ground and their head in heaven. One should be in this world and yet at the same time be in the state of heaven.

Many of us mourn deeply when one of our loved ones passes and transforms from this world. We grieve tremendously. Yet they have simply moved into another room in the mansion of life.

This simple experiment proves that we are all interconnected and entangled with the universe. This means that we can be in touch with our loved ones wherever they may go. Love is a communication tool. You're awareness and consciousness can be tuned just like tuning in to a specific radio station. You just simply adjust the dial to the station that you want to hear.

Mind you communication is not through words but through love itself. When you connect to your loved ones, they have a unique signature just like when they are on earth. You will know and experience this unique signature and at the same time, it will seem so familiar to you. Each soul has a unique and divine signature. We can be aware and conscious of our loved ones.

Take this one step further. All the great spiritual masters are still here. Signposts are all around us. These great masters taught us that the kingdom of heaven lies within. We are entangled with heaven yet we aren't aware of it. This simple experiment proves that we can be connected to the heavenly realms while we are alive. This may be super simple which it is. Most people probably think that it's

too simple. Yet the universe's secrets are all around us yet we don't have the eyes to see them. Only a child at heart can see the heavenly realms. This has been said over and over by the great spiritual teachers who walked upon this precious Earth.

These are exciting times that we are in. My dear friend Amar said this to me a few days ago. We are seeing the fusion of science and the great wisdom of the past. We are on the verge of a great transformation in this world. We simply need to wake up from our slumber. We have such incredible potential within us. We can stop all these insane wars in this world. All we have to do is realize that we are all interconnected with each other. This experiment proves it.

I hope that you read this message and you watch the video. Hopefully, over time it might sink in. You are never alone. We only see less than 1% of the light spectrum yet we think we see it all. We have five external senses to perceive this world. We have five internal senses to perceive the inner universe within.

03-31-2022

Let's keep this simple. I need your prayers. Today I have to admit myself to the hospital. I have a 50/50 chance of losing my left foot. Despite all the efforts I have made it is getting worse. If I have touched you in any way I'm asking for your prayers and support.

Life throws us many curveballs. Yesterday I thought I was on the road to recovery. So many wonderful signs were appearing. I went to the doctor again and she said incredible try yet you need much more powerful medicine and advised me to go tomorrow to the emergency room.
The incredible journey of life continues.

05-05-2022 Double split experiment 2

Happy Birthday, Amar !!!!

After I wrote my commentary on the double split experiment I was very excited. I began to think quite deeply. It made so much sense. Signposts are all around us yet we don't have the eyes to see them.

That same day Amar sent me a PDF that contained a document he wrote on the Jains theory of cosmology of the universe. He used wisdom from 5,000 years ago and current scientific knowledge.

Two years ago I wrote a book about the Jains and their incredible culture. As you might know, I love to study the great mysteries in life. I love to meditate. I posted my material on Facebook daily for around 3 months Amar saw my post and we soon became good friends. He was interested that a Westerner would write a book about the Jains.

Amar has quite a scientific background. He has a master's in electrical engineering. He has spent over 25 plus years in the aerospace industry. He has studied modern science and Jain Dharma since childhood. He values both as important to knowledge. Amar and I are on the same wavelength. We seek that which seems to be hidden. Signposts are all around yet we don't have the eyes to see them.

Amar's lecture was a marriage between ancient wisdom and modern-day scientific knowledge. Amar told me the following over the phone a few days ago. This is probably the greatest time to be alive. He works for the same company that developed the James Webb space telescope. It was launched in December last year. In May, the system will go officially online. This telescope is the most powerful telescope ever built. Probably thousands of scientific experiments will take place. Our understanding of the universe will be enhanced tremendously over the years.

This brings me back to both. Amar and I take the light infusing the ancient wisdom of the past and current technologies. We are all evolving. The Jains have so much to contribute to the world at large. Unfortunately, the western world really hasn't realized the contributions they have given over the past 5, 000,000 years. The world would be much more peaceful and in harmony, if we incorporated their ideas into present-day society.

The double-split experiment seems so simple, yet it is probably one of the most important scientific discoveries. We are on a verge of using these principles to unlock the great mysteries in life. Soon we will discover that the Jains version of the universe and the western scientific world of the universe are both talking about the same thing. Mind you 5,000 years ago we didn't have the scientific hardware and software to develop these incredible theories.

The Jains understood that consciousness exists everywhere. It exists beyond time and space. It exists beyond our known universe. It exists in the scene and unseen worlds. Consciousness is the fabric of life.



I was roommates with Mary for a couple of months in Miami Beach. She was a delight to be around. I have nothing but good memories about her. Yes, she loves to meditate. That is her foundation. Years later I love to read her Facebook posts.

Just talked to Mary yesterday. It has been many moons since we have talked to each other. Yet it seems just like yesterday. Talk about perfect synchronicity and timing. Mary was probably one of the only people who could help fill in the blanks for me.

There is more to this story about Mary. Sometimes events that occurred over 35 years ago come to fruition many years later. I see the synchronicity of many things. I'm trying to find out about my Zambia experiences and also what synchronicity was that Mexico City produced so many incredible chefs that have cooked for Prem.

Mary, help me out on two fronts. She is going to try to find out what series of events happened in Zambia 50 years ago. I can fill in the blanks but I have no idea who was involved. Hopefully we can get to the mystery of this puzzle. I have a lot of gratitude towards these people.

Mary told me that Bob Cleontes and her were boyfriend and girlfriend during his time in Malibu. She told me a story the first time that Bob cooked for Prem. She went to Ralph's grocery store to buy fresh shrimp. Bob was going to make fish tacos for Prem and his family. Mary said she helped devein the shrimp and took off the shells.

She also told me about Lupe and her mom about how incredible their Mexican food was. You can't find Mexican food like this in the States. They both were incredible chefs in their own right. Both of them cooked for Prem and his family. Mary provided me with Lupe's phone number so I'm going to call her in the future.

Mary also knew Anna, my old girlfriend from 50 years ago. Anna also cooked for Prem and his family. What a small world it is.

I just wrote a piece called the flap of a butterfly's wings. This piece is so reminiscent of the events with Mary. Out of all the people that I know Mary

had so much key information to help solve the puzzle. Not only did she know Bob Cleontes, but she also helped him in his first meal cooking for Prem and his family. She was also friends with Lupe and her mom. The older I get I see the majestic life that ties us all together. The more we see synchronicity the more synchronicity will occur. Signposts are all around us yet do we have the eyes to see? Mary and I haven't seen each other in many moons yet the friendship is as fresh as ever.

07-03-2022 Diamonds in the raw

My brother and I have a website called John Franklin Fletcher. This website has all the material that we have done over the last 10 years or so. I have been doing this for 5 years. This website contains all our rough-cut diamonds. We produce our own material. We don't have a production team.

In the future, we plan to remix everything we've done and make it professional. Also, we are looking at someday having a team of editors who could make this material presentable.

Many people like the idea of having a diamond in the raw. Many people don't like that idea at all. Many people think you should only release polished material. We are speaking from the heart. Speaking from the heart is much more different than what is common in this world, a professional editor and producer are needed to make a sound product.

Recently I've been watching the get-back Beatles special on Disney+. I love to watch the evolution of the making of the song. In the beginning, these are diamonds in the raw. Eventually, they become masterpieces.

No, I'm not saying that our pieces are masterpieces which they're not. Yet I'm saying that we love to do the work that we do. Being creative has nothing to do with the world liking it or not. Being creative is your self-expression from within. Many people think they aren't good enough to create something. We all have distinct gifts from within. The world will judge them. Unfortunately, that's par for the course.

I'm grateful for my brother provided me with all the background tracks. I think they enhance my words. Each background track is different and unique. Combine these with words and it changes and morphs into something else.

I first saw this performed at a poetry conference in Orlando in the early 2000s. Ray Manzarek from the Doors gave a concert using spoken poetry and music together. It was the first time I ever saw those. I was blown away by the power of the spoken word and music.

I hope you understand that these are diamonds in the rough. They are a glimpse into our creative world. Many people think that you need a polished diamond to present to your family and friends. Yet my brother and I believe to have an uncut

diamond be displayed initially. Then you can polish it up and show the transformation of the diamond from the uncut version to the polished version.

At least this is our point of view. I love to see the transformation from seed to fruit. Our works are the initial seeds of inspiration. Someday when we have money and time, we will make them polish diamonds. In the meantime, John and I want to clarify why we do it this way.

John and I were literally trained this way since being teenagers. We have many of our friends who also have been trained this way. I won't go into the semantics. et. Each moment is precious and unique. Spirit can speak through us. Remember the mantra the more you pay attention to something. The more attention it pays to you. Our writings reflect that.

Day by day our understanding and wisdom grow. One can never say I know it all. Even if you have been meditating for over a trillion years, it's still just a drop in the bucket in eternity.

We capture all the good, bad, and ugly in life and hopefully show us the way to transform ourselves. The goal is to think outside of the box. That is our intention.

There is an expression. You can take a horse to water, but you can't make it drink. Prem would say this years ago and he would say but you can put salt in its food. Hopefully, this is salt in your food. We are not teachers, masters, or gurus. John and I are simply students of life. As students, we love learning and growing. We were brought up that way ever since we were young. My dad and mom introduce ethnic food cuisine to us quite young in life. We are always looking for something new.

08-01-2022 3-month checkup

This human body is miraculous. For the last three months, I've been learning how to be in harmony with the human body and the earth.

The body always speaks to us in silent words and through intuition. As you may know, I thought I ate a healthy lifestyle. I tried only to eat organic foods. But despite that 3 months ago I lost my left pinky toe.

In the hospital, my A1C level was around 11. Today to the surprise of my doctor and myself it is now 5.6. He was totally shocked. He had never seen anything like this before.

I told him what I was doing. I integrated the latest scientific knowledge on what to do practically to heal oneself. I admit at times it wasn't easy. My wife Barbara, and my twin brother John and David Schweizer helped me in the research.

I mainly cut out all dairy except for kefir. Almost all grains except for oats and amaranth. All bread and tortillas.

You might think that is a lot which it is. But the results are outstanding. I am now the same weight I was in high school.

My blood sugar is at the same level as in high school.

My blood pressure is at the same level as in high school.

I found out also that the majority of the latest scientific breakthroughs in diseases have been from those scientists and medical doctors who had conditions that Western scientists said could not be healed.

Most doctors say that diabetes can never be healed. I found out for myself. Yes, that is true if you don't want to change the foods that you eat and your lifestyle. Drugs will not help you or assist you in healing yourself. Note I'm not saying all drugs are like this.

My doctor took me off metformin. He said you don't need this anymore. He said he was sorry for losing me as a patient. He said he enjoyed my wife and my company.

I told him I have learned to have checkups and tune-ups just like a car. Every 3 months we can run the blood test and urine test.

I must say thanks to Cathy Deutsch who advised me with this whole situation occurred. She said you should have been doing this all along.

I haven't been to a doctor in 50 years. This car is getting old yet it is a classic and needs attention.

The body has incredible healing abilities if we just allow them.

Our Western lifestyle literally is making us sick in so many different ways. We think this is normal.

We think that Western medicine can heal us and we can go on eating whatever we want.

On this precious journey, I have learned that we have a second brain. The microbiome is our second brain. Most of us have an internal lab that is completely messed up.

When the microbiome is out of balance it will dictate to you more sugar. More sugar, please. More sugar, please

When I was at the hospital, The nurses told me that the majority of people who come into the hospital their glucose levels are high. Most of them like myself had no idea.

Consequently, over time due to high blood sugar, many different kinds of diseases will manifest. It affects all body functions. Most strokes and heart attacks manifest in people who have high glucose levels.

Almost all amputations of the toes and feet are caused by high glucose levels. Mine skyrocketed.

So what's yours? Just think in three short months my levels went down miraculously. Yet it wasn't a miracle. It was following the basic laws of nature. When we follow those laws, nature automatically starts to repair and heal itself.

This is my story. I hope it inspires you.

Many of my friends have cancer. Scientists say that cancer is angry cells.

They also say that cancer loves sugar. If you starve a cancer cell by not giving it sugar over time it will be destroyed.

Never give up hope. Think outside of the box. Do the research and see what the latest findings are. Many incredible medical doctors and scientists challenge the norm.

Most scientists and doctors would call them quacks. Even though they healed themselves, they are considered in their eyes quacks by the medical establishment.

This is the only human body you get. At least for this go around. You can't have a trade-in while you are alive.

The older I get, the more I see the thread that is tying us all together.

We can change ourselves and the world around us. Inside of us lies the silence where all wisdom comes from.

08-25-2022 There is so much hope

There is so much hope when you meditate.

There is so much hope when you consciously try to reprogram your subconscious.

There is so much hope when you change your li lifestyle.

There is so much hope when you exercise daily.

There is so much hope when you stop just for a fraction of a second before you speak.

That could make all the difference in the world.

Why put gasoline on the fire of life?

Every positive action that you take daily leads to a habit.

Mind you most habits were established a long time ago.

They are a part of you.

You don't even have to think about it.

You just react.

Now being aware is a different thing all together.

There is a huge difference between being in a reactive state of mind versus a proactive state of mind.

The difference is the difference between darkness and light.

On this journey, there are many different levels between them.

My advice is to simply start slowly and be aware of your thoughts, words, and deeds.

There is a reason why the Dalai lama monitors the actions he performed during the day when he goes to bed at night.

Most humans would never do that.

Do we wonder why there's so much chaos in this world today?
We have placed our lives on autopilot.
The car can drive anywhere pt pleases.
After a while, the car thinks I'm in control.
Unfortunately, after that, we don't even know it.
The Indians call that Maya illusion.
These things that I talk about are practical matters.
You may think Richard is on his soapbox again
Yet you have a life to live.
What could be more practical than that?
I don't care if you listen to me or not.
But I do care if you don't want to change your ways.
If your life is chaotic and you can't sleep at night learn to do something about it
You have the power to change for the better.
You have the hardware, software, and operating system put in place when you
were born.
You have the greatest computer in the entire universe that lies inside of you.
The majority of the world has never bothered to turn the computer on/
That's all that we are saying is to turn your computer on.
Learn how to live in the center of the hurricane.
We have been living like leaves scattered in the wind.
It's your choice, not mine.
I see the thread of love tying us all together.

A couple of days ago I was talking to my twin brother John.

We were talking about how we get so identified with ourselves.

Make it so identified that the concept of being united with a common thread is
uncomprehensible

Yet John said the moment you die you go from me to we.

This occurs in less than a blink of an eye.

So whether you like it or not, we are one when we all die.

Where are all one when we are still alive??

That my friend is the mystery to be solved.

08-25-2022 Computer slow

I have been a software engineer for over 35 years. I have been involved with computers ever since they came out in the early '80s.

Mind you I'm not talking about mainframes or minicomputers. I'm talking about the days of CPM

Back then they didn't have a user interface. There were no computer graphics like we have today.

You could only run one program at a time. Yet the processors were so elementary back then. We only had around 16K of memory.

Today we have on average 8 to 32 Gigs of memory.

Despite that, at times my computer comes to a screeching halt. It takes forever for it to perform a task.

Yes, we are spoiled. I have to be honest I have too many programs open. My wife does too.

So when things get slow I have to reboot the computer and flush out the memory.

You would think by now that we could have a computer that it didn't matter how many programs were opened. It never slowed down.

I'm glad my body doesn't work like a computer.

We would have left this planet a long time ago.

It's a miracle that we are alive.

I love technology and always have. Yeah at times my dream about the simple days before computers and cell phones came along.

I remember the days playing outdoors and when the street lights came on it was time to go home for dinner.

Life was so much simpler back then

Today there is social media. Kids are bombarded by bullies.

Social media wants us to be a certain way or else we can't fit into society.

We need to see the uniqueness of all cultures.

Just because my culture is different from yours, it doesn't mean yours is better than theirs.

This has gone on for thousands of years and has led to many wars.

The silly thing is that everyone wants the same thing for the next generation.

We want a better life for them.

If everyone truly have this kind of understanding the world would be in a better place.

We are all on the same boat sailing home together?

08-30-2022 Corn

My dear friend Paul Cohen sent me this article yesterday. It is extremely fascinating.

How corn made its way into just about everything we eat

By Roberto A. Ferdman from the Washington Post

Here is an excerpt from his article.

Today, the United States is the largest producer and consumer of corn — and by a long shot. Corn is in the sodas Americans drink and the potato chips they snack on; it's in hamburgers and french fries, sauces and salad dressings, baked goods, breakfast cereals, virtually all poultry, and even most fish. The grain is so ubiquitous that it would take longer to list the foods that contain traces of it than to pinpoint the ones that don't. "Our entire diet has been colonized by this one plant," Michael Pollan told National Public Radio in 2003.

I find it fascinating that ignorance is sawing off the branch that we are sitting on. Yet we aren't even aware of it.

Take for example corn. Corn has been used by indigenous people all around the world for thousands of years. It is a sacred crop. Many of these cultures say that corn came from the star cluster of the Pleiades. Corn is sacred.

These cultures try as much as they can to be in harmony with the earth and the universe. They believe they are custodians of the land.

Fast forward to today. Did you know there is hardly any processed food in the market that does not contain corn? Corn is in almost everything that you read. Even the chicken, turkey, and hamburgers that you eat the primary food given to those animals is corn.

Mind you this is not the corn of yesterday. It is GMO and altered so radically that you could almost not call it corn.

This corn causes havoc in the body. Many scientists today say that high insulin causes the majority of diseases we see today

Unbeknownst to us, corn is the hidden sugar in the foods that we eat. A person who eats processed foods over time will lead to disease in the end.

There's an epidemic going on and yet we are merely going on our way.

You are what you eat. I heard this expression over 50 years ago. It seems more apropos than ever before.

Just think some countries have more diabetics than the United States has. It's an epidemic that is beyond our understanding at this time.

Just look at this. Logically. If you are eating almost every bite of food that has been genetically modified and high in sugar, don't you think that would affect your human body?

My dear friend Paul said that this one most definitely probably alters one's DNA.

In the last 20 years, the field of studying the microbiome in the gut has been researched. They have found that the foods you eat determine your microbiome.

Now, this is where it gets interesting. According to the health of your microbiome, there's a direct relationship to your thoughts and emotions.

I saw this firsthand. Before my left pinky toe had to be amputated. To be honest I had a sweet tooth.

Imagine the microbiome in my gut was not in harmony. When one has too much sugar in the body, the microbiome in the gut will send signals to the brain to desire more sugar.

This is one reason why they say diabetics can never be healed. Many people say it is too difficult to control your thoughts, feelings, and emotions about food.

They say it takes about 3 weeks to establish a habit. I change my diet considerably. I saw slowly over the 3 weeks. My mind was getting clear

I didn't have the urges and impulses to eat sugar. Why did this happen? Well, once the microbiome in your gut starts to change your emotions, thoughts, and feelings. They begin to change for the better.

Many scientists call the microbiome the second brain. You might call it your intuition or the gateway to your subconscious mind.

Your subconscious mind is running the show whether you like it or not.

Over 95% of your actions come from your subconscious mind.

One can learn just like a computer programmer how to program the subconscious mind for the better.

At times I see it is so insidious and hideous trap we are in. At times it looks like there is no way out of it.

Who would have wondered why corn is so predominant in the world today? It is the largest crop in the world and it seems to be taking over day by day. It's almost like corn has a mind of its own.

To me, it's almost like Pandora's box. Once it was taken out of the hands of the indigenous people and handed to Western technology, the beast was set loose. I know that may sound strange but our understanding of what's going on is just beginning to surface.

I'm not going to call this a conspiracy. But I will call it motivated by big business to hook the world at large addicted to sugar. These companies make these products to get you to be addicted to them. Why? Because you will buy them again.

Our world at large is based on consumerism. The indigenous people were based upon being custodians of the land.

I find it ironic that we call them savages. In my eyes, who is the real savage? One culture that's trying to protect and be custodians of the land.

The other culture represents stripping, taking, and stealing from the land. One who thinks the land belongs to them. One who's constantly fighting over land between one another.

One who's taking precious resources and polluting the earth, water, and the air that we breathe.

We are so blase by this. It goes in one ear and out the other ear.

The older I get I see that if a society is not in balance and harmony it will do considerable damage to the earth and the species upon the Earth. They will call this process normal.

When one starts to see the signpost all around them they slowly begin to change for the better.

All indigenous cultures say to be in harmony with the mind, body, and soul. They say to be in harmony with the earth and the universe.

The world at large scoffed at these ideas. They are airy-fairy.

Now imagine your second brain is not firing properly. This leads to faulty, thinking, being, and acting in your everyday life. You're addictions control you without you even being aware of it.

Your subconscious mind is dictating your life without you even being aware of it.

That seems to me like a game right out of the matrix.

Now I'm not saying the movie matrix is real. But from my personal experience, life is like a video game.

We think this game of life is so real. Everything we do and see is based externally.

It's almost like everything is stacked against us. Many people are beginning to wake up from their slumber. Many people are consciously striving to peel the onion within us.

We are going literally from darkness to light.

We are going from me to we.

People laugh when I say this. What a fool you are. I was talking to my brother John a few days ago and we were discussing this. And John was

saying that people have this attitude and yet the moment they die in less than a second they go from me to we. Everything goes back to the quantum field. I mean everything.

So the mystics of old were talking about the same thing as today. The same problems we face today are the same problems that existed for thousands of years.

Mystic says the hardest thing to control in the entire universe is your mind. Maybe it's about time you learn a few tricks of the trade to make your life better.

When a society does not see that the subconscious mind is running the show great! darkness comes upon the land.

There must be a balance between the conscious mind and the unconscious mind.

The world at large needs to be in balance and harmony. I can see why the Taoists of old talk so much about harmony and balance.

I never understood this so much until now. Even in my own life, I see the repercussions of not being in harmony and balance. I thought I was and yet I had a grand lesson to learn

09-22-2022 Karma

This was an absolutely incredible session on karma. It was probably the most simplest and practical solution that I have ever heard. She was amazing in her presentation.

Karma has always been somewhat of a mystery to me. I never knew exactly what it was and the mechanics of how it operated.

Yes, I know the theory for every action. there is an opposite and equal reaction.

I know about good karma and bad karma.

But the process to stop karma in its tracks and eliminate karma is another subject altogether. Mind you I have been studying this for over 50 years now. This presentation gave me more incredible insight into karma and how it works.

The teacher gave a great analogy. Suppose you have a ball that you are bouncing. Imagine every action you take you are bouncing the ball. You take an action and you bounce the ball automatically whether you like it or not. The ball will bounce back.

That statement alone is incredible that you are responsible for the bouncing of the ball. Nobody else bounces your ball.

She goes on and says that the bouncing of the ball has been occurring for thousands of years. We are on a treadmill that isn't going anywhere.

To stop this she simply said stop bouncing the ball. When one stops bouncing the ball, the ball doesn't react. When you stop bouncing the ball it will take a very short time for the ball just to sit on the ground and do nothing.

I also like the fact that she said karma is not conscious and aware. If it was we would be in serious trouble because we would have a God that judges us for every action we take.

Fortunately, karma the ball is not aware and it's just simply a force of the universe that can be overcome in one's life.

The goal is to stop bouncing the ball and at the same time be in a state of self-realization within. I give the analogy of being in the center of a hurricane. Humanity is living like leaves blowing in the wind.

Karma is chains that bind us. It doesn't matter if the chains are made of gold or some simple metal material. Either way, the chain will bind us.

The more one stops bouncing the ball the greater the realizations will be. One will live in the center of the hurricane and understand the great mysteries of life. When one learns to live in the soul, one truly becomes a human being.

We were never taught this in our schools. maybe the Jains have, but we most definitely didn't learn that.

This course has made me more subtle in my practice. It truly is fine-tuning the guitar of life. With every action we take karma is taking place and yet we are oblivious to it.

We strive for happiness in our life. We think a great job, a mansion, and a yacht are the secrets to a good life. We never realize that even by acquiring these, we still have golden chains bound to our souls. Ultimately, that will never make us happy.

I'm quite impressed by the Jains who discovered this thousand of years ago. Can you imagine coming up with such a great realization and then putting it into such sublime words?

Future generations could use the road map for their own liberation. I find that extremely daunting and incredible to see.

We can learn from the wise men of the past. Unfortunately, we are so blinded that we truly can't believe something like this even exists.

Every day we moan and groan about the circumstances in our life. We don't realize that we are responsible for what comes our way. Curve balls will be thrown at you. That is a fact of life. Everything morphs and changes. I mean everything.

When one understands that life is like a merry-go-round. It goes round and round and round. When a person gets tired of this ride he wants to get off the ride.

The only way to get off this ride is to press the red button inside of you and stop the merry-go-round inside of you.

When one leaves the merry-go-round one lives in his true essence.

You are the universe and you just don't know it. We live our lives thinking this is the ultimate reality. We are merely skimming the surface of the ocean of life.

This may seem like an esoteric subject, which it isn't. This is the basic foundation of your life. We are talking about you and how you can understand your true nature.

The wise men of old have studied this for thousands of years. They have great instruction manuals for you to read and implement in your life

What good is a driver's manual if you never drive your car?

You have a car that has been sitting in your inner garage. The garage door is closed. The car is full of cobwebs and spider webs.

One may have faint glimpses that the car exists inside. The goal of human life is to take that car out for a spin on the freeway of life.

You were meant to drive that precious car. That car is your true existence. That freedom that you seek. That happiness that you seek. That joy that you seek. It all lies inside of you.

That car is who you truly are. One has become so identified externally that we have forgotten our true nature.

I would highly advise if you want to have a happy life to try this in your life

Maybe the next time some instances come your way and you could get angry. about the situation, just hesitate and don't react at all. Practice that over and over again. You will see that situation no longer bothers you at all.

In fact, by not responding at all, you remain calm. Calmness is your true nature. Getting flustered and angry is not your true nature.

Even if something good comes your way. Do the same thing. You will see that you are been driven by your emotions and mind.

When you experience positive emotions, life is good. When you experience negative emotions, life is a drag and a burden.

We live our entire life this way. We blame others for our mistakes. We think that we have done something wrong. We think other people's lives are better than ours. We have all these different feelings bout how life is treating us.

We can get off this bandwagon and experience life as it truly is. Life is absolutely incredible. Life is full of joy. , love and creativity.

We should be like a surfer taking off on the wave of a lifetime. One is in the zone. One is not thinking about making the wave or wiping out.

A surfer is in the flow of the wave of life and becomes one with it. He knows he doesn't have to do fancy tricks or try to outmaneuver the wave. He doesn't get into the contest of life and see who's the better surfer. I lost this heat by less than one point. He doesn't get into the competition side of surfing

Surfing is an art and it allows one to be in harmony with the universe and nature.

We are all surfers. That wave exists inside of you. You can learn how to surf the wave and be in clarity every moment in your life

One who learns how not to react to any given situation is truly a wise man. A wise man simply smiles at life. He has nothing to say or prove.

Unfortunately, we have plenty to say and prove. If someone doesn't think the way we do well let them have it. We will tell them they are wrong and I am right.

My religion is better than your religion. My ideas are better than your ideas. Wars have been started this way.

When one lives in the scattered winds of the mental chaos occurs. We have seen this going on for thousands of years with no end in sight.

To make this world a better place, you must make your inner world a better place. For peace on earth to occur, you must establish peace inside of you.

There is a battle going on inside of you. The mind is constantly biting you. It's like a mosquito bite that gets agitated over and over again. At times the mosquito bites seem to go away and then for some unknown reason they start biting you again. You itch and can't quite find out how to stop the itching.

I remember for around 20 years even when I first started meditating my stomach was never truly settled. It always had a tinge of anxiousness to it. Meditation makes one aware of your inner feelings.

Yet one day I woke up and it never came back again. Meditation and contemplation is the way to remove issues that have been hiding inside of us.

Each one of us has different issues to deal with. Each one of us has different karma that affects us.

For your own mental happiness, I hope maybe you might take this to heart. You might see that externally if I pay focus only to that that I will not change for the better. I will continue to go on this. merry-go-round.

Granted you may obtain all the goals that you want externally. You may have all the money in the world. You may be able to travel wherever you want whenever you want and for as long as you want. But tell me does that make you truly satisfied?

Only a wise man who has conquered his mind was truly satisfied. The only one who discovers how to live in the center of the hurricane is satisfied.

You can own the entire world, yet you're still living like leaves blowing in the wind.

Alexander the Great conquered much of the world yet he was completely unsatisfied. He even said I come into this world empty-handed and I leave on my deathbed empty-handed.

I say the spiritual path is the most practical path. One must have his feet on the ground and his head in heaven.

We can go on forever bouncing the ball of karma. We have been doing this for eons as it is. We have the opportunity for this message to truly sink in and at the same time to go in one ear and out the other.

The mind can say you don't want this. You like life as it is and you don't want to change at all. Well, that's okay. We're not here to change you. You must change yourself.

All we are doing is saying there is a road that you can travel inside of you. You are born a traveler.

Currently, you are a wanderer. A wanderer doesn't even know that he has a true home. We wander in this world. We are searching for something externally when all we have to do is look inside for the answer. It's as simple as that.

Somehow we think the spiritual life is for those who have high intelligence. My intelligence is average. I couldn't even answer one single question. during this Jains lecture series.

But did that stop me? No, it didn't. I knew the next day when I got up. If I went over the material and wrote what I discovered, I would understand what they were talking about.

This path is a path meant to be pondered over. One must contemplate and ponder over life to understand life.

The chains have been on us for thousands of years. Even in my early days of meditation, I didn't understand the true meaning of pondering. I didn't understand the importance of why one should ponder.

I see these young incredible kids presenting short introductions to each class. Some are only 10 years old and already have such great wisdom.

You are the company that you keep. These kids have incredible mentors like their parents and grandparents. They have their aunts and uncles and friends.

When I was in India I heard many stories in which they said you are the company that you keep[.If you keep company with a band of people that love to steal items from others, then you will become a thief.

We emulate our external surroundings. I grew up in Newport Beach, California, and the culture around me was high-class and refined.

The people there are great and I loved growing up. I still have many of my friends today yet somehow I knew that I had something inside of me that I could not tap into externally.

I must admit I'm not conventional at all. At times I am an outcast. I bucked the system. I knew that no matter how incredible my life was up to that point, there is something inside that was so much more than I can ever imagine.

I knew that there were five senses. We live that way our entire lives. Yet I knew we had five internal senses. These are doorways to the soul.

Going back to the bouncing ball. The deeper one understands his true nature the easier it will be to stop bouncing the ball.

Even if one doesn't have a great meditation practice. one can learn to consciously stop the urge to react.

Yes, this will take practice. Rome was not built in a day. It must go from your conscious to your subconscious. Currently, 95% of your subconscious is running the show. Yet you can overcome this by your will.

They say a wise man s sets his mind in motion by his will, not the other way around.

We live our lives with the mind commanding us what to do. We are not in command of our minds. That is a major difference.

The Jains are incredible psychologists and we are barely skimming the surface. The majority of our minds are unclear and experience so much internal stress and chaos.

We have not been trained on how to have a healthy mind?

Yet unfortunately, we think there's nothing wrong with me. I love my lifestyle and what I can do with it. Look at my life. No matter how much glamor and glitter one has one must understand that the jewel exists inside of you.

There is a video game going on. You are a part of this game. They're an infinite amount of levels to go through. For thousands of years, we have just been on level 0. This is the most basic level where mankind fights with one another. We have slogans like the '80s where wall street would say greed is good.

We have mass shootings at schools.

We refuse to have gun laws because it takes away our freedom. I can go on and on and on.

We are responsible for the world externally. We can make this world a better place.

A wise man understands that he can stop karma in his tracks. By doing so, he fulfills his peace of the puzzle in life.

You can do this if you like. Our world would be in a better place if we all simply did this in every moment of our lives.

Our lives would be so much richer and grander than our current state of existence.

We can truly solve all the world's problems. Can you imagine if you discovered your true secret, the universe could provide answers to all our problems in life?

We would not have the junk food industry which is causing disaster in our bodies all around the world. I find it amusing that they know their food

makes people addicted and yet they still do it because it makes them great wealth.

No wonder they call this the age of darkness. Common sense is uncommon.

Going back to karma again. I would like to thank the teacher for presenting such an awesome subject in a way that I truly understood. She made it so practical and at the same time, I could understand what I can do practically to stop karma in its tracks.

I apologize to anyone if I have said anything that may continue misinformation.

09-27-2022 In plain English

My consumption of sugar has dropped around 95% in the last 5 months.

Yesterday I had my teeth cleaned and lo and behold there was no plaque buildup.

This was the first time in over 50 years.

There are practical ways for the body to heal itself.

11-02-2022

Thank you yesterday for the golden opportunity to learn more about the art of hesitating before one speaks.

When you said that my brother John and I were probably the most not being touch with being empathetic of anyone you have ever met

You said If there was a room of sick people we would feed them candy.

Well, I have learned there is truth in anything. I also learned that I don't have to put gasoline on the fire. I was quite pleased that I could listen and not react. It wasn't until the pandemic that I realized a wise man, simply smiles. He has nothing to prove.

My brother and I certainly have our shortcomings. We are honest with that. We are learning how to overcome them despite the obstacles.

Yet have you taken a look at my brother's songs? They are songs about the incredible journey in life. These are songs expressing the love of life.

We are all learning in life. This wouldn't be a video game of life if it didn't contain going from darkness to light.

We are learning to forgive ourselves and others for our actions.

I thought it was quite amusing when you mentioned the candy.

I'm writing another book on the subject of sugar and the devastation it causes to humanity.

I'm talking about my journey and the journey of scientists all around the world who talk about this.

Did you know that I wrote a book called family and friends? I talked about my friendship with over 450 people.

Do you know that I can go on and on and yet I don't have anything to prove?

Why do you think I call you all the time?
I care about you. I really do. I'm interested in your life. I read your precious book several times.

Last month I participated in the James 18-day celebration on forgiveness. I love to study the ancient wisdom of old concerning mind and body and today's latest findings.

Ever since COVID began, I've been a hermit. I'm slowly but surely taking away weeds, boulders, and rocks in my life.

Yes, I have my imperfections. Yet I have learned so many incredible tools along the way. I have written many books about these tools and the pearls of wisdom that it has shown me.

I'm not trying to defend myself. I see my shortcomings every day. Yet I'm consciously striving to overcome them.

Thank you for sharing how you feel about my brother and I
We have much to learn. Once again thank you for being my friend. It means a lot to me.

12-06-2022 Cookie rest in peace

My dear friend Cookie aka Kathleen Cook passed away.
I just found out on Facebook yesterday from Joan Apter
We met over 50 years ago in India when I was just a kid
18 years old.

We had quite a lot of adventures back then.
I call that part of my life, the travels with the
girls.
Those early days of my life set the foundation for the
rest of my life.

Cookie and I have remained great friends ever since we
first met each other.

She also loved to meditate.
She had this incredible laugh and giggle which became
part of her nature.

People love Cookie and Cookie loved them.
She was a rare soul.
At times she would tell me it was like being a stranger
in a strange world.

She had her feet on the ground and her head in heaven
Cookie was kind and had a great sense of humor.
She also knew the current events of the world and had
her opinions of them.

Most of her opinions I 100% agreed with them.
She was practical.

Her practice was kindness in action.
When you meditate for a certain amount of time your
understanding of life changes for the better.

She knew it was a miracle she was still alive.
The last time I spoke to her was about a month ago.
I've been trying to do a talk story with her and yet
somehow I knew it wouldn't happen.

I knew she was extremely sick.
The best thing was just to listen to her and support
her.

Cookie told me when she passed away don't mourn for me.
I am going home to my beloved from which I came.
She is in wonderful hands.

Kathleen Cook



I first met Kathleen aka Cookie in Prem Nagar ashram in 1971. I was only 18 years old. Kathleen told me a beautiful story that occurred only a few months previous.



Somehow she bumped into Maharaj Ji and Bihari Singh in the streets of San Francisco. Maharaj Ji was giving a talk there. Somehow the details are fuzzy they asked Cookie if she could drive them to Los Angeles. So she borrowed a beat-up Volkswagen and had the adventure of her life. Maharaj Ji was

only 13 years old at the time.

Cookie was one of my traveling partners on the journeys in Africa. She remembers the time in taking a train from New Delhi to Bombay now called Mumbai.



The trains were super dirty and I think I had to sleep on the dirty floor. We reach our destination and we all realized that no one had the directions. I was quite young and naïve (maybe or maybe not).

I had no fear. We get into this taxi and the driver says “where do you want to go”? I said I’ll direct you there. So we drive for about 45 minutes.

I'm getting signals to turn left and turn right. At some point, I tell the driver to stop. We get out of the car knock on the door and guess whose inside Maharaj Ji and Bihari Singh.

At that time we didn't think anything about it. We had faith and at the same time meditation helps to bring up the subconscious where events like this can happen.



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 toward 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 an 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. Cookie and Kali were present in the room. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.

Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water.



I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. On board, the plane was Kali, Kathleen, and Tess.

These were the three girls I traveled with from New Delhi. On board the plane we drank the water from the canteen. All of us got rip-roaring drunk.

I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane.

We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

It was so much fun traveling with Cookie. We had hardships along the journey but they didn't bother us.

I can't imagine hitchhiking through Africa today. We made it to South Africa. We spent a few weeks in Johannesburg and then Cookie was sent to Durban and I was sent to Cape Town to prepare for Maharaj Ji's visit.

As Maharaj Ji was leaving Africa he told Cookie, Kali, and me to help in his coming to San Francisco.

I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people.

I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

I stayed a few weeks at home and then I took the Amtrak train from LA to San Francisco with Kali. We go by the Hollister Ranch and a flood of memories comes up.

We arrive in San Francisco and catch up with Cookie. Maharaj Ji came and did a program at the University of Berkley.

I saw Cookie on and off throughout the years. She always inspired me. She loves to meditate. She also became an exceptional chief.

She cooked for many people in Hollywood. I didn't know that until years later.



My daughter Aleia lives in Ashland Oregon and we visit her about twice a year. Well, guess who moved to Ashland? Yep, Kathleen Cook.

We have seen each other a few times in the past few years. I have taken her to an Indian restaurant a few times


and she came to my birthday party at a Mexican restaurant on Christmas Eve.

My Mom had Mexican food on the night I was born and it's a family tradition.

It's always a delight of being with Cookie. She lights up the room. I love her laugh. I can hear her soul coming out.

Cookie keeps up with the current events in the world so the conversation can be quite lively. We talk about old times and how


fortunate we are. I'm so glad that she is the web in my life. Cookie from the bottom of my heart thanks for all you do.



01. Don't Stop Believin'
02. Faithfully
03. Separate Ways
04. Any Way You Want It
05. Open Arms
06. Wheel In The Sky
07. Lights
08. Only the Young
09. Send Her My Love
10. Lovin', Touchin', Squeezin'
11. Who's Crying Now
12. Stone In Love
13. Be Good To Yourself
14. After All These Years
15. La Raza Del Sol 1:22:34

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4K

12-25-2022

This is to All my family and friends all around the world.
Thank you for all the kind words that you spoke to me.
I feel it is a blessing to know each one of you.
Mind you many of you. I haven't seen you in 30, 40, or 50 years.
There's a thread of love tying us all together.
May each one of us discover that threat inside?
If each one of us were to discover the piece of the puzzle within us peace
would come to this planet.

12-26-2022 RIP Richard Marymee



Sometimes in life, you can have a friend and never see the friend in a physical body.

Such was the case with Richard.

He was a dear friend of Amar, who I've known for a few years now.

He told me he worked with Richard and when he got well we could all become great friends.

My brother and I prayed for him. He was constantly in our minds.

His wife would usually once a week send to Amar the latest news and he would send it to us.

I just listen to my brother's new song when I got up.

It was called another day miracle

I listen to that song and saw that Amar message me.

In that message, Richard's wife said that he passed away peacefully into the night.

He had a deep and strong relationship with Christ.

He was ready to pass away.

The pain was so great he could hardly breathe.

I'm touched by sadness yet at the same time he is with Christ.

What could be better than that when you leave your body? Your beloved is there waiting for you.

All your trauma. All your pain and suffering vanish instantly when you go back home.

This life is absolutely a miracle.

Nobody knows when they will die.

The wise man spends each waking moment rejoicing in the miracle of life itself.

Richard, someday I hope we will meet.

My condolences to your wife and family at this hour.

We will continue to pray for their hearts to be healed at this moment.

I just saw the time stamp on Elizabeth's message that he passed on Christmas Day.

What an auspicious moment.