



Contents

01-01-2023 Happy New Year	3
02-04-2023 RIP Tyra's Mom.....	6
04-14-2023 The Old Man and the Sea.....	8
04-14-2023 RIP Ben Hogan.....	9
05-04-2023 I get by with a little help from my friends.....	10
05-05-2023 RIP F (Ferdinand Attems)	11
06-21-2023 Happy Birthday Barbara.....	13
11-23-2023 Happy Thanksgiving	14
11-24-2023 North Star	16
11-25-2023 Mysterious cosmic ray came from beyond our galaxy, scientists say	18
11-26-2023 Understanding Consciousness Is Key to Unlocking Secrets of the Universe	19

01-01-2023 Happy New Year

Happy New Year.

The older I get the faster time seems to fly. I have been on this earth for 70 revolutions around the sun.

At times it doesn't seem possible that time has gone so fast. Yet it has.

This life is so precious and most of the time we are texting on the freeway of life.

I think I have a love relationship with my cell phone. Mind you, it's an incredible tool to have.

It hasn't taken me any closer to knowing who we truly are. It makes a man more distant from his true nature.

We are always waiting for that one message that can change our life. In the meantime, we constantly check our phones countless times throughout the hour.

We want something new and hopefully, that new phone call or message might bring us the message that can change our life

But instead, it is nothing but mundane news going on.

We listen to the latest gossip news and whatever.

I love social media yet. On the other hand, I have seen what they have done to the platform.

I have friends all around the world with who I have connected through Facebook.

Unfortunately, Facebook has made this a huge profit company that makes billions and quite frankly could care less about you and me.

Their goal simply is to make money. That is a fact.

10 years ago. It was quite innocent and pure.

Today they have the latest algorithm to make you addicted to the information that they deliver to you.

Their goal is to sell advertising to you so they can make a huge bundle of money which they do.

Anyway, this is supposed to be a happy New Year post.

I see so much hope for humanity. All we have to do is to stop in our tracks and think about where we are and where we are going in life.

Is there a better way to live?

If so, how.

If you say that I have an internal chemistry set, how come? I don't know about it.

Maybe you do but due to laziness, your life is on the remote control.

Somehow along the way we have lost our true identity.

The world as we know it is not the way to find yourself in any shape, way, or form.

The goal is to find the jewel that lies inside of you.

By looking in the external world, one will never find it.

Even with this wisdom, what are you going to do about it?

Unfortunately, most people will simply ignore it and think that it is a waste of time.

Tell me when you are on your deathbed is it a waste of time if you discovered your true nature when you are alive?

A wise person when they are on their deathbed they have a sense of calm around them.

They know that life is a blessing. It comes and goes.

The average man is somewhat petrified because he has no idea of his true nature.

When Christ said I die every day he had that realization that in h and every breath we take we live and die constantly.

One never knows at what point when you exhale this will be your last breath.

We live each day without experiencing the miracle of life.

We take it for granted.

In the past year, so many of my friends have slowly passed away. With each passing, I understand more about the incredible journey of life and what a miracle it is to be alive.

What we are saying boils down to this. One can live in the center of the hurricane where there is absolute calm.

The other choice is to live like leaves scattered in the wind. This means that the outside world will blow you around in whatever way it likes.

Some days you will be happy and some days your life will be in a tizzy.

If you are dependent upon the outside world to make you happy. Good luck.

It's absolutely impossible that way. We live in a world of a pair of opposites.

Nothing is stable externally. Everything morphs and changes.

No matter how rich you are, someday it will be taken away from you.

Just think the day you die, you can't even take your name with you.

This is not a morbid message but a message of hope.

You can discover the jewel inside of you.

02-04-2023 RIP Tyra's Mom

There is a thread of love tying us all together.

Life is definitely a paradox.

I have seen Tara and her family maybe once or twice in the last 50 years.

Yet the bond of friendship never disappears.

Sometimes your closest friends are those who you don't have the opportunity to be with yet they exist as great memories in your heart.

Such was the case with Tara's family.

The Fletcher family has the highest regard for the Hansen family.

During my freshman year in high school, our family got involved in the CADIE program. This was an exchange student program between Argentina and the US.

Many incredible adventures occurred.

Tara's family had Graciela de Iorio staying with them.

We became good friends. My brother and I took Tara and Graciela and gave them surfing lessons.

I'm still in contact with Graciela today.

Mind you we haven't seen each other in 50 years.

I always love to read Tara's posts on Facebook. It gives me a great sense of joy.

I love to see people celebrating the wonders of life.

My mom told me a story a few years ago when she took a tour bus to a museum in Los Angeles.

On that bus. Barbara and Tara were on it. My mom had an incredible time with them.

I was so happy when my mom told me that story. Love will never disappear but we will.

Love is the essence of life.

From the bottom of Fletcher's heart, we send love and condolences Tyra.

04-14-2023 The Old Man and the Sea



I've been following the adventures of Miriam and Bob since 2009.

They spent nearly two decades cruising together.

Bob passed away a few days ago. Mind you that I never met him before. I haven't seen Mariam since high school. Yet I love to see the diversity of life. I love to see the thread of love tying us all together.

I loved reading about their wonderful adventures on the ocean of life.

Each moment is golden and precious. How quickly life passes?

It seems just like yesterday I was young and now I'm in my golden years. Looking at Bob's picture that Miriam posted, I could see the incredible being that he was.

I think we would have been great friends right off the bat.

There are certain individuals where when you see their faces you know they are beautiful inside.

No games or gimmicks from them.

Perhaps being a jokester. I think that is a great trait to have.

Laugh at life and Life will laugh with you.

With each passing of my friends, I have more reflection on the incredible aspect called life. Don't take it for granted. Unfortunately, at times we do.

We get so lost in this world. We forget that life is precious. I give my condolences to Mariam and her family.

04-14-2023 RIP Ben Hogan



Someday we shall meet again dear Ben.

Barbara and I have such sweet memories of spending time with you.

I remember almost 20 years ago your mom bought you a camera.

It was love at first sight.

I remember the joy you had told me about the new adventure into the world of photography.

I could see in your eyes that a passion and a fire occurred.

You can't put that feeling exactly into words.

Yet it was there nevertheless.

Somehow that simple conversation that we had established a bond of friendship.

Friendships go beyond time and space.

I will always have you in my heart.

May you climb another mountain on the other side of life.

You will be missed by many.

05-04-2023 I get by with a little help from my friends

If we look closely, this is a kind word. Two days ago my wife Barbara went out for a walk. She saw a neighbor and waved to him.

Jim waved back and motioned for her to come to talk to him. She had a great conversation with him and somehow he asked what we were doing.

The conversation turns to We need to cut some tree branches off a tree.

To make a long story short, he came over and looked at the tree.

He said I can cut those branches for you. I'll come over tomorrow at 10:00 with my ladder and my chainsaw.

Jim is 75 years old but in incredible shape. He came over and for the next 5 hours we all three work together. He didn't want any money. He just said you guys are great neighbors.

At one point my wife was putting branches into the truck. Two Latinos came over and said can we help you. They worked for around 1 hour.

They were working at the neighbor's house next door and they had to be out of the house for 1 hour. They saw my wife Barbara and decided to help.

Kindness does exist in this world today. I saw personally that this is Jim's demeanor. We went to suburban lawn and garden and Jim knew most of the staff. They all said hi Jim.

Even at the dump when we unloaded the truck everyone knew Jim.

The actions that we take can determine whether this world will change for the better.

Jim certainly is one of those who practices what he preaches.

05-05-2023 RIP F (Ferdinand Attems)



RIP dear F.

We met over 50 years ago in Los Angeles. For my brother and I, it was instant friends. We had many incredible conversations with you.

One was the time that you talked about the new Gillette razor which just came out on the market. Who would get excited over a simple razor? You gave my brother and me two razors and said try it and see for yourself. Yes, that was an incredible razor.

Another fun talk. I remember you telling us about biofeedback. I have never heard about that before. Since then, my brother and I love to research the latest brain technologies.

You were loved by many as I see on the Facebook post.

We will never forget the incredible stages that you designed. Especially the one with the ship and the sails.

You had quite the demeanor. Soft-spoken yet full of wisdom. Everybody loved your laid-back attitude toward life.

You affected many people along this journey in life.
May someday soon we meet again.
Rest in peace, my friend. I give my condolences to your family and friends.

06-21-2023 Happy Birthday Barbara

Happy birthday, Barbara!

This incredible journey started many moons ago.

I have been with you for over half my life.

I first met you in a dream.

I will never forget that.

The first time we touched our hands together, watching the movie, the energy completely melted us.

Words cannot describe that experience.

We have raised an incredible daughter, Aleia.

Each day in our lives, our love grows for each other.

You are so kind, compassionate, and full of love and wisdom.

Besides that, you think outside of the box.

You come up with creative ideas that I have never heard before.

I am so honored and blessed to be with you.

Love you forever,

Richard

11-23-2023 Happy Thanksgiving



I find it ironic that today is Thanksgiving, a day of being thankful, which lasts for around 24 hours. Tomorrow is Black Friday, where we get incredible deals. It's the biggest shopping day of the year.

In the mean time a team of researchers found a new structure in space. Did you know of inside of you lies the microcosm of the universe?

Regarding the new structure in space, a team of researchers has discovered a new structure in space called the 'South Pole Wall' that spans 1.4 billion light years across¹. It is a part of the cosmic web that strings galaxies together like pearl necklaces via huge strands of hydrogen gas¹. The structure surrounds large empty voids and has been picked up on stunning 3D maps of the universe¹. It's fascinating to know that inside this structure lies the microcosm of the universe¹.

- **Cosmic Vine discovery:** A team of researchers have found a new structure in the cosmic web that links 20 galaxies in the early universe¹. They call it the **Cosmic Vine** and it is 13 light years long and 11-12 billion years old.
- **Cosmic web and galaxy formation:** The cosmic web is made of filaments of gas that connect galaxies. These filaments are important for delivering the materials that galaxies need to grow². The Cosmic Vine is a **large-scale structure** that can help us understand how galaxy clusters form and evolve.

- **Quiescent galaxies puzzle:** [The Cosmic Vine contains two massive galaxies that have stopped forming stars, which is unusual for such an early stage of the universe³](#). The researchers do not know what caused this **quenching** of star formation. They suggest two possible explanations: a **starburst** due to galaxy mergers or a **supermassive black hole** feedback.

11-24-2023 North Star

This week I finished my book Zoran the Dragon and the Shaolin Temple.

YouTube <https://www.youtube.com/watch?v=UT-Y6PRM0aU&list=PL9qsexN4A8jyJ4YLAj68NLVNF7Enh0flq>

PDF

<https://evolutionrevolutionoflove.com/PDF/Books/DragonsShaolin/DragonsShaolin.pdf>

While researchin on this book I stumbled upon this fasanating knowledge about the North Star and Taoist thought.



Mantak Chia is a Taoist master who has written extensively on Taoist practices, including the microcosmic orbit meditation ¹. The microcosmic orbit meditation is a Taoist technique that involves circulating energy through the body's energy channels to promote physical, mental, and spiritual well-being ¹²³.

The North Star is a star located in the constellation Ursa Minor, and it has been used by Taoist practitioners as a reference point for meditation and energy cultivation ³. According to Taoist teachings, the North Star is the head of the galaxy and affects all the stars in the galaxy, including humans and other living things ³.

The cosmic orbit meditation is a more advanced Taoist practice that connects the practitioner to the earth, cosmic, and universal forces ². The first step in this practice is to connect with the North Star and the Big Dipper's violet/red light ultra-violet, which is one of the most powerful heavenly lights ². The cosmic orbit meditation is designed

to help the practitioner cultivate and circulate energy throughout the body, leading to greater physical, mental, and spiritual well-being ².

11-25-2023 Mysterious cosmic ray came from beyond our galaxy, scientists say

Mark McClellan and I love to see things that are outside of the box. Mark this one is for you.



- **Ultra-high-energy cosmic ray:** A rare subatomic particle with enormous energy was detected by a cosmic ray observatory in Utah. It is nicknamed the **Amaterasu particle** after the Japanese sun goddess¹².
- **Origin and mystery:** The particle is believed to have traveled from beyond the Milky Way galaxy, but its exact source is unknown³. It seems to come from an empty region of space called the **Local Void**⁴⁵.
- **Implications and challenges:** The particle is one of the most energetic ever observed, rivaling the **Oh-My-God particle**

from 1991⁶. It could help scientists understand the most extreme phenomena in the universe, such as black holes and gamma-ray bursts. However, finding and studying such particles is very difficult due to their rarity and unpredictability.

11-26-2023 Understanding Consciousness Is Key to Unlocking Secrets of the Universe

- **The mind and the universe:** How studying human consciousness and artificial intelligence can help us understand the physical reality and the mysteries of the cosmos.
- **Neural networks and theories of mind:** How interconnected computing units can simulate the brain's processes and give rise to emergent properties such as consciousness. Two leading theories are **predictive coding** and **integrated information**.
- **Quantum physics and consciousness:** How the mind may have a role in the quantum phenomena such as collapse and entanglement, and how these phenomena may challenge our notions of reality, free will, and spacetime.
- **Interdisciplinary and philosophical challenges:** How researchers from different fields and backgrounds are trying to tackle the hard problem of consciousness and its implications, and how they face conceptual and empirical difficulties.