

Your Actions Change The Universe

Did You Know That?



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Intro

Your actions change the universe. Did you know that? What? No way. You got to be kidding me. I'm so small and the universe is so big. Have you ever heard of the butterfly effect? It says a small cause can have a large effect. In *The Vocation of Man* (1800), Fichte says that "you could not remove a single grain of sand from its place without thereby ... changing something throughout all parts of the immeasurable whole".

This is taken from Wikipedia

In 1972, Philip Merilees concocted *Does the flap of a butterfly's wings in Brazil set off a tornado in Texas?* As a title.[13] Although a butterfly flapping its wings has remained constant in the expression of this concept, the location of the butterfly, the consequences, and the location of the consequences have varied widely.[14]

Imagine throwing a stone into a pond. You see practically ripples that are spread across the pond. Now imagine every action we take sends ripples across the universe.

What if the universe is alive and conscious? If every action we take has a ripple effect our actions change the universe. Unfortunately, most of us just carry on life in a reactive mode. We react to whatever comes our way. We aren't consciously aware that we can be CO-Creators in our life. We can be in harmony with nature and the universe. In other words, we can experience our actions having ripple effects throughout the universe.

Imagine what would happen to a civilization that understood this concept? We are new kids on the block. As new kids, we have a lot to learn. War is not the answer. How far have we evolved emotionally and spiritually? Not very much... Just take a look at the news.

Just think there are probably civilizations that are older than a billion years. Many of them are probably light years ahead in understanding the universe. They overcome all the obstacles that we have a long time ago. War, famine, crime, etc. have left their world eons ago. Every person had to find his true nature inside of them. Only by understanding your true nature and experiencing your true essence can a civilization grow.

We send satellites into the sky and maybe we can go 16,000 miles per second. We creep along at a Snell pace. Even if we traveled at 186,000 miles per second it would take around 2 years to get to the closest star.

If a civilization realized that there is a universal field that exists everywhere. This field is interconnected. Imagine that you could go anywhere in the universe in less than a second. You wouldn't need a mechanical vehicle to take you there. Now just think that this civilization understood these laws of physics. They reached a point where they were the sun, moon, and stars walking around in a human body. How advanced would they be? They understood the mechanics of the seen and unseen energies of life.

Our present-day science says that most of our DNA is junk. Does God make junk? Maybe these civilizations realized that most of the junk DNA is multidimensional DNA. They had the power to tap into it. Recently our society is beginning to think the same. Can we change our DNA? Yes. Can a human do it consciously with intent? Yes. We are taking baby steps. We are learning along the way.

What does this have to do with your actions change the universe? I believe that we are evolving where we can consciously be aware of the field. The more we are aware of it consciously, the more we can feel the ripple effects of our actions. This is not some wishy-washy idea. Many of the great mystics said the same thing using the language of their time. We have long ways to go yet I feel there is an evolution revolution of Love that is happened on this planet. There are millions of people on this planet who have this same vision. Remember that light dispels darkness. Never before have we seen this golden opportunity.

It may look like that darkness has won the war. Yet the light is stirring up the darkness. Darkness has nowhere to hide.

At the time of Christ people noticed an incredible aura around Christ. He was different. He was full of love and compassion. People felt this. He understood that his action affected the universe. He was aware and in harmony with his father. We have the same opportunity to do so. We come from the same place he did.

Are We Wired For God?

Are we wired for God?

I remember when I was young I learned how to meditate.
I learned that this body is wired to discover the heaven within.

I learned so much about the hidden human body.

Recently I learned about human DNA.

Scientist says 97% is junk.

God does not create junk.

We just don't know what this is?

According to Kyron, this 97% is quantum DNA.

God is hidden in your DNA.

Does that make you excited?

I am.

These truly give further evidence that we are wired for God.

These are exciting times.

We can discover the mysteries of the universe.

We can discover the kingdom within.

This is a precious puzzle.

Can You Experience God While You Are Alive?

Can you experience God while you are alive?
When I was young I asked this question to my minister.
He said no only when you die can you experience God.
I didn't believe him.
Somehow I knew the human body was built for this experience.
It was hard-wired.
I knew that the light of God existed within.
I read many of the world's greatest scripture and they all said a great light exists
within.
If thy eye be single thy whole body shall be full of light.
This is not a metaphor or a theory.
This is truth spoken by all the great masters.
Only you can open this door with your intent.
You have free choice.
You can solve this riddle.
Your life won't be the same.

I Respect All Religions

I respect all religions.
They are all talking about the same thing.
They have different points of view.
I think that is grand.
Different stories from different times and places.
They all believe in one creator.
God is not a Christian.
God is not a Jew.
God is not a Muslim.
God is not a Buddhist.
God is beyond all the projections we give him.
God is quantum.
We are linear.
We go from point A to point B.
God exists in the entire universe.
Beyond time and space.
Love makes the universe go around.
Discover your true essence.
You were built and designed to discover your creator within.
You can solve this puzzle.

Change Your attitude

Maybe bringing peace on earth may be this simple.

It's up to you to change your attitude.

You are the universe and don't realize it.

You and your enemies are one and the same.

The spark that is keeping you alive is the same spark that keeps your foes alive.

All the great masters have said, Love, your fellow man.

You only see the differences.

You don't see the unity of all.

Maybe it's time to take off your tinted glasses.

You will then have clear sight.

Then you will solve this riddle.

The Amount Of Effort

Everything we do takes a ton of effort.
We could light up the sun with all our energy.
Yet how much is wasted?
We continuous are on the run.
Our children are always doing some action.
Playing on a soccer team.
No wonder as we get older we have lost our ways.
We are human doers, not human beings.
When was the last time you truly relaxed?
Do you know what true relaxation is?
Have you forgotten the mystery of life?
Are we lost in this web of life?
We get tangled by our hustle and bustle.
Are we like the hamsters running in circles.
Only you can solve this riddle.

Convincing

The truth needs no convincing.
Either a fruit is ripe or it is not.
No judgment either way.
Eventually, a fruit becomes ripe and wants to know about the truth.
We all have different journeys in life.
All raindrops eventually return to the source.
This is no race.
Everyone is loved by God.
You are never left behind.
The entire universe exists inside.
The great teachers have said the same thing.
The kingdom of heaven lies inside of you.
No greater words can be said.
In time you will understand this riddle.
Remember all raindrops return to their source.

Dew Drops In The Desert

Did you know that dewdrops exist in the desert?
There may no rain in sight yet on a cold morning dew will appear on the flowers.
Remember you may be thirsty inside but each day there are dewdrops in your
desert of life.

In truth, you are never thirsty.
On your journey of life, we need water each and every day.
Water is more precious than gold.
You have a thirst to discover yourself.
Something nudges you day by day.
You think it must be something outside of yourself.
Yet inside of you exists the well of life.
This well is keeping you alive.
Only you can find this well.
It exists inside of your heart.

Feet On The Ground

One of my favorite quotes is the following.
Have your feet on the ground and your head in heaven.
How elegantly said?
I'm not sure but it might be a Taoist quote.
For me, this sums up the purpose of our journey.
Have your head in heaven and have your feet firmly planted on earth.
The wise men of old firmly recognized this.
They were extremely down-to-earth and practical.
They could go to a party and say I'll take water on the rocks.
They knew how to truly have a good time.
Life was a celebration.
Yet they knew the secret of life.
They discovered the kingdom within.
The same kingdom exists inside of you.

Five Internal Senses

I have studied Meditation for fun for a very long time.
I have learned the following.
Just like we have 5 external senses to be in this world.
We have 5 internal senses to be in God's world.
The kingdom of heaven is within.
We are born to be hard-wired with God.
There is so much of God just contained in our DNA.
We were created to experience so much more than we have.
Our car is just sitting in the garage.
All the great masters have said go within.
Use your internal senses and experience, God.
There is a light to see.
This light is pure love.
Listen to the ringing in your ears.
This will help start your journey.
Behind your breath feel the power of love.
The universe is behind your breath.
This is not some theory.
Millions of people are experiencing this in this moment.
You can solve this puzzle.
Open up your eyes.

Forgiveness Is The Way

All the great masters have said forgiveness is the way.
A person who doesn't forgive himself or others carry a tremendous amount of
baggage.

Each time you call upon forgiveness you let go of one bag.
What a relief?

Forgiveness doesn't mean that you forget the incident.
It means you forgive.

A big difference.

In order to be a mature human being, you must forgive yourself and others.

If you are angry at others we are harboring those feelings inside.

Over time they will fester and not make you happy.

Only you can solve this riddle.

Only you can throw your baggage away.

From Darkness To Light

We are all on this journey of life.
Our goals are to go from darkness to light.
We came from the light.
We are born and slowly we forgot our true nature.
We soon fall asleep.
How do we wake up?
Mankind has pondered this question forever.
The masters have said dive within your heart and discover your true essence.
You are the light of God.
You are the universe you just don't know it.

The Light Of God

In Matthew 6:22 it says if thy eye be single thy whole body should be full of light.

What in the world does this mean?

Are we a Cyclops?

Do we have a monster within?

I heard this scripture many moons ago.

All religions talk about the light of God within.

God is Light.

Light is God.

We have the potential to discover this light within.

The kingdom of heaven is within.

This is not just words or a theory.

You have the potential to discover your true nature inside of you.

You are the universe.

You just don't know it.

This is a practical experience.

This experience builds upon itself.

The more you pay attention to it the more attention it will pay to you.

It's like a magnet of love.

Meditation brings great love to yourself and the world.

It's very subtle.

Day by day you don't feel the practical results.

When you put seeds into the ground you don't see results overnight.

It takes time and effort to harvest your crop.

You can solve this puzzle.

You have free choice.

No judgments will be made.

The Savior

This may go across the grain but he goes.
Only you can save yourself.
Only you can open up the door inside with your intent.
Only you can establish a partnership with God.
Only you can discover you are the universe.
God is there coaching you every step of the way.
He will not play the game for us.
You knew that.
These are exciting times for us.
The entire universe is rooting for us.
What we are doing is special.
You have no idea of the importance of the work you are doing.
Peace will be on earth.

Theory Versus Practical

Theory versus practical.
On this journey of life, you can memorize your theory perfectly.
You can memorize the great scriptures.
You can quote them from the heart.
You know God's laws.
Yet without practicing what you preach, you are like a parrot.
Your words have no true meaning.
This journey to find God is a practical path.
It takes tremendous work.
That's why they are called lightworkers.
Each and every moment you have to be aware.
You must conquer your fears.
You must drop your negative emotions.
This is not easy.
The rewards are great.
Peace of mind.
We are here to encourage you.
Only you can solve this puzzle.

What Is Your Higher Self?

What is your higher self?

It's about time for you to ask that question.

According to the great masters, there is a part of you that you know is walking on this earth.

Yet there another part of you which is God.

The higher self is quantum energy.

Around 97% of your DNA contains quantum energy according to Kyron.

The kingdom of heaven is within.

To discover your higher self you must go within.

You are the universe.

You just don't know it.

I recommend for you to try to solve this puzzle.

The choice is yours.

No judgments are made.

Why Were We Never Told?

Why we were never told that our wars only bring more wars.
Why were we told if someone or country is different we condemn them?
Why were we never told that God lives inside?
Why were we never told that true happiness is a state of mind?
Why were we never told you can rule the world and you can be miserable?
Ask Alexander the great.
Why were we never told the true riches exist inside of our hearts?
Why were we never told that politicians don't have our interest at heart?
I know it doesn't look that way.
Why were we never told to drop all of our anger?
It will never solve your problems.
You just get more baggage.
It seems at times man has been in a rut.
We are running in circles and not learning from the past.
You can change.
The entire universe is watching us.
You can solve this riddle.

What If

What if you knew you were the universe?
Boy would your life change.
You would love everyone.
You would stop judging.
Only man judges.
God does not.
If you have a free choice why would God judge?
Can you imagine being beyond time and space?
No, you can't.
We live in a linear world.
But man is wired for this experience.
It is literally hard-wired into our bodies.
This car is meant to be driven.
It has been sitting in our garage getting rusty.
Open up your garage within.
Take your car for a spin.
What an incredible ride you will have?

Words Have Power

The words you speak have tremendous power.

I love you.

The entire universe rejoices when you say this.

The person you are speaking this to rejoices.

This releases the power of love.

I hate you.

What dark energy?

The world doesn't need this.

At the deepest level, we are one and the same.

You are doing a disservice to yourself and the other person.

Over time the words you say you become.

You are your own creator.

Even if you don't believe in God.

Your words are your creation.

This is the law of life.

Words have power.

Crystal Clear

The Buddhists have a book called Crystal Clear.
This book is a sacred doctrine.
They decided to release this book to the west.
The story goes the techniques are so simple that no one will believe them.
Isn't that amazing?
It involves concentration on your breath.
Each and every moment we breathe.
Behind our breath is the power that keeps the universe alive.
Yet it's too simple.
Many people just say it can't be that easy.
Well for them it's true.
If you say it's too simple you will never look within.
You can solve this puzzle.
Concentrate upon your breath moment by moment.
The universe will become alive.

Five Internal Senses

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I have learned the following.
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We are born to be hard-wired with God.
There is so much of God just contained in our DNA.
We were created to experience so much more than we have.
Our car is just sitting in the garage.
All the great masters have said go within.
Use your internal senses and experience, God.
There is a light to see.
This light is pure love.
Listen to the ringing in your ears.
This will help start your journey.
Behind your breath feel the power of love.
The universe is behind your breath.
This is not some theory.
Millions of people are experiencing this in this moment.
You can solve this puzzle.
Open up your eyes.

I Don't Know Why People Pass This Up.

I don't know why people pass this up.
We all are searching for happiness externally.
We get glimpses of happiness yet it disappears like a thief in the night.
There is no conversion or convincing.
The facts are laid out.
The kingdom of heaven is within.
It doesn't matter if you follow a religion or not.
The facts are laid out.
The kingdom of heaven lies within.
It doesn't matter your background.
Nobody cares about your race.
We are one after all.
All we are saying your car is sitting in your garage getting dusty.
You have the opportunity to take your car for a spin.
Become the race car driver.
Your car was meant to be driven.

There Are Sign Post Of God Everywhere

There are signposts of God everywhere.
No matter where you go, God, is there.
He even knows what you are thinking.
Oh, how can God know me?
He has so many important things to maintain.
The power of love knows you more than you know yourself.
It's knowing your true essence.
At times when you are driving put your cell phone down.
Just enjoy the ride.
Take time to relax on this journey.
The more you pay attention inside, the more signpost of God will appear in your
life.
You will see the universe is alive.
There are signposts of God everywhere.
You can solve this puzzle.

It's Time For A New Act

It's time for a new act.
Mankind has been acting for a very long time.
It seems we have been performing for a very long time.
It's like the record we are playing is always repeating itself.
War, war, and war.
Anger, anger, and anger.
For centuries we have played the same track.
It's time for a new track.
Let's drop these old energies forever.
Let's embrace peace, love, and tolerance.
Be kind.
Be thoughtful towards your fellow man.
Learn from your mistakes.
There is a new way to act within this divine play.
Discover your new role.
Become one with it.
Perfect it.
You will have solved your piece of the puzzle.
One by one peace will be on earth.

The Breath

The breath is keeping us alive.
How incredible that is.
What is the power that is keeping you alive?
Behind your breath lie the answer.
We take it for granted.
We breathe each and every moment.
For thousands of years, the masters have taught you to pay attention to your breath.
The secret of the universe lies behind your breath.
The entire universe is alive.
It seems so simple.
It is.
Yet you are too complicated to understand.
Slow down.
Focus on your breath.
Sit still and listen.
You can solve this riddle.

The Mind Is A Powerful Thing

The mind is a powerful thing.
Day by day we create our own reality through the mind.
We can create heaven or hell.
It's our own choice.
God did not create hell.
It only exists as a state of mind.
You are powerful
Watch your words moment by moment.
You have a genie and it's your mind.
Whatever you say it will manifest.
If you are angry with life, I can almost guarantee that you will be angry in the
future.
If you change your way of thinking your anger will dissolve in time.
You can master yourself.
This is the reason why you are alive.

The Mirror

What face did you have before you were born?

You were the universe.

Now isn't that incredible.

We come into this world and over time we forget our true nature.

Over time our inner mirror gets dusty.

There is a point in time we even forget we had a great mirror.

All the great masters have said the kingdom of heaven is within.

When you first look at it takes time to see a glimpse of light.

You must polish the mirror daily.

It takes patience and effort to clean this mirror.

Over time the light becomes a part of you.

You begin to radiate peace.

No words are needed for you to share with your co-workers.

You don't need to convince anybody.

The mirror inside becomes alive.

You simply shine like the sun in the sky.

Sit Still And Listen

Sit still and listen.
How many times are you going to say that?
Sit still and listen.
Each time I try my mind is rambling.
No one said it was easy.
Sit still and listen.
Hey, I finally got a glimpse of peace.
Sit still and listen.
There is peace inside.
Sit still and listen.
Wow, the whole world needs to experience this.
Sit still and listen.

You Are What You Think You Are

You are what you think you are.

I can't do that.

Yep, you can't do that.

I don't have time to discover my true nature.

Yep, you don't have time to discover your true nature.

I can't change.

Yep, you can't change.

Nobody loves you.

Yep nobody loves you.

The world is against me.

Yep, the world is against me.

I'm a loser.

Yep, you are a loser.

You are what you think you are.

Pay attention to your thoughts.

Change your attitude on life.

You can solve this riddle.

Masters And Students

We are all both masters and students on this journey of life.

When we are young we go to school and we are students.

Over time we graduate and we then become a master.

There is a point of time in our learning the school says you have graduated.

Now on this journey of life, we will always be both a master and student.

We will always learn.

There will never be a point where you can clap your hands and say 'I have mastered everything'.

Every day we are learning.

On this incredible journey, we learn from others.

We learn from the master within us.

The master and student are one and the same.

This may seem to be a paradox.

Pondering this over.

What do you think?

Are we a master, student, or both?

Dance With Life

Dance with life.
This life is a grand dance.
The universe is dancing with you.
No matter what happens you have a divine partner inside of you.
Like any dance, it takes time to learn all the moves.
Dance with freedom.
Dance with joy.
Dance with tolerance for others.
Dance with love.
Dance with compassion.
Your divine partner is waiting to dance with you.
You can solve this riddle.

Distracted

We come into this world knowing we are God.
But we get so distracted.
Over time we even forget our true nature.
We get totally distracted by this world.
Our mind is only focused on the external.
Our mind is constantly distracting us.
It wanders from one thing to another.
Ask someone to meditate and they will say I can't.
My mind is distracted.
I can't focus at all.
My mind is always wandering.
The great masters have said look within.
Day by day you can solve these riddles.
Your mind is your friend.
You just need to know how to focus and overcome your distractions.

Angels Falling From Heaven

We are all angels falling from heaven.
Before we were born we were Angels.
Every single one of us.
Over time we lost our true nature.
We become bitter with life.
There is no gravity.
The world sucks.
This is our motto.
Our true nature is to soar in life.
We were meant to fly.
How did we go astray?
How did we forget our true nature?
Angels falling from heaven.
You can solve this riddle.

The Enlightened One

Buddha was the enlightened one.
He showed us the way.
He was a prince who left his palace.
He would be considered a billionaire today.
Yet why did he leave his riches behind?
Why did he leave his family behind?
In this present age, you can keep your riches.
You can keep your family.
But in order to be enlightened, you must leave all of your negativity behind.
You can't be enlightened with your negative baggage.
As the Dali Lama said kindness is my religion.
Be kind.
At times it's very difficult.
Especially with your adversaries.
Love, patience, tolerance, and compassion are the keys.
You must leave all darkness behind.
Buddha became the light.
He became enlightened.
He showed us the way.

Tolerance

Did you know God doesn't get involved in politics?

It's way too messy.

Both sides need to be tolerant of one another.

During the Presidential campaign, it was way out of control.

A huge emotional battle occurred.

Even after the election occurred the battle is still going on.

It seems like man can't control his emotions.

The ugliness of man came out.

How could a dear friend of mine call the President a prick?

We have created a great monster.

Only by using tolerance can we destroy this monster.

A tolerant person sees both sides of the story.

He will never degrade you.

He will never lie to you.

Even if he complexly disagrees with your principles he will not demean you.

Be kind to your fellow man.

Be tolerant of one another.

This world needs it.

Balance The Ego

For thousands of years, western man's ego has been totally out of control.
The ego should be balanced between masculine and feminine.
Unfortunately, the masculine has been dominated this planet.
Wars have been fought all over the world.
Man likes to conquer.
If each male would balance themselves with Love, patience, tolerance, and
compassion.
This world would be in a better place.
These are some of the qualities of the female ego.
We should have a mixture of the two.
In reality, God is not male or female.
Yet on this earth, we have the duality.
Man has been taught not to express feminine qualities.
The world we live in is an example of a man not being in balance.
We need to solve this puzzle.

The Drug Within

In our western world, the majority of people take drugs.
In order for a drug to be classified as a drug, it must have side effects.
Have you seen what some are?
This could cause cancer or cause you to die.
Yet we sell this drug.
Many people take illegal drugs to combat life.
They want to escape life.
Unfortunately day by day their doses need to be increased.
Some eventually die of drug use.
It's a huge epidemic today.
The masters have taught there is a drug within.
It has no side effects except love.
It is beneficial and will show you your true nature.
It is not an escape valve.
It will allow you to live your daily life moment by moment.

Take Care Of Your Body

Take care of your body.
It's the only one you get.
Your body is a temple of God.
God is hidden inside of you.
Look at what you eat.
The junk food industry is only interested in your money.
Stop drinking sodas every day.
You may like them but your body can't cope with them.
Over time illness and disease will come.
Many people treat their cars with more respect.
They never forget an oil change.
It's time for a tune-up.
We need to do the same.
Your body is precious.
Know why you are alive.

Silence

For the majority of mankind, silence can be deafening.

All they can hear is the chattering of the mind.

Silence can make some people go crazy.

Yet silence is divine.

How can it be so?

For one person it's medicine to the soul.

To another, it drives them crazy.

What is the difference?

When a person begins to learn about silence he is training himself.

Maybe he has heard about signpost along the way.

He sees the rambling of the mind and makes friends with it.

Are you friends with your mind?

That is highly recommended on this journey of life.

Make friends with your mind.

Be kind.

There is a point where you will love silence.

The entire universe is alive.

How Do I Meditate?

How do I meditate?
There are so many different versions out there.
Which one do I choose?
Will I pick up the right one?
Let's start with the foundation.
Are you breathing?
Yes.
What is the power behind your breath?
I don't know.
Focus on your breath in each and every moment.
When you wonder bring your attention back to your breath.
Do this for the rest of your life.
This is one way to go inside.
Remember the kingdom of heaven lies within.
This is the way to open the door inside of your heart.

If I Could Recommend One Thing

If I could recommend one thing what would it be?

Discover who you truly are.

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

How about that?

You have forgotten your true nature.

What is keeping you alive?

Before you were born you were one with the universe.

When you die you will return to the universe.

We have forgotten who we truly are.

If I could recommend one thing it would be this wish.

Man Biggest Obstacle

What is man's biggest obstacle?

His ego.

It is swelled with pride.

Man is puffed up like a peacock.

He thinks that's healthy.

He talks nonsense along the way.

Most wars have started because of man's ego.

I'm going to teach you a lesson you will never forget.

Where has man's ego taken us?

Into the grave.

Now I'm not saying all ego is bad.

We need ego to be alive.

Kindness is a way to put our ego into check.

Kindness will not boast and puff up like a peacock.

Kindness makes the universe go around.

Be kind and solve this riddle.

Why Weren't We Taught Where To Look For God?

Why weren't we taught where to look for God?

Good question.

Why were we taught that in order to see God you must die?

You can't see God while you are alive.

Only the saints can communicate to God.

Why were we taught that you need an intermediary between you and God?

You aren't good enough only the priest can pass on the message.

Why were we taught that we are born sinners?

If we came directly from God how could we be born a sinner?

Why were we taught there is a hell?

The only hell exists in man's mind.

Why were we taught that God judges us?

God does not judge.

We judge one another.

All the great masters have said the same thing.

The kingdom of heaven lies within.

It seems like the same message has been changed along the way.

Impersonal God

When I was young I read many old eastern scriptures.
Many of these scriptures talked about an impersonal God.
God created the universe.

But the man only connected to him in an impersonal way.
You could have the experience of God yet it was impersonal.
You didn't have a friendship with God.
You didn't feel that God was family.

Did you know that you can have an impersonal, personal, or no relationship to
God?

It's your choice.
I prefer the personal.
The personal provides the following.
You are never alone.
You feel you are family in the universe.
You are supported and coached along the way.
You get the best advice in all the universe.
The universe is rooting for you and you know it.
You can see the unity of man.
Ponder these words.
What kind of relationship do you have?

Prison

A man may be in prison and yet be totally be free.
A man may be free yet may live in the prison of his mind.
What makes us truly be free?
The master has said discover your true nature.
The truth shall set you free.
When I first learned how to meditate it was difficult.
I learned real quickly that I lived in a prison.
I was confined.
I didn't know how to control my mind.
In order to go out of your prison, it takes effort.
The hardest thing in the universe is to conquer the mind.
Yes, the journey is hard but the results are awesome.
Ponder this riddle.
Find out who you truly are.

Guru

A Guru is one who takes you from darkness into the light.
There are many Gurus alive today.
Did you know that you are a guru?
Your goal is to take transform yourself from darkness into light.
The kingdom of heaven lies within.
This means you walk step by step on this journey.
You learn how to be a true master.
All the tools are there.
Only you can discover the diamond within.
The tools may be there yet if you don't use them they are useless.
This journey takes effort.
You are your best friend.
You are the guru.
Ponder this over.
Discover your true nature.

The Wheel Of Life

Are we like the wheel of life?
We come and go into this world like the spokes on the wheel.
We forget that all the spokes are connected to the center.
We think we are a particular spoke.
We have forgotten our true nature.
Our wheel goes round and round on our journey of life.
We are always supported.
There is a center of the wheel.
The center is home.
You are the universe.
Remember who you truly are.
Ponder the meaning of this message.

Brainwash

Many people think that by reading these poems that I'm brainwashing them.

Well, that is certainly the case.

We are washing the mind.

We are asking questions you have probably never asked yourself.

The mind needs to be crystal clear.

Our minds are muddy.

When we were born they were crystal clear.

Over time we forgot our true nature.

Meditation and prayer are a mean to clean the mind.

It's like taking a shower every day.

We get dirty and a shower fills so go.

The shower of love is medicine to the soul.

This is why the great master said discover your true nature.

Ponder this over.

You can solve this mystery.

Questions

Here are some basic questions to ask yourself.

Who am I?

Where did I come from?

Where will I go when I die?

Is there a purpose to life?

What is keeping me alive?

Where is God?

Ponder this for a while.

These answers lie within.

Ponder It Over

To ponder it over means to think it over.
When I was young I didn't truly understand the concept of pondering it over.
I would say let's get to the facts.
We can brush it over.
Yet pondering makes the mind go within.
It helps connect us to our higher selves.
It enables us to connect where we can be open.
To ponder something over is to stir the pot.
When the soup settles the answer comes to the surface.
Pondering is a way to connect to something far greater than yourself.
Have we forgotten why we should ponder in our life?
If so why?
Are we so distracted in our daily affairs?
We miss out.
We have forgotten our true nature.

Goodie Two Shoes

The definition of a goody-two-shoes is a person who always does everything right and always follows the rules, so much so that it becomes annoying.

Christ was not a goodie two shoes.

He would be considered a radical today.

He taught about love which many people didn't accept his message.

Even today.

He taught the kingdom of heaven lies within.

He did not start a religion.

Man did.

He taught humanity to look inside to discover its true nature.

These poems may seem to reflect a goodie-two-shoes nature.

But they are radical in nature.

The most radical thing is to discover who you are.

The world, in general, doesn't have this point of view.

Ponder this puzzle.

All the great masters were radicals.

Many people think they were goodie two shoes.

Boy, they have no idea what they were talking about?

Converting

In many religions today you have to convert.
You have to give up your old ways.
Many times you aren't ready.
Many times because you aren't ready you don't convert.
Did you know the truth doesn't need converting?
You are the truth.
Yet you don't know it.
You are the universe.
You just don't know it.
How can you convert to something that you already are?
Ponder this message.
Discover your true nature.
You can solve this riddle.

Where Are You Going, My Friend?

Where are you going, my friend?
This life is so precious.
There can be many rocky roads in life.
We are always watching over you.
You are never alone.
It just seems that way.
We are not here to judge you or condone you.
We are here to love you.
We are here to support you on this journey of life.
We are here to tell you that you are eternal.
You are magnificent.
You are the universe.
Discover your true essence inside.

The Spark Of The Divine

Everyone contains the spark of the divine.
Have you ever been to a concert?
There is a certain moment where you can see the spark of the divine in the entire audience.
Everyone is filled with love.
Eyes are sparkling like diamonds.
This is our true nature.
The spark of the divine lies inside of us.
How would you like that spark to turn into a bonfire of love?
The more you focus on the spark inside the greater the spark becomes.
Kindle the spark with twigs of love and eventually, a fire appears.
You were custom-made to realize the fire within.
You have always had this hidden in your heart.
This love will help you to drop all negatively.
It takes work.
I knew you knew that.
You can solve this riddle.

The Afterlife

There was a recent study that said 97% of the people on earth believe in an afterlife.

When I was a kid I pondered this.

Many people said when you die your body returns to the earth and your consciousness dies.

That's the end of you.

Since then I have a different point of view.

You are eternal.

You are the universe.

Before you were born you were one with God.

We came into this world and over time we forget our true nature.

When our journey on this planet ends we return to the source.

We become the universe.

All the great masters have said you have the opportunity to discover your true home while you are alive.

Isn't that incredible?

I hope we are putting salt into your food.

We would like for you to get thirsty.

The answers lie within.

Books

I love to read.
I have many books.
They inspire me to become a better person.
Yet a book may talk about the truth.
But it is not the truth.
A book may inspire us to find the truth.
The truth lies inside of us.
It takes effort to unravel the string we have spun in our life.
We have become tangled.
Books will talk about the way to God.
Our effort to dive inside will reveal our true nature.
All the tools for self-discovery lie inside.
A book may inspire you along the way.
But a book is talking about a mango.
Once you eat a mango you understand what a mango is.
You can solve this riddle.

Eons

Did you know you have been around for eons?
You were never created and you will never die.

You are the universe.

You are the sun, moon, and stars.

You are kind.

You are compassion.

You are patient.

You are love.

You are a creative force.

You are on an incredible journey.

You have an incredible mission to perform.

You are never alone.

You are family.

You can solve this puzzle.

The Journey

We are all on an incredible journey.
Just think we are never judged by the creator.
The goal of this journey is to find our true nature.
It is to transform ourselves from darkness to light.
We come and go and each time we learn more about ourselves.
We learn slowly to conquer our fears.
We learn slowly to overcome our anger.
We learn slowly to let go of our negative emotions.
It doesn't matter who you are we are all on this journey.
When we die we go back to the source.
A grand party is held in our honor.
You go back home to your family.
You are born again and you continue your life's lessons.
This cycle will continue forever.
You may even continue your journey somewhere else.
You weren't only alive on this planet.
Remember you have been alive forever.
Ponder this riddle.
It's truly something to think about.
You can solve this riddle.

To Solve A Problem

To solve a problem with another being takes patience.
You can't solve something that has been simmering for years.
You must be tolerant of one another.
You must place yourself in the others person's shoes and see his point of view.
That's not easy.
You can't convince someone of your point of view.
You can't convert someone either.
Both sides have to compromise.
It must be a win-win for both sides.
This way no one will be bitter.
Bitterness is a seed that will foster conflict in the future.
The goal is to solve the problem and then forgive the other side.
You don't forget you forgive.
Big difference.
The more emotionally mature we become it will be easier to solve problems.
We are still in a kindergarten state.
The great masters were at a college level.
They taught us that we can be too.
Go inside and solve this riddle.
Ponder the meaning of this.

The Sweet Spot

We are all looking for the sweet spot.
This is a place where we are co-creators with God.
We become his partner.
Now difficulties may come our way.
We use these difficulties as a game in life.
The sweet spot allows us to enjoy this game of life.
It's like a video game.
We love going to a higher level.
We want more challenges.
The sweet spot allows us to go to higher levels and be challenged.
It seems we are in harmony with life.
Christ taught about the sweet spot.
All the great masters taught about the sweet spot.
The kingdom of heaven lies within.
The sweet spot is an awareness where you experience the love of God.
You are connected to your higher self.
You become a partner of God.

Mother's Little Helpers

We are oblivious to Mother's little helpers in our life.
We are so distracted.
Man is lost in his cell phone.
We take everything for granted.
Did you know that without the magnetics on earth we would die?
This is Mother's little helpers.
Your DNA is magnetic.
Do we even care?
We are lost in our daily affairs.
Your DNA contains 97% quantum energy.
Another Mother's little helper.
The entire history of your journeys on earth is in your DNA.
How would you like to discover this?
Another Mother's little helper.
Helpers are everywhere in our life.
Open up your heart.
You can solve this riddle.

Does The Shoe Fit?

Does the shoe fit?
Do these poems make you say I like that?
Do they make you say that's a good question?
I'll ponder and think that one over.
Do these poems give you hope?
You are never alone.
Do these poems help you to ask the right questions?
Do these poems help you to find your way?
Do these poems help you to discover the God within?
Do these poems help you to find which direction is your true essence?
Does the shoe fit?
You decide.

Help Is Already There

Did you know that even before you need help, help is already there?

At times it can't change the situation.

But it will provide you with someone who truly cares for you.

There is a part of you that is a family on the other side.

They are always watching over you.

This is the truth.

You have an eternal family.

You have simply forgotten.

Your family protects you.

How would you like to be in contact with your spiritual family?

You can.

Discover your true family by looking within.

You can solve this riddle.

I Like The Wine That I Have become

I like the wine that I have become.
I started out as grapes a long time ago.
I started looking inside many years ago.
My ego was crushed time and time again.
Life crushed the grapes.
It was a great learning experience.
I'm always learning.
As we age we can become like fine wine.
We have weathered many storms.
Our skin may be weathered yet our soul is still young.
We are eternal.
I'm at peace with myself.
That is a great feeling.

Passages Of Time

Passage of time.

Time seems to just be passing by.

I remember in third grade the summer vacation seemed like an eternity.

Today the years are just passing by.

2017 is only a few days away.

Yet it seems like 2016 has just started.

Is it true the older you get the faster time flies?

It sure seems that way.

It seems just like yesterday I caught a wave for the first time.

I caught my first kiss.

Everything is captured in time.

It's like and every moment we freeze the moment we are in.

We can recall these fragments well into the future.

Look at the adventure you are on.

Realize your life is precious.

Prison

A man may be in prison and yet be totally be free.
A man may be free yet may live in the prison of his mind.
What makes us truly be free?
The master has said discover your true nature.
The truth shall set you free.
When I first learned how to meditate it was difficult.
I learned real quickly that I lived in a prison.
I was confined.
I didn't know how to control my mind.
In order to go out of your prison, it takes effort.
The hardest thing in the universe is to conquer the mind.
Yes, the journey is hard but the results are awesome.
Ponder this riddle.
Find out who you truly are.

Light Your Candle

Light your candle.
All it takes is a small percentage of humanity to light their candles.
Just one single candle will light up a room.
This room may have been completely dark for thousands of years.
Yet one lite candle will shine in the room.
The darkness is dispelled.
Imagine if the entire world lit their inner candles.
We would have peace on earth.
Yet it only takes a small percentage to change the world.
The light is so much more powerful than the darkness.
Ask the sun in the sky.
It doesn't know darkness.
It simply shines.
Be like the sun and just shine.
You have nothing to prove.
This is your true nature.
You can solve this riddle.

The Peace Bomb

There is a peace bomb inside of us.
Go ahead and lite up the fuse.
With your intent lite the spark on the fuse.
The fuse will start burning.
It will eventually blow up.
Your negative emotion will blow up
You are igniting a peace bomb.
You are filled up with peace and love.
This is your true nature.
Day by day repeat this process.
It takes effort to mine the diamond within.
One blast won't work.
It's the day-by-day effort that succeeds in finding the diamond.
This is your true nature.

The Calculator

We use calculators in our life.

$$2 + 2 = 4$$

Simple.

Yet do we ever calculate the meaning of life?

No matter how grand your life is, is there something you know is missing?

I can't seem to calculate that.

I'm missing some formulas.

I have everything and still, something is missing.

There is a simple formula.

You don't have to be a math genius.

All the masters have said to go within.

You are the universe.

You are the great calculator.

The mysteries are hidden within.

Ponder this over.

You can solve this puzzle.

Cross The Bridge

When we are born we cross the bridge to come into this world.
We remember who we are.
Over time we forget our true nature.
We even forget there is a bridge.
We fell all alone.
We get lost along the way.
When we die we cross the bridge and go back home.
We return to the family.
We are the universe.
Well, then why do we forget about this bridge when we are alive?
All the great masters have said discover the bridge within.
You are never alone.
A part of you exists on the other side.
It is watching over you.
You can cross this bridge while alive.
Your life will be incredible.
Ponder this over.
Discover the truth that lies inside.

Does Life Throw You A Curve Ball?

Does life throw you a curveball?
We are in the game of life.
We are playing the game.
We have a coach that is God.
He is on the sidelines.
He is rooting for us.
Unfortunately, we don't know that he is there.
Life throws us a curveball and we go into a tizzy.
The great masters of the past taught how to hit a home run when a curveball is
thrown.
We must go within and find the inner coach.
It's always been there.
We have free choice to open the door or have the door remain shut.
Ponder the meaning behind this puzzle.

Happiness Lies Inside

All the great masters have said that happiness lies inside.

It's not a joke.

It really does.

The proof is in the pudding.

Try it and you will like it.

People try it and they like it.

It needs no convincing.

It needs no converting.

Ponder over these words.

Happiness lies inside.

One Rain Drop

When you first start meditating it's like one raindrop that falls from the sky.

Day by day you start a meditation practice.

From that one drop, two drops fall.

Over time there is a puddle which you jump up and down like a child.

Over time there is a thunderstorm.

The raindrops turn into a stream.

You are drifting downstream on a mat.

Wow, this is fun!

Over the years the stream turns into a river.

You are on a sailboat that has a rudder.

You are sailing towards your destination.

At some point in time, the river will merge with the ocean.

You are home.

Ponder these words.

They have great meaning.

Who Am I?

Have you ever asked the question?

Who am I?

Are you only this body?

If you say yes then what is keeping you alive.

You say my breath.

Well, what is the power behind your breath?

When you die you stop breathing.

What power left you?

You are no longer alive.

Your body is now a corpse.

Did you know that your body is hard-wired to solve this mystery?

All the great masters have said look within.

You are the universe.

You just don't know it.

The Mind Is A Mirror

The mind is a mirror.
Whatever you see in someone is a reflection of your mirror.
Whatever faults you see in others are faults that you have.
Whenever you point your fingers towards someone you have three fingers pointing
back towards you.
The great master has said clean your mirror.
It is dirty.
You can't see clearly.
Your mind is tricking you.
You think if only that person would change my problems would go away.
You must change then the problem will go away.
We as a society must change ourselves.
Our mirror needs to be clean.
Ponder this message.
Your understanding of life will change.
You can't change anybody except for yourself.

The Mosquito Itch

Have you ever been bitten by a mosquito mind?
The mind itches and you are bothered by something.
Yet you don't know what it is and you feel off-centered.
You can't pinpoint what's going on?
Did you know that meditation and paying attention to the itch will soothe it away?
Meditation will help focus where the itch is.
Once you can see it you can focus on it and embrace it.
Once you embrace it, it will disappear.
The Buddhists were the original psychologists.
They have been studying the mind ever since Buddha was around.
They are experts in positive mental health.
Did you know it was only 30 years ago did western psychologists studied positive
mental health?
We need as a society to have a positive mind.
How the world would change for the better?

The Universe Exists Inside Of You

Did you know the universe exists inside of you?

What no way.

How could that be possible?

The universe exists outside of me.

Maybe that's the problem.

You are the universe.

You think it exists outside of yourself.

If you think it is outside of yourself how can you be a part of it?

The great masters have said the answer lies within you all the time.

A part of you is the universe.

Tap into your higher self and you will solve this riddle.

We Are All Actors In Life

We are all actors in life.
We come into this world and we play our parts.
There is drama.
There is humor.
There is war.
There is love.
We all know how to play our parts well.
We don't need a voice coach or acting coach.
We know how to play our part well.
When we die we get a standing ovation from the universe.
It doesn't matter if you are a saint or sinner.
You played your part to the fullest.
On the other side, all the actors are having a grand party.
Ponder the meaning of these words.

Who Were You Before You Were Born?

Who were you before you were born?

This is a great mystery.

The great masters have said you are the universe.

You were never created nor will you ever die.

You are eternal.

Yet we come into the world and it slowly fades away.

We have forgotten our true nature.

Is this the game of life?

We came and go into this world and each time we forget our true nature?

Ponder these words.

Do you want to solve this mystery?

You have all the tools within.

There Are Many Rooms In The Mansion

Imagine you are blind.

You can't see.

You think you live in a single room.

Yet there are many rooms in this mansion.

Because we are blind we live only in this tiny room.

We think we are poor.

This is the grandest mansion in the universe.

It is priceless.

The great masters have said look within and you will see the mansion and the many rooms.

You are part owner.

Discover your true nature.

Ponder over these words.

You can solve this riddle.

This Is A Practical Path

This is a practical path.

A practical path takes moment by moment practice.

It's not a path of going somewhere for an hour and you give your offering.

The rest of the week you can do what you want.

This path requires determination.

It takes determination to let go of your negative obstacles.

With each and every moment you monitor your actions.

You are a Co-creator, not someone who reacts without thinking.

Big difference.

At first, you may not like to meditate.

It is a huge struggle.

Yet over time, it becomes a part of your life.

You don't convince anybody with your words.

You convince people with your actions.

This is a simple path.

It's so simple man says it couldn't be that easy.

Whatever you think that's your reality.

All Religions Are Pointing The Way

All religions are pointing the way.
The great masters came down and said go within to discover your true nature.
They did not compete with one another.
They were all on the same team.
All of them were great coaches.
They have been scattered all around the world.
These masters weren't here for fame or glory.
The teachings were that God lies inside of your heart.
Look within to find your answers.
We are here to coach you.
You must play the game to understand your true nature.
You came to earth for a purpose.
Think this over.
All the great religions are pointing the same way.
Look within.

The Book Of Life

What if the book of life is not a book?
You can read all the great books but what is your experience?
You may spout the words but is your heart full of experience.
Are you kind when you are trying to convince someone?
Does it need convincing?
Do you feel superior over one another?
My religion is better than yours.
You are going to hell.
We must learn to be tolerant of one another.
There is a thread of love tying us all together.
Each religion is different and unique.
Yet the thread binds us together.
We all believe in God.
Look within your heart to discover the thread of love.

Throw Away The Anger

Throw away the anger.
Your anger is like throwing kerosene on a fire.
Your anger is only hurting you.
Facebook lately is full of anger.
It's full of frustrations.
How do we go beyond our anger and yet talk about the problems that face us in the
world today?
How do we talk like mature adults?
How can we talk like we are all united?
Yes, we have different points of view.
How can we talk without putting someone down?
If all of us would stop being so angry maybe we could calm down and see different
solutions.
Peaceful solutions.
We can all do this.
Anger is not the solution.

True Nature Of The Mind

What is the true nature of the mind?

Before a person begins to meditate or contemplate mostly likely the question is never asked.

Most people would say I've never asked that question.

Yet that is probably one of the best questions you can ask yourself.

What is the true nature of the mind?

Have we discovered it?

All the great masters have taught about it.

Why do we have some many mental problems?

Is there a correlation between the mind and body?

Have we forgotten our true nature?

I'm missing something inside.

I don't know what it is.

Why do I feel happy about obtaining something and 6 months later I could care less about the object I obtained.

Why do I feel like a small mosquito is inside my mind?

There is a small constant irritation buzzing in my mind.

Why do I act so irrational?

Why do I fly off the handle so easily?

Have I learned that getting angry at someone only harms me?

These are practical questions to ask yourself.

Only you can solve them.

Your Mind Wants Peace

Did you know that your mind wants peace?
Unfortunately, you are looking in the wrong direction.
You are looking outside of yourself.
You will never find peace there.
You will always be looking for it.
It's like a mirage.
You can see the water but you can't drink the water.
Peace only exists inside of you.
All the great masters have said the same thing.
The kingdom of heaven exists inside of you.
Ponder the meaning of these words.

You Are A Genie

You are a genie.
Whatever you think you become.
If you get angry easy you will be an angry person.
If you gossip about people they will gossip about you.
Whatever you think the genie responds.
The more you think and take action the genie response in an instant.
You can control the genie.
You can control your mind.
You can control your actions.
Stop look and listen.
Your genie can be your friend.
It's your choice.
Do you want to be a reactive being or one who is a Co-Creator of God?
Ponder these words.
The world will be in a better place.

Take Care Of Your Body

Take care of your body.
It's the only one you get.
I have seen some of my friends die way before their time.
The doctors won't heal you.
They may hide your symptoms.
But the disease is still there.
The medicine they give you has many side effects.
One of my wife's friends started with one medicine and ended up with around 20.
One side effect needed another pill until she had twenty.
I'm not saying don't take medicine.
I'm saying be 100% responsible for your health.
You probably treat your car better.
It has its tune-ups and oil change every year.
Learn that food is medicine.
A very powerful medicine.
You are in charge of your health.
You must take responsibility for it.
No wonder our health care is in such a mess.
We need to get educated.

Signs Are Everywhere

When you first start this journey of self-discovery the signs are everywhere.
Yet we don't have the eyes to see.
Day by day our awareness grows.
Year by year our awareness grows.
We begin to see the signpost everywhere.
We are on this journey and we are guided.
It seems like the more you pay attention to the universe the universe pays attention
to you.
Imagine the signs are everywhere.
Yet we don't see them.
The entire universe is rooting for us.
They even put up signpost everywhere on this journey.
The great masters have said look within to solve this riddle.
Ponder these words.
You have free choice.

Give Up

Many people think that this path is boring.
Oh, I have to give up my lifestyle.
No, you don't.
In order to see God, you must be poor.
Nope.
Keep your money.
I don't want to be celibate.
You don't have to.
I don't want to be a monk.
You don't have to.
Be yourself.
Yet here's a few things to give up.
Give up your anger.
Give up your intolerance.
Give up your lack of patience.
Give up your evil ways.
Give up all your negative emotions.
Each one of you has things to give up.
You and the world will be in a happier place when you do this.

Do You Remember Who You Are?

Do you remember who you are?

You are the universe.

You are the sun, moon, and stars.

What happened?

Is there a punch line I'm missing?

My name is John.

That is who I am.

All the great masters have said discover your true nature by going within.

Ponder these words.

They have great meaning.

Behind A Challenge Is A Solution

Behind a challenge is a solution.
Whatever challenges you face see that there is a solution.
Look at the positive.
A solution will solve the challenge.
If you look at challenges this way they were much easier to deal with.
You know in your mind's eye there is a solution.
This makes the journey easier.
It's like driving a nice car on the journey.
The road may be bumpy at times but the ride is comfortable.
When you see life as only a challenge without a solution you are driving a beat-up car.
The car will break down in midst of the journey and you will still be facing the challenge.
This makes the journey much harder.
This journey is practical.
Learn the tricks of the trade.
Think this over.
Am I spinning my wheels when I have challenges in my life?

Be Centered

Be centered.
Change is all around us.
Don't get affected by the whirlwinds of political decisions.
Don't take it in.
Protest.
Yet don't allow anger to seep within.
Be like water.
Gentle, yet it has a force of its own.
Imagine a tidal wave of love.
This is truly how you protest.
As a group, use the power of love.
Love is the greatest power of the universe.
Use it.
Be centered.
Use the force to protest.

Have You Ever Tried To Meditate?

Have you ever tried to meditate?

Are you up for a challenge?

Did you know that taming the mind is the most difficult thing to do?

It takes determination, patience, and kindness.

Just sit for one moment and concentrate on your breath.

Focus on the incoming and outcoming of your breath.

There is something that is keeping you alive.

At first, the mind will be like a monkey.

It will jump from branch to branch.

It will jump from thought to thought.

Over time a stillness will enter you.

Thoughts are all around, yet you are in the center of the hurricane.

Chaos is around yet you are still.

Sit still and listen.

Your journey has just begun.

Who Were You Before You Were Born?

Who were you before you were born?

Where did you come from?

Both good questions.

Have you ever stopped and pondered these questions over?

Where will you go when you die?

It's not the grave.

Yes, your body will return to the earth.

But where will you go?

Mystics have said the answers lie within.

Open the door within.

Remember it's one small step after another.

You can solve this riddle.

Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?
Kabir a mystic from the 15 century said the following.
All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.
Now that is profound.
A modern-day Einstein might have said that today.
The entire universe exists inside of us.
We are a part of the universe.
Is this a paradox?
We are beyond time and space.
There are billions of universes.
Inside of our DNA is a part that is not material.
It is spiritual.
No instrument known to man can detect this yet.
Yet the mystics have said all along.
You are hard-wired for this experience.
Ponder this message.
The divine words from Kabir are alive.

Forgive

I love the definition of forgive.
Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.
Imagine a person does you wrong.
You have every right to be angry.
Time passes and the person who wronged you has forgotten the situation.
But you haven't.
The anger is still festering within.
The poison left by the arrow lies inside of you.
The moment you truly forgive yourself and the other person true alchemy occurs.
True healing can take place.
This is the law of forgiveness.
It doesn't say you must forget the experience.
The law says to forgive.
Big difference.
Like the world, we would truly be more content if we forgive ourselves and others.
Learn from your mistakes.
Forgive yourselves and others along this journey of life.

Why Meditate?

Why meditate many people say?

All you are doing is closing your eyes.

Yet have you seen your favorite singer closing his eyes and melting you with love.

When you are with your lover most likely your eyes are closed.

Meditation is a means to connect directly to your creator.

Isn't that more than enough

Practice Makes Perfect

Practice makes perfect.
When I was young I had to practice much more than my brother.
He had the knack to be good at whatever he picked up.
I was always a few stages behind him.
Yet by the art of practicing, I developed over time mastering what I was learning.
When it comes to life you can never say I've mastered it.
Life will throw you curveballs.
It will test you.
It's like playing video games.
You can advance to a new level and that's where the challenge begins.
Everybody gets their fair share of hard knocks,
How do you handle them?
That is part of the game of life.
It's quite a delicate process.
We stumble and fall.
Yet over time, we learn how to embrace the situation.
I've been laid off numerous due to our economic climate.
Each time I learned how to snap back.
It takes practice.
Each time it gets a little easier.
Is this a lesson on how to fine-tune the guitar of life?
Do we make better music when we go through the wringer and out the other side?
This life is definitely not boring.

I Don't Get It

I don't get it.
Why do you meditate?
Isn't that a waste of time?
Why do you want to know yourself?
I know who I am.
Why should I care if I'm trying to improve myself?
I simply am what I am.
Who cares about the other person?
I have what I need.
Let's party on.
Rock and roll.
There is no tomorrow.
This is what I have heard over the years.

Did You Know?

Did you know the universe considers you as your best friend?

You are never alone.

Yet at times we think we are.

You are a part of the universe.

There is a part of you that is beyond time and space.

Unfortunately, we have forgotten.

You are the great mystery of life.

It is hidden inside of you.

Is this truth or fiction?

Only you can decide.

Infinite

The definition of infinite is the following.
Limitless or endless in space, extent, or size;
Impossible to measure or calculate.
When I was young that would blow my mind.
I couldn't even imagine such a thing.
Now fast forward many moons and my life love to ponder such things.
I have learned that by going inside we can try to solve the mysteries of life.
Your true nature is infinite.
Isn't that amazing?
Your true nature is kind.
Can you imagine infinity is aware?
It is love, compassion, kindness, patience, and tolerance.
This is your true nature.
You can discover this.
It's hidden inside of you just waiting to be found.

The World Is A Drama

Guru Nanak once said
The world is a drama, staged in a dream.
Mystics throughout the ages have pondered this over.
We are living in drama, staged in a dream.
Is our dream real?
What is considered a dream?
We come and go from this world.
Is this a dream or where we come from a dream?
We live our lives in so much drama.
We react to the beatings of life.
Is there a way to solve this puzzle?
It seems very complicated.
One layer over another.
Yet the answer is simple.
Open the door within.

Ego

Here's some definition of ego.

A person's sense of self-esteem or self-importance.

"A boost to my ego"

For a PSYCHOANALYSIS

The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.

For metaphysics

A conscious thinking subject.

Our ego can be man's best friend or his worst enemy.

We have seen that for thousands of years.

In the Buddhist tradition, they have studied the mind and ego for thousands of years.

They have learned practical tools to cultivate the ego and mind.

Imagine a farmer planting the seeds and going through the process of the final picking of the crop.

Mystics have taught the same inward farming.

You can cultivate the mind and ego to be the true reflective nature of ourselves.

This is the greatest thing we can do for ourselves and the world at large.

In fact, you can't take anything with you when you die.

But you can take the fruits that you have cultivated with you.

Imagine you are a conscious thinking subject inside of a human body.

You are the universe.

You just don't know it.

Talking To Myself

It seems like these sayings are for everyone but myself.

Yet that is far from reality.

In actuality, these sayings are for me.

They are reminders along this journey of life.

What better advice there is to daily write it down?

It becomes an intricate part of your life.

Each day these sayings get rooted into my being.

What I say I'm really trying to make into reality.

We can change.

We can change consciously.

This is a grand journey of life.

We can help and improve our lives every single day.

We will fall and yet we can pick ourselves off the ground and continue walking
towards our goal.

We are not alone.

The entire universe is rooting for us.

Beat A Rug

The poet Rumi once said the following.
When someone beats a rug, the blows are not against the rug, but against the dust
in it.

When we go through the ups and downs of life remember we are not alone.
Struggles and beating of life are meant to clean ourselves.

They make us become stronger.

They help build character.

How can you truly have compassion for your fellow man if you never experienced
hardships?

Life is truly a video game.

This game appears so real.

We even feel pain along the way.

The beatings are not against us.

We do not get punished by God.

Yet life has its lessons to learn.

We come unto this earth to grow and love all of life.

We are all in the same boat.

We are all on the same journey.

All the great teachers in the past spoke that we are all the same family.

We have forgotten our true nature.

Life tries to wake us up from our slumber.

You are the universe.

You just don't know it.

Pay Attention To Your Craft

When I was young I loved baseball.
I once heard a story that Ted Williams didn't go to the movies because he said it
would hurt his eyes.
He had exceptional sight and reflexes.
You had to be if you had many seasons when your batting average was over 400.
He didn't party, smoke, or drink.
I'm sure many people thought he was a fuddy-duddy.
Yet he was the best of the lot.
He paid attention to his craft.
Maybe he was baseball's mystic.
He turns baseball into a science and an art.
He had complete devotion to the game.
He did not get sidelined by the many distractions of life.
He just loved to play the game.
He was the best of the best.
Many famous ballplayers need to look at his devotion to the game.
Pride and ego weren't in his game.
He did not need to show off.
He had nothing to prove.
Sounds like a mystic to me.