



Broken Record

Fletcher Soul Traveler

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Intro



The definition of a broken record is as follows. Used, especially in similes, to refer to a person's constant and annoying repetition of a particular statement or opinion.

"at the risk of sounding like a broken record, let me repeat: it will be difficult to do well without attending

classes regularly"

Yet the world at large has fragments of a broken record all over the place. Absolute harmony is the state mankind is searching for. Yet mankind is not aware of it. We are playing the same record over and over again.

Humanity is having a hard time being in a state of harmony. Chaos exists outside and inside of us.

Presently the United States just had an invasion from its own people at the Capitol Building. What is the truth that is considered a lie? What are lies are considered truth for many? Discrimination is out the door.

This is from ABC news.

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Trump's voter fraud lies encouraged a riot. GOP allies are still giving them oxygen.

Republicans, including Sen. Josh Hawley, have condemned the violence but haven't backed down from baseless claims of fraud and irregularities.

This broken record exists in all areas of our lives. This exists even from our subconscious. Scientists know that ninety-five percent of our actions stem from our subconscious.

¹ <https://www.nbcnews.com/politics/donald-trump/trump-s-voter-fraud-lies-encouraged-riot-gop-allies-are-n1253509>

This is from Bruce Lipton

Is there a way to change subconscious patterns?

Yes, you can reprogram the subconscious mind. All of us got programmed when we were very young. And the programs even started before we were born. We were programmed already in the uterus.

So the program occurred before you were born and therefore you can't tell me what all the programs are that you have. You weren't even conscious at that point.

So then I say how will I know what the programs are? You don't need to go to a psychiatrist to figure it out. The reason why it's simple is that 95 percent of your life comes from the subconscious program.

So by definition, your life is a printout of your subconscious programs.

So the things that you like and that come easily to you in your life are there because you have a program that allows them to be there.

In contrast, anything that you have to work hard at and put a lot of effort into, or anything you have to struggle for to make it happen, is a result of your programs not supporting that.

So if you're trying to find a relationship, or you can never get into a relationship and you're thinking it's not in my fate to be in a relationship, then this is not true.

It is because whatever programs your mother and father and family had about relationships are not supportive.

And the second reason is that you play these programs 95 percent of the time and you don't see them, so that means at least 95 percent of the time you were sabotaging yourself and you don't see it.

And therefore you never understood why your relationships were not working.

² <https://www.brucelipton.com/blog/there-way-change-subconscious-patterns>

So if people want to know what their programs are, I say what in your life comes easily to you is there because you have programs to support that. Anything that you struggle to get to, is because you have programs that don't support that.

And that's how you know what programs you want to change. So you ask where are the troubles in my life? If they exist in a relationship for example you know you have to change your beliefs about the relationship.

And then you can work on yourself. So first it is about recognizing that the patterns come from programming. And that you can change them.

Now, there is always that belief that you can talk to your subconscious mind. And people try that and then they find themselves playing their programs again. And they get mad at themselves.

And they get frustrated because they think 'I keep talking to myself and it is not changing'.

You have to remember you are like an entity in the conscious mind. But the subconscious mind is just like a machine, it records, pushes a button, and plays back.

So if you are trying to talk to the subconscious as if there was somebody in there, it's frustrating because there is nobody in there to listen.

That's not how the subconscious changes and that's why most people have a lot of problems and get mad at themselves when it doesn't change. Well, that is simply not how it learns.

So the two minds learn differently. The conscious mind is called creative and can learn by reading a self-help book or going to a lecture, watching a video, or reading an article. It is creative, it goes, "ah, I have an idea, now I change my mind."

The subconscious mind is a habit mind. And the most important thing about a habit mind is that you don't want it to change very quickly, because otherwise, habits fall apart. So it is resistant to change.

That is the first thing we have to realize. It is not as easy to change as the creative mind. So how do I change my subconscious mind? How does it learn? Number one:

In the first seven years, the mind is operating in a low vibrational frequency like hypnosis. So that is one way of changing the program.

Number two: After you are seven you form habits by repeating something over and over and over again. Practicing, repeating, practicing.

An example: If you read a self-help book the conscious mind understood it, but the subconscious mind learned nothing from it because you only read it once and this is not how it learns.

If you repeat the message of the book over and over and over again and behave that way, then the subconscious mind will learn a new behavior.

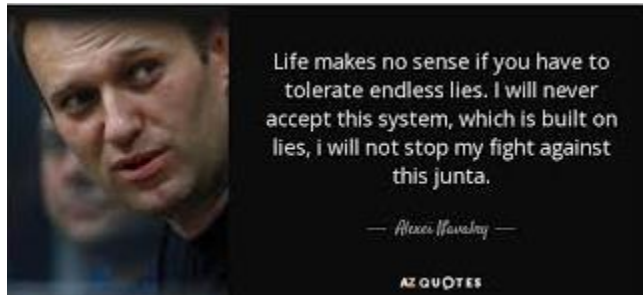
So it is about habituation, where you make a practice out of something, every day repeat it over and over again. So these are the two main ways, hypnosis, and habituation.

Then there is a third way now which is new and is called energy psychology. And it activates the brain to be in a state of super-learning. If you engage in super learning, you can rewrite subconscious programs in about 10 minutes.

Something you have had your whole life can be rewritten in 10 minutes! Now there are a bunch of different techniques, but they function all in about the same manner.

It pushes the record button of the subconscious mind so you can download new data very, very fast. On my website www.brucelipton.com under resources, there is a list of about 20 different energy psychology processes all of which are effective and can help rewrite subconscious beliefs in a short period.

Endless Lies



Yesterday I watched the inaugural address with Joe Biden on TV. It was quite inspiring and quite refreshing to hear. The past four years have been quite chaotic for America.

I have never seen the pot stirred with such chaos and division. The past president was an expert in creating division among Americans. He had a constant knack for insulting people from all walks of life.

This manifested in all areas of life. Each day the nation wondered what was coming down the pike next. Incident after incident occurred.

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This is from ABC news.

During his Presidency he told around 30,500 lies according to NBC news.

Dr. Bandy X. Lee, a forensic psychiatrist and author of "Profile of a Nation: Trump's Mind, America's Soul" told ABC News she viewed Trump's "pattern of lying seems to consist of beginning with a conscious lie intended to deceive others -- or to cover up who he really is -- but as more people believe him and the adulations of crowds gratify him in irresistible ways, he comes to believe in his own lies."

"He has adopted almost a practice of preferentially lying over telling the truth," she added. "His grandiose sense of himself, on the other hand, does not allow for any possibility that he is wrong."

³ <https://abcnews.go.com/Politics/legacy-lies-trump-weaponized-mistruths-presidency/story?id=75335019>

Here's according to ABC news his biggest lies.

TRUMP: The presidential election was 'rigged' and 'stolen.'

TRUTH: Joe Biden legally won the election.

Whether Trump believed it or not, he peddled a conspiracy theory that the election was "stolen" from him and unfairly handed to President-elect Joe Biden.

His constant complaint in his final weeks of campaigning was one he had made repeatedly primed his supporters for in the past: the election would be "rigged" against him.

He ramped up "the big lie" after Biden was projected to win the presidency.

Trump and his allies brought at least 60 lawsuits challenging the 2020 elections to date, ending with only a single court victory related to voter ID laws -- which the Pennsylvania Supreme Court later overturned.

Former Attorney General Bill Barr also said in December the Justice Department found no evidence of fraud able to overturn the election.

TRUMP: The coronavirus pandemic is under control.

TRUTH: The US exceeded the White House's 2020 death estimate by 100K lives.

One of their most dangerous lies about Trump involved the most serious threat to his presidency: his downplaying of the coronavirus pandemic.

Trump admitted to legendary journalist Bob Woodward in a phone call on Feb. 7 he knew the virus was "deadly," airborne, and more serious than "your strenuous flu." Meanwhile, in public and on Twitter, he compared the virus to the seasonal flu and dismissed climbing case numbers.

Trump also repeatedly spread misinformation about [coronavirus testing](#), [masks](#), unproven treatments -- once claiming that [injecting bleach](#) might treat the virus before saying later he was being "sarcastic" -- while attacking public health experts along the way who disputed his view that the virus wasn't just going to "disappear."

[MORE: Trump heads into flu season amid pandemic mocking masks, holding packed campaign rallies](#)

"I think Trump understands the facts about how bad COVID is and probably knows masks work, but he is always appealing to his base," said Erikson.

"What Trump always does -- and what ordinary politicians do to not do -- is always appealing to his base rather than expanding his base, and the virus

It quite sad that for some people the truth is fiction and fiction is the truth. We had a President who spun his own truth to his followers. Unfortunately, this leads to millions of people being deceived.

Even around 150 congressmen believe that Joe Biden did not win the election. This was even after the attack on the Capitol Building.

It seems like the nation today is divided like the Grand Canyon. Millions of people believe absolutely in the words of the ex-president. We need leaders who won't spin the truth.

We need leaders that will try to unite the nation not divide it. We all must be tolerant of each other. Being in a state of chaos we can never solve any problems. We can unite. We can change. America can heal itself. We must see the truth.

Many politicians know the truth yet they want to hold on to their power so they spin the truth. I think we should pay attention to a person's character more than his policies.

Currently, it is the other way around. We had a President who didn't have any moral fiber. Just think if President Obama did just one of Thump's actions the opposite side would talk about it for years.

I remember watching the Republican debates in 2016 and Trump would railroad every politician. He would mock each one of them. At first, it was interesting to watch. Yet it reached a point where I couldn't believe my eyes. This guy could be elected President.

These are the traits I look for in a President. Kindness for all. Patience and tolerance. Compassion. Be a true leader.

During this pandemic, we need a leader who will lead the nation through this tragedy with love and compassion. We must know that this leader deeply cares for us and will do anything to help this nation. He must be involved with his mind, body, and soul.

Tell the truth even when it is difficult. Don't spin the truth and tell lies. Unite the people. Unfortunately, many politicians don't want this. They want their own power.

We can change. It's up to each one of us. Let bygones be bygones. Don't mock each other. Try to see the other side of the picture. Don't hate one another. Because I have a different point of view don't mock one another. Smile. Relax.

End Uncivil War



⁴This is from ABC News

Joe Biden began his presidency with a soaring appeal to end America's "uncivil war" and reset the tone in Washington, delivering an inaugural address that dispensed with a laundry list of policy goals to instead confront the nation's glaring political divides as the foremost obstacle to moving the country forward.

"Politics doesn't have to be a raging fire destroying everything in his path. Every disagreement doesn't have to be a cause for total war,"

Biden said. "Without unity, there is no peace, only bitterness, and fury. No progress, only exhausting outrage. No nation, only a state of chaos. This is our historic moment of crisis and challenge, and unity is the path forward."

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This is from the Huffington Post

President Joe Biden warned his political appointees that there's one behavior that will earn them an instant boot.

"I'm not joking when I say this: If you're ever working with me and I hear you treat another colleague with disrespect, talk down to someone,

I promise you I will fire you on the spot," he said after swearing in nearly 1,000 workers remotely. "No, if, and or buts."

Biden said everyone should be treated with decency and dignity, then added: "That's been missing in a big way the last four years."

⁴ https://www.huffpost.com/entry/joe-biden-fire-you-on-the-spot_n_60093dbec5b6efae62ff1bfb

⁵ <https://www.bloomberg.com/news/articles/2021-01-20/biden-appeals-for-unity-to-repair-uncivil-war-left-by-trump>

Biden also told the appointees there was a lot of work ahead and thanked them for being willing to do it.

Wow, this is music to my soul. This is desperately needed today. We as a nation need to restore dignity. In the last four years, we have lost it. We have seen an administration that has mocked anyone who doesn't agree with them.

Let's all try to act this way. America would be in great shape if we all did. We can have healthy dialogue instead of the hateful conversations we have today.

We don't have to hate someone who has a different point of view than ours. I love hearing people's different opinions on life. Each one of us has a different point of view. I saw this when I traveled around the world. I love to see the diversity of life.

Later on, in this book, I have a chapter called Dialogue versus Flaming. We have lost the art of communication. Society today gets angry at anyone who has a different point of view.

True communication comes from the depths of your soul. It is an infinite fountain of wisdom. Many people are shallow thinkers.

Once upon a time, I didn't understand the true meaning of pondering. I would listen to lectures and the speaker would say ponder this over. To be honest it took me a good thirty years to understand the significance of pondering.

These are great times ahead for America.

Creativity



I bow my head to all those who consciously strive to be creative in any endeavor. This world needs creative people.

Each one of us is custom designed. You may not be the world's best artist yet

the simple act of creating art is a blessing. Being creative is not some sort of contest to see who is better.

The sun in the sky never boasts and says "Hey look at me". True creativity comes when one is humble. Remember water always flows downward. It never flows upward. Humility flows downwards. Ego and creativity don't mix very well. It's like oil and water.

One who knows how to enter into the silence becomes overtime extremely creative. There is an endless well of creativity existing within. Due to our worldly lifestyles, we have blocked off our creativity.

As human doers, we have lost sight that we are human beings. We always ask "what do you do" when we meet someone. Doing has more emphasis than being. It should be the other way around.

Society is set up to make you burned out. Stress is the norm, not the exception. This is carried throughout all areas of life. Even when we try to relax and enjoy the moment we tend to party too hard.

We wonder why we wake up the next day and have a hangover. We say I learned my lesson yet next Friday we soon forget and start the broken record again.

Sometimes I believe we like the broken record. We have never known anything else. It takes too much energy to lift the needle out of the groove we are in. This is the human condition.

Everything begins inside of you. Yet we think everything begins outside of us. The outside world holds all the answers. We hold on to this until the day we die. We always strive to control our environment. The external world can never be

controlled. We may think we can control it. At times it seems like it is working. Unfortunately, our sandcastles get destroyed when the high tides of life come in. Just like the ocean tides we have a period of high and low tides. This is the rhythm called life.

When a person lives only externally one lives in the whirling winds of the hurricane. We are like leaves blowing in the wind. One who lives in a state of silence lives in the center of the hurricane.

Too many people these are just some fancy words and don't mean a thing. I have a friend who says "what is this inner garden you are always talking about". That is the question that has been spoken about for time immemorial.

That is the root of our problems. We are custom-designed to discover our true nature. Everything is there. The hardware and software are there. We just need to flip the switch.

We need to go from darkness to light. The problem is we don't believe the switch even exists. We think something external can flip the switch. If only I had this or this I would be content. It's always striving outside of ourselves.

We have been conditioned that way. We never learn this within our schools. Our education system doesn't teach the road within. I remember in grade school it was all about memory.

My wife has a great short-term memory consequently she got straight A's. I had great long-term memory yet lousy short-term memory. My focus in grade school was the creative side of things.

I often thought why should I memorize when was the Revolutionary war? The next day one forgets this fact. Yet if the teacher talked about what lessons did America learn from the war.

History is not a bunch of facts. History is meant so we can learn from the mistakes of the past and hopefully learn from them for the better. We haven't done so well in that category.

Yes, life is like a video game. We are stuck on the same level. We aren't even aware of the level we are at. We are so busy living our lives that we can't stop and reflect on where we are going.

This broken record has been playing the same song over and over again. We think this is the only song that exists on the album of life. This album contains infinite songs.

We hold on to our song for dear life. It is the only song that we know. We may not like it but we know nothing else. The wise men from the past say infinite songs are playing inside of you.

Only you can pick up the needle of life and go outside the groove you are in. When you do this you all be amazed by the next song on the album called life.

Every Four years



Here's another broken record. Every four years we vote for a new President. When either side wins the Presidency the other side bickers and moans for the entire four years.

When the other side wins the opposite side does the same thing. Both sides won't compromise and therefore nothing gets done.

We have been in this groove for a long time. It seems to get worse. Most Americans place more emphasis on their political parties for their identification instead of being an American.

This is from Gold Country Media

There is an endangered species needing our attention and care. It's the American eagle - not necessarily the bird itself, but the symbol it represents for us Americans. The American eagle (wonderfully) has a left-wing and a right-wing.

Nowadays "left-wing" and "right-wing" have such liberal and conservative connotations, we forget that both wings are needed for our eagle to fly.

It's not a matter of one wing dominating for a while (four to eight years at a time), it's recognizing that both wings must work together to have the flight.

Why can't our elected representatives look beyond their own "wing" and do what it takes to keep our eagle soaring? "We the people," the electorate, are the heart and soul of this country (the body of the eagle). We don't want one wing to control the other; we want them to fly coordinately.

I love the Fourth of July. I love our great country. I'm humbled by the faith and trust of our founding fathers and the sacrifices made by our military and their⁶families throughout our history for the cause of freedom.

I think of our American symbols, the flag, the Liberty Bell, and the eagle, and feel pride and an honor that can easily bring me to tears of gratitude.

I couldn't have said this better. We need leaders who want to serve the good of our nation instead of their political power. Kindness goes a long way. Patience and tolerance bring parties together.

We need an awareness that we are all sitting around the same table. Let's bring wisdom to each political issue. The days of mocking your opponent are over. If we continue with this I can almost guarantee our nation will fall someday.

History has demonstrated this over and over again. If you think it is funny to mock someone and call them names you are a part of the problem. Your immaturity is causing huge rifts.

The needle creates a deeper groove. There will be a time if we aren't careful when there will be such a rift that it will be almost impossible to get out of it.

We are so comfortable with chaos. We are so comfortable with bitching and moaning. Many people love to mock the other side. They do it out of glee and spite.

⁶ <https://goldcountrymedia.com/news/97111/american-eagle-needs-both-wings-to-fly/>

Many people I know say things that are so outlandish I just wonder what planet they come from. They demean the other side by saying things that are so gross and undignified.

Tell me honestly would you want the rioters to be in charge of our nation? Yet many people in Congress won't do the right thing. They will vote along party lines instead of their conscience. A horrific event occurred. Yet many want to sweep the dust under the carpet.

Being Kinder



Harmony

The definition of harmony is as follows.

- a. An orderly or pleasing combination of elements in a whole: color harmony; the order and harmony of the universe.
- b. A relationship in which various components exist together without destroying one another: different kinds of fish living in harmony.
- c. A relationship characterized by a lack of conflict or by agreement, as of opinion or interest: family harmony.

We need harmony in our lives.

Think it over.

How much in harmony is your mind, body, and soul connection?

Do you ever think about it?

Are you consciously trying to fine-tune the guitar of life?

Do you think before you speak?

Or

Do you just rattle what comes to your mind?

A wise man strives for harmony in every moment.

Harmony is a state of being.

Harmony is a state of mind.

We live our lives in chaos yet we think everything is fine.

A wise man understands the world may be in chaos.

Yet he can live in the center of the hurricane.

The older I get I see the importance of harmony in my life.

Our lifestyles directly relate to the state of harmony we are in.

If you have a chaotic lifestyle your life will be chaotic.

The disease will be coming knocking on your door.

Even if you consciously try to be in harmony events will happen to you.

But because of consciously trying to be in harmony they will be small hiccups in life.

Even if it is a major bump you hit on the road in life.

Harmony acts as a shock absorber.

Someday death will be knocking on your door.

A man of harmony knows that he is eternal.

It's time to change our clothes.

This state of mind exists inside of you.

Carl Yung



Carl Gustav Jung was a Swiss psychiatrist and psychoanalyst who founded analytical psychology. Jung's work was influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, and religious studies. Jung worked as a research scientist at the famous Burghölzli hospital, under Eugen Bleuler. Wikipedia

Born: July 26, 1875, Kesswil, Switzerland

Died: June 6, 1961, Küsnacht, Switzerland

Movies: A Dangerous Method, Matter of Heart

Influenced by: Sigmund Freud, Friedrich Nietzsche

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⁷ https://www.azquotes.com/author/7659-Carl_Jung

Quotes 1

- Knowing your own darkness is the best method for dealing with the darkness of other people. One does not become enlightened by imagining figures of light, but by making the darkness conscious. The most terrifying thing is to accept oneself completely. Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.
- Thinking is difficult, that's why most people judge.
- The world will ask you who you are, and if you don't know, the world will tell you.
- Do not compare, do not measure. No other way is like yours. All other ways deceive and tempt you. You must fulfill the way that is in you.
- VOCATUS ATQUE NON VOCATUS DEUS ADERIT.
- Everything that irritates us about others can lead us to an understanding of ourselves.
- Until you make the unconscious conscious, it will direct your life and you will call it fate.
- Life does begin at forty. Up until then, you are just doing research.
- We are not what happened to us, we are what we wish to become.
- No tree, it is said, can grow to heaven unless its roots reach down to hell.
- To be normal is the ultimate aim of the unsuccessful.
- The difference between a good life and a bad life is how well you walk through the fire
- The brighter the light, the darker the shadow.
- Who looks outside, dreams; who looks inside, awakes.
- The privilege of a lifetime is to become who you truly are.

Quotes 2

- People will do anything, no matter how absurd, in order to avoid facing their own souls. They will practice Indian yoga and all its exercises, observe a strict regimen of diet, learn the literature of the whole world - all because they cannot get on with themselves and have not the slightest faith that anything useful could ever come out of their own souls.
- The whole point of Jesus's life was not that we should become exactly like him, but that we should become ourselves in the same way he became himself. Jesus was not the great exception but the great example.
- Loneliness does not come from having any people around, but from being unable to communicate the things that seem important to oneself, or from holding certain views which others find inadmissible.
- If a man knows more than others, he becomes lonely.
- Everyone you meet knows something you don't know but need to know. Learn from them.
- Be grateful for your difficulties and challenges, for they hold blessings. In fact... Man needs difficulties; they are necessary for healthy personal growth, individuation, and self-actualization.
- I have frequently seen people become neurotic when they content themselves with inadequate or wrong answers to the questions of life. They seek position, marriage, reputation, outward success of money, and remain unhappy and neurotic even when they have attained what they were seeking. Such people are usually confined within too narrow a spiritual horizon. Their life has not sufficient content, sufficient meaning. If they are enabled to develop into more spacious personalities, their neurosis generally disappears.
- To ask the right question is already half the solution to a problem.
- A man likes to believe that he is the master of his soul. But as long as he is unable to control his moods and emotions, or to be conscious of the myriad secret ways in which unconscious factors insinuate themselves into his arrangements and decisions, he is certainly not his own master.
- Knowing your own darkness is the best method for dealing with the darkneses of other people.

Depression and PTSD



I feel very sorry for those veterans who return from war. Many of them never return the same. How many of them commit suicide? It's an epidemic. So many of them live on the streets. This is a huge problem.

The same goes for teenager depression. Suicide is at an all-time high. Teenagers are bullying and flaming each other.

There are domestic shootings almost every day. Where does it stop? Why are we one of the most violent societies in the world?

This is a huge problem. We have to change our mindset. We have been living with war for thousands of years. Man has been fighting with each other and it seems to get worse.

Both political parties hate and fight with each other. We have teenage bullies which mock and flame innocent ones. Because their lives are in the chaos they love to tear someone else down.

We need to treat these people with decency. We need new ways of solving these problems.

I think that anyone who comes back from war should go to a retreat center in nature. The mind and body need to recover from all their trauma. Trauma is stored in the human body.

They need the latest up-to-date treatments to release trauma. These veterans need to learn how to reprogram the subconscious. They need to learn how to connect with the quantum field.

Granted this will take time and money yet they gave their lives for us. Currently, thousands of them commit suicide. What a sad situation!

As I said mankind must learn how to be kind to each other. Mankind must learn how to connect to the quantum field. The more humanity does this we will overcome many of the problems we have today.

Currently, the mind, body, and soul connection is not in harmony. You could probably say it's our darkest hour. Yet millions of people are waking up from their slumber.

We can overcome depression. When I was a teenager I often got depressed. One kind friend told me that she noticed it in high school. She told me that one moment I was cheerful and the next moment I was depressed.

I told her recently that those were my most trying times. I felt like a stranger in a strange land. Yet I learned how to heal my depression.

I can't say it's a hundred percent healed. At times it flares up yet it's just like a mosquito bite. It's a minor annoyance.

The more we pay attention to the quantum field the more attention the quantum field pays to you. We can overcome problems and obstacles that come our way. There is a new way of being and acting. The choice is up to you.

The mind can be either your best friend or your worst enemy. You can learn how to tame it. We can train our minds to be in harmony with the quantum field. Yes, this takes time.

Two steps forward one step backward. This is how we learn and grow. We need to take practical steps. This life we have is a practical path. We have all the guidance and help inside of us.

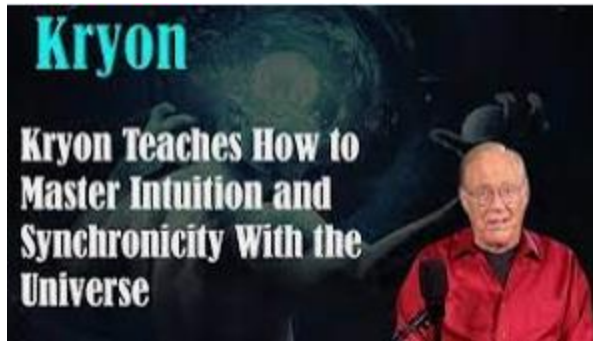
Yet we have free will. The help is there yet we must ask. We must then listen and act in kindness.

We must look at our thoughts and discard the negative ones. Slowly I mean slowly we can change for the better.

We need the medical field to help those whose mind is in a state of war. They need to learn how to transform to going back to society and being in a positive state of mind. Without this, these problems will get worse.

The problems exist in the mind and body. Until we treat this they won't be able to heal from their trauma.

Intuition And Synchronicity



I swim every day Monday through Friday. I love the workout. My friend Carmen told me a wonderful story about her sister.

About a month ago her sister gets a message out of the blue to talk to Shell oil about a job. She doesn't know why

but acts on her intuition and applies for the job.

A month later she finds out that she is getting laid off. She works for an international oil firm that is consolidating. This happens out of the blue and was not expected.

She was given only a few days' notices. Well on a Friday she gets a call from Shell for a job interview. On Monday she gets official notice this is her last day. She has a company car and has to return it.

They said she can keep her cell phone. As expected she was somewhat done in the dumps.

Well on Tuesday she gets a call from Shell oil and she gets the job. Intuition and synchronicity are part of our lives. How did Carmen's sister get the intuition to apply for the job?

She wasn't interested in switching jobs. She loved her current one. Yet her intuition was just like an image that appeared and disappeared in a flash. Yet somehow she acted on it.

She acted and then synchronicity kicked in. Intuition and synchronicity both come from the quantum field. Imagine Carmen's sister gets the intuition to apply for a job.

She doesn't know why. She just applies. She has no rational reason. Most females can relate to this. They were brought up on these concepts. Males might think this is absurd. Why would you do such a thing?

Well, this is when synchronicity kicks in. Imagine the quantum field has infinite possibilities. Synchronicity is a state wherefrom intuition a series of events get fired off to complete the goal.

Mind you this is totally behind the scenes. The conscious mind has no clue what's going on. The subconscious is fully aware. Imagine that synchronicity somehow involves people, places, and things.

What are the odds of a company finding her resume and an HR person responding to her and requesting a job interview? This is where synchronicity truly kicks in. It is a perfect synch of events.

Carl Yung spent a lot of his life studying this phenomenon. He came up with this word.

I'm sure most of us have stories where this occurred in our life. I clearly remember when I was 18 years old I truly wanted to learn how to meditate. This led me to India 6 months later.

I arrived at the border one day before the Indian-Pakistan war began. If I arrived one day later the border was closed for five years. Imagine I took a train from the border to New Delhi.

I was told that the Shikis allowed people to stay at their temple. We got there and found out that we couldn't stay there. Yet they told us down the street was a huge festival going on.

A young Indian boy just returned from a tour of the west. You could stay there. The rest is history.

My twin brother John told me a story recently, When he was 19 years old he was living in Park City Utah. It was summertime and he was planning to be a ski bum for the winter.

A few months back he attended the wedding of our cousin Randy. John said there were many relatives he didn't know.

Out of the blue this cousin who John didn't know drives to Park City and says to John "I don't know why I'm here. I got a message that I was supposed to drive you

to Colorado. To make a long story short a festival was going on where I was there. My brother John learns how to meditate and has done ever since.

I remember that Maharaj Ji never knew I had a twin brother. When he first saw us together he said “Wow this is the first time that God made a mistake. He made Richard twice”.

In the past few years, I have been more conscious of this natural phenomenon. I have seen it hundreds of times in my life. I can see the thread of life that ties us together. This natural phenomenon exists inside of you. The quantum field exists everywhere.

I have been recently researching this natural phenomenon. I love to listen to the words of Kryon. He says that for most people Intuition is a click of the camera of life.

It appears and disappears in less than a second. Yet if one begins to have awareness of it, it can lead you to have a picture that you can hold on to. You see contained in the quantum field lies intuition and synchronicity.

It is part of our true essence. It's not some hocus-pocus scary event.

We have been aware of our true essence and think that it is part of the occult. Many people are scared of it. Look at the life of Christ. Intuition and synchronicity were a part of his life.

He was in tune with God and God was in tune with him. What more can I say?

Ponder this over. I truly believe that this path is more practical than ever. It truly can and does transform people's lives.

Cloudy Health



I have been into preventive medicine all my life. You could say it has been one of the major cornerstones in my life.

My philosophy has always been this is the only body you get. Granted you may

have been here thousands of years yet here we are in this particular human body.

Ever since I was eighteen years old my take on the drug industry is in the following words. Why do we take medicine if they have such harmful side effects?

My wife Barbara has a friend who went to the doctor. They prescribed some medicine. This medicine gave her some extreme side effects. So they gave her some medicine to combat those effects. To make a long story short in one year she was on twenty meds.

Know this is my perspective. I may be completely wrong. I don't think so. Can you imagine the body trying to figure out how to handle 20 different powerful chemicals in the body?

The body's natural state of healing is knocked out of balance. Furthermore, most humans never stop and consider maybe their lifestyle has something to do with them being sick.

Most humans aren't aware of the mind, body, and soul connection. We tend to say it won't happen to me. Look I'm not saying don't enjoy your life. I'm just saying discover the power that is keeping you alive. Think outside of your little box.

Did you know that modern-day scientists can see disease in your energy field before it manifests in your body? Just think about that. A whole brand new field of medicine is coming our way.

It's called energetic medicine. The principle is a person can learn to harmonize disease in their energetic field and thereby erase the disease.

Dr. Joe Dispenza and Bruce Lipton are some of the pioneers behind this. I wrote a few months back that your body is a precious drug store.

Your lifestyle, thoughts, and actions dictate the kinds of drugs that get administered into your body. Most of humanity they are ignorant of this fact. We just go on our merry way.

We don't even realize that we are responsible for our health and well-being.

Granted this takes practice. You have to be aware. Which mind you is not a bad thing. Our subconscious is running the show. We are truly living in the past. We are like leaves blowing in the wind.

We are scattered. You may say how you dare say that. I'm fine. There is nothing wrong with me. I'm just saying maybe we can advance to the next level in life. Life is a series of lessons.

We grow by taking two steps forward and one step backward. We are all on the same boat sailing in this galaxy.

No one is better or worse than another. Each of us learns and has particular lessons on this journey in life.

All we are saying is you can learn to start thinking outside of your box. You can learn how to be in harmony with your mind, body, and soul. You can learn how to take practical steps to become more aware and conscious.

You can learn to smile in adversity. You can eliminate anger. It's funny when someone does you wrong your emotional state is anger. Over 1500 negative chemicals get flooded into your bloodstream.

Your brain state is in high beta. You are literally drinking your own poison. Mind you nothing happens to the other person. You are drinking it all in. I find that quite fascinating.

Imagine the Far East they have known this for thousands of years. Yet in the west, this notion has been only around for thirty years or so. We are behind the times and at the same time, incredible new ways of self-discovery are ahead of us. Note this is not a religion. The quantum field exists whether we believe in it or not. This

is your true nature. This is where you came from. This is where you will go when you die.

The whole universe evolves. It does not exist in a static state. Unfortunately, most humans don't like change. We love where we are at even if it causes pain and suffering. That's kind of sad.

Imagine if the world would focus on creating kindness, love, patience, and tolerance in every moment. Imagine if we could control our actions. I have friends who love to flame major political groups on purpose.

They get a kick on making people get upset and angry. How would the world be if we posted unity instead? Imagine if each one of us helped mankind to reach a higher level in life. That would be something.

A brand new way of being is on the horizon. The sun is about to shine. Did you know the more light one discovers inside disease can't exist there? Modern-day disease is caused by stress and our current state of mind and emotions.

We are not conscious and aware. We have forgotten our true nature. Ponder this over. Where do you lie in this picture?

Dialogue Vs Flaming



Dialogue in the Buddhist tradition is the art of communicating at its highest level. It is truly speaking from wisdom and bringing love and compassion to the forefront.

The person who speaks knows how to truly listen. There is an art form to this. Years of practice allow the person slowly to be melted in universal love and compassion.

True wisdom springs forth in this manner. Christ and Buddha were prime examples of this. They discovered the jewel within and knew how to communicate to all who they came upon.

They never put down or ridiculed anyone. They could see the unity of all life.

Just imagine that state of existence lies inside of you. You are the universe. You just don't know it.

Today we are turned upside down from our true existence. We have leaders that will mock and criticize anyone. As a nation, we are truly divided. Both sides flame each other.

Many of my friends love to taunt each other. They get a big kick out of this. We love to see the other side get hurt and angry. We have lost the sense of human dignity.

Many people think that human dignity is for the weak. Recently someone added an extra sentence to the words of the Statue of Liberty. Give me your tired, you're poor who can stand on their own 2 feet. Wow, how far down the ladder of life have we come?

It's so easy to flame someone. Anybody can do that. But to be patient and tolerant is another story altogether. This mind you is very difficult. It takes constant practice.

You will fall many times attempting to do this. It means mastering your mind. Did you know that mastering your mind is the most difficult thing to do in the universe? If you can master your mind you can master your emotions. Both of

them are incomplete in unity with each other. An angry man will have angry thoughts. An angry man will put gasoline on the fire of life.

One who knows his true nature will simply smile in the face of adversity. They can see the unity of all life. They can see the pain and suffer behind those who display anger. They know how to put water on the bonfire.

This is your true nature. You are a precious piece of the puzzle. Can you imagine how incredible your life would be if you lived in this precious state?

Your family would truly appreciate it. Your friends would love to be around you. You can melt the ice inside and bring warmth to this world.

The decision is up to you. Do you like the state of affairs in the world today? If you do carry on the same ways. Mind you the world's problems will get worse. Fighting and bickering will get worse.

The world changes when you change. It is as simple as that.

The Quantum Field



I find it quite ironic that the quantum field is all around us yet we are completely ignorant of it.

Kabir a famous mystic once said that how can a fish be thirsty with water all around yet he doesn't drink the water? I like that phrase.

Man is thirsty to discover his true nature. Water is all around yet we don't have the eyes to see. Consequently, our minds and body are cloudy. Even if the clouds contain water we can't drink from them.

Mystics have been talking about this for thousands of years. They may have different ways of saying it but the essence is the same. We are at the forefront of discovering our true nature. Science and mystics are talking about the same thing.

I find it fascinating that the thoughts you think create your mental state and emotional state. I find it fascinating that the mind and body are the same. You can't separate the two.

Science is discovering this. What the mystics have been talking about to control your mind and emotions have an incredible effect on discovering your true nature.

Mystics have been known for thousands of years to silence the mind. They know through silence the doors of perception open up and one discovers the jewel within.

They know the most difficult thing in the universe is to control and master your mind. Your mind is your best friend. It just needs proper training. Man trains dogs to be social.

We need the same training. Look at the world today and you will see what I mean.

Today scientists are seeing the effects of meditation on our different states of consciousness. So many people today are living in a high beta state of awareness. Know mind you that's not a good thing.

Imagine high beta is a state where stress hormones are flowing constantly. It's like a facet that can't turn itself off. It is a flood of stress chemicals. This is harmful to your mind, body, and emotions.

In this state of survival, you are distant to discover your true nature. In the survival mode, one can't focus on one's true nature. It is something that would never come into your mind.

You see your current mind state directs only thoughts are the level you are at. It's much like a tuning fork. A tuning fork only vibrates at the frequency of what's around it.

Bruce Lipton the father of Epigenetics discovered that our environment is the major factor in controlling our genes. Your DNA is only responsible for only five percent of your future destiny. 95% is your environment.

What does this mean? We never learned this in school. Your thoughts, emotions, and actions control your destiny. 95% of your actions and thoughts stem from your subconscious. Your subconscious is driving your show.

Modern-day scientists are discovering new ways to reprogram the subconscious. Mystics and scientists are merging and using tools from both sides of the aisle.

These are exciting times. Never before has humanity been provided the tools in such a wide way. Through the internet, millions of people are waking up. Mind you it's two steps forward and one step backward.

This is how the universe evolves. You have the same golden opportunity. Remember all raindrops eventually return to the ocean of life.

Chakras



What's the first thing that comes to your mind when I say chakras? Most people, conjure up images of something strange something weird.

Most people might say woo woo and make a laughing gesture. Hollywood would mock it and make it look so ridiculous.

Only fools would pay attention to your chakras. I find this highly amusing. Can you imagine the chakra system is used to open up doors within the quantum field?

When I say you are the universe. You just don't know it I truly mean it. Did you know the quantum field supports you yet we are unaware?

Did you know those loved ones who have passed just moved into the next room in the mansion of life? We mourn death because we focus only on the external. We have no idea how incredible each one of us is. The power that created the universe is the same power that created you.

The chakras are a divine system where the quantum lives inside of you. It's only by your will alone that you can open up. Nobody can do it for you. You have a car sitting in your garage gathering dust. It is meant to be driven.

Imagine inside of you lies the greatest pharmacy on this planet. There is an infinite number of chemicals that exist inside of you. Yet we go to doctors who prescribe medications that have extreme side effects.

I just saw an article where over 300,000 people die a year from the meds they are taking.

As I have said many times our mind is like a tuning fork. It vibrates at the level that we think and our emotional level. We must learn to think outside of the box.

My question is are you satisfied with the current medical system. It works perfectly if you get into a car accident. They can truly patch you up. Yet our entire health care system is based upon drugs that have extreme side effects. Recently I saw an article from a CEO who explained we are in the market to make money.

This is our priority. We can jack up the prices anytime. We are in business for our shareholders not for the sick person. End of story.

Look I'm not saying don't go to doctors. I'm just saying if you don't pay attention to your health sickness will pay attention to you.

The chakra system has been known for over 5,000 years in the east. It has been part of their lives for thousands of years. In the West, it is still unknown and considered weird.

Yet when I started practicing yoga in 1971 Yoga was something that you shouldn't touch. It was strange and weird. I first learned Yoga at my high school. We had a six-week elective class.

How we got that class I never knew. It was perfect timing for me and I have run with it for the rest of my life.

Did you know that behind the endocrine system lies the chakra system? Did you know that disease first manifests into your chakra system well before your body? If that is the case wouldn't it be wise to know how to dispel the disease before it hits your body?

Did you know by paying attention daily to your chakra systems you are opening the door to the quantum field? Did you know in the quantum field disease does not exist?

Did you know your thoughts and emotions create the majority of your diseases? It seems to me that a good house cleaning is in order. We clean our houses and cars.

Many people put more attention on their cars than on their bodies. I have said before that once I had a job writing software for heart surgeons. It was a step-by-step checklist for a heart procedure.

I asked the owner of the company why preventive medicine isn't the main priority. He said Americans would never do that. They don't want to take responsibility. That's why they go to doctors.

Anyway, this life is precious. There are signs of the quantum field everywhere including inside of you. Start to pay attention to our chakras,

A Good Night Sleep



Many people think that sleep is a waste of time. To me, that's cloudy thinking.

That is really off the mark. The word sin means to miss the target. In my eyes not understanding why we need a good night's sleep is to miss the target.

I try to lead my life where after a hard day's work I can put my head on the pillow and have no worries whatsoever. Mind you I don't do this all the time but I would say overall I accomplish it.

Did you know that every night each one of us returns to the quantum field? This is how the body recharges our batteries in life.

This is where the mind and body let go of all the stress we encountered throughout the day. Mind you there is a short window. Many scientists say between the hours of 8:00 to 12:00 is the doorway.

This is the time the body repairs itself and lets go of the stress of the day. Unfortunately, many people aren't aware of this. For many people, the stress never gets released. It gets compounded with interest. No wonder our medical system is such an array.

Many people have a hard time falling asleep. So many people take drugs to fall asleep. Unfortunately, the quality of sleep is different. Many people drink alcohol to go to sleep.

We are still missing the bullseye. Look I'm not saying don't do this. I'm saying try to refine your sleep patterns. Try to be more aware. Try to be more conscious. Let sleep be your friend which it is.

Your mind and body deserve to have a good night's sleep. I can almost guarantee you that when the body and mind don't get proper sleep both of them will get quite angry. So many people have the facets of adrenaline flowing constantly. Proper sleep will help you turn off the facet.

Mankind needs to learn about harmony. When I was young I studied the Tao. To be honest I truly didn't understand it. It was all about being in harmony. The older I get I truly embrace the Tao. I understand the importance of being in harmony in all aspects of my life.

Last week I officially retired. Well, I have another job opportunity which I'm pursuing for six months. Anyway, I still feel young at heart. I love to exercise. I love to meditate. I love my afternoon nap.

Recently I read an article that many world-class athletes are taking a one to two-hour nap a day. They discovered the mind and body heal a lot faster. Injuries are reduced significantly. The mind and body once rested can perform at a much higher level.

Scientists are discovering what our Grandparents knew all along. A nap during the day helps to balance our everyday life. When I was young my grandparents did that. I thought it was quite odd. Now I completely understand.

So what am I saying? Learn to be aware of your mind, body, and soul. Listen to your body. Your body is talking to you. We are just paying attention to the world around us. This is how we were brought up. Mind you it takes some patience.

Learn how to become friends with your mind. Slow down. Learn how to be aware of the silence inside of you. Take time every day to be in silence. Focus on your breath.

Read what modern-day scientists are discovering. Remember what you consider out of the box becomes mainstream years later. During the early seventies, I learned about Yoga and meditation.

It was completely outside of the box. Currently, it exists everywhere. Remember it takes time for new ideas to come into the mainstream.

I could go on and on about the importance of sleep. Ponder this over. Some hidden jewels are waiting for you to discover.

Silence



Many times I think life is like a video game. We start at its lowest level and work our way up to higher levels.

It's much like the movie Matrix where we think we are free yet we are trapped. Mankind has been living in a box for thousands of years.

We have remained chained to our cloudy minds. We have been at war for ever so long. Look at our politics today. We are sailing a ship without a rudder. Need I say more?

The last 25+ years brought cell phone technology to the world. Yes, it is an incredible device.

Yet my personal view has added one extra layer between us and the quantum field. How many people are constantly gazing at their cell phones? Go to restaurants and entire families are focused on their phones.

The inventors even admit they are made to be addicting so they can make more money.

What is the way out of this mess? Many people's mental state is in high beta which means the facet of negative adrenalin is constantly turned on. How do you turn it off?

We as a society have lost our ways and don't even know them. We see the craziness of this world and think it is normal.

For thousands of years, the wise ones have said that 'silence is golden'. Most of the time this has fallen upon deaf ears. Yet through silence one begins to get in contact with the quantum field.

This is your true nature. Silence is the doorway to discovering your true nature.

We are living in incredible times. Science and Mystics are both talking about the same thing. Many incredible breakthroughs are coming to light. Science is

discovering the practical mechanics to discover our true nature. Our human body is hard-wired and has the incredible software to be with the quantum field.

Millions of people are waking up from their slumber. We have gone light years since the early seventies. Thousands of scientific journals have been writing on the benefits of meditation and silence.

There will come a time when the state of silence will be the norm in our society. I'm not saying that people won't talk. I'm saying that the cloudy mind will once be a thing of the past.

Granted it will take years. Who knows it may take thousands of years or a million years. The snowball is rolling down the mountain. All the wisdom is being shared throughout the world.

Mankind is being provided practical tools to discover themselves. Mankind is raising to higher levels in the video game of life.

It seems like total chaos is all around. Yet darkness has nowhere to hide. The sun is appearing on the horizon. It's a new dawn for humanity. Only you can solve this puzzle.

Cultivating The Mind



Even since the Buddha and before the concept of cultivating the mind has been a part of eastern culture.

In the west, this thinking just got started in the late to early eighties. In my eyes, Buddha was one of the first psychologists.

He had a great understanding of the mechanics of the mind.

Many principals are alive today. One of these is cultivating the mind. Imagine having a garden. If you want to have a garden that has an incredible harvest you must take care of the garden.

It takes effort to remove the huge boulders. You must pull the weeds. The soil must be just right. One must water the garden. Seeds must be planted at a certain time. It takes time and patience.

On the other hand, one can neglect the garden and not do a thing. Currently, this is the state of the world today. I have some friends who ask me why do you talk about a garden. What garden inside? I don't know what you are talking about.

I don't have to say that the world seems to be like a ship without a rudder. Common sense is uncommon. Burning down the Amazon is sawing the branch we are sitting on. 20% of our oxygen is derived from the Amazon. We are removing a part of our lungs. What kind of mentality do our politicians have?

Cultivating the garden means removing the boulders of traumas that we have been holding on to in our entire life. Each one of us has experienced traumas.

These traumas are stored in our subconscious minds and our bodies. Remember the mind and body aren't separate. These traumas must be dealt with. These boulders can be removed.

It goes with pulling the weeds. A wise person will always monitor his mind, thoughts, and actions. He will not tweet what comes to his mind at 3:00 in the morning. One is wise and doesn't react like leaves blowing in the wind. One

understands that one can live in the center of a hurricane and absolute peace lies there. One can see the chaos of the world and just smile.

Yes, this takes time, patience, and effort. Currently, the majority of mankind is completely oblivious to cultivating the inner garden. Otherwise, we wouldn't be in our current position today.

This is the video game of life. Currently, the world is at its lowest level. Chaos is all around. Common sense is uncommon. People are divided and angry at each other. In America, we can't stand each other.

We mock and criticize each other. We are no longer tolerant and have patience with each other. Remember this is a state of mind.

Your body will revolt against you. Your mind will revolt against you. You are drinking your own poison. Buddha said this so eloquently thousands of years ago.

Holding onto anger is like drinking poison and expecting the other person to die. We do this every day. Our media loves to display any sort of negativity. We flame each other on Facebook.

To first recognize that we have a problem we must first see that the world is a reflection of our minds, thoughts, and actions. Currently, we don't see that.

Currently, the other person is to blame. Both sides of the political aisle believe they are right and the other side must change. Nobody wants to take responsibility for their mind, thoughts, and actions.

So chaos increases in this world. Lately, it seems to me it has speeded up. I watch the news a few days ago in just one day about 6 major issues that occurred which would have been mind-blowing a few years back.

They were gone from our mindset in a few minutes. In the past discussions would take place and hearings would have been made.

Yet today we are bombarded with totally bizarre and immoral and unkind acts. It's up to us to change. If you want peace on earth it starts with yourself.

If you are a Christian live the kind of life Christ would be proud of. If you are a Muslim live a life Mohammed would be proud of. Whatever religion you have, strive to live like the golden principles of your book.

If you don't believe in God be a kind and decent person. Remember only you can tend your garden. Nobody will do it for you.

God will not pull your weeds. You must pull them yourself. He is sitting on the sideline coaching you. He won't play the game for you.

Remember this is the ultimate game. The goal is to discover your true nature. This is the ultimate hide and seeks game.

Ego Vs Humility



When I was young I loved to play sports. I love to play baseball. Mind you I was probably your average ballplayer.

My brother was an incredible ballplayer. He was an incredible pitcher and hitter. Most of his games were no-hitters.

A close friend of mine who was also an incredible pitcher told me a few years back that if my brother continued playing he could have made the majors.

I still remember as a young boy in fifth grade batting against an incredible pitcher. His name was Lee Haven. By the way, I needed glasses but didn't know it at the time.

That's another story. I couldn't even see the ball. Why am I telling this story? We were taught that our actions speak louder than words. We were taught to play our best. We were taught to have humility. We were taught to be great sportsmen.

I never remember taunting coming from our opponents. Even young kids had respect for all that played.

I fondly remember the pickup games that we had. We played for the fun of it and had a great time. It didn't care if you won or loosed. Tomorrow was another day.

To be honest I often wondered what happened to this. Today when a team scores a touchdown the player will hold the ball up in the air and taunt his opponents.

He will mock them and make fun of them. Truly his ego is out of control. He makes more money in a year than the average American will make in a lifetime.

When I was young we would look up to famous sports figures. Most of them tried the best they can to be good role models. I'm not saying this doesn't happen

today. Many famous sportspeople keep the dream alive. Unfortunately, there are some bad apples out there today.

I feel the coaches and team owners are ultimately responsible. They need to cultivate humility. To be honest, maybe the coaches and team owners love the taunting and mocking. It brings more thrills to the sport. Maybe they wish that they were gladiators and could fight for death.

Professional sports are a part of the mindset in America. It has always been that way. Maybe I'm wrong but before the seventies, there was a higher standard of morals and ethics in playing the game.

Most Americans love their home teams and would never mock the opposing team.

Look at our politics today. We have gone to a dangerous extreme. Both sides can't talk to one another. Both sides mock and taunt each other. We as a nation are divided.

Our media plays into this. Our media both left and right should talk about ways to unite us. After all, we are all Americans. Our media should unite us not divide us.

Granted this is not good for their financial benefit and advertisers. Let's be honest placing gasoline on the fire sells. When people get all fired up with anger they can't think properly.

So many of my friends spew such hate and anger towards their fellow man. Our media on both sides eat it up. They have no intentions to unite us. Both sides think they are right and the other side is evil.

I think we need to discover humility, kindness, patience, and tolerance. This is our true nature. The world will never solve huge problems with negative attributes. We can be a big bully in the world yet our great friends will soon leave us and not trust us.

The world is a great community. Being a bully is not tolerated in our society today yet it is rampant today. How many innocent teenagers commit suicide because of bullies?

To be honest many of our close allies think that we are bullies. This is not a way to show the world that we are leaders. The United States used to be a shining light to this world.

Somehow the dimmer switch has been turned on. Our light is getting dimmer to the world's eyes.

How can we fix this problem? The only way is for you to change yourself. The world can't be peaceful if you're not. Ponder this over. It all starts with you.

The Mind Of God



We have a hard time imagining the mind of God. Yet here goes. Imagine a mind that doesn't judge or criticize you. God will never mock you or make fun of your differences. God does not get angry.

Humans do that quite well. There is no angry God in heaven who will judge you. Humans on earth do that quite well. Talk to either side of the politico spectrum and you will see ample evidence for that.

The mind of God contains pure love. It contains a type of love that nothing can affect it or damage. You could say the entire universe's foundation is love. Yet for most of humanity, it lies hidden inside of us. This is our true nature.

The mind of God is in all life both physical and non-physical. It lies in all universes. It lies in all dimensions. It lives in time and space and beyond time and space.

I remember when I was a kid I contemplated the idea of something infinite. My mind got short-circuited. I couldn't even imagine such a thing. Fast forward 48 years and I love to contemplate such matters.

Mystics have talked about the mind of God for thousands of years. Imagine if you could grasp just one single grain of sand from the mind of God. Well, you can. The precious jewel lies inside of you.

You are a piece of the puzzle called life. Imagine you came from God and you will return to God. Yet while on earth we get caught up in this world. We forget our true nature. We get so caught up in the material God is just a concept, not a reality.

Look at the world today. It is in chaos. People are stressed out. Every day on the news painful and stressful situations are displayed. Our politics is full of anger and people mocking each other.

It seems like we are going down the ladder instead of climbing the ladder of life. Yet the answer lies inside of us. It always has been there all the time. We have been looking in the wrong direction.

Yes, it takes the same amount of effort to climb up or down the ladder of life. Yet going up and down has its unique circumstances. For thousands of years, mankind has been fighting. Mind you it has never solved anything. We still are fighting in Afghanistan 18 years later with no end in sight.

Imagine there are millions of people waking up from their slumber and climbing up the ladder of life. They are taking responsibility for their actions. They are working on the inner garden.

They are learning how to monitor their thoughts and actions. There are understating that kindness is the most powerful force in the universe. They can smile in chaos. Life is a blessing, not a curse.

One becomes a friend of the mind instead of the mind being the enemy. They love to enter the world of silence. They become patient and wise. This is your true nature.

Both science and the Mystics are both talking about the same thing. There is an incredible bridge between the two. We are at the forefront of tremendous awareness of the quantum field. Just wait and see. Millions of people are discovering their true nature.

Think Outside Of The Box



I think that humanity needs to think outside of the box. Both the Indian concept of karma and the works of Carl Yung studying the subconscious mind are in alignment. Modern-day scientists are saying the same thing.

Mankind is playing the same tapes over and over again. History goes in cycles. War, war, and war. We have been fighting ever so long.

We are running on a treadmill and going nowhere. Karma is running our lives in the past not the present. Imagine 95% of our actions are dictated by our subconscious yet we are not aware of it.

This has been going on for thousands of years. It is hardwired into our system.

Karma is displayed in every action we take. It does not judge us. It is simply like a hard drive storing all of our subconscious memories. You can't separate your thoughts and emotions. Both of them are intertwined.

Karma is simply playing the same tapes over and over again. It is not the universe playing some joke on you yet it is you playing the joke on yourself. The universe does not judge.

We do a great job of judging ourselves and others. Thinking outside of the box is the answer to life.

To start thinking outside of the box one must see that life is a series of cycles and patterns. It's like Groundhog Day yet the cycles are longer.

Many people who study the past can predict the future based on our past actions. History repeats itself. We spend most of our lives oblivious to this.

In the East, this concept had been known for thousands of years. It is a part of their culture. Yet even still it's at a subconscious level. It's not truly realized. At this present moment, only a small portion of humanity is discovering its true nature and thinking outside of the box.

As I said before Mystics and modern-day scientists are merging today. So many incredible discoveries are happening. Scientists are studying the scientific aspects of mediation.

Just think in the seventies a brain wave capturing device cost around \$20,000. Today it costs in the \$150.00 to \$250.00 range. These devices have many different types of guided meditation to assist you on your way.

Many of them use binary beats which Robert Monroe discovered in the mid-fifties. Binary beats are two different signals one going into the left ear and one going into the right ear.

Both of these create a wave that creates synchronicity between the left and right hemispheres. They are great training wheels for beginners. It is being used at all levels of life.

It makes the journey a lot easier. Scientists have mapped out the various brain wave states. The goal is to be consciously aware of the quantum field in every moment.

These devices are stepping stones to be used. For thousands of years, people used fire, chanting, and doing mantras to get into this state. Science is helping to bridge that gap.

There are countless methods out there to assist you in reprogramming your subconsciousness. These are exciting times. Mankind is slowly learning to think outside of the box. Remember only you can change. Nobody can do the work for you.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in
your body.

All our billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible?

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phones while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

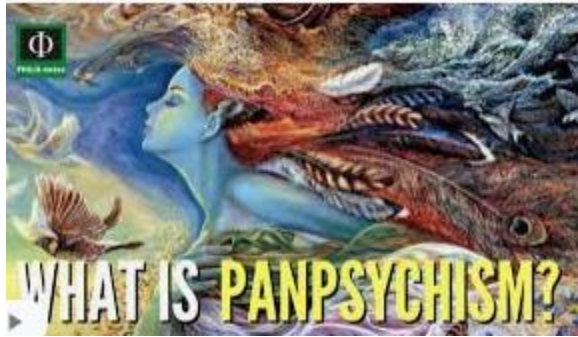
It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human

body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience.

Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

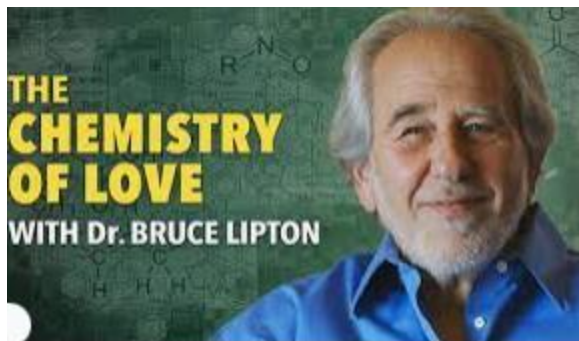
There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

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

Custom Designed By God



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell.

He wasn't interested in God, religion, or anything spiritual. His passion was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

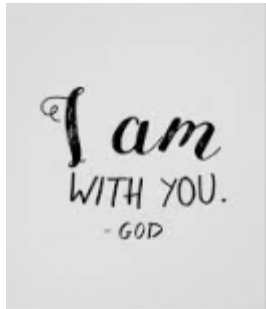
Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

Custom Designed By God 2



Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum.

We contain the blueprint of God inside of us. From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some part of the time in the future. Some people have fine-tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA which contains the blueprint of God. Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe.

You are eternal. You can never die. Your body will. Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way. You would be in tune with God and listen to the wisdom that lies within.

You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living by our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure. We come into this world to discover our true nature and to help transform this world from darkness to light.

It is a cosmic game. This isn't the first time this game has been played. For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me we have fought countless wars.

We are living in an era where this is changing right before our eyes. Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

Signposts Are All-Around



Can you imagine signposts are all around but do we have eyes to see? Nature is alive and communicating with each other.

But we have cell phones in our hands. Magic is all around us but we can't see it. Imagine the mysteries of life are all around us but we don't see them.

This is the journey of walking from darkness to light. We think we have all the answers yet we are living in darkness.

If we think we are living in the light then we have been fighting for thousands. Why do we have guns and violence? Why do we have 45 billionaires who have more money than half the population?

This is a journey we are walking on. Kids you have a say in this matter. The torch someday will be passed to you. Someday you will lead the way.

Take a look at the sun in the sky. It just shines. It has nothing to prove. Its rays keep the entire earth alive. Now that's true magic. It is not a slight of hands. It's not some magic trick that appears real but it's not. It's the real deal.

Every step you take over the time you can start to see the signposts are all around. You will begin to see the majesty of the geese and ducks flying in the air. You will love to hear the geese honking in the sky. It will bring a chill down your back.

You will begin to learn to sit on a park bench and take in the beauty that surrounds you. You can close your eyes and tap in and communicate with nature. Nature is alive.

How about not getting bored? You won't need to have your cell phone with you twenty-four hours a day? Yes, you can still have your cell phone but it will be different.

Imagine looking into your friend's eyes and seeing yourself. Whoever you may encounter you see a reflection of yourself. How could you harm anyone in that state? There would be no more flaming posts on the internet.

No more bullying. No more sexual harassment. This would be a thing of the past. How about no more school shootings? No more wars. No more guns and violence. No more crime.

If you think this can't happen then think again. Your civilization is only 50,000 years old. There are worlds out there that existed before the universe was born. They had to take small baby steps along the way. Ultimately some succeeded and they went out and helped others on this journey of life.

Help is on the way. Yet you have to ask for it. You see you have free will. That is the law of the universe. The universe is playing a hide-and-seek game with you. This is the game of life. This is the greatest game ever played. It will go on for eternity.

So you are a piece of the puzzle. Your piece is super important. Imagine having billions of pieces of the puzzle put together. Yet there is a missing piece. It's yours. Will the puzzle be complete? Now one is missing and it's yours.

You can begin to learn how to be a global citizen of the universe. You can learn how to be kind. You can learn how to have love and compassion for your fellow man. You can learn how to have patience and tolerance.

You will once again discover the laws of the universe exist inside of you. You will start pulling all the negative weeds from your garden inside. You can do this. Our world isn't the first nor are you the last to walk from darkness to light.

You see you aren't alone. How would you like to feel that there is a great coach inside of you? You can feel it. It's so familiar. It's a part of you. How about a part of you is already the universe and a part of you lives in this world? You have the potential to realize this daily.

In the early 1950s, Roger Banister run a sub-four-minute mile. Nobody thought it was possible. Months later the barrier was broken and even some high schoolers did this.

You have the same potential. There is a precious jewel that lies within you.
Millions of people are waking up from their slumber.

Signpost is all around you. Just open up your eyes. The story continues.

Fellow Wizards Advice



This is a story within a story. We all love Harry Potter. Harry was a simple boy but he was an incredible wizard.

Somehow, he knew how to go inside and tap into the miracles of life. But did you know you have the same capabilities? Not turning a stone into a pig. But you can transform yourself from darkness into light.

You are a mixture of the two. You can consciously day by day become more aware.

This story begins in the fourth grade. One day Ricky a young boy wakes up and he is so excited to be alive, yet his mind is at peace. He has never felt anything quite like this before.

For some reason, he is consciously aware of the rhythm of his breath. His breath goes up and down. For some unknown reason, he begins to follow his breath moment by moment.

He is astonished by what is happening. The more he is aware of the breath he notices that something behind his breath is keeping him alive. Over time he realizes that the entire universe is alive.

When he places his mind upon the breath he feels such bliss, such love, and compassion for all.

He tells his twin brother about this and he begins to do the same thing. Over time he experiences the same unity behind his breath.

Mind you this was in the 1950s. It would be considered very odd back then and probably odd now.

Yet it was simple. No religion or dogma. It's just you are focusing on your breath. You could call it meditation but people have such weird connotations for the word meditation. For now, let's call it focusing and going inward.

A few of their friends notice the changes in them. Both twins are so reluctant but tell them what has happened. Some of them wanted to know more while the majority could care less.

Those who stuck with it noticed the mind is a very powerful thing. You can't quite control it. It is said the mind is the most powerful thing in the universe to control.

But over time with focusing on your breath, the mind slowly gets tamed. It's like taming a dragon that's inside of you.

Over time the dragon becomes your closest friend. Before you ever started focusing on your breath you had no idea how powerful the mind is.

Slowly I mean slowly one discovers that they come from the stars. All these children knew that they were stardust. You can't quite pinpoint it but their intuition was coming alive.

These children knew that the universe was kind. The universe was full of love and compassion. The universe was patient and tolerant. You see behind your breath lies the precious jewel of the universe.

They also learned how to weed the garden within. Somehow by focusing on their breath, they realized they had negative weeds inside of them. Yet they knew they could pull these negative weeds and plant seeds of goodness.

These seeds are the universal laws that created the universe and all of creation. Laws like kindness, happiness, compassion, patience, and on and on and on.

These precious laws are your natural state of being. Mankind wears tinted glasses. He can't see the signpost that is all around.

Now listen carefully to all the children who have gathered around the campfire. You are the universe. You just don't know it. But you can. With your free will, you can make a conscious decision to discover the jewel within.

The kicker is that you can do it and be like the sun and just shine. You don't have to convince or prove it to anybody.

Anybody can watch their breath. Yes, it takes practice. It took me about a month to ride a bicycle. My brother just got on one and rode away into the night.

Everything you learned took practice. Even learning how to crawl and taking your first steps. There was a learning curve.

I know it sounds so simple. It is. This is the greatest hide and seeks game ever. The universe lies inside of you. Yet you have been told to look outside not inside of yourself.

For thousands of years man has been looking outside and what has it accomplished? War and tragedy on earth. If each one of you would put effort into discovering your true nature this world would change.

You see heaven on earth begins with you. You are the key players. You have an incredible part in the play of life. You are the main character. Your incredible journey is to go from darkness into light.

You are the Harry Potter of today. Inside of you lies the great mystery school.

The universe is a grand teacher. The more you are in harmony with it the more wisdom comes your way. You see darkness can never know the light. Darkness is the absence of light.

Go into a dark room. Flip the switch. The light appears while the darkness disappears. Darkness and light can't be together. Your true nature is the light.

Darkness has been on this land for ever so long. Yet the dawning of man is coming. There is a glorious sunrise taking place. Millions of people are waking up from their slumber.

These are such simple tools to use. Remember if your words are going to put gasoline on the fire don't say them. Our President needs to hear this. Hesitate for just a second before speaking. If you do over time you will master what comes out of your mouth.

Words of kindness, compassion, patience, and tolerance will be your spoken word. It's not easy but you can do it. You are a grand wizard yet you need practice. These are simple guidelines you can take.

We are all in the same boat on this journey of life. We either sink or swim together.

Harry would be proud of his message of mastering yourself becoming the norm. He got bullied a lot yet didn't take revenge. He was innocent and had a heart of gold. He had nothing to prove.

Take this to heart. You are incredible. You have infinite talents. You are eternal. You will never die. Your body will yet your soul will live forever.

You can discover your true nature. How would you like to be the sun, the moon, and the stars and still be walking around in a human body? You would just laugh and love life.

You would be like the sun. You would simply shine. In that state, you have nothing to prove or convince anybody.

Wizards Handbook



If there is a wizard's handbook what would it say? You might be fortunate to open the book and it would be empty. Not a chapter insight.

Yet does that mean the joke is on you? Maybe by having no words in the book,

the book is telling you something.

You can describe truth but is it the truth? You can describe a mango but is it a mango. Only by eating a mango will you understand what a mango is.

You are the universe. You just don't know it would be the central theme. Yet by opening the book, it is blank.

Where are all the pages? Where are all the chapters? Where is the table of contents? Where is the index?

I'm sure if I handed you the book you might want to tear it up and throw it on the ground. Who do you think you are? This book is rubbish. It's not worth the paper it's printed on.

Yet the words are there yet you can't see them. The chapters are there. The table of contents is there. The index is there. What's the problem?

You see only the kind of heart can see. If you come with a huge ego and think I know it all the pages will be blank.

As you start on this journey of going inside this book will slowly reveal to you its precious essence. This book is about your story. It's about your journey in life. It's extremely precious. You are known throughout the universe.

Yet to see the words appear slowly in your reading. At first, you may have glimpses of the words. Have you ever stared at a page in a book and the words fade in and fade out? Well, this precious book does the same.

It's like this book reflects you. The more aware you become, the book reflects back to you. It knows all about your journey in life. It knows your emotional state.

If you are angry the book has nothing to say. It doesn't respond to anger. It doesn't even know what anger is. Remember the light doesn't know about darkness. Even if the light said to darkness show yourself darkness couldn't do it.

The simpler you are in nature the more the book will reveal itself. That's why as children you can learn so quickly and drop your old ways. These old ways were taught by your family, friends, society, and the world at large.

You see common sense is uncommon. The world doesn't believe in the book of knowledge. Even if they could open the book they would see empty pages.

Did you know that you are guided inside? Your wisdom will never harm you or others. Remember if you ever have any negative thoughts don't act on them. The universe will never ask you to prove yourself.

The universe is kind. Any negative thought you have is a weed that you can simply pull and never have return. Yes, you must pull your weeds constantly. That is a given. You must water the soil and take care of your precious garden.

You can show the book to others yet they won't see anything but you will. You see the book is quite intelligent and knows who is looking at it. They will look at empty pages while you will see such wisdom.

You see this is how the book of life works. It's hidden and full of mystery. Only the young at heart can see. Only children with pure intentions can read and understand the contents of this book.

This book lies within. It knows all about you. It contains all the journeys you have ever partaken in. Trillions of years and beyond. It's like a time capsule. It knows the past, present, and future.

This book is priceless. No amount of money can buy this book. Yet it's free. But as I said there is a catch. Only the innocent can see. This book knows your state of mind. You can't trick it or force it to reveal itself to you.

Many people think that I can outwit this book. Let's say you are ninety years old and you think you can outwit the universe. Good luck.

That's why cunning and trying to get your point of view across will never work. This book is as old as time. It has seen every sort of way in which people try to manipulate the book.

The book just laughs and has nothing to say. You see the book doesn't judge you. It won't condemn you. It won't criticize you. The book loves you. Yet only by slowly understanding your true nature will the book slowly reveal itself to you.

It has been this way ever since the dawning of man. Across the universe, this is the way. Only by being aware of the universe will the book reveal itself. Many people don't think this is real.

Many people think that it is a fairy tale. Yet where do the fairy tales come from? There are many tales of where we come from.

Some are true and some are false. Yet there is the truth behind these tales. Something happened and became a fairy tale. Truth is stranger than fiction. We live in a world where we have forgotten our true nature and where we come from.

Even if you don't believe in reincarnation who was before your Grand Mother was born? You see you are eternal. You can never die. Your body will. This ancient book knows who you truly are.

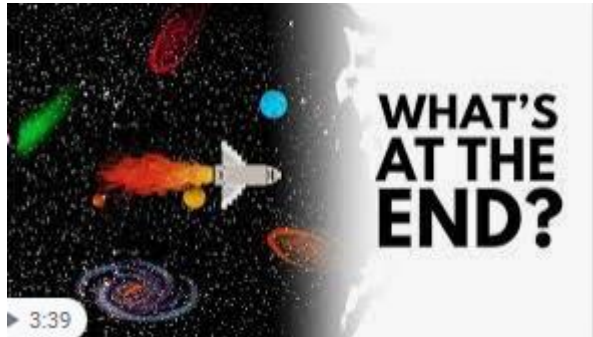
I hope these are words of wisdom. I hope you will get excited to know this book lies inside of your heart. Where ever you go the book goes. You see the book and you are the same.

There is no difference. Yes, this is an incredible journey. You are a piece of the puzzle. The book inside is your true essence. Nobody can take that away. It's up to you to open the book and walk on this incredible journey.

You see the spiritual life is the most practical. You see the journey is both external and internal.

Good luck on your journey. Remember you are never alone.

Closing



Well, I hope you got something out of this book. We all have our broken records. Yet we can heal and transform ourselves.

This is the video game of life. It will go on forever. We will always fine-tune this guitar of life. Be kind to yourself

and others. If you do this you will go far in life.

Kindness is the most powerful force in the universe. Be civil with your fellow man. I know that's almost a lost word heard a long time ago. Today chaos and anger rule this land.

Hopefully, this book will at least point you in the right direction. To change one must be aware. Without being aware and conscious how do you think you can change?

This is all about you being aware of every moment. Only you can change. Unfortunately, nobody can do it for you. I wish you the best on this journey. We are all tied together by the thread of love.