

Cloudy Thinking

Fletcher Soul Traveler

Contents

Intro.....	3
Depression and PTSD	5
Burned Out.....	7
Intuition And Synchronicity.....	10
Cloudy Health.....	13
Dialogue Vs Flaming.....	16
The Quantum Field	18
Chakras.....	20
A Good Night Sleep	22
Silence	24
Cultivating The Mind.....	26
Ego Vs Humility	29
The Mind Of God.....	31
Think Outside Of The Box	33
Closing.....	35

Intro



You may ask why a book is named Cloudy Thinking. Imagine we have been playing the same tapes for thousands of years.

We have fought countless wars. We continue to fight countless wars with no end in sight. War is obsolete. It serves no purpose. As a matter of fact, it causes

even more problems.

We have been fighting in Afghanistan for over seventeen years. It's the longest war we have fought. We still can't see the finish line. I was in Afghanistan many moons ago.

They are extremely friendly yet they have fought countless wars from outsiders trying to take over their country. I remember when the Soviets tried to take over in the eighties. The first thing that came to my mind was good luck. You have no idea what you are getting yourself into. They found out the hard way and left the county never to return.

We should have learned a lesson here. Yet I call this cloudy thinking. If you ever saw the movie of Charlie Wilson war you will understand the truth of this statement. Charlie had a bill to help Afghanistan after the Soviets left the country. Congress never passed the bill. Over half the population was under twenty-one and consequently, the youth was not brought up properly.

In came the Taliban and the rest is history.

There are so many parts to cloudy thinking. Some are pure ego and arrogance. Presently the world thinks that the US is a bully. I won't get into that.

Yet I firmly believe without kindness the world will go on with its same old ways. Kindness blows away the cloudy mind.

Even scientists know that. Anger causes the body to be flooded with over 1500 harmful chemicals that damage the mind and body. The mind becomes cloudy. The mind can't see and think clearly. Buddhist have a book called Chrystal Clear

which talks about the steps to develop a clear mind. They have been practicing this for thousands of years.

I find it fascinating that the east has been researching positive states of mind for thousands of years. It's only been since the eighties that the western world has embraced this.

In the west, we thought we had all the answers. Many people still think that way. Many people are oblivious to another state of mind. I heard many years ago a poem from Rumi. He said how strange is it for a fish to get thirsty when water is all around.

Imagine the quantum field is all around us yet we are oblivious to it. Now that's ironic.

This book will talk about ways to develop a clearer mind and the various manifestations that could take place in our society today.

Only you can change your way of thinking. Nobody can do it for you.

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 teenage 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 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.

Burned Out



I'm about to retire. Presently I have one more week left for a contracting job. I'm a software engineer. I love what I do.

Yet for the past month, I've been working fifty-hour weeks. We have an intense deadline. We are going to make it. This does take a toll on the body.

It's very subtle at first. I'm very in tune with my body. I have been listening to it since my teenage years.

Whenever I get super tired I go to bed an hour earlier. I do the same if my body says I might get a cold. Go to bed earlier than normal. I'll take care of the rest.

The body can handle only so much before it revolts. Well, I started to get warning signs. There is a point in time where if you work more than forty hours a week you are no longer productive.

The simplest things aren't so simple anymore. I found out this the hard way. Last week I made lots of coding errors because my mind was tired and cloudy. You see there's a difference between the mind and body. There is no demarcation mark between the two.

I don't know about you but when I am completely exhausted my body starts to get angry. When my body gets angry my mind gets angry. A couple of days ago I just got home and was exhausted. My brother called and I just couldn't pick up the phone. I was too tired.

What does this say about the world today? We are totally out of balance. The place where I work is proud that they are one of the best 100 companies to work for. The employee manual dictates that employees should work fifty hours a week. I ask many of my co-workers if this affects them.

All of them say no. Yet because they say no it doesn't mean it doesn't affect them. We are completely out of balance and yet we think I'm ok.

About a week ago I found this incredible quote on Facebook. If you don't take time for your wellness, you will be forced to take time for your illness. How

incredibly true this is. You see there are natural laws that you can't break. You can meditate for thousands of years and you don't get a free ride. How do you know when you are breaking a law?

Your mind and body will tell you. For example, I'm super tired and my mind and body say enough is enough. If you get sick the company that you work for doesn't care. There is always someone else who can replace you.

I once had a friend who worked at the Observatory in Maui. He died young with a heart attack because of over-exhaustion. He left his precious daughter behind.

During that same period, an employee had cancer and had some sick leave. When the sick leave was over he had to return to work. A friend of mine was his boss and had to tell him the bad news. He died soon after.

Americans are constantly living with stress. We are living in fear for our jobs. Consequently, they do what they are told. The human body was designed to be balanced. Corporations truly don't understand the mind, body, and soul connection. Many of them pay lip service without truly understanding the importance.

When a company implements a fifty-hour work week they do it for profit. You don't get any overtime time pay. The company uses you to work more hours than you would a forty-hour week. Mind you this company has around 14,000 employees. That's around 140,000 a week. That's 7,280,000 hours a year in free money for the company. Think common sense is uncommon.

Yet I got burned out and I was paying attention every day to do things to offset the stress and at some point, my mind and body said enough is enough. Mind you this is when I'm aware of and adjusting my lifestyle. I am monitoring my mind and body and I'm making adjustments to not get sick.

I can guarantee you of the majority of people are completely oblivious. They have no idea of the consequences of their actions. When the mind and body are out of balanced it will over time create havoc in your life.

For example, you come home from work. You are tired and your kids say something. You snap back in anger. Many people drink too much alcohol to numb

their feelings. Each one of us has our custom triggers that get fired off when we are out of balance.

Look at America today. Mass shooting is an epidemic. Anger and hatred are presently at the forefront today. Our laws presently are concerned about gun rights we can't fix the problem. For over thirty years these mass killings have taken place and no end is in sight.

The solution will take time. Two steps forward one step backward. Mankind is Living totally out of balance. Need I say more? Common sense is uncommon.

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 totally 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 where 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. In fact, 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 Shiki's 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 one 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.

Now, 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 us. 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 Lypton are some of the pioneers behind this. I wrote a few months back that your body is a precious drugstore. 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 in 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 really 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 in complete 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 thought you think creates 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. Now, 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 literally is a flood of stress chemicals. This is harmful to your mind, body, and emotions.

In this state of survival, you are totally distant to discover your true nature. In 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.

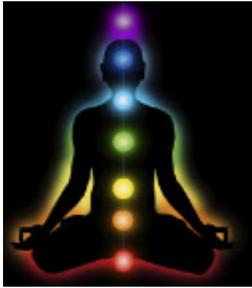
It's much like a tuning fork. A tuning fork only vibrates at the frequency of what's around it. Bruce Lypton the father of Epigenetics discovered that our environment is the major factor in controlling our genes.

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 literally 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 totally 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 literally 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 in 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 forever. 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 it. 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.

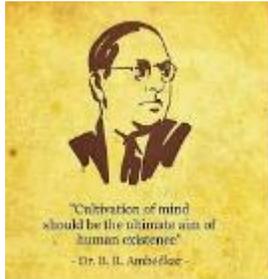
Our human body is hard-wired and has the incredible software to be with the quantum field. Millions of people are waking up from their slumber. We have gone light years since the early seventies. Thousands of scientific journals have been writing about the benefits of meditation and silence.

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 itself. Mankind is raising to higher levels in the video game of life.

It seems like 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 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 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 the 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 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 mind, 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 totally right and the other side must change. Nobody wants to take responsibility for their mind, thoughts, and actions. So chaos increases in this world.

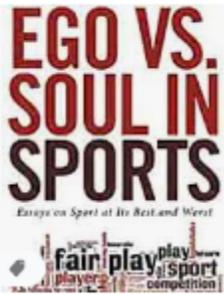
Lately, it seems to me it has speeded up. I watch the news a few days ago in just one day about 6 major issues that occurred which would have been mind-blowing a few years back. They were gone from our mindset in a few minutes. In the past discussions would take place and hearings would have been made.

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 totally 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 toward their fellow men. 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.

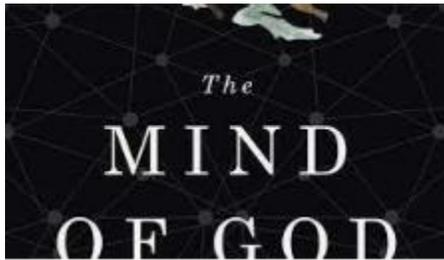
Personally, I think we need to discover humility, kindness, patience, and tolerance. This is our true nature. The world will never solve the huge problems with negative attributes. We can be a big bully in the world yet our great friends will soon leave us and not trust us.

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 eyes of the world.

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 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 totally 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.

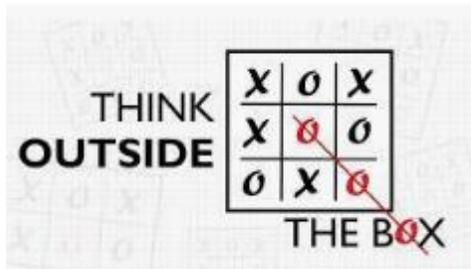
Yes, it takes the same amount of effort to climb up or down the ladder of life. Yet going up and down has its unique circumstances. For thousands of years, mankind has been fighting. Mind you it has never solved anything. We still are fighting in Afghanistan 18 years later with no end in sight.

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 is 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 their 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 dollars. 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 discover 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.

Closing



These are exciting times in this game of life. It seems like chaos is all around yet darkness has no place to hide. The sun is rising. It's going to be a glorious day. The dark clouds have disappeared and there is an incredible rainbow in the sky.

Mankind is one in all its glory. Human beings have discovered their true nature. Peace is on earth. All the pieces of the puzzle have been put together. Where will this journey go from here?

Remember we keep climbing the ladder of life. There is no stopping place. This is an infinite journey. Yes, we do take vacations yet we all continue growing and learning on this precious journey called life.