

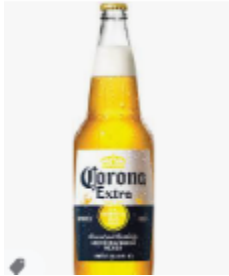


Contents

Intro.....	4
Reset Button	6
Dear Family	7
The Law Of Free Will	10
The Law Of Unity.....	16
The Law Of Kindness	21
The Law Of Practice	27
The Law Of Calibration.....	30
It's Been There All The Time	34
Custom Designed By God.....	36
Custom Designed By God 2.....	39
Playing With Your Chemistry Kit	41
What Is Panpsychism	42
Meditation	45
Gratitude	48
Spring Break	50
Close to home	52
Fear	54
Can We Change.....	56
Shock Therapy.....	58
The Fight of Two Wolves Within You	60
Boredom	61
Stop The Noise In Your Head	62
Word Games	64
Online Funerals	66
Here's Something Interesting	68
Closing.....	69
Family And Friends.....	70
Patience	73
Your choice.....	75
The Last Wave.....	77
From Me To We	79

Trust	81
Wear A Mask.....	84
We Decide The Outcome	86
07-05-2020 Mt Rushmore.....	88
07-06-2020 United States	90
Inspire	92
11-03-2020 Voting & update on the virus	94
12-05-2020 can't see family.....	95
12-17-2020 Yea The Vaccine Has Arrived	98
01-08-2022 Sawing Off The Branch We Are Sitting On	100

Intro



Here's to life. Cheers. Just think millions of people are at their homes in isolation. In fact, in Italy the entire nation is. In the United States, it remains to be seen.

Millions of people are in panic and fear. I'm writing this book to hopefully shift your attitude. Panic and fear will never get you far in life. The world has been living in a whirlwind for ever so long. We are caught on the treadmill of life.

We are so busy we can't even listen properly to our minds and bodies. The body is saying slow down. Get some rest. I can't keep up with you. Something is going to give. I like the expression give the body proper rest or disease will come in and force you to rest. In our world today common sense is uncommon.

Why is this happening in the world today? In this book, we will discuss this. I have a different point of view. It's not all doom and gloom.

I saw this today on Facebook.

Breaking news.

Going outdoors not canceled.

Music not canceled.

Family not canceled.

Reading not canceled.

Singing not canceled.

At times we have lost the simple things in life. We need to restore our connection to what is important.

Many people dedicate their entire life to their jobs. Many people get sick in the end. I have some friends who die from overworking. Your company doesn't care in the least. They probably think that if you are stupid enough to do so we don't care. Yet they are the ones who don't provide more employees to get the job

done on time. This is happening all around the United State. In Europe, they have a different mindset. They believe in work-life balance.

I believe that nature is talking to us. We might not understand it. The ingenious people have been talking and listening to nature for thousands of years. We call them uncivilized.

Yet we don't even marvel at the precious breath we take in every moment. How many times in a year are you conscious of your breath? The same power that keeps you alive keeps the universe alive. Nature is alive and we are texting on the freeway of life.

Look I don't believe at the end of the world scenario. I do believe that nature gives us signals to stop in our tracks and gather wisdom. Mother Earth talks in subtle ways. At this moment nature is not subtle.

Yet we as humans are not getting the message. Millions of people are speaking about the same things I am speaking about. It's time to stop in our tracks which nature has presently done and change for the better. Hopefully, we do change.

We have the opportunity at hand. Let's not go back to the same old same old when this is over. Nature will try other ways for us to realize our magnificence. Just think we didn't need WWII to change.

There is an evolution revolution that doesn't involve weapons. It just needs us to discover our true nature. It's like we evolve or someday we perish. Mother Earth will be around for billions of years.

We might not. This choice is up to us. You are the universe. You just don't know it. I know that you are probably rolling your eyes. Yet just talk to a quantum scientist and he will tell you the same.

Reset Button

It seems to me like the entire world was pushed a reset button.

At this point, everything has changed in only a week.

Everything is shut down.

Is this a blessing in disguise?

Take a moment and embrace gratitude in your life.

Slow down you have no choice.

What really matters in your life?

Open your windows and listen to nature/

The birds are singing sweet songs to you.

Nature is alive even in a big city.

For once just breathe and feel the sweetness of breath.

It is calling you.

Behind your breath lies the universe.

You are magnificent.

Take this time to truly slow down.

Humanity has been on such a fast track.

We can't see the forest from the trees.

Listen to music that calms your soul.

You have been living such a stressful life.

It's time to unwind.

Discover your true nature.

The reset button was pushed for a reason.

Take advantage of it.

Peace lies right between your eyes.

Dear Family



Dear Family. What a week it has been. All sporting events have been shut down. March Madness is postponed. The NBA is shut down. Concerts are shut down.

There is a travel ban to Europe. Grocery store shelves are empty. For some reason, toilet paper is being hoarded. Panic is in the air.

Look we probably have two options for looking at this situation. We can panic and freak out which makes things worse. Did you know that fear shuts down the immune system?

Fear causes the body to be in a fight-or-flight system. In this state, the body shuts down the immune system. For example, during a heart transplant procedure, they will insert cortisone into the human body.

This will put the body in a fight-or-flight condition. Consequently, the immune system shuts down. Otherwise, the immune system would not take the new heart.

Yet during this point in time, we want the immune system to be fully online. Your fear and panic shut down the immune system.

Maybe this is all a blessing in disguise in disguise. Everything is falling apart yet we are still alive. Maybe it's time to realize our true nature. We are human beings. Maybe just maybe we have lost awareness of our true nature.

I think we should learn to be kind in all situations. Let's count our blessings. Let's go beyond politics. This virus doesn't care about your

politics. Maybe we shouldn't either. We are all in the same boat. We either sink or swim together.

During WWII our entire nation rallied together. People united. People sacrificed their lives. Our nations backed each other up. We know have the enemy at our doorsteps. This is why everything is being canceled.

Many of my friends say it's such a small percentage of the population that is getting affected. Yet that is correct for now. Without these closings, it could get worse. We don't have the necessary infrastructure in place to treat millions at a time.

We need a shift in consciousness. The panic and fear of the media have to stop. It's time to think differently. We must go from an awareness from me to we.

When we are in a me state, we panic and act irrationally. We buy out of fear. We don't think about our fellow man. It's like a mob mentality. Yet in the we state we are united under the umbrella of love. We are kind and considerate towards others. This is our true nature. There are only clouds covering it up.

Mind you this is not some cheerleading talk. This is your true essence. What are we going to do with this situation?

Are you going to continue being panicked and living in fear? It's your choice. You can stop this in your tracks. Kindness already exists inside of you. Peace already exists inside of you.

We are so busy living the external life that we don't ever look within. That's a huge problem. Now everything external is being stripped from you. Who knows what's next?

We are like a person that is sitting in a movie theater. We are watching the movie and get so sucked up into it we think the movie is real. A

wise man turns around and sees a projector shining light upon the screen. He knows the movie is an illusion. He is content inside.

Look it is our choice. Each one of us must decide what we want. For some reason, the entire world is facing this. When a society is calm wisdom is gained.

Proper decisions can be made. A society can think with a clear mind. The clouds of panic and fear don't exist.

In our present state fear and panic are starting to rumble upon this land. We can stop this before it's too late. Remember we are all on the same boat sailing toward home. One by one we eventually depart from this earth.

Let's graduate and go to the next video level of life. We can do this. Panic and fear are tapes that have been run for thousands of years. What has it accomplished for us? Nothing but misery. Do we want to go down the same rabbit hole? The decision is yours.

The Law Of Free Will



Everyone knows that we have free will. Our religions talk about it. But how can free will truly help us to understand who we truly are? Most of us put most of our attention on the external world. Our will is focused externally.

We have completely forgotten and abandoned our inner home.

In my eyes, we can utilize this inner law of Freewill to enhance our life at all levels. We can use our Free Will to change our life for the better. Everyone in this world uses their free will. But has this path brought us happiness and what we are looking for?

A truly wise person will use his/her Free Will to understand him/herself to the deepest level. This person will want to change and transform their essence and the world at large. Why not use your free will and learn about these sacred laws and apply them to your life?

What do you have to give up? Your pain and your suffering. How would you like to wake up every morning and feel grateful to be alive? It all comes down to your will.

What do you choose in your life? Do you want to continue walking down the same path over and over again like a broken record? Has your free will be, I will do what I want to do without any thought and awareness of others?

To be honest free will in the world has been nothing sort of disaster. How many wars have been started? How much injustice has taken place? All in the name of free will.

A truly wise person harmonizes Free Will with the true harmony that exists within. This being is in harmony with all the natural laws of the universe. How incredible would that be compared to our existence if we lived for thousands of years? We truly have been brainwashed to think that if we only ruled the world

we would be happy being the King of the hill. Yet take a look at most political leaders are they truly happy?

A truly happy person has conquered their mind. Only in that state of awareness is one truly content. This is where Free Will comes in. The creator says you have Free Will I'm not going to dictate to you about your life. Also, I will provide you will help and tools if you want to find out how you truly are.

So by using Free Will, we start to look at ways to rediscover who we truly are. We use our free will to enhance every moment and aspect of our life. Every moment is sacred. Nothing is taken for granted.

We can use the power of Free Will to uplift ourselves and others instead of holding others by a chain. We can learn that there is one thread tying us all together. There is no separation.

By using our Free Will we can change ourselves for the better. So Free Will can be a two-edged sword. We can use it to truly reach for the stars or live in this world as we currently are not living but in survival mode.

Free Will is truly a Divine Gift. The creator is saying I'm not going to judge you. Live your life. Grow and understand. Learn from your mistakes. Everything in life is a learning experience. No matter what you have done your essence is good. Forgive yourself and others. This life is truly an incredible laboratory.

*When I was young I was told that God is everywhere.
He existed beyond the stars, the galaxies, and the sun.
One day I asked my minister, can I see God before I die?
He answered in a somber voice that you have to die and then you can see him.
Late that night I pondered into the night.
My mind was restless and I couldn't get the conversation out of my mind.
If God is everywhere beyond time and space.
If God is, was, and will always be, then there is no vacuum where he doesn't exist.
Therefore he exists inside of me.
From that point in time, I knew that I could solve this question.
The key was in my heart waiting for me to open up the door.
I have come millions of miles or a small step.
In the face of eternity does it matter?
We all are God's children.
Let's help one another.*

Then some have learned something that truly is incredible and they want to share it with you. There is a brand new way of living that is built on trust. There is a foundation that exists inside of your being that is so incredible. It doesn't matter what you have done or how many times you have failed. You are good. The water

may be muddy but just wait a while and let the mud go down to the bottom. Over a few minutes, the water will soon be clear.

Have you ever seen the Lotus Flower? A Lotus flower is famous for having its roots in the murky water but the flower rises over the water. It truly is a sight to behold. I remember once taking a train in India and seeing a huge lake with thousands of Lotus flowers.

We are like the Lotus Flower. We can learn over time to transform ourselves and grow. We can plant the seed within an everyday utilize these laws and watch ourselves turn into a Lotus flower.

This is our true nature. This is who we truly are. We have simply forgotten. So it doesn't matter what religion you belong to or your beliefs. You can utilize these sacred laws to bring you to a greater understanding of your life. You will see that your essence and the essence of the universe are the same. How incredible would that be?

So it truly is by your will alone that you set your world in motion. Understand that you control your life. No one outside of you is responsible for what happens in your life. Take back your reins and use your will to make your life an incredible adventure. You can see and listen to a new set of eyes and ears.

This life is an incredible adventure. No matter what your age is life is fun. Life is a joy. Life is divine. Don't get into a rut. Use your will for the highest in your life. I'm not saying that you can't go out and party. I'm saying that the party of your life is constantly going on and you are missing out.

The most outrageous party of life is going on and we are asleep and we think this is the party. There is something so incredible inside of you that one glimpse would bring you to tears for life.

You are good and you are divine. You are life itself. How incredible is that? How incredible is it that you are hardwired from the creator and only by your will can you turn on the switch? Nobody else can do it for you.

Remember you have free will. So this is a little of my understanding of free will. No matter what we have done learn from it. Everything in life is a learning experience. Get over it. Use your will to learn more about these sacred laws and apply them. Over time you will see an incredible change.

I remember when I first started when I was young I would get frustrated and I wanted instant results. But over time I saw that every day I was going a little deeper into the ocean.

Every day it's just like starting over. Every day it's a brand-new experience. This is life. It's incredible. So I hope you can understand more about the Law of Free Will and how you can apply it to benefit your life.

Practical Actions

- ☐ Remember it's by will alone you set your mind in motion. You should be in charge of your mind not your mind being in charge of you.
- ☐ Meditate daily and learn how to control your mind. (lifetime practice)
- ☐ With free will, you can either live in Heaven on earth or live in hell. It's your choice.
- ☐ Use your free will so you can contribute your piece of the puzzle to this world. The world needs you.
- ☐ Educate yourself. Read. Go to seminars.

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

In the midst of our business negotiations have we ever stopped and said, "WOW I'm alive"

We go on in our petty life with so much detail.

We place such importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

We promised our generation we would never be like our parents but look at ourselves in the mirror.

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Now is the time to wake up and change our lives.

The Law Of Unity



The Law of Unity is such an incredible law. Einstein and since then in the law of physics has discovered that everything in life is united and is one. The whole universe breaths.

There is something behind the universe behind the true essence that is keeping you alive and the universe alive. This is the Law of Unity. We are not separate. We are not distant from each other. Our very existence is unity.

We just don't see it. We have created distances between ourselves, our relationships with others, our nations, and the world at large. We each think we are islands. Yet from time immemorial we have been reminded that we are the same. Being in tune with the law of unity will transform your life.

As I mentioned before in that state you would be the sun, the moon, and the stars and still be walking around in a human body. How incredible would that be? The Law of Unity will bring us to a greater understanding of the capabilities that exist inside of us.

The Law of Unity is the building block of life. There is a unified field of existence that unites everything whether it's in the seen or unseen worlds. It was is and will always be. You have the potential to become it. You are in this state but have simply forgotten your true nature.

We live in this world yet we have forgotten who we truly are. The Law of Unity will teach you how to go back home and bring back those divine qualities into your daily life. Imagine how incredible would that be.

How incredible would the world be? Each of us would have the awareness that we are united. There is no difference between you and me. We are all one. That would transform you and the world around you. This is just not a fairy tale or

Santa Claus. This is your true being. This is who you truly are. You are infinite, endless, and boundless. This is your true nature.

How did we end up then being separate? We only think that. We just don't truly have that experience. The Law of Unity will help you gain a greater understanding of yourself.

Daily meditate and go into silence. In the silence lies the Unity of all life. Day by day, month by month, year by year this experience will begin to grow. Your understanding and experience will grow. You will start having firsthand experience in the Law of Unity. This experience will change your life.

All the great religions talk about this. They are talking about how we are all one. Now is the time for you to have firsthand experience. Your very own essence is this? By following these laws and living these laws your life will change. You are the director of your life.

You can change and experience the wonderment of life. It's in your hands. Nobody owns these laws. There is no copy write or dogma concerning these laws. These laws are your true nature. It is the stuff that you are made of. Nobody has to convince you to embrace life. It must be your decision and your own will.

They say actions speak a thousand words.

Many people praise the Lord yet think they have a monopoly on him.

If you don't believe in the way we do you will certainly be condemned.

Most of the wars have been started by religion.

My god is better than your god.

I think (which is my opinion) that God would like us to be totally supportive of one another.

After all, we live on the same planet.

He gave us all incredible gifts.

We just need to support one another.

My country is not better than your country.

In the eyes of the beloved, there is no race, color, or creed.

We are one family.

Granted approximately 6 billion.

Yet we are different and yet the same.

Every one of us holds the key to life.

The thread of love holds us together.

It's time that our actions speak louder than our words.

We can bring heaven to this earth.

So all I can say is you are an incredible diamond. This diamond exists inside of you. Pay attention and look for the diamond within. By utilizing the Law of Unity you will see for yourself that this life is incredible. We are all united by the power of love.

This is a practical experience. This is yours. This is who you are. Open the doors within and walk. Just take one step then another. Over time you will see how incredible this journey is.

Practical Actions

☐ Read the Tao of Physics. Both the modern-day scientist and the ancient ones are both talking about the same thing.

☐ Meditate daily. Over time you will see that what is keeping me alive is keeping the whole universe alive.

☐ Develop your awareness of the here and now. Yesterday does not exist nor the future. Unity is for those who have the eyes to see.

☐ Open up your mind and heart more and more daily. Never stop growing.

Just one breath is a miracle.

Behind your breath lies the key to life.

Day by day we are alive, yet we take it for granted.

The cemetery contains lifeless bodies.

Man in his ignorance forgets about the miracle of life.

Our life is so short compared to time.

We come and go like the flicker of an eye.

What is keeping you alive?

It does not matter if you're a saint or a sinner.

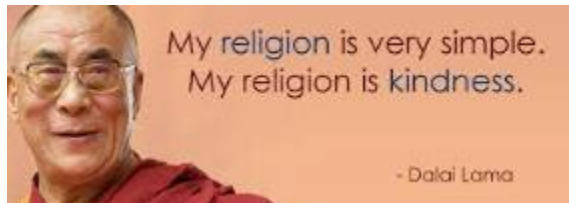
It does not matter if you're rich or poor.

It does not matter if you're educated or illiterate.

The same power is keeping us all alive.

Remember just one breath is a miracle.

The Law Of Kindness



As the Dali Lama once said, “Kindness is my Religion”. These four words can truly transform your life and the life on this planet. Indeed this world would be truly Heaven on earth this is our true state.

We have simply forgotten it. Throughout our daily living, we have forgotten how to treat one another. We have lost touch with the innocence inside. As we get older we hold on to our beliefs and try to impose our beliefs on other people.

We don’t truly listen to other people and we try to show people that we are right and you are wrong. We say we should put ourselves in another person’s shoes yet we don’t do it.

Kindness is the way to God. Even if you don’t believe in God kindness will make your life so much richer and your life will be a showcase to others. True kindness exists when a person enters into silence (meditation) and then brings that state of silence into everyday life.

Over time you become kinder. You truly have nothing to prove but smile. This is our true state. We become aware that there is a thread of love tying us all together. By being kind to you I’m being kind to myself. These are sacred laws that we have forgotten.

Our society is so involved in doing and accomplishing and proving others right or wrong that we have forgotten these core values. Our mind is so focused on what is going on in the world and the world around us that clouds have covered our perception. We truly are dictated by external events.

This is why we need silence daily in our lives. We need to remove the clouds inside. The sun is always shining inside, but do we have the eyes to see?

I firmly believe that most political problems or religious problems could be solved by kindness. Most of us are set in our ways and through kindness, we can develop a sense of unity and the expression of unity in all life.

We can see that the person on the other side of the table is just like me and you. He/she wants to be happy and they desire happiness for the family, state, and nation. Being aware of this allows our minds to become more open and loving.

The lack of kindness is a disease. We can see how this affects our relationship with our family, friends, business, and all communications. If we aren't kind we are out of synch with nature and we are out of harmony.

We can conquer the world yet without kindness the world will still be in dire straits. Our entire business model is built on killing our competitors and the way we handle our day-to-day relationships with employees has to be rebuilt. The foundation is built on sand and it will fall someday.

In my eyes, kindness is the way to truly help one another. It is a state of being. Our world needs to change its priorities toward a more socially conscious way of living. Kindness can go a long way to bringing this world into a greater arena for peace.

It's a wonder we don't learn this in school. How many times as parents do we yell at our kids? We never learned how truly to handle situations in this world.

We grow older yet we are stunted in our personal growth when it comes to true communication and how to tap into the source of life. These are practical things that we need in our daily life to improve our quality of existence.

Because we have lost touch with our true nature we can become mean, angry, condescend, and have a myriad of negative emotions. We have not been taught how to transform these emotions into something healthy for us. This is the key to a healthy life.

By being kind we can pick up ourselves when we fall and start walking again. We can learn how to improve and not make the same mistake again. By being kind to ourselves and seeing how difficult it is for us to change we can be more kind to others.

Kindness is a bridge we can use to see another's point of view. Imagine a river with two sides. You are on one side and the opposition is on the other bank of the river. Kindness is a bridge where both of you can walk and meet each other halfway on the bridge.

You can walk over to the other person's side and see their point of view. If we could do this in our daily life, we could truly help this world to become a better place.

Kindness is the way to drop all our defenses and put down our shields. We have been taught to always be on the defensive. With Kindness, there is nothing to defend. In reality, the whole universe is unified but we don't have the eyes to see. We are trying to defend our world and if the kids act up we will get mad.

This sense of defending and attacking has been going on for thousands of years. It's time for it to stop. Kindness is a way to defuse this ticking time bomb. Whenever we don't agree on something or something that is beyond our control we blow up.

So by being kind day by day, we can start to change our perspective on life. We can slowly change the colors of our glasses. Have you seen that commercial where if you walk outside the lenses slowly go from light to dark? That's the human condition.

We are born with clear sight. Yet the older we get our vision becomes more cloudy. Kindness will help you to see more clearly not only inside but outside your daily life.

By being kind to your body you will also be healthier. You will see that this human body truly is a miracle and you will pay greater attention to it. Our lives are so fast-paced that we truly aren't kind to our bodies.

No wonder our society has so many medical problems. We are living against the laws of nature and aren't aware of them. How many of us simply drink our life away?

Being kind to our bodies will help us to discover ways to bring ourselves back into harmony. By doing this we will have an even greater sense of kindness and compassion. It's an endless cycle. Kindness is eternal. It will help in all areas of our life.

The Buddhists spend their entire life practicing kindness. They see kindness as the foundation for all life. They have been studying and practicing developing kindness for over 3 thousand years.

It's only been within the last 30 years that western scientists have looked at ways to enhance our emotional condition. We have studied disease instead of ways to improve our health.

All religions talk about being kind. We go to church on Sunday and yet do we truly take home the message and help it in our daily lives? For many people, I see yes they do take the message to heart.

As we said before kindness does not belong to any religion it belongs to all of life. It is the foundation of all true communications. Kindness is true courage in action.

It's so easy to blow up anyone can do that but to be kind in adversity takes tremendous strength and character. This is what we need to cultivate in our daily lives. We are truly divine farmers.

Amazingly, we can't take anything from this world except for our character. Everything else we leave behind. But a person who day by day cultivates these divine laws takes this with him/her when she dies.

This is what we truly should concentrate upon. Not only can we have rich and rewarding levels of life on a practical level but on a deeper level, we become better human beings.

We enhance the quality of our life. So kindness is a way to enrich our lives in all the different avenues. It will help to bring down old barriers that you have put up.

By knocking down these barriers your life will become lighter (in all ways). You will have a smile that comes from a place deep within. You won't take life so seriously and try to defend your point of view.

Life will be easygoing. Of course, obstacles will come in the way (that's how we grow) but we won't see them as the size of a mountain when it's a golfer hole.

We can start living in a more heavenly existence. We don't have anything to prove. This is how the wise ones from the past lived. Kindness was a part of their life. It was the most precious diamond. They cherished their connections with others. They gave freely in their lives.

So I hope that you can see that Kindness is truly something that is the greatest example of human character. You can rule the world or own the world but without kindness, you have gained nothing.

Practical Actions

- ☐ Remember anyone can be mean. A truly wise person is kind.
- ☐ Meditate daily and embrace the kindness that exists within.

☐ Practice kindness in your thoughts, words, and actions. You will make the world around you a better place.

☐ Be kind to your body and mind. Take care of it. You are a precious diamond.

☐ Likewise be kind to your wife, husband, children, and friends. They are indeed special. They are your gifts in this life. Cherish your family and friends.

Kindness is my religion

Dalai Lama

The Law Of Practice



To master anything in life, you must practice. When I was young I wanted to learn how to surf. It took many hours of practice just to learn how to stand up and paddle the surfboard.

The more I practiced the better I got. The better I got the bigger the waves I could ride. Eventually, there was a time when I could ride any size wave in California. It took time and effort.

These laws are the same. The more we practice and pay attention to these laws the easier they will become in our life. Take the law of silence. In the beginning, meditation is difficult.

Your body and mind are not accustomed to sitting down and focusing within. The body aches and the mind are bored. The more effort we put in daily the easier it becomes.

In the beginning, it might take over 30 minutes to settle down within and feel the effects of meditation. Over time with practice as soon as you close your eyes you are in a sublime state. It is a practice that makes perfect.

So many people give up because they can't break through. Only by practicing will you overcome all obstacles within. So be patient with yourself. Every day is a golden opportunity to take one more baby step. This process gets easier as you master your mind.

I found that I pay attention to these laws life becomes easier. By feeding my body good food and exercising it's easier to sit down and focus. I stretch every day and walk every day.

This helps the body to be more alive. Listen to your body and its needs. Learn from your everyday activities. These laws are for your everyday life. The more you are in tune and the more you practice the easier it gets. This is not a chore. Life is

fun. Laugh at life and yourself. Don't get too serious. Laughter is the way. If you can't laugh lighten up.

These laws are meant for you to live an incredible life. They are meant to show you the opportunities that life presents to you. Each day is a gift. Each day by practicing you will say "wow I'm alive".

From the bottom of my heart, I wish you the best in life. You are incredible and good. The sun is shining within. There are only clouds that cover the sun. You can gently blow the clouds away. You can make a difference. Just change your attitude on life.

No matter what is going on you can change. You don't have to say anything to anybody about what you are doing. This is a practical path. You make the changes. Nobody needs to know what you are doing. True guidance comes from within. Just practice day by day and you will see what I'm talking about.

This is an incredible time to be alive. We can change the world. It starts by first changing yourself and your attitude about it. Nobody is at fault for how you feel. You can rearrange your attitudes and cultivate what you desire.

By practicing you will remove the weeds and the thorns within. Life will become easier. This is a natural law. The more in harmony and the more we are in tune with these sacred laws the easier life becomes. Remember your essence is eternal and endless.

Practical Actions

- ☐ Practice daily (it takes around 30 days for something to transform into a habit.
- ☐ Daily pull your negative weeds.
- ☐ Meditate

- ☐ Plan your life around your weekly, monthly, yearly, and 5 to 10 year plans.
- ☐ Take a small step every day walking towards your goals.
- ☐ Be generous.

Practice makes perfect

The Law Of Calibration



To understand this law one must first understand that everything from the sun to the moon and the stars everything changes, shifts, and transforms. Nothing is static in the universe.

Everything changes. Your body is alive. Your cells are constantly going through the process of being born, living, and dying. Nothing stays the same. Your mind is constantly moving. The emotional state is constantly changing your different modes of emotions. We are driven by our thoughts, habits, and emotions.

To recalibrate oneself means to consciously begin to shift and transform our awareness towards the highest potential. Day by day we begin to use all the Laws and Rays and begin to use them in our daily life. We begin to drop our old destructive energies and begin to use our mind body and soul to enhance each moment.

Much like the metamorphose of the butterfly we begin to change at every level and become human beings. We merge the mind and heart and truly become human being who drops the old destructive energies that mankind has allowed for thousands of years.

Day by day the Law of Calibration allows us to transmute our old destructive energies and transform them into something we can't even imagine at this point. Built into our DNA lies the potential of mankind.

This life is meant to be lived where we fine-tune ourselves moment by moment in all our actions. We live in a state of being in reactive mode. It's very easy to react. It's very difficult for one to stop, ponder and not respond reactively. If someone says something you don't like it's very easy to get super angry and burst out with destructive words.

The wise man plays life like a master chess player. Before he/she even speaks he looks and ponders his move towards transmuting the situation unto the highest good for all. He/she looks 5 steps ahead just like a master chessman and sees the necessary steps of action to take place.

He/she is a master of life. This skill is a day-by-day learning effort. We must learn to recalibrate our daily actions from the old energies to the new. This is a spiritual person making conscious efforts in every moment. It takes time.

It's not easy but the journey is one small step after another. We don't leap and get there. We will stumble and fall and yet we will learn so much along the way.

We can convert our old destructive ways of doing things and change for the better. This is built into our DNA. So much of our society is socially driven artificially.

We adore our movie stars and pop stars yet we forget how precious life is. We live so much driven by a culture that has forgotten the true values of being a human being.

Can you imagine a planet of human beings who live in a state of bringing these laws and rays to fruition at every moment? I would say that would be heaven on earth.

Built onto our DNA are the codes for us to tap into. To achieve this day by day, we must be consciously aware of our actions. This life is an incredible game. We haven't seen anything yet. The game of transforming life, this planet, and yourself begins with you. It always was and will always be.

Peace on earth will happen. It depends upon every human being to take conscious responsibility. It's a fun journey when one begins to consciously calibrate daily.

These laws and rays are in your DNA. This is truly who you are. This is not a religion to live by. This is our true state of existence. We are truly infinite. We all shift in different ways.

Each of us will drop our destructive energies in different ways. People who smoke will begin to see practical ways to stop smoking. They may see that to change something you must replace one habit with another.

They may learn how to meditate or take a walk when the urge comes up. Each of us can learn to look at our destructive ways and begin to shift. Awareness is the key.

Our society is advertisement-driven. Coke and Pepsi are cool to drink. Macdonald's commercials are everywhere yet do we ever see a commercial on a simple thing as a fruit and vegetable?

We have lost our way. GMOs are everywhere in our food. When one begins to recalibrate one understands that the true temple is our human body. It feels good to nurture our bodies.

Our body constantly speaks to us yet most of the time we ignore it or we aren't in touch with it. The key is awareness.

We must be more aware that what is presented on our TV. Our movies constantly reinforce ways of being that are in the past and don't serve us any longer. What I'm trying to say is that by bringing the reins back to yourself you will be in total control not some random commercial on TV.

You will begin to take responsibility for your life and actions. You will take action to be happy. You will take action to exercise and eat good food. You will begin to meditate and experience the joy inside of you. You will begin to start not being reactive when people are angry around you.

You will begin to be aware of your body and listen to it. You will begin to learn patience on a moment-to-moment level. In every moment you will learn how to consciously recalibrate, adapt and change for the better.

We will stumble and fall. That's part of the game and learning process. This is truly the game of life. This is probably the most important game you will ever play because it's your life. Only you can change yourself. People can help you but the changes begin with you. You are the main character in this game.

Man will recalibrate weapons of destruction yet man never recalibrates himself

Such is the dichotomy of man

How long will it take for a man to realize that the keys to life lie within?

Weapons of destruction only bring destruction.

Yet the keys to life bring peace to the planet.

The answer lies within.

Only you can open the door within.

We are just in the beginning stages of the Corona crisis. May we all have the will to recalibrate? We can do this. We are not stuck in our ways. Humanity can and will change. It is just a matter of time. The perfect opportunity is at hand. Nature has provided us the time to stop us in our tracks. Only time will tell.

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.

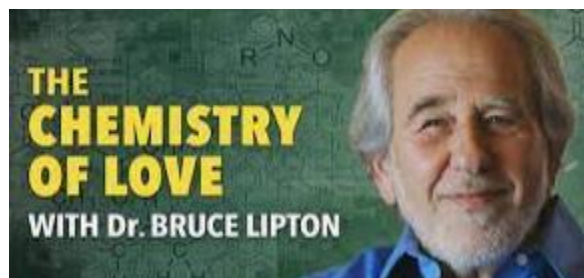
It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

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 driven by 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 really 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 with 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 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.

Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In every moment thousands of chemicals are being released throughout your human body.

Mankind is spinning out of control.

We are drinking our poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your own chemistry.

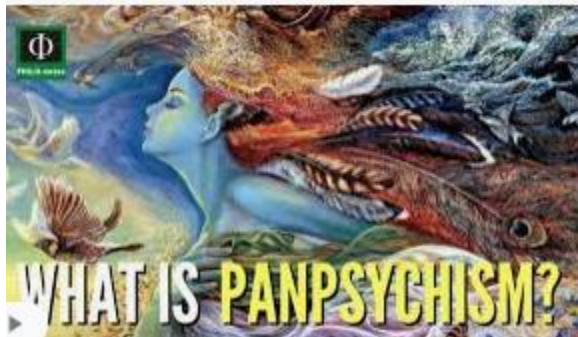
Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

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. Human beings 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.

Meditation



The definition of a mystic is the following. A person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect.

Many moons ago I heard about the world of a mystic or Yogi. I was quite fascinated by it. What were they experiencing? How did they tap into this experience? Is this for a privileged few?

How come everyone doesn't know about this? Do you have to give up your life and move to an ashram? I like my life. Can I become a mystic and still carry on with my life?

These are the questions I asked myself. Fast forward 46 years. Wow-what an adventure life is. I learned that anyone can learn to go inside and discover their true essence. It's not for a privileged few.

We are hard-wired for this experience. We were designed for this experience. Somehow along the way we have forgotten.

No, you don't have to give up anything in your life except for a few things. You must learn to give up anger, greed, war, intolerance, lack of patience, gossip, and all your negative emotions. Don't you think it's wise to take out the trash every once in a while?

We have tons of internal housekeeping to do. At times it's difficult and painful for a human being to change. We tend to hold on for dear life yet we are carrying a huge bolder on our back.

Maybe the great mystics were right. Maybe their path was to demonstrate or show that we can throw away our garbage.

We don't have to change or walk away from our lives. In a matter of fact, we need to embrace life. The universe is kind. We need to cultivate kindness in our life. We need to plant the seeds of kindness and water them every day.

A farmer tills the soil and takes out the weeds. We need to do the same thing. We need to be aware of our actions.

Humanity needs to plant the seeds of love, compassion, tolerance, patience and so much more. Follow the steps of planting the seeds of kindness. Guess what over time you will become a mystic.

Every day watch your breath moment by moment. Pay attention to it. Focus on it. Try to do this 24 hours a day. It will take time. At first, it will be extremely difficult. Just relax.

When you are driving turn off the music, put down the cell phone, pay attention to the road and follow your breath. It's that easy. Over time you will experience that there is something behind your breath that is keeping you alive. A sense of peace, compassion, love, and bliss will arise.

Learn to love to close your eyes and watch your breath go up and down. Learn to be relaxed and focused at the same time. With too much relaxation you will fall asleep. Too much focus is like trying to break down a door.

The door will open on its own time and terms. Just love the opportunity to sit there and discover your true nature. This is not a race. Be patient with yourself.

Over time this world will merge into yours. You can simply close your eyes and you will be filled with love and compassion. Still every day we take baby steps. We will never truly say I have learned everything about our true nature.

We will always be infants. Even if you meditate for over a billion years we will still be infants. Remember we are never born and we never die.

So this life is quite an adventure. What we learn from inside we take the experience outside. We learn to be kind amid anger. We learn to be compassionate on Facebook. We learn to have patience and tolerance toward others.

We can see the thread of love tying us all together. This life that we are given is to truly become the best that we can be in all areas of life. This practice enables us to see beyond the box. We can be open to so much more than our limited beliefs and ideas.

The universe wants you to discover who you truly are. The universe wants you to reach for the stars.

This is the life of a mystic. This is your true nature. Discover who you truly are.

During this global shut down take this opportunity to learn how to meditate. Remember to learn how to slow down. This shutdown can be used for your benefit.

Gratitude

If you want a happier life express gratitude in your life.

Gratitude is the bond that ties the earth and heaven together.

It is the glue that binds us all.

Modern-day scientists in the West have been studying gratitude for around thirty years.

They found when a person is in a state of gratitude the heart is in resonance and balance.

Modern-day man's heart is not in balance.

So many people today have heart problems.

Most of this is by the stress we afflict upon ourselves and the external environment.

Gratitude is a state of mind.

Imagine planting a seed of gratitude.

Daily you water that seed.

You take out the weeds daily.

You take care of your garden.

Over time your garden will flourish.

The East has been practicing this for thousands of years.

They discovered long ago the flower of gratitude in one's life.

Gratitude has a sweet perfume that permeates everywhere.

You can see the difference between one who is full of gratitude and one who hates this world.

The definition of gratitude is as follows.

The quality of being thankful; is a readiness to show appreciation for and to return kindness.

I like that.

Personally, I think the entire universe is in that state of awareness.

We have that quality inside of us.

We just need to cultivate it.

Your world would change so much if you daily cultivate it.

Watch your thoughts.

They become words.

Watch your words.

They become deeds.

Watch your deeds.

They become habits.

Watch your habits.

They become characters.

Character is everything.

When one does this in each and every moment one has cultivated gratitude.

Spring Break

I saw on the CBS evening news the following last night.
In Clearwater, Florida spring break was going on in full force.
Mind you their universities and colleges were shut down.
Thousands were drinking and partying on the beach.
One student said he would rather get the virus than stop drinking and partying.
Wow-what can I say?
The entire world is almost shut down and you dare to party away.
Most of you come from outside states and will go home in a few days.
Some of you will bring home the silent virus.
How many people will die because of you?
During WWII the youth helped out our country.
Today a worldwide silent war is going on.
Millions of people may die.
I pray that you can change your ways.
Your grandfather or grandmother could be affected by your stupid actions.
The city of Clearwater should be ashamed that they are allowing this.
They said they will close this down after seven days.
Meanwhile, thousands of youngsters are coming in to party away.
Remember we either sink or swim during this crisis.
Never before has the analogy of you are a piece of this puzzle been more
appropriate,
Let's go beyond our stupidity.
You are college students.

You are there for higher learning and wisdom.

Many poor people would love to have the opportunity of getting a degree.

Don't be so selfish.

Your actions could affect millions.

Remember this got started by just one person in China.

Look at where it's at today.

Close to home

Wow, this coronavirus is so close to home.

It's not in our neighborhood yet.

Yet people have gotten it only six minutes drive from here.

All of the movie theaters, restaurants, and bars are closed.

This is happening all over the world/

A few days ago I spoke about the world hitting the reset button.

It looks like the world we knew only a few weeks ago is changing dramatically.

Every day a mind-blowing event is occurring.

The news can hardly keep up.

To all my friends out there remember the precious jewel lies within.

Nobody can take it from you.

You are never alone.

At times you may think you are.

Unfortunately, we are just seeing the tip of the iceberg.

My advice is, to start practicing concentrating on your breath.

Do this in every moment.

Many people will roll their eyes.

Yeah, that's a bogus thing to do.

Yet you are the universe.

You just don't know it.

Once again another eye-rolling moment.

My question is if the entire world is going to shut down maybe we can learn from
this?

Maybe just maybe we can stop in our tracks literally.
Millions of people are in isolation.
They are literally cut off from this world.
Maybe we should pay attention to the jewel that lies within.
You are magnificent.
This is your true nature.
Maybe it's about time for you to experience it.
The world as we know it has disappeared right before our eyes.
I'm not trying to scare you.
Yet my everyday normal routines of going to the gym and working out are over
for now.
Who knows when we can go back?
Your favorite restaurants are closed.
I'm trying to give helpful suggestions.
What I'm talking about is the most practical thing you can do.
Unfortunately, we were never taught this in schools.
We have been searching for the ultimate externally yet it has always been there
inside of you.
Ponder this over.
The world has stopped in its tracks.
Do we go on with the same old same old?
Or
Maybe the world can wake up from its slumber.
Millions of people are waking up.

Fear

Fear is defined by the following.

An unpleasant emotion is caused by the belief that someone or something is dangerous, likely to cause pain or a threat.

The world as we know it is shutting down.

Unfortunately, this is not an exaggeration.

Things are going to get worse instead of getting better.

At least for the next few months or so.

Many people are in fear.

They have every right to do so.

Yet fear never solves anything.

In fact, fear compromises the immune system.

This is exactly what we don't want during this time.

What is my silly advice?

Learn to concentrate on your breath moment by moment.

How would you like to be able to get to a place inside of you where the world's problems can't touch you?

Imagine a beach inside of you where you can surf the eternal wave of bliss.

The sun shines rays of love, mercy, and compassion.

The sweetest music is being played.

Intoxicating drinks are being served.

This is medicine to the soul.

You open up your eyes and the world's problems don't affect you.

Yes, they are there in full force but your awareness is still focused on the inner beach within.

The mystics have been talking about this for thousands of years.

Right now millions of people are told to be in isolation.

You have two choices.

One is in fear.

Not a good choice.

Two discover the inner beach within.

Be aware of your breath.

You are not alone.

The simplest thing we can do yet we still roll our eyes.

The choice is ours.

What are you going to do?

Millions of people are waking up from their slumber.

How about you.

Can We Change

Can we change?

Many people think that humanity can't change for the better.

Quite frankly I believe we can change.

Take a look at this worldwide shutdown.

People all around the world are uniting together.

People are being kind to each other.

Random acts of kindness are being displayed.

We all change in small ways.

This shutdown will allow us to change in ways we couldn't even imagine a few weeks ago.

I'm happy with my fellow man.

Most of us are taking this as a serious matter.

We have our concerns yet kindness has come to the surface.

Kindness can change our actions.

Kindness is the glue that ties humanity together.

We are all in the same boat.

Either we sink or swim.

During these troubling times, humanity is struggling together.

We feel each other pain.

Some countries are experiencing deaths like never seen before during a crisis like this.

We all pray that this will soon end.

I have great hope for humanity.

Yes, there are some bad apples.
Yet even though they have a core of kindness,
Kindness does exist inside of us.
Let's tap into that moment by moment.
With all the time we have staying at home let's reflect upon gratitude.
Maybe when all the chaos is over we won't take for granted all the simple
things in life.
Our normal 9 to 5 existence no longer exists for now.

Shock Therapy

Almost every day the latest news is quite a shock.
It seems like every day we go deeper down the rabbit hole.
We will ultimately win the war yet we are losing many battles.
We have a silent and hidden enemy.
That's why thousands still go to the beach.
I can't get affected so we carry on.
Yet our actions could affect millions of people.
Why are such people spoiled?
Why don't they have compassion for others?
Especially when this virus is so rampant.
We haven't seen anything yet.
The world's reset button has been pushed.
Take proper action so we can stop this darn thing.
The sooner we do the quicker we can return to normal life.
Hopefully, we will learn how to be better human beings.
Many people have shown their incredible colors in helping our fellow man.
Yes, there have been some bad apples.
The core of the apple contains the seeds of the universe.
In the meantime have kindness and courage.
We shall overcome all obstacles.
I believe in mankind which is a kind man.
I see it every day during this crisis.
In Italy, people sing to each other on their balconies.

Strangers call the elderly to see if they are ok.

People helping one another out.

Bands singing their songs so all can hear.

Hallmark shows Christmas movies throughout the day.

None of this is corny.

Humanity is showering gifts of kindness throughout the world.

The human spirit is being displayed.

This will not bring us to our knees.

The heart of mankind is coming out.

It's a glorious day my friend.

I'm so grateful to be alive.

The Fight of Two Wolves Within You



An old Cherokee is teaching his grandson about life:

“A fight is going on inside me,” he said to the boy.

“It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather:

“Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

Boredom

During this lockdown, millions of people are getting bored.

They have so much free time at home that they never had before.

Remember being bored is a state of mind.

You create your mental state of boredom.

A wise man cultivates gratitude for the opportunity to be alive.

Each moment is precious.

The power that is keeping you alive is the same power of love that is keeping the universe alive.

In our ignorance, we are human doers.

We always have to do something.

A wise man is a human being.

Note I said being.

You are a human being.

Unfortunately, we have forgotten our true essence.

Take the golden opportunity to discover the jewel that lies within.

Pay attention to your breath.

You are probably rolling your eyes.

Yeah sure.

Do you take me as a dummy?

I have been breathing all my life and never saw this jewel inside of me.

Well, I'm saying take a conscious breath moment by moment.

When was the last time you paid attention to your conscious breath?

Remember you are the universe.

You just don't know it.

Stop The Noise In Your Head



As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before.

They asked the dragons how to stop the noise in my head. Of course, all the dragons laughed. ‘

They laughed because everyone goes through this. You see the mind is the most different thing to control in the universe. The majority of man reacts to every situation. Man is reactive.

The wise man learns to be proactive. They understood the basic law it’s by will alone that I set my mind in motion. Now that’s very easy to say but hard to do. All people who learn how to meditate in the beginning have this problem.

In the east, they call it the monkey mind. The monkey goes from one branch to another. It can’t be controlled. Well, when they first started to learn how to mediate they saw this from first-hand experience.

The dragons told a wonderful story each time this subject was brought up. They told a story where a man saves a genie. Nobody knows exactly how this man saved him.

Well, the genie told this man you can have as many wishes as you want. The man said wow that’s incredible. I love that idea. The genie said well there’s a catch. The man said, “what’s that”. You must always give one wish after another.

If you don’t I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure.

Well, the genie said what's your first wish. The man gives one wish after another. It seems like when one wish is granted he had to give another.

He didn’t have one opportunity to enjoy even for a second the previous wish. He was getting tired and couldn’t even go to sleep. The genie was always harassing him and saying “what's your next wish”?

Well, fortunately, there was a wise man nearby. He went to the wise man and sincerely asked for help. This boon was turning into a curse. The wise man whispered into his ear.

Well, the genie demanded another wish or he will chop off his head. The young man said to go to the forest and find a huge log. Your wish is my command. In a second he returns with a huge log.

The genie said with a smile give me a wish or I will chop off your head. As you can see the genie wasn't particularly nice. Well, the young man told the genie to go up and down the pole.

When I need you I will give you another command. The young man could relax and enjoy all the wishes he gave to this genie.

The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

The dragons said that the genie is the mind. The mind wants to control you versus the other way around. By placing your mind on your breath the genie will go up and down the log and set you free.

Meditation is the key to bringing awareness to your mind. Your mind is either your friend or foe.

Everyone in the universe has to learn how to control their mind.

Word Games

Words are extremely powerful.

Yet we hardly reflect on them.

We say a word like gratitude.

It slips from our tongue without being digested.

Close your eyes.

Concentrate on your heart.

Mentally say the word gratitude and mean it.

Be still.

The word gratitude carries a certain frequency.

Feel that frequency.

It's very subtle.

Ask a young child to do this.

It will be easy for them.

Practice using positive words like bliss, joy, and compassion.

For just one second mentally say anger.

You will feel this in less than a second.

Isn't that sad?

We can feel negative emotions without even trying.

Yet positive emotions take some time to feel.

Maybe just maybe we got the picture turned around.

Take this opportunity during this shutdown to rewire your circuits.

Your true state is gratitude, bliss, love, and compassion.

You can reset your button within.

This simple game will show you where you put your emphasis on either positive or negative emotions.

You can override your negative emotions.

This game will show you where you are in life.

Online Funerals

With the worldwide shutdown taking place many things are coming to a stop.

Imagine virtual funerals are taking place.

Groups are not allowed to get together.

Many people have lost their loved ones.

Just a few weeks ago family and friends would gather together and mourn for the deceased.

The only way now is to watch a virtual funeral on your mobile device.

In a flicker of an eye everything changes.

I live in Kansas.

Today there are virtual weddings.

People have planned their weddings for months.

This silent virus has forced everyone to make other plans.

Your sweet reception and ceremony are online.

Most people are taking it in stride.

What can you do but make humor about it?

In the midst of this, you are still alive.

Cultivate appreciation and gratitude.

In the midst of chaos discover the jewel within.

The world that you have lived in has ground to a halt.

Wouldn't it be wise to understand why?

Maybe this is a turning point in history.

We can't go on with the same old same old.

There is something here to learn.

What is keeping you alive?

Ponder over these words.

Here's Something Interesting

Every night at 7 pm in NY, people all hang out of their windows (well, in Manhattan, at least; not sure of the other boroughs or suburbs) and cheer for the health and emergency workers.

Many bang pots and pans; shout heartedly; applaud and whistle.

It's a way for us to connect as we are all locked down here.

Marty

Closing

It's still in the beginning phase of the outbreak in America. I bow my head in silence toward all those who have died. My thoughts and prayers go out to all those who have lost their loved ones.

I pray that we can make this world a better place. Hopefully, by slowing down we can see the diamond that lies within. This life we have is a miracle. Remember you are the universe. My prayers are with you on this precious journey.

My intuition is that this is going to be an intense roller coaster ride. You are not alone. It may seem like that. Take this wisdom to heart, in other words, it might be a scary ride. Without knowing your true nature fear and panic may be a part of your life.

Fear and panic never solve anything. In that emotional state, we can't think or act properly. Most of all be kind. This world needs kindness. We have been angry ever so long.

Family And Friends

Many states are opening their business.

It's May 6.

There is a light at the end of the tunnel.

I hope it is not a freight train.

Many medical experts say that 3,000 people will die of this hidden virus a day starting in June.

Quite frankly we are in desperate need.

30 million Americans are out of work.

If I was President I would cut defense spending in half.

I would use that money to bail out the small business and the workers trying to survive this mess.

I will get off my soapbox.

That's my rant.

My question is during this shutdown did you see the thread of love tying us all together?

Never in history has Mother Nature shut the entire world down.

The reset button is being pushed.

Have you stopped for a second to question why?

Or are you completely bored spending time with your loved ones?

Is it all about me, me, me?

If so we didn't learn any lessons at all.

The world will then continue with the same outrageous chaos as before.

Remember Mother Nature doesn't need us.

We need Mother Nature.

The earth is healing itself during this shutdown.

Are we going to continue to throw garbage in our living rooms?
What is more important than buying empty trinkets or healing this precious planet?

Our current government believes in us buying empty trinkets.
We walked away from the Paris accord with devilish smiles on our faces.

I know better than you.
Yet here we are amid the shutdown and big business is more important than the average citizen.

We are completely lost.
Our forefathers are crying in their graves.

This is not a political battle.
Mother Nature wants us to change.
Period.

End of discussion.
Yet the majority of people are bored.
How many Americans risk their lives every day helping us out?

Yet we complain the beaches aren't open.
Once again some people think it's all about me.

We need to grow up.
We need to go from me to we.
Every country in the world is affected.

We are all in the same boat.
We either sink or swim.

You are the universe.

You just don't know it.

You can solve your piece of the puzzle.

This madness of me me me has got to stop.

The jewel lies inside of you.

Someday all your precious toys will disappear like a thief in the night.

The only thing you can take is your true nature.

Patience

Can you imagine how much patience Mother Nature must have?

We have been fighting one another for thousands of years.

We throw garbage right in our living rooms.

We pollute the seven seas.

We chop down the forest in name of progress.

Currently, Mother Nature sent us all to our rooms to think things over.

The entire world is shut down.

Some people bitch and moan that their freedoms are being taken away.

It's all about me, me, and me.

Maybe that's the problem.

Nobody can tell me not to go to the beach.

I don't care if your grandmother dies in the process.

Many people still think we are overreacting.

Yet they estimate that 3,000 people a day just in the United State will die from this.

More people have died from this than in the Vietnam war.

Why do we have such cloudy minds?

Why we don't even bother to throw away our inner garbage?

We have tons of weeds and rocks within.

Only you can take them out of your garden.

Do we love bickering and fighting more than love and compassion?

Millions of Americans are displaying their true colors of love and compassion.

In fact, they are risking their lives for us.

Many thousands have died.

Mother Nature wants us to change.

The change she is talking about is changing your inner state of mind.

Your mind, emotions, and your actions dictate whether you are in harmony with
your earthly Mother.

We are all in the same boat together.

We can change this world.

But we first need to change ourselves.

Our leaders won't save us.

They are too busy fighting and bickering with each other.

Both sides point their fingers toward each other.

Some governors have done an incredible job.

Some nations have completely solved the problem.

For example New Zealand.

They took a common-sense approach and solved the problem.

Ask yourself this question?

What have you personally learned?

Have you ever asked that question?

Did you get so bored that you couldn't think about your fellow man?

I'm not trying to judge anyone.

I'm saying that there is a reason why Mother Nature shuts down the entire world.

We don't like change even if our actions are destroying the world.

What is the power that is keeping you alive?

Maybe that's our problem.

We are so busy doing things we have forgotten our true nature.

Your choice

You choose whether you are happy or sad.

Nobody can choose for you.

Is the glass half empty or half full?

Just by your perception, your attitudes towards life are held.

During this global shutdown, you can either totally freak out or you can be calm as a cucumber.

By the way, your true nature is calm as a cucumber.

Why do you want to live in the hurricane winds of the mind?

In that state, we are like leaves blowing in the wind.

Your true nature is living in the center of the hurricane.

How can you make proper decisions when your mind is freaking out?

Doing is the activities in which a particular person engages.

Being is the nature or essence of a person.

We are human beings yet our present state is human doers.

We can't stop even for a second to connect to our true state of existence.

I feel sorry for millions of people all around the world.

There is intense mental suffering.

Unfortunately, alcohol or drugs won't solve the problem.

As a matter of fact, it will make it worse.

How strange that humanity doesn't learn in schools that happiness only lies within.

Millions of people are discovering this.

By recognizing that we are all one better decisions would be made.
Most of our leaders are too drunk bickering and fighting with each other.

Wisdom is not gained that way.

We have some leaders who are the cream.

They rise and govern with dignity and respect.

Both sides need to change.

True wisdom comes from within.

It does not put down, slander, and make fun of your opponent.

Mankind is in a juggling act.

Our present-day state of mind is causing havoc.

We can't see the forest from the trees.

The answer lies inside of you.

Only you can make the choice.

The Last Wave

In the mid-seventies, I saw this movie produced by Peter Weir.

They had the music done by the aborigines.

This was the first time I hear the sound of a didgeridoo.

Quite frankly I can still hear the haunting effect it had on me.

It touched my soul.

Can you imagine the aboriginal civilization has been around for over 50,000 years?

Many people say that they are primitive.

I would say that western man is primitive.

They believe in the dream world of creation.

Western scientists would call it the quantum field today.

They say we came from the stars.

Carl Sagan said we are all stardust.

The aborigines say that they can communicate with the stars.

In the last hundred years, scientist knows that a particle can affect another particle millions of miles away.

It is called entanglement.

This culture was in tune with the quantum field.

They lived in tune with nature.

They do not throw garbage into their living rooms.

They lived in a state of being not doing.

We live in a state of doing not being.

In fact, Mother Nature has shut down the entire world.

Many people are bitching and moaning.

I can't go to Starbucks for my morning coffee.

Personally, we need to learn from ingenious people all around the world.

They all have the same message to say.

It doesn't matter which continent they live in the message is the same.

We must clean up our act.

Pure and simple.

We need leaders that understand that and will act on it.

Currently, the present administration is rolling back all the progress we made in the last fifties years.

Nobody can stop them even the Democrats.

Common sense is uncommon.

As my dear old teacher said many moons ago we are sawing the branch we are sitting on.

From Me To We

From me to we.

What in the world does that mean?

Even the spell checker wants me to use us instead of we.

Yet this small me is the foundation for all the problems in the world.

We were brought up by me, me, and me.

Everything we do is me-driven.

We have totally lost touch with the concept of we.

We consist of everything inside of you and the universe.

You are the universe.

You just don't know it.

That is the problem.

Most people just roll their eyes.

Will you just stop saying that?

Yet ask a modern-day scientist and they will say it is true.

All of the bickering and fighting are due to mankind not knowing their true
essence.

We made a mess of this world.

Mother Nature shut down the entire world.

We need an attitude change.

It takes around a million years for a civilization to go from me to we.

Some civilizations blow themselves up in the meantime.

We are not going to do that yet we still have many struggles ahead.

Light is winning the battle.

Darkness has nowhere to hide.

Yet darkness is staring us in the face.

Fear and anger lie inside and waits for the moment to unleash themselves.

When one is aware of the quantum field once awareness lies in we.

In this state love, kindness, and tolerance extends to all.

This is your true nature.

Someone asked Ramana Maharshi “how should we treat others”.

He responds there are no others.

Mankind is far away from that state yet millions of people are waking up.

Ordinary people are doing extraordinary things doing this epidemic.

Unfortunately, our current administration doesn't have the ethics or morals to
lead properly.

We need compassionate and kind leaders during this crisis.

We don't need leaders who point blame toward each other.

We need a system that cares for its people.

The political leaders have lost that.

Trust

We have the motto in God we trust on each and every dollar bill.

Yet that is so far from the truth.

During this shutdown politicians in America are pointing fingers at each other.

A leader of a nation should have the love and compassion to sail the ship toward safety during an intense storm.

It seems like in America there is a ship without a rudder.

There is no set plan.

It changes at the moment.

How can the American public have trust during this time?

We are on a teeter-totter.

The current administration is trying to balance saving lives and putting people back to work.

The second option is dangerous because it could start a second wave of deaths.

The global shutdown is still going on.

We see a light at the end of the tunnel.

Is that a freight train coming or is a light saying the all-clear bell?

We need to change.

We need to go from me to we.

We can't carry on our old ways.

The anger and bickering must stop.

We must be kind to each other.

This is our true state.

Our politicians reflect the mood of the people.
The mass majority are angry.
We hold on to certain points of view.
We must go from creatures of doing to creatures of being.
There must be a balance between the two.
True wisdom lies in silence.
All problems can be solved in silence.
Many people say I hate silence.
Yes, that's because your mind controls you not the other way around.
It takes practice to subdue the mind.
We have politicians that rattle off nonsense at three in the morning.
They are making decisions that have consequences for the entire world.
Only from silence can wisdom be brought forth.
Maybe that's why the world is such a mess.
We have leaders who have no idea there is a precious jewel inside of them.
They come from a superficial place.
They can't see the forest from the trees.
Our nation was built on spiritual freedom.
Let's go back to the basics.
Kindness, love, and compassion for all.
We need to develop inner trust for each other.
You and I are the same.
Scientist has proven that over 100 years ago.
Yet we still are fighting with each other.

We are playing the same tapes over and over again.

Mother Nature did a global time-out.

What are you going to do about this?

It's time to put on your wisdom cap and ponder that over.

Why does it take for Mother Nature to change our ways?

Are we that lazy and complacent?

Wear A Mask

Wear a mask.

You will save around 30,000 people from dying.

Even if it was just one, wear a mask.

You may save a loved one from dying.

This is beyond politics.

The virus doesn't care about your politics.

It could care less.

Don't be complacent.

This is far from being over.

We haven't even finished the first phase.

We are all in this together.

Nobody gets a free ride.

This is serious stuff.

We can make a huge difference in the outcome.

Be smart.

Be a mature adult.

Some leaders refuse to wear a mask.

In my eyes, they aren't leaders.

492,233 people have died so far from the coronavirus.

The entire world has shut down.

Yet you refuse to wear a mask.

This should be a non-issue.

Where is your compassion?

Did you cover it up so long ago that you only think about yourself?

Is it all about me?

Mother Nature sent us to our rooms to think things over.

Yet the best thing you came up with is I'm not going to wear a mask.

Wow!!!

I'm speechless.

I thought we were better than this.

We Decide The Outcome

We decide the outcome of this global shutdown.

Common sense is uncommon.

We should have learned the lesson from the Spanish flu over one hundred years ago.

People thought that when phase one was over that was it.

People thought the all-clear signal was firing off.

Little did they know that the second wave was the tidal wave.

Politics and the medical field don't mix.

The medical field has studied viruses.

This is their field of expertise.

They have proof that social distancing and masks work.

Yes, I know that masks can cause hypoxia.

Yet given the fact, a global shutdown has occurred let's get over that fact.

Currently, the experts say we are losing the battle.

50,000 Americans are infected every day.

The medical expert's project in a few months 100,000 Americans will be infected per day.

Soon every American will know either a family or friend who will get this virus.

Let's not get into politics about this.

The virus could care less about what your beliefs are.

It wants you to act stupid.

It loves it when you say I'm not going to wear a mask.

It loves it when you don't want to be socially distant.

It loves it when the current administration plays politics about wearing a mask.

So many Americans follow suit with what the President says.

If the President doesn't wear a mask I'm not going to either.

Forget about your politics.

Wake up.

A huge tidal wave can descend upon the United States.

Only we can stop it.

The rest of the world took great measures and they are winning the battle.

We are still in phase 1 and it's getting worse.

Only we can unite and eradicate this.

07-05-2020 Mt Rushmore



I'm slightly confused. The current administration had a rally two days ago at Mt Rushmore. Yet masks and social distance were not required or encouraged.

On the same day, over 50,000 Americans got affected. Over twenty secret servicemen have come down with the virus. Even Donald Trump's girlfriend has been affected.

Hospitals are in overdrive. Yesterday's ICUs are almost maxed out.

Yet why is this current administration going on without even mentioning or doing anything about this? Why is the current political power not in an uproar? This is not a political battle. Millions of lives are at stake.

We are far worse now than ever before. We are still in phase one. Dr. Sanjay Gupta wrote a sobering article If the United States were my patient: We aren't ready to celebrate yet. We are on the verge of jumping off a cliff.

The EU had the same problems we had and overcame them. They took the medical advice to heart and implemented them. Yes, they were hard. The economy suffered.

The EU has the United States on a list of countries that can't enter. I can totally see their point. They don't want to go through the horrific affair again.

In the US we are still fighting about wearing a mask and social distancing. Many Americans think they know more than medical experts. People say wearing a mask is an infringement of my freedom. Every day more and more people are affected.

Why are we so blind and divided? This is not a political disease. It doesn't care who you are. We can't ignore it and put our heads into the sand. The US needs intense leadership. The current administration is mocking the medical experts and causing harm along the way. We need leaders in this time of trouble.

It's like the ship is sinking and the captain of the ship is saying don't listen to the experts. They don't know what they are saying. Meanwhile, the ship is keeping on sinking.

Today the time bomb is ticking. The medical establishment is fighting a battle for our lives. If anyone could tell me why the current administration is so complacent. I'm confused.

07-06-2020 United States



This is a continuation of yesterday. We live in the United States and yet we are not united. Each one of us has a particular point of view.

We think our view is the correct one. It's like the story of three blind men touching the elephant. Each one touches a different part of the elephant and thinks I know what the elephant is. We are the same way.

Unfortunately, this is a life-and-death situation for many in our hospitals. In Houston, there are no beds in the ICUs left. Doctors have to decide who they can treat. A sad situation.

We need to be kind to one another. We need to rise to the occasion. The medical field has. They are literally dying to save human beings. Folks this is real. We can debate all we want but a crisis is going on.

I often wonder where our compassion, love, kindness, and tolerance went. We flame each other. We think my way is the only way. I always say you are the universe you just don't know it. Our true nature is kind. Our true nature is united. We have forgotten this.

I think when we are angry we will never solve any issues. The great mystics and modern-day scientists know that anger is drinking our own poison. Thousands of stress hormones are released.

Anger literally over time destroys the mind and body. I'm hoping that we can change our ways. We need to change both externally and internally.

When one is angry true wisdom goes out the door. You are like a leaf blowing in the wind. What I'm saying is extremely practical and down to earth. When we go beyond me, me, and me into a state of we, one will have true compassion for others.

Our constant anger has brought us to this situation where the country is divided.

We think that the other side is evil because they don't have my point of view. This virus doesn't care about your viewpoints in life. It doesn't care who you are. We can't go on this way.

We are all a piece of this precious puzzle. If Europe and the Far East solved this problem so can we. I would rather put my trust in the medical experts. Yes, they aren't 100% correct.

We are in such disarray that the European Union has a travel ban for the US. That is saying a lot. Our allies are saying you guys are messed up. We can't allow your citizens to enter this country. We went through hell and don't want to visit it again.

Here in America, the battle is raging. Some of my friends think it's a mild battle. Just ask the medical doctors and brave medical personnel that. They will tell you a completely different story. They are fighting for our lives.

Without kindness, we are doomed. We will continue to divide. Ironically, our true nature is kindness. Yet we are a million miles away from it. It's right behind your breath.

Inspire

Inspire is defined as the following.

Fill (someone) with the urge or ability to do or feel something, especially to do something creative.

I hope my words inspire you on this journey of life.

We all need inspiration during these difficult times.

Every day our world is changing in such dramatic ways.

Our lives are in a spin cycle.

We don't know what's up or down.

We are like leaves blowing in the wind.

Nothing is stable.

In the US the silent virus is rampant.

We opened up the doors too early.

The key to great wisdom is silence.

Unfortunately, we are oblivious to it.

We are too busy texting on the freeway of life.

Do you ever stop in your tracks and ponder this over?

Why do you get bored so easily?

What are you chasing?

Do you know what you think exists outside of you is like chasing a carrot on a stick?

Yes, I say the same things over and over again.

Mind you they are in different forms.

For many moons, I love to meditate.

That same experience lies inside of you.

It is dormant.

Yet being dormant doesn't mean it can't wake up.

Just look at a dormant volcano.

When it wakes up the world knows it.

What have you got to lose?

Someday you will take your last breath.

Then you will see the power behind your breath.

11-03-2020 Voting & update on the virus



Sometimes I wonder if the roles were reversed would the other side understand the gravity of the problem? For example, yesterday over 100,000 people got the virus.

Yes, 100,000 people. Yet our current administration says that we should continue our daily lives as if nothing is going on. At these political rallies, social distancing and wearing a mask are discouraged.

Imagine if the other side did this if they were in control. The other side would be furious. What is it that one side can see the problem and the other side has blinders over their eyes?

Yet if the other side did the same thing they would say how foolish the other side is.

An eagle has two wings. The left and right. An eagle can't fly with one wing. If we want our country to fly we must be tolerant of all. A nation divided won't last for long.

Today cast your vote. You have a say. Let's stop the bickering and name-calling. Our government needs to grow up and get the job done. After all, we are Americans.

12-05-2020 can't see family



What a year this has been! My Mom had an accident and went to Hoag Hospital. She spent a few days there and was told she had to go to a rehab center for a while. I would love to see her.

Yet there is no way I'm going to travel by plane. A few days ago over 200,000 people got the virus and 3,100 people died in a single day. If that's not called a pandemic then I don't know what you would call it.

It seems like the worse is about to come. Yet we still have the current administration holding Christmas parties without masks and social distancing. This is not a political statement. We are in serious trouble and the current administration is doing nothing about it.

If I was president I would try to do the following.

- You can keep businesses open. Yet a nationwide mandate for social distancing and wearing masks should be put in place.
- Any job that can be performed at home must be allowed.
- The current administration should follow and promote these guidelines. It's time to stop the name-calling from the President that Joe Biden is weak for wearing a mask.
- We had time in early January to have a concrete plan. We still must come up with a plan.
- Instead of bailing out large companies, every American family should get bailed out. Over 25 million Americans are struggling today. The food banks can't keep up.
- Both sides of the aisle need to bow and bend and compromise. Maybe we should take away their paychecks and medical benefits until they pass some laws. The bickering and name-calling must stop. Act like adults instead of bickering children. Most kindergarten children are more mature than you are.
- There is a mental health crisis going on. Everyone from children up to the elderly is struggling. Imagine an elderly person living by himself and not being able to communicate with the outside world. Children need other children in their lives. We should have systems put in place where

children can be treated properly and a game plan to help them. Right now as I see it the current administration doesn't have a nationwide one.

- There must be a nationwide board from the administration to come up with a comprehensive plan for with dealing these problems.
- In the past, a series of fireside chats would be given by the President. The American people need assurance and directions from their President. During WWII the President gave hope and support to its citizens. We are fighting the battle in our own homes.
- Many states have seen drastic surges in the past few weeks yet the governors still refuse to have a mandate for wearing a mask. This is not a political affair. We are not in the dark ages. Science has brought us where we are today. It seems like so many people are conned into thinking that masks aren't needed. I see many of my Facebook friends saying that but tell that to the nurses and doctors who have been fighting this every day. How many loved ones lost their precious family members and friends because of this thinking?
- Shut down air travel during holiday times. Each spike has occurred during holiday times when millions travel. Look at the trends and spikes. I really don't like this yet it is needed. We could be in an entirely different situation if we had a game plan put in place from the beginning.
- Politicians put themselves into the other side's shoes for a moment. If the other side did the same thing you did you would be in an uproar. Guided by this principle. Don't keep your mouth shut. Don't say anything because you are afraid of losing your job. History will come back and haunt you. Your job is to be ethical and moral to the American people. Your silence is eroding democracy.
- Who do you trust all the Republican and Democratic officers who helped with the elections this year? Both sides said there was no tampering. Even Barr the attorney general said the same thing. Yet millions of people still believe the President. He was saying the same thing months ago. Personally, this in itself can be classified as a crime of treason. When the population doesn't trust the democratic process that is the start of the downfall of democracy.

- The President should concede graciously. That is not going to happen. Yet Republicans are silent about that. Once again change roles and tell me what you would be saying. Your silence is saying that you care more about keeping your job than our democracy. I hope the American people vote you out of office.
- Hospitals are overloaded with no end in sight. Send in the National Guard and hold the people in charge accountable. By not doing anything our entire nation is affected. Every single American has his/her life turned upside down. Not a word of comfort or support comes from this administration. We could have done better and must do better. It seems like many third-world nations are doing better than we are.

12-17-2020 Yea The Vaccine Has Arrived



Yea the vaccine has arrived. This is such good news. Yet yesterday over 3,500 people died. That's around the same figure as 9-11. It still will take months for things to settle down. Why does America not listen to science?

This problem could have been manageable months ago if we took proper measures. Yet we didn't. We even had a President who mucked his opponent for wearing a mask. He called him a sissy.

With rhetoric like this no wonder, we are in the situation we are in. During this time we desperately needed a leader, not someone who mocks the medical establishment.

Over 16 million got this virus. It's a real thing. Talk to any of the doctors and nurses on the front line.

Why were we so unprepared? For months we could have developed a proper plan. Why didn't the White House set an example? They still refuse to social distance and wear masks.

Even to this day, many people who work in the white house have contracted this virus. Yet no change in policy. Looks I'm not looking at this from a political point of view.

I'm looking at this from a common-sense point of view. No leadership came from the White House. Many people will say that's not true.

A President during a major crisis must provide guidance and leadership during a crisis. They must communicate hope and compassion towards man. It seemed like everyone was on their own.

During a crisis, citizens needed a warm blanket of hope from their leaders. This was never given. Millions of Americans will be forced from their homes.

It has been estimated that during the crisis the super-rich has made over 961 billion dollars in profits just this year alone. Yet millions are struggling to pay their

rent and buy food. We are the richest country in the world yet we are acting like a third-world country.

Where is congress when America is falling to its knees? A decent bill can't even be passed. This is a disgrace. We need leaders who can bow and bend like a flower in a breeze. We need leaders not only to follow the party lines.

We need both parties to teach us to think outside of the box. Both parties could use intelligence and wisdom to solve the problems. Both sides can't listen to the other or stand each other.

That my friend is ridiculous and insane. How can a nation survive in such a morbid state of mind? No maturity whatsoever. These people are only into this for their power and control.

Look at the Republicans supporting Trump to have the Supreme Court decide to see if the election was valid or not. It doesn't take any wisdom to see the shenanigans involved. He was talking about fraud two years before the election.

My only advice is for our nation must be unified. We must be kind to each other. We must be patient and have tolerance for each other. Without kindness, the ship will be sinking.

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



Sometimes we want things to go back to normal that we are sawing off the branch we're sitting on. This is a phrase I love that Prem Rawat said around 48 years ago.

Last Thanksgiving just a few months ago I saw on the news that over 100 million Americans were planning to have Thanksgiving with their loved ones. The airports were packed. The same scenario occurred for Christmas and New Year.

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

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

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

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

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