

# Life & Death

Fletcher Soul Traveler

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A few days ago I saw this post from a classmate from my high school. Miriam McNaughton brother died while on vacation in Mexico.

I received the very sad news that my oldest brother, David, passed away while on vacation in Mexico. You are never prepared for losing a sibling, no matter how old you are. He is safely home now, where we'll be with him again one day.

I replied with this post.



To be honest I wish I could have been more helpful. What do you truly say when a loved one has passed away? I hope this book will be helpful to my family and friends. We are at an age where our parents have left us and many of our friends are long gone.

This quest of mine started when I was around 10 years old. Somehow the topic of death came up. I was told that when you die you no longer exist at all. To be quite frank I didn't buy that. This is where my journey started. These are the materials I

wrote on Life and Death. I found out that this is not a morbid subject but an understanding of where we came from. We came from the universe and we return to the universe.

## Practice



The following is a practice you can use to help you connect to your loved ones. They may not be here in the physical yet their essence is the universe. They are in a state of pure love, compassion, patience, and tolerance.

They exist inside of you.

Take a deep breath and slowly let it out. Take a few more.

Now just focus on your breath and watch it go up and down.

Do this the entire time. Watch it go up and down. You may have no idea where this can take you.

Focus on your heart at the same time.

Get into a relaxed state of mind. By focusing on your breath over time you will experience an incredible love that is your true essence.

At this point imagine in your mind a humorous incident with the loved one who has passed. Bring that experience to your heart and hold it there.

Breathe slowly and focus on your heart. Your loved one is still there.

Do this daily. Over time you will experience that your loved one exists inside of you.

## 5 Minutes To Heaven

5 minutes to heaven.

The bullet train is coming to your station.

Your time on earth has passed.

All of your physical belongings are left behind.

Everyone has left this way.

No one ever gets a free ride.

You are going home to your beloved.

You played your part well.

Your memories on earth will always be with you.

They are locked inside your soul.

There is nothing to be afraid of.

God does not judge you.

God loves you.

Man judges each other but God loves his creation.

You have free will.

If you have free will why would God judge you?

Life is a learning process.

You will never stop learning.

This is the adventure of life.

We stumble and fall yet God is always there.

He doesn't yell at you.

Your boss may do that.

Yet God is always smiling at you and encouraging you.



He is your best friend.  
You were never created nor will you ever die.  
You are eternal.  
Your human body will give nourishment back to the earth.  
Mother earth knows your name.  
She is thanking you for being on earth.  
You are loved by all.  
Nobody knows when their time is up.  
It's always a big surprise.  
Do not be sad or afraid.  
This train is custom-built for you.  
The ride will always be for a few seconds in your time.  
A beautiful light filled with love will appear to you.  
You will merge with this light and all of your pain will instantly go away.  
How grand that is  
How much the universe loves you?  
It's time for you to get some rest.  
Your Angels are at your side.  
They are singing sweet melodies into your ear.  
These melodies are greater than any candy.  
They are sweet medicine for the soul.  
This is your true nature.  
Your true nature is kind.  
Somehow man has lost his true nature.

It has always been there.  
Hidden inside of you.  
A true treasure is always hidden.  
Remember as a kid looking for those Easter eggs.  
How much fun it was searching and then finding the precious eggs.  
Well God lies inside of your heart.  
He doesn't boast or say "look at me".  
God is too humble for that.  
This force created the entire universe and is humble.  
Wow, that is incredible.  
If a man in his present state created the universe what kind of final journey would  
we have?  
This train would take us to hell.  
Yet hell does not exist.  
The only hell is a state of mind.  
God is not jealous  
There is no wrath of God.  
God does not fight.  
There is no devil.  
All these are human traits that we place on God.  
Remember God is not human.  
We tend to place human emotions on God.  
Yet God is kind.  
God is compassionate, patient, and full of tolerance.  
These are the incredible traits of your creator.

This is your true nature.

You are about to once again see your true nature.

The train has arrived at the station.

Enjoy the ride.

In a few moments, you will be in God's arms.

## Contemplating On God

When I spent time in India I spent time contemplating God.

One of my favorite definitions was the following.

God.

Generator, Operator, and Destroyer.

Otherwise known as Bhrama, Vishnu, and Siva.

I find it quite fascinating that many of the major religions have a trinity.

Father, Son, and the holy ghost.

You might have imagined I have spent a considerable amount of time pondering over such things.

Just think everything in the universe is created.

The sun, moon, and stars.

It can exist for billions of years.

Yet astronomers have witnessed a supernova.

A star goes up in glory.

Even our own planet someday will be stardust.

Everything eventually goes back to the source.

Nothing can escape that fact.

This is the greatest magic trick of all time.

Who knows how many times the universe has been created and destroyed?

Yet we come into this world for such a short time.

It's only a blink of an eye.

I get great joy and bliss thinking about such matters.

It puts my life in more perspective.

At times we play such petty games.  
There is a vastness in space that is beyond human comprehension.  
I'm sure the modern-day astronomer can say the same.  
We now have observatories mounted on satellites searching all over the universe.  
Now that's spending taxpayers' money on a great cause.  
I find it fascinating that we are the universe.  
We just don't know it.  
All the great masters have shown the way to discover our true nature.  
Personally, the inward and outer journey is the same.  
As Guru Nanak once said, everyone knows that a raindrop is part of the ocean.  
But how many people know that the entire ocean is contained in the raindrop?  
Sounds like a holograph to me.  
One thing I learned while in India is that the entire universe is aware and  
conscious.  
Indians say to each other Jai Sat Chit Anand.  
In other words, Truth is the consciousness of bliss.  
The entire universe's awareness is bliss.  
When I first heard the concept of bliss many moons ago I really didn't understand  
it.  
It wasn't happiness or worldly love.  
It was beyond that.  
Bliss was something that was both physical and spiritual.  
When the mind is focused on Truth the mind is in bliss.  
Bliss is the ingredient or drug which calms down the mind.  
There are no harmful side effects.

This is your true nature.

There is such an opioid addiction in the United States.

Every day people are dying from an overdose.

They are suffering and yet can't find how to go beyond it.

The journey within will help one to solve the mysteries of life.

Come and discover your true nature.

It's only one breath away.

## All Things Must Pass

George Harrison wrote the song “All things must pass”.  
To be honest, at the time I really didn’t understand the song.  
This was many moons ago.  
Since then I have seen stormy weather and sunshine in my life.  
Whatever troubles you have today will soon be forgotten.  
As George says all things must pass.  
Our lives are like a river.  
It is flowing towards the sea.  
The problems we have in life disappear into the night.  
Everything changes.  
Nothing in life is static.  
Change is everywhere.  
You can’t hold on to the good old days.  
Everything is water under the bridge.  
It takes time to develop this awareness.  
When you do your life will change for the better.  
You will be wise enough to carry an umbrella when it rains.

## Awareness

Is the universe aware?

Now that's a good question.

How about what is beyond time and space?

Another good question.

How aware are we?

By only looking outward do we miss out on the awareness of life?

Are we getting only 1/10 of the picture?

It's like going to a movie theater.

You watch the movie and get sucked up into it.

Have you ever turned around and seen rays of light streaming from the movie projector?

Is our life like that?

What do they mean when they say "if thy eye is single the whole body shall be full of light"?

Does the gateway to God exist within?

Have the pearly gates been there all along?

Discover your true nature and then tell me your answer.



## Baby Grace

There once was an Angel named Grace who came upon this land many moons  
ago.

She was a gift from God.

She only stayed a short while only about a month or so.

Yet she radiated the Love from God that still is alive today.

I never got to meet this precious being.

My twin brother told me after the story was over.

It seems like her mission was to come into this world and shine like the sun.

Then she would leave.

She knew her mission.

The world couldn't taint her yet.

She knew where she was going.

Grace didn't have time to forget.

What seems like a tragedy is really a blessing in disguise.

She had a hole in her heart.

Yet her heart was love itself.

She was the universe and she knew it.

She had nothing to hide.

Grace just shined.

It that state she knew she was never created nor will she ever die.

Her father was always rocking her while she was alive.

Yes, she experienced pain yet she was beyond the pain.

Love is truly the greatest mystery.

We come into this world to solve this mystery.  
Yet Grace was an example of being love incarnate.  
By the way, all newborns are in that state.  
Over time they slowly lose their direct connection to God.  
God never leaves us but our connection to God slowly disappears.  
Did you know that some Angels come into this world to remind us of our true  
nature?

Baby Grace was one of these precious Angels.  
God has a different game plan than ours.  
This life is truly a game of hiding and seek.  
God hides and we look for him in the four corners of the world.  
We never find him there.

Baby Grace came for one purpose and one purpose alone.  
She came to remind us that God exists in our hearts.  
Like the great masters, she knew she was the universe.  
Yet she didn't have any fancy words to say.  
She was just a newborn but you could from her eyes that she knew who she was.

An Angel is wise.  
An Angel loves humanity.  
Angels love to inspire humanity to discover the jewel within.  
An Angel works outside of the box.  
We as humanity have lost our ways.  
Each newborn is hand-wrapped by God.  
How incredible is that?

Maybe man's mission is to raise the newborn with the awareness that this child came from God.

May we raise her to never lose that connection?

What does that mean?

Well, first of all, discover that connection inside day by day.

Make that your priority.

Become the magnet of love yourself

Be kind to all.

Be patience.

Cultivate compassion.

Your child needs this kind of food.

War and anger are a thing of the past.

Live each moment that you are going to make God proud.

God is proud when we take responsibility for our piece of the puzzle.

In this game of hiding and seek when you discover God inside this is really the first step in the journey.

In truth, God will always be a mystery.

There will never be a point where you can clap your hands and say I know it all.

Even when you discover you are the universe this will be a starting point in your journey.

You see the journey never ends.

There are many rooms in my mansion.

How true is that statement?

Grace was a messenger sent from God to remind us of this precious journey.

She came to us and without any words said take off your blinders.

Discover the jewel within your heart.  
This is why you came.  
You have searched everywhere outside of you.  
You will never find it there.  
We are not judging you.  
The Truth doesn't need to judge.  
We aren't condoning you.  
The truth doesn't need to condone us.  
In this game, you have free will.  
God loves you so much that by will alone you set your mind in motion.  
Baby Grace came to remind us of our true home.  
What can I say?  
A gift from God came our way.  
Years later tears still come when I remember Grace.  
Thanks for coming into this world baby Grace.

## Castles In The Sand

When I was young I loved building castles in the sand.

I remember building them when the tide was low.

It was so much fun.

We had our buckets of water and sand.

We were never very good at what they can do today.

Yet we had our sandcastles.

These were our creations.

It was always amusing when the tide came in.

There was nothing you could do.

The rising tide simply dissolved the castles.

It did matter how grand or simple the castles were.

The rising tide did not discriminate.

The tides always came in and the tides always returned.

Doesn't that kinda represent the tides of life?

We come into this world.

We live and build our own creation.

Someday the tide comes in and washes us away.

I'm not trying to scare you.

These are just the facts of life.

Like there is the four-season everything changes.

Nothing is permanent.

Everything changes.

There is the beauty behind it.

All the great masters have talked that life seems to be permanent.

Yet it isn't.

This life on earth is so short.

It's only a blink in time.

I remember when I was young.

My illusion of time was that time was slow.

Summers lasted forever.

Now at sixty-four summers just fly by.

The years just fly by.

At times I look back and say what happened?

Where did the time go?

This life is so precious.

Yet the great masters have said to hold on to the jewel within.

Go inside and discover your true nature.

Your true essence is timeless.

You were never created nor will you ever be destroyed.

Life is eternal.

I remember when I was young I was told once that when you die you no longer  
existed.

You vanished into thin air never to be seen again.

I really didn't like that theory.

That was cold to me.

I love the idea there is an ocean of love and we merge into the universe.

I love the idea that we are the universe we just don't know it.

That at the time of death we go back to the source.

God does not judge.  
God does not condemn us.  
I like this kind of thinking.  
In my experience these words are true.  
God is our partner.  
He has never left our side.  
This is one reason why these poems are created.  
Hopefully, it will entice you to discover your true nature.  
What an incredible journey we are on.  
Building sandcastles in the sand.  
Come and join me in building sandcastles among the stars.

## Cross The Bridge

When we are born we cross the bridge to come into this world.

We remember who we are.

Over time we forget our true nature.

We even forget there is a bridge.

We fell all alone.

We get lost along the way.

When we die we cross the bridge and go back home.

We return to the family.

We are the universe.

Well, then why do we forget about this bridge when we are alive?

All the great masters have said to discover the bridge within.

You are never alone.

A part of you exists on the other side.

It is watching over you.

You can cross this bridge while alive.

Your life will be incredible.

Ponder this over.

Discover the truth that lies inside.



Dad



My Dad died a few years ago.

This poem is for you.

Dad, I love you.

Thank you for being my father.

I'm sure you're in an incredible place.

Dad

Thanks for all the good things you did when you were alive.

My memories will always be with you.

May my life be spent making you proud?

You did your very best.

It's sad knowing that you're not around.

Yet I know you're in good hands.

May someday we will be together again?

I love you.

## Did Christ Meditate?

When you pray you talk to God.

When you meditate God talks to you.

Did Christ meditate?

He was in constant meditation and prayer.

His whole life was teaching a man to go within.

Lo and behold the kingdom of God lies within.

All the great masters said the same thing.

Christ showed the way to come back home.

The journey is the same.

Many people cringe when they hear the word meditate.

It's like today when people hear the word rap.

But all meditating is to connect to your heart.

Over time you become one with it.

Doesn't that seem simpler?

## Eduardo Pena RIP



Our family was very close to Eduardo. He became a member of the family. Eduardo had a great sense of humor and was always upbeat.

My twin brother and I considered him a brother. My brother John and I visited his family during our South American adventures. We had quite the adventure.

Several years later my Mom went to Ecuador and stayed with the family.

When I lived in Miami Beach Eduardo and his family came to visit. We had such an incredible time. I met his wife and family.

Well, fast forward 10 years. I was living in Maui with my family. I discovered Eduardo's phone number hidden away in some box. I dialed the number and said "puedo hablar con Eduardo". Notice my Spanish isn't very good. May I please talk to Eduardo?

The kind lady only speaks Spanish. I get the gist of the conversation that Eduardo has died. I thought it must have been Eduardo senior.

10 years later has passed and I tracked down Eduardo's brother who is a doctor. I send him an email and a few days later I learned that Eduardo died 20 years ago. Life is so precious. He left behind a lovely wife and two kids.

Eduardo had an incredible life. I will never forget his kindness and the great adventures we had. Our entire Fletcher family loved Eduardo and the kindness his family had in opening up their house to the Fletcher family. RIP Eduardo. A part of you resides in me and all your friends and family.

## Enlightenment

What is enlightenment?

Can a man become perfection if his actions are still dictated by the world's reactions?

Can man dissolve all of his anger, jealousy, and greed?

Can a man truly live in a state of love?

In order to be enlightened a man must be one with light.

Can pure light melt and diffuse man's negative emotions?

Do we perceive anger, jealousy, and greed because we are not in harmony?

If a man became the sun, moon, and stars, his anger, jealousy and greed would be a million miles away.

Because we see duality we cannot perceive the truth.

The sun does not know darkness.

An enlightened man knows only the rays of love.

He becomes the sun to man.

Christ was the sun.

The sun of God to man.

Each of us can become the sun.

## Fireworks In The Sky

We all love watching fireworks in the sky.  
We love the lights and sounds bursting in the sky.  
Every one of us loves the grand finale.  
Thousands of fireworks are bursting all at once.  
We go home and wait for another year.  
The great masters have taught that fireworks are always going off within you.  
Yet we never know this.  
The greatest display is going on every moment you are alive.  
So many of us are bored to death not knowing a great celebration is keeping us  
alive.  
You are never alone.  
You are the universe.  
Ponder these words.  
What is keeping you alive?

## Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said to go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.

## Follow Me On This Train Of Thought

Follow me on this train of thought.

God is never created or destroyed.

OK.

God is, was, and will always be.

OK.

There never was a time when God never existed.

OK.

You are a part of God/

Maybe.

I don't truly know.

The wise men have said you were created in the image of God.

Well once again maybe.

Well if that's true you were never created nor destroyed.

You are pure essence.

You are the universe.

Your body will die and go back to the earth.

Yet your essence will always be.

Suppose this is a game.

This is a game of hide and seek.

We all played that game when we were young.

Now suppose this is a real game.

Hum.

I'll have to think about that.

Yet all the great masters have talked about discovering the true nature that exists  
inside of you.

Buddha talked about enlightenment.

Christ talked about the kingdom of heaven.

Suppose this is your true nature.

Hum.

I like that idea.

Suppose that the purpose of life is to find your true nature.

The entire universe is in on the game.

The universe is rooting us on.

The universe holds a grand party when a being discovers his true nature.

Wow!!

Look at that.

The person who discovers his true nature realizes he is the universe.

Ok.

I like that idea.

Can you imagine there might have been a universe billions of years before ours?

Remember a billion years is a drop in the bucket for God/

Now we rejoice when one person Buddha became enlightened.

He is still an incredible symbol of man.

Now imagine that earth is created so that beings can discover their true nature.

Ok.

Now over time, there are two possibilities.

They have the same problems we have.

Nobody gets a free ride.



They can either destroy themselves  
Or  
They can discover their true nature.  
Now just think they can be the universe.  
They can go anywhere in the universe in less than a second.  
The group is united by thought and by God.  
They have transformed into pure light.  
Would it be possible for them to assist in other worlds to help them evolve along  
the way?  
Yes, that makes sense.  
It's a wild idea but God is beyond wild.  
Can you see where I'm going with this?  
Maybe the whole point is to transform not only a single man but mankind as a  
whole.  
Once a civilization enlightens they go on to another earth-like world and the  
whole process starts again.  
Now that's is truly hide and seek.  
Ponder these words.  
I'm taking you out of your comfort zone.  
Once again you are the universe.  
You just aren't aware of it.

## Grandma Thais and Grandpa Bert



As a family, we would love to visit my grandmother and grandfather in Santa Barbara. I remember going to horse shows and going to the Elvis Presley movies.

My grandfather would make the world's best enchiladas. I have the recipe on my cooking site. This dish is over 60 years old. I had many incredible times being with them. During the holiday both sides of my grandparents would come and visit. I loved the sense of family in the air.

I had this opportunity when I was young. Both my Grandma Thais and Grandpa Bert were incredible golfers. They had five holes in ones between them. They would say "how would you like to learn how to

play golf". My brother and I would say "Granny only old people play golf". Well, I couldn't even hit the ball. It would just dribble from the tee. Boy, things changed. Young people today love to play golf.

My grandfather came from Scotland. He loved us, kids. Both of them loved life to the fullest. They have been gone now for over thirty years yet they still reside in my heart. I will never forget them.

## God Released You

When you were born God released you from heaven into this world.

When you die God releases you from this world into his arms.

It doesn't matter if you are a saint or sinner God accepts you the same.

You have free choice.

God will always love you.

When I was young at times I couldn't stand to hear about God.

I would cringe inside.

They wanted me to feel guilty about putting Christ on the cross.

I did not put him on a cross.

That was two thousand years ago.

You are born a sinner.

How can you be born a sinner when we came from God?

Is God a sinner?

Through time by meditating and praying I learned truly to love God.

I ate the apple of life and no serpent engulfed me.

Peace exists inside.

I found God in my heart.

The universe is alive.

## Heaven Or Hell

Do you know we create heaven or hell?

Heaven or hell is a state of mind.

We listen to our minds and get tormented by them.

We don't realize our mind is our friend.

We should control our minds not the other way around.

To conquer the mind is the hardest thing to do and the easiest thing to do.

You decide.

The choice is yours.

You can all be like the great masters.

They walked in the same shoes as you do.

They took step by step and never lost their way.

Oh, they fell down and made mistakes.

They learned from them.

Some of them probably had a lot of bad vices.

But when you go inside and experience the source of life they eventually go away.

This is not an easy path.

But just being on this planet is challenging.

The more you take individual steps the path becomes easier.

I remember in the beginning it took hours to calm down the mind.

Now I close my eyes and my mind is calm.

Yet this is still the beginning of my journey.

This journey will go on forever.

## If Death Approaches You

If death approaches you what do you do?

Now good old Bugs Bunny might say don't take life so seriously.

You will never get out of it alive.

It's not a question of if but when.

We roll the dice in our life.

I remember being young and riding a razor's edge when surfing a huge wave.

If you feel you were in for your worst nightmare.

Imagine being held underwater for what seems to be an eternity.

At times you may be held down for two waves.

At that time you really are aware of how precious your breath is.

You mustn't panic.

You must let go and totally relax.

I think that surfing and meditation teach one about death.

All surfers at one time or another get into a circumstance bordering between life  
and death.

It could go either way.

Yet the surfer keeps on surfing.

Not all.

In the sixties, a famous surfer named Greg Noll took off on a wave that nobody  
should ever take off on.

It was the wave of the century.

He didn't make the wave but he made the drop.

He got obliterated.

Greg made it to shore and gave up surfing.  
I probably would have too.  
He escaped the lion's den.  
Surfing brings one to the borderline of life and death.  
If you're not a surfer it's hard to describe.  
Your awareness changes over time.  
Meditation is just like surfing.  
Only you catch the wave inside.  
Meditation brings one to the same state of being borderline between life and death.  
Life and death are only one breath away.  
Life and death are intertwined.  
Ask a surfer and a mediator.  
They will tell you there almost one and the same.  
In reality, we never die.  
The body does.  
Yet our soul is eternal and timeless.  
You are the universe.  
Death unites you back to your true state.  
This is your true nature.  
A surfer rides the wave and feels the harmony of the universe.  
He can't truly express it.  
Yet he goes on surfing forever.  
I have been meditating for many moons.  
Surfing and meditating are both ways to truly capture the wave of life.

Your respect for life is enhanced.

When you are brought to a life-and-death situation your perspective changes.

Somehow you can see how precious life is.

Maybe that's what it is all about.

The gratitude of being alive fuses into your being.

Wow, I'm alive.



## If We Are Immortal

If we are immortal where have we been?

Many people say we have only one chance on earth.

You come and you go and that's it.

End of discussion.

Yet if we are truly immortal it means we are never created nor destroyed.

Our bodies will die.

It will go back to the earth.

Yet our soul is timeless.

Can you imagine you existed before the earth was created?

You existed before the universe was created.

What were you doing?

Now that is a good question.

Ponder over the meaning of these words.

Put down your cell phone and contemplate.

## In The Beginning, Was The Word

In the beginning, was the word.

The word was with God and the Word was God.

And the word was made flesh.

Now let's look at this with a rational mind.

In the beginning, was the word.

Before time and space was the word.

That means way before humans existed on earth.

Even before the earth was created there was the word of God.

The word was with God and the Word was God.

Is there a primordial frequency or quantum energy that is God?

Is God multidimensional energy?

This energy is beyond time and space.

This energy created the universe.

And the word was made flesh.

This energy creates us.

This energy lies inside of us.

97% of your DNA is not junked DNA.

It's quantum energy.

It's God.

You are made in his image.

The wise man says it's up to you to solve this riddle.

## Is Life Like A Page Break?

Is life like a page break?

We live this life and suddenly it's over.

We leave like a thief in the night never to be seen again.

What is the point?

Is there a reason why we are alive?

We come and go into this world.

Do we always run in circles?

Have we learned to love our fellow man?

Is there a purpose to this life?

What am I holding on to?

Why am I so angry?

I feel I'm on the seesaw of life.

I can't control my emotions.

My actions are out of control.

Do I ever learn from my past actions?

The masters have said to open up your heart and dive within.

You will solve this great puzzle.

## Is This From A Mystic Or a Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

All know that the drop merges into the ocean, but few know that the ocean merges  
into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside our, DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

## Last Breath

Wow, the end of your journey is about to end.

You are about to take your last breath.

This was an incredible journey you had.

Another journey is about to be embarked on.

You see your body dies but your essence is eternal.

You are about to become one with the universe.

You are about to become one with God.

This is your true nature.

You are like a raindrop returning to the ocean.

The raindrop merges into the ocean.

You merge with God.

You come unto this world from God.

Slowly over time, you forget your true nature.

Upon death, you go back to the source.

All the great masters have said to discover the essence behind your breath.

Something is keeping you alive.

Your breath is ever so precious.

Don't take it for granted.

Your breath is a gift from God.

The more you become aware of your breath the vast mysteries of life will be revealed.

Your true nature is kindness.

Your true nature is love and compassion.

Your true nature is patience and tolerance.

You are the universe.

You just don't know it.

The greatest treasures lie inside of us.

We tend to think that happiness lies outside of ourselves.

It never has and never will.

That precious car you always wanted will soon be a headache.

At first, it was like wow I always wanted this.

The first few weeks the car brings you so much happiness.

You show it off to your friends and take them for a spin in your new car.

Unfortunately, after some time the thrill is gone.

BB King even wrote a song about this.

Do many people think that if these gifts are truly there why don't I know it?

Well, there is a mine within.

Yes.

There are diamonds within.

Yes

How do you dig for diamonds?

You need a shovel and a pick.

To answer this riddle in life you need to learn how to dig for the jewel inside of  
you.

That's what all these sayings are for.

The miracle of life lies behind your breath.

Follow your breath from moment to moment.

This is where your incredible journey begins.

## Last Dance

A friend of mine just had a friend who died.  
They used to play baseball together.  
It was his last dance.  
Life is precious.  
We never know when we are going to have the last dance in life.  
The curtains in life can close at any moment.  
That's why life is a mystery.  
We come into this world and stay awhile.  
Unfortunately, we never know how long we are going to be alive.  
All human beings are in this predicament.  
The wise masters from the past all said the same thing.  
Discover your true essence.  
Something is keeping you alive.  
These words aren't some theory.  
Millions of people are discovering their true nature.  
The inner mirror is merely dusty.  
All you have to do is clean your mirror in life.  
Day by day you can dance with life.  
You can dance to the rhythm of life.  
You can be in harmony with God and the universe.  
Even if your physical body is crippled you can dance within.  
You see your true essence is never created nor destroyed.  
Your true essence is freedom.

Your true essence is kindness.  
Your true essence is love and compassion.  
Your true essence is patience and tolerance.  
Your true dance partner lies inside of you.  
Your dance partner is the greatest dancer in the universe.  
Even Shiva bows to the dancer within your being.  
Yet we have forgotten our true nature.  
I know this seems like some fantasy.  
Many people think it can't be true.  
But what if it is?  
How can you prove it?  
The only true way is to discover your true essence within.  
Take the first steps in weeding your garden.  
Day by day throw away anger and hate.  
Plant the seeds of kindness, love, and compassion.  
Water them daily.  
Take care of your inner garden.  
You will see the fruits of your actions.  
Mediate daily.  
You can solve this riddle.  
Someday you will have your last dance.  
Your dance partner will take you off this dance floor of life and sweep you off  
your feet.



## Little Drops Of Mercy

Did you know that with every small gesture you make little drops of mercy fall  
from heaven?

This one small act makes God proud.

Imagine if the entire world would make one small gesture day by day.

God doesn't bring peace on earth.

Only humans can.

God is our coach in life.

He will not play the game for you.

Nobody gets a free ride.

Little drops of mercy fall from heaven.

## Mahatma Rajeshwar

I just learned a few days ago that Mahatma Rajeshwar passed on.

Joan Apter was kind to post on Facebook.

Rajeshwar was loved by thousands of people.

He had a great heart. He was kind, compassionate, and full of love.

In his early days, he was a great judge in India.

He was a beacon of light to all.

People from all around the world have written about their love for the man.

He was wise and practiced what he preached.

Rajeshwar was extremely funny and loved to laugh.

His most famous quote was “a meeting without eating is cheating”

To this day there are probably thousands of people who remember his quoting this.

I remember one of Canada's Thanksgiving Days when he came to cook for around six people.

He was an incredible cook.

I will never forget the laughter and sense of family among us.

Everyone would consider him a friend.

He had a way to make you feel good about yourself.

I look back and we were all quite young and naïve.

Yet he had a way to embrace all around him in kindness.

Kindness is sort of lost in the world today.

Yet I love the theory that death is the scattering of ashes throughout the universe.

This means that the true essence of Rajeswar exists inside of us.

His body may be gone yet his soul is eternal.

He has gone back to the source of all.

Our sweet memories of him will live forever.

Until we meet again.

## Martin Dale



This is another story of the web that ties us together. Martin is John Baier's stepdad. I first meet him in the seventies in New York City. Ten years later I'm living in Miami Beach. Martin comes down quite frequently to go windsurfing. He buys an apartment in Maimi Beach.

We develop a good friendship. I remember the great restaurants we would go to. Fast Forward a few years. I'm living in San Diego. I get a phone call from Martin saying he is coming to town for a few days and invites me to go sailing with him and his son's friends. In the seventies,

I babysat him in New York City. One interesting story about Martin. At one point in time, he was a diplomat serving in France. He was quite young at the time. Many times people would ask Martin if could we see his father not knowing he was the diplomat. RIP Martin. I have great memories of you.

## Mary Beth Jackson Lovett

I must admit I didn't know Mary Beth very well.  
We didn't hang out together.  
Yet she had a heart of gold.  
One of my favorite moments was on top of a mountain.  
A snowstorm was taking place.  
Inside the temple, you could hear huge taiko drums reverberating into the night.  
It was a sight to behold.  
Prayers were sent out around the world.  
Meditation was thick in the air.  
Heaven was on earth.  
Afterward, sweet fellowship occurred.  
I remembered Mary Beth making and serving chai.  
It was absolutely delicious.  
Now I love chai and this was like liquid gold droplets of love.  
At times Mary Beth told me her precious stories on her journey in life.  
I learned all about Uncle Bob.  
He seemed like quite a character.  
Mary Beth loved her uncle.  
To be honest I didn't see a broken bone in her body.  
She loved to meditate.  
You could see it in her eyes.

She cared for humanity.  
Mary Beth didn't boast about her experiences.  
She just shined like the sun.  
She had nothing to prove.  
I haven't seen Mary Lou for probably a good 10 years.  
I learned of her passing a few days ago.  
Memories never die.  
Yes, the physical dies but the soul lives forever.  
I believe we are all shooting stars.  
When we leave this body we become stardust.  
Mary Lou exists inside of us.  
I can still see her smiling face dancing into the night.  
Life is precious.  
Someday Mary Lou will appear on the scene.  
She will just have a different body.  
For now, she is dancing with her master.

## My Grandmother Josie



My grandmother Josie taught me about the love of God.  
Whenever we saw each other she would say God loves you.

My brother and I would giggle with delight.

She looked like Mrs. Santa Claus.

Her laughter filled the air.

It seemed she didn't have a care in this world.

She loved life and life loved her.

She will always be an inspiration to me.

I have a seaside painting in my house that she painted.

It reminds me of the times walking along the beach.

I love you, Grandmother Josie.

## Our Days Here Are Numbered

Our days here are numbered.

Many ancient cultures say we come into this world with so many breaths.

Moment by moment we breathe, breath by breath.

Each breath gives us life.

Each breath is one more towards death.

Isn't that a paradox?

Life and death in the same moment.

Mystics have tried to solve this puzzle for thousands of years.

Are life and death a cycle of life?

We are born.

We are created.

We live our life.

Our life is preserved.

Ultimately at the end of the journey, we die.

Yet our soul never dies.

We are the universe.

We just don't know it.

Does that excite you?

Or.

Yeah right.

What have you been smoking?

Now I'm not the first person to say this.

I'm a student of life.



All the great masters have talked about the same thing.

You have a piece of the puzzle of life inside of you.

The goal is to find the piece of the puzzle.

When you do you will answer this riddle.

Life is not mundane.

Our attitude is.

In every moment the universe is keeping you alive.

You can tap into this inside of you.

When you do even for a second your life will change.

You will slowly wake up from your slumber.

Notice I said slowly.

The universe works slowly.

We are impatient.

The universe is patient.

We can learn ever so much by going inside.

There are literally thousands of documents describing the benefits of looking  
inside.

The signpost is everywhere.

We just need to go beyond our ego at times.

We need to look outside of the box for answers.

You can solve this riddle.

Our days here are numbered.

## PAUL SIDES



When I first moved to Hawaii I heard that an old junior high friend was living in Maui. I hadn't spoken to him in probably 20 years.

Paul was a twin too so we had a lot in common. Both of us were surfers. When I met him after twenty years I

was really impressed by him. He was truly a genuine human being. He carried that aloha spirit. He was a genuine human being. He was full of love and compassion.

He had a lot of friends on this island and introduce me to him. I didn't pick up any ego from him at all. We became greater friends. I would meet him very early in the morning at the beach. He taught me the ropes of surfing in Hawaii.

He had a great sense of humor. Both of us were involved in our own quest to find God. We shared a lot of love and brotherhood. I found out that he was dying from cancer. He had cancer for five years. It would come and go.

Paul never complained about it. When I was in his presence I felt gratitude that I knew a human being like this. In the end, Paul died. Hundreds of surfers came to a huge party at the beach.

This is what Paul wanted. He wanted each one of us to cherish life. Even amidst his death, his presence was there. Paul where ever you are I love you.

Aloha.....

## Plug Into The Source

You are the universe.

You have simply forgotten.

We are all looking for the source of life.

We are looking in the wrong places.

We look outside for the source of life.

It will never be found that way.

Know that's the truth.

All the great masters have said the same thing.

Imagine you have a computer and it's not plugged in.

Will your computer run?

No, it must be connected to the source.

Plug it in.

Turn on the computer.

Hey, it's up and running.

Now take your awareness within.

With your intent plug yourself into the source of life.

Turn on the switch.

Over time with practice, you will understand.

## Questions

Here are some basic questions to ask yourself.

Who am I?

Where did I come from?

Where will I go when I die?

Is there a purpose to live?

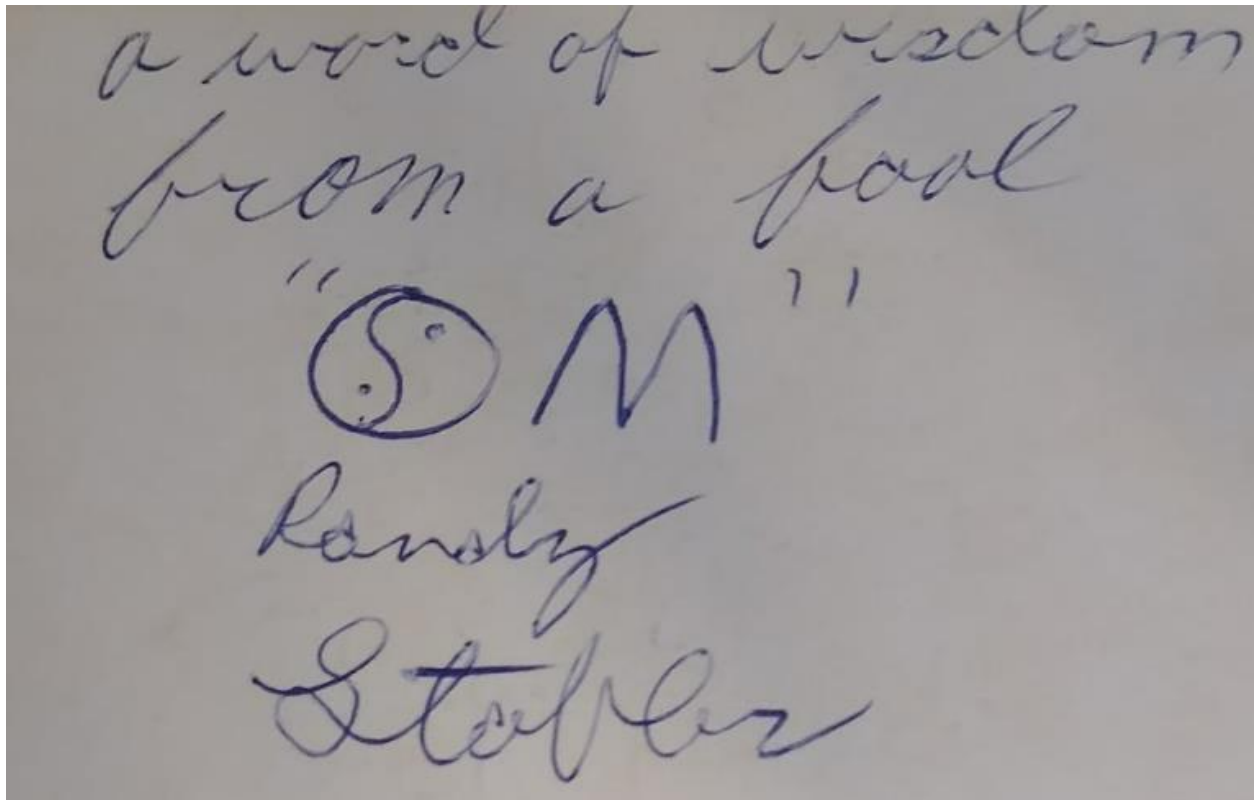
What is keeping me alive?

Where is God?

Ponder this for a while.

These answers lie within.

## Randy Stabler



I just learned yesterday that a dear friend of mine Randy Stabler died last Friday.

In my high school yearbook, Randy wrote the following.

A word of wisdom from a fool.

Randy's one word was OM yet he used the letter O as a ying-yang symbol.

To be honest it was quite profound for its time.

Randy had a great heart.

My twin brother and I ran cross-country and track together with Randy.

He was always a delight to be around.

I last talked to Randy only a few months back.

He talked about his kids and spending time in Iraq.

Both of us love to cook.  
We both love the ocean.  
We had so much in common.  
I would see incredible posts on Facebook with Randy and his six kids.  
They all had an incredible love for each other.  
The day he died all six kids were there.  
What a beautiful way to leave this world.  
Randy's body died yet his spirit is eternal.  
His ashes were spread across the universe.  
Randy is still alive.  
Close your eyes and go into silence.  
You will sense Randy's presence.  
Randy lives inside your heart.  
He is a part of you.  
So whenever you are sad about your dear Dad leaving this planet remember he is  
a part of you.  
Those glorious memories never go away.  
They are a part of you.  
Randy is riding the incredible wave of the universe.  
He is a cosmic surfer now.  
Some things never change.  
They just transform and go into another dimension.  
Love you, Randy.  
We will see your shining face again.

## Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is, was, and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhists it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created or destroyed.

Positive, negative and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye be single the whole body shall be full of light.

In the Gita, Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhists have scriptures that talk about a great light upon death.

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

Is there a primordial word or energy that is, was, or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?



Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Annand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking  
about the same experience?

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a  
frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to a man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy which exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man totally intoxicated.

All wisdom and knowledge exist inside this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.

## Richie RIP

My dear friend Richie died a few days ago.

I haven't seen him in over 30 years.

He was a great singer.

He loves to meditate.

Combine these two and he sang like an Angel.

He could lite up an auditorium when he sang.

Richie was humble.

There was no aura of looking how great I am.

He just loved to sing.

Richie and I worked together for a few years.

We would laugh and tell stories while we worked.

Even after all this time, I feel our friendship will never go away.

Rest in peace Richie.

May you sing forever!!!

## Sat Chit Ananda

In the Upanishads, a great Indian holy book is this saying.

Sat chit Ananda

Truth is the consciousness of bliss.

When the mind vibrates with Truth the awareness is in bliss.

The entire universe is alive.

The entire universe is aware.

The entire universe is built with supreme bliss and love from the creator.

This experience lies within your heart.

It's your choice.

Looking inside for the answer.

## Shay Clayton

I wrote this poem on 3-27-2017 for my friend Shay who passed away two years ago. Donn Rochlin did the music. Donn and Shay were tennis partners in Sedona.



*Shay and his Mom 1*

## Pleasant Surprise

My dear friend Shay passed away two years ago.

We were friends for around 28 years.

We considered each other as spiritual brothers.

We were on the same path in life.

He died without me having the opportunity to say goodbye.

Recently I discovered some tapes that were recorded many moons ago.

I was having a reading and Shay was in the house.

Shay said that he thought there were many people in the room because of such laughter he never heard before.

When the channel was over only three people walked out of the room.

As I listened to the tape Zoran who was being channeled told me that I spent time on a planet called nucleus.

Nucleus was a university where people studied God directly.

Imagine being able to be the whole universe and be aware of it.

This was the nature of the studies at nucleus.

Anyway, during my early morning meditation, I decided to go to nucleus.

I closed my eyes and went into deep meditation.

After several moments the next thing I knew I was in a cosmic soup of light, love, and sound.

To my amazement, Shay appeared in the light.

You could say he was the light.

He had a simple message to deliver.

I'm more than ok.

Please send my love to all my family and friends.

It was so great to hear from my dear old friend.

Shay was saying something dear to my heart.

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

Shay was in that state of oneness.

He was one with his creator.

He was home.

## Steve Hudson RIP

Steve Hudson rest in peace.

Steve was a good childhood friend.

He was a surfer and loved the ocean.

We were in with a great group of friends.

All of us loved the ocean.

The ocean was a part of our life.

I always remembered Steve's smile.

It lit up his face.

Steve had a great sense of humor.

His mind had a lot of wits.

I only saw Steve two times since high school.

We were both living in Hawaii.

Steve lived on the Big Island and I lived on Maui.

We had a great time reconnecting.

It seemed just like yesterday that we played in the ocean.

Steve now has kids.

The circle of life goes on.

I will miss Steve but I know that he is still alive.

You see the body dies but the soul lives forever.

The essence of Steve lives forever.

Sure I miss the physical.

That's only natural.



Yet death is like a butterfly flying into the night.

Death is returning home.

Everyone gets applauded on the other side.

You see we are eternal.

That essence of Steve lives in our hearts.

Isn't that amazing that when a person dies they merge with the universe?

Their true essence never dies.

To realize this our perception of death changes.

Sure we will still have the pain but it will be less.

Can you imagine dying and becoming one with the universe?

Wow.

Every single one of us will return home someday.

I will miss Steve.

Yet a part of Steve exists inside of me.

I can still see his smile.

Steve rest in peace.

It was an honor to know you.

## Take Off Your Mask

We come into this world knowing we are the universe.

Over time we have forgotten our true nature.

We create masks to reflect who we think we are.

Over time we play stupid games with one another.

My mask is better than yours.

I'm declaring war on you.

I don't like your mask.

I going to gossip about you.

I like your mask.

I'm still going to gossip about you.

The great masters have said to take off your mask.

Discover your true nature.

Remember who you were before you were born.

## The Book Of Life

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

## The Cosmic Merry Go Round

Is life like a cosmic merry-go-round?

Everything is spinning.

Look at the earth and the planets spinning around the sun.

Look at the spinning galaxies.

To me, it looks like a cosmic merry-go-round.

Everything is in synch and motion.

Nothing ever stops.

It's constantly in motion.

Yet at times we are oblivious to this.

We are driving in our cars with our cell phones.

Did you know the Mayans had a calendar where the cycle was 24,000 years year,

What a ride that must be!

We are proud to have a calendar base upon the earth traveling around the sun for  
one year.

How about a calendar that lasts 24,000 years?

Where did they get that kind of knowledge?

They didn't have any kind of modern-day instruments.

To be honest I'm loving seeing that science and religion are slowly melting into  
each other.

Both the scientist and the mystic have their own laboratories.

The mystic has one within and the scientist is external.

Both of them are doing research.

Both of them are gaining wisdom.

The scientist may say what does a mystic know?

The mystic will simply smile.

There is nothing to prove.

The truth needs no convincing.

I'm looking forward to the day when scientists are mystics.

When that happens I think that's when things really will be interesting.

When a man embraces peace many incredible inventions will come out.

These inventions can't come to earth if a man is still warring with each other.

The mystics is discovering the field which is quantum energy that ties the entire universe together.

A human being can connect to the field.

Mystics have known that for thousands of years.

Ponder this over.

Discover the merry-go-round of life inside of you.

## The Door

An open door can take you from one room into another.

A door that is locked needs a key to open up the door.

We have been looking for the door to God by focusing outside of ourselves.

The masters have said.

You have a key within.

This key is your intent to open up the door within.

Use your intent and open up the door.

Day by day keep this door open.

The mysteries of life will be shown.

This path takes patience.

This path takes effort.

Yet over time, you will discover your true nature.

The universe is alive.

## The Ferris Wheel Of Life

Are we on the fairest wheel of life?

We go around and around.

We are happy and then we are sad.

We love someone and then we get totally pissed off by someone.

We are at peace and then in the next moment, we are all at war.

We go around and around in a circle.

How do we go beyond this wheel of life?

The masters have come from time immemorial.

They have all said the same thing.

Look inside your heart to answer this riddle.

## The Hidden Laws

Many people think I go to church once a week and I give my offering to God.

Where is my experience?

Where is God?

Where is the kingdom of heaven?

The greatest game in the universe is being played out yet we have no idea the game is going on.

We search for God throughout all life looking for him everywhere.

God is hidden inside of you.

It says in the Bible the kingdom of heaven lies within.

Every person has to discover the key that will open the door.

Only by you making an inside effort will you discover the keys to the universe.

A part of you is God.

A part of you is the universe.

You are just not aware of it.

Only you can save yourself.

Only you can open the door within.

Only you can open the garage and take your car for a spin.

The more you drive your car the more you will discover who you truly are.

Love and compassion are the fuel.

Daily love your fellow man.

These are hidden laws that exist.

Remember only you can open up the garage door of your heart.



## The Human Body

What a miracle this human body!

Is it God's greatest wonder?

We are the crowns of creation.

It's truly a miracle that we're alive.

No computer on earth is as complicated.

Imagine gazillion amounts of information are being fired off each millisecond.

Scientist wonders at the marvel.

This human body is not only physical.

It is emotional, spiritual, and mental.

I'm sure that we don't truly recognize what's going on.

We take it for granted.

There is a universe that exists inside.

Open up your heart.

## The Lotus Flower

I remember being on a train in India.

It was a two or three-day train trip.

On the journey, we crossed this bridge and thousands of lotus flowers were on top of the water.

It was a magnificent sight.

Now the lotus flower only grows in dirty, swampy water.

Its root lies in the water yet the flower doesn't touch the water.

Have you ever seen a lotus flower?

The Indians have used the analogy of the lotus for thousands of years.

They say that man can be like the lotus.

He can live in this world, yet at the same time, his mind can be in heaven.

The word idiot supposedly means, feet on the ground and head in heaven.

Let's all be like the lotus flower.

The world would be a better place.

## The Party

Before we come into this world there is a grand party.

The party is held in our honor.

All our friends and family are there.

After the party is over we are born onto this magnificent earth.

We are still intoxicated from the night before.

A newborn baby's smile fills the air with love.

As we grow older we forgot where we came from.

We get so serious.

We have forgotten our way.

When we die another great party is given.

It doesn't matter if you are a saint or sinner.

The party is in our honor.

God is welcoming us back home.

We have the opportunity to know God while we are alive.

The choice is ours.

## The Rapture

Christians are waiting for the rapture.

God will blow this earth to smithereens.

God won't do this.

Humans will.

Yet man has reached a turning point where this won't happen.

Man has decided that Peace on earth is the way.

I know it doesn't seem that way.

Wars are all around us.

Yet the light of God is dispelling darkness on this land.

Many people like you and me are bringing light to this planet.

Only humans can bring peace to this planet.

God is there as our coach.

He will not play the game for us.

We have to play the game.

These are exciting times.

The world wants peace.

Let the dust settle.

## The Ringing In My Ears

Have you heard the ringing in your ears?  
When you are silent and the world is asleep do you hear the ringing?  
Is God saying to look inside your heart?  
You are never alone.  
Your ringing is not some medical disease that doctors have said.  
The ringing is God saying come home.  
You have traveled far on this journey.  
It seems like you are alone.  
Come inside.  
Warm up to the fire.  
Do you want something to drink?  
On this journey of life, you can discover your true essence.  
This will make your journey easier.  
You will discover help is always there.

## The Shepherd

These are exciting times for mankind.

We are waking up from our slumber.

Mankind is slowly realizing that we are shepherds in life.

A shepherd guides the sheep to safe grounds.

We are guiding ourselves to safer grounds.

This is a conscious decision that we make.

Day by day we dig for the diamond within.

The owner of the mine doesn't dig for us.

He has sent great masters who have said the kingdom of heaven lies within.

Only you can lead yourself to God.

You have all the answers inside of you.

Ponder these words.

You are a shepherd.

## The Universe Is Supporting You

Did you know the universe is supporting you?

You are never alone.

It just seems that way.

God's arm is always stretched open to us.

Yet we don't have eyes to see.

The earth we walk on knows our name.

Yet we walk upon her with our cell phones lost in Pokémon.

Have many layers are we away from knowing the truth?

There are signs everywhere to look within your heart.

We go on and on in this life looking for answers.

The only answer lies within you.

Solve this riddle and you will understand what I'm talking about.

## The Wheel Of Life

Are we like the wheel of life?

We come and go into this world like the spokes on the wheel.

We forget that all the spokes are connected to the center.

We think we are a particular spoke.

We have forgotten our true nature.

Our wheel goes round and round on our journey of life.

We are always supported.

There is a center of the wheel.

The center is home.

You are the universe.

Remember who you truly are.

Ponder the meaning of this message.



## The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

## The World Is A Drama

Guru Nanak once said

The world is a drama, staged in a dream.

Mystics throughout the ages have pondered this over.

We are living in drama, staged in a dream.

Is our dream real?

What is considered a dream?

We come and go from this world.

Is this a dream or where we come from a dream?

We live our lives in so much drama.

We react to the beatings of life.

Is there a way to solve this puzzle?

It seems very complicated.

One layer over another.

Yet the answer is simple.

Open the door within.

## Time Passes Every Breath

Time passes in every breath.  
The mystics have said that you only have so many breaths.  
Nobody knows how many we have.  
Each individual has a different count.  
Yet I really don't think destiny is cast in stone.  
We can learn how to be conscious and learn how to change our ways.  
But time slips away with each breath.  
We must be aware of the miracle of the breath.  
We take it for granted.  
All the great masters talked about the breath of life.  
Behind our breath is the power that is keeping the universe alive.  
We just aren't aware of it.  
We always look externally to find God.  
But the great masters have said the kingdom of heaven lies within.  
God is hidden under our inner pillow.  
What an incredible game of hiding and seek!  
This is probably the greatest game man can play.  
The great masters have given us hints as to where to find God.  
Many great books have been written on this.  
They can't walk the path for you.  
They can't play the game for you.  
It's up to you to decide if you want to play in this game.  
You have free will.

This is the law of the universe.  
Nobody will take that away from you.  
These sayings or poems are hopefully inspiring you.  
They were meant for you to ponder over life.  
They are meant for you to see a different side of the story in life.  
We aren't trying to convince you or trick you.  
The truth doesn't need that.  
The sun just shines in the sky.  
The truth just shines.  
The truth lies inside of you.  
It will never go away.  
This is your true nature.  
Ponder this over.  
You are eternal.  
You are the universe.

## We Are All Actors In Life

We are all actors in life.

We come into this world and we play our parts.

There is drama.

There is humor.

There is war.

There is love.

We all know how to play our parts well.

We don't need a voice coach or acting coach.

We know how to play our part well.

When we die we get a standing ovation from the universe.

It doesn't matter if you are a saint or a sinner.

You played your part to the fullest.

On the other side, all the actors are having a grand party.

Ponder the meaning of these words.

## Welcome Back Home

Welcome back home.

Wasn't that a roller coaster ride?

You had an incredible journey on earth.

Yet you hit a lot of potholes along the way.

That's why it's a journey.

It's not always a smooth ride.

We are throwing a party in your honor.

It's only a blink of an eye that your life on earth has ended.

You did an incredible job.

You learned a lot of wisdom along the way.

It's time to rest and recuperate.

As you know life can be quite stressful down on earth.

All of your stress is now gone.

Can you feel the love in the air?

Can you feel the kindness all around?

This is your true nature.

Bask in it.

You are the light of God.

This is your true state.

This is your true home.

Yes, you had a home on earth and you see it's only temporary.

Everything on earth is temporary.

I don't have to tell you that.

Now is the time to see how incredible you truly are.

You are the universe.

You probably heard that down on earth.

Yet they were just words.

Now you can directly experience that.

No words are involved.

Just a direct experience.

Isn't that amazing?

You are the universe.

Now you know it.

Maybe those great masters weren't so crazy after all.

The kingdom of heaven lies within.

Ponder this over.

You can solve this puzzle.

## What Is An Angel?

What is an Angel?

We tend to make Angles human-like.

They have a human body and wings.

But what if Angels are multidimensional energy?

They have no body or form.

We imagine a God with a long beard sitting on a thorn.

How much do we place our human conditions on God?

When we die we go back to the source.

We become the sun, the moon, and the stars.

This is our true nature.

We came from the infinite and are born into this world.

We forget our true nature.

This coming and going is the game of life.

Have we forgotten who we truly are?

What is our true nature?

Where did we come from?

How do I discover my true nature?

This is the greatest game in the universe.



## Who Were You Before You Were Born?

Who were you before you were born?

Where did you come from?

Both are good questions.

Have you ever stopped and pondered these questions?

Where will you go when you die?

It's not the grave.

Yes, your body will return to the earth.

But where will you go?

Mystics have said the answers lie within.

Open the door within.

Remember it's one small step after another.

You can solve this riddle.

## Why Were We Never Told?

Why we were never told that our wars only bring more wars?

Why were we told if someone or a country is different we condemn them?

Why we were never told that God lives inside?

Why we were never told that true happiness is a state of mind?

Why were we never told you can rule the world and you can be miserable?

Ask Alexander the great.

Why we were never told the true riches exist inside of our hearts?

Why we were never told that politicians don't have our interests at heart?

I know it doesn't look that way.

Why we were never told to drop all of our anger?

It will never solve your problems.

You just get more baggage.

It seems at times man has been in a rut.

We are running in circles and not learning from the past.

You can change.

The entire universe is watching us.

You can solve this riddle.

## You Are Your Own Creator

You are your own creator.

You create your own destiny.

The actions you take and the words you speak will create the world you live in.

You can't blame others in this game of life.

You must take responsibility.

We must learn to become mature.

We can learn from our mistakes.

We can transform our negativity.

The power exists inside of you.

You are the universe.

All wisdom lies inside.

You are truly wise.

Discover this essence inside.

6-13-2017



Is there something going on behind the scenes that we are not aware of? The world seems to be falling apart yet there is a glue that is tying us all together. It seems like the world is in chaos yet behind the scenes is harmony.

We need the world to discover this harmony moment by moment. This is why the wise man can smile during difficult times. He can see behind the scenes. He knows that we are actors on the stage of life. We play our part and then ultimately we leave the stage and go home.

Some of my friends have gone home in the past few years. My dear friend Patti lost her Dad recently. Patti wrote a touching Obituary for her Dad. I never met her Dad but Patti is a reflection of her Dad.

I could see the tenderness of her Dad. He was an OB/GYN at Hoag Memorial Hospital in Newport Beach. In fact, on Patti's Facebook post one of the moms said three of her children were delivered by Patti's Dad.

Now, why am I writing about someone who I never met? Good question. I love to hear about the adventures of life with my family and friends. Over the years I loved to see posts about Patti and her adventures in life. We both love to travel. I loved to read about families and friends sharing life.

I really believe that we receive traits from our parents. They brought us up. They carried us through thick and thin. They raised us. How incredible is that? A part of them lives inside our hearts. Their body is no longer with us but their essence lives inside.

We all come and go into this stage of life. Let's cherish our friends and family while we are alive. Rest In Peace Royal. May you have an incredible journey.

10-03-2018 John Mors



There is a thread of love tying us all together. I heard last week from a Facebook post from William Baker that John Mors passed away from chronic leukemia. John and William were childhood friends.

John was a year older than me. He had a brother Mike who was my age. My twin brother and I knew the Mors since first grade.

Looking back it's amazing how we create such a web that truly ties us together. For example, John's Dad was my brother and I baseball coach. He was an incredible coach in life.

He taught us to play the best that we can. If you lose don't get upset just learn from your mistakes. He made playing baseball fun. Frankly, I wasn't a good baseball player. I loved the game. My brother John was an incredible player.

I remember playing against a team whose star pitcher was Lee Heavens. He was an incredible pitcher. I don't think our team ever beat them. I see that Lee is on Facebook and I love to see how his life turned out.

He married his high school sweetheart. I mention this because every day we make a web of connections that are called memories. These connections tie us all together.

Mike was a great friend to both my brother and me. I've known Mike since first grade. We have a series of friends that we have known for many moons. Mike has maintained a friendship with them throughout the years. I guess I kind of faded away. It seems like all of us have incredible building blocks of people that we have met over the years.

There was a time that Mike was surfing buddies. We shared the love of the ocean and the beauty of being alive.

I find this quite fascinating. I'm amazed at how simple life is and at the same time how complex the web of God is.

I haven't talked to John in over 47 years yet I will always remember his smiling face. He had a great heart. He loves adventure. One of my fondest memories of John was when he bought a motorcycle.

He was so thrilled. He asks if I wanted a ride. I reluctantly said yes and go on the bike. He gave me a fast and furious ride in the neighborhood.

There is a theory that I love which goes like this. When we die we return to the essence of God and the universe. This means that John's essence is inside of us. His body is now gone yet his spirit is eternal.

I send prayers to the Mors family. Their family was an intricate part of my life which I will treasure forever. RIP John.



I'm getting to the age where my family and friends are slowly passing away. I remember when I was young I was petrified of death. I was told that when you did you no longer exist.

This was many moons ago mind you. I have spent my life dwelling on this issue. Meditation has shown me that this is a myth. Modern-day science has shown this is a myth.

You see both religion and science are talking about the same thing. They have different terms to describe the oneness of life.

Imagine quantum energy is beyond time and space. It exists everywhere. Mind you it even exists inside of you.

How would the world change if we all spent time connecting to the source inside? Presently we get extremely sad and have funerals when someone dies. What if we had the understanding that only the body dies? The soul just goes back to the source. This source is pure light, love, and compassion.

The person you loved simply changed form and resides inside of you and the universe.

It's like ice gets converted to water and water goes into a cloud where someday a raindrop will come down from the sky.

I've been saying for a while now that spiritual life is the most practical. We all miss our loved ones when they die. Nothing can replace this. Yet if we truly understood the cycle of life and realize that our essence can never die. Therefore we can connect to our loved ones.

Granted it's not the same. But we can connect to their true essence which is love, compassion, kindness, patience, and tolerance. Wouldn't that brighten up our days? How would you like to be aware of your family and friends that have passed?

Every step you take they would be with you. True not in a physical manner yet their true essence is there. Wouldn't that take the sting out of death?

Maybe we should think outside of the box and ask ourselves this question. Take a look at the modern views on quantum energy. Maybe they are in perfect synch with your religion. They are describing the oneness with modern day words.

What if I told you that the human body is wired up to discover our true nature? Unfortunately, we were never told this. Ponder this over. I'm trying to give practical advice to help us on this journey of life. We are all in the same boat of life. We can help and assist each other on this journey.

Like I said in my book Family & Friends I saw the incredible web of life that ties us all together. We all help and assist each other on this journey.



## Layla Masant



I first met Layla in Buffalo New York in the late seventies. At that time her name was Linda Lorini. I spent the winter in Buffalo New York. I remember never seeing the streets without snow from October to early May. Linda had the same interests that I had. We both loved ethnic food cooking and meditation. We were on the same wavelength. We once cooked a 15-course Indian feast for a fundraiser. It took us a few days.

We got married. I loved her family. Her Dad and I got along extremely well. He just recently retired from Carrier after many years of service. He was an engineer. In his youth, I heard he was an incredible baseball player.

Linda's Mom was extremely kind. She made me a part of the family. I always cherished that fact. Kindness ran in their family. Next door to Linda lived her grandparents (Nonno and Nonna). They came from Northern Italy. Nonno would tell me stories of cooking polenta in the fields in Italy.



Linda's Mom Margaret and her Nonna would make polenta when we came to visit. They had this huge pot which was only used for cooking polenta, a wooden paddle, and a wood chopping board. They would stir the polenta for about half an hour until it was the right consistency. Then they would pour it on the chopping board. They

would use dental floss to cut the polenta. First time I ever saw that. Blue cheese would be served along with the polenta.



Another favorite dish of the family was homemade spinach gnocchi. These are spinach dumplings with clarified butter poured over the gnocchi. On top of that is freshly grated parmesan cheese.

What I liked about their cooking was that everyone was having the time of their life cooking. They were having fun. They loved that I wanted to learn from them. Usually, in most households, the man stays out of the kitchen. They welcomed me into the kitchen.



Her Mom and Dad visited us in Miami Beach a few times. I remember once her Dad took me to the golfing range. He was an incredible golfer. Well, I wasn't. I had the opportunity

when I was young. Both my Grandma Thais and Grandpa Bert were incredible golfers. They had five holes in ones between them. They would say "how would you like to learn how to play golf". My brother and I would say "Granny only old people play golf". Well, I couldn't even hit the ball. It would just dribble from the tee.



Back then our finances were low. I remember how it was a treat just to buy Haagen Dazs ice cream. We love rum raisins. I haven't had that in years.

One of the most memorable moments of my life was the birth of Leilani. After she was born I placed her in water. As soon as I did that she gave me this incredible smile that I will never forget. To this day I can see her smile.

Around this time I enrolled in the Computer Science Institute. It was time to settle down and get a decent job. Working with computers was love at first sight. It felt good to know that my field was in its infancy and I was about to go on an incredible journey.



We loved taking Leilani to the beach. She loves the ocean. We would go boogie boarding. She started around two years old. She wore these inflatables around her arms. We would catch a

small wave and she would hold her hands around my neck. We loved it. We would catch one wave after another.

We got divorced in 1985. At that time I didn't think anything was wrong with my marriage. I put my heart and soul into it. Yet why didn't I have eyes to see? Why didn't the thermometer of life kick in and say your marriage is treading on water? I had my first astrology reading the year before and she said to concentrate on my marriage. You might need to fine-tune it.

You can never really blame the other person. We have to look inside and take responsibility. It just isn't about the faults of the other person. I really went through the wringer. I didn't think anything was wrong. Yet she wanted out. I said let's go to a marriage counselor. She wouldn't have it. Well, I'm not going to blame her.

I went to a psychologist for a few sessions. After the third session, she said "You don't have to come here anymore. I can see you learn fast and really want to do housecleaning by yourself. You will heal yourself."

That didn't mean that 100% I was healed. I was still going through it but the healing process started. It's amazing the same month and year my wife Barbara got her divorce from her husband.

We have been married for almost 30 years. Time heals. I'm good friends with Layla. She lives in the same town as my daughter. She is taking care of her Mom. I have cherished memories of Linda and her family. I take responsibility for the lack of awareness on my part.

## Passing Away

I just found out yesterday from my daughter Leilani that her Nonna passed away the day before. Leilani's Mom was taking

care of her. Recently I have been doing a lot of pondering. I have noticed that generations have carried certain traits. Nonna and her family had it. Nonna's Mom and Dad carried that.

That trait is kindness. Isn't that truly a gift from God and the universe? The universe is kind. How much grace is there that we carry the traits of the universe inside of our DNA? Kindness is the source of life. Even the Dalai Lama says kindness is my religion.

As you read in the previous chapter all about the kindness Layla's family bestowed upon me. Nonna leads a good life. She was ready to go home.

For the past six months, she would say I'm ready to go home. We know when it's our time to go home. We will miss her. She is one with the universe. That's our true nature.

## RIP Ishwara Devi

My dear friend Ishwara passed away over a week ago.

I was planning to write something a week ago.

My body was feeling somewhat off so I went to bed a few hours earlier than usual.

I went into a deep sleep.

Around 7:00 PM I heard this huge thunderbolt hitting a tree in my backyard.

There was a huge explosion.

Shrapnel from the tree was sent all over the backyard.

My wife came into the bedroom and I couldn't come out of my deep sleep.

I woke up early and was planning to write this for my dear friend Ishwara.

Well lo, and behold I couldn't turn on my computer.

The power supply got damaged.

Fortunately, my hard drive didn't get damaged.

Anyway, here I am a week later writing this for Ishwara.

My dear friend Ishwara passed away last week.

I knew her from the palace in the sky.

A great ashram sitting on top of a mountain near Ashland Oregon.

We both had teachers from the Radhasoami lineage.

We both loved to meditate.

We were like kids eating our melting ice cream cones

People who love to meditate love being around each other.

Quite frankly we had nothing to say or prove.

We were just like the sun in the sky.

We just loved to shine.  
Both of us recognize the divine in each other.  
Ishwara was a kind soul.  
To be honest she was a gift from God.  
She was one of those who was like an angel.  
She really didn't belong to this physical world with all its drama.  
Her mind was on God and helping her fellow man.  
I was amazed at how many people she knew.  
When she died I saw hundreds of people who deeply loved her.  
I don't know how she died and what caused it.  
I know that I lost a dear friend.  
Yet deep in my heart she is there smiling.  
Her ashes are scattered throughout the universe  
Her soul has returned to God.  
Someday we shall meet again.

### Cookie rest in peace

My dear friend Cookie aka Kathleen Cook passed away.  
I just found out on Facebook yesterday from Joan Apter  
We met over 50 years ago in India when I was just a kid  
18 years old.

We had quite a lot of adventures back then.  
I call that part of my life, the travels with the  
girls.  
Those early days of my life set the foundation for the  
rest of my life.

Cookie and I have remained great friends ever since we  
first met each other.

She also loved to meditate.  
She had this incredible laugh and giggle which became  
part of her nature.

People love Cookie and Cookie loved them.  
She was a rare soul.  
At times she would tell me it was like being a stranger  
in a strange world.

She had her feet on the ground and her head in heaven  
Cookie was kind and had a great sense of humor.  
She also knew the current events of the world and had  
her opinions of them.

Most of her opinions I 100% agreed with them.  
She was practical.

Her practice was kindness in action.  
When you meditate for a certain amount of time your  
understanding of life changes for the better.

She knew it was a miracle she was still alive.  
The last time I spoke to her was about a month ago.  
I've been trying to do a talk story with her and yet  
somehow I knew it wouldn't happen.

I knew she was extremely sick.  
The best thing was just to listen to her and support  
her.

Cookie told me when she passed away don't mourn for me.  
I am going home to my beloved from which I came.  
She is in wonderful hands.



## Kathleen Cook



I first met Kathleen aka Cookie in Prem Nagar ashram in 1971. I was only 18 years old. Kathleen told me a beautiful story that occurred only a few months previous.



Somehow she bumped into Maharaj Ji and Bihari Singh in the streets of San Francisco. Maharaj Ji was giving a talk there. Somehow the details are fuzzy they asked Cookie if she could drive them to Los Angeles. So she borrowed a beat-up Volkswagen and had the adventure of her life. Maharaj Ji was

only 13 years old at the time.

Cookie was one of my traveling partners on the journeys in Africa. She remembers the time in taking a train from New Delhi to Bombay now called Mumbai.



The trains were super dirty and I think I had to sleep on the dirty floor. We reach our destination and we all realized that no one had the directions. I was quite young and naïve (maybe or maybe not).

I had no fear. We get into this taxi and the driver says “where do you want to go”? I said I’ll direct you there. So we drive for about 45 minutes.

I'm getting signals to turn left and turn right. At some point, I tell the driver to stop. We get out of the car knock on the door and guess whose inside Maharaj Ji and Bihari Singh.

At that time we didn't think anything about it. We had faith and at the same time meditation helps to bring up the subconscious where events like this can happen.



While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and started to wave his hands toward one of his Initiators Asokananda.

The hair on his whole body stood up. It looked like he put his hand in a light socket. He was yelling please Maharaj Ji, stop it.

After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more?

Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him.

We all laughed. This was the first time that I spent close time with Maharaj Ji. Cookie and Kali were present in the room. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.

Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water.



I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. On board, the plane was Kali, Kathleen, and Tess.

These were the three girls I traveled with from New Delhi. On board the plane we drank the water from the canteen. All of us got rip-roaring drunk.

I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane.

We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

It was so much fun traveling with Cookie. We had hardships along the journey but they didn't bother us.

I can't imagine hitchhiking through Africa today. We made it to South Africa. We spent a few weeks in Johannesburg and then Cookie was sent to Durban and I was sent to Cape Town to prepare for Maharaj Ji's visit.

As Maharaj Ji was leaving Africa he told Cookie, Kali, and me to help in his coming to San Francisco.

I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people.

I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

I stayed a few weeks at home and then I took the Amtrak train from LA to San Francisco with Kali. We go by the Hollister Ranch and a flood of memories comes up.

We arrive in San Francisco and catch up with Cookie. Maharaj Ji came and did a program at the University of Berkley.

I saw Cookie on and off throughout the years. She always inspired me. She loves to meditate. She also became an exceptional chief.

She cooked for many people in Hollywood. I didn't know that until years later.



My daughter Aleia lives in Ashland Oregon and we visit her about twice a year. Well, guess who moved to Ashland? Yep, Kathleen Cook.

We have seen each other a few times in the past few years. I have taken her to an Indian restaurant a few times


and she came to my birthday party at a Mexican restaurant on Christmas Eve.

My Mom had Mexican food on the night I was born and it's a family tradition.

It's always a delight of being with Cookie. She lights up the room. I love her laugh. I can hear her soul coming out.

Cookie keeps up with the current events in the world so the conversation can be quite lively. We talk about old times and how


fortunate we are. I'm so glad that she is the web in my life. Cookie from the bottom of my heart thanks for all you do.



01. Don't Stop Believin'  
02. Faithfully  
03. Separate Ways  
04. Any Way You Want It  
05. Open Arms  
06. Wheel In The Sky  
07. Lights  
08. Only the Young  
09. Send Her My Love  
10. Lovin', Touchin', Squeezin'  
11. Who's Crying Now  
12. Stone In Love  
13. Be Good To Yourself  
14. After All These Years  
15. La Raza Del Sol 1:22:34

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