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## Intro

Alfred E. Neuman must have been a closet mystic. His magazine was out of the world. There were so many signposts appearing yet one must have the eyes to see.

1

The **Mad Fold-In** is a feature found on the inside back cover of virtually every [Mad](#) magazine since 1964.<sup>[1]</sup> Written and drawn by [Al Jaffee](#) until 2020, the Fold-In is one of the most well-known aspects of the magazine. The feature was conceived in response to [centerfolds](#) in popular magazines, particularly [Playboy](#).<sup>[2]</sup>

Explaining his original inspiration, Jaffee said:

"*Playboy* had a foldout of a beautiful woman in each issue, and *Life Magazine* had these large, striking foldouts in which they'd show how the earth began or the solar system or something on that order -- some massive panorama. Many magazines were hopping on the bandwagon, offering similar full-color spreads to their readers. I noticed this and thought, what's a good satirical comment on the trend? Then I figured, why not reverse it? If other magazines are doing these big, full-color foldouts, well, cheap old *Mad* should go completely the opposite way and do an ultra-modest black-and-white Fold-In!"<sup>[3]</sup>

In 2011, Jaffee reflected, "The thing that I got a kick out of was... *Jeopardy!* showed a fold-in and the contestants all came up with the word they were looking for, which was "fold-in." So I realized, I created an English language word."

It takes great wisdom to see satire.

Satire is the use of humor, irony, exaggeration, or ridicule to expose and criticize people's stupidity or vices, particularly in the context of contemporary politics and other topical issues.

Note this book isn't full of satire yet behind-the-scenes satire exists. The mystics of old and good old Alfred E Neuman would have been great friends. They had so much in common. They would have loved the Mad Fold-in. This world is not what it seems and they clearly understood that notion. This book reflects common words that we take for granted and don't spend time pursuing the true meanings behind them. What we worry could have come from a Zen Master thousands of years ago. What is the sound of one hand clapping? Each word helps one to solve the puzzle of life. There is a riddle to solve. Come along on this cosmic fold-in. The journey lies inside of you. What you see with your eyes is not reality.

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<sup>1</sup> [https://en.wikipedia.org/wiki/Mad\\_Fold-in](https://en.wikipedia.org/wiki/Mad_Fold-in)

## Dear Old Alfred

When I was in sixth grade I had Mr. Walker as a teacher.

He went around the room asking each person what was your hobby.

When it came to Alfred's turn he said my hobby is to read the dictionary.

The class laughed.

Yet fast forward around 60 years I still remember that.

I don't remember any of my classmates sharing their hobbies.

I guess I picked up on his hobby later in life.

I love the power of words.

I use this tool called Grammarly.

It is a great spell checker and it checks for grammar.

Here are my latest statistics.

### PRODUCTIVITY

You were more productive than

98% of Grammarly users.

### MASTERY

You were more accurate than

98% of Grammarly users.

### VOCABULARY

You used more unique words than

96% of Grammarly users.

WORDS CHECKED WITH GRAMMARLY OVER TIME

41,808,197

total words checked by Grammarly

since May 20, 2017 (58,166 last week)

Thanks, Alfred for sharing your hobby with the class.

Wherever you are your words that day planted a seed inside of me.

I was too young to clearly understand that you were thinking outside of the box.

Yet you dared to tell the class.

I applauded you for that.

Sometimes seeds are planted in ways that we never know.

I was probably one of those who laughed.

Sometimes we laugh when great wisdom is shown to us.

Fortunately, years later I saw and appreciate those precious words today.

## Stupid Is Is What Stupid Does

The definition of stupid is as follows.

Having or showing a great lack of intelligence or common sense.

Boy have we ever seen this in the world today.

When truth becomes fiction and fiction becomes the truth stupidity rules all.

Yet the stupid ones who rule think they are intelligent.

When a bully has more class than a humble ruler stupidity is king.

Where have our morals and ethics gone?

Can we ever go beyond our politics?

It seems like certain people will bring America down to its knees to hold on to power.

Power corrupts.

Look at the history books for that example.

Yet many people think they can hold onto power and not get corrupted.

Switch the shoes for the last four years and tell me if would you support what has happened in America today.

Just switch the shoes and tell me how you would rule.

A wise man does this all the time.

How would this action benefit the other side?

If it's not beneficial for all let's reconsider our proposal.

So many people are spinning the truth.

Where does truth exist if at all?

True wisdom only exists inside of you.

Yet we think our leaders have it.

Wisdom never comes from bullies.

Wisdom never comes when a person or party bends the truth.

Yet a person says a falsehood over and over again and they know it, is a sign of stupidity.

Unfortunately, millions of people will believe it.

Have we as a nation become stupid people?

If someone has a different point of view we blast them and flame them.

Where is common courtesy?

Where is our humbleness?

Where are our moral principles?

In God we trust.

It seems like we trust stupidity and we have a clear vision.

Ponder this over.

## Transform

The definition of transform is as follows.

to change in composition or structure

to change the outward form or appearance of

to change in character or condition

to cause (a cell) to undergo genetic transformation

What if I told you that the wise men from the past talked about transforming themselves?

This is the goal of human life.

The great tools of transformation have always been there.

Like any tool, if you don't use it, it will not benefit you in any shape, way, or form.

Using a tool helps one to transform.

We are all on the treadmill of life.

The mystics decided a long time ago to get off the treadmill.

By doing so one discovers the jewel within.

This path is the most practical path.

One must have his feet on the ground and his head in heaven.

Being conscious and aware is the key.

The more conscious you are the more practical you can be.

In this video game of life, the purpose is to transform.

Life gets bored playing at the same boring level.

Currently, humanity is playing at the same level for a long time now.

Wars have never solved anything.

They have just caused extreme suffering on the land.

Millions of innocent people have been killed due to man's wars.  
War is one word I would love to delete from the human dictionary.  
It should be struck out.  
Yet it's so easy to start a war.  
It doesn't take much.  
Just a person who has a pet peeve can start one.  
We are pulling out of Afghanistan after twenty years yet utter chaos still exists.  
We leave the country worse off than it was twenty years ago.  
Each one of us can transform if we want.  
The only thing that is stopping us is our apathy.

## Management

Definition of management is as follows

1: the act or art of managing: the conducting or supervising of something (such as a business)

Business improved under the management of new owners.

2: judicious use of means to accomplish an end

is extremely cautious when it comes to money management

3: the collective body of those who manage or direct an enterprise

Management decided to hire more workers.

How do we manage our lives?

Is it on remote control?

Do we manage our thoughts and emotions?

Or

I have never thought about that before.

Maybe just maybe it might be a good idea.

They have been there since your birth.

We take it for granted.

Yet we have never trained the dog within.

I find it fascinating that the word dog spelled backward is God.

Is like when you look into a mirror of life the image gets reserved.

All our problems in society today are due to our thoughts and emotions not being in harmony.

When the world at large does this we put garbage in the living room of life.

Consequently, we can't see the forest from the trees.

How does one manage life?

That is the crux of the question.

What is keeping you alive?

Do these words make you bored?

If you are bored with life you are missing out on the magic of life.

Life is never boring.

Your state of mind gets bored.

Big difference.

How do you manage your boredom?

Do you have a healthy way?

Or

Do you indulge in ways that affect your mind and body?

These are helpful hints.

We will never stop fine-tuning the guitar of life.

We can learn from one another.

## Honor

The definition of honor is as follows.

1.high respect; great esteem.

2.adherence to what is right or to a conventional standard of conduct.

"I must as a matter of honor avoid any taint of dishonesty"

Can you imagine how the world would change if we truly honored each other and held each other in high esteem?

For many politicians, honor is a lost word.

For many, I must stay in power at any cost.

I must twist the truth so it is a lie.

If I say the lie long enough it eventually becomes true in face of my fellow Americans.

I can spin the truth any way I believe.

It doesn't have to be the truth.

It can be an absolute lie yet over time the lie becomes the truth.

Our forefathers never thought that this would ever happen.

Many politicians don't honor our constitution.

They honor their personnel power.

When others speak up and say that your speaking a lie the majority in power will condemn you and vote you out of your position.

Honor is left on the sidelines.

The cookie crumbles.

Our democratic system is going down the drain.

When the truth is fiction and fiction is the truth what state of mind is America in?

You see the minds of those in power have twisted minds and those twisted minds  
are in charge of making laws.

We have gone back fifty years when they say the election is stolen.  
From this many laws are made throughout the land to prevent average Americans  
to vote.

Cheating by average Americans when voting is almost nonexistent.

Yet this lie that the election is stolen is believed by many.  
Many high courts have said that this is not true the election was not stolen.

Tell a lie long enough and many Americans will believe it.

This is the soul of democracy that we are talking about.

We are in a very fragile state of mind.

When the lie becomes a reality we are in a doomed state of existence.

Honor and integrity are long gone.

We have leaders who want to remain in power at any cost.

That is a sad day for America.

## Surprise

The definition of surprise is as follows.

an unexpected or astonishing event, fact, or thing.

"the announcement was a complete surprise"

synonyms:

shock · bolt from/out of the blue · thunderbolt · bombshell · revelation ·

We have all had in our lives surprises.

Some are good and some are not so good.

Life always will surprise us.

Something unexpected will always come our way.

One surprise at times leads to another surprise.

Life unfolds its magic that way.

We never know what comes our way.

The wise person understands there are internal surprises, not just external ones.

These are the grandest surprises.

The universe starts to unveil to you the magic of life.

Mystic has been blown away for thousands of years.

There are endless surprises inside of you.

Kindness is the key to opening the door within.

The universe is kind therefore only thru kindness can you enter.

Anger will never take you anywhere in life.

Tell me has your anger done anything positive towards your mind and body?

So many people can't sleep properly due to stress.

Did you know a daily habit of tensing and relaxing your body release stress in your body?

A relaxed body leads to a relaxed mind.

Look at a cat when it wakes up.

It slowly stretches and relaxes its body.

The majority of mankind doesn't do this.

We get completely taken by surprise when we get older.

Disease kicks in because we didn't take care of this precious temple.

Look I'm not saying you won't age.

I'm saying you can slow down the aging process.

It's in your control.

This human temple is a miracle.

Since I was a teenager I believed in preventive medicine.

My theory was this is the only body you get.

At least for this go-around.

We might as well take care of it.

## Greetings

The definition of greetings is as follows,

1: a salutation at meeting

2: an expression of good wishes: REGARDS –usually used in plural

holiday greetings

From the bottom of my heart greetings.

Good wishes to all humankind.

The world needs this.

Most certainly in this place and time.

Chaos may be all around us.

Yet we have an inner buffer within that protects us.

Come and sit by the fireplace within.

Melt your mind into the warmth of the fire.

The mind becomes ever so peaceful.

Harmony and love are in the air.

You may be stuck in the traffic jam of life.

Internally one resides in the peaceful cottage inside.

All is calm.

This is your natural state.

This is who you truly are.

Set aside your politics.

Does it matter?

You can't change anyone else except for yourself.

Your true self is saying greetings.

It has been there for time immemorial.

Mystics have been talking about this inner cottage for thousands of years.

We have been caught up in the web of life and think that is normal.

How crazy that is?

Yet we do it without knowing who we truly are.

The truth needs no convincing but somehow we do.

What is in us that doesn't want to feel the comfort of the fire within?

I really can't answer that question for you.

You must answer that for yourself.

Maybe because we can't see it with your two eyes we refuse to believe it.

Anyway one day we will take our last precious breath.

We will then return to the cottage of life.

Finally, we will feel the warmth of the fire.

Why not do it when you are alive?

This is only a suggestion.<grin>.

## Equanimity

The definition of equanimity is as follows,

1: evenness of mind especially under stress

nothing could disturb his equanimity

2: right disposition: BALANCE

physical equanimity

Wow, have we ever as a society missed the mark?

This is the definition of sin to miss the target.

The opposite is the bull's eye.

I love the evenness of mind, especially under stress.

Did you know that anger creates over 1500 harmful chemicals in your chemistry set?

By the way that's your own body.

Stress harms both your body and mind.

Both of them are affected by it.

Over time disease is a state of being constantly stressed out.

No wonder when we get old so many people complain about their ailments.

Look I'm not saying you will never get sick but you can slow down the aging process.

Mystics have strived for equanimity for thousands of years.

The Buddhists have even documented the various state of mind of being tranquil.

Modern-day scientists recently have joined this ancient bandwagon.

Balance is the key.

Having the right disposition is the key.

It seems like Pantajali, the Buddhists, and the Jains were right.

A calm body and calm mind are the secrete of life.

I was talking to a dear old friend yesterday.

Somehow we brought up the subject that human beings only see and hear only one percent of the light spectrum.

The universe is singing to us while we are texting on the freeway of life.

Isn't that ironic?

Brahmanand said

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.

Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

True equanimity exists inside of you.

You are the universe.

You just don't know it.

## Avarice

On Saturday, January 5, 2002, I received a Kabbalah message

Look up the word avarice.

I forgot that message for over 19 years.

Fast forward 19 years.

I wrote a book on Patanjali's Yoga Sutras.

Patanjali taught about the eight limbs on the tree of life

The Jains have the same teachings.

This is from one limb they have.

Aparigraha (अपरिग्रह): non-avarice, non-possessiveness

The definition of avarice is: an excessive or insatiable desire for wealth or gain:

**GREEDINESS**

This excessive desire for wealth or gain has been around for thousands of years.

It is like the rock has always been on our shoulders.

Nothing is ever enough.

Billionaire Wealth Grew \$1.3 trillion Since Mid-March 2020.

Wow, that's insanity.

Yet how much did you make last year if any at all?

Millions of people lost their jobs.

One out of every five kids in America doesn't have enough food to eat.

Many of these fine billionaires give less than .001 of their profits to charity.

That's like giving one penny and patting yourself on the back.

We can change this world if we understand and feel the connection that we all  
are sailing together on the ocean of life.

Let's help and support those in need.

That's the least we can do.

We are going from me to we.

Ponder this over.

It took me nineteen years to look up this word.

In every moment the universe is offering advice.

Sometimes we listen and then forget.

Pay attention to your life.

The universe is talking to you.

## Obstacles

The definition of obstacles is as follows.

A thing that blocks one's way or prevents or hinders progress.

Sounds like life.

Life will always throw us curveballs.

That's the nature of life.

It's how we react to these curveballs that matter.

We can be positive and uplifting with the situation.

Or.

We can be down in the dumps and have self-pity.

It's up to each one of us how we react.

The same situation can happen to two people.

One person will take the high road.

One person will take the low road.

One person will get angry.

One person will simply smile.

One person loves the rain and jumps in the puddles.

One person gets soaked and complains every step of the way.

One person holds the precious jewel.

The other person throws the jewel on the ground.

One person says, whatever happens, happens for good.

The other person says woes me.

Attitude is everything in life.

Attitude creates your actions whether good or bad.

These actions lead to a habit.

Your habits define you as a person.

Either one has sour grapes in life

Or

One sips on the sweet wine that has been offered.

You determine the outcome.

It's as simple as that.

## Reciprocity

The definition of reciprocity is as follows.

1: the quality or state of being reciprocal: mutual dependence, action, or influence

2: a mutual exchange of privileges

specifically: a recognition by one of two countries or institutions of the validity of licenses or privileges granted by the other.

In other words, this is the law of giving and receiving.

The more you give the more you receive.

The more you receive the more you give.

This is a universal law.

We are dependent upon life itself.

We couldn't live one second without it.

The essence of life is kindness, love, patience, and tolerance.

A wise man understands this.

He knows there is an infinite well within.

One becomes intoxicated by these living waters and shares kindness with the world.

If each one of us did this the kingdom of heaven would manifest on earth.

The wise man says it's a divine privilege.

Yet the operating system, hardware, and software have always existed inside of you.

You just have to turn on the computer.

This is an ancient riddle.

Hopefully, you might ponder on these words.

They could totally transform your life.

## Listening

The definition of listening is as follows.

1: to pay attention to sound

listen to music

2: to hear something with thoughtful attention: give consideration

listen to a plea

3: to be alert to catch an expected sound

listen for his step

Here's what the Dalai Lama says about this subject.

“When you talk, you are only repeating what you already know. But if you listen, you may learn something new.”

As a society in general it's all talk and nobody is truly listening to each other.

Look at current-day politics.

The louder and more a person puts gasoline on the fire the less a person listens to the other party.

True communication cannot take place.

Words are used as weapons instead of bridging the gap between us.

If we want the left-wing and right-wing of the glorious Eagle to fly we must listen to one another.

I have friends who truly get a kick out of mocking the other side.

They truly enjoy it.

They take delight in it.

Yet their actions are pulling America down the drain.

We will always have disagreements in life.

That's the nature of life.

Yet we can have compassion and tolerance towards another person's point of view.

If we aren't kind toward each other someday America won't survive.

Hatred will never bring a country to express its highest values.

Yet currently we have blinders on our eyes.

We think we are justified in mocking people and putting them down.

This is becoming a norm in politics today.

We only vote along the party lines not voting by conscience.

Look at the riot at the Capitol Building.

Need I say more?

If the other side did this the same feeling would arise.

What an atrocity!

Yet when your party is responsible we vote along the party line.

If we don't listen to each other soon the situation will get worse my friend.

## Barriers

The definition of barriers is as follows.

A fence or other obstacle that prevents movement or access.

We all place barriers in our life.

Some are big while some are small.

Many times depending upon the belief systems we have we create them.

Mind you it is just a construct in your mind.

It's like an elephant tied by a chain.

From its youth, it has been tied down.

As an adult, he doesn't know it can easily break the chain that is tying him down.

A wise man would teach the elephant with kindness.

Over time the elephant would gather trust in him.

Through that trust, the elephant would learn the truth and set himself free.

Kindness can overcome any barriers that we have.

During these chaotic times, many people think their political party will save them.

Consequently, they place many different kinds of barriers.

I'm right.

You're wrong.

I hate you.

I'm pissed off.

Anger becomes the norm.

Unfortunately, we can't see the barriers we place in our lives.

That does not mean if I can't see it, it doesn't exist.

Our subconscious is running around 95% of the show.

We have only 5% conscious awareness.

That's quite slim.

How do we remove then these barriers?

Just asking that question yourself is the first step.

## Hope

The definition of hope is as follows.

To cherish a desire with anticipation.

To want something to happen or be true.

TRUST;

As human beings, hope is the foundation of life.

Despair is the opposite.

We need to find the inner rock inside of us.

During these chaotic times, it's so easy to experience despair.

Stormy weather is all around us.

We are looking for shelter.

The lights went out.

The water got turned off.

Nobody knows when it will get turned on again.

During these times hold on to hope.

It will show you the way.

Hope is the power that tells you all things must pass.

Nothing is stable and fixed in the outside world.

Everything changes.

Being hopeful is your true essence.

It will guide you home.

It is a silent beacon.

It is a homing device.

It guides you through precarious situations.

Hope allows us to go on in this incredible journey of life.  
I have witnessed so many twists and turns on this journey.  
We all have gone up mountains and down into the valley of despair.  
Let's face it life is not a simple joy ride.  
At least mine hasn't been.  
Yet through inner hope, I can see the cartoon of life.  
It makes me laugh going through tough times.  
I know I'm not alone.  
That my friend is an incredible feeling.  
We are all on the same boat sailing home together.  
Let's help our fellow passengers.  
Let's be kind to each other.  
That's the least we can do.

## Uplift

The definition of uplift is as follows.

To lift up: ELEVATE

To improve the spiritual, social, or intellectual condition of

RISE

This is our sacred duty in life.

We are born to help uplift mankind.

Each one of us has a precious gift to offer this world.

It is custom designed.

Yet for some reason we love to mock our fellow man.

People get extremely angry when someone holds a different point of view on life.

We don't have much tolerance for people who are different.

Yet we are meant to soar.

How do we untangle ourselves from the web we have created?

We have lost our discrimination.

Truth is fiction.

Fiction is truth.

If a President tells a lie long enough millions of people will eventually believe it.

To be honest for many people upliftment is a play on words.

It's a farce.

It can't be true.

I'll prove you are wrong.

Yet even those people experience upliftment.

Just listen to your favorite song.

Somewhere deep down in your soul one connects.

Words can't describe what happens.

Yet the mind, body, and soul know that something beautiful just occurred.

If we want peace on earth, help by uplifting your fellow man.

That the least we can do.

## Harmony

The definition of harmony is as follows.

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

We need harmony in our lives.

Think it over.

How much in harmony are your mind, body, and soul connected?

Do you ever think about it?

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

Do you think before you speak?

Or

Do you just rattle what comes to your mind?

A wise man strives for harmony in every moment.

Harmony is a state of being.

Harmony is a state of mind.

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

A wise man understands the world may be in chaos.

Yet he can live in the center of the hurricane.

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

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

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

The disease will be coming knocking on your door.

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

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

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

Harmony acts as a shock absorber.

Someday death will be knocking on your door.

A man of harmony knows that he is eternal.

It's time to change our clothes.

This state of mind exists inside of you.

## Unity

The definition of unity is as follows.

the quality or state of not being multiple: oneness.

a definite amount is taken as one or for which 1 is made to stand in a calculation  
in a table of natural sines the radius of the circle is regarded as unity.

identity element.

a condition of harmony: accord.

How does a nation unite?

We are so divided.

Chaos is all around.

A pandemic has overcome the land.

Our capital building was ransacked.

Even amid this unity can't be found.

We hold on to our political views.

What is the truth is considered lies?

What is lies is the truth for many.

The wise man has said to enter into the silence.

In silence lies the unity of life.

We all wear tinted glasses when we are angry.

We think we are so wise.

Yet we have no true wisdom or discrimination.

You would think that we should know by now that anger never solves anything.

It just puts gasoline on the fire of life.

A wise man just smiles at diversity.

He has nothing to prove.

An ignorant man will try to force his views on you.

He will get extremely angry if you don't see his point of view.

Unity is the thread of love tying us all together.

Behind your breath lies the answer.

Only you can solve this puzzle.

## Aloha

The definition of Aloha is as follows.

Aloha is the essence of being: love, peace, compassion, and a mutual understanding of respect.

Aloha means living in harmony with the people and land around you with mercy, sympathy, grace, and kindness.

We all come from stardust.

Aloha is the essence of our being.

It's our true nature.

We must cultivate Aloha in our lives.

Especially during these chaotic times.

Daily we must pull our weeds and take care of our inner garden.

The world is caught up in anger.

Yet millions of people are waking up from their slumber.

The Aloha spirit is alive.

It is calling you to transform.

You are magnificent.

You are a miracle.

Behind your breath lies the mana of life.

## Hobby

The definition of a hobby is as follows.

Activity is done regularly in one's leisure time for pleasure.

I love that definition.

What are your hobbies?

I love ethnic food cooking.

Ever since I was five years old my Mom and Dad introduced me to it.

I love the diversity of each cuisine.

The smell of spices fills the kitchen air.

I'm not in a hurry.

Time is on my side.

Cooking with love is natural.

Unlike cooking in most restaurants is for a profit.

Love is the main ingredient in life.

Cooking with this ingredient consciously makes the meal even more delicious.

Laughter is in the air.

Laughter and love go together.

It infuses the dish with divine intoxication.

Who said you can't get drunk by eating your vegetables?

For ages, moms have cooked like this.

On Sunday the whole clan comes over for dinner.

Conversations are in the air.

The celebrations of friendships fill the air.

Let's toast to life.

Remember the sweet moments of your Mom's cooking.

You can still smell the aroma long after she passes.

If we could capture that feeling the world would be in a better place.

Sweet memories.

Don't take them for granted.

## Preventive

The definition of preventive is as follows.

Designed to keep something undesirable such as illness, harm, or accidents from occurring.

"Preventive medicine"

Quite frankly our nation isn't very good at it.

New Zealand took serious measures against the virus.

Consequently, everything is almost back to normal.

In the US the current administration had no plan.

They mocked the new president to be for wearing a mask.

After each holiday there were serious spikes in death and people getting the virus.

Thanksgiving was the breaking point.

A few weeks later all hospitals in California are at their breaking point.

Still, over 85 million Americans traveled during Christmas.

Thanksgiving only had 25 to 35 million.

Yet look at the havoc that has been done.

We think we are in bad shape now.

Just wait a few more weeks.

In New Zealand, they used common sense and had a serious master plan.

In the White House, they had parties with no social distancing and wearing of masks.

Millions of people get their guidance from the White House.

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

The deaths and people getting the virus goes higher day by day.

Common sense is uncommon.

One wise man once said we are sawing off the branch we are sitting on.

The current administration went out to lunch and never came back.

NewYears' is coming next week.

How many people will ignore the recommendations from the CDC?

We have shallow and selfish thinking.

Talk to the people on the front lines and they are desperate for Americans to listen and follow basic guidelines.

Talk to the people who lost their loved ones and will never get it them back.

Have we turned into a selfish nation?

It's all about my inconvenience.

Thousands of front-line workers have lost their lives trying to keep us alive.

You can drink your champagne in your living room this NewYears'.

That's the least you can do.

## Wisdom

The definition of wisdom is as follows.

The quality of having experience, knowledge, and good judgment; the quality of being wise.

"Listen to his words of wisdom"

Wisdom is different from information.

We are inundated with information.

So much can be true.

Yet so much is false.

Many people like to spin the truth.

Many people pass on information as truth.

Yet they know it is a lie.

How does one become wise during these difficult times?

So many people force their information on you.

The wise man understands only by entering the state of silence does true wisdom arise.

In silence lies the infinite fountain of wisdom.

The wise man just smiles at life.

He has nothing to prove.

## Praise

The definition of praise is as follows.

The expression of approval or admiration for someone or something.

We are built to receive praise and to give praise.

It is built into our very nature.

One who taps into silence understands this message.

In silence the universe praises us.

We are a part of her.

That's our true nature.

Yet in silence, we praise nature.

Silence is the ultimate way of praising.

No words need to be spoken.

There is direct communication to the jewel that lies within.

This is who you truly are.

You are the universe.

You just don't know it.

You are magnificent.

You might ask yourself.

What happened?

How did I lose my connection?

Praise your mind, body, and soul.

Listen to what it is telling you.

Slow down.

Learn to enter into silence.

You are so busy looking at the world.  
The greatest treasure exists inside of you.  
Only you can dig it up.  
Nobody can do it for you.

## Grace

The definition of grace is as follows.

A: a virtue coming from God

B: a state of sanctification enjoyed through divine assistance

C: APPROVAL, FAVOR

There is a shower of Grace existing inside of us.

No matter what's going on outside the shower is always on.

It is the most wonderful shower there is.

It cleanses the mind, body, and soul.

One who enters into the silence understands this riddle.

It is always there.

Yet we are looking in the wrong direction.

The more you pay attention to something the more attention it pays to you.

Pay attention to grace and grace will pay attention to you.

Meditation allows one to open the door to the shower within.

Step into your shower.

It's at the perfect temperature.

## Reverence

The definition of reverence is as follows.

A deep respect for someone or something

What level of reverence do we have?

In the US anger is on the rise.

People are flaming each other.

We have lost our wisdom about being a great nation.

We sent a man to the moon.

Yet we can't solve our social problems.

The silent virus has the upper hand at this moment in time.

Until we have reverence towards each other we will lose this battle.

Petty we are.

I'm right and you are wrong.

The same power that is keeping you alive is the same power keeping me alive.

We are the same.

How far has man drifted from each other?

We are just wearing social blinders on this journey of life.

We think we see clearly.

We see only one percent of the light spectrum.

Did you know the human body is wired to see the whole spectrum?

Only by going within can you solve this puzzle.

Reverence is a state of mind.

We have forgotten our true nature.

## Ignorance

The definition of ignorance is the following.

Lack of knowledge or information.

Socrates said know thy self many moons ago.

What has humanity done since then to discover the jewel inside?

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

Yet we bitch and moan and get bored along the way.

Many people refuse to wear masks even if it could kill their Grandmother.

They say it is my right not to wear one.

Maybe you might like a ventilator instead.

If you are bored you are missing out on life.

Boredom is a state of mind.

Being bored you are stuck inside of your box.

You can't think properly.

You think you are wise.

If I say you are the universe.

You just don't know it.

Bored one will roll their eyes,

A wise man will simply smile.

Scientists know the existence of the quantum field.

It is beyond time and space.

You are a part of that field.

You came from it.

You will return to it.  
You have an opportunity to experience it while you are alive.  
You are magnificent.  
You are glorious.  
Your true nature is kindness.  
You were meant to see the unity of all life.  
You are hardwired to see God.  
The software has always been there.  
Yet you live a petty life.  
The mirror of life is full of dust inside of you.  
Only you can clean it.  
Nobody can do it for you.  
God is your coach.  
As your coach, he can't play the game for you.\

You have free will.  
Nobody is trying to convince you.  
The truth needs no convincing.  
All your book knowledge and degrees don't mean a thing if you haven't  
discovered the jewel inside.  
This is a video game of life.  
Let's go beyond the level where we throw garbage in our living rooms.  
During this shutdown, Mother Earth is cleaning up our mess.  
Yet we are so determined to go out and act as if nothing has changed.  
Are we spoiled brats?  
Mother Nature is giving us a lesson to learn.

Yet we are blowing her off.

Remember we need Mother Earth.

She doesn't need us.

Ignorance will bring man to a state of drowning yet he thinks I'm saved.

A wise man once said the following many moons ago when I was young.

Man is sawing off the branch he is sitting on.

We have the opportunity to change.

Yet we fight over a simple thing as to wear a mask or not.

We live in a state of me, me, and me.

No wonder chaos is on the earth.

There are around 7 billion people on earth and we have this attitude.

We are going from me to we.

It will take time.

Hopefully, we will be mature enough to grow and learn.

We are stuck in our ignorance.

## Infinity

The definition of infinity is the following.

The quality of being infinite.

The unlimited extent of time, space, or quantity: BOUNDLESSNESS.

An indefinitely great number or amount.

An infinity of stars.

The limit of the value of a function or variable when it tends to become numerically larger than any preassigned finite number

A distance is so great that the rays of light from a point source at that distance may be regarded as parallel.

You are infinite.

Yet it seems like we are texting on the freeway of life.

What happened?

## Inspiration

### Definition of inspiration

A divine influence or action on a person believed to qualify him or her to receive and communicate sacred revelation

The action or power of moving the intellect or emotions.

The act of influencing or suggesting opinions.

The act of drawing in.

Specifically: the drawing of air into the lungs.

The quality or state of being inspired.

Something that is inspired

A scheme that was pure inspiration.

An inspiring agent of influence.

Did you know that by being conscious of your inhale and exhale one gathers inspiration in one's life?

There is a direct coloration between breathing and inspiration.

One who tries to consciously be aware of the breath moment by moment is truly inspired.

Each breath we take is a miracle.

Yet we are too busy texting on the freeway of life.

Slow down on the freeway.

Stop your car.

Take a few moments to feel your divine breath inside of you.

You are never alone.

## Apathy

The definition of apathy is as follows.

Lack of interest, enthusiasm, or concern.

When it comes to a man discovering the jewel within apathy is there.

When the great teachers told you to be aware of your breath at all times.

Apathy is there.

When the mystics and scientists say you are the universe.

Apathy is there.

When one says you are never alone.

Apathy is there.

Man is more interested in his football games than the secrets of the universe.

Look at the roaring crowd rooting for their home teams.

What a buzz of energy is in the air.

Yet we have a total lack of interest, enthusiasm, or concern for the unknown.

I find that quite fascinating.

Signposts of God are all around yet we could care less.

This human body is hardwired to discover God within.

Yet a football game gathers great enthusiasm while the unknown seems boring.

No wonder humanity is in such a mess.

## Intuition

The definition of intuition is as follows.

The ability to understand something immediately, without the need for conscious reasoning

We all have intuition built-in.

Yet for the majority of people, it is dormant.

We spend much time developing our intellect.

As a child we had it yet society over time frowned upon it.

I find that ironic.

We all have had that gut feeling of intuition.

We all at some point in time listened to our gut in times of danger.

For many people, their intuition has saved their life.

Intuition can be cultivated.

The more you pay attention to something the more attention it pays to you.

It's like a tuning fork.

A tuning fork will vibrate at the frequency that is in the air.

For example, close your eyes.

Focus on your breath.

When you feel calm focus your attention on your gut.

Scientists have found there is a second brain in your gut.

Focus your attention there.

The calmer you get over time your intuition will be clearer.

Your subconscious will talk to you thru feelings

You will be able to understand something without your conscious mind.

Your intuition will take you places where you can't even imagine.

We are thinking inside of the box.

Your intuition is outside of the box.

Great wisdom streams through your intuition.

You are tapping into the quantum field.

Many great scientific discoveries came from the field of intuition.

A person who learns to develop his intuition becomes wiser over time.

With so much information we are bombarded with, a person with intuition can sort through what is true and what is false.

Good old Albert Einstein used intuition in his daily life.

Teach your children this wisdom.

You may not be interested but your children or grandchildren need this.

They will soar in life.

Intuition is the key to helping guide us.

We all have an internal GPS with us.

## 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; readiness to show appreciation for and to return kindness.

I like that.

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 your character.

Character is everything.

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

## The Inner Guru

The definition of a Guru is as follows.

One who takes you from darkness and takes you into the light.

You can have the greatest teachers on earth.

You can have the greatest tools and practices on earth.

You can memorize all the great scriptures.

Yet if you don't put these into daily practice where are you going?

Nobody can walk the path for you.

Only you can discover your true nature.

After all, this is who we are talking about.

You are the universe.

You just don't know it.

Ponder this over.

## Synchronicity

The definition of synchronicity is the coincidental occurrence of events and especially psychic events (as similar thoughts in widely separated persons or a mental image of an unexpected event before it happens)

How does that sound?

Spooky.

All of us had this feeling before.

We can't quite pinpoint it.

It's a part of us that is beyond time and space.

It's called our higher selves.

This part is like a cosmic soup where the entire universe came from.

It is beyond time and space.

As humans, we are hard-wired for this experience.

This is why at times we have the feeling of synchronicity.

Somehow we tap into this state and bring something up which is out of the ordinary.

A mystic's state of mind is ordinary yet for us it's not.

We all have these gifts inside of us.

Look within for the answers.

## Root

One definition of the word root is as follows.

The basic cause, source, or origin of something.

With that definition in place, what is our origin?

Where do we come from?

Is there a place where we came from when we are born?

Is there a place we go to when we die?

What is the root cause of all?

Can we know our origins when we are alive?

There are many questions we have about our roots.

Ponder this message.

It will make you think about where you came from.

## Infinite

The definition of infinite is the following.

Limitless or endless in space, extent, or size;

Impossible to measure or calculate.

When I was young that would blow my mind.

I couldn't even imagine such a thing.

Now fast forward many moons and my life loves to ponder such things.

I have learned that by going inside we can try to solve the mysteries of life.

Your true nature is infinite.

Isn't that amazing?

Your true nature is kind.

Can you imagine infinity is aware?

It is love, compassion, kindness, patience, and tolerance.

This is your true nature.

You can discover this.

It's hidden inside of you just waiting to be found.

## Adapt

The definition for adapt is to make (something) suitable for a new use or purpose; modify.

All the great mystics have talked about this.

You have the opportunity to tune into the universe inside of you.

It already exists.

This is your true nature.

You just need to adapt to this new wisdom.

Take it to heart.

Your body is hard-wired for this experience.

The more you adapt yourself to this realization the more it will pay off.

You are an incredible diamond.

## Adventure

The definition of adventure is the following.

Engage in a hazardous and exciting activity, especially the exploration of unknown territory.

I remember as a kid I took a yoga class.

At the time yoga was unknown in America.

Yoga was around during the late 1800s yet the majority of the population thought it was on the fringe.

It was unknown territory.

This love for adventure took me all over the world.

With a surfboard in my hand, a backpack on my back, and a yearning to discover my true nature I was off.

I had quite the adventure.

I learned the greatest adventure lay inside.

This is truly unknown territory.

You can live anywhere and have a simple life but exploring your true nature is the adventure of a lifetime.

Lock a person up and put them in solitary confinement and see what happens.

The greatest adventure is to tame your mind.

That is probably the most difficult thing to do.

Mystics have talked about this for thousands of years.

Today yoga is mainstream.

Millions of people practice it.

Maybe something is going on.

We are slowly learning more about life.

## Keep Your Honor

Keep your honor.

Your honor is worth more than gold.

The day you die all your gold will disappear into the night.

Yet your honor will stay with you.

The definition of honor.

Noun.

High respect, esteem

Verb

Regard with high respect.

Fulfill(an obligation) or keep(an agreement)

I have said that the spiritual path leads one to honor and respect.

It leads one to honor this precious human body.

Your human body is more precious than any Church or temple.

Inside your human body lies God.

Honor your body.

Take care of it.

It's the only body you have.

Honor your mind.

Pay attention to what comes out of your mouth.

Don't put gasoline on the fire.

Stop looking and listen.

If you say anything, speak with kindness.

See that the angry person is in pain.

Be compassionate towards your fellow man.

If you can do this you are truly honoring God.

Learn how to meditate.

The more you experience your true essence the more you will honor life.

God honors you by keeping you alive.

He does not judge you.

He just offers you the sweetness of breath.

A man of true honor will honor God and the Universe.

He won't be boastful or say look at me.

He will simply smile.

He has nothing to prove.

This is the essence of honor.

Ego is not a part of his being.

Yes, there is ego but it's under control.

In this state, man is in harmony with life.

Anger and hate have disappeared.

This is our true state.

When we reach this state life will be honoring us.

This is the purpose of human life to transform.

We are the caterpillar eating the leaves of life.

In reality, we are the butterfly.

We can transform ourselves.

The butterfly is our true nature.

By transforming ourselves we are honoring God.

This is the highest praise and honor we can give to God.

This is why we are alive.

Ponder these words.

You can solve this puzzle.

## Generator, Operator, Destroyer

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 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 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.

## Forgive

I love the definition of forgive.

Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

Imagine a person doing you wrong.

You have every right to be angry.

Time passes and the person who wronged you has forgotten the situation.

But you haven't.

The anger is still festering within.

The poison left by the arrow lies inside of you.

The moment you truly forgive yourself and the other person true alchemy occurs.

True healing can take place.

This is the law of forgiveness.

It doesn't say you must forget the experience.

The laws say to forgive.

Big difference.

Like the world, we would truly be more content if we forgive ourselves and others.

Learn from your mistakes.

Forgive yourselves and others along this journey of life.

## Wonder

The dictionary definition of wonder is the following.

A feeling of surprise mingled with admiration, caused by something beautiful,  
unexpected, unfamiliar, or inexplicable.

How elegantly said.

How can you explain love?

Love is a feeling of surprise mixed with admiration.

You really can't explain it.

You only know love when you feel it.

It's not intellectual.

Mystics have described the wonder of going inside and tapping into this essence.

They have said only by eating the fruit can you understand.

You can talk about love yet there is a huge difference between in partaking the  
fruit and talking about it.

May you experience the wonder inside of you?

It does exist.

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## Ego

Here's some definition of ego.

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

"A boost to my ego"

For a PSYCHOANALYSIS

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

For metaphysics

A conscious thinking subject.

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

We have seen that for thousands of years.

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

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

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

Mystics have taught the same inward farming.

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

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

You can't take anything with you when you die.

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

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

You are the universe.

You just don't know it.

## Part 2

### Intention

The definition of intention is the following.

- 1a: what one intends to do or bring about
- b: the object for which a prayer, mass, or pious act is offered

2: a determination to act in a certain way : RESOLVE

3 intentions plural : purpose with respect to marriage

4: IMPORT, SIGNIFICANCE

5: a process or manner of healing of incised wounds

6: CONCEPT

especially : a concept considered as the product of attention directed to an object of knowledge

Without a proper intention, one will never discover the jewel within.

The jewel is there.

You are there.

Yet the jewel is still hidden inside of you.

The proper intention is the means to propel you to discover the jewel within.

It is the glue that binds us to higher states of mind.

Most humans have dense intentions which bind them to the five senses.

They are texting on the freeway of life oblivious of their true nature.

The wise man cultivates inner intention daily.

The fruits of his effort lead to enlightenment.

Ponder this over.

What is your intention in life?

What are you focused on?

## Contact

The definition of contact is the following

### Noun

1.the state or condition of physical touching.

2.the state or condition of communicating or meeting.

### Verb

1.communicate with (someone), typically in order to give or receive specific information.

2.touch.

What is the ultimate contact?

You may touch every object externally in the world yet you will still ultimately experience a void inside of you.

A wise man constantly touched the jewel within and get enlightened along the way.

## Attention

The definition of attention is the following.

notice taken of someone or something; the regarding of someone or something as interesting or important.

Similar:

awareness

notice

observation

consciousness

heed

recognition

regard

attentiveness

curiosity

inquisitiveness

listen

be attentive

attend

concentrate on

concentrate on hearing

Where is our attention placed today?

Where are we as a society going?

When truth becomes fiction and fiction becomes truth we have lost the way.

Our minds have become scattered.

A scattered mind is like leaves blowing in the wind.

We can't see properly.

Our attention span is so short.

How can we solve the problems of today when we are texting on the freeway of life?

This should be common sense.

Yet our nation is divided.

I'm right and you are wrong.

That is the problem.

Our attention is to always blame the other person.

We see only a small piece of the puzzle yet we think we see the entire puzzle.

What are you going to do about this?

## Feeling

The definition of feeling is the following.

noun

an emotional state or reaction.

"a feeling of joy"

Similar:

love

care

affection

fondness

tenderness

warmth

warmness

emotion

sentiment

passion

adoration

reverence

devotion

compassion

sympathy

empathy

understanding

concern

solicitude

solicitousness  
tender-heartedness  
brotherly love  
pity  
sorrow  
commiseration  
condolences

2.

a belief, especially a vague or irrational one.  
"he had the feeling that he was being watched"

Similar:

notion  
inkling  
hunch  
fancy  
apprehension  
presentiment  
premonition  
idea  
vague idea  
impression  
gut feeling  
feeling in one's bones  
funny feeling  
sixth sense

adjective

showing emotion or sensitivity.

"he had a warm and feeling heart"

Similar:

sensitive

warm

warmhearted

tender

tenderhearted

caring

softhearted

sympathetic

compassionate

understanding

empathetic

responsive

receptive

intuitive

thoughtful

emotional

demonstrative

passionate

sensible

Wow just think if we could tap into these qualities in every moment.

The funny thing is it is possible.

## Aspiration

The definition of aspiration is the following.

noun

1.a hope or ambition of achieving something.

"the yawning gulf between aspiration and reality"

Similar:

desire

hope

longing

yearning

hankering

urge

wish

aim

ambition

expectation

inclination

objective

goal

target

end

object

dream

## 2.MEDICINE

the action or process of drawing breath.

One needs to be full of aspiration to live a fulfilled life.

When humanity punches the snooze button over and over that is a signal, my friend.

Our car is running on gas fumes.

We need to fill our tank.

What do you do when you are in this situation?

We all have those off days where if everything goes south.

How do you handle that?

## Resolve

The definition of resolve is as follows.

verb

settle or find a solution to (a problem, dispute, or contentious matter).

come to the conclusion

settle on a plan of action

noun

firm determination to do something.

When a person has a problem it's like a constant mosquito buzzing and harassing you.

It's an irritant.

You can't quite shake it off.

The only way to do so is to resolve the problem.

Easier said than done.

This is where the art of mindfulness comes in.

Mindfulness brings one to the center of the hurricane.

In that state, all irritations of the mind get resolved.

The problem may still be there yet it can't touch you.

This is why I say the spiritual path is the most practical path.

What can be more practical than getting rid of the mosquito bites on the mind?

In a clear state and vision, one can overcome any curveballs thrown your way.

At times your problems define you.

You go around and around in your mind getting worried.

All this does is make you more stressed and uptight.

You're not a happy camper.

Who likes to sleep on the ground and be attacked by mosquitos?

The wise man has a mosquito-proof tent with a magnificent bed.

He sleeps like a baby at night.

Which one do you choose?

Remember you do have a choice.

You have free will.

## Shame

The definition of shame is as follows.

a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.

We have seen recently politicians who have no shame whatsoever.

Therefore their actions are foolish and unkind.

One politician lied over 30,000 times since taking office.

Yet today many Americans think that the election was rigged.

Shame is a mechanism that a normal person takes into consideration before doing an unwise act.

One who does not have shame has no buffering process.

He will tweet what comes to his mind at 2:00 in the morning.

A wise politician will go over his Tweets with his advisors to make sure they are correct.

It seems like shame is slowly drifting away.

It is a central cornerstone in developing a proper state of mind.

When one only votes for the party line shame goes out the door.

Common sense goes out the door.

Truth becomes fiction and fiction becomes truth.

A healthy state of mind turns into a swamp.

We should be only voting for people who have stable minds and ethical minds.

Those who say the attack on the Capitol Building was a walk in the park should be voted out of office.

This is a sign of a very unhealthy mind.

How can you govern with such nonsense?

They can't even feel any shame.

When this happens to the majority of a party disaster can happen.

Remember the eagle needs a healthy left and right wing to fly.

Passing laws is one of the functions of our leaders.

Probably the most important is mental and emotional stability.

Kindness is a lost art in our politics today.

Maintain your power at all costs.

Even if it means bending the truth into falsehood and bending falsehood into the truth.

At first, they don't believe what they are saying.

Yet by saying it over and over they become convinced of their lies.

Where did shame go?

## Consideration

The definition of consideration is as follows.

noun

careful thought, typically over a period of time.

"a long process involving a great deal of careful consideration"

Similar:

thought

deliberation

reflection

contemplation

cogitation

pondering

meditation

musing

mulling

examination

inspection

scrutiny

analysis

review

discussion

attention

heed

notice

regard

The golden rule comes to my mind.  
do unto others as you would have them do unto you.  
This is the foundation for man.  
Where has consideration gone?  
Yelling, screaming, and flame-throwing have taken their place for millions.  
No wonder we have so much chaos on this land.  
Basic human virtues of the mind have been ignored and replaced with such  
negativity.  
Remember you are the company you keep.  
Every moment you are programming your mind for the positive or the negative  
state of mind.  
Your mind and body are interconnected.  
I think therefore I am.  
That is the truth.  
It's not just a theory.

## Non-hatred

The definition of non-hatred is as follows.

Non-hatred is a consciousness lacking the intent of harm toward sentient beings, sufferings, and the sources of suffering. It has eliminated the generation of hatred.

That my friend is desperately needed in the world today.

There is a reason why the wise man simply smiles.

He has nothing to say or prove.

In that state of awareness, hatred is long gone.

Hatred or non-hatred is a state of mind.

It must be cultivated.

When you were born you didn't have a once of hatred in you.

The world around you taught you how to hate.

You took it to hook, line, and sinker.

It's not your fault.

Yet you must clear yourself of the hatred.

It does not serve you and the world.

It is putting more gasoline on the fire of life.

When one can see the inter-connectedness of all things one drops the hatred.

This is your true nature.

What happened?

Why as a society do we contain so much hatred?

Is this serving any purpose?

Maybe it's time for internal housekeeping.

We have garbage everywhere.

Hatred has a putrid smell.  
You can smell it a million miles away.  
Love is the perfume of life.  
It is the essence of all.  
A wise man takes out the trash daily.  
The dump trucks come and pick it up.  
Over time one fully embraces the perfume of life.  
By doing so sweet fragrance fills the air.  
The mind, body, and soul are in harmony.  
This my friend is your true nature.

## Non-Ignorance

The definition of non-ignorance is as follows.

Non-ignorance is a mental factor that is characterized by clarity and sharpness and that serves as the opponent to the mental factor of ignorance.

In reality, it is clarity in mind.

It is called at times crystal clear.

Ignorance is a lack of knowledge or information.

Major problems happen in this world when the majority of people forget their true nature.

Unfortunately, we aren't aware of it.

Because of this factor, we can't see what we can't see.

Then we say our awareness is normal and clear.

I find it funny how so few people want to understand the basic laws of the mind.

Why would I want to do that?

Yet your mind is the instrument to decipher wisdom and actions to take.

This is not a serious path yet it requires discipline.

A happy dog is a disciplined dog.

An angry dog is an undisciplined dog.

Proper training and discipline are needed to find the inner jewel.

One can never find true wisdom externally.

One can only find it inside of you.

That's where the buried treasure lies.

We have been taught to only focus on the external therefore we live in ignorance.

If this is not so why is there so much chaos alive today in this world?

Ask yourself what are we missing.

This knowledge has never been taught in our schools.  
We are taught only to focus externally on our happiness.  
Look where that has brought us today.  
We are sawing off the branch we are sitting on.  
Yet we can't stop it.  
We need to send that text on the freeway of life.  
We don't have time to change or think about our consequences.  
My vacation is coming up.  
I've planned this for a long time.  
I don't have time to think about this.  
What a waste of time!  
Ponder this over.  
Maybe we got this picture backward.

## Diligence

The definition of diligence is as follows.

noun

careful and persistent work or effort.

Similar:

conscientiousness

industriousness

rigor

rigorousness

One must be diligent to have a healthy mind.

A person never can rest on your laurels.

Curveballs will always be thrown your way.

You will stumble and fall.

Just pick yourself up.

The goal is to quickly recover and go forth.

Nobody is perfect.

Yes, perfection lies inside.

Yet nobody is perfect.

We all make mistakes.

Laugh at yourself.

Have a great sense of humor.

Enjoy the ride.

Be like a little child.

Don't be so serious.

Yet be diligent in your actions.

Don't give up the ship.  
Just put your hand on the rudder.  
Persistent diligence will sail you home.

## Pliancy

The definition of pliancy is as follows.

adjective

bending readily;

flexible;

supple;

adaptable:

It seems like our society is cast in stone.

We are rigid in life.

We can't see the forest from the trees.

Society is not flexible to new ideas.

Therefore our minds and bodies are stiff.

It is not supple.

We hold on to dear life to our points of view on life.

Anyone who doesn't have our point of view is our enemy.

It seems to be getting worse in our society.

Some say the Capital Building riot was a walk in the park.

Despite hundreds of videos some still say no violence occurred.

Truth is fiction and fiction is truth.

Our mental state is solid as a rock.

Mind you that's not a good state of mind.

In that state, it's impossible to be supple, flexible, and adaptable.

Humanity doesn't look at a person's state of mind.

The media only looks externally not the other way around.

Maybe it's about time to look seriously at the inner video game of life.

Currently, we are stuck at the chaos level with no end in sight.  
Our mental chaotic state causes the world at large to be chaotic.

We are far from having a human society.

The word human means divine mind.

Man means mind.

We haven't even come close to training our minds.

Looks at the world around us and the world is spinning out of control.

Yet the inner jewel exists inside of you.

It's always been there, my friend.

Why are we in apathy when the solution is staring us in the face?

Master the video game of life and you will be a happy camper.

## Conscientiousness

The definition of conscientiousness is as follows.

: the condition or quality of being conscientious

The secret to happy, healthy adulthood is learning early on to deal with disappointment and developing character traits—persistence, curiosity, conscientiousness, optimism, and self-control—to surmount it.

– Deanna Pan

Not surprisingly, they have found that people are blessed with innate conscientiousness, meaning that they are organized and predictable, typically eat better, and live longer than disorderly people.

– Gretchen Reynolds

This trait is an incredible trait to cultivate.

When a person is conscious of his actions his life blooms like a flower.

His actions come from his heart and wisdom within.

Most of humanity is driven by the subconscious mind.

Over ninety-five percent of our actions come from it.

One can be innocent as a child and have great wisdom.

Great wisdom comes from discovering the jewel within.

A conscientious person blames no one for his problems.

His mind is calm and peaceful.

A person who hasn't developed this trait tends to live life out of control.

This person tends to grasp at straws.

It's like the engine of life is backfiring.

The spark plugs are not in sync.

Life is extremely challenging.

Remember the more you pay attention to something the more attention it will pay to you.

This trait can be cultivated over time.

Life is free-flowing yet we must pay attention to our thoughts and actions.

In every moment we must fine-tune the guitar of life.

To be an incredible guitar player one must make a great effort.

To master the guitar of life we must practice every moment.

Mind you this takes an innocence of a child to do.

Yes, this is a paradox.

Life has many paradoxes.

Ponder this over.

It can and will take you far on this journey of life.

## Non-harmfulness

The definition of Non-harmfulness is as follows.

benign

harmless

innocuous

inoffensive

safe

non-dangerous

non-injurious

The intention is to create a safe and harmless environment for all.

There is a thread of love tying us all together.

When a person connects to this thread automatically a person's awareness is non-harmful.

One recognizes that in reality, we are all the same.

Yet when we focus only externally we can't see the true vision in life.

We create separation.

From a state of separation, we tend to get violent.

Anger is among this land.

For many people, anger is the norm.

Many people think it's funny to flame the other person.

They get a kick out of it.

Yet that is a violent act.

When we create division on purpose we are adding gasoline to the fire of life.

Many wise men understood this principle.

Unfortunately today it's a ghost shadow.

It's like we remember this concept but it is so far away from our mental reality.

It's like a silent whisper in the hurricane winds of the mind.

Presently it's very hard to hear.

We get bombarded with worldly and chaotic affairs of the mind.

Usually, the loudest gets paid attention first.

A silent whisper never gets paid attention.

I say common sense is uncommon.

Violence has hit the mainstream for a very long time.

The truth has been distorted.

Take the Capital Building riot.

Some say it was simply a walk in the park.

Truth has become fiction and fiction has become truth.

For many Americans, they are fading away from the truth.

The more you say this the more you will believe this.

## Aggression

The definition of Aggression is as follows.

noun

hostile or violent behavior or attitudes toward another; readiness to attack or confront.

Similar:

hostility

aggressiveness

belligerence

antagonism

militancy

warmongering

warlikeness

violence

attack

assault

encroachment

offense

invasion

infringement

Where do all wars start?

They start from the aggressions of the mind.

Every single war has started that way.

An aggressive thought turns into aggressive action.

Mind you it doesn't take too much.

A leader could have had a bad night's sleep.  
It's as simple as that.  
The snowball starts going down the hill.  
Before you know it's out of control.  
The increased anger state of mind leads to aggression.  
Mind you clarity has done an exit stage left.  
Snagglepuss has left the stage.  
The mind is in a chaotic state.  
Presidents have said my button is larger than your button.  
They were talking about nuclear weapons.  
Mind you that is a scary thought.  
Why don't we vote for Presidents who have stable thoughts?  
You would think we would have learned our lessons.  
Apparently not.

## Vindictiveness

*The definition of vindictiveness is as follows.*

disposed to seek revenge : VENGEFUL

intended for or involving revenge

intended to cause anguish or hurt : SPITEFUL

We have seen plenty of this lately.

How can we ever vote for a President whose very false nature is this trait?

Mind you I said false nature.

Our true nature is love and compassion.

Yet when it comes to politics, ethics and morals have gone out the door.

America seems to lost its moral compass.

Anything to stay in power is the norm.

Cheating, lying, and stealing are the norm.

Why do we seem to embrace this trait in America today?

Even some Christian groups said that God chose the previous President to be the chosen leader.

That's a heavy pill to swallow.

Where did kindness go?

It seems like playing mind games and being vindictive is the norm.

Even people who tell the truth are being prosecuted by their own political party.

I have never seen that before yet we see it happening today.

Someday we will look at the past and we won't believe how barbaric these times were.

Look I'm not placing political values.

I'm placing human values.

There is a big difference.

The ex-president mocked so many people that we became immune to this.  
In the past, just one of these mocks would have been controversial for years.

Now it is just standard in our daily life.

An ignorant and dark mind embraces vindictiveness.

Not an ounce of emotional and mental maturity.

They never left their childish games.

We are here to transform.

Without transforming we are lost in our ways.

Tick tick goes the clock.

You are part of the solution.

Where do you want darkness or light?

It's as simple as that.

## Concealment

*The definition of concealment is as follows.*

noun

the action of hiding something or preventing it from being known.

Similar:

hiding

secretion

cover

hiding place

secrecy

keeping secret

keeping hidden

hushing up

covering up

cover-up

suppression

disguise

camouflage

whitewash

We all tend to conceal our faults to people.

We saw it's human nature yet we are divorced from nature.

A wise man learns not to hide from anything.

We have lived our entire life like leaves blowing in the wind.

Consequently, we hide our imperfections.

If we would just embrace our imperfections we could use alchemy to transform ourselves.

Remember everything is energy.

Energy can be transformed into something else.

When we embrace the things we are hiding it goes from darkness to light.

The pain of hiding something disappears.

The knot in the stomach goes away.

Just think one small match can lite up an entire room.

You can transform any darkness inside of you.

Just embrace it and release it.

Make darkness your friends.

Don't hide from anything.

This is the way to heal oneself.

## Spite

*The definition of spite is as follows.*

noun

a desire to hurt, annoy, or offend someone.

Similar:

malice

maliciousness

ill will

animosity

hostility

antagonism

resentment

malevolence

venom

evil intentions

hate

vengeance

nastiness

mean-spiritedness

None of these characteristics are positive.

We don't want to be around people who have them.

Some people's nature is full of spite.

We had a recent president who took great pleasure in it.

Many wars have been started due to man's spite for one another.

Spite comes from a dark and undisciplined mind.

When satisfaction comes from hurting, annoying, or offending someone this person has lost his moral compass.

Our nation currently has a cloudy vision.

When truth becomes fiction and fiction becomes truth we are lost.

When we have leaders who use spitefulness in everyday life it becomes common and the norm.

We then have people who think it's ok to be spiteful.

This circle goes round and round spinning out of control.

We then tend to believe it's a positive state of mind.

We think it's normal.

## Jealousy

*The definition of jealousy is as follows.*

jealous resentment against a rival, a person enjoying success or advantage, etc.,  
or against another's success or advantage itself.

mental uneasiness from suspicion or fear of rivalry, unfaithfulness, etc., as in love  
or aims.

vigilance in maintaining or guarding something.

a jealous feeling, disposition, state, or mood.

Jealousy will never take you far in life.

It will make you bitter towards your fellow man.

One will think that life is not fair.

One thinks the grass is always greener on the other side.

Nothing good about being in a state of jealousy.

It's a heavyweight we place on our shoulders.

Over time one's perception of life is a jealous nature.

We do incomprehensible things.

Yet we don't have clarity.

Jealously taints the mind.

It's like a shapeshifter.

Unfortunately, we aren't aware of what we have become.

It becomes a part of our nature.

An unruly mind can become a jealous mind.

A clear mind filters out jealousy.

A person may have a jealousy thought yet the mind doesn't pick it up and act on  
it.

We must always pull out our weeds within.

Jealously has never helped humanity.

## Miserliness

*The definition of miserliness is as follows.*

noun

excessive desire to save money; extreme meanness.

"the party earned a damaging reputation for miserliness by cutting pensions"

Similar:

avarice

greed

stinginess

tightness

cheapness

Around 2025 it is calculated that Jeff Bezos will be worth one trillion dollars.

Just think with all that money you can be a miser.

I can guarantee that his employees won't see the light of day at that money.

The more one has the more money one wants.

It's like a ghost drinking a bottle of whiskey.

He will never get a drop.

Many people are on the treadmill and can't get off.

Being a misery is a state of mind.

Nothing can satisfy you.

You can buy all the adult toys you want.

A miser only thinks about himself.

He will never think about others.

Consequently one will live an unhappy life.

There are no two ways about that.

When the mind is extremely obsessed with this state, unhappiness is the result.

When I was in India many moons ago many poor people would serve you an  
incredible meal.

Mind you they didn't have much.

Yet they loved humanity.

Most people do.

A person who is a miser lost that a long time ago.

We have seen many people in the news who have great power and wealth.

Yet they have lost touch with humanity.

They have forgotten the thread of love tying us all together.

## Pretension

*The definition of pretension is as follows.*

adjective. characterized by assumption of dignity or importance, especially when exaggerated or undeserved:

a pretentious, self-important waiter.

making an exaggerated outward show;

ostentatious. full of pretense or pretension; having no factual basis; false.

wants to pretend that one possesses qualities one does not possess.

acts as a basis for the establishment of the wrong livelihood and as a cause for engaging in lying.

In another word, one is full of himself.

This exaggeration will lead to lying.

We had a recent President who lied over 35,000 times while in office.

I find it fascinating how political parties drop their morals and ethics when in power.

Yet if the other party did the same actions they did all hell would break out.

We are a fragmented nation.

We tend to do anything to stay in power.

That means we can cheat, lie and steal.

Most people know that our ex-president lied yet they know by continuing the lie will create uncertainty.

From this, the Capital insurrection occurred.

Months later many said this event was a walk in the park.

They know they are lying.

Yet truth has become fiction and fiction has become truth.

Our nation is walking on quicksand.

One small incident could cause the entire ship to sink.  
When fiction becomes truth, this is a sign that we are going the wrong way for  
the nation.

## Dissimulation

The definition of dissimulation is as follows.

noun

concealment of one's thoughts, feelings, or character; pretense.

"an attempt at dissimulation"

Similar:

misrepresentation

deceit

dishonesty

lying

shamming

faking

hypocrisy

Sounds very familiar.

Especially in today's world.

Spinning the truth comes to my mind.

We see this all the time.

Some media channels are great at this.

Whatever happened to just presenting the news in an unbiased manner?

That my friend has been gone for decades.

This is a common occurrence today.

Nobody truly knows the exact truth.

It has been stretched or fabricated in some way.

How can a common person decipher the truth when it has been spun?

No wonder such chaos exists today in this world.

When our news turns into dissimulation we are lost.

Common sense becomes uncommon.

Truth becomes fiction.

Fiction becomes the truth.

That is a scary thing.

## Haughtiness

*The definition of haughtiness is as follows.*

noun

the appearance or quality of being arrogantly superior and disdainful.

"her air of haughtiness"

Similar:

arrogance

conceit

self-importance

egotism

sense of superiority

boasting

condescension

scorn

mocking

sneering

scoffing

snootiness

What is it about the computer that the rise of haughtiness arises?

I have noticed this for over 35 plus years.

When teaching or explaining to someone we get haughty to the other person.

It seems like when we know something and the other person doesn't get it we get haughty.

Mind you we have been in the same shoes as the other person.

I find this fascinating.

I still stumble and fall over this one.  
It's embedded in my subconscious.  
At least I'm aware of it.  
That's a good place to start.  
Some weeds are harder to pull than others.  
A change in the state of mind is needed.  
The result of the trigger must be nullified.  
One must develop compassion in every moment.  
When the trigger gets pulled again one can be in an inner state of mind.  
I call this being in the center of the hurricane.  
I'm talking to myself here.  
This path is a practical path.  
We can learn and grow in each moment.

## Harmfulness

*The definition of Harmfulness is as follows.*

the fact of causing damage or injury to somebody/something, especially to a person's health or to the environment

I remember this incident in fifth grade.

Bill and I were selling boy scouts tickets.

We were at the dock.

Bill suddenly said there was a kitten in the water.

I rescued the kitten.

The owner of the house gives me a five-dollar reward.

I have a hunch that Bill threw the kitten in the water.

What is it in humans that we like to cause harm to another sentient being?

Mind you this is a minor incident but the poor kitten could have drowned.

Somehow this incident was told about through my school.

My teacher asked me about it and I told her the story.

A classmate stood up and said I was wrong to accept the money.

A true boy scout never accepts a reward for his actions.

I never hear that one before.

I pray that someday humanity will wake up from our slumber.

There is so much harm going on in this world.

Yet the majority of people are kind and compassionate.

It just takes a few rotten apples to spoil the batch.

Even rotten apples have precious seeds within them.

Maybe it's time to discover our precious seeds within.

## Shamelessness

*The definition of Shamelessness is as follows.*

lacking any sense of shame: immodest; audacious.

insensible to disgrace.

showing no shame.

When truth becomes fiction and fiction becomes truth it is a sad day for America.

Many of our leaders have no shame.

When many leaders say that the capital riot was a walk in the park despite the video evidence have they any sense of morality?

Many laws are being passed to stop certain groups from voting.

Half the population believes the past election was rigged.

The ex-president has raised over 100 million dollars from this falsehood.

I could go on and on.

It seems like common decency has faded away.

To stay in power despite any morals and ethics is the norm.

Yet the ones in power if the other side did the same thing would be up in arms.

All great civilizations' downfalls occur when common decency has left the arena.

What's left is only power moguls who could care less about you.

We even have the media that will spin the truth.

We are on the verge of falling apart at the seams.

Yet we think our country is not in jeopardy.

The signs are all around us.

We are so locked into I'm right and you're wrong.

Remember America needs the left-wing and right-wing to fly.

## Dullness

*The definition of dullness is as follows.*

not sharp; blunt:

causing boredom; tedious; uninteresting:

a dull sermon.

not lively or spirited; listless.

not bright, intense, or clear; dim:

a dull day; a dull sound.

Our minds need to be sharpened.

Our society today is demonstrating that we don't have sharp minds.

Note we can't even get along with each other.

Truth is fiction and fiction is truth.

We need to learn how to sharpen our minds.

We can't see the brilliance within.

Yet we think we have all the answers.

When the mind, body, and soul are not in balance chaos exists internally and externally.

We think everything is ok.

Some people even think the Capital Building riot was a walk in the park.

All the great masters said to cultivate the mind.

Instead of listening, we like the weeds that we have grown.

I have friends who get a kick at flaming others.

To the delight of their friends, they love to see this.

They enjoy mocking and putting down others.

If we as a society want to advance we must sharpen our minds.

Yes, it does take time and effort.

It's so easy to flame someone.

The hardest thing to do in the universe is to conquer your mind.

## Afflictive

*The definition of afflictive is as follows.*

adjective

characterized by or causing pain, distress, or grief; distressing.

Pain and distress are all around us.

Just look at the pandemic today.

So many people have lost their loved ones.

They are grieving every single moment of the day.

Many more will die.

Is there an end in sight?

My heart goes out to all.

As a nation, we can't even stand together.

I have my rights while thousands are going to the hospitals every single day.

We as a nation have lost our moral compass.

Even some of our so-called leaders are spreading such lies.

The right-wing and left-wing must be united to fly.

We must all unite and see our differences as blessings in disguise.

We are a melting pot.

We have forgotten that.

We all came from somewhere else.

Why do we hold on to our beliefs that's it my way or you are wrong and evil?

Where did having a different point of view mean you have to hate the other person?

If we were united as a nation the pandemic would be long gone by now.

There wouldn't be so much unnecessary grief upon the land.

## Non-faith

*The definition of Non-faith is as follows.*

does not have admiration for, and does not aspire to virtuous phenomena.

Maybe just maybe this is the source of the problem.

Humanity doesn't believe that this exists inside of them.

These are mere stories.

Otherwise, I would have known by now.

When we think this is all fantasy we tend to brush it off.

For generations, the world has not found the jewel within.

Most people have never looked for it.

Science is proving today what wise men have said in the past.

Science and the world of mystics are slowly melting together.

You are your own chemistry set.

Science has proven that.

Learn to be more open.

You are the universe.

You just don't know it.

Modern-day scientists have proven that today.

## Laziness

*The definition of Laziness is as follows.*

noun

the quality of being unwilling to work or use energy; idleness.

"it was sheer laziness on my part"

Similar:

idleness

shiftlessness

inactivity

inertia

There is a huge difference between being lazy and one who has discovered the jewel within.

A lazy man does nothing yet his mind is extremely active.

One who has discovered the jewel within lives in the center of the hurricane.

Huge difference.

One tries to escape from this world while the other has his feet on the ground and his head in heaven.

At times being lazy is a reflection of our state of mind.

We are lethargic and have no energy for life.

Life has no meaning or purpose.

In this state we are idle.

The engines are running yet we have the car in park.

If we do this too long we are running on gas fumes.

One who has a purpose in life is constantly filling the car with gasoline.

He will never have to worry about running out of gas.

### Non-alertness

The definition of non-alertness is as follows.

Not fully aware and attentive;

Not awake

I find it fascinating that we think we are awake.

Yet we don't know who we truly are.

We live our entire life unaware of our true nature.

When the wise men of the past said you are the universe.

You just don't know it.

We simply blow them off.

Even when modern-day scientists say the same thing we still refuse to accept this fact.

If quantum energy exists beyond time and space then that means it exists inside of you.

If even your thoughts are energy and your body is energy who are you?

What is keeping you alive?

What is the power behind your breath?

## Distraction

The definition of distraction is as follows.

noun

1.a thing that prevents someone from giving full attention to something else.

Similar:

diversion

interruption

disturbance

intrusion

interference

obstruction

hindrance

2.extreme agitation of the mind or emotions.

Similar:

frenzy

hysteria

mental distress

madness

insanity

wildness

Hum these sound like current symptoms in our society today.

I've been on this planet for many moons.

I can't ever recall a moment when chaos is so prevalent in our society.

We are so distracted from the truth.

Yet millions of people are waking up from their slumber.

They are saying enough is enough.

For peace to be on this planet, you must have peace inside of you.

One can live in heaven and still have his feet on the ground.

That my friend is probably the most practical thing you can do.

The jewel within is the source of wisdom that is needed in this world.

You need this jewel.

When this jewel leaves you it will bury you in the ground.

It's as simple as that.

## Regret

The definition of regret is as follows.

verb

feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity).

Similar:

be sorry about

feel apologetic about

feel remorse about/for

have a conscience about

blame oneself for

mourn

noun

a feeling of sadness, repentance, or disappointment over something that has happened or been done.

We all have things we have regretted doing.

That's part of life.

Yet we can learn from our mistakes.

This is how we grow and learn.

Life might be boring if no obstacles are thrown our way.

Maybe that's why there is a duality in all things.

We are playing the most challenging video game ever.

It's called life.

We have the opportunity to gather wisdom along the way.

Furthermore, we can learn how to laugh at ourselves.

Humor is the greatest medicine for the soul.

Humor is a way to connect to the jewel inside of you.

It is a heightened state of awareness.

Humor allows us to dissolve our regrets.

Been there done that.

We then can see the actions that caused such regret and not get affected by the trauma it caused.

We can laugh at the situation in a good way.

Regret has transformed into gratitude.

The situation can't be changed but you can let go.

## Analysis

The definition of analysis is as follows.

noun

1.detailed examination of the elements or structure of something.

"statistical analysis"

Similar:

examination

investigation

inspection

study

scrutiny

exploration

probe

research

inquiry

evaluation

interpretation

2.short for psychoanalysis.

"other schools of analysis have evolved out of the original disciplines established by Freud"

The Greeks were outstanding at this.

This was the golden age of man.

Unfortunately few people today use this.

It's almost like a forgotten art.

Most politicians lack this virtue.

We must all take responsibility for acquiring this trait.

If we all did this we could tremendously reduce the chaos in the world today.

## Non-conscientiousness

*The definition of Non-conscientiousness is as follows.*

### Antonyms

cutthroat, dishonest, dishonorable, immoral, unconscionable, unethical, unjust,  
unprincipled, unscrupulous

Hey, this sounds like some current-day politicians today.

In some sense, many millions of Americans have no problems with these  
characteristics.

As long as their party is in power anything goes.

Yet if the opposite party has the same qualities all hell will break out.

Whatever happened to human decency?

## Forgetfulness

*The definition of Forgetfulness is as follows.*

noun

lapse of memory.

Similar:

absentmindedness

amnesia

poor memory

a lapse of memory

vagueness

My friends, we have forgotten who we truly are.

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

That is the truth.

You are magnificent.

Yet we all have amnesia.

We come unto this world with full awareness.

Slowly it starts to dwindle.

At some point, it simply vanishes.

We may have flashed at some point in time.

Yet even then we are too busy to see.

We have shut down.

This is the state of the world today.

The world is in chaos.

It doesn't seem like a way out of this mess.

But there is a way.  
Find the inner jewel inside of you.  
This will lead you home.  
It's as simple as that.  
We spend most of our time in our minds.  
There must be a mind, body, and soul connection.  
You can solve this riddle.