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Once upon a time, there was the land of Draconis the land of dragons.

All story tales start with once upon a time. I started this once upon a time yet I'm going to have to change what I said.

In the world of dragons, there is no time and no space. This world has been existing for literally trillium of years.

Way before our universe has even been conceived the world of dragons existed.

Our universe is only around 15 billion years old give or take a few billion years.

The dragon world has been around for trillions and trillions of years.

Our present-day universe is only a blink of an eye in eternity.

Many people say this is all fiction. This is all a figure of your imagination. This is coming from your subconscious mind.

Did you know your subconscious mind runs the show in your life? 95% of your actions are dictated by your subconscious mind.

It is literally running the show and yet we think we are running the show.

My brother John and I were discussing the dragons. Even Carl Young put his two cents in and said that dragons are an archetype symbol for humanity.

My twin brother John chipped in and said dragons are the symbol of enlightenment. I like that. I'm going to steal that.

Just think about this. The entire universe and the entire creation are going from darkness to light.

Everything is changing and morphing. Civilizations come and go. They disappear like the thief into the night.

The same challenges we have of going from darkness to light the dragons had many many moons ago.

They went through there tumultuous times. They almost destroyed themselves.

Just take a look at my book dragon tales and see the transformation of the dragons going from darkness to light.

The western dragons never changed and never matured and therefore in the end they were shot down one by one by the dragon hunters.

In the east dragons is a precious symbol that can be seen throughout the far East. Dragons represent hope for mankind.

Can you imagine if you were created trillions of years ago and you practice the art of meditation and self-reflection for trillions of years?

What kind of wisdom do you think you would have? You would be humble because you know you can never rest on your laurels.

One must be humble in the face of the vast universe.  
Many of the great masters were trained by dragons trillions of years ago.

It's funny you've been trained by a dragon for trillions of years and yet you are born on planet Earth. It is almost like you have to start all over again in your learning process.

I find that quite fascinating. The great masters learn how when they go to sleep to go to the world of the dragons and simply rejoice in the silence that is there.

Modern-day scientists would probably say this is the quantum field. In that field are perfect peace and perfect bliss!

Each one of those great masters had vast problems to face during their day.

Mankind truly doesn't like someone to recommend to them how to improve their lives.

The theme don't tell me what to do is prevalent. This is still true today.

At times you could use the state of the chaotic world to your advantage. I have been there and I have done that.

When one sees this world as chaotic one looks for a way out of the situation.

The cabalist says to have your feet on the ground and your head in heaven.

This is what the dragons teach. It is the same thing trillions of years ago and today.

Mind you they didn't have the means to create things with their arms. But they did have the means to create anything with their minds.

The mind is either your best friend or your worst enemy.

Currently, in the world, I would say it's our worst enemy. I look at the state of the affairs today and it doesn't look good.

Yet I also see the other side of the coin. Millions of people are waking up from their slumber.

These are exciting times. Even if you believe in dragons or not, that is not the point.

The point is you are the piece of the puzzle.

If you want this world to change for the better, you must become part of the solution.

You are either the problem or the solution.



You can't sit on the fence any longer.

The world is going through extremely difficult times. We must learn the principles of being in harmony with the earth and the universe.

We must stop being consumers of this land and be protectors of the land.

We are sawing off the branch we are sitting on. We are oblivious to the actions that we take daily.

We are in the video game of life and yet we don't even know this game exists.

The dragons and the Great Masters have been playing this game for trillions of years.

You have been playing this game for trillions of years.

The sad thing is when you come down to earth you forget all the knowledge and wisdom and play the silly game of life.

One gets so involved in the video game of life that they forget the jewel exists inside of them.

This game is quite easy to play if you know the rules and you practice them daily in your life.

What an opportunity to connect to the source that is keeping you alive.

Welcome to the world of dragons. You are blessed if you embark on this precious journey.

I admit I'm not your normal writer. I don't plan exactly what I'm going to say.

To be honest, I think I'm quite unorthodox and think outside of the box.

My goal is hopefully to inspire you to look inside for the precious jewel.

I try in so many different ways. Just think all it may take is just one story that will help you wake up and see the forest from the trees.

Mankind is in a slumber and doesn't know it.

A conventional book in my eyes has a hard time awaken up humanity.

Behind the words lies the experience that you are looking for.

It's not the words that will unlock your door. Only you can unlock your door.

Carl Young knew there are archetype symbols that hold the keys to opening up the subconscious mind.

These writings are meant to help you and assist you in this matter

As I've said many times before the same processes, the dragons did trillions of years ago are the same today.

We are going from darkness to light

You are the piece of the puzzle. Nobody else has your piece of the puzzle.

You are either the solution or the problem.

What do you choose?

It's up to you to answer that one.

You can't sit on the fence any longer.

The ship of life has a huge hole in it and water is coming into the boat.

What are you going to do?

Many people are simply texting on the freeway of life and are oblivious that the ship is sinking.

Hopefully, these kids' books may inspire you to look for the jewel within.

They are not just mere stories. There is a meaning behind them.

Unfortunately, we live in a world of apathy and most of us aren't even interested in finding the jewel within.

## Dragon tales

Dragon tales is about the creation of Shambala. Everyone has heard about the mystical city of Shambala. This e was located in the mountains of Tibet.

There was a time when there were over 2 million dragons and humans living together in perfect harmony.

It wasn't always that way. This is the transformation of the dragons going from darkness to light.

The story begins in Great Britain. It sort of begins where our civilization is today.

Chaos is all around. Come and listen to the story. You will get great wisdom from it.



[PDF](#)

Once upon a time many, many moons ago lived the dragons. They lived where the British Isles are today. Now, these dragons weren't exactly nice. They were mean. Dragons in the past were kind and caring. Yet over time, they lost that awareness.

It may seem strange to us but they love to bicker and quarrel. They loved to be angry. They love to create war. That was their form of excitement.

This went on for thousands of years. You see dragons can live to a dear old age. These dragons caused a lot of discomfort in the countryside in the British Isles. Imagine waking up at 3:00 in the morning and seeing your precious cow taken away by the dragons.

Man would hide all valuables and jewels. The dragons had a sixth sense to find them and steal them.

It was true that dragons loved to hoard their wealth. Unfortunately, they couldn't do anything with them. They just loved to sit in their caves and sit on their wealth.

Greed came upon them. They didn't know how to share. Consequently, there was a lot of fighting against one another. It seems like their life was miserable. There was no contentment in their life. No happiness or kindness. Not even love.

All of the dragons were in the same empty boat. They were like ghosts where nothing could fill them up.

No wonder man was fearful of the dragons. They were horrible beings. They were up to no good. Man had good reason to be wary of them. During the crusades, man had the weapons to start fighting the dragons. It was not a glorious time for man and dragons.

## You are Stardust

This came from Dr. David Hamilton.

<sup>1</sup>Every atom in your body was made in a star!

That means those that make your heart, brain cells, skin, hair, teeth, bones, even the air you breathe, plus those that compose the trees, dogs and cats, rabbits and horses, lions, tigers, and bears, Oh my!; plus the insects, birds, fish, roads, buildings, and cars. The basic components of everything within you and around you were made in a star and you are deeply connected to all of it. Your body is the remnants of a star after it took its last breath.

Stars begin their lives as invisible clouds of mostly hydrogen. The atoms of hydrogen are gradually pulled together under gravity and squashed together to form helium, the stuff that makes balloons go upwards and that makes your voice squeaky. This is nuclear fusion. It releases vast amounts of energy; so much, in fact, that the star essentially ignites, like a large cosmic match being lit.

But while it burns, more and more atoms are squashed together, eventually forming heavier elements like carbon, nitrogen, oxygen, silicon, and iron, and even larger stars produce gold, silver and platinum.

And just as a log fire goes out when it uses up its fuel, so stars do the same. They burn for usually millions or billions of years, and when all of their fuel is expended many of them blow up (a supernova) and the carbon, nitrogen, oxygen, silicon, iron, gold, silver, platinum, and all the other elements are blasted into space as stardust.

Eventually gravity draws this stardust together to form planets like the Earth. Everything on Earth, from rocks, stones, water, crystals, to all living things like people, animals, insects, birds, fish, grass, trees and flowers, is made of this stardust. Every atom of your DNA is stardust. Every atom in your skin, blood, and bones is stardust. Every atom of the oxygen you breathe is stardust.

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<https://drdavidhamilton.com/you-are-made-of-stardust/><sup>1</sup>

You are an intimate part of the whole universe. You are made of stars. The universe gave birth to you and you contain its essence within yourself. You might say that you are a form that the universe is currently taking.

And you are deeply connected with the whole universe in another way. The phenomenon known as entanglement shows that when two particles or fields interact, they remain connected no matter how far apart they are. This is also true of particles and fields that were created at the same time. Cosmologists believe that all particles and fields were created about 14 billion years ago in the big bang and thus all particles and fields are connected today.

That is, although it doesn't look like it or feel like it, you are connected to – entangled with – the entire universe.

In the deepest way, you are connected to a leaf on a tree, a stone in a garden, a raindrop, other people – your loved ones, friends, colleagues, and even your enemies – to animals, plants, insects, birds and fish, to a crystal of ice on one of Saturn's rings, and even to a piece of dust on the surface of a planet in a galaxy far, far away.

Anyway, just something light to ponder.



[PDF](#)

Hi Kids. Let's gather around the campfire. Wow, look at the millions of stars in the sky. Did you know that you are stardust? You came from the stars.

Here's the kicker. You are the universe. You just don't know it. Your true nature is kindness. Your true nature is love and compassion.



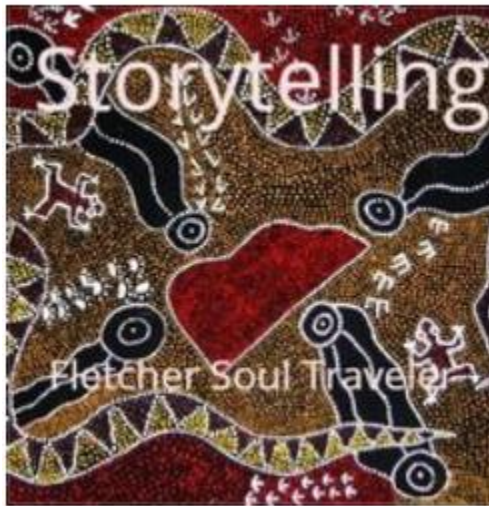
## Storytelling

Come and sit by the campfire. The story is just about to begin.

These stories have been told for eons. Storytelling is a way to connect to the the jewel that exists inside of you.

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

Listen to these stories with an open heart and you will see the jewel exists inside of you.



## PDF

These stories are meant to be pondered over. They are not just stories. There is a meaning behind them all.

This is the definition of the word ponder.

*verb*

1. think about (something) carefully, especially before making a decision or reaching a conclusion.

"I pondered the question of what clothes to wear for the occasion"

*synonyms:* think about, [contemplate](#), [consider](#), [review](#), reflect on, mull over, meditate on, muse on, deliberate about, cogitate on, dwell on, brood on, ruminate on, chew over, puzzle over, turn over in one's mind, [overthink](#)

"she had time to **ponder over** the incident"

## Surfing Tales

Little Ricky and little Johnny loved to surf.

Just think even on Draconis the dragons knew how to surf trillions of years ago.

Surfing connects one to the ocean of life.

Quite frankly, there are no words to express the incredible sensation of riding a wave.

The ocean is conscious and alive.

Many surfers are just skimming the surface and texting on the freeway of life.



[PDF](#)

We are all surfers in the ocean of life. Each of us is riding the waves in our own unique way. This book Surfing tales is my own journey in learning how to surf with life. In this book, I'm going to talk about many different experiences. I will pay tribute to my fellow surfers who are no longer with us. I will talk about my journeys both outward and inner.

I feel so fortunate to be alive. This life is an incredible blessing. This book talks about my major joys in life. They are surfing and meditation. These are hobbies for me.

I hope you enjoy this book. Some will probably like it while others may ho-hum it. We are all so different yet we are the same. That's a paradox. Yes, life is a paradox. The older I get I see that our intelligence will never go far. It's only when we combine intelligence and the heart can we understand the secrete of life.

So I hope you enjoy riding this wave.

[Gaia](#)

This is mother Gaia. I have a few messages I would like to share with you.



[PDF](#)

You know me but you don't know me. I have many names. Some call me Gaia. Some call me Mother Nature. Some call me Pachamama. You have forgotten your connection with me. There was a time when you were in harmony with me. Nowadays you have forgotten who you are and the connection you have with me.

I am the mother of all on this earth. Many of the indigenous people around the world still have a connection with me. You call them primitive yet they are highly advanced.

You may have advanced technology yet your spiritual and emotional growth is stunted.

### [Swan Tales](#)

What if I told you you are a swan? You are magnificent. You are a wonder.

Listen to these stories and realize the meaning behind them.



### [PDF](#)

These stories are meant to be pondered over. They are not just stories. There is a meaning behind them all.

This is the definition of the word ponder.

*verb*

2. think about (something) carefully, especially before making a decision or reaching a conclusion.

"I pondered the question of what clothes to wear for the occasion"

*synonyms:* think about, [contemplate](#), [consider](#), [review](#), reflect on, mull over, meditate on, muse on, deliberate about, cogitate on, dwell on, brood on, ruminate on, chew over, puzzle over, turn over in one's mind, [overthink](#)

"she had time to **ponder over** the incident"

## From Me To We

We are going from darkness to light. We are going from me to we. When a civilization like us lives in the state of awareness of only me, chaos exists all around.

When a civilization matures and becomes, we heaven will be on earth.



## [PDF](#)

Just got up. It's 2:22 in the morning. I'm pondering the meaning of "from me to we". It seems like man has been living in a dream for so long. At times it has been a nightmare.

At times it's been a beautiful dream. Man has been repeating the same actions for thousands of years. They constantly repeat themselves.

Why does man continue to fight wars? Wars have never solved anything, yet we continue to this day. Each century our weapons are more sophisticated. Today we have weapons that can destroy the world 100 times over. Yet we still are on the lookout to create even more destruction.

I love to watch the geese and ducks fly in the sky. My wife and I love it. They fly in incredible formation and can change and morph into many different patterns on the fly. They are in sync with nature. It seems like they are united and flying as one.

I think man's problem stems from the fact we are so identified with him. My nation is better than your nation. My religion is better than yours. I'm going to heaven while you are going to hell. God is on my side not on your side. It's all me, me, and me.

Currently, we have a President who loves to divide the country. He gets a big kick out of this. He tweets whatever comes to his mind.

He has no ethics whatsoever. You see when you aren't aware of your true nature you act in ways that aren't in harmony with the universe.

For example, why don't we elect leaders that are kind, loving, and compassionate? Some are. Yet our political system is in shambles. We are divided.

Our political system is at a standstill. Nothing can get done. Blame is put on both sides of the parties.

You see our mentality is us versus them. We have been this way for thousands of years. Emotionally man has been stagnant for ever so long. Yet we have progressed in technology.

Thousands of people have tried to make this world a better place. The spark of the universe lies inside.

This book is about how we can transform from me to we. I believe this is our answer. All the great masters talked about this in their beautiful ways.

## Once upon a time

Once upon a time. Don't know about you but every time I heard that I would always love to listen to what comes next.



[PDF](#)



I remember as a kid sitting in a classroom and chaos being all around. All the kids were chattering and being distracted by each other.

Yet when the teacher sat down on a chair and opened a book and said the following once upon a Time that's all it took to get the students to calm down and listen to the story.

What is it behind the words once upon a time that can do such a tremendous shift in awareness? This phrase has been used for thousands of years. Many cultures have the same meaning yet different words.

Each time we hear this phrase we are tapping into our true essence and yet we're not aware of it. Something so cozy happens to us. It's like we are transported to a place where there is a beautiful fireplace and a fire is gently sending out sparks of light that are mesmerizing.



We are sitting in a comfy chair and watching the flicker of the fire. At times the fire makes a popping sound that delights the soul. You really can't put words into this experience.

We all have the once-upon-a-time stories that lie within us. Mind you, this isn't the first time you are alive.

Since the dawning of creation, you have been around. We just think that the world around us is all that there is. When we hear the words once upon a Time something inside recognizes that and we respond even just for a few moments in time.

We settle down. We calm down. One small spark of the fire ever so gently comes to the surface.

Mind you, the more attention you pay to this the more attention it starts paying attention to you. We are so busy doing, that we have no time to just be. That is the crux of the problem. Stories are a way to tap into the true essence that lies within.



Each one of us is like raindrops different and unique. Yet a raindrop's goal is to merge into the ocean. That is its true nature. We think we are separated from each other.

That is the problem. We wouldn't have the problems that we have today if we truly experienced the unity behind all things. We get

so preoccupied with the external.



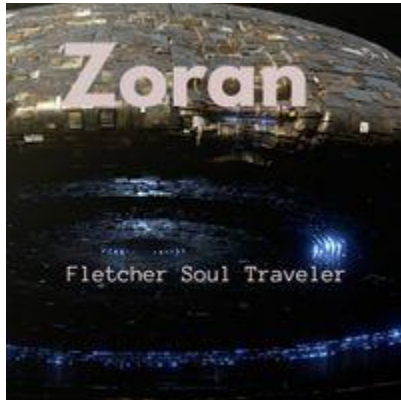
Come sit by the fireplace and simply relax. There's a story to be told. This story is a part of you. It may seem like someone else's story, yet the essence is the same.

Your soul is speaking to you. Your soul is so much grander than what you think. You are infinite. You are the universe and just don't know it.

Once upon a time.

## Zoran

Some friendships last forever. Some last beyond time and space. Zoran was one of these precious relationships.



## [PDF](#)

Imagination is the key to life. Let's take your imagination and expand it a little. Being like a child one has tremendous imagination. When you were a child, imagination was as natural as your smile.

You didn't get into the ugliness of being in your mind and losing awareness of your imagination. That only happens when you get older. It doesn't have to be that way.

For eternity, there have been beings who have promoted the journey from darkness to light. This is a sacred journey we are all on. This is not the first time to this rodeo. You may think that it is but it is not. You are the universe and just don't know it.

There have been billions and billions of incredible beings like you who have gone from darkness to light. They all have made mistakes just like you do. The motto of this video game is two steps forward and one step backward.

It's as simple as that. We are meant to make mistakes. That is how we learn and grow.

This book is about my friendship with Zoran. It's not an ordinary friendship. We have been friends for lifetimes. This is a story within a story. We are all involved in this story.

Unfortunately, most of the time we are only involved in our own life. We don't see the complete picture. We get so involved in our petty things.

How is it I have a friend on the other side I haven't seen in over 35 years? Yet my connection to him is stronger than ever. Zoran once told me that laughter is the best medicine.

When you laugh, it changes the molecular structure of your biology. You literally create happy cells. Anger creates angry cells which can lead to cancer.

I won't call this book The Life and teachings of Zoran. He probably wouldn't go as far as that. Zoran taught quite differently than many ordinary teachers.

When he was on stage he would have a treasure chest of toys. Alf was one of them. He would hand someone a toy and it would make that person a child again.

Somehow he believed in the simple power of transformation by being a child. We would always laugh and laugh when we were together.

At times he would say that we would have to bring our laughter down a couple of levels because it was getting too difficult for Makara to channel.

Believe it or not but Zoran had a mystery school on a planet called Nucleus. They had begun all over the universe coming to this school. They studied the mystery of the quantum field. It was quite sophisticated yet so simple.

They have a stargate where they could go anywhere in the universe. They also learned through meditation to travel anywhere in the universe in a second. One can never totally understand the mysteries of the quantum field. It is beyond time and space.

## Pointers

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I think the dragons would probably love the series of books on pointers to life.

The same principles that existed trillions of years ago are the same principles that exist today.

These are road maps that we can use to drive on the freeway of life.

Many people have no idea that there is a road to travel. Many people simply wander through life. There is a huge difference between a traveler and a wanderer. A traveler knows there's a destination he is going towards. A wanderer simply has no clue that there is a jewel to find inside themselves.

The dragons would be amused today to see the Monroe institute. 35 years ago it was on the cutting edge of scientific and spiritual knowledge.

It was highly sophisticated. Granted they did not have a stargate yet. Many of the techniques were developed thousands of years ago.

Not many people know about the Monroe institute and the great work that Robert Monroe did.

Little Ricky, wrote the book Keys to life over 15 years ago. It has never been edited properly. As a matter of fact, none of his books have ever been edited properly.

An author should never proofread his books. Well, that's the way the cookie crumbles in life.

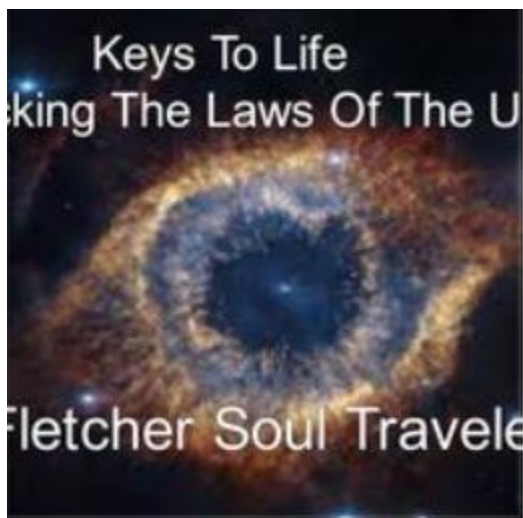
Hopefully, someday someone can help him in the process.

## [Keys to Life](#)

50 years ago there was no way I could ever write this book. I wrote this around 15 years ago. The thought came to me while I was sleeping.

I hope you enjoy this book.

It may help you on your journey in life.



[PDF](#)

[Keys to Life](#)

[Keys To Life](#)

[Keys To Life Part 2](#)

[Keys To Life Part 3](#)

[PDF](#)

Keys To Life

Unlocking The Laws Of The Universe

Practical Down To Earth Methods For A Better Life

A Law by definition in this book is like guidelines or divine qualities that exist that if you are in harmony with them the quality of your life in all areas will improve.

### [The Journey](#)

Maybe it's about time to see that there's a movie.  
projector projecting light upon the screen of life.

Most people take the movie so seriously they think  
that's reality.

The wise man turns around and sees there is a projector  
projecting light upon the screen.

This is the inner journey to discover the light inside  
of you.



### [PDF](#)

What if I told you the following? You are the universe. You just don't know it.  
Modern-day scientists discovering the laws of quantum physics are saying the

exact same thing. Many of them believe the universe is not a series of random events. These events didn't create life. Life itself created life.

You are the sun, moon, and stars walking around in a human body. You were never created nor will you ever be destroyed. Your body will die but you never will.

### Cosmic Advice

Just think the dragons would give the same advice trillions of years ago. This advice is just as pertinent today as it was back then.

We have the same kind of chaos going on on planet Earth as when the dragons went through their transformations

Nobody gets a free ride.







You may think do mystics and surfers have anything in common? Many people would probably say they're at opposite ends of the spectrum in life. Yet this is misleading.

Surfers and mystics are both on the same wavelength. Both of them are riding waves. The mystic rides the internal wave. The surfer rides the external wave. Most people don't know about inner surfing.

Modern-day quantum physicists are beginning to understand that there is an energy wave that is keeping the entire universe alive.

This same wave exists inside of you and me. In fact, quantum scientists would say you are the universe. You just don't know it. We were never taught this in schools.

The high and harmony that a big wave surfer is seeking lies inside of oneself. I say the spiritual path is the most practical path. You may say I disagree with that statement.

But the spiritual path occurs when one has his feet on the ground and his head in heaven.

The Taoists have been talking about being in harmony with the universe and the earth for thousands of years.

Surfers in general are seeking to harmonize themselves with the forces of nature. The mystic has been surfers in their own right for thousands of years. One does not have to live near the ocean. Life exists inside of them.

The way contains the wisdom of the universe.

Kabir once said everyone knows that the ocean contains all the drops. Yet only the wise man understands that the drop contains the entire ocean.

Inner surfing allows the surfer to connect and be in harmony with the infinite wave of the universe.

We were never taught this in our schools and our education systems. I would find it fascinating if surfers like Kai would learn how to inner surf in their daily lives.

The experience of being in harmony and the high of riding a huge wave exists 24 hours a day inside of us. This wave is perfection itself. It is beyond time and space. It is eternal. It exists in all dimensions seen and unseen. Before the universe was created, this pure essence existed.

Human beings are built with the hardware, software, and operating system put into place. Unfortunately, the computer is never turned on. Consequently, we don't even know our true nature.

We see only 1% of the light spectrum. We think we see at all with our two eyes. Consequently, we are losing out 99% of our true self and wisdom.

Meditation is the key that opens up the door to eternity. This is our true nature.

An individual can be both a surfer and a Mystic at the same time. Both are fine-tuning their crafts. When a surfer begins to learn how to become a practical mystic, this is where true wisdom starts to manifest inside.

One can incorporate internal wisdom with external wisdom. In life, we can never rest on our laurels. We are always progressing and learning on this journey in life. Life is not boring yet. We may lead a boring life.

Many of these principles in this book are to help you understand your true nature and to assist you in having a better life.

The more a person is in harmony with the universe, the universe is in harmony with you. The more attention you pay to something, the more attention it pays to you.

You may say if this experience exists inside of me, why don't I experience it? I have a question to ask you. How much attention do you place on the inner jewel that lies inside of you? If you don't even know that there is a

Jewel that exists inside of you, then that is the reason why you don't experience it in your daily life.

Meditation is not only when you close your eyes. Meditation occurs 24 hours a day and in all different states of consciousness.

We place so much focus and attention externally. We can't see the forest from the trees.

Meditation is a way to be in harmony with nature itself 24 hours a day. Granted this is a slow and gradual process.

It's like a tuning fork. A tuning fork vibrates to whatever frequency it is tuning with. The mystics understood this and have a practice where they learned how to be in tune with the wave of the universe.

A Mystic learns how to be in harmony with the wave of life wherever he goes. Each moment is sacred. Each moment is unique. Each moment is an opportunity to experience the harmony of all things in life.

Consequently, a mystic doesn't get bored. Boredom may come yet the mystic goes beyond boredom. Boredom is a state of mind.

A big wave surfer may get bored with little waves. He may on land be like a fish out of water.

When I was a teenager my parents took me to Yosemite. Yosemite is one of the wonders of the world. Yet I didn't have a good time. I missed the ocean. I look back now. I see how much I was out of harmony.

Signposts are all around yet. Do you have the eyes to see?

The mystic learns moment by moment to see the unity of everything. Everything in life is sacred. As the Zen Buddhist would say chop wood and carry water. The spiritual life is the most practical life. One does not have to go to a cave. One should be in this world and yet be beyond this world.



## Breathe

Just think the same power behind your breath that is keeping you alive is the same power that is keeping the universe alive.



[PDF](#)



If you are new to my writings you will see that I say this expression many times. The more attention you pay to something, the more attention it pays to you.

This brings me to the subject of synchronicity. Many people don't quite believe in it. Many years ago I probably thought the same thing.

Yet over the last 50 years, I have seen so much on my journey. It's now a part of my life. The mysterious appears mysterious because it is not practical in your life. The mysteries and signposts are all around us. We just don't have the eyes to see.

A couple of weeks ago I wrote a piece called your next breath. I posted this on Facebook. A dear friend named Lorne responded with comments to an Amazon link for a book called breath.

This sent me off on another ground adventure. I write about the science of breathing all the time. In the last 5 years, I have written around sixty books. I've

been through the titles of all the books that I have written and found I hadn't written a book about the science of breath.

I find that quite fascinating because the main theme is the research that I do is about the power of the breath. Another quote that I love and use all of the time is the following. You are the universe. You just don't know it.

Come with me on this journey. I'm learning so much along the way. I have studied the power of breath for over 50 years. We will never unlock the true mysteries behind it. Something so simple yet is probably the most complicated thing in the universe.

We take breathing so much for granted. Most of us are on autopilot. Due to being on autopilot a whole myriad of diseases occur in our civilizations today. Probably less than 1% of the population breathes properly.

The majority of Western scientists still believe that there is no difference between breathing through your mouth and breathing through your nose. I find that quite fascinating.

In the east, for around 5,000 years they have known that breathing through your mouth is the kiss of death. They call it the breath of death. When it comes to breathing, these ancient ones were probably the true PhDs of their time. Breathing was not some theoretical idea. It was a practical experience.

The human body is an incredible chemistry set. Unfortunately, today around the world we don't know that we are in charge of our chemistry sets. We think the external drives the internal. We got that backward. The internal always drives the external.

Can you imagine we have the operating system, hardware, and software to discover our true nature? Everything is set up and wired up. Unfortunately, humanity has never turned on the computer.

The mystics of old understood that there is a universal battery of life behind our breath. Over thousands of years, they learn to refine the techniques to become in harmony with the Earth and the universe.

Being in harmony has been talked about in the east for thousands of years. I remember quite young reading the Tao Te Ching teachings and yet I couldn't comprehend a single word. Years later I wrote a commentary on this precious book.

One who learns to be in harmony is humble. When one is humble, wisdom comes his way. The universe will not give its wisdom unless one is humble. The heart must be like a child's. Only in that state will the universe speak to you.

Each breath you take is a miracle. We take it so much for granted. Scientists say we see only 1% of the light specter. Just think heaven probably is all around us. We just don't have the eyes to see.

We breathe in such a mechanical and unconscious way. I find it amusing that we still live as long as we do. In the future, I believe many diseases will be cured by the power of the breath. Western medicine still believes that medicine can cure almost anything.

When I was 18 years old, my brother and I believed in the world of preventative medicine. We saw that Western medicine is only a band-aid. It will mask the symptoms but not cure the source. It has so many side effects.

How many times have you heard a pharmaceutical commercial that says in a sweet voice this drug could cause death? If you and I had a product on the market that said this we would have been shut down in less than a second. Yet thousands of commercials are flooded all around us.

We need to find tools that are free and easy to use in our everyday life. The universe does not charge for its wisdom. Breathing is free. The universe does not charge by the breath. If a corporation could do so it probably would.





## Monroe Institut

The dragons would have been proud of the work that Robert Monroe did during his days on earth.

Even the CIA loved his work and took much of his material.

The PDF contains YouTube links that I recently found that had the whole gateway journey.

When I went there there were only around 21 tapes. Today there are around 45.

I highly recommend listening to them.  
Robert Monroe was a genius of his time.



[PDF](#)



## Health and wellness

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My twin brother and I love to do research.

I remember about 10 years ago. My brother posted something on Facebook. This high school acquaintance of ours said why do you post so many different kinds of topics?

My brother replied I'm a researcher. I chuckled at that and yet years later I realize both my brother and I had been researching all our lives.

It is part of our DNA. Imagine we were born in the house of the future.

Video on our house of the future.



If that in itself is not embedded in our DNA then I don't know what is.

The dragons back then were on the cutting edge of inner development.

They love to think outside of the box.

Mind you it wasn't always like that. They went through tumultuous pain and suffering.

Millions of dragons died through fighting and going to war.

The same chaos we are going through is the same kind of chaos they went through.

At times nobody thought they could come out of this alive.

But somehow they did. They are responsible for us being here. Who knows, maybe this universe might not have been created if the dragons blew themselves up.

They were the building blocks of our universe.

We have no idea of the significant role that they did in order for the universe to be alive today

We are all united through the threat of love. That is the dragon's message and the message of today.

If we don't discover the thread that ty says all together then we will completely saw off the branch we are sitting on.

## Kindness

Did you know that without kindness, this world will never change for the better?

The dragons learned this the hard way. Billions of dragons were slaughtered.

In the end, they realize that kindness was the only solution. This is how they evolved.

They went from darkness to light.



## [PDF](#)

Kindness is the building block of life. The entire essence of the universe is kind. We have seen the result of anger and greed upon this planet for ever so long. What has it brought us but misery and pain?

## The Inner Garden

The dragons have been talking about the inner garden for trillions of years.

They would find it quite funny that the majority of people today would say what inner garden?

That is why the world is in such chaos.



[PDF](#)

The title of this audiobook is “The garden within”. Unfortunately, many people aren’t aware of this garden. We live our lives not being connected to our true nature. As I have said probably at least a hundred times you are the universe. You just don’t know it. Well, what does that have to do with the garden within? To be quite frank its everything.

Have you ever felt that you are like leaves blowing in the wind? Whatever direction the wind blows you blow. We have a tendency to react to any given situation. If someone confronts you, you snap back with anger. You tend to speak whatever comes to your mind. You have no control over what you say or do. You only focus on the external. You have no idea that there is an internal garden.

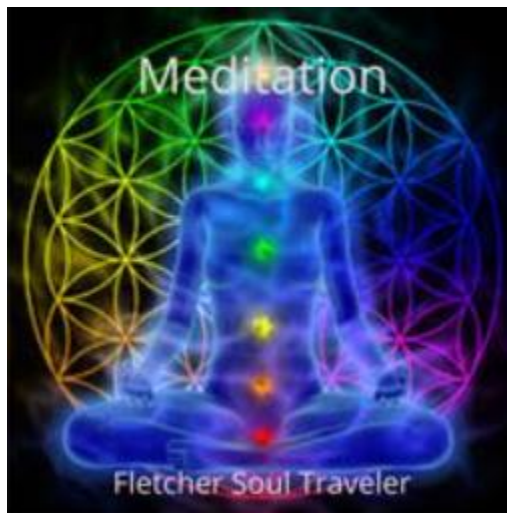
## [Meditation](#)

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

The dragons learned about this trillion years ago. They learned only by having their feet on the ground and their heads in heaven will there be peace among the dragons?

Meditation was the key.

Without meditation, they would have probably blown themselves up.



## [PDF](#)

This book is about my love for meditation. I have been meditating for around 47 years. I love to meditate. You could say I have a knack for it. I completely was

drawn to it. Meditation is probably the most practical thing a human can do. It places a person to have their feet on the ground and their head in heaven.

At the beginning of my practice, I thought there was a special technique that I could use that was beyond all others. There must be a technique beyond all techniques. The more I practiced I came to the realization it's our sincere effort and loves that makes our experience grow.

Granted some techniques are simpler than others. I gravitate towards the simple ones. Life is simple yet our lives are quite complicated.

Look I don't have all the answers. I'm not a Guru or teacher. I am an amateur. An amateur loves to do what he is doing. I love to tell my story and hopefully inspire you to start on the journey of looking within.

On this journey, you never know exactly how far you have traveled. You see it's an infinite journey. You are eternal. You will never die. Your body will yet you are eternal. You are the universe. You just don't know it.

## Happiness

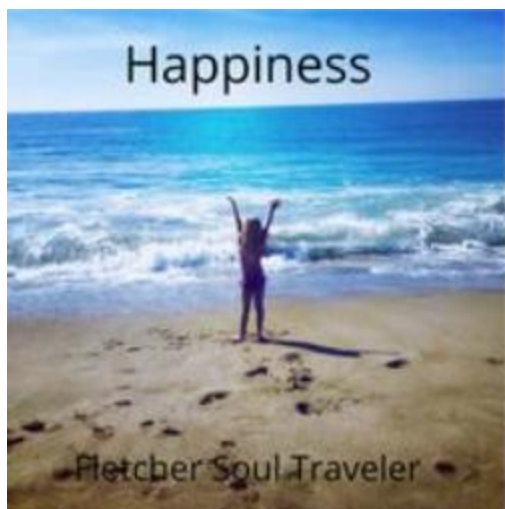
He who looks externally for happiness will never find it.

The wise man looks within and finds the inner jewel.

The dragons learned this simple trick, yet it took them billions of years to realize it

Something so obvious yet today we have the same problem occurring.





[PDF](#)

There's a snowstorm going on outside. I couldn't even get out of my driveway even if I wanted to. This book Happiness is a composition of all the various times where I talked about happiness. This goes back twenty-five years to the present. I hope you will reflect and ponder over what I'm presenting. I'm not trying to convince you or convert you. Happiness doesn't need convincing or converting. We all strive for happiness in our own unique way. This is what I have discovered for myself.

## Life & Death

As Alexander the Great once said upon his deathbed we come into this world empty-handed and we leave this world empty-handed.

We still have so much to learn about the mysteries of life and death.



[PDF](#)

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

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

I replied with this post.



Richard Fletcher



Like · Reply · 1d



Richard Fletcher Prayers are sent your way.

Like · Reply · 1d



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

This quest of mine started when I was around 10 years old. Somehow the topic of death came up. I was told that when you die you no longer exist at all. To be quite frank I didn't buy that. This is where my journey started. These are the materials I wrote on Life and Death. I found out that this is not a morbid subject but an understanding of where we came from. We came from the universe and we return to the universe.

## The New Human

Can humanity go through all the levels in the video game of life?

We are going from darkness to light

The entire universe is rooting us along.



### [PDF](#)

As you can see the title of this book is called the new human. This journey started trillions of years ago. Yet let's go back around 15 billion years to the time this earth was created. You were there. Not in human form. That would be billions of years later.

Yet you existed as an infinite spirit. You were the universe in all its glory. You helped create this precious earth called Gaia. You see you are eternal. You were never created nor will you ever die.

Humans came upon this earth billions of years later. A sacred seed was planted inside of you.

Let's fast forward to the present. It seems like our world is in total chaos. Our past has been filled with great traumas and war. What if I told you that 99% of the people are good people while 1% of the people have been bad apples? Unfortunately, the 1% have ruled man for thousands of years. Look where it has taken us. Yet at the same time, the seed is still lying inside of you. It's only dormant.

According to most indigenous tribes that if humanity survived past 2012 a new dawning of man would occur. The seed would slowly begin to sprout inside the hearts of mankind. I mean slowly. Two steps forward and one step backward. This is how humanity grows. This seed contains the universe. This seed contains the absolute love of God. This seed contains pure kindness, love, patience, and tolerance. This is your true nature.

Mankind is transforming into a kind man. You may say all I see are people flaming each other on Facebook. All I see is chaos everywhere. Yet the sun is appearing on the horizon. It's going to be a glorious day. Can you see the golden rays appearing above the ocean of life? A brand new day is coming to man.

Granted this transformation will take time. Remember this is a journey. What would a journey be without a great adventure? You are part of this journey. This story is all about you.

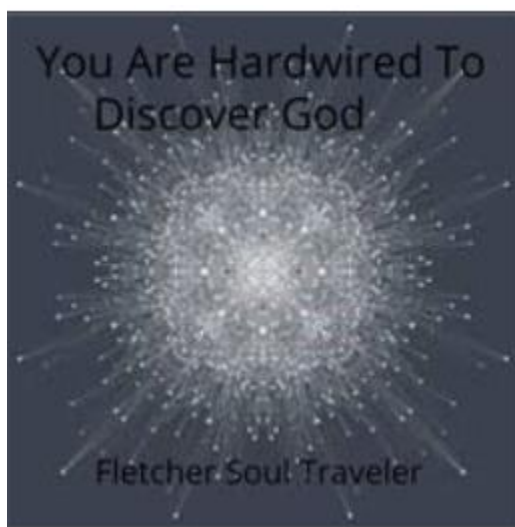
This story is about darkness and light. You see darkness has no place to hide when the sun starts to shine on this land. Look at the world today. So many dark events are being exposed to the world today. No longer can darkness hide upon this land.

This book will contain stories and poems about this new human evolution. Follow me where we are going on this precious journey. You are the main character.

## You Are Hardwired To Discover God

You are hardwired to discover God. The hardware, software, and operating system have been there your entire life.

Maybe it would be wise to turn on the computer. Just saying.



[PDF](#)

You are hardwired to discover God. Come and sit around the campfire for this incredible tale. It's all about you on this journey in life. We were never taught this in school yet all the great masters talked about this. The signposts of God are all around yet we don't have the eyes to see.

This book will talk about the present-day people who are discussing how we are directly hardwired to find God. It will also go into the scripture where the evidence is provided where to find the kingdom of heaven.

All the major religions are talking about the same thing. They just have a different way of expressing it for the particular time and culture. Yet the essence is the same.

I believe that today we as humans are at a major turning point in our evolution. With the advent of the internet almost 30 years ago we are at the forefront of really communicating and understanding each other. We are a global village. Yet we see the chaos in the world and think is there any hope left in this world?

The sun is rising on the horizon. Darkness has nowhere to hide. We are seeing this in all areas of life. Darkness is being exposed. Look at the news today and you will see in every area of life a scandal has been exposed. I see great hope in humanity. Granted it will take a while. Remember this is a journey. What would a journey be without having a grand adventure? We are on the journey of going from darkness to light.

In a million years we will see how far we have gone. Yet each decade going forward we will witness the consciousness of man going toward the light. Humanity takes two steps forward and one step backward. That's how we grow. From an individual to a nation, to the world we learn by taking baby steps. We learn from our mistakes.

This is how we grow. I hope this book will help you on this journey. It has a different point of view yet millions of people are waking up from their slumber. It doesn't matter what religion or non-religion you believe in. Each one of us has our own unique way to discover our true nature.

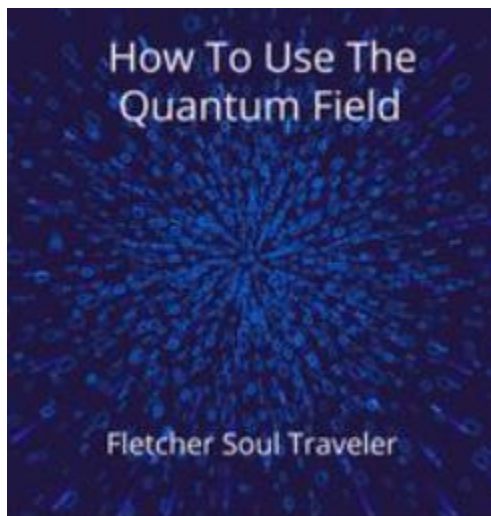
I believe that it's by your will alone that you take your steps to understand your true nature.

## [How To Use The Quantum Field](#)

When civilization combines wisdom with knowledge, they will understand the quantum field.

We must look externally and yet the most important aspect is to look within.

Without looking within, we have created the chaos that we live in today.



[PDF](#)

How to use the quantum field. That is the question for this book. Mystics have talked about this for thousands of years. Lo and behold the kingdom of heaven exists within.

All the great religions talk about the inner kingdom. The Taoist has the following saying.

The Tao that can be told is not the eternal Tao;  
The name that can be named is not the eternal name.  
The nameless is the beginning of heaven and earth.  
The named is the mother of ten thousand things.  
Ever desireless, one can see the mystery.  
Ever desiring, one can see the manifestations.



These two spring from the same source but differ in name;  
this appears as darkness.  
Darkness within darkness.  
The gate to all mystery.

The modern-day scientist would call this the quantum field. Einstein talked about this over a hundred years ago. Yet our day-to-day life really hasn't changed much. The quantum field is multidimensional energy that exists in all dimensions. We don't have any instruments to detect it yet. Scientist knows that it exists.  
I'm not kidding when I say you are the universe. You just don't know it.

It's Been There All The Time

It's been there all the time.  
What are you talking about?  
What's been there all the time?  
You are the universe.  
You just don't know it.

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

All are billions of years old.

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

Wow!!!

Isn't that incredible?

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

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

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

The greatest miracle of life is keeping you alive.

You are magnificent.

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

You are infinite.

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

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

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

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

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

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

We are on a journey going from darkness to light. We are being guided yet nobody can take any steps for you. You see you have free will. Yes God is your co-pilot but you have to open the inner door within and back out the car to take a divine spin.

Signposts are all around on the freeway of life. You just need to be more aware and conscious. There will never be a time when you clap your hands and say I know it all. This book will give your helpful hints on your journey in life.

## How to manifest your dreams

What you want. You don't need. What you need you don't want.



[PDF](#)

How to manifest your dreams? That's a very good question. What kind of dreams do you have? Why don't my dreams come true? I say affirmations but do they truly work? I live life day by day. I don't think about my dreams. I have dreams but I truly don't know how to manifest them.

Is there any scientific evidence in techniques that help in manifesting my dreams?

Mankind has been dreaming of a better world for thousands of years.

Unfortunately, wars have been around for so long. It seems chaos is prevailing upon the land. Yet this is a struggle between darkness and light. You are a precious piece of the puzzle.

When a person begins to align his dreams with the quantum field one's life begins to change. A transformation occurs from me to we. Slowly over time, an individual realizes that we are all one.

An individual begins to transform his/her dreams into a dream for all humanity. Yes, this will take time. Baby steps are needed. Two steps forward one step backward. This is how we grow.

This book hopefully will help you discover there is a process that will help you to manifest your dreams and change your life.

Just think all the thoughts that you have since being born make up your personality. Yet most of the time we live our lives in remote control. Our subconscious runs the show. 95 percent of our actions are driven by the subconscious while only 5 percent is driven by the conscious mind.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour. That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts? We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom.

We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

We are our own pharmacy. Every day our bodies create hundreds of thousands of chemicals. These chemicals create strong emotions. Say for example you are angry.

Your emotions state will be angry. Therefore you will have angry thoughts. These thoughts will then create angry emotions. We are caught in a cycle. The goals are to be free. The goal is to be in tune with the quantum field.

To manifest your dreams, there is some work that you need to do. This book will help you along the way. It is just a foundation to help you on this journey in life.

## Cloudy Thinking

When the clouds of the mind covers-up, the inner sun darkness exists upon the land.



## [PDF](#)

You may ask why a book is named Cloudy Thinking. Imagine we have been playing the same tapes for thousands of years. We have fought countless wars. We still continue to fight countless wars with no end in sight. War is obsolete. It serves no purpose. As a matter of fact, it causes even more problems.

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

They are extremely friendly yet they have fought countless wars from outsiders trying to take over there country. I remember when the Soviets tried to take over in the eighties.

The first thing that came to my mind was good luck. You have no idea what you are getting yourself into. They found out the hard way and left the country never to return.

We should have learned a lesson here. Yet I call this cloudy thinking. If you ever saw the movie of Charlie Wilson war you will understand the truth of this statement.

Charlie had a bill to help Afghanistan after the Soviets left the country. Congress never passed the bill. Over half the population was under twenty-one and consequently, the youth was not brought up properly.

In came the Taliban and the rest is history.

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

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

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

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

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

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

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

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

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

[Over the hill ... not](#)

Take care of your body. It is the only body you get at least for this car around.



[PDF](#)

The title of the book is “Over the hill ... not”. Our western society is totally driven and fixated on being young. We have an expression that when a person reaches the age of forty he is considered over the hill. Many people say that half of your life is over. Many people, think my life is half over and they have a mid-life crisis.

At Google, many young software engineers start to feel obsolete at twenty-nine years old. A great sense of paranoia sets in. We are fighting a losing battle. We come into this world live and someday we leave this world. Nobody can escape that.

Yet at the same time, we try to hold on to our youth for as long as we can. I remember when I was just starting to learn how to surf. When a person reaches their mid-fifties they would retire from surfing. I lived in Maui in my forties and I rode waves as high as telephone poles.

A dear old friend named Rick Chatillon is still surfing in his late sixties. Times have changed. Our attitudes toward life have changed.

This book is about thinking outside of your box. To be honest the Western world has a warped attitude toward the elderly. In our working environment today there is huge age discrimination, especially in the IT world. By the time one reaches the mid-fifties you are considered over the hill. You are washed up and have no place inside the company.

I experienced this time and time working for different Fortune 500 companies in America today. When a person reached the mid-fifties they were put out to pasture. Mind you they might get tremendous severance pay.

To receive it, you must sign a document that you will not sue them for age discrimination. This happened to me and countless others.

I once had a job interview with a company that was owned by Dell computer. The first interview was over the phone. Before we hung up he said this was the best interview I ever had.

The next day I walked into the office for my face-to-face. As soon as I walked into the door he looked at me and his jaw dropped. He wasn't expecting someone my age to come in.

As a matter of fact, he couldn't remember the phone interview we had the day before. In my mind who is older is someone whose mind is constantly learning and growing or a mind that has certain concepts about someone older.

This is an epidemic today in America. Hopefully, this book may provide some great advice on your journey in life. The majority of people live their entire lives on auto-pilot.

We watch the latest drug commercials and take it all in. When something goes wrong we go to the dear old doctor who will give us a pill. Mind you this pill has tremendous side effects. Yet we trust the medical profession. They would never mislead the public.

Did you know that if you don't pay attention to your health someday disease will pay attention to you?

This book will help you get wiser with age. Our wine can get much better as we age. We can never stop learning. A person who completely retires from life will soon end up in a box. I mean this quite literally.



When one learns new things the brain establishes new neural networks. Even when you think something out of the box instantly a neural network gets created.

Yet if in a space of a few days one doesn't pay attention and does not do anything about it the neural network will collapse. All of your positive and negative habits are neural networks. They are literally hardwired into your brain.

If you want to enjoy life to its fullest we must understand the mind, body, and soul connection. We must learn how to be conscious moment by moment. We must be aware.

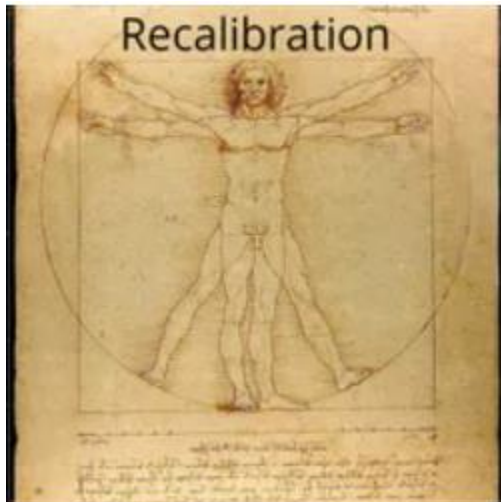
Remember 95% of your actions come from your subconscious mind. We are living our lives on autopilot. We must learn how to reprogram our software in every moment.

To be honest most of humanity doesn't even have a clue how to do this. Recently I saw a great article where we see only 1% of the light spectrum. This means we are almost missing the entire picture of life.

Yet we think we see it all. I find that quite fascinating. As I said before the human body is hardwired and has the software to discover the quantum field. The human body is literally hardwired for this. The door is always open yet do we have the eyes to see? Ponder this over. What do you think?

## [Recalibration](#)

For this world to be sane, we must recalibrate in all areas of life.



## [PDF](#)

The definition of Recalibration is as follows.

: to calibrate (something) again

... these systems gradually drift off course so that the navigator periodically needs a fresh point of reference to recalibrate the navigation system.

Humanity needs a fresh point of reference. We are heading in the wrong direction. We are like a grand ship without a rudder. Our compass is pointing towards the north and we are heading south right into a hurricane.

Our internal guidance system malfunctioned a long time ago. We don't even know that it even existed. Many politicians have lost their moral compass. Truth is fiction and fiction is truth.

Many of them spin the truth so much they can't even discriminate between truth and fiction in their own minds. Mind you this is dangerous territory.

Consequently, many Americans believe this. Just look at the Capital building riot in early January. Many politicians have spun the truth to say it was a peaceful demonstration. Try telling that to Vice President Pence and his family. He had to run for dear life.

We live in crazy and chaotic times. How does humanity change for the better? Can we change that's probably a better question. Yes, we can. It will take time and patience.

I don't see it in my generation or the generation after that. But seeds have been planted thousands of years ago. The harvesting of man takes patience and much care. Millions of people are slowly waking up from their slumber. Signposts are all around us.

The recalibration first starts inside of you. From you, it expresses itself externally. It doesn't work the other way around. That's the problem. You have to be motivated to recalibrate yourself.

Nobody can do it for you. That my friend is a biggie. Unfortunately, humanity is stuck in its ways and refuses to budge. Somehow we prefer misery at our doorstep inside of walking in another new and wonderful direction.

We are so used to living in chaos that we become chaotic in our daily lives. It is sad but true. Every cornerstone of society has to change. Nothing can be swept under the carpet.

We have already dumped a huge amount of garbage in our living rooms. Just think we have a patch of plastic the size of Texas in the middle of the Pacific Ocean. A wise man once said many moons ago we are sawing off the branch we are sitting on.

I have a website called evolution revolution. This is where society must be headed. The evolution of man needs a peaceful revolution without any guns. The revolution begins inside of you.

Anger and flaming others aren't the answer. Only kindness, love, and compassion are the keys to success. They must be mined within. Only by discovering these precious jewels within can you recalibrate.

Your human body is wired for this. The operating system, hardware, and software have been there since your birth. You just have to turn it on. You must turn on the switch. All the great masters did this. They had the same problems you have. Nobody gets a free ride. But they overcame their problems. They discovered the jewel within.

They told humanity there is a way out of this chaos. For most people, this went over their heads. They couldn't understand the message. The message is always simple. True kindness exists inside of you.

You have an infinite well of kindness inside of you. You are the universe and you just don't know it. This book will talk about the various ways we need to recalibrate in all areas of life. I hope you get something out of it.

What the fu!!

Everything in your life is a blessing in disguise.



[PDF](#)



What the F!ck!!! Sometimes we need to express a four-letter cuss word. This life is full of adventures. I'm taking a 12-week course on the Milapreas healing modality.

It is extremely fascinating. You would think that life wouldn't throw you any curveballs during this course.

After I'm studying and researched ways to improve my health and awareness.

Well, life could care less what you think. Come with me on this funny journey in life.

We are always in a state of continuous growth and learning. Hopefully, you can gain some wisdom from my journey.

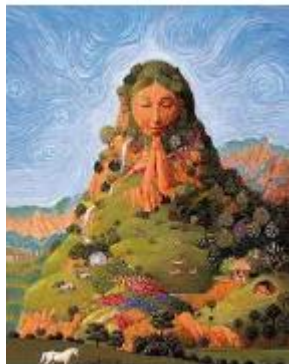
We can never rest on our laurels.

## What the F!ck 2

You can never rest on your laurels



[PDF](#)



My brother John has this motto which recently I 100% agree with. It goes like this. The more you know, the less you know.

My brother and I love to do research. It's part of our life. Most researchers that I've seen and heard use the same motto that my brother uses. It seems like the more you know, the less you know.

I find that to be true. Just think you could spend a trillion years meditating upon the quantum field and yet after a trillion years, it's still a drop in the bucket.

When I was young, I really didn't understand the Taoist view of Harmony. It was beyond my comprehension. Years later my whole life is based upon trying to be in harmony in each moment.

When my brother and I were quite young, we believed in preventative medicine. This was a novel concept 50 years ago today. It is a novel concept today.

My brother and I believe that this is the only body you get. At least for this lifetime. We asked ourselves why not take care of it.

The majority of society lives in a mode where they don't want to take full responsibility for their mind, body, and soul.

Western medicine reflects that. We go to a doctor and he gives us medicine and we expect it to work. Mind you all they are doing is masking the symptoms. They are not going to the source of the problem.

No Western drug has no side effects. When you hear those sweet drug commercials on TV that are saying this drug may cause death in such a sweet voice. We never stop and think about it.

Mind you bad things will only happen to someone else, not myself. But you are part of that equation.

I find it fascinating that we break the whole body down into a series of systems.

When a certain system breaks down, we go to a specialist. The specialist only knows his area and nobody else's.

Life does not live in a petri dish. When we think our medicine is so sophisticated, just think we spend more than four times the amount in the United States on the medical system than the defense system.

The defense system spent around 800 billion dollars a year.

The medical system spends four times that. Each year the system is spending more and more.

Someday both the medical system and the defense system will bring the United States to its knees.

The more we spend on these two programs it seems the worst situation gets. There is no end in sight if we continue along these crazy ways.

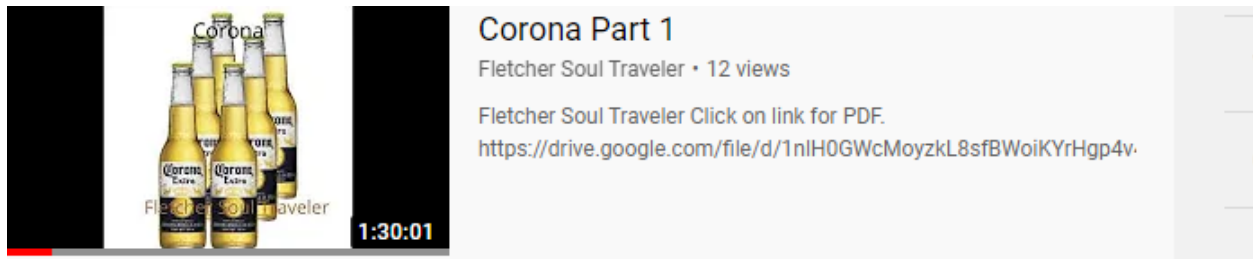
I find it fascinating that a boogeyman called covid occurred upon this land. Mind you covid has caused thousands of deaths all around the world.

Yet we are at war with a boogeyman. We don't know. We are responsible for what is occurring. We don't believe in preventative medicine and preventative measures to take place so something like this could never occur.

Just think there's a universe existing inside of you that has trillions of bacteria and viruses. You need these precious bacteria and viruses to survive. There must be harmony with your entire ecosystem.

The problem both external and internal our ecosystem is on the verge of collapse.

I love the work of Zack Bush. He is a great thinker and someone who thinks outside of the box.



We are literally sawing off the branch that we are sitting on. Mother nature sent us to our rooms during the COVID, She wanted us to sit and think about what we are doing to this precious Earth.

We b\*\*\*\* and moan. We want life to go on as usual. But life will never be the same again.

Humanity is spinning out of control both inside and outside. Can you imagine that every bite of food you take, every breath that you take, and every glass of water you drink is contaminated by us

Roundup exists all around us and is destroying our lives. We simply put our heads in the sand and think nothing about it.

I find it fascinating that during covid the ones who had a strong immune system nothing happened to them.

For those who had an immune system that was compromised death did occur in huge numbers.

I wrote a book about covid before it even became well known. I heard about it and my instinct said this is going to be a roller coaster ride we have never experienced before.

I talked about preventative measures we could take to make it easier for us to go through this.

I give us an f when it comes to receiving great wisdom to help prevent this in our society.



There were practical things that we could do. I remember the next president mocking, another president for wearing a mask.

I have high hopes for our world yet I know we have a rocky road ahead of us.

We are still stuck in our ways and refuse to recognize we must change our ways.

If we don't change then humanity won't exist for much longer. Mother nature will be around but we won't.

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We are going from darkness to light. We can change our ways. Each one of us is a missing piece of the puzzle.

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## Religion and Spirituality

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The dragons believed in the common denominator of all religions.

There is a thread of love tying us all together.

It wasn't always that way for them. There were billions of years where there was bickering and fighting. Religious factions didn't know how to get along with one another.

Consequently, countless idiotic wars were fought in the name of God and religion.

My God is better than your God and I'll prove it. Pick up your weapon and it's fighting to the end.

Those were barbaric times for the dragons. Those are barbaric times for man today

War is obsolete. It always has been and always will be. Man is still in the primitive mode of being a mature species.

Humans are supposed to be custodians of the Earth.

Instead, we are consumers of the Earth.

I wrote a poem once and it said we would be sued in court by our father for our neglect.

A wise man sees the unity behind all things.

He respects all religions.

He can see the unity and wisdom behind all of them.

All the great masters and teachers taught about ways to discover the jewel within.

Of course, they use different terminology for their time. Yet the essence was the same.

I have done extensive research on the various religions known throughout the world.

I highly respect all of them. Each one is a unique flower of God expressing love to their fellow man.

We must learn how to look outside of the box. Many of their original teachings are now lost in dogma through power and control from others who want to prevent you from hearing the true story.

Unfortunately, politics comes into religion. For some unknown reason, people love power and control over others.

In the end, it will never work. At the end that will be the downfall of the civilization.

The dragons almost had their demise. To be quite frank, it was a miracle that they survived.

This would make any Hollywood movie kindergarten compare to what happened in real life.

## [The Way](#)

The dragon's foundation was built upon the principles of harmony with nature and the universe.

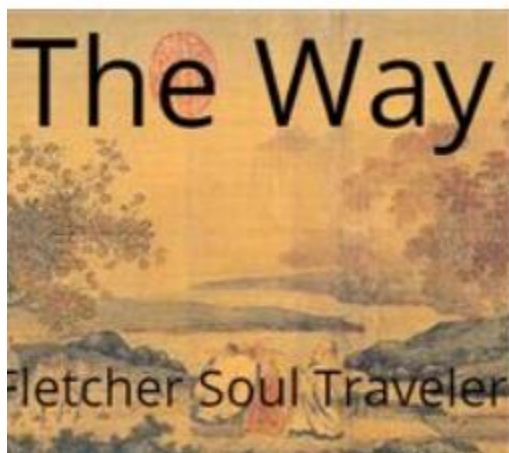
Of course, they went through intense struggles more than you can ever imagine.

Yet in the end, they went from darkness to light.

When a civilization transforms from darkness to light the entire universe applauds.

Not many civilizations. make it.

Those same principles that the dragons existed inside the principles of the way.



## [PDF](#)

I have always been fascinated by the East. As a young child, my parents had a statue of the Buddha and a painting of Quan Yin. Sitting on my bookshelf lies a copy of the Tao Te Ching. It has been sitting there for many moons. Mind you many of you probably weren't born. It's been that long.

My favorite part is the opening.

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

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

The nameless is the beginning of heaven and Earth.

The named is the mother of the ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one sees the manifestations.

These two spring from the same source but differ in name; this appears as darkness.

Darkness within darkness.

The gate to all mystery.

Whenever I read this it sends shivers down my spine. How eloquently said. This was written by Lao Tzu around 300 BC. I love good mysteries. My brother and I are extremely curious.

Ever since I was a child I actively pursued the great mysteries. About 6 months ago I started to do a Chi gong practice. I love it. I've been practicing every day.

Recently with the world wide shut down, I have some time on my hands. In my morning meditation, I thought I would read the Tao Te Ching and absorb it. I find scripture fascinating. There is a great mystery to be solved. Each sacred book talks about in its own subtle way how to discover the jewel within.

Lao Tzu was one of them. The most books ever sold except for the Bible was the Tao Te Ching. Here it was sitting on my bookshelf waiting patiently for me to open it up. The Tao is ever so patient. It took billions of years for man to appear on earth.

Modern-day scientists and Mystics are talking about the Tao using a different way of expressing it. Scientist calls the Tao the quantum field. This field exists beyond time and space. It was, is, and will always be. It exists in all dimensions.

Yet centuries before Christ the sages discover the Tao or the Way. It wasn't a philosophy. They had first-hand experience with it. These teachings are more relevant today. This world is in chaos.

The Tao Te Ching can help humanity discover the jewel inside. Remember you can talk about a mango yet without trying a mango it's just book knowledge. The Tao is a practical path.

At times I think humanity wants to give their offerings once a week and call it quits. Maybe this worldwide shutdown will be an opening call. Only time will tell.

There are 81 short quotes. I'm putting my commentary for each one. I use the word ponder a lot in my writings. I'm pondering deep inside myself to understand this precious wisdom. I don't want to skim the surface. Anybody can do that. I want to discover the pearls of wisdom for each one. I hope you enjoy this book.

### [Patanjali Yoga Sutras](#)

A wise man understands that life is a video game. Like any video game, there are rules to the game.

Unfortunately, mankind has no idea that there is a video game they are in and therefore they don't know about any rules to the game.

Patanjali yoga sutras describe the rules of the game of life.

The dragons would have loved this.

It took them many moons to unlock the secrets of life.



## [PDF](#)

Synchronicity is a concept, first introduced by analytical psychologist Carl Jung, which holds that events are "meaningful coincidences" if they occur with no causal relationship yet seem to be meaningfully related.

A few months ago my dear friend David Schweizer told me that his wife Sherry was just finishing up a year-long course on Patanjali Yoga Sutras. I was intrigued. I always wanted to know more about it. All of my spiritual practice uses bits and pieces of it yet I never studied the complete picture.

So two weeks ago on Facebook I stumbled upon this post. It was a free eleven-day course presented by the Art of Living Foundation. It was a talk presented by Sri Sri Ravi Shankar. Talk about synchronicity. Perfect timing.

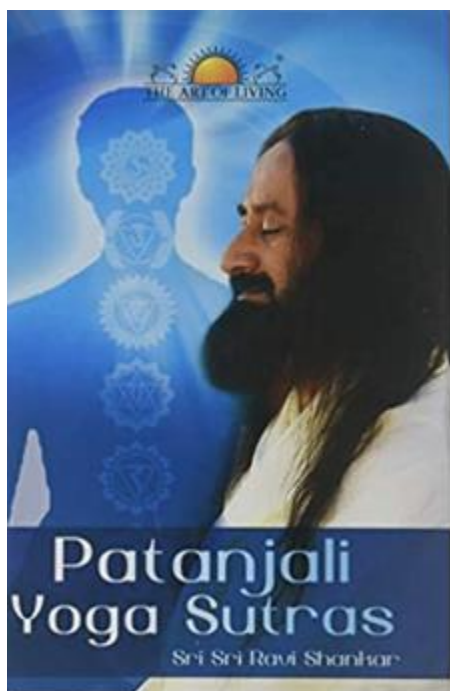
Now, this is an online course. I'm taking it during this global shutdown. I signed up on a Friday and the course started on the following Monday.



This course was given in 1995 in Switzerland. Granted that's 25 years ago yet the content hasn't changed in over 2,500 years.

Usually, the talk is around 45 minutes to one hour with around 15 minutes of group discussion. I would highly recommend it.

The discussion talked about the key components of his talk.



This is the link to his book. I'm ordering it today. From what I see it might be a transcript of his talks. Personally, a person could study this his entire lifetime and still skim the surface.



## Heart of Gold

There is a thread of love tying us all together. These are a collection of sayings from the wise man from the present to the past.



## [PDF](#)

[Indian Mystics](#)

[Heart Of Gold-Sufi's](#)

[Heart Of Gold-Islam](#)

[Heart Of Gold-Jewish](#)

[Heart Of Gold-Western,Middle East](#)

[Heart Of Gold-Hindu](#)

[Heart Of Gold -Sikh Gurus](#)

[Heart Of Gold -Taoist](#)

[Heart Of Gold -Jainism](#)

[Heart Of Gold -Buddhist](#)

[Heart Of Gold -Science](#)

[Heart Of Gold -Current](#)

[Heart Of Gold -Indigenous](#)

The 16th-century Spanish mystic, St. John of the Cross said the following for the definition of a mystic.

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

When I was a kid I had an intense yearning to discover my true nature. I knew we had five senses and at the same time, we had five internal senses. Don't ask me why but ever since I was young I knew that as a fact.

I have been meditating for around 49 years. You could say it's my lifetime hobby. My three hobbies are meditating, surfing, and ethnic food cooking. Even since I was young I had a knack for it. You could say that I'm constantly learning and growing.

It wasn't until a few years ago I would even consider calling myself a mystic. Yet since I began my daily writing in 2017 I began to see that this label did fit me to a tee. Mind you I've been writing for around thirty years. The last few years have been an evolution revolution for me.

I think writing and meditating blend well together. Meditation through the years allows one to dive deep into the ocean within. Writing allow one to dive deep inside and brings precious wisdom to the surface.

Personally, it brings greater wisdom because I can learn from my writings. So much of what we know is on an unconscious level. Writing allows one to bring unconscious thoughts to the surface. It is another form of self-discovery.

I love the work of Carl Jung. Imagine our conscious mind is only running about 2 percent of our daily lives while the subconscious mind controls the rest. I find that fascinating.

This book pays honor to those who think outside of the box. Maybe you may know while others probably don't. They are quite diverse.

My understanding and experience are there is a thread of love tying us all together. We are all on the same boat sailing home. Nobody is better than worse than another.

Each religion has a certain point of view. Each one has a different and unique piece of the puzzle. It wouldn't be a puzzle without individual pieces. Meditation brings clarity and wisdom to see the jewel inside each tradition.

I find it curious that religions will fight with each other. Governments will harass religious groups that are different from theirs. Yet mystics don't fight with each other.

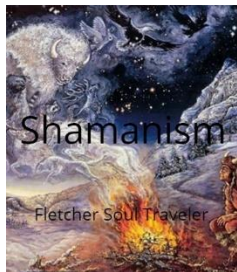
There is a common bond that ties them together. I have included all sorts of people who you might say are not mystics. Yet in my definition, a mystic is someone who thinks outside of the box. Artists, musicians, and inventors. Anyone in life who is free thinking in my eyes is a mystic.

## Shamanism

The shaman's life is dedicated to obtaining practical experience of the world within and without.

The shaman understands the meaning behind life itself.

The world doesn't understand a shaman because the world doesn't understand itself.



## [PDF](#)

Welcome to the world of shamanism. Shamanism is a religious practice that involves a practitioner, a shaman, who is believed to interact with a spirit world through altered states of consciousness, such as trance.

The goal of this is usually to direct these spirits or spiritual energies into the physical world, for healing or some other purpose. This is the most given definition. Yet I take a different spin on it.

I'm taking the modern-day approach. Everyone alive on earth is a shaman. The jewel exists inside of us. The quantum field exists everywhere. It's existing beyond time and space. It exists in the seen and unseen worlds. It exists in all dimensions and universes.

The shamans of all traditions know this. They know the interconnections of all creation. Mother earth and man are interconnected with each other. You don't see ingenious people throwing garbage in the living room of the earth. They don't put up fences. Nobody owns the land. The land is scared.

It seems to me that western man is still living in conquering the Wild West. We still have the mindset that life must be conquered. Mind you we annihilated millions of Indians along the way. Yet we still don't have any remorse in doing so. You would think that we might change our ways.

Yet this is embedded into our consciousness. We feel conquering is the only way. Whether it's war, politics, sports, or business. There are winners and losers. We even fight with Mother Earth. We take and steal precious resources without any sense of morals or ethics.

The following is from CNN. Prince Charles made these statements.

Only a revolution in the way the global economy and financial markets work can save the planet from the climate crisis and secure future prosperity, Prince Charles warned on Wednesday.

"We can't go on like this, with every month another record in temperatures being broken," he told CNN in an exclusive interview at the World Economic Forum in Davos, Switzerland. "If we leave it too long, and we have done, just growing things is going to become difficult."

The heir to the British throne and lifelong environmentalist was speaking to CNN after he threw down a challenge to the global business and finance elites in Davos to lead a "paradigm shift, one that inspires action at revolutionary levels and pace" to avert the approaching catastrophe.

"Do we want to go down in history as the people who did nothing to bring the world back from the brink in time to restore the balance when we could have done? I don't want to," he told the audience at the WEF's 50th annual meeting.

We must change our awareness and consciousness. We are nonchalantly sawing the branch we are sitting on. Every human on earth holds a particular piece of the puzzle.

I firmly believe that the further a society is distant from Mother Earth the more insanity occurs in civilization. Common sense is uncommon. We lose the wisdom of the earth and the universe. Society no longer is in synch with nature. We develop the Wild West mentality. This gets carried away in all phases of life.

Currently, the US is in a major meltdown due to the silent virus. Yet our President wants to open up schools next month. Yesterday in Florida over 16,500 people were reported positive. That's just in one day. There is still a furious debate on whether to wear a mask or not.

When a society loses connection to planet earth all hell breaks out. We think we are smarter than nature. Man's ego gets so large that he thinks he is in charge of everything.

Mother Nature sent us all to our rooms to think things over. Yet we get bored and complain the whole time. For many people, they got nothing constructive out of it.

The following is from ABC news.

"I think I made a mistake. I thought this was a hoax, but it's not."

Those were the final words of a 30-year-old patient who died at Methodist Hospital in San Antonio this week after attending a so-called "COVID party," according to the hospital.

Dr. Jane Appleby, chief medical officer for Methodist Hospital and Methodist Children's Hospital, said in a recorded statement that the unidentified patient told nurses about the party, which she said is hosted by someone diagnosed with coronavirus.

"The thought is people get together to see if the virus is real and if anyone gets infected," Appleby said.

Appleby said she shared the story not to scare people, but to make sure they understand that the virus can affect anyone.

The practice of a shaman is to learn how to be in harmony with the universe and mother earth. In the silence lies all the answers to life.

This book will take you into the world of shamans. This is your natural state. As I said many times before you are the universe. You just don't know it. Shamans have known this fact for thousands of years. To save humanity, we must discover our true nature.



## The Kingdom Of Heaven Lies Inside

Just think even during the dragon's time over 2 trillion years ago. Christ was one of the main spearheads in helping the dragons transform from darkness to light.

The dragons understood at that time that Christ helped another civilization around 2 trillion years earlier.

That same Christ consciousness exists inside of you today.

That is the jewel that we are talking about



[PDF](#)

The Kingdom of Heaven lies inside of you. You maybe have been taught that the pearly gates exist in a cloud somewhere. God is ruling from his throne.

Luke 17:20-21

<sup>20</sup> And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation:



<sup>21</sup> Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

Let's take a look at Christ's lost years and the significance of them. Just think many of the world's religions considered Christ as one of the greatest mystics.

## mys·tic

/ˈmistik/

*noun*

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

Have the teachings of Christianity been watered down? Consider the following.

Matthew 6:22

In the King James Version of the English Bible the text reads:

The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

The World English Bible translates the passage as:

“The lamp of the body is the eye. If therefore your eye is sound, your whole body will be full of light.

Talk to any mystic and they will say this is the divine light the self-effulgent light. This is our true nature. All mystics know about the third eye which is the pineal gland.

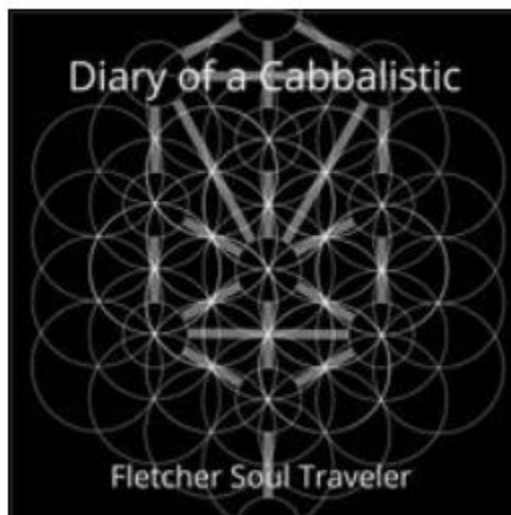
Joe Dispenza received his Doctor of Chiropractic Degree from Life University in Atlanta, Georgia, graduating magna cum laude. His postgraduate education has been in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity.

Joe is both a scientist and a mystic.

## [Diary of a Cabbalistic](#)

The sacred wisdom of the kabbalah existed even when the dragons were around.

This is eternal wisdom beyond time and space.



## [PDF](#)

[Diary of a Cabbalistic Malkuth to Hod](#)

[Diary of a Cabbalistic Netzach](#)

[Diary of a Cabbalistic Tiphareth](#)

[Diary of a Cabbalistic Geburah](#)

[Diary of a Cabbalistic Chesed](#)

[Diary of a Cabbalistic Daath](#)

[Diary of a Cabbalistic Binah](#)

[Diary of a Cabbalistic Chokmah](#)

[Diary of a Cabbalistic Kether](#)

Come with me on this precious journey of life. This book first got started way back in 2001. I first heard about the Kabbalah back in the mid-seventies. Until recently you had to be Jewish. You had to be a male. You had to be over forty. The Kabbalah was an esoteric aspect of Jewish tradition. It has existed for over two thousand years.

In September 2001, my wife and I embarked on this incredible journey. Karen Greenberg was a great teacher who taught a group of us in Penn Valley California. She lived in Michigan.

Karen came four times a year to teach us. We had monthly classes where we would meet at our house. My wife and I were instructors for this class. They say if you want to learn something you should teach it.

Well, I decided to channel the wisdom. I used a book from Ted Andrews which had all the archetype symbols for each sephirah. This is called the tree of life.

The tree of life is a diagram used in various mystical traditions. It usually consists of 10 nodes symbolizing different archetypes and 22 lines connecting the nodes. The nodes are often arranged into three columns to represent that they belong to a common category. We only studied the 10 nodes.

For each node, we spent the month studying and experiencing the particular node or sephiroth.

This is from Wikipedia.

Carl Jung understood archetypes as universal, archaic patterns and images that derive from the collective unconscious and are the psychic counterpart of instinct. They have inherited potentials that are actualized when they enter consciousness as images or manifest in behavior on interaction with the outside world.

To be quite frank I never worked with archetypes symbols before. I first was exposed to them at the Monroe Institute in the mid-eighties. I spent a week there.

For some reason, it was love at first sight. With my meditation experience, I found it easy to tap into each symbol. I believe there are universal archetype symbols that exist in the collective unconscious.

You might ask yourself why would anyone want to learn this. Well, I like this analogy. The goal is to have your feet on the ground and your head in heaven. I like that statement.

I liked the idea to be proactive in life. Most of humanity is reactive. We can't control our minds and emotions. Look at the current situation today. People are divided. The nation is divided. People are flaming each other on Facebook.

As I said our class only studied an individual Sephiroth for a month. In the old days, they studied one a year. Time has changed. I think the learning aspect has quickened. Knowledge and wisdom come from the heart. When the mind and heart are in coherence the ability to gain wisdom occurs.

I hope this book will help guide you on your journey in life. We all have our particular points of view on life. This is my personal journey. It has made me a better person.

To be honest I don't study this anymore yet the foundation lies inside of me. Day by day, moment by moment my goal is to be a better person. I take responsibility for my life. I'm learning to respect all different faiths and traditions. We are all on the same boat of life sailing together. Bon voyage.

## [Knowledge](#)

Peace lies inside of you.



## [PDF](#)

This book is all about receiving knowledge from Prem Rawat and the incredible effects it had on my life. Words can't describe how grateful I am. Before meeting him I was yearning to learn how to meditate.

I somehow knew there was a jewel inside of me waiting to be discovered. This book will describe my precious journey and the incredible friends I met on the way. Many of these I haven't spoken to in years yet there is a thread of love tying us all together.

In some of my stories, I had to talk about my experiences in the past. Today the meditating techniques are the same but the expressions have changed. I apologize if I offend anyone.

Even before receiving knowledge, I knew there were 5 internal senses. The day I received knowledge changed my life forever. In one instant my life went from the external to the internal.

Yes, I had and still do have issues to clear. Curveballs will be thrown your way. Yet my foundation through practicing this day in and day out has transformed me

My brother and I love to meditate. We seemed to have a knack for it from day one. Change can occur in your life. I've learned to enjoy each moment on this journey. Baby steps are needed. One can never see how far one has traveled on this journey. Many people say they can't see the results yet if they look back to see where they started from and where they are now. It's a difference between night and day.

Prem has dedicated his entire life to spreading this knowledge. It's been fifty years since he first came to the west. I can't even imagine how many programs he has attended. Most of the time he is on the road

If you ever have the chance to see him or hear him I would highly recommend it. You will not be disappointed. As Prem once said try it and you will like it, people try it and like it.

## [Dreamtime](#)

This is the true home that exists inside of you beyond time and space.



## [PDF](#)



Come with me and let's explore the aboriginal world of Dreamtime. I have been fascinated by the aboriginals ever since I saw Peter Weirs' movie "The last wave".

For the first time in my life, I heard the didgeridoo. When I first heard that sound my soul was captivating. Words can't describe the feelings I experienced inside. It was a sound so eerie and yet so comforting. I knew this sound. This sound was a part of me.

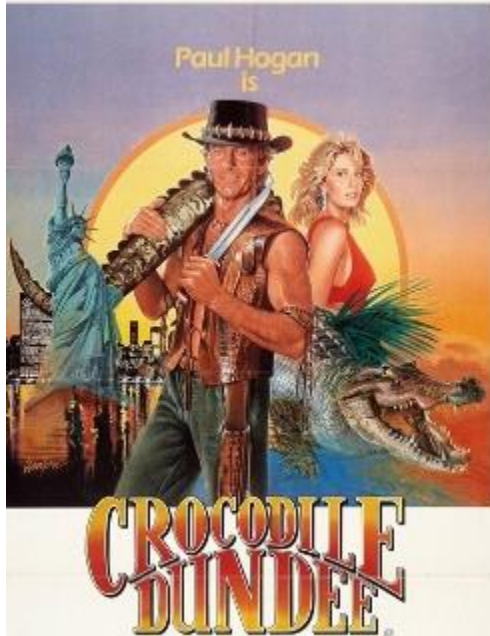




I got much of my material from the above YouTube video Journey into the Dreamtime with Aunty Munya Andrews. I was blown away both the incredible sophistication of their ancient wisdom. Come with me and let's learn on this journey together.

Last week I just finished my book "Conscious Economics". It was about how the world must change our ways to survive as a species. I talked about the concepts of ingenious people around the world and model-day western concepts of consumerism. It was a difference between night and day.

From my inner well floated up a thought to write a book on Aboriginal Dreamtime. To be quite honest I had a superficial bunch of ideas. I was always just skimming the surface. I heard about Aboriginal people going on walkabouts.



The great movie Crocodile Dundee talked about aboriginal's going on a walkabout. Once again it was just at a surface level.

The Aboriginals have a concept called profane knowledge. Profane knowledge is knowledge acquired in the external world.

This includes the good, bad and ugly. All external knowledge lies in this category. The five external senses are fully engaged.

The analogy for this is the bark on the tree. The bark is external.

**Outside = bark**  
**Profane**



**Inside = wood**  
**Sacred**

Sacred knowledge exists inside the tree. This is where true wisdom resides. The world at large is mainly focused on the external. Take a look at modern-day politics in the United States.

What is the truth is considered fiction? What is fiction is considered truth. The aboriginals know that the wood the essence exists inside the tree. They have known this for over 100,000 years. They are the oldest existing society in the

world. Their entire life is based upon acquiring inside wisdom. The entire universe is alive. The earth is alive.



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism.

During the 1920s Bertrand Russell came up with this term. It's kind of like what came first the chicken or the egg. What comes first a human body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness?

Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

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

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

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes. Granted it takes billions of years. But still, that is a blink of an eye for eternity.

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

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

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

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

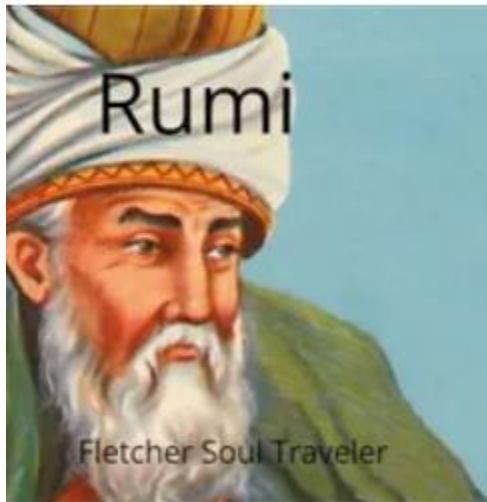
I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe. Everything is a part of this light.  $E=Mc^2$ . Everything is energy and light. Everything is alive and aware.

The aboriginals discovered this fact over 100,000 years ago. This concept is still alive in their core belief systems. Many modern-day scientists believe in this theory. The aboriginal people discovered the tree inside many moons ago. It is not a concept but a reality.

## Rumi

Divine intoxication feels the air. Only a wise man understands the meaning behind these words.



## [PDF](#)



Welcome to my new book. This book will be a story within a story within a story. But first, take a look at the slide show.

This might give you an insight into the work I'm doing. I believe we are all on the same boat sailing home

today. I take a look at beauty in all walks of life.

Even the so-called weeds like dandelions have incredible health benefits. I've been thinking for the last two years that I wanted to tackle the Muslim point of view on life.

My daughter is a devoted Muslim. Her husband is from Egypt. They have three incredible children. I have seen the transformation of my daughter from a child to

a beautiful adult and Mom. It brings tears to my eyes. This journey in life is a combination of having your feet on the ground and your head in heaven. It's extremely practical.

This is the beginning of the story. This is the first step. Come with us on this journey. Each day a new story will come alive. If you are in any way interested in Rumi watch the story unfold.

I can't say everything will be 100% accurate. Well, that wouldn't be a story, would it? The essence is how the story brings inspiration to you. This is what a story is truly about.

The definition of inspiration is as follows.

- 1.the process of being mentally stimulated to do or feel something, especially to do something creative.
2. a sudden brilliant, creative, or timely idea.

This book came from my inner inspiration a week ago. I always wanted to hear more about the life of Rumi will here goes.

-Author

## Know thy self

For eternity the expression know thyself has been said.

A mature civilization understands the meaning behind these words.

Our present-day civilization has no idea what these words mean.



Fletcher Soul Traveler

## [PDF](#)

I remember when I was in India I said to myself why anyone would not want this experience of knowing thy self. Years later I see that the spiritual path is the most practical. Many people would say the opposite. Probably most of the world.

What I'm saying was never taught in our school systems or by our families. We are human beings but at times I would rename that to human doers. We are good at that.

We are so good that if we have to slow down and do nothing we get bored. Take for instant the global shutdown. Most people got bored out of their minds. They couldn't handle the mind being bored.

This is a major problem. I mean a major problem. We are like leaves blowing in the wind. Whatever comes the way we react to it. Our subconscious runs 95% of the show while our conscious mind is about 5%. Unfortunately, we aren't even aware of this.

You are the universe. You just don't know it. You are stardust. Many scientists have confirmed this. Scientists know the existence of a quantum field that exists beyond time and space. You are a part of this field. Yet we are texting on the freeway of life.

Going back to the spiritual path is the most practical. How would you like to live in the present moment? How about never getting bored again. Yes, that takes time but with practice and awareness, it can happen. How would you like to live in the center of the hurricane? Humanity is living in the hurricane-force winds of the mind and is getting battered by the wind.

Did you know that infinite peace, happiness, kindness, love, and compassion lies inside of you? Humanity is chasing the carrot on the stick.

We are always striving for happiness. External happiness is short-lived. Ask any drug addict. It brings a temporary high yet they need a higher dosage the next time around.

Did you know that you are a master chemist? Each one of us is geniuses. Unfortunately, every single time you get angry or have negative your body is literally flooded with over 1,500 negative emotions.

The Buddhists say that when you get angry you are drinking your own poison. You think the other person will get harmed yet you are the one. We live in such a state of mind where the human body for billions of people can't shut down the facet of adrenalin.

At night time millions of people can't shut down their minds and body. A billion-dollar industry is built around this.

A wise man puts his head on the pillow, smiles, and drifts off to sleep. An ignorant man will argue until all hell breaks out. A wise man will have nothing to say but smile. He has nothing to prove.

The sun in the sky just smiles. The universe just smiles. It has nothing to prove. Just think the entire universe exists inside of you yet it doesn't shout hey look at me dummy. At times I wish it would. Yet the universe is meek and humble. At the same time, it is infinite power. It is quite a paradox.



When I came back from India. I had this friend. Call him Jim. Jim had a brilliant mind. It was off the charts. He got a degree in math and physics. Note I said math, not mathematics. I needed a spell checker for that.

Anyway, we once discussed seeing light inside. My all-time favorite poem is Brahmanand's palace in the sky'. We have five external senses and five internal senses. We are literally hardwired to know thy self. My dear friend Jim thought we were crazy. Looking back maybe we were. My brother John and I were learning how to have our feet on the ground and head in heaven. That is the definition of the word idiot.

We are living our lives in darkness yet we think we see clearly.

Who am I?

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



[PDF](#)

Who am I? Man has been asking this question for thousands of years. Yet are we getting closer to answering this question? All the wise ones from the past said the answer lies inside.

I say this a lot. You are the universe. You just don't know it. Most people roll their eyes when I say this.

Michio Kaku said the following.

In string theory, all particles are vibrations on a tiny rubber band; physics is the harmonies on the string; chemistry is the melodies we play on vibrating strings; the universe is a symphony of strings, and the "Mind of God" is cosmic music resonating in 11-dimensional hyperspace.<sup>2</sup>

I love this example from Paramahansa Yogananda<sup>3</sup>

Another time I was sitting in a movie theatre watching a movie on a screen. And then I looked into the projection booth. I saw that the projectionist was not

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<sup>2</sup> [https://www.azquotes.com/author/7702-Michio\\_Kaku](https://www.azquotes.com/author/7702-Michio_Kaku)

<sup>3</sup> <https://sites.google.com/site/theselfawareness/section-5/life-is-a-dream-yogananda>

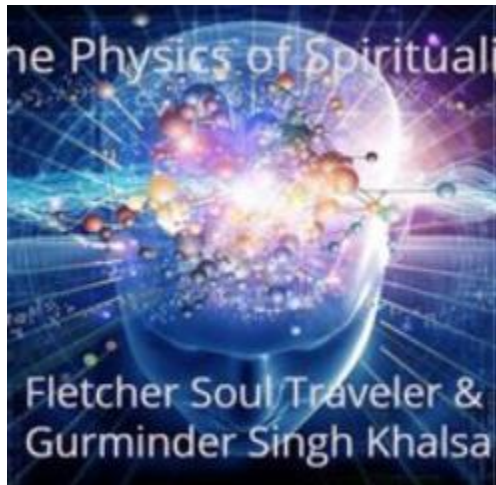
interested in the movie, because he has seen it over and over again. Instead, he was reading a book. The projector was doing its job: there was the sound, and the beam of light was casting realistic images on the screen. And there was the audience caught up in the drama.

Note the wise men of old and the quantum scientists are both talking about the same thing but there is a huge difference. The quantum scientists look external while the wise man looks within. The sages throughout time would talk about our true nature yet the majority of people rolled their eyes when hearing about this.

This book goes through all sorts of angles for you to ask yourself these basic questions on life. If you can try to have your heart open. We are thinking outside of your box. There is a part of you the heart knows when love wants to open the door inside of you.

## [The Physics of Spirituality](#)

Both the mystic and the quantum scientist are both talking about the same thing.



## [PDF](#)



I truly believe in synchronicity. The title of this book is The Physics of Spirituality. Mind you I did not come up with this title. My twin brother

John's business partner and dear friend Gurminder Singh Khalsa came up with this title.

They have known each other for over 33 years. I have been fascinated by physics and the foundation of consciousness in the universe. For almost fifty years I've been meditating. You could say my brother and I have a knack for it.

If you have been reading my books which you probably haven't I have been writing about the practical experience behind all religions. They are all talking about the same thing. In the past few months, I wanted to talk

about the Sikhs. They have an incredible background that the west has ignored.

Gurminder passion is studying the quantum field using the external lab and internal lab. We will get to that in this book.

## Tricks Of The Trade

Come and learn about the tricks of the trade to discover the jewel that exists inside of you



### [PDF](#)

Welcome to the tricks of the trade. This is not your ordinary book. You have been living yet most people have no idea of the power of the breath. We come into this world and we take our first breath and presto we are alive.

We live our lives. In every moment we are breathing. When we take our last breath we die. It is as simple as that. Nobody gets a free ride. The mystics have said for thousands of years the power behind your breath is the same power that is keeping the universe alive.

Yet most of us, are oblivious to it. We live our lives searching for the truth yet the truth has always been inside of us.

Unfortunately, man is stubborn and hates to change. Much of what the wise men have said most people just roll their eyes. Do they believe if it exists inside of me why we don't know about it? Well, your focus is on the external. You were never taught to look inside of yourself. It is only by your will and intent. Nobody can open the door for you.

Take your time reading or listening to this book. Ponder over each chapter. I hope that you will discover the jewel within. You are a missing piece of the puzzle.

## Buddhist

I find it fascinating that the same electrical system is custom designed for each individual.

It doesn't matter what universe, what galaxy, or what planet you live on. It is a custom design.

It seems you may have different hardware, different software, and a different computer. Yet the journey is to go from darkness to light.

Many people have theories on how many chakras exist inside of a human body. Depending upon your realization, it will be different for each person who talks about it.

The dragon School spent thousands of years going within and mapping out the streams and rivers that exist inside of us.

They knew that each chakra was a stargate that could help one on this road of life.

Vast wisdom is on the other side of the Stargate. Trillions of years ago Zoran stumbled upon tummo the fire within.

Over thousands of years, this technique was refined over and over again.

The Tibetans and the great masters took this knowledge then we find it for our planet.

Today tummo is the foundation for the six yogas of Naropa

Tummo is the fire of compassion that exists inside of us. It is our true nature of Love and compassion. Unfortunately, in this world today we have forgotten that the jewel even exists inside of us.

The dragons love tummo. Even the water dragons. Love it. Granted they don't breathe fire yet the inner fire can be felt by all dragons.

This fire is the process of enlightenment.

Even dragons had modified the techniques to suit their bodies and mind.

It wasn't Mine is better than yours but rather this suits me for my development.

There was no sense of ego or power and control over others.

One man's poison is another man's food.



## Six Yogas of Naropa



[PDF](#)



**Fletcher Soul Traveler**

13 subscribers

If you know me you will know that I love to think outside of the box. I have been researching for most of my life.

It's not only intellectual knowledge yet its practical down-to-earth wisdom. You could call it the land of a mystic. Feet on the ground and your head in heaven. Be practical and yet consciously live within the jewel that lies within.

Call it whatever you want but something is keeping you alive. The same power that is keeping you alive is keeping the universe alive. This is my first introduction to Tibetan formal training that I'm about ready to embark on. It's a 16-week course. Lama Glenn Mullin is presenting this course starting July 24, 2021. I'm looking forward to learning more about this ancient wisdom. Here's the beginning of this new journey. Maybe you might want to join in this adventure.

# The Six Yogas of Tilopa, Naropa & Niguma

**16-Week Training Program  
With Lama Glenn**  
starting on July 24, 2021

Life will give you many signposts and synchronicities if you are open to them. I have been fortunate to be aware of this since childhood.

When one is conscious of the inner doors signposts and synchronicities are a part of your life. Remember

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

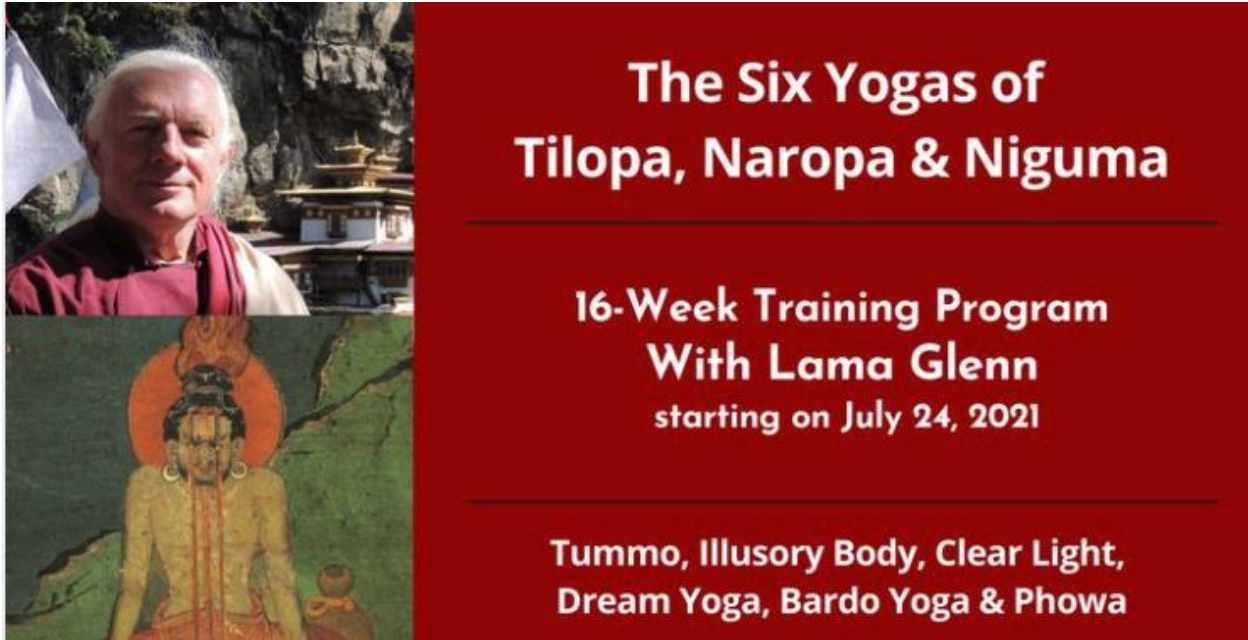


My girlfriend Anna and I were driving from Toronto to Vancouver Canada. The year was 1974. We ran into Mahatma Rajeshwar and Bill Paterson along the way.

They were going to do a TV interview and asked us if we wanted to come. We spent a few days there. Bill gave me a copy of a book about Milarepa. He was Tibet's greatest Yogi.

The Kagyu lineage still exists today. In fact, in Ashland Oregon, there is a beautiful temple that comes from the Kagyu lineage. Bill, unfortunately, died about 10 years ago. He was well known for his kindness.

I loved the book. I was extremely fascinated by his life. I love to meditate. It is a part of my life. I mean an incredible part of my life. I had a knack for it.



**The Six Yogas of  
Tilopa, Naropa & Niguma**

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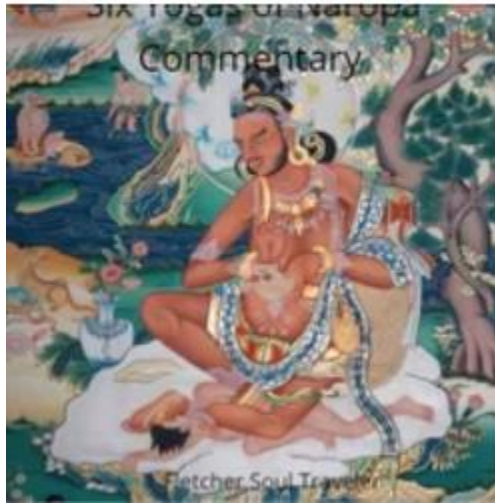
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**Tummo, Illusory Body, Clear Light,  
Dream Yoga, Bardo Yoga & Phowa**

Fast forward almost 48 years. I'm on Facebook and I see the interesting post, Tummo & Six Yogas Training with Lama Glenn. I was quickly drawn to this. What a synchronicity! My mind went back to receiving this precious book on Milarepa many moons ago. Signposts are all around us.

## Naropa Commentary



## [PDF](#)



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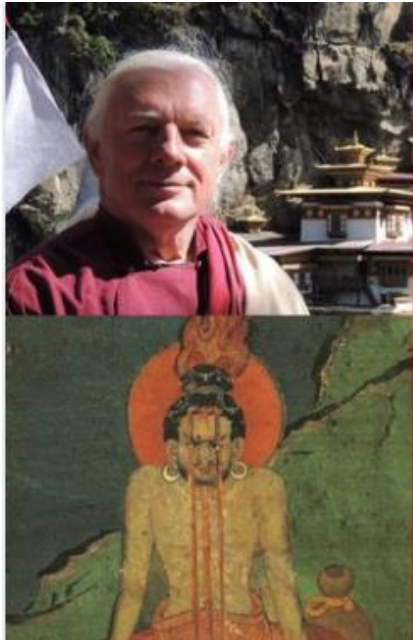
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## Teachings Of The Dragons Naropa Part 2



[PDF](#)

Hi, this is Little Ricky the dragon. Human Ricky absolutely loves and adores dragons. It wasn't always that way. That was a period in his life he never paid attention to us. It was like just a fairy tale. Yet Richard is married to Barbara. She has been extremely interested in dragons her entire life. They were meant to be together.

Did you know that the dragon is a symbol of enlightenment in Buddhism? Dragons have been around for trillions of years. We are new kids on the block. We have a lot to learn. Just think the dragons went through the same stuff we are going through.

No one gets a free ride when it comes to enlightenment. Life is truly a video game.



Carl Yung studied archetype symbols all his life. An archetype symbol holds the energy of the unconscious mind. Dragons hold the keys to enlightenment. They became enlightened trillions of years before we showed up on the scene.

Yet as I said before nobody gets a free ride. The dragons on earth had the same problems we presently have. We have a hard time getting along with each other. Read my book Dragon Tales to see what I mean.

I think it's amazing that many people have different sides of the story when it comes to dragons. In the East, a dragon stands for enlightenment.



In time, Chinese Buddhist artists adopted the dragon as **a symbol of enlightenment**. Today dragons decorate roofs and



This is just the start of your training



[PDF](#)

Hi, this is Little Ricky the dragon.



Do we ever have an incredible story to tell? It may seem like a fish tale yet it's a dragon's tail.

A long, long time ago there existed the dragon's world. Mind you this was over two trillion years ago. Your universe existed only around 14.5 billion years ago. You are essentially the new kids on the block.

The same nonsense and chaos you experience is the same nonsense we went through. Mind you it wasn't a pretty picture at times. Dragons can be quite angry and destructive at times.

There were many warring factions. It seems like power always comes into play with politics. Power is like cream it rises to the top of the bottle. Yes, this cream of power almost leads us to our destruction. We had many wars just like you have.

At times we didn't know if our world would survive. We were going from darkness to light except we didn't know that. We were oblivious of that.

We had so many problems we could hardly function as a society. Chaos was in the air. When you are in constant chaos a society can't make proper decisions. One

lives like leaves blowing in the wind. We didn't know that the world could live in the center of a hurricane.

We were stressed out dragon. The years of fighting and conflict got to us. Our stress levels were off the charts. A good night's sleep was rare. This leads to many health issues. We thought this was normal. We accepted our state of mind.

Unfortunately, we were playing the same tapes over and over again. We thought this is how one should live. We didn't even know that these tapes were being played.

Consequently when someone would say something we did not like we would blow up. Mind you when dragons blow up it's not a pretty picture. At times their flames would kill the other dragon.

You could say we couldn't control our emotions. The concept of an inner garden didn't even exist to them. They were throwing all their garbage in their inner living room. No wonder they didn't feel good. No wonder they were cranky.

Common sense was uncommon. Their world was collapsing. This is where the story gets interesting. You see help is always there. You are the universe. You just don't know it.

## Jainism

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Did you know that when an entire civilization gets enlightened it actively participates in the creation of other worlds?

Just think the dragon world actively participated in the creation of our universe.

Mind you, this was trillions of years before our universe even got created.

Some say the big bang created the universe. All others have different points of view

Nevertheless, most scientists say the universe got created around 15 to 20 billion years ago.

Remember the goal is to go from darkness to light.

Each star system had to go through the same darkness and light as the dragons did.

Nobody and I means nobody gets a free ride.

The dragons were quite happy with the system that they developed. Yet they knew that other systems existed out there.

They developed a consortium called the brotherhood and sisterhood of light.

This brotherhood and sisterhood still exist today.

Just think trillions of years before even the dragons came into the picture there existed a civilization that enlightened trillions a year before them.

They had quite a unique perspective on life.

Even today their perspective is outside of the box.

I'm talking about the Jains and the incredible road map that they have.

This road map has been used by many advanced enlightened civilizations throughout this universe and previous universes.

The dragons knew there are infinite pieces of the puzzle in life.

Each system is different and unique, yet the essence is the same.

The goal of each system is the same. The goal is to go from darkness to light.

In the beginning, when the brotherhood was first created, there was always a sense of joy when a different system came on board.

There was no ego of my system was better than your systems.

Have you ever seen mystics fighting one another?

Yet, people who are only involved in dogma and think their religion is the only one will fight to the end to defend it.

The truth needs no defending. Each system is uniquely designed. It's like one flower compared to another flower.

Each one is custom designed.

Each system has been refined for trillions of years.

Unfortunately today, many of these systems have lost their essence.

The Jains for some reason have not lost the essence of the message.

It is still holding the light in midst of darkness.

These console meetings were quite entertaining. They were probably the purest form of entertainment that has ever been seen.

The laughter and humor could be heard throughout the universe at that time.

You see they have gone beyond all negative emotions. They learned how to control the mind and not the mind-controlling them.

In that state, there is a true celebration of life.

They could do cheers to a glass full of nectar than drink the liquid of immortality.

One gets intoxicated by this drink and it is intoxication to the soul

Greater wisdom comes this way.

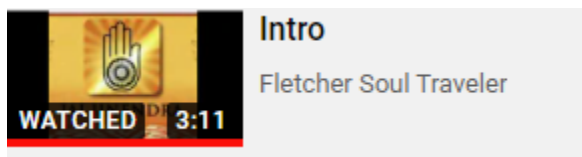
Each one of the Jains Tirthankaras studied and participated. Got the dragon skull of enlightenment.

Over thousands of years, they refined the teachings so they can be presented with the universe got created for us.

[Jai Jinendra](#)



[PDF](#)



"Jai Jinendra"! is a common greeting used by the "Jains". The phrase means "Honor to the Supreme Jinas (Tirthankaras)".

The reverential greeting is a combination of two Sanskrit words: "Jai" and "Jinendra".

The word, "Jai" is used to praise somebody. In "Jai Jinendra", it is used to praise the qualities of the "Jinas" (conquerors).

The word "Jinendra" is a compound word derived from the word "Jina", referring to a human being who has conquered all inner passions and possesses \*Kevala Gyan\* (pure infinite knowledge), and the word "Indra," which means chief or lord.

By saying "Jai" we are praising the glory of these great Souls (Tirthankaras) and by doing this we are trying to internalize and imbibe their greatness in ourselves. By

"Jinendra" we are saluting and appreciating the virtues of those "Jins" who also have achieved full control over their Indriyas (Senses).<sup>4</sup>

I have been researching the Jains for almost a year now. I'm quite fascinated by their spiritual and practical practice of life.

During these days of the corona-19 virus, it is ever so important to be diligent in having a healthy lifestyle. Your life may be dependent upon it. Yet just recently during the thanksgiving holiday over 25 million Americans traveled by plane. The deaths and people getting it is overwhelming. Is common sense uncommon?

I have spent my entire life on the mind, body, and soul connection. I firmly believe to have your feet on the ground and your head in heaven. True wisdom only comes when one is connected to the source within. This is where the fountain of wisdom exists. As the Zen Buddhists say chop wood carry water.

As I study with the Jains I see a down-to-earth practical path to fine-tune the guitar of life. Nobody will drive your car for you. You have to drive the car yourself.

This should be taught in school and everyday life. Yet common sense is uncommon. These tools have been around for thousands of years. Humanity has forgotten them. You are the universe. You just don't know it.

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<sup>4</sup> [Jain Suvichar: Meaning of "Jai Jinendra"...](http://jainsuvicharmessages.blogspot.com) ([jainsuvicharmessages.blogspot.com](http://jainsuvicharmessages.blogspot.com))

Non-violence



[PDF](#)

Here we are amid a global shutdown. At least 30 million Americans got laid off. Most of these people can't pay their bills. Congress is bickering with one another. Here's an excerpt from Forbes magazine.

Billionaires Are Getting Richer During The COVID-19 Pandemic While Most Americans Suffer <sup>5</sup>

Billionaires are not in the same boat with the rest of us, as we try to navigate the treacherous currents of the COVID-19 pandemic. They're smoothly sailing in luxury yachts, while most Americans are doing the doggy paddle, treading water, and just trying to stay afloat.

According to the Institute for Policy Studies, [billionaire wealth has boomed](#), while over [26 million people have filed for unemployment](#) since mid-March. The percentage of taxes paid by billionaires has fallen by 79% since 1980. From the start of March to now, the group of billionaires' total wealth has increased by \$308 billion. Billionaires boast a combined net worth of \$3.229

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<sup>5</sup> <https://www.forbes.com/sites/jackkelly/2020/04/27/billionaires-are-getting-richer-during-the-covid-19-pandemic-while-most-americans-suffer/#2cbddc484804>

trillion and their collective wealth skyrocketed up 1,130% between 1990 and 2020.

#### Forgiveness

I forgive all living beings,  
may all living beings forgive me.  
All in this world are my friends,  
I have no enemies.

— Jain festival prayer on the last day<sup>[164]</sup>

To make matters worse George Floyd was murdered by three police officers. This started protests not only in America but all around the world. Unfortunately, many of these became violent and mass rioting occurred with the destruction of property.

This is a sad time in America.

Today is June 2, 2020.

This is the headline from CNN.

Trump responds to protests with a strongman act.<sup>6</sup>

Trump on Monday turned security forces on peaceful protesters in front of the White House, [as tear gas and rubber bullets flew](#), [before declaring himself the "law and order" President](#). Then, in one of the most bizarre moments in modern presidential history, he strode across the park to stand in front of an iconic church holding a Bible aloft in a striking photo op.

It was a moment of vanity and bravado -- orchestrated for the cameras and transparently political -- as Trump struggles to cope with protests sweeping the country after the killing of [George Floyd](#) and tries to cover up his botched leadership during the [coronavirus pandemic](#). Overnight, the White House's official Twitter account [released a triumphant video of the moment set to music](#) but omitting any signs of the mayhem unleashed on the protesters.

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<sup>6</sup> <https://www.cnn.com/2020/06/02/politics/donald-trump-george-floyd-protest-military/index.html>





Where does this stream of unending violence come from? We have peaceful protesters and policemen joining in the protest. Here's a picture of the Chief of police for Santa Cruz, California knelling with protestors.

On the same hand, we have the following reported by CNN.

The video appears to show NYPD truck plowing through a crowd during a protest <sup>7</sup>

Police are investigating after a video appeared to show a New York City Police Department truck plowing through a crowd during [Saturday's protests](#) over the death of George Floyd.

The 27-second video, which was posted to Twitter, shows an NYPD truck in front of a crowd throwing objects at the vehicle. There is a barricade in front of the truck. The truck then appears to drive into the barricade, knocking over protestors. Screaming and yelling are heard while a person is seen jumping on top of the truck. It's unclear if there were any injuries.

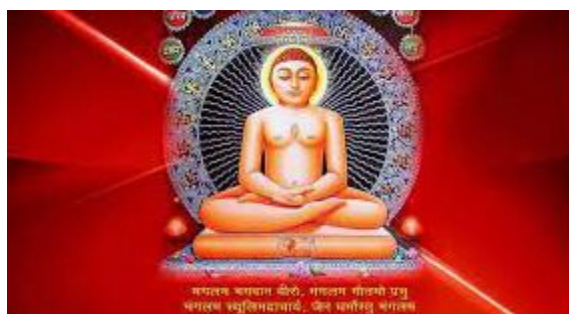
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<sup>7</sup> <https://www.cnn.com/2020/05/31/us/nypd-truck-george-floyd-protest/index.html>

Paryushan 2022



[PDF](#)



I believe in synchronicity. It is quite a part of my life. It wasn't always that way.

When I was young I never was introduced to this concept. Years later I embrace it wholeheartedly. A few days ago I finished editing my book for the second time

called Jai Jinendra.

To make a long story short, my dear friend Amar sent me a message saying in a few minutes there is an 18-day Jain celebration going on and there will be a subject of talk each day.

Being an inquest person and also studying the Jains writing my book piqued my interest.

This celebration occurs in August or September depending upon the Indian calendar. Each year during the celebration, the Jains make a yearly commitment to understanding the great mysteries of life and oneself.

These talks are meant for one to gather greater wisdom and incorporate them into your life

Many modern-day scientific principles were known by the Jains thousands of years ago. I considered them one of the first psychologists along with the Buddhists.

Currently, there is a marriage between religion and the scientific community. Both of them are talking about the same thing.

Great scientific discoveries have occurred in the last 20 years between the mind and body connection.

These ideas have been around for thousands of years, but until recently the Western world has ignored them. Maybe not ignore them but was not aware of them.

These are exciting times ahead of us. There is so much chaos yet at the same time people are waking up from their slumber.

Come and join me on this exploration. There is always something new to learn and gather wisdom on this journey of life.

The Jains are known to think outside of the box.

## What Does Jainism Teach About Death & The Afterlife?



### **Sherrie Johnson, BA in Liberal Studies**

Contributing writer

- [Author bio](#)
- [Follow on LinkedIn](#)

<sup>8</sup>Jainism is one of three ancient and prominent religions that traces its origins to India. Today, around six million people follow Jain beliefs. Though many Jains live in India, thanks to globalization, the Jain way of life has traveled to many countries in the West, such as England and America.

*Jump ahead to these sections:*

- [How Do Jains View the Universe and Death?](#)
- [What Happens in the Jain Afterlife?](#)
- [The Difference Between the Jain and Hindu Afterlives](#)

Do you have a friend who follows the Jain religion? Maybe you're interested in learning about Jainism yourself. Or perhaps you simply want a better understanding of the world. Whatever the case, this article will shed light on what happens in the Jainism afterlife.

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<sup>8</sup> <https://www.joincake.com/blog/jainism-afterlife/>

### *How Do Jains View the Universe and Death?*

People look at [death all over the world](#) through the lens of religion, personal beliefs, and cultural understanding. The Jain view of death and the universe does the same. Jains incorporate their scripture, culture, and traditionally held understanding of the world around us.

» **MORE:** [Start customizing a printer-ready funeral program template that you can download instantly.](#)

### *The universe*

Jains believe that the universe exists in material form. In other words, it's not a figment of our imaginations or an illusion that we think exists but doesn't. Jains believe everything falls into one or two categories: living souls and nonliving objects.

Living souls are called jivas and non-living objects are called ajivas. Ajivas include everything that exists in the universe that does not have a soul, including space.

Jains consider the universe to have infinitely existed and believe it will continue to exist through all time. The universe governs itself through a set of cosmic laws and stays existent through its own energy. The idea that the universe was created is completely absent from Jainist beliefs.

### *Nature of the universe*

According to Jainism, there are five regions or parts that make up the universe. These regions include:

- **The Supreme Abode:** This is where liberated or enlightened celestial beings live forever.
- **The Upper World:** This is where celestial but not liberated beings live, but not forever.
- **The Middle World:** This is where humans live and where they can achieve enlightenment.
- **The Lower World:** This region has seven regions within itself, known as the seven hells. Beings here get tortured but they do not stay here forever.
- **The Base:** This is where the lowest forms of life live.

### *The soul*

To better understand the Jain view of death and the universe, we should understand a bit more about the soul. Jains believe that the soul is:

- Conscious and eternal, forever cycling through death and life until enlightenment is achieved.
- Made of energy.

- Without physical form and can fit itself into any form, no matter how large or small.
- Can be embodied.
- Can achieve purity and enlightenment, resulting in omniscience and bliss.

Jains can think of themselves as two separate entities: the body, or container, and the soul, which fits into the container. The soul is what drives the body to act and the soul is ultimately responsible for all of its actions, good or bad. By following the Jain principles of behavior, the soul can achieve liberation from the cycle of birth and death. Liberation can only be achieved when the soul is embodied in human form.

### *Death*

The Jains have a fairly [death-positive](#) outlook and believe death itself to be part of the rebirth cycle on the way to achieving enlightenment. In Jainism, death is not seen as a final moment where souls leave earth and enter an eternal world. Instead, death is linked to birth and the cycle of reincarnation. Death is merely the soul's way of continuing the rebirth cycle. The form the soul takes for its next cycle depends on accumulated karma.

### *Preparation for death*

For Jains, death is preceded by the ritual of dying. The act of death plays an important role in preparing the soul for its next embodiment.

The ritual of death is known as *sallekhana*. During this ritual, whether due to old age or the end stages of a terminal illness, the Jain will slowly withdraw from food and medicine. Withdrawal occurs slowly and in a manner that does not disturb their inner peace. They also engage in prayer and scripture reading.

The process of *sallekhana* isn't always accepted and is considered taboo in some areas. However, the Jains that practice this ritual don't view it in the same light as suicide. The ritual is to be undertaken in a calm, aware, and dispassionate manner — the exact opposite from what many Jains believe the act of suicide normally looks like.

Jains view both obtaining as much inner peace as possible and dying peacefully as incredibly important. A peaceful death will benefit the soul and result in a better embodiment. *Sallekhana* isn't an eagerness to die but demonstrates a willingness and desire to face the transition from one life to the next in a graceful and self-controlled manner.

Jains embrace death rather than fear it with this ritual of preparing for death and focusing on the transition from one life to the next.

» **MORE:** [Get started on a personalized funeral program template for your deceased loved one.](#)

### *What Happens in the Jain Afterlife?*

Though all religions differ in their beliefs about [what happens after you die](#), each one tries to answer the question. For Jains, death does not immediately lead to the afterlife. Death leads to reincarnation.

### *Reincarnation*

Once a body dies, the soul immediately goes to its next body, also known as a container. Depending on the soul's accumulated karma, the next body may not be human or even an animal. The birth/death reincarnation cycle continues indefinitely until a soul achieves ultimate deliverance from karma.

Deliverance is not the same as enlightenment. A soul can achieve enlightenment but will still be subject to reincarnation. Enlightened souls are free of harmful karma but still attract non-harmful karma based on their deeds. Only once all the remaining karma has no impact on the soul can deliverance occur.

### *Deliverance*

The portion of Jain afterlife that most people in the West can relate to occurs when a soul is delivered from all karma. After a soul achieves enlightenment, they are still impacted by karma. Once they are completely free of karma, they instantly achieve deliverance from the reincarnation cycle.

When a soul reaches deliverance, it is immediately transported to the highest level of the universe — the Supreme Abode. Here, the soul lives eternally disembodied in a state of purity and bliss with other liberated souls.

### *Liberated souls*

Liberated souls, called siddhas, are forever free from the reincarnation cycle. These souls no longer have physical bodies nor will they embody a form ever again. Through enlightenment and liberation, they have obtained infinite knowledge, infinite power, infinite vision, and infinite bliss. It's every Jain's goal.

Liberated souls are beings that are “god-like” but are not gods. They are not worshipped by Jains in the conventional Western concept of god worship. When Jains worship liberated souls, they do so to focus on an example of perfection to achieve perfection themselves.

Unlike the gods of Western traditions, liberated souls do not:

- Create or destroy
- Have a relationship with humans
- Intervene in the lives of humans or the universe

- Make demands of humans
- Create or enforce laws in the universe
- Reward humans for good behavior
- Forgive humans for wrongdoing
- Give life or existence to humans

Humans can only use these beings as inspiration for their own journey. They will never directly interfere with the life of a human or influence them directly in any way. Worship of liberated souls is for inspiration only and will not result in any direct change in a human's life.

» **MORE:** [Download printer-ready, customizable funeral program templates to honor your loved one.](#)

## The Difference Between the Jain and Hindu Afterlives

Jainism and Hinduism emerged around the same time and share many [examples of rituals](#) and faith. But the two religions are distinct and beliefs about the afterlife are one area where you can see their differences.

### *Soul liberation*

According to Hinduism, each soul is separated from the Supreme Soul or Parmatma. The focus of liberation is to achieve the merging of souls back into the supreme soul.

In Jainism, each soul is its own individual entity and is not tied to other souls. Liberation occurs for each individual soul and there is no merging once liberation is achieved.

### *Existence for liberated souls*

In Hinduism, liberation means the merging of souls back into the supreme soul, or Brahman. Once this occurs, it is believed that souls enter into Vishnu's paradise for an eternity of bliss.

For Jains, liberation results in an activity-free existence experienced in tranquility and bliss.

### *For Jains, Death is Part of Life*

For those who follow the Jain way of life, death is seen merely as a transition from one life to the next. Death can be a positive thing for Jains. It is through the cycle of death and rebirth that the ultimate achievement of liberation can one day be achieved.



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**PARYUSHAN & DASH LAKSHAN**

The Spirit and Intense Sadhana during Paryushan is for

Coming to and dwelling in Nature of Own Soul

**WHO AM I REALLY?**





Author: [Dr. Mahavir Raj Gelra](#)

Published: 23.02.2009

Updated: 02.07.2015

<sup>9</sup>Jains envision the entire universe to be comprised of six entities (we have christened them as **mattereals**)-

1. *Dharm-astikaya* (Medium of movement)
2. *Adharm-astikaya* (Medium of rest)
3. *Akash-astikaya* (space<sup>[19]</sup>)
4. *Pudgal-astikaya* (Sthul-matter & Sukshma-energy)
5. *Jiva-astikaya* (conscience/intelligence)
6. *Kaal*<sup>[14]</sup> (time)

All these six entities (mattereals) co-exist simultaneously to manifest the Universe. Interestingly, science<sup>[18]</sup> even today cannot add or subtract anything from this all exhaustive list cited above. Jain literatures call the universe as *Lok*. Excluding this finite *Lok* is said to be infinite *Alok*. Jain philosophy<sup>[12]</sup> has laid a logical foundation to the ever enigmatic questions of creation of universe, its extent, its composition and its time factor. Founding postulates of Jains are-

- There is a **finite and tangible Lok** situated in the midst of an **infinite void called Alok**.
- *Alok* is infinite, yet the relative positioning of *Lok* with respect to *Alok* is well defined as the **directions travel in the Alok as well**.
- *Lok* has a **well defined and stable geometrical shape**.
- *Lok* has fixed basic constituents which are **finite and maintain a constant sum**.
- Activities within the *Lok* are so spontaneous that **it is not created by anybody**.
- *Lok* possesses **default intelligence and not the designed one**.
- Periods in *Lok* have starts and ends, but **cycles of periods are eternal** - having neither beginning nor end.

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<sup>9</sup> <https://www.herenow4u.net/index.php?id=67824>

- Matter present in the Universe is dynamic by way of transportation and transformation, which is the very basis of LIFE.

Mahapragya<sup>[15]</sup> explains that the Jains could find above universal Laws as they do not believe in the authority of GOD as the creator or perpetuator. According to him, modern science<sup>[18]</sup> also does not support the idea of universe being created and conducted by any supreme-power.

## Statements of Einstein<sup>[7]</sup> and Hawking

**"God is left with nothing to do, as the disciplined Nature is governed by its own laws and principles"** - how close Einstein<sup>[7]</sup> is to the Jain view point! Bestseller physicist and well known contemporary scientist Hawking, too, believes that the cosmos is no-beginning no-end phenomenon. A lot of scientific investigations are going on today in the field of astrophysics. Largest of the large and smallest of the small are keenly scrutinised by the modern scientists who are equipped with latest electronic telescopes and fastest computers to analyse the enormous data. While at one end they are eager to know massive black-holes, on the other hand they are enthusiastic to study the minutest particles like quarks and gluons. It would therefore be relevant to undertake a comparative study of Jain Philosophy<sup>[12]</sup> vis-a-vis Science<sup>[18]</sup>. To start with, we shall first chronologically arrange the history of cosmic studies.

## History of Universal Exploration by Scientists

1. Scientific study is presumed to have started with Copernicus in 1514 when he, for the first time, declared the sun as the centre of our planet system contrary to the then prevailing idea of Earth being at the centre as proposed by the Greek philosopher Aristotle<sup>[2]</sup>.
  - **This established the first fact - Orbits of our solar system are sun-centric and not geo-centric.**
2. Unlike our modern times, where a new concept is introduced every year, it took almost 100 years for Galileo to confirm it way back in the year 1609.
3. Around the year 1687, an idea was mooted by Sir Newton<sup>[16]</sup> about having an infinite static universe. But his own theory of gravitation contradicted it. Owing to the gravitational force, the stars in static universe will fall into one another and the universe would have collapsed.
4. As the Solar system was thoroughly understood and mathematical orbits were established solidly, scientists turned their attention to the outer universe. Arguments kept on waging about whether the universe had a beginning or is eternal. We shall see later in this chapter, how Jainism<sup>[13]</sup> solves this dilemma.
5. After another 100 years, in the middle of nineteenth century the idea of eternal universe was discarded by scientific fraternity. It was because of a very simple logic. Had the stars around us were shining since infinite time, rays from all the stars would have reached us by now

and the earth would have received so much of energy that it would have been blown up by now. By the same argument all the other cosmic bodies too would be infinitely heated up.

- **This established the second fact - the Universe had a beginning.**
- 6. Next milestone in this journey came relatively faster in the year 1929. This only confirmed the fact that the universe had beginning. Edwin Hubble observed that the cosmos is expanding as the galaxies are rocketing away from each other.
  - **This established the third fact - the Universe is expanding.**
- 7. The immediate conclusion was that these galaxies were near to each other sometime in past. In fact, so near to each other that the universe occupied near zero space<sup>[19]</sup> and possessed near infinite density.
  - **This established the fourth fact - the Universe started with Big Bang.**
- 8. However several important questions still remained unanswered. Having consensus on the beginning, question now nagging the scientists was about the end? How long will the universe expand? Will it collapse after the momentum of big bang is reduced and the forces of gravitation take over?
- 9. By the turn of twentieth century, the study of universe was fully transferred from philosophers and meta-physicists to the scientists and astronomers.
- 10. In twenty-first century, this study is now employing complicated electronics, advance mathematics and latest space<sup>[19]</sup> technology. The concentration<sup>[4]</sup> is on - 'Cosmic Microwave Background' - the ultra high frequency radiations emitting from a hot body<sup>[3]</sup>. Since the universe is presumed to be extremely hot at the time of big-bang, the frequencies emitted then can reveal the correct picture, if detected.
- 11. **To sum up - the present cosmological picture painted by scientists is as follows:**
  - Age of the universe is around 14 billion years and it is by and large homogeneous.
  - It is full of lightest elements, like hydrogen, helium and lithium.
  - It has abundance of cold dark matter<sup>[5]</sup> - huge clouds of particles that are detectable by their gravitational effect only. This finding is astonishingly close to Jain philosophy<sup>[12]</sup>.
  - Within a fraction of a second, the universe inflated at a tremendously accelerated rate simultaneously releasing burst of radiation.
  - Soon after inflation, the regions of high density were acted upon by the cold dark matter<sup>[5]</sup> to form the galaxies.
- 12. **What Scientists have failed to explain:**
  - Boundary, shape and size of the universe?
  - What was before Big Bang and what initiated it?
  - As the three space<sup>[19]</sup> co-ordinates can be drawn by assigning a suitable zero, time-factor too, can be described in terms of elapsed time with respect to some reference. But when we are talking about universe, we need to know the absolute zero co-ordinates of space<sup>[19]</sup> and an absolute zero moment of start of time. Both are eluding science<sup>[18]</sup>.
  - If it is expanding, how far will it expand? OR will it collapse after the momentum of far off galaxies diminishes?
  - If all the matter was together at one point of time (Big Bang), and no matter can travel faster than speed of light (as predicted by quantum mechanics<sup>[17]</sup> and the general theory of relativity), why stars and galaxies are out of our sight?

## Answers from Jainism<sup>[13]</sup>

### 1. *Dharmastikaya*<sup>[6]</sup> (dynaons) & *Adharmastikaya*<sup>[7]</sup> (statons) Duo:

The description of this duo, comprehensively answers the dilemma of Universe's boundary. According to Jainism<sup>[13]</sup>, the spatial extent of this pair is finite, has a defined shape and outlines the boundary of universe. We shall discuss more about the shape of Lok later in this book. Continuing the discussion about the six (interestingly, these are divided into three pairs) matterials, the first one is *Dharmastikaya*<sup>[6]</sup> (dynaons) & *Adharmastikaya*<sup>[7]</sup> (statons). Both are metaphysical in nature, omni present and static. They cohabitate only as a passive, seamless and continuous media. They are entirely absent in the *Alok*. The other two pairs viz., *Akash-Kaal*<sup>[14]</sup> and *Jiva-Pudgal* exist only up to the limits earmarked by dynaons-statons. We can understand it with the analogy of a swimmer in water. Water is just a medium. This analogy is crude with the difference that dynaons and statons do not themselves get disturbed due to any material activity.

Scientific fraternity has always wondered as to what exists between the nucleus and the orbiting electrons or between one atom/molecule and the other. At one time the concept of ether<sup>[8]</sup> was in vogue, but present day scientists deny its existence.

#### a. Dynaons (*Dharmastikaya*<sup>[6]</sup>)

Dynaons are omnipresent throughout the universe. They are supposedly cubical particles interleaved in such a manner that they form a continuous, monolithic medium and the *Gati*<sup>[9]</sup> (dynamism - that is why we have named it 'dynaons') of all the other matterials is attributed to them. They, in other words, are super highways of energy transportation. Even electromagnetic and light waves traverse in the presence of Dynaons {*Dharmastikaya*<sup>[6]</sup>}. Since they act as a medium, they do not participate or interact nor do they themselves get disturbed. Therefore, the energy travelling through the medium of dynaons remains undiminished until it interacts with other forms of matter.

Mahapragya<sup>[15]</sup> observed that if we listened to a science<sup>[18]</sup> teacher explaining the rules of motions, we felt as if a Jain scholar was giving discourse on Dyanons-statons.

However, it must be noted that the science<sup>[18]</sup>, during the Newton<sup>[16]</sup> era, believed in presence of 'Ether<sup>[8]</sup> as a medium of motion'. But later on, Einstein<sup>[7]</sup>, on the basis of Michelson-Morley experiment, ruled out its existence. He argued that since the velocity of light remains a constant to all observers whether dynamic or static, the very presence

of ether<sup>[8]</sup> is dispensable. All arguments of ether<sup>[8]</sup> being a metaphysical entity were discarded and Einstein<sup>[7]</sup>'s view prevailed. But, believers of Jainism<sup>[13]</sup> will find it interesting to note that the things have come to the full circle as scientist now need a 'medium' to explain the way gravitational forces act!

## **b. Statons (*Adharmastikaya*<sup>[11]</sup>)**

An anti-matter to dynaons, these particles co-exist with them and are medium to gravitation (*sthithee*). Their presence actually completes the picture of universe. Scientifically, we all know the matter would collapse under gravity if the gravitational forces are not counter balanced by forces of velocity. Electrons are orbiting to avoid collapsing into the nucleus. Earth is orbiting so that its centrifugal force is equal to the gravitational force of sun. The solar system, in turn is rotating and so is our galaxy, the Milky Way. Even all the other galaxies, which we know of, are spinning presumably to prevent fall under gravity. Jainism<sup>[13]</sup> states that all forms of matter take **SHAPE** only when the forces of energy are at equilibrium with the forces of gravity. Jainism<sup>[13]</sup> therefore does not believe in Designed Intelligence but proclaims **Default Intelligence**. In the former case, the universe becomes somebody's discretion, whereas in the latter case, it spontaneously exists under certain fundamental rules.

It is amazing that no other religion on this earth has promulgated the presence of all encompassing matterials as is done by Jainism<sup>[13]</sup>. And as we have understood so far, how near the Jain philosophy<sup>[12]</sup> is to the modern science<sup>[18]</sup>! It even can extend helping solutions to some of the enigmas faced by the scientists regarding the boundaries of universe and the extent of time.

## **Conclusions of Science<sup>[18]</sup> (so far):**

Scientific evidences point an explosive start by Big-bang and extrapolate a catastrophic end of universe by Big-crunch. Though many questions remain unanswered in between the two. Prominent among them are - what before beginning and what after the end? These questions have compelled scientists to think like philosophers!

According to Einstein<sup>[7]</sup> the moment of beginning is singular and unique, thus laws of physics come into force only after the big-bang. Dr. Hawkins explains that anything which existed before is destroyed by the big-bang and so there is no need to know whatsoever existed before it. Succinctly, anything before big-bang has no consequence in the present universe.

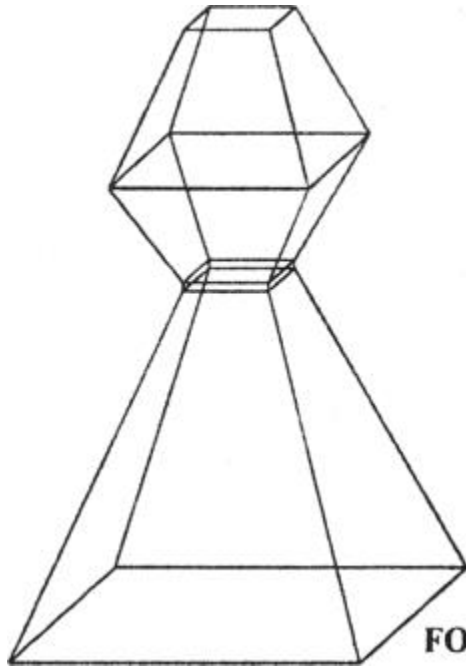
## Conclusions of Jainism<sup>[13]</sup>:

Among all extensively followed religions like Hinduism<sup>[10]</sup>, Jews, Christians, Islam<sup>[11]</sup>, the universe is presumed to be created (by GOD). For the first time in the known history, famous philosopher, Aristotle<sup>[2]</sup> put forward the notion of no-beginning-no-end. Mahapragya<sup>[15]</sup> too has written in his earlier literary works that Jainism<sup>[13]</sup> does not support 'beginning' and 'end' theory. He writes that central to entire 'Jain' theme is:

- Everything in the universe is
  - dynamic
  - finite
  - cyclic

Accordingly, the universe neither gets completely destroyed nor is created out of nothing. The following time-energy-matter graph clearly depicts the Jain ideology.

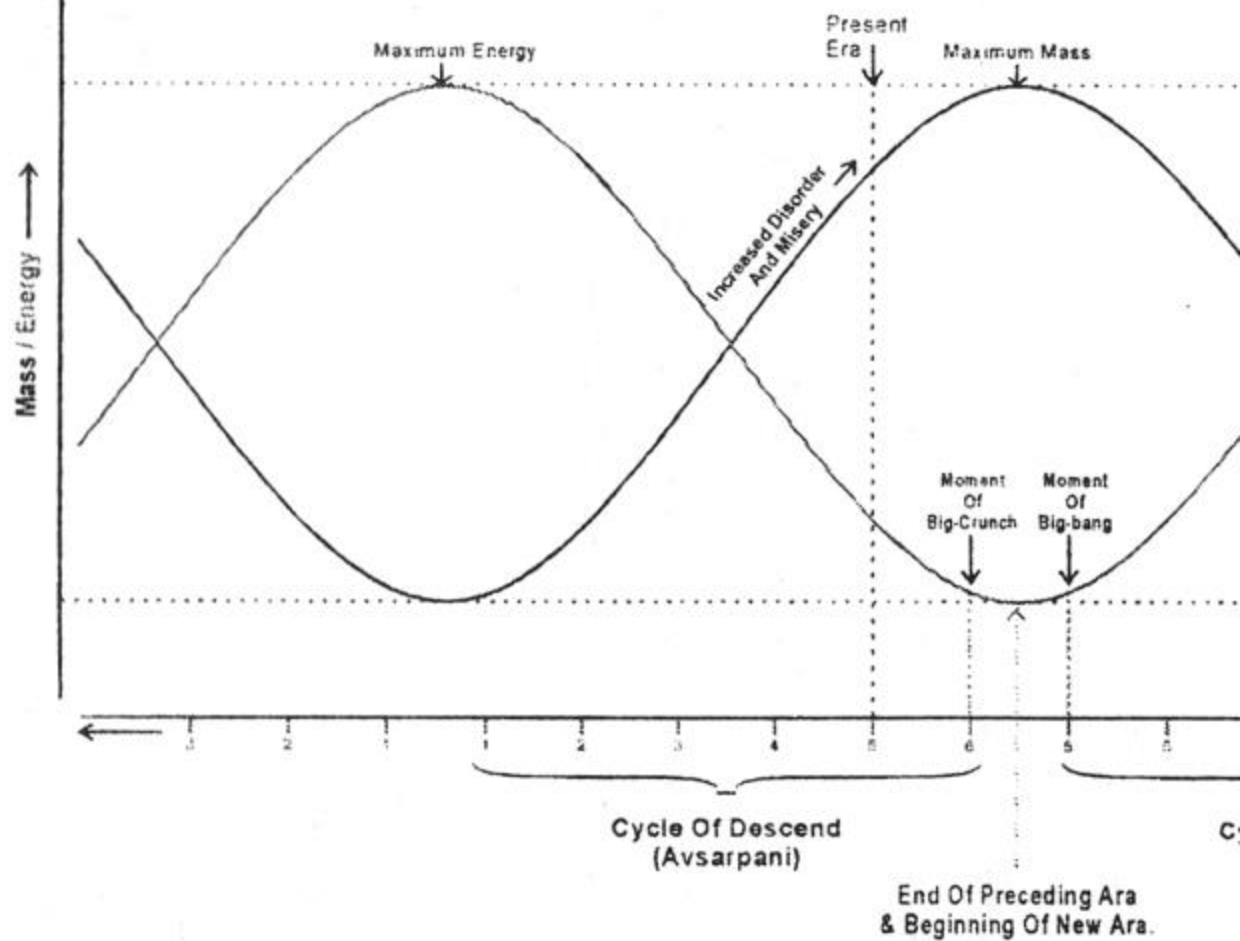
As is manifested above, the matter of universe appears to vanish into pure energy at the end of each era (descend). According to the Jain philosophy<sup>[12]</sup>, it is sixth frame of descending cycle (called *Avasarpani*). It remotely resembles what we know as moment of destruction or big-crunch. From the second frame of ascending cycle (called *Utsarpani*) the creation of matter starts again. This resembles the moment of creation or big-bang. This cycle of ascend and descend is perennial. Jains have designated a period of five *Bharats* and five *Airavats* to each of these cycles. As is clearly depicted, the matter and energy transmute into each other but in totality no destruction or creation takes place. Here, the Jain philosophy<sup>[12]</sup> explains what science<sup>[18]</sup> could not - the state of universe before 'the beginning' and after 'the end'.



**FOUR SIDED FIGURE OF UNIVERSE**




Sum of mass + mass equivalent of energy = con



← Beginningless / End

## Moola-Achar Granth Lok Vichaar

इस लोकमें ये जीव अपने कर्मों से उपार्जन किये सुख-दुःख को भोगते हैं और भयंकर इस भवसागरमें जन्म-मरण को बारंबार अनुभव करते हैं ॥715॥ इस संसारमें माता है, वह पुत्री हो जाती है, पुत्री माता हो जाती है। पुरुष स्त्री हो जाता है और स्त्री पुरुष और नपुंसक हो जाती है ॥716॥ प्रताप सुंदरता से अधिक बल वीर्ययुक्त इनसे परिपूर्ण राजा भी कर्मवश अशुचि (मैले) स्थान में लट होता है। इसलिए ऐसे संसारमें रहने को धिक्कार हो ॥717॥ इस प्रकार लोक के स्वभाव को धिक्कार हो जिससे कि देव और महान् ऋद्धिवाले इंद्र अनुपम सुख को भोग कर पश्चात् दुःख भोगनेवाले होते हैं ॥718॥ इस प्रकार लोक को निस्सार (तुच्छ) जानकर तथा उस संसार को अनंत जानकर अनंत सुख का स्थान ऐसे मोक्ष का यत्न से ध्यान कर ॥719॥



In this world, these living beings experience the happiness and sorrow they have earned by their deeds and again and again experience birth and death in this terrible ocean of existence ॥715॥ There is a mother in this world, she becomes a daughter, a daughter becomes a mother. Man becomes woman and woman becomes man ॥716॥ Even a king, who is powerful, hangs in an unclean place due to action. So be ashamed to live in such a world ॥717॥ In this way, the nature of the people should be cursed so that Deva and Indra with the great Riddhis, after enjoying the unparalleled happiness, are the ones to suffer sorrow. ॥718॥ In this way, knowing the world as vain (insignificant) and knowing that world to be infinite, the place of infinite happiness ॥719॥


“

Chodah raaju utang nubh, lok purush santhhan  
tame jeev anadi se, bharmat he bin gyan

Bahrah Bhavana By: Bhudhar Das ji

”

This Universe is 14 Raju in height and resembles the shape of a man, In this Universe, Without Real knowledge, Infinite living beings are wandering from eternity



I find it fascinating that the universe is 14. Raju is in height and resembles the shape of a man. In the early '70s, I read an interesting article that I never forgot. This article was on astronomy and the universe. The interviewer asked the question at the very last end of the conversation. He said that breathing insinuates that the universe is alive.

The scientist said exactly. Yes, the universe is breathing.

Lord Brahma only lives for the duration of one breath, and according to our time scale 4,320,000,000 years constitute only twelve hours of Brahma, and Brahma lives one hundred of his years

For the past 50 years, I am absolutely convinced that the universe is alive and conscious. The same breath that we take is the same breath the universe takes. Mind you, one single breath of the universe is an extremely long time.

The same breath that is keeping you alive is keeping the entire universe alive.

The following is from my friend Amar who told me about this course.

The Jain Tirthankaras taught atomic theory to mankind and this can be found in the Jain scriptures. See the Tattvartha Sutra chapter 5, for example.

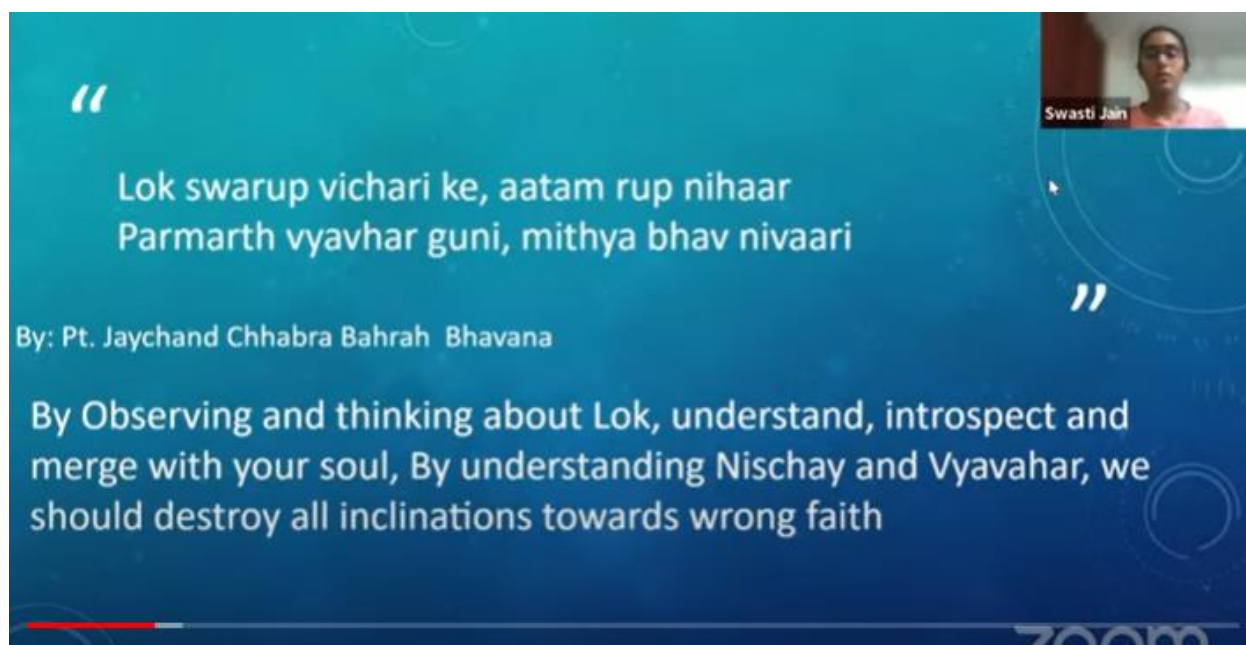
The Jains accurately described the nature of atoms, molecules, subatomic particles, and the two forms of fundamental particles, known as Paramanu. The Jains explicated the conditions under which these particles can combine, and the conditions under which they separate.

They also revealed for the first time in history, thousands of years ago, that matter and energy are part of the same continuing, and that the two are inter-convertible. Einstein would state this only many centuries later in the form  $E=mc^2$

1. Jain cosmography appears to accurately describe the proportions of the Milky Way galaxy and our approximate location in it, and even states that all of the stars, planets, and constellations that we see in the sky are actually all rotating about a massive distant center.
2. This ancient philosophy of Jainism also teaches that the world is filled with microorganisms and that these are the agents of decay and disease (at a time when much of the world believed that disease was caused by evil spirits). It's all in the Jain scriptures.

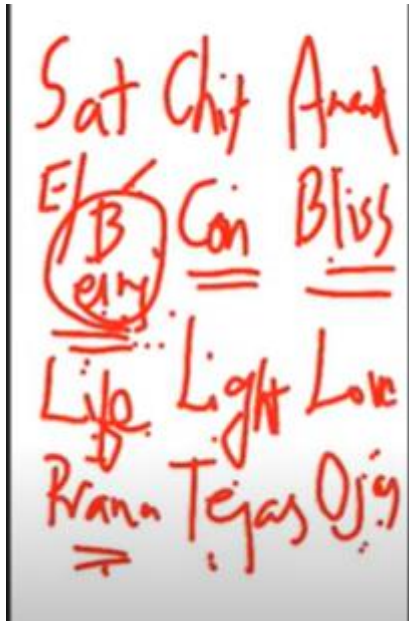
So, remarkably, things that centuries of generations of people had to take on faith in Jainism, are now being verified by science. There are even scientific studies of reincarnation going on. It's all pretty mind-blowing.

<https://jothishi.com/jain-cosmology/>  
[https://en.m.wikipedia.org/wiki/Jain\\_cosmology](https://en.m.wikipedia.org/wiki/Jain_cosmology)



What could be simpler? The more attention you pay to something, the more attention it pays attention to you.

How much attention are you placing in every moment towards your true essence and being? That will determine where you are at this present moment.



Meditating on the inner lok.

Sat Chit Anand

Truth is the consciousness of bliss.

When your mind is absorbed in truth, your consciousness will be absorbed in bliss.

This is considered the inner Lok. This is the essence of the soul that we must discover inside of us. This is our true nature.

Unfortunately, mankind does not understand this.

We place all our energy on the external. We may go to the church or temple one day a week and think that is enough.

This man is living in bondage and yet he thinks he is free. What a paradox!

For eons, man's condition is to only look in this external world for happiness. This is our downfall and where we are today.

According to the Jains, truth equals existence which equals life

Consciousness equals light.

Anand equals love

When the man only concentrates on the external world, he is digging his own grave. He is held in bondage and hostage. Yet he doesn't know it.

Prana is our life force energy. It is part of our life. Without prana, you wouldn't be around too much longer.

Tejas is the fire that corresponds to light and consciousness. Without internal fire, our body would not be able to function.

Ojas corresponds to the Shiva Shakti energy. You may call it masculine and female energy.

These three components are the air element, the fire element, and the water element.

The goal is to balance all three. When these three are in balance you will be in harmony with your mind, body, and soul. When they are out of balance, the disease will occur. All you have to do is look in this world and see the chaos and you will understand what I'm talking about.

The world is not in balance.

I was introduced to the phrase Sat Chit Anand when I was 18 years old in India. Whenever we would meet someone we would say. Jai Sat Chit Anand.

This phrase got incorporated into my being. It became a part of my life. My driving force in this world is to be in that place residing in my soul.

To be in that place one must be conscious and aware of every moment.

One must learn how to find tune the guitar of life. Maybe I should say the sitar of life.

We can never rest on our laurels. There's always new wisdom and knowledge to obtain. We can never clap our hands and say I know all that there is.

## Pondering

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Ponder verb

pon·der 'pän-dər

pondered; pondering 'pän-d(ə-)rɪŋ

1: to weigh in the mind : APPRAISE

pondered their chances of success

2: to think about : reflect on

pondered the events of the day

intransitive verb

: to think or consider especially quietly, soberly, and deeply

ponderer

The mind is either your best friend or your worse enemy. Sometimes it is both of these.

A mature civilization has learned how to use the arts of pondering in every moment of life.

This is the lost art for a man. Man is so busy texting on the freeway of life. He is running on a treadmill and going nowhere.

He doesn't even have the common sense to slow down and watch where he is going.

This is man's downfall. He never stops and reflects upon life and the universe.

When a civilization learns the art of pondering this is a great step forward.



Any problem can be solved by the art of pondering. How do you think Einstein discovered such great theories. It didn't just come to him by chance.

When one enters into silence, the universe begins to speak to you. Not through words but through intuition.

Most mankind has no clue about how powerful intuition is.

We are so locked up in our nine-to-five existence that was not interested in the slightest.

Even amid the chaos of this world we still go on our merry way.

We are oblivious that there is a dagger held by a thin thread over our heads.

Most people would say what an unusual decoration.

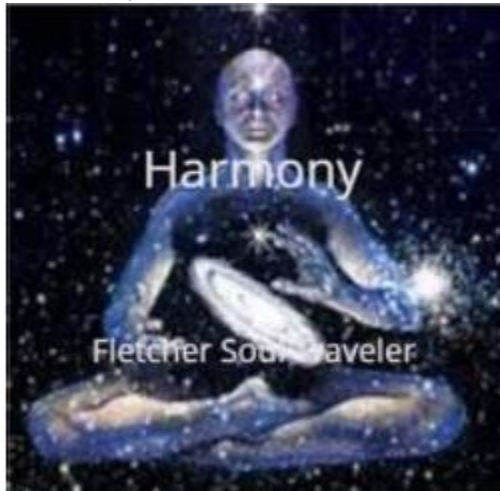
I have written over 60 books and each book has a specific message which could help you if you want.

You must decide to ponder things over.

You can take a horse to water when you can make him drink. But you can put salt in his food.

Hopefully, this is salt in your food.

## [Harmony](#)



## [Mystical Adventures](#)



## [PDF](#)

The definition of *Mystical* is as follows

Of, relating to, or stemming from mysticism or immediate understanding of spiritual matters, especially when experienced as a direct communion with God.

Awe-inspiring or mysterious.

Of mystics or mysticism; esp., relating to or based on intuition, contemplation, or meditation of a spiritual nature.

Inspiring a sense of spiritual mystery, awe, and fascination.

The definition of *Adventures* is as follows.

Verb

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

"they had adventured into the forest"

Noun

an unusual and exciting, typically hazardous, experience or activity.

"her recent adventures in Italy"

I have been extremely blessed in my life. We all can live a life full of mystical adventures. Our human body is hard-wired for that experience. Yet we live our lives obliviously to this.

Many people have a life-and-death experience where they tap into the beyond. Each one of us will ultimately have this experience when we die. Yet while we are alive we just live a 9 to 5 existence.

I wrote this yesterday.

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Wow !!!

During external chaos.

I say wow I'm alive.

During this Pandemic.

I say wow I'm alive.

During the storming of the Capitol Building.

I say wow I'm alive.

During all the political battles.

I say wow I'm alive.

During this economic crisis.

I say wow I'm alive.

We choose to see how we feel about life.

Life is always changing and is never the same.

Where you put your attention is what you receive in life.

Ponder this over.

What can you focus on which is not external?

That my friend is the key to life.

We all learn to react to this world. A great miracle is going on and we don't have eyes to see. Hopefully, this book might give you some inspiration. Here are some true stories. Your DNA holds the secrets to life.

You are your own master chemist



[PDF](#)

My dear friend Laurie Secrist once said if you want to master anything teach it or write about it. I took her advice to heart. I have been doing this for around twenty years now.



For most of my life, I'm been researching the great mysteries of life. I love to learn. That is my passion.

I love to think outside of the box. During the last 10 years, I've been studying the lines of this book you are your own master chemist. I've been interested

in science and heightened awareness since the seventies.

During the eighties, I went to Robert Monroes Gateway program for a week. He was a pioneer in Hemi Sync. This technology is still being used today. Click on the picture above to listen to the audio. I have included the audio from the week-long sessions.

This has been an evolution in learning. When I first started to learn how to meditate there wasn't much science behind the mind, body, and soul connection. The phrase being in the zone was a new concept that just came out.

My dear friend Tim Gallwey wrote the book the inner game of tennis in the early seventies. He has been at it ever since. Many professional coaches and athletics give tribute to their success for the wisdom gained from Tim.

When his book came out I was only around 20 years old. This book was one of the doorways I took on my lifetime pursuit of gathering inner wisdom. My meditation practice was learned when I was in India.

Here's an excerpt from his web page.<sup>10</sup>

### What is The Inner Game?

In every human endeavor, there are two arenas of engagement: the outer and the inner.

**The outer game** is played on an external arena to overcome external obstacles to reach an external goal. The inner game takes place within the mind of the player and is played against such obstacles as fear, self-doubt, lapses in focus, and limiting concepts or assumptions. The Inner Game is a proven method to overcome the self-imposed obstacles that prevent an individual or team from accessing their full potential.

<https://johnfranklinfletcher.com/track/2754770/mind-blowing?fbclid=IwAR1Eqox3KCEH0cs4qzWjg8t0J6FUWUQoBODVgEMspnzHotdtMYwX2YzE9eI>

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<sup>10</sup> [HOME - The Inner Game](#)



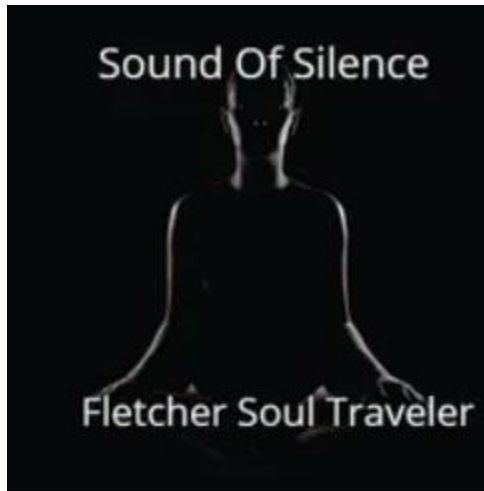
Just yesterday I wrote this article entitled Mind Blowing. Click on the picture to hear the audio. I hope this book will interest you as much as I. I'm always exploring and fine-tuning the guitar of life.

This human body is absolutely incredible. We have the operating system, hardware, and software put into place. You are literally the universe.

Everyday discoveries are mapping how this human body is a gateway to the universe. That is our true nature. This is a story where you are your own master chemist.

You control your destiny in life. In each and every moment thousands of either positive chemicals or negative chemicals are regulated into your body. You control this mechanism by your thoughts and emotions. Let's dive into this subject. Come and join me on this journey.

## [Sound Of Silence](#)

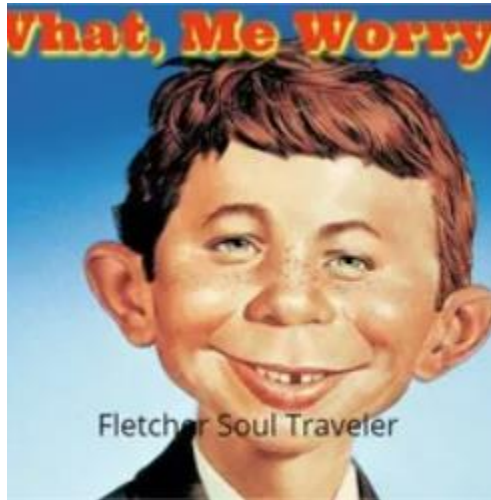


## [PDF](#)

I hope you get something from this book. Discovering the silence within is so much needed today. They say you can take a horse to water but you can't make him drink. Maybe just maybe this is salt that is put into your food. We are all on the journey of life together. Hope you enjoy this book.



## What Me Worry



## [PDF](#)

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.

11

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."

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<sup>11</sup> [https://en.wikipedia.org/wiki/Mad\\_Fold-in](https://en.wikipedia.org/wiki/Mad_Fold-in)

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 me 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.

## Dog training for the mind



[PDF](#)

This book is all about the ability of mankind to 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

I call this present era the evolution revolution of man. Mankind is slowly waking up from its slumber. So much interesting wisdom is being brought forth from the past and present.

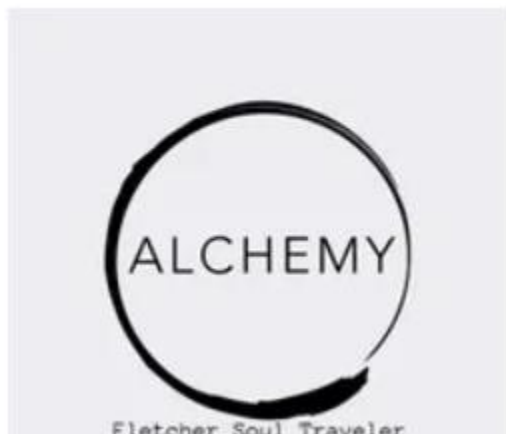
Currently, I've been fascinated by Buddhist wisdom. Buddha in my eyes was the best psychologist ever. Mind you he didn't call himself that. The term came centuries later. But Buddha understood the mind more than anyone else.

This book will talk about the fifty-one mental factors. To transform we must have a reference point to transform. The Buddhists have fifty-one mental factors to take a look at. I'm going to try to bring this wisdom down to be simple and easy to understand. The Buddhists can be very intellectual. The wisdom is there. I love to

make things super easy to understand. I may not get the entire theory yet I get the wisdom behind it.

I've been a software engineer for many moons. I have built many complicated systems. By building simple objects and combining them into a software program it can become quite sophisticated. All of my software projects were built this way. Simplicity is the key. Come with me on this incredible journey. This is the ultimate video game. You have been playing this game for eons. The goal is to be conscious and aware.

## Alchemy



### [PDF](#)

The definition of alchemy is as follows.<sup>12</sup>

- 1:** a medieval chemical science and [speculative](#) philosophy aiming to achieve the [transmutation](#) of the base metals into gold, the discovery of a universal cure for disease, and the discovery of a means of indefinitely prolonging life
- 2:** a power or process that changes or transforms something in a mysterious or impressive way... [the practitioners of financial \*alchemy\* that transformed the world of money in the 1980's](#) ...— Gordon Williams
- 3:** an inexplicable or mysterious transmuting

*Alchemist*: Someone Who Transforms Things for the Better

Today we recognize *alchemy* as a pseudoscience, and give *chemistry* its rightful place as a serious scientific field, but the two terms initially overlapped in meaning before separating by the 17th century, just as *astrology* and *astronomy* did during the same period.

*Alchemy* and *alchemist* are in fact older words than *chemistry* and *chemist* in English. Alchemists believed that lead could be “perfected” into gold, that diseases could be cured, and that life could be prolonged through [transmutation](#), or a change of some essential element into a superior

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<sup>12</sup> <https://www.merriam-webster.com/dictionary/alchemy>

form. Their secretive experiments, usually involving heat and the mixing of liquids, led to the development of pharmacology and the rise of modern chemistry.

The long route to English for *alchemist* began with the Greek word *chēmeia*, which probably came from the word *chyma* (“fluid”), derived from the verb *chein*, meaning “to pour.” It then passed to Arabic, which added its definite article *al-* (“the”) to the Greek root.

The word then passed from Latin to French before coming to English. Some other words derived from Arabic also retain the *al-* in English, such as *algebra*, *algorithm*, and *alcohol*; in fact, the transformative liquid that was constantly being sought through experimentation by alchemists is another word with the Arabic *al-* prefix: *elixir*.

This power to transform things for the better, real or imagined, led to figurative meanings for *alchemy* and *alchemist*.

## Esoteric Treasures



### [PDF](#)

This definition of esoteric is as follows. Intended for or likely to be understood by only a small number of people with a piece of specialized knowledge or interest.

The definition of treasure is as follows. Several precious metals, gems, or other valuable objects.

When I was young the word esoteric was a very foreign word to me. I read some esoteric books and had no idea what they were talking about. It seemed so complicated and intellectual. I must admit I have a simple mind yet with a simple mind one can develop complex systems.



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor.

The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites.

One of my first projects was a dome automation system. Imagine at midnight we

would have a dome operator which would have a switch to move the dome clockwise or counterclockwise.

During the winter it would get extremely cold. The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process.

My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with. Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome.

We had an IBM Pizza box that we used. The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to. At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop.

We had to make fine adjustments along the way. When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this. The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.





This book hopefully will break down esoterics that will make you easily understand the mechanics of discovering the treasures within. What is esoteric is quite simple if one explains it properly. This is a practical time where we can experience the true nature that exists inside of us.

## [Puzzle](#)



## [PDF](#)

This definition of a puzzle is as follows.

1: to offer or represent to (someone) a problem difficult to solve or a situation difficult to resolve: challenge mentally also: to exert (oneself, one's mind, etc.) over such a problem or situation they puzzled their wits to find a solution.

2 archaic: complicate, entangle.

What is the greatest puzzle to solve in the universe? Signposts are all around you. Yet humanity is texting on the freeway of life. This book contains many writings when talking about the great puzzle of life.

The world at large would be in a better place if we even attempted to try to solve this puzzle. The solution exists inside of you. Nobody can solve the puzzle for you.

Many people throughout the ages provide helpful hints but you must use your inner shovel to mine the gold within. That's how the game got set up. I most certainly didn't make the rules.

Nobody can walk in your shoes. Your life is custom designed. What works for you may not work for others.

Hopefully, by reading this book you may try to solve the puzzle of life.

## Occam's razor



[PDF](#)

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

The more assumptions you have to make, the more unlikely an explanation is.

We all live in a cosmic soup.

Every quantum scientist knows that.

Yet why don't we perceive that?

Wise men have been talking about that for thousands of years.

They didn't use the word quantum.

Behind your breath lies the answer.

It's as simple as that.

We make it so complicated.

In silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

## Current Events

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Its strange history repeats itself over and over and over again.

For trillions of years, man has fought one another. Countless wars have been fought. Billions of people died from fighting.

The same corrupt politicians get into power and try to hold on to power.

Have we ever learned from our mistakes?

No civilization gets a free ride. We are going from darkness to light. An enlightened civilization over time transforms and lets go of the darkness that exists inside.

They realize that they must change themselves to change the world.

Otherwise, if you don't change your song, chaos will continue for eternity or until civilization blows itself up.

Those are usually the two options.

When a civilization no longer has morals or ethics in its political system. That is the beginning of the end.

Ask the Romans that. Unfortunately, we are in the same dilemma today.

Take a look at our political system what do you say?

Need I say more?

We are spoiled brats. What can I say? We think we know all the answers. If someone doesn't believe in our point of view we go to war.

How narrow-minded we are. We have no tolerance towards others.

An enlightened civilization learns how to be tolerant toward others.

It learns there is a thread of love tying us all together.

It combines science and the heart.

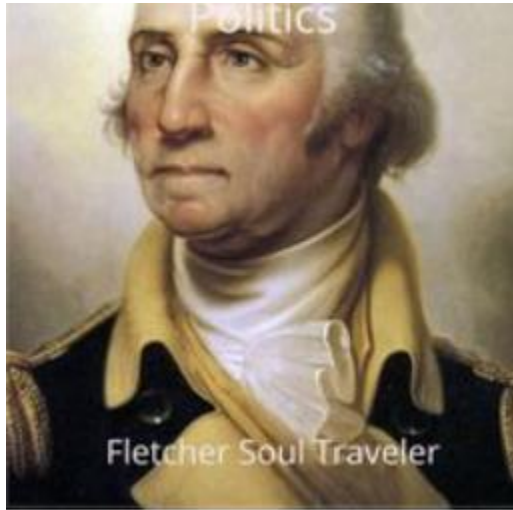
The golden rule becomes apart of our life.

Do unto others as you would like others to do unto you.

We can change. You are either the problem for the solution.

It's your choice. Mind you history repeats itself unless we get out of that cycle of craziness.

## Conscious Politics



### [PDF](#)

Conscious Politics is slowly appearing on the scene. What exactly is that? Well, our founding fathers had the vision of a government for the people by the people. Currently, we have a government that is divided and both parties hate each other. The endless bickering and stalemates go on. Need I say more?

Conscious politics is driven by being aware and acting from a state of emotional maturity. What is that? It's living and breathing in a state of patience, tolerance, and compassion toward others.

It's actively listening to someone without judgment because his ideas are different therefore he is evil. A conscious person can bend like wheat blowing in the wind. He can smile and laugh at diversity. He has nothing to prove. His ego doesn't get fluffed up like a peacock.

Granted this will take time pockets of this happening around the world.

New Zealand's PM Jacinda Ardern is a prime example of this. She believes that kindness should be a foundation in politics. She said that kids are raised to be kind yet in politics they are trained to be mean and demean their opponent.

This is my journey to seeing my view of the world in politics. Of course, this is my view. I'm not saying your view is wrong. We need to see through different

viewpoints and learn how to compromise in politics. Ultimately we all want a better world for our children and grandchildren.

## Conscious Economics



### [PDF](#)

I'm excited. I hope you are. Even during these chaotic times, there is light at the end of the tunnel. Mind you it's not a freight train barreling down on you. We are still in a pandemic crisis.

Over 500,000 Americans have lost their lives. That's more than all the wars Americans have ever fought. Texas is in shambles. Millions of people lost power and water for days on end. It seems to me we are having serious problems to fix.

This is a book on conscious economics. I believe to change the society we must all individually change. We can't change the world if we don't change ourselves.

Many of the planet's most serious problems are currently swept under the carpet. We slowly work on the issues at hand. We talk about change yet as a whole we aren't 100% committed to it. Currently, we have been living in pursuing the American dream.

We want a huge house, an incredible car, and a job that pays millions. We can go on vacations anywhere in this world. We are all consumers. We get bombarded with advertising. If I only had this. This will make me happy. From the moment go we were taught this. If only I had this toy. This toy will make me happy. If I could



only have that yellow Ferrari. I would be on top of the world. My life would be so incredible.

Yet your Ferrari will only bring temporary happiness. When I worked for the Miami Beach Police as a software engineer a friend of mine had a yellow Ferrari. He took me for a spin.

That car is the bumpiest car on the road. I could literally feel every single bump on the road. I laughed to myself. This car cost thousands yet I would never want it. It causes so much discomfort.

The modern-day world is all about consuming. That's how being a consumer works. This is the business model. It's been that way for a long time. I remember in the sixties a vacuum cleaner would last for around fifty years. Today we have a plan obsolesce.

Companies want a product to expire so you can upgrade it. Look at the cell phone industry. If you don't have the latest your friends will mock you. Wow, you're still using that antiquated device. Did you come from the dinosaur era? The housing industry is the same.

My wife and I love to watch Householders Internationally. Many people won't buy a house if it doesn't have the latest up-to-date current styles. These shows display perfectly fine kitchen cabinets ripped out and thrown into the dump.

The countertops aren't made of granite let's throw them away. We are a throwaway society. We have a part of the ocean the size of Texas filled with nothing but plastic. There is no end in sight to this madness.

Fifty years ago a great teacher said we are sawing off the branch we are sitting on. As a modern society, we are consumers. We aren't in touch or in harmony with Mother Earth.

The earth is only here to let us consume its resources. We help in causing global warming. We are slowly trying to solve the problem. Unfortunately or fortunately every human being on earth has to take responsibility. We have limited resources.

You can't chop down all the trees in the world and expect to survive. We can't continue polluting precious water and think future generations won't get affected by it. The following is part of an article from Indigenous Americans: Spirituality

and Ecos. 1 The cosmic visions of indigenous peoples are significantly diverse. Each nation and community has its own unique traditions. Still, several characteristics stand out.

First, it is common to envision the creative process of the universe as a form of thought or mental process.

Second, it is common to have a source of creation that is plural, either because several entities participate in the creation or because the process as it unfolds includes many sacred actors stemming from a First Principle (Father/Mother or Grandfather/Grandmother).

Third, the agents of creation are seldom pictured as human, but are depicted instead as “wakan” (holy), or animallike (coyote, raven, great white hare, etc.), or as forces of nature (such as wind/breath). The Lakota medicine man Lame Deer says that the Great Spirit “is not like a human being. . . . He is power. That power could be in a cup of coffee.

The Great Spirit is no old man with a beard.”<sup>1</sup> The concept perhaps resembles the Elohim of the Jewish Genesis, the plural form of eloi, usually mistranslated as “God,” as though it were singular.

Perhaps the most important aspect of indigenous cosmic visions is the conception of creation as a living process, resulting in a living universe in which a kinship <sup>1</sup> <https://www.amacad.org/publication/indigenous-americans-spirituality-and-ecos> exists between all things.

Thus the Creators are our family, our Grandparents or Parents, and all of their creations are children who, of necessity, are also our relations. An ancient Ashiwi (Zuñi) prayer-song states: That our earth mother may wrap herself In a four-fold robe of white meal [snow]; . . . When our earth mother is replete with living waters,

When spring comes, The source of our flesh, All the different kinds of corn We shall lay to rest in the ground with the earth mother’s living waters, They will be made into new beings, Coming out standing into the daylight of their Sun father, to all sides They will stretch out their hands. . . .<sup>2</sup> Thus the Mother Earth is a living being, as are the waters and the Sun

## Pandora's box



[PDF](#)

Pandora's Box is an artifact in Greek mythology connected with the myth of Pandora in Hesiod's Works and Days. In modern times an idiom has grown from it meaning "Any source of great and unexpected troubles", or "A present which seems valuable but which in reality is a curse".

It took me many years to embrace a cell phone. Mind you I have been a software engineer for over 35 years. Yet just like a pager in the eighties, I didn't want to be tied down to my job 24/7. I didn't come down to earth solely to work. I love a work-life balance.

Today it's almost next to impossible to achieve that. I've been thinking for over 15 years that the cell phone is one extra layer between us and our true nature. Before the pandemic, I would sit in a restaurant and see entire families absorbed in text messaging and on Facebook. It didn't take much to see that our society was addicted to it. Yet I didn't truly know to what extent.

My twin brother John told me about this documentary called The Social Dilemma. It was an eye-opener. It took me to such a deeper level of how deep this problem is. I was just skimming the surface. Social media and cell phones truly opened up Pandora's Box. In the beginning, both started simple. I remember when the

WWW first came out it was a cute creation. It was simple. Since then it has developed into a huge beast that knows every step you take. It knows your likes and dislikes.

Day by day it captures every step you take. I mean almost literally. If you are interested and go to a site to buy something it will capture that information.

When you go to Facebook ads will appear out of nowhere for this company. Every like and dislike is being captured. It's like millions of supercomputers are learning about you. In the beginning, it wasn't that way. Here's the funny part.

This is done for social media companies to make money off of you. A funny and sad part of the movie is they mentioned only two types of users exist. They are drug users and there are social media users. I find that quite fascinating. Both of them are extremely addicting yet we can't see the forest from the trees.

An addict doesn't know he has a problem. Our entire world is being manipulated without us being aware. All for the sake of making money from advertisers. They are making billions off you.

As a matter of fact they have built a business model where you get addicted without knowing it. They have intentionally done this on purpose. They know they are selling drugs more powerful than heroin. Yet this drug doesn't come from the outside.

It comes from your own chemistry set inside of you. How ingenious and frightening? You are addicted to something that exists inside of you. It can't be traced like the opioid epidemic. This is where the drug manufacturers got you hooked to make billions in profits.

Stanford universe even has a course on this. The sad thing is that social media companies hire the brightest and best in all fields to manipulate you. Now that's the scary thing. Imagine the complete computer network is hard-wired to control you. All for the sake of the almighty dollar. Where are we going? What can we do about this? This book will hopefully help in understanding the problem and the necessary steps we can take.

## Super Bowl



## [PDF](#)

Congratulations to the Kansas City Chiefs. Just think they waited for 50 years to win there next super Bowl. Wow, the city must be on fire with happiness. I must admit I'm not a football fan.

As a matter of fact, I only have seen one game all the way through. This was the playoff finals. I watch the Super Bowl final differently than the average fan. You could say I have a different mindset. You see I've been meditating for around 49 years. It is my passion and hobby.

When I watched the game I could see the incredible aspects of the game. This is a highly evolved chess game. It's like in the Harry Potter movies the monsters are alive for the chess pieces.

I started to watch the game with earnest. During the playoff's I saw the Chiefs come behind by twenty points and they won the game. They were playing the Tennessee Titans for the AFC championship game. During this game, I saw that the team who was in tune with the quantum field had a total advantage. You are probably saying yeah your crazy but please listen.

I'm sure that all teams know they have good days on the field and off days. Even during a football game the mindset constantly changes. As I watched the AFC game I could see when either team was in sync or not. Call it what it is but intuition is the key.

Without intuition, you can never win the game. At some point in time, the KC Chiefs were in the zone. They could do no wrong. This is a mindset. Every team yearns for this. Every fan yearns to see this. It's quite complicated and sophisticated.

Tim Gallwey was at the forefront back in the early seventies. He wrote the book the inner game of tennis. He is still at the forefront of this amazing mindset. Many coaches are using his system today.

Tennis is both a mental sport and a physical sport. Your mental state of mind will determine the outcome of the game. This is the same in all aspects of life and sports.

Football has a much bigger impact. Imagine you have multiple high-speed trains going directly at you and you have to throw the ball or run for dear life. You must be calm and serene and yet you have a few seconds to respond. The average person would have a panic attack. We couldn't survive the collision of three trackers hitting us at once.

This is far more difficult than a bullfighter. With a bullfighter at least there is just one bull, but in football, there is a gang ready to pull you down.

Yesterday's game went back and forth. There were times when both sides were in total control. To be honest Patrick Mahomes had a hard time getting into the zone during the first three quarters.

There was a point during the fourth quarter when the Chiefs were behind 10 points. I didn't see the sparkle in Mahome's eyes. I wasn't feeling well so I went to bed. Ten minutes later my wife screamed and woke me up. I couldn't believe my eyes. The entire team was on fire. They could do no wrong.

The San Francisco team couldn't believe what was going on. They ruled the entire game up to this moment. Games are won and lost in a matter of seconds.

This book is my perspective on what I saw and helpful hints for the future. It may sound crazy but the quantum field is known and unknown to us. Mostly we perceive it on an unconscious level.

The teams of the future will tap into it consciously. The teams that do this will have an incredible advantage. We are just skimming the surface. We think the game is merely physical yet there is a universe behind it. Infinite possibilities exist.

I hope that you enjoy this book. It's quite different yet Tim talked about this about 48 years ago. We still are at the beginning stages of embracing this knowledge.

Corona



[PDF](#)

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

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

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

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



## Broken Record



## PDF

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

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

Yet the world at large has fragments of a broken record all over the place. Absolute harmony is the state mankind is searching for. Yet mankind is not aware of it. We are playing the same record over and over again. Humanity is having a hard time being in a state of harmony. Chaos exists outside and inside of us.

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

This is from ABC news.

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<sup>13</sup> <https://www.nbcnews.com/politics/donald-trump/trump-s-voter-fraud-lies-encouraged-riot-gop-allies-are-n1253509>

Trump's voter fraud lies encouraged a riot. GOP allies are still giving them oxygen. Republicans, including Sen. Josh Hawley, have condemned the violence but haven't backed down from baseless claims of fraud and irregularities.

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

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This is from Bruce Lipton

Is there a way to change subconscious patterns?

Yes, you can reprogram the subconscious mind. All of us got programmed when we were very young. And the programs even started before we were born. We were programmed already in the uterus. So the program occurred before you were born and therefore you can't tell me what all the programs are that you have. You weren't even conscious at that point.

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

So the things that you like and that come easily to you in your life are there because you have a program that allows them to be there. In contrast, anything that you have to work hard at and put a lot of effort into, or anything you have to struggle for to make it happen, is a result of your programs not supporting that.

So if you're trying to find a relationship, or you can never get into a relationship and you're thinking it's not in my fate to be in a relationship, then this is not true. It is because whatever programs your mother and father and family had about relationships are not supportive.

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

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<sup>14</sup> <https://www.brucelipton.com/blog/there-way-change-subconscious-patterns>

sabotaging yourself and you don't see it. And therefore you never understood why your relationships were not working.

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

And that's how you know what programs you want to change. So you ask where are the troubles in my life? If they exist in a relationship for example you know you have to change your beliefs about the relationship. And then you can work on yourself. So first it is about recognizing that the patterns come from programming. And that you can change them.

Now, there is always that belief that you can talk to your subconscious mind. And people try that and then they find themselves playing their programs again. And they get mad at themselves. And they get frustrated because they think 'I keep talking to myself and it is not changing.

You have to remember you are like an entity in the conscious mind. But the subconscious mind is just like a machine, it records, pushes a button, and plays back. So if you are trying to talk to the subconscious as if there was somebody in there, it's frustrating because there is nobody in there to listen.

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

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

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

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

In the first seven years, the mind is operating in a low vibrational frequency like hypnosis. So that is one way of changing the program. Number two: After you are seven you form habits by repeating something over and over and over again. Practicing, repeating, practicing.

An example: If you read a self-help book the conscious mind understood it, but the subconscious mind learned nothing from it because you only read it once and this is not how it learns. If you repeat the message of the book over and over and over again and behave that way, then the subconscious mind will learn a new behavior.

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

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

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

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

## War



## [PDF](#)

The definition of war is as follows. A state of armed conflict between different nations or states or different groups within a nation or state. Emotionally we are still in the kindergarten stage of emotions. Many of our leaders are spoiled brats.

The world is still in a tizzy that Russia attacked Ukraine. Just think one person can cause so much chaos. How can he sleep at night when an entire country is going through hell? How would he like it if another country invaded his country and rainfall of ballistic missiles rained upon him? Not only that but a caravan of troops in tanks forty miles long was approaching his capital.

Let's keep this simple. Either we stop fighting each other or we will blow ourselves up. It's as simple as that. Mind you there have been plenty of civilizations out in the universe that has done that.

Only we can solve this puzzle. The only savior is humanity saving itself.

## Ancient Wisdom

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I love the following saying by Zach Bush. It goes like this.

There are more viruses present in 1 liter of seawater than is more than there are stars within our known universe.

I find that quite profound.

When I was young I heard that the Jains wore a mask over their faces. They wore those masks because they didn't want to kill any insects.

At that time I laughed to myself. Years later I saw great wisdom that they had said.

They have been studying the microbiome for over 5000 years. They know that we are not divorced from nature.

There is a unified collective form of consciousness keeping us all alive.

Not only that but our external world and internal world are both needed for us to survive on this planet.

The dragons understood this over time. Granted it took millions of years for them to have this kind of understanding.

Many of these teachings and wisdom were conveyed to the great masters of the past  
The Taoists had the same kind of thinking. They believe one should be in harmony with the earth and the universe.

Many of these teachings came originally from the dragon's world. Just think they existed trillions of years before our universe even got created. Wisdom can never get lost. At times it seems like it does.

The same problems occurring today are the same problems that occurred trillions of years ago.

Around 50 years ago I heard from a young master who said we are sawing off the branch that we are sitting on.

There are more viruses present in 1 liter of sea water that is more than there are stars within our known universe.

Zach Bush



## Zack Bush

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Zach  
Bush...

ZachBushMD • 39K views

There has never been a  
more important time in...

<sup>15</sup>(0:00) Dr. Zach Bush begins our conversation with a moment of silence and some deep breaths. (5:17) As we dive into the subject matter, he encourages us to humbly walk away with a deeper connection to the origin of life and appreciation for its complexity, and he reminds us that with all of science, we still don't actually understand the miraculous nature of life. **We are excited as physicians and scientists to come to you with a story of regeneration, a story of a nature that we are born within, that has a deep intention for human life to not just happen, but to adapt.**

— Dr. Zach Bush

### Introduction to The Virome

(7:35) The genes are only a rough blueprint for the human body. Ultimately, medical science still doesn't understand how the body forms itself or the impetus behind how we heal. Therefore, we should approach this subject matter with awe, humility and respect; and we should be cautious of information that positions itself as all-knowing. (9:57) COVID is just one of the many conditions that have become an all-encompassing diagnosis, bundling many different kinds of pathology. It's important to remember that these diagnoses are best guesses.

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[Virome: Replay | Zach Bush MD](#) <sup>15</sup>

**(12:15)** When we receive a diagnosis of a disease, it's not because that disease has leaped out of nowhere and attacked us. It's a result of an overall collapse in fundamental human health that makes us vulnerable to disease. Mother Nature is the original nature that we evolved within, and our collapse in health is largely due to our disconnect and isolation from that original nature.

**Health happens all of the time. Disease only happens when there's a failure of health.**

– Dr. Zach Bush

Dr. Bush shows a graph of the prevalence of chronic disease and its steep upward trajectory since 1971. The rate of autism continues to double about every 4 years. Historically, human health was at a level where it could maintain a balanced relationship to its environment, which is what prevents disease. Today, we see a rise in disease because we can no longer sustain that balanced relationship. The source of many of these diseases lies within the gut-brain connection.

### **What Creates Vulnerability to Disease?**

**(14:26)** In regards to COVID-19, we're seeing across the globe an overall vulnerability of health that makes us susceptible to disease. Our prevalence of comorbid conditions make populations vulnerable to an expression of COVID, resulting in mortality. The U.S. sees COVID-related mortality at much younger ages than those around the globe, constituting 25% of global deaths attributed to COVID despite only having 4% of the global population. This points to the overall state of compromised health within the country. **(16:46)** The U.S. national economy is greatly challenged by the burdens of its healthcare system and its overall burden of disease within the American population. The country spends more on its healthcare system each year than on the military budget.

### **The Microbiome**

**(17:06)** Current science around the microbiome takes us far beyond a singular idea of “gut health.” Recent genomic studies show that there is a rich microbiome within healthy tissues in the body all of the time. Chronic diseases are the result of a disruption of the microbiome within and around our bodies.,

**The entire body is this complex ecosystem of biodiversity... We have this organic garden within us.**

– Dr. Zach Bush

**(18:08)** In the past, we’ve explained human life through the lens of the DNA or human genome. However, we now understand that we are an amalgamation of life within us and around us. Humans are not a superior manifestation of life, but are in fact the result of the microbiome and dependent upon the microbiome.

**(22:04)** We actually don’t understand a lot of the data within human DNA because only 1% of it is programming for a gene. The human genome is relatively simple with 20,000 genes. This places human genomic complexity somewhere between a fruit fly (which has about 13,000 genes) and a flea (which has 30,000 genes). About 99% of our DNA still remains mysterious to science and is labeled “junk.” This suggests that our human resilience and intelligence is perhaps hidden within this 99% of our DNA.

## **The Global Genome**

**(23:35)** The microbiome of the body contains infinitely more genetic material than the human cell. 40,000 species of bacteria are a healthy amount within the human microbiome, and the vast majority of the proteins made in the human body are made by bacteria. This discovery is comparable to Galileo’s discovery of heliocentricity, which challenged the scientific, philosophical, and religious belief systems of the time. The human genome pales in comparison to the complexity and sheer amount of genetic information coming from bacteria, parasites and fungi. For life to

evolve, it was necessary to create a process through which information could be shared so that adaptation could happen.

**Human health does not have the human cell at the center of it. Human health is derived as the human cell orbits within a complex system of bacteria, fungi, and beyond.**

– Dr. Zach Bush

## **Archaea Supports Evolution**

**(27:15)** Dr. Bush introduces archaea — a simple bacteria that emerged 3.5 billion years ago. They thrive in many different kinds of environments, and their job is to move genetic information. What makes them unique is that they can transfer information in a lateral way as opposed to a vertical, inherited method. In this way, archaea transfer advantageous adaptation to all other bacteria so that those could also survive within the environment.

**(29:08)** This lateral relay of information is evident when RoundUp-resistant weeds emerge or when bacteria evolve that resist antibiotics. Life could not have evolved through extinction events and other cataclysms without this process. When stressful events happen, the genetics change so that the species can adapt and survive. And the change in genetics is transferred in this lateral way via informational “envelopes” to other species so that they, too can survive.

**(31:03)** In the past, biodiversity greatly increased after extinction events. This is because of the ability to adapt genetic code when under stress. The greater the threat to survival, the more quickly a genetic system will attempt to find an adaptive variation that allows for survival. **(32:45)** Today, humans have become the cataclysmic event that is stressing biology — we are creating the sixth extinction on the planet. As nature moves deeper into this event, there is more pressure to create adaptation and biodiversity in order to survive.

## **Bacteria Carry Cellular Information**

**(33:45)** Bacteria emerged about half a billion years after the archaea. Bacteria are also capable of horizontal gene transfer, both through direct contact and via bacteriophage. Bacteriophage are viruses that carry information from one species to another, or from one location to another, within bacteria and archaea. This process enables adaptive information to be communicated long-distance and not only by direct contact.

### **Fungi: Energy Producing Experts**

**(35:30)** 1.5 billion years after the emergence of bacteria, fungi become the first multicellular organisms to emerge from life. Fungi can not only metabolize energy, but they can essentially create food and digest directly from the environment around them. This makes them digestive, energy-producing experts. Spores become an additional mode for long-distance travel. **(44:55)** Looking at the fossil record, it is mysterious as to how there can be a sudden re-arrangement of biology such that a new species, or mammal, could happen. But viruses, with their capacity for the transfer of genetic information, give us insight as to how that could be possible.

### **Protozoa + The Advent of Mitochondria**

**(45:15)** Protozoa have cellular features that are more similar to plants and animals than bacteria or fungi. Protozoa inhabit all ecosystems and were the advent of the mitochondria. They have the capacity to store genetic information long-term, which allows for greater and greater complexity to emerge. There are approximately 1.4 quadrillion bacteria in and around a human body, and there are, then, 14 quadrillion mitochondria that live inside a healthy human body's cells. When we are exposed to antibiotic substances such as herbicides, we are killing the bacteria and mitochondria around and within us. This accelerates aging and degeneration, setting the stage for biologic collapse. **(48:53)** Dr. Bush examines the proposal of antibiotics and hydroxychloroquine to treat COVID and explains that he would be hesitant to use these indiscriminately due to how they destroy

bacteria and protozoa. When we destroy these microecosystems, it generates drug-resistance and chronic diseases.

**We exacerbate human disease when we undermine the microbiome within us.**

– Dr. Zach Bush

**(50:25)** Plastids + mitochondria are critical to complex plant life and human life, and they are the power plant of a multicellular organism. The DNA within the mitochondria allows for remarkable variation, and there is constant communication happening between the mitochondrial DNA and the nuclear DNA.

**Are Viruses Part of the Microbiome?**

**(53:30)** The microbiome is defined as microorganisms that live in and on the human body. It's important to note that viruses do not fit this definition because they are not alive. Viruses are not pathogens that can leap out of nowhere and attack us, but they are the mechanism for genetically transferring information between species. While viruses are not a part of the microbiome, they do facilitate communication between other organisms that make up the microbiome. Because they can transfer communication across the globe, viruses became a widespread mechanism for how life adapts and bio-diversifies. Viruses have been travelling the world over long before humans arrived and are not dependent upon humans to travel.

**(56:45)** Viruses create the capacity to rearrange genetics, allowing for new adaptations and species to emerge. More than 50% of the 20,000 human genes were inserted and preserved into human DNA by viruses. At least 8% of the human 20,000 genes was inherited by RNA retroviruses. Viral communication is simply an update to our internal “software.”

**Our genetic code was literally built by [viruses]. If we decide that we are in opposition to genetic information... If we are in opposition to the viruses themselves and we are out to kill**

them, we are bound to go extinct because we are going to lose the adaptive capacity of being human.

– Dr. Zach Bush

**(01:01:17)** Dr. Bush explains some of his early research on the endocrine system and how protease inhibitors (commonly used to treat HIV patients) block communication within these viral genetic transfer mechanisms. This creates huge complications as we disrupt the endocrine system. Our antibiotic, antiviral environment and attitude that we've adopted is undermining the very physiology of cellular energy production.

### **Do Humans Need Viral Information to Survive?**

**(1:03:42)** Genetic information inserted by retroviruses made mammalian reproduction possible. For instance, retrovirus insertion Eri15 allowed for mitochondrial DNA to be deleted from the sperm before fertilization so that only nuclear DNA is present in the sperm. This enables the female reproductive cell to hold all of the genetic information for biodiversity and adaptation within her mitochondrial DNA. Another retrovirus insertion allows for the human placenta to form. There are thousands of instances of this, but even just these two examples demonstrate that initial mammalian life would have been impossible if not for viruses and their genetic information deliveries.

**(1:06:07)** RNA from the HERV-H sequence of a virus (similar to coronavirus) is what makes stem cells able to reproduce different tissues from the same cell. HERV-H enables the shift of genetic information to express any cell that is needed. This is a function necessary to the evolution of life, again, made possible by a virus.

### **Viruses Are Within and All Around**

**(1:08:41)** Viruses are within and all around us by the multitudes. There are more viruses present in 1 liter of sea water that is more than there are stars

within our known universe. Within one gram of soil, we see a similarly astounding number. In a healthy adult human body, there are trillions of viruses present. There are  $10^8$  viruses present in neonatal fecal samples by the end of one week. Yet, the baby does not yet have the ability to make antibodies. This shows us that human bodies do not primarily interact with viruses via antibodies and the adaptive immune system.

**(1:11:48)** Antibodies are not even clinically present until 5-6 weeks after a virus has left and the symptoms are gone; they are a late-stage and non-critical mechanism present in response to a post-viral syndrome.

Antibodies, then, are not responsible for clearing a virus or alleviating the symptoms. It is the innate immune system, the healthy mechanisms already present, that bring the body into balance with the virome. Because of this, medicine that is primarily targeted at eliciting an antibody response is not very effective.

**You cannot prevent a pandemic, nor can you change the trajectory of a pandemic, with an antibody response... induced by a vaccine. So this whole story that everybody's arguing now —whether we are “pro vaccines” or “anti-vaccines” — is actually antiquated.**

– Dr. Zach Bush

**(1:15:05)** In a study of over 8,000 adults, scientists found a variety of 94 (out of 120) known viruses in 42% of the participants. The study also found that HIV was 5x more prevalent than Hepatitis C and influenza in this same group of healthy adults from the U.S. and Europe. This implies a fundamental misunderstanding of HIV and how it does not necessarily directly cause AIDS with its mere presence.

We currently only question whether or not HIV is present. However, the more productive inquiry would be: What is the difference in the



environments where people are having HIV-related mortality versus the environments where people are not experiencing symptoms or mortality? **(1:18:02)** Studies have found HIV in blood banks as far back as 1959, though it didn't emerge as a syndrome until the 1980's. So something in the human relationship to the virome changed between 1959 and early 1980's that created the environment for AIDS. It's not a "new" virus that emerged; instead it's a fundamental change in relationship to the environment. Similarly, there were almost no cases of Hepatitis C reported in the 1950's and 1960's; but by 1992, there is an increased presence of sickness and disease co-present with the presentation of Hepatitis C. When we create toxic load and stress on our internal and external environments, it disrupts our innate immune system's ability to access the information it needs to stay in balance with the virome.

## **What Protects Humans from Viral Infection?**

**(1:20:38)** If antibodies are not the primary response mechanism for appropriately balancing our biology in relationship to viruses, then what is? Enzymes seem to play a key role in keeping HIV from manifesting into disease. **(1:21:15)** Ribosomes are the enzyme that turns RNA genetic information into proteins. So the only way that a virus can reproduce its information is through this ribosome. Ribosomal reproduction is one of the most highly regulated, carefully controlled processes in our biology. They protect us from over-producing viral information. Viruses cannot simply jump into the biologic system, attack it, and take over. When disease occurs in relation to a viral syndrome, it has to be the result of multiple, massive breakdowns in biological communication within the cells.

## **Problematic Responses to COVID**

**(1:23:28)** In this segment, Dr. Bush discusses some of the problematic public health responses to COVID-19. A huge misplaced response is the spraying of DNA-damaging toxins in an effort to "kill" a virus that is, in

fact, not alive. With these responses, we increase the biologic breakdown that made us susceptible to the disease in the first place. This widespread use of carcinogenic toxins will cause a rise in cancer cases and mortality over the next few years. If we destroy or sterilize the microbiome, then humans don't have the immune system function to fight tumors, much less cancer metastasis. As we increase antiseptic and herbicide pressure on the environment, we will accelerate cancer, autoimmune conditions, and other conditions that are a result of the cell communication breakdown. Viruses also tend to overexpress themselves in environments of cancer.

### **How Glyphosate Destroys Immunity**

**(1:26:10)** Glyphosate is the most abundant, widely-used antibiotic on Earth. Dr. Bush shows graphs that demonstrate the correlated rise in the use of glyphosate with the rise in cancer cases, cancer mortality, and senile dementia. In 2015 alone, 2 billion kilograms of glyphosate were used worldwide.

**(1:28:33)** Glyphosate breaks apart the tight juncture system within the body, which is a key component to the innate immune system. When these barriers are lowered, we lack the protection mechanisms that enable us to be in a healthy relationship to our environment.

Where we see the heaviest spraying of glyphosate directly correlates with the highest prevalence of COVID-19. Pork production all over the world also creates microbiome stress that disrupts the innate immune system and sets the stage for disease. It is important for us to examine our consumer behavior that drives these productions.

### **How Do Viruses Travel?**

**(1:31:39)** Viruses primarily travel through the air and not via respiratory droplets. During the first 4-8 weeks of the pandemic, masks and other distancing measures could have helped slow viral travel. After that initial amount of time, the virus has already traveled around the globe independent of human travel. A very high concentration of this coronavirus is necessary

before we show any signs of imbalance or disease. The state of the environment is more of a predictor of the outcomes of the virus rather than simply the presence of the virus.

**When we think that we're seeing an epicenter of germs, we're probably seeing an epicenter of dysfunctional biology. We're seeing an epicenter of lack of health, created by lifestyle and environment.**

– Dr. Zach Bush

**(1:36:05)** The majority of COVID-related deaths were the result of pre-existing, comorbid conditions that cannot be blamed on the virus. If we do not change our environmental relationship and behavior, then the next coronavirus will be even more destructive because our antibiotic response has undermined our innate immunity.

### **Air Pollution Increases Viral Concentration**

**(1:38:20)** Viruses also travel bound to particulate (pm2.5), which is produced by our transportation and energy industries. The greater the concentration of pm2.5, the greater the concentration of viral material. Before this level of air pollution and pm2.5, viruses would distribute themselves equally throughout the atmosphere. . Now, we see a pm2.5 increase in the Northern Hemisphere each year beginning in September causing abnormal clumps and concentrations of viral travel. We also see increases in pm2.5 in areas where there is soil degradation. Today, we can map high concentrations of pm2.5 to the epicenters of COVID

**(1:44:32)** Glyphosate also disrupts the shikimate pathway, which is essential for our innate immunity. Humans cannot have an intact immune system in isolation; human immunity is interrelated to our environment and dependent upon the environment.

**(1:45:47)** The precursors to pm2.5 are complex, living carbon structures that come out of the microbiome. These structures are the communication

network between cells, and they are how cells figure out how to do regeneration and adaptation. Genomic information is present throughout all of nature, and it is this communication that enables humans to be in a healthy relationship to our environment. When we poison the environment with glyphosate, we undermine the microbiome, which is our connection to this essential communication and immunity.

The whole matrix of bacteria, archaea, protozoa, and fungi have been building a viromic information stream that's allowed for adaptation and bio-diversification to happen on the planet. If we can embrace that, if we can come to terms with the fact that we are made from viruses, from the intelligence of nature as a whole... we may have the opportunity to move into the most creative capacity that humans have ever imagined.

– Dr. Zach Bush

### Align with the Virome

**(1:51:51)** As Dr. Bush wraps up, he reminds us that if we can bring ourselves to align with the virome and the overall architecture for life on this planet, we will see an explosion of life, intelligence, and creativity.

Relationships that we have with each other as humans, the relationships that we have with the world around us —whether it's plants, animals, microbiome, everything — it's very connected. The route to respect that relationship is paramount to the survival of our planet.

– Dr. Zach Bush

# In the Web of Life, Jain Religion Reveres Even the Tiniest Forms

BY RUSS LOAR

JULY 23, 1996 12 AM PT

SPECIAL TO THE TIMES

<sup>16</sup>Just inside the entrance to the Jain Center in Buena Park, a spider edges down a silky strand of web on a cubbyhole where visitors place their shoes. Of all the places in the world to weave a web, this spider has chosen well.

Adherents of the Jain religion revere even the tiniest of lives, down to the most microscopic of beings. It is a reverence that requires strict vegetarianism, what Dr. Manibhai Mehta calls an essential part of his religion's theology of ahimsa, the rejection of violence to living beings either through thoughts, words or actions. Mehta, a 59-year-old urologist, is president of the Federation of Jain Assns. in North America, an organization of about 90,000 members and 52 centers in the United States and Canada. The Buena Park temple, the only one in Southern California, has a membership of about 700 families, he said.

"We don't want to kill any living beings. We don't eat any meat, we don't eat fish--none of the living things," he said. "Though we believe vegetables also have life, that is the least conscious level of life."

Some Jains, including Mehta, will not eat root vegetables because they are capable of continued, sustainable life. He won't eat bread made with yeast. And all food must be freshly prepared to limit the number of microbes that are consumed. No leftovers.

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Although Jainism is one of the smaller religions of India, its followers are considered the country's most rigorous vegetarians. It is the faith that inspired Mohandas K.

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<sup>16</sup> <https://www.latimes.com/archives/la-xpm-1996-07-23-me-27115-story.html>

Gandhi to employ nonviolence and fasting in his fight against British colonial rule, Mehta said.

“He was a pure vegetarian and a strict believer of nonviolence,” he said. “When the fight was going on in India, he wanted a peaceful solution. He was greatly influenced by the Jain religion.”

Jainism, rooted in the 6th century, is an offshoot of Hinduism with about 2 million followers. It is traced back to an ascetic named Mahavira, who is said to have founded the religion at the time of Buddhism’s beginnings.

But Jains believe the religion to be eternal, with no beginning and no end. Followers consider Mahavira the 24th patriarch of Jainism, Mehta said.

Through a kind of spiritual evolution, he said, humans have worked their way up from a lower order of beings and have been granted the opportunity of attaining moksha, a release from endless reincarnations into a higher realm of existence.

“We have been given this spiritual and intellectual life, to know what is good and what is bad. But if you still keep doing bad things, like killing animals, then there won’t be any attainment. You may be born again as an ant, a tiger--whatever.”

Even the unintentional killing of a creature, no matter how small, can create bad karma, Mehta said. If ants invade his home, they are treated with respect.

“If they are on the sidewalk, we will try to walk around them. If they are in the house, we try to sweep them slowly into a dust pan and put them outside. We won’t kill them.”

For Mehta, raised in the religion by his shopkeeper parents in India, the pursuit of a medical career has presented challenges to his religious practices. He was forced to dissect animals as part of his medical training. And as a physician, he is often called upon to do battle with assorted viruses and bacteria, even though his religion considers them living beings, entitled to life.

“It becomes a question of whether you want to save the patient, which is a bigger life and has more to do in this life, or the small creatures. You have to choose between the two,” he said.

“Monks won’t take antibiotics. They will let the sickness go away by itself.”

\* \* \*

Mehta begins a typical day with a breakfast of chapati, an unleavened bread made fresh each day by his wife, and a cup of tea. He eats a salad or vegetarian sandwich for lunch, and rice, beans and vegetables are staples for dinner. “When I joined Kaiser Hospital in 1974, in our meetings they usually got pizza, or something that had meat in it. So I said: ‘If you are going to have a meeting here at the hospital, you should have something vegetarian.’ Now they always have either a vegetarian pizza or salad, or something like that.”

While Mehta is happy to be an influence on the lives of others, he does not proselytize.

“Each person has to go into it, work it out and do the best he can,” he said. “We don’t tell everybody to become vegetarian. We will never go from door to door to tell everybody to become Jain. It has to come from within, from your own mind, from your own conscience.”

## Fourteen Video Game Stages Of Spiritual Development

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Jainism acknowledges that the soul advances to its liberated stage in various steps, called Gunasthan or “The Stages of Spiritual Development”. Through these fourteen stages of development, the soul gradually frees itself, firstly from the worst, then from the less bad, and finally from all kinds of karma, and manifests the innate qualities of knowledge, belief, and conduct in a more and more perfect form.

Here we will take a glance at each stage of spiritual development. Dharma Dhyana or Righteous Meditation plays an important role in climbing each stage and the external austerities like fasting, giving up tasty food, etc helps in supporting meditation.

The goal is to reach the highest type of meditation (Shukla Dhyana) and liberation.

This sounds to me like a cosmic video game that I constantly talk about.

Head	Gunasthāna	Meaning
<b>Belief</b> (Rationality in perception)	1. <i>Mithyātva</i>	The stage of wrong believer (Gross ignorance)
	2. <i>Sasādana</i>	Downfall from right faith
	3. <i>Misradrsti</i>	Mixed right and wrong belief
	4. <i>Avirata samyagdrsti</i>	Vowless right belief
<b>Minor Vows</b> (Commencement of Right conduct)	5. <i>Deśavirata</i>	The stage of partial self-control
<b>Right conduct:</b> <i>Mahavratas</i> (Major Vows)	6. <i>Pramattasamyata</i>	Slightly imperfect vows
	7. <i>Apramatta samyata</i>	Perfect vows
	8. <i>Apūrvakaraṇa</i>	New thought-activity
	9. <i>Anivāttibādara-sāmparāya</i>	Advanced thought-activity (Passions are still occurring)
	10. <i>Sukshma samparaya</i>	Slightest delusion
	11. <i>Upaśānta-kasāya</i>	Subsided delusion
	12. <i>Ksīna kasāya</i>	Destroyed delusion
	13. <i>Sayoga kevali</i>	Omniscience with vibration
	14. <i>Ayoga kevali</i>	The stage of omniscience without any activity

<sup>17</sup> <http://jaincosmos.blogspot.com/2013/11/jain-meditation.html>



1. The stage of the wrong believer: the lowest stage with ignorance, delusion, and with intense attachments and aversions. This is the normal condition of all souls involved in the mundane world and is the starting point of spiritual evolution.
2. The stage of one who has a slight taste of right belief: Indifference to reality with the occasional vague memory of spiritual insight.
3. The stage of mixed belief: Fleeting moments of curiosity towards understanding reality.
4. The stage of one who has a true belief but has not yet self-discipline: Awareness of reality with trust developed in the right view, combined with a willingness to practice self-discipline. The soul may be able to subdue the four passions namely anger, pride, deceit, and greed.
5. The stage of partial self-control: At this stage, the right view and discipline start to develop. The soul now begins to observe some of the rules of right conduct to perfect itself. With the discipline of introductory or minor vows, the soul starts on the process of climbing the spiritual ladder.
6. The stage of complete self-discipline, although sometimes brought into wavering through negligence: Major vows are taken up with firm resolve to control passions. There may be failures due to a lack of full control over passions and carelessness.
7. The stage of self-control without negligence: At this stage, self-discipline and knowledge develop more. The intense practice of vows assisted in better self-control and virtually replaced carelessness with spiritual vigilance and vigor.
8. The stage of one in whom the passions are still occurring in a gross form: The stage of one in whom the passions are still occurring in a gross form. Closer to perfect self-control over actions, higher control over the mind, thought and

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<sup>18</sup> [https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEIYLidh8\\_JM7KNqXgxR5VrkPDD4ail](https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEIYLidh8_JM7KNqXgxR5VrkPDD4ail)

passions with the soul ready for a reduction of the effects of conduct-deluding karma.

9. The stage of higher control over the removal of passions and the elimination of conduct-deluding karma begins.

10. The stage of one in whom the passions occur in a subtle form but complete elimination of all passions except for a subtle degree of attachment.

11. The stage of one who has suppressed every passion but still does not possess omniscience. Suppressed passions and lingering conduct-deluding karma may rise to drag the soul to lower stages; fleeting experiences of equanimity.

12. The stage of who has annihilated every passion. This is the point of no return. All passions as well as conduct-deluding karma are eliminated. Permanent internal peace achieved. No new bondage from this point onwards.

13. The stage of omniscience with the physical body. The all Destructive karma eliminated and the Arihant stage reached. The perfected soul is still trapped in the physical body due to the presence of remaining Non-Destructive Karma. The Lord Arihant now preaches others the path of liberation and helps seekers showing the path to cross the ocean of rebirths and reach the safe shore.

14. The stage of omniscience without the physical body. Siddha Stage reached and the purest soul after destroying the remaining non-destructive karmas attains Nirvana and reaches the abode of the liberated soul. Now the soul is free from the cycle of births and deaths and enjoys infinite bliss.

See Wikipedia.

[https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3ljBl-XjcHiEIYLidh8\\_JM7KNqXgxR5VrkPDD4ail](https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3ljBl-XjcHiEIYLidh8_JM7KNqXgxR5VrkPDD4ail)

## The video game of life



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much grander than we think.

Most people would probably say I don’t believe it. I have been meditating for many moons. In fact, since day one I have loved to meditate. My

intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.

Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are proactive and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought.

Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only in the mid-eighties did universities gave a class on subjects like happiness. Buddhist have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man.

That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

# Is this the rabbit hole that humanity and the world at large are going down?



Aman Jabbi - The Final Lockdown  
- Street Lights That KILL in Smart  
Cities, CBDC, Digital ID

## S1/E17: Aman Jabbi: The Trojan Horse of the Digital Panopticon



This was one of the more sobering interviews I've produced. Silicon Valley tech veteran and freedom lover, Aman Jabbi,...

YouTube · DISOBEDIENT Podcast · Jun 20, 2022

Jun 20, 2022

### S1/E17: Aman Jabbi: The Trojan Horse of the Digital Panopticon

This was one of the more sobering interviews I've produced. Silicon Valley tech veteran and freedom lover, Aman Jabbi, delivers his in-depth Power Point presentation on the unfolding and seemingly irresistible tide of digital surveillance and growth of the AI mind amid the massive, and rapidly expanding data gathering landscape.

Solutions and methods of avoidance are out there but our opportunities to cut the head off this technological medusa are quickly slipping away from us.

This is a very important presentation that I hope others will readily share with others to get the word out and resist being entrapped within the digital panopticon prison.

Thank you for watching! Your feedback is important to me!

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# Your Microbiome: The Most Promising Facts

Deepak Chopra, Special to SFGate  
July 6, 2020

*By Naveen Jain and Deepak Chopra™, MD*

<sup>19</sup>It is fair to say that the exploration of the microbiome has turned out to be the most exciting prospect in medicine since the discovery of DNA. Most people have at least heard the term “gut microbiome,” which applies to the trillions of microbes, chiefly bacteria, that live in the human digestive tract. Awareness has risen to the point that taking probiotics—over-the-counter additives of microbes to supplement and balance the gut microbiome—has become a global \$5 billion-dollar market.

We’ve reached the point, after a decade of intense investigation, where the ABCs of the microbiome are known. These facts provide the groundwork for what you can do, or cannot do, to improve your own gut microbiome (the word “gut” is necessary because we have multiple microbiomes in our mouth, groin, and armpits as well as over the surface of our skin).

## SFGATE

Here are some basic facts and the positive implications of each:

- Every person’s microbiome is unique.  
*Positive implication:* Individual diets can be tailored to promote the best bacterial activity in your diet.
- Hundreds and perhaps thousands of different species of bacteria inhabit the gut microbiome. As part of a teeming community that is involved in digesting your food, some bacteria are beneficial, some are not.  
*Positive implication:* It is possible to potentially increase the beneficial bacteria and decrease the harmful ones.

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<sup>19</sup><https://www.sfgate.com/opinion/chopra/article/Your-Microbiome-The-Most-Promising-Facts-15387993.php>



- Through direct chemical signals sent to the immune system, the gut microbiome has a strong, perhaps the strongest, influence on your immune status.

*Positive implication:* All types of diseases, including cancer and the major chronic diseases of modern life (obesity, type 2 diabetes, heart disease, hypertension), might be prevented and possibly cured through maintaining a healthy gut microbiome.

- Diet is seen as the most powerful way to change your gut microbiome, since each bacterial species feeds on specific foods.

*Positive implication:* Without any kind of medication, a healthy microbiome should be sustainable through proper diet alone.

You can see why the microbiome has provoked so much promise and excitement. As positive as these facts are, however, they are also very general. At present there are hundreds of studies on the gut microbiome that have reached no consensus, so the whole field remains in flux.

Here are the major issues that need to be resolved.

- There is no ideal microbiome and therefore no ideal diet. Much seems to depend on the individual. Even inside one person the community of micro-organisms is incredibly complex.
- Studies show that indigenous peoples around the world have much richer gut microbiomes than in developed countries. This depletion of our microbiome has some researchers worried, but no conclusion has been reached.

With so many issues still up in the air, what can you reliably do to maintain a healthier microbiome? In your colon, the food that nourishes you isn't what nourishes your microbiome. It feeds largely on fiber, of which there are many kinds. But essentially fiber is from vegetables, grains, and legumes. Those foods are considered "prebiotic," meaning that they are the building blocks that the microbiome needs. A diet rich in prebiotics would include a wide variety of vegetables, fruits, grain, and nuts. This is far more important than taking a probiotic pill and buying active yogurt.

Secondly, it is now possible to test your own gut microbiome to see what is weak, deficient, or out of balance in it. To understand what such a test can tell you, we'll delve into the biology of the gut microbiome.

Each person's gut microbiome can produce beneficial molecules such as vitamins and short chain fatty acids (SCFAs), and it can also produce harmful molecules (e.g., lipopolysaccharides and putrescine). The key is that the production of molecules is determined by the dietary ingredients in food. The micronutrients in our food are the raw materials for specific microbiome functions. Because every person's gut microbiome is unique, the same food given to two people can cause the microbiome of one person to produce beneficial molecules and the other person harmful molecules.

By performing functional (gene expression) tests through stool samples, each person can feed their microbiome exactly what it needs to produce lots of beneficial molecules rather than the harmful ones. Presently the only such RNA (functional) microbiome test readily available is from Viome—in the interests of fair reporting, the two authors are the founder of Viome and an advisor to the company. But our larger aim is to further the practical application of microbiome research.

Let's deepen this understanding. Your cells share a chemical language with the bacteria in your gut. They sense their environment using chemical signaling. Crucially, the immune system, senses the presence or absence of specific molecules that trigger an immune response. For example, your immune system mounts an inflammatory response if it senses the presence of lipopolysaccharide (LPS), and inflammation calms down in the presence of a different molecule, butyrate. Both LPS and butyrate can be produced by many types of bacteria under specific conditions. If we can figure out which foods a person should eat, and which ones to avoid, we can rebalance the functions of their microbiome to reduce the inflammation and chronic diseases. Because every person has a different gut microbiome, there is no one diet that is good for all people.

Only individual testing makes precise dietary recommendations possible. Your gut microbiome can be used to measure your own digestive abilities. For example, if our digestive juices are not able to process all the protein we eat, the undigested protein will make its way to the colon, where certain microbes can convert it to putrescine or cadaverine, two harmful chemicals that deserve their morbid names. If these microbial functions (processing of undigested proteins into putrescine or cadaverine) are measured by a functional stool test, it can inform a person to reduce their protein intake.

This brings up the difference between DNA and RNA tests. Let's say that a DNA test determines that someone's gut microbiome has the genes that ferment undigested

proteins into putrescine and cadaverine. That DNA test cannot determine if those genes are active or not (in other words, is protein fermentation actually happening?). Only an RNA test can determine if harmful protein fermentation actually takes place or not, because it measures gene activity, not just the presence or absence of the genes.

Testing is a critical step in doing the most important thing, analyzing the state of your gut microbiome, since it is unique to you. There are exciting links being made with autoimmune disorders and a person's immune response to invading pathogens (a pressing issue during the COVID-19 pandemic). With so much suspicion being directed at inflammation and stress as the root cause of chronic illness, the gut microbiome has huge implications.

We've given a one over lightly of the issues involved, but the important thing is that at this very moment faith, fiction, and facts are being separated out. This is some of the best medical news one can think of.

DEEPAK CHOPRA™ MD, FACP, founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation. Chopra is a Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He is the author of over 89 books translated into over forty-three languages, including numerous New York Times bestsellers. His 90th book, Metahuman: Unleashing Your Infinite Potential, unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the century."

Naveen Jain is the founder of Viome and many other successful companies. Viome's Health Intelligence service assesses your gut microbiome health, cellular health, mitochondrial health, immune system health, and your stress response health. Viome can even reveal your biological age. Naveen is the author of the award-winning book *Moonshots— Creating the World of Abundance*, has been awarded E&Y "Entrepreneur of the Year", and "Most Creative Person" by Fast Company.

Written By  
Deepak Chopra, Special to SFGate

## Struggles

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The next two chapters we will talk about the 14 video game stages of life.

Just imagine the dragon's world this was one of the first civilizations that went from darkness to light. Mind you, this was an extremely difficult journey to embark on. They went through utter chaos much like what we see today.

All the dragons went through this. Dragons can live to be 5,000 to 10,000 years in the physical world. In the non-physical, they can live almost forever.

It took them a long time to go from darkness to light. Almost a billion years. That is a long time.

They had their wars and conflicts. They went through misery like you couldn't ever believe. One clan fighting another.

Diseases almost wiping out the entire population.

The mind at times was their worst enemy.

Once again, it was the young dragons that started the evolution revolution of going from darkness to light.

It seems like deja vu. Yet this time this was trillions of years before the dragons left Great Britain to fly to Tibet.

Yet the same dragons existed back then. Zoran and the gang.

Zoran was a happy-go-lucky dragon. He was a misfit to be sure. He could not relate to anger and greed whatsoever. Somehow he knew there was something so much better in life. He couldn't put it into words but

somehow there was innate wisdom just waiting to come out at the proper time.

He had this intuition ever since being born. He knew he couldn't tell anyone about this. The word freak out probably got developed back then. Society would have totally freaked out if they knew what he was thinking.

So he remains silent until his freshman year in high school.

As you know dragons live in caves. Ancient yogis have used caves for thousands of years.

Well, dragons live in caves and they never meditated for even a second.

But one day while drifting off to sleep Zoran closed his eyes and experienced his true nature.

We all know we have five external senses. Unfortunately, we don't know we have five internal senses.

Zoran's consciousness was enveloped by universal consciousness. You could say it was quite an enlightening experience for him.

It shook him to the core. He realized that each one of us has a precious jewel that lies inside of us.

This jewel is dormant. He told many of his friends. Most of them weren't interested at all.

Yet little Ricky and Little Johnny were extremely interested in this.

Mind you it was like being a communist during the 1960s in America.

They had to work underground for many years. Gradually they developed a system that could take anyone from darkness to light.

They went through their pitfalls. They stumbled and fell. They knew the odds were stacked against them. Yet slowly they developed a practical plan and practical tools.

After many many years of misery and fighting, society began to question where they were going.

When you fight for so long after a while you begin to question war.

Some of their wars lasted around 5000 years. That is a long time. When the fighting stopped 5000 years later both sides asked why were we fighting in the first place.

Neither side could answer that question.

They say the most difficult thing to conquer in the entire universe is your mind.

Slowly I mean slowly. They started to transform. It took many years of practice. At times they wanted to quit. They knew if they quit the progress that they have made would vanish into the night.

They were tired from fighting. They were tired of bickering. They were tired of war.

Life was quite miserable for them. They had the foresight to see there was a way out of this mess. What a difference it made.

Their lives got totally transformed. They started transforming from darkness to light.

Can you imagine dragons being kind?

Can you imagine dragons caring for one another?  
There are many different levels in this video game.

Many of the dragons progressed faster than the other dragons. They help them along the way.

Mind you they couldn't walk one step for them yet. They were coaches on the sidelines of life.

Gradually society started to have fun. They started to be kind to one another.

They had kind politicians which led to kind laws.

Everyday life began to be a blessing. Dragons were laughing in the streets.

They saw over time that great wisdom was coming out into their lives.

With this great wisdom, they began to solve problems that years ago could never be solved.

How do you put it into words? The dragons slowly began to have their everyday consciousness established into universal consciousness.

They began to see the unity of all life.  
One of the foundations of the dragon's transformation was the fact that every individual was their own master and guru.

This prevented different kinds of sects and religions. Ultimately over time. No dogma occurred.

The mind became their best friend. They knew that by training the mind many previous problems would never show up again.

After thousands of years, the dragons would look back into their history books and realize how far they have gone.

They developed a simple yet very sophisticated system of going from darkness to light.

When a society gets to a certain point in consciousness, the universe gives them a question. What is the next step in this journey in life?

The universe says well. The next step is to help another small planet in the distant future.

The same road that you walked on. You can convey and help the planet discover its true nature.

Just think trillions of years later on planet Earth. Zoran and the gang were born in Great Britain.

Nobody knows why but you don't start from scratch. yet. It certainly felt like it for the young dragons.

All the young dragons had to go through the same process they went through trillions of years ago.

Granted it was easier but neither less it's still was quite an arduous journey.

Ultimately, this is how Shambala got created. Shambala was the most enlightened city on earth. Today many dragons are walking on Earth. They are not dragons, at least for this lifetime.

They are helping humanity to solve their piece of the puzzle.



# Formation and Evolution of the Universe

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Part of [Hall of the Universe](#).

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UNIVERSE**  
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<sup>20</sup>Our Milky Way Galaxy was once thought to comprise the entire known universe. Today our universe encompasses many billions of galaxies, and its history can be recounted back to its earliest moments.

Our universe began with an explosion of space itself - the Big Bang. Starting from extremely high density and temperature, space expanded, the universe cooled, and the simplest elements formed. Gravity gradually drew matter together to form the first stars and the first galaxies. Galaxies collected into groups, clusters, and superclusters. Some stars died in supernova explosions, whose chemical remnants seeded new generations of stars and enabled the formation of rocky planets. On at least one such planet, life evolved to consciousness. And it wonders, "Where did I come from?"

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<sup>20</sup><https://www.amnh.org/exhibitions/permanent/the-universe/the-universe/formation-and-evolution-of-the-universe#:~:text=Our%20universe%20began%20with%20an,stars%20and%20the%20first%20galaxies.>

## You are your own stargate

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Under the direction of Zoran, the dragons did a complete recalibration of their inner systems. You could say it was an evolution revolution.

The process that they took usually around a trillion years or so. But they did this in such a shorter time.

When? Zoran had an enlightening experience. Little Ricky and little Johnny jumped on board. They started to research the human body and all its hidden potential.

Even back then they were researchers searching for unknown answers and then bringing them back home.

They learned the art of tummo which the Tibetan Buddhists used today.

Many people when they think of the word tummo think of the Buddhist monks wrapping sheets, soaked in water, and sitting in the snow and drying them off within 30 minutes or so.

Many people just think it's just a trick and does not have much practical use.

But the art of tumor, in reality, is the art of discovering the stargate within. Tummo is the art of cultivating love and compassion. These are the building blocks of life and the universe itself.

I find it fascinating that we all have inside of us hidden Stargates that can take us to places we can even imagine.

Mind you, this journey is inside of you.

This is an infinite journey and I'm sure there is even more yet to be discarded.

So in the beginning they started to learn more about the stargate inside.

They discovered various postures, breathing techniques, and yoga exercises to discover the inner stargate within.

Imagine you had nowhere to go but inside of you to unlock these great mysteries.

Nowadays the mechanics of the Stargate are there. The procedures are there. Millions of people have over the years discovered the inner stargate.

Just think trillions of years later Zoran, little Ricky, little Johnny, and David the dragon brought this technology to the Pleiades and beyond.

By then they developed physical star gates which could take you from one end of the universe to another in a matter of seconds.

The same principles for the internal and the external star gate are used.

This was truly a golden age. In the present day time, we sending putt putt satellites into space. We think we are so evolved. I find it amusing that Elion Musk wants to go to Mars and establish a colony there.

Just think if you haven't mastered your own mind and you put a group of people on Mars. What kind of horror and havoc would you create?

Being in an environment of space all around and not a sound can be heard. This can be quite horrifying for an individual.

Your mind is either your best friend or your worst enemy.

I don't even think that this has even come to their minds. Something so obvious yet in our society we are completely oblivious to the states of our mind and how they control us.

We think we can control the mind. Yet the mind is controlling us.

The ancient ones have understood this principle for trillions of years.



## Nucleus The University Of Enlightenment

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Many people think that George Lucas's Star wars are merely fiction. At times fiction is the truth.

We have discussed many times before that life is a video game. We are going from darkness to light.

No civilization gets a free ride. You can't leapfrog from darkness to light.

Civilizations stumble and fall.

Can you imagine a civilization having a death Star that could shoot its rays at any planet and blow it up in seconds?

The star cluster of the Pleiades had such a device. They were fighting a month one another for thousands of years.

Many people thought they would blow themselves up entirely in the end.

Somehow through pure grace, man wanted to have for once peace of mind and stop fighting.

When man decides in his mind to stop fighting and bickering harmony can take place.

When a man is a Harmony great things can occur to our civilization. Incredible advancements can Occur

It took many years of hard work. Society was totally transformed. In fact, the university of enlightenment was established on a planet called nucleus.

This university was open to anyone. It was free to all. People came from all over the universe to study there.

They had both external Stargates and established a curriculum of how to activate the stargates that exist inside of you.

You have this inner technology that is still existing inside of you today on planet Earth.

I find it so fascinating that we are so drawn to our 9 to 5:00 existence that we aren't even interested in discovering our true nature.

Signposts are all around but we don't have the eyes to see.

The entire universe is inside of you.

We can't take one single step for you. Throughout the ages, many incredible coaches have come down to earth to help assist you on this precious journey.

The world is more chaotic than ever and it seems like it is spinning out of control.

Many people ask why we don't have advance technology. Well, we developed the atomic bomb and the genie can't be put back into the box.

We tend to use advanced technology for destruction.

Some of our leaders if they had a death Star would probably point it at their enemy and fire away. Instantaneously a million people would die in less than a second

We train our dogs better than we train ourselves.

This planet is slowly waking up from its slumber. The question is when are you going to wake up?

You are the problem or the solution.

# Joseph Campbell Is the Hidden Link Between ‘2001,’ ‘Star Wars,’ and ‘Mad Max: Fury Road’

Countless filmmakers owe a debt to the Hero’s Journey that Campbell recognized.



**Will Linn**

Mar 12, 2018 11:00 am

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21



## **“2001: A Space Odyssey”**

MGM/Stanley Kubrick

Mythology and the Hero’s Journey became pervasive throughout film culture and history as generation after generation turned to Joseph Campbell and The Hero

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<sup>21</sup> <https://www.indiewire.com/2018/03/joseph-campbell-heros-journey-2001-star-wars-1201937470/>



with a Thousand Faces. With his guidance, countless filmmakers have come to see image as symbolic, character as archetypal, and narrative as mythic. In addition to deepening entertaining stories into profound narratives, this has helped filmmakers translate inner psychological experience into something a camera can see. We are fortunate today that the Joseph Campbell Foundation has partnered with Studio Institute Global in Los Angeles to bring the depths of this master's insights into the hands of students and filmmakers within the community.

Fifty years have followed since Stanley Kubrick gave his book to Arthur C. Clarke while writing [2001: A Space Odyssey](#). In the last two years alone, his name has been mentioned in Snowden and La La Land while his words have appeared on Wonder Woman's sword, Superman's cape, and in key moments of 13 Hours. Most famously, George Lucas came to see Campbell as "his Yoda" after The Hero with a Thousand Faces inspired revisions of [Star Wars](#) that enhanced the archetypal qualities of its characters, the symbolic depth of its imagery, and the mythic structure of its narrative. As John Williams said, "Until Campbell told us what Star Wars meant [...] we regarded it as a Saturday morning space movie" (starwars.com). The mythic structure he learned from Campbell, famously called The Hero's Journey, has gone from Lucas' secret weapon to an industry standard that can be seen in a majority of studios and franchises.

Having studied hero myths from around the world, Campbell came to recognize a relatively consistent sequence: from the world of common day, the hero is called to adventure, which they—or a loved one—resist. This is followed by some kind of aid from beyond their normal experience, the crossing of the threshold from known reality to an unknown world, an initiatory road of trials through the unknown, a big ordeal that results in ego-death and a new elixir, a return journey, struggle at the return threshold, resurrection of a new self, and the eventual delivery of the life renewing elixir, which redeems a wasteland.

Where many have used this as a simple outline with varying degrees of success, the real power of the Hero's Journey is that it turns a process of inner transformation into something the camera can see—it makes thoughts invisible to the camera by nature, visible. What Campbell did was help great storytellers translate major psychological experiences and philosophical transformations—as in myth and dream—into visual stories.

For example, one of the core qualities of the Hero's Journey (and Jungian Individuation) is the death and deconstruction of walls around ego—the part of the self we identify with—which enables the expansion of consciousness. Symbolically, this can be expressed by the bringing down of shields, the opening of locked doors, the removal of armor, and the rescue of a sleeping figure. In Star

Wars, this is seen as the powering down of the Death Star's shields and Luke's removal of his helmet while he rescues and awakens Leia in her prison.

The rescue of Leia by a team of male characters is also consistent with myths and dreams of male consciousness coming to integrate what it perceives as feminine and has thus far repressed. When the ensemble of heroes adds Leia, it doesn't just symbolize a rebalancing of team dynamics. It represents the rebalancing of the protagonist's own psyche, which suggests a rebalancing in personal and collective psyche to its audience. Leia wasn't just an exciting female character because of her strength. It is also exciting—then and now—to see a drama integrating the excluded and repressed feminine.



### **“Mad Max: Fury Road”**

Warner Bros.

Those who continue to work with the Hero's Journey in new and advanced ways have pushed this kind of narrative healing to new heights. “Mad Max: Fury Road,” for example, featured a diverse cast of female archetypes—from Furiosa the warrior, to milk maids, lovers, and crones with seeds.

Another favorite narrative motif of Campbell's was the redemption of the wasteland, which he associated with the ego or tyrant's repression/oppression of

something that's being excluded. This exclusion is resulting in an imbalance, and this imbalance perpetuates the wasteland. When a mind or a society excludes women—or anyone else—this is what's going on. The redemption of the wasteland represents the widespread uprising and integration of the repressed, which, in this film, gives focus to the feminine.

As in a dream, characters exist within the minds of storytellers and their audiences. This is expressed in the quote of Campbell's on Superman's suit, "... where we had thought to slay another, we shall slay ourselves; where we had thought to travel outward, we shall come to the center of our own existence...." Or as it's said in *13 hours*, "All the gods, all the Heavens, all the Hells are within you."

This perspective has had a major impact on character development in Hollywood. It has resulted in an emphasis on the creation of characters whose qualities already exist within audiences. To find these characters, Campbell and others studied the recurring figures in myth and dream that have resonated with audiences around the world and across time. Among these figures are goddesses, whose recurring motifs are described in his book *Goddess: Mysteries of the Feminine Divine*. *Wonder Woman's* sword includes a quote from this book: "Life is killing life all the time and so the goddess kills herself in the sacrifice of her own animal." By reading this and working on *Wonder Woman*, the storytellers were able to construct an archetypal character that resonates with goddess figures around the world and across human thought.

And it worked; the character resonated with the goddess warrior within millions of hearts and minds. A specific example of how the character was tweaked to evoke these associations can be seen in her use of a bow and arrow throughout the training sequence. This required the storytellers to work it in, as the bow isn't Diana's weapon. However, it is the weapon of the Roman Diana, goddess of the hunt, her Greek counterpart known as Artemis, and the Amazons. The storytellers gave her a bow for the same reason Hannah and Katniss from *The Hunger Games* are archers—this motif recurs throughout examples of the archetypal woman-warrior these filmmakers are trying to evoke. This is encouraged by studios because archetypal character qualities that recur throughout world mythology tend to resonate with global audiences.

In an effort to stimulate an ongoing dialogue between the study of myth and the culture of storytelling, The Joseph Campbell Foundation and Studio Institute Global have opened The Joseph Campbell Writers' Room (JCWR) at Studio School Los Angeles. Open to both students and the community, the JCWR is a place where Studio School students, filmmakers, and screenwriters can go to

collaborate, get advice from Campbell experts, learn ways to develop their stories as it relates to myth, and continue to explore new ways to interpret his theories. The Joseph Campbell Writers' Room will work to continue the legacy of Campbell and his impact on the next generation of filmmakers.

*Will Linn is the Executive Director of the Joseph Campbell Writers' Room, Chair of the Studio School General Education Department and Editorial Director for the [Joseph Campbell](#) Foundation's global grassroots network of Mythological RoundTable® groups. He also teaches courses on storytelling and co-hosts a radio series for the Santa Barbara News-Press called Mythosophia.*

'Now I am become Death, the destroyer of worlds'. The story of Oppenheimer's infamous quote

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**<sup>22</sup>The line, from the Hindu sacred text the Bhagavad-Gita, has come to define Robert Oppenheimer, but its meaning is more complex than many realise**

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<sup>22</sup> <https://www.wired.co.uk/article/manhattan-project-robert-oppenheimer>





A photograph on display at The Bradbury Science Museum shows the first thermonuclear test on October 31,

1952BRADBURY SCIENCE MUSEUM / GETTY IMAGES

As he witnessed the first detonation of a nuclear weapon on July 16, 1945, a piece of Hindu scripture ran through the mind of Robert Oppenheimer: “Now I am become Death, the destroyer of worlds”. It is, perhaps, the most well-known line from the Bhagavad-Gita, but also the most misunderstood.

Oppenheimer died at the age of sixty-two in Princeton, New Jersey on February 18, 1967. As wartime head of the Los Alamos Laboratory, the birthplace of the Manhattan Project, he is rightly seen as the “father” of the atomic bomb. “We knew the world would not be the same,” he later recalled. “A few people laughed, a few people cried, most people were silent.” Oppenheimer, watching the fireball of the Trinity nuclear test, turned to Hinduism. While he never became a Hindu in the devotional sense, Oppenheimer found it a useful philosophy to structure his life around. “He was obviously very attracted to this philosophy,” says Rev Dr Stephen Thompson, who holds a PhD in Sanskrit grammar and is currently reading a DPhil at Oxford University on other aspects of the language and Hindu faith. Oppenheimer’s interest in Hinduism was about more than a soundbite, it was a way of making sense of his actions.

The Bhagavad-Gita is 700-verse Hindu scripture, written in Sanskrit, that centres on a dialogue between a great warrior prince called Arjuna and his charioteer Lord Krishna, an incarnation of Vishnu. Facing an opposing army containing his friends and relatives, Arjuna is torn. But Krishna teaches him about a higher philosophy that will enable him to carry out his duties as a warrior irrespective of his personal concerns. This is known as the dharma, or holy duty. It is one of the four key lessons of the Bhagavad-Gita: desire or lust; wealth; the desire for righteousness or dharma; and the final state of total liberation, or moksha.

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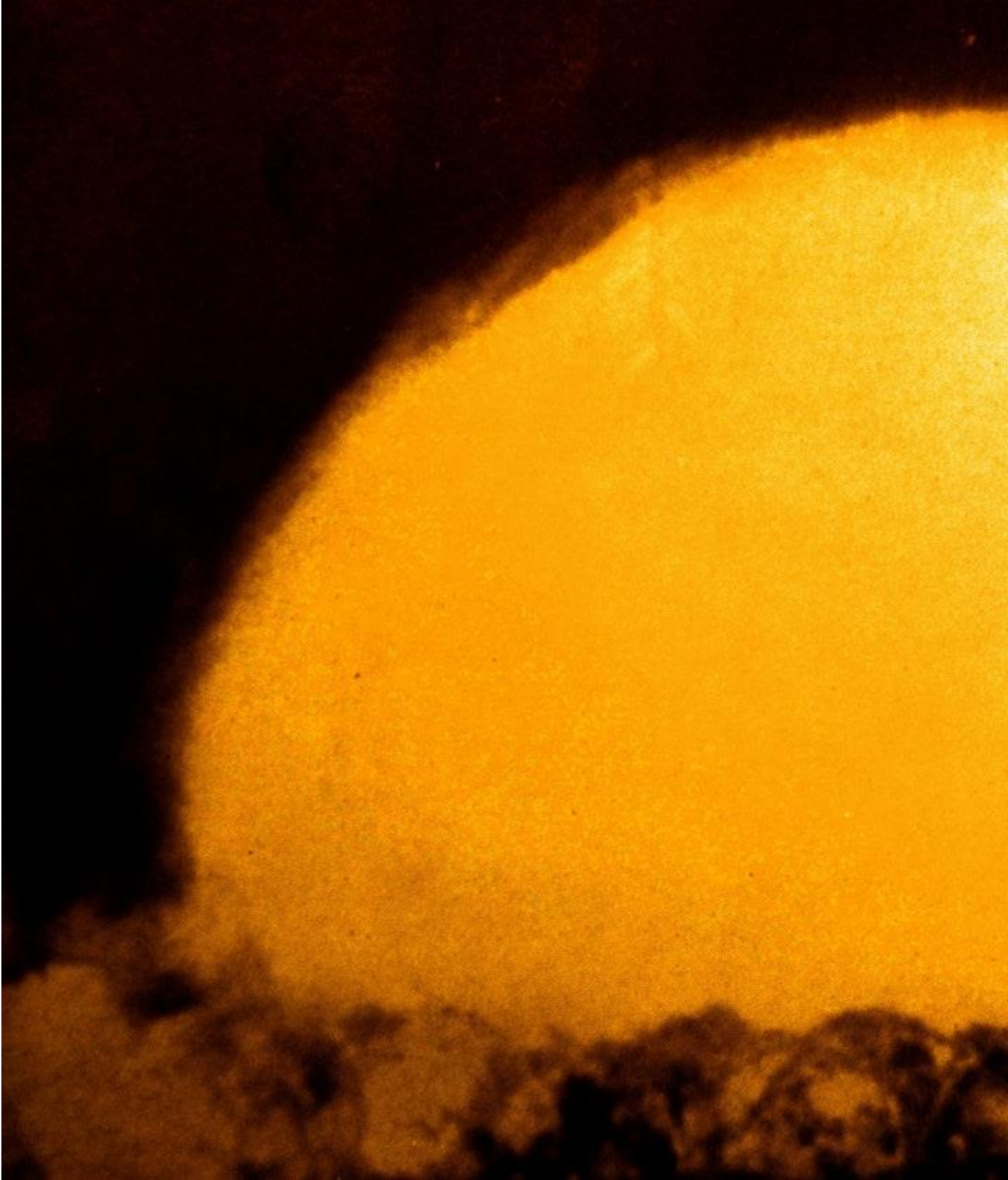
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Seeking his counsel, Arjuna asks Krishna to reveal his universal form. Krishna obliges, and in verse twelve of the Gita he manifests as a sublime, terrifying being of many mouths and eyes. It is this moment that entered Oppenheimer's mind in July 1945. "If the radiance of a thousand suns were to burst at once into the sky, that would be like the splendour of the mighty one," was Oppenheimer's translation of that moment in the desert of New Mexico.

In Hinduism, which has a non-linear concept of time, the great god is not only involved in the creation, but also the dissolution. In verse thirty-two, Krishna speaks the line brought to global attention by Oppenheimer. "The quotation 'Now I am become death, the destroyer of worlds', is literally the world-destroying time," explains Thompson, adding that Oppenheimer's Sanskrit teacher chose to translate "world-destroying time" as "death", a common interpretation. Its meaning is simple: irrespective of what Arjuna does, everything is in the hands of the divine.

"Arjuna is a soldier, he has a duty to fight. Krishna not Arjuna will determine who lives and who dies and Arjuna should neither mourn nor rejoice over what fate has in store, but should be sublimely unattached to such results," says Thompson. "And ultimately the most important thing is he should be devoted to Krishna. His faith will save Arjuna's soul." But Oppenheimer, seemingly, was never able to achieve this peace. "In some sort of crude sense which no vulgarity, no humour, no overstatements can quite extinguish," he said two years after the Trinity explosion, "the physicists have known sin; and this is a knowledge which they cannot lose."



The first detonation of a nuclear device, conducted on July 16, 1945 was a result of the Manhattan Project which Oppenheimer led UNIVERSAL HISTORY ARCHIVE/ UIG VIA GETTY IMAGES

“He doesn't seem to believe that the soul is eternal, whereas Arjuna does,” says Thompson. “The fourth argument in the Gita is really that death is an illusion, that we're not born and we don't die. That's the philosophy really: that there's only one consciousness and that the whole of creation is a wonderful play.” Oppenheimer, it can be inferred, never believed that the people killed in Hiroshima and Nagasaki would not suffer. While he carried out his work dutifully, he could never accept that this could liberate him from the cycle of life and death. In stark contrast, Arjuna realises his error and decides to join the battle.

“Krishna is saying you have to simply do your duty as a warrior,” says Thompson. “If you were a priest you wouldn't have to do this, but you are a warrior and you have to perform it. In the larger scheme of things, presumably The Bomb represented the path of the battle against the forces of evil, which were epitomised by the forces of fascism.”

For Arjuna, it may have been comparatively easy to be indifferent to war because he believed the souls of his opponents would live on regardless. But Oppenheimer felt the consequences of the atomic bomb acutely. “He hadn't got that confidence that the destruction, ultimately, was an illusion,” says Thompson. Oppenheimer's apparent inability to accept the idea of an immortal soul would always weigh heavy on his mind.

James Temperton is news editor at WIRED. He works with editors and writers across WIRED's newsroom and is also editorial lead on newsletters. He is the author of *The Future of Medicine: How We Will Enjoy Longer, Healthier Lives*. He has a degree in English literature from Cardiff University and... [Read more](#)

# 100,000-year-old story could explain why the Pleiades are called 'Seven Sisters'

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By [Adam Mann](#)

last updated February 03, 2021



The Pleiades star cluster is also called the Seven Sisters. It may have gotten that name from the oldest story ever told. (Image credit: LazyPixel/Brunner Sébastien via Getty Images)

<sup>23</sup>People both modern and ancient have long known of [the Pleiades](#), or Seven Sisters, a small collection of stars in the constellation Taurus.

But this famous assembly could point the way to the world's oldest story, one told by our ancestors in Africa nearly 100,000 years ago, a speculative new study has proposed. To make this case, the paper's authors draw on similarities between Greek and Indigenous Australian myths about the constellation. But one expert told Live Science that similarities in these myths could be pure chance, not a sign they emerged from a common origin.

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The Pleiades are part of what astronomers call an open star cluster, a group of stars all born around the same time. Telescopes have identified more than 800 stars in the region, though most humans can spot only about six on a clear, dark night.

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<sup>23</sup> <https://www.livescience.com/pleiades-constellation-origin-story.html>



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The Pleiades is a small cluster of stars within the Taurus constellation. (Image credit: Buyenlarge/Getty Images)

Yet cultures around the world have often referred to this constellation with the number seven, calling them the "Seven Sisters," "Seven Maidens" or "Seven Little Girls." This head scratcher has puzzled many scientists, such as astrophysicist Ray Norris of Western Sydney University and Commonwealth Scientific and Industrial Research Organisation (CSIRO) Astronomy and Space Science in Australia.

Norris has worked with Indigenous Australians and learned many of their sky stories, including those of different groups who identify the Pleiades as seven girls being chased by the constellation Orion, who is a hunter in these tales. This storyline is extremely similar to the one in ancient Greek legends about these constellations.

"I've always thought, 'Oh that's really weird,'" Norris told Live Science.

The case isn't entirely surprising, given that both Orion and the Pleiades are bright and prominent celestial features, and that [Earth's](#) rotation makes it look to us like the former is chasing the latter across the night sky. Some researchers have tried to explain the narrative resemblance through simple cultural exchange, said Norris, given that Europeans arrived in Australia more than two centuries ago. But such a timescale is not long enough for the story to have become so deeply embedded across different, far-flung Australian cultures, he added.

**Related: [Photos: Magnificent views of the nighttime heavens in America's 'Dark Sky' parks](#)**  
Norris noted that one of the Seven Sisters — a star known as Pleione — is often lost in the glare of a nearby star called Atlas, making it invisible to most human eyes. But 100,000 years ago, when humans were first emerging from the African continent and spreading over the world, the two stars would have been more separated in the night sky, perhaps accounting for why the Pleiades are named for seven beings in many stories. In other words — our ancestors who had

not yet left Africa first came up with the tale, then carried this story about the night sky with them as they migrated to Europe, across Asia, and eventually to Australia.

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"You've got these two bits of circumstantial evidence," said Norris. "Together they make an interesting hypothesis." Along with a co-author, he posted a paper Jan. 25 about this possibility to the pre-print database [arXiv](#). Their study has been accepted to, but not yet published in, a peer-reviewed journal.

While noting that it's a "fun and evocative idea," astronomer and archaeo-historian Bradley Schaefer of Louisiana State University in Baton Rouge, who was not involved in the work, did not think the explanation likely.

"Humans are humans," so they will populate the sky with male and female figures. By chance alone, about half the time, you would expect a given constellation to be associated with men, and half the time with women. Which means that "about one-quarter of that time, Orion will be masculine and the Pleiades will be female," Schaefer said.

Given the huge number of traditional stories, simple coincidences between any given two cultures are likely to crop up, Schaefer said. He also pointed out that the Norris paper used outdated stellar positioning information to model the distance between Pleione and Atlas 100,000 years ago. The correct data places them two times closer during this epoch, meaning there wouldn't be much significant change in how the constellation appeared to our ancestors.

Norris' paper doesn't entirely hinge on this fact, mentioning that the stars in the Pleiades are thought to vary with brightness, and perhaps 100,000 years ago one of the very faint stars was much more visible, though no one knows how much these stars vary in brightness over the long-term.

It's possible the hypothesis is correct, Schaefer said, but the available evidence isn't very convincing. It provides a "lesson of what it takes to prove something like this," he added.

He gave as a counterexample the Big Dipper, another well-known constellation, that cultures across Eurasia describe as a bear. In this case, evidence suggests at least some tales about the Big Dipper likely did emerge from a common origin story, he said.

For instance, in a significant number of these, the "ladle" of the Dipper is given as the body of the bear, and the three stars of the "handle" are identified as its tail (though bears don't have long tails.)

Yet in many of the traditional stories of Siberian people in Eastern Russia, where people also recognize the Big Dipper as a bear, there is an alteration. The ladle is still the bear's body, but the three stars of the handle are branded as three hunters chasing the bear. Mizar, the central star



of the handle, has a small faint companion known as Alcor, and in the Siberian stories Alcor is a bird helping lead the hunters to the bear, Schaefer said.

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A significant number of Native American tales, told by peoples spread across the North American continent north of the Rio Grande, have a very similar setup for the Big Dipper — including the bear, hunters and steering bird, he added. Given that a great deal of other evidence shows that humans migrated over an ancient land bridge in the Bering Strait between modern-day Russia and Alaska thousands of years ago, Schaefer thought it was much more likely that these Big Dipper stories share a common origin.

Even this explanation is not universally accepted by archeo-historians, he added. But the many shared "characteristics mean that it is an evocative, fun, and likely true story," he said. It might not be the titanic 100,000-year suggested timespan of Orion and the Pleiades, but having a tale that's at least 14,000 years old is still quite impressive, Schaefer said.

"That makes the Great Bear the oldest intellectual property of humanity," he said.

*Originally published on Live Science.*

### [Adam Mann](#)

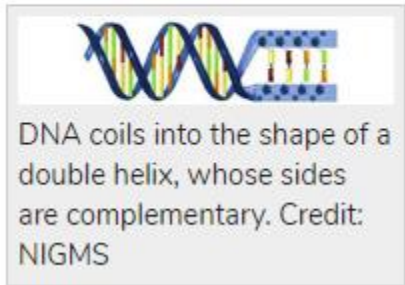
Live Science Contributor

Adam Mann is a freelance journalist with over a decade of experience, specializing in astronomy and physics stories. He has a bachelor's degree in astrophysics from UC Berkeley. His work has appeared in the New Yorker, New York Times, National Geographic, Wall Street Journal, Wired, Nature, Science, and many other places. He lives in Oakland, California, where he enjoys riding his bike.

## You are the universe

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6



That's how many feet long the DNA from one of your cells would be if you uncoiled each strand and placed them end to end. Do this for all your DNA, and the resulting strand would be 67 billion miles long—the same as about 150,000 round trips to the Moon

One of Little Ricky's favorite motto is you are the universe and you just don't know it.

He has said that numerous times in his life.

Little Ricky is almost 70 years old. In fact, in only a few weeks he and his twin brother John will be 70 years old.

Both of them are quite active today and researching how to become a better human being at all levels.

They are fascinated by life and death. Many moons ago. They would never approach the subject of death. When they were young, death was a word that you did not use in everyday life.

As they get older, both of them consents death someday will be knocking on their door.

They knew this quite young and that's why they wanted to know the mysteries of life and death.



This human body contains the mysteries of the universe.  
Behind your breath lies the secret that is keeping you  
alive.

When you take your last breath you will no longer  
exist. Has primm Rawat sad recently you can't even take  
your name when you die

Just think Even the universe goes through the same life  
and death process that we do.

Everything gets created an ultimately everything gets  
destroyed.

Nothing external last forever.

Meanwhile, we still love to text on the freeway of life  
and our oblivious to the universe that lies within.

## Family and Friends

### Family and Friends



#### [PDF](#)

No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

I have documented over 500 families and friends. There is a thread of love tying us all together. I think the world would be a better place if we all did this.

## Family Stories and Recipes



[PDF](#)

## Family & Friends Travels



[PDF](#)



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The above paragraph came from my book, Family and Friends. It is the foundation for all my writings. Click on the image of the family and friends and you will see the PDF and YouTube video.

Yes you know I love to travel. I love to hear stories about other people's travels and journeys on this road in life. In this book, I'm going to tell stories about family and friends' travel adventures. You have had enough of listening to mine. If you would like to contribute to this project, send me a message.

## The Creative Project



[PDF check this out](#)

I have had this on the back burner of my mind. As you know I wrote the book hand friends a while ago. In the next month, I will have posted all my entries on Facebook.

My next project will be hopefully you. I would love to do a book and audiobook of all the creative endeavors of my family and friends. It could be a recipe, a song, poetry, a photograph, or anything else. The sky's the limit.

Each one of us has ways to express our true nature. Many of my friends are getting up in age. I would love to see treasure chests of creativity from all my friends and family.

If you have a song or poetry the following formats are supported. Mp3, Wav, or FLAC. Also, the words should be included.

Hopefully, if the response is good I can have all this material for the future. My plan is each day to release something you did on Facebook each. I think it would be a great project to do.

Even surfers or body surfers could submit photos, videos, or stories.

The goal is to show our creative expressions. We don't need only rock stars to be creative.

So think it over. Message me on Facebook if you have any questions. I'm looking forward to hearing from you.

Also if you have short stories or anything creative it would be a pleasure if you included them.

Let's see where this project takes us.

Each one of us has a piece of the puzzle.

## Fractal Fairy Tales



[PDF](#)

Here's the definition for the word fractal.

## frac·tal



/ˈfraktəl/

MATHEMATICS

*noun*

noun: **fractal**; plural noun: **fractals**

1. 1.  
a curve or geometric figure, each part of which has the same statistical character as the whole. Fractals are useful in modeling structures (such as eroded coastlines or snowflakes) in which similar patterns recur at progressively smaller scales, and in describing partly random or chaotic phenomena such as crystal growth, fluid turbulence, and galaxy formation.  
*adjective*  
adjective: **fractal**
1. 1.  
relating to or of the nature of a fractal or fractals.  
"fractal geometry"

The fractal fairy tale is a story that has been told forever. Even before the dawning on man, these stories were told. Each of us has a fractal story to be told. Each of us is on a grand adventure in life. We are all magnificent. We are never

alone. Come and sit by the campfire and listen to this incredible story. You are the universe. You just don't know it.

[fractal-fairy-tales-1952-1970](#)

[fractal-fairy-tales-1970-s](#)

[fractalfractal-fairy-tales-1980-s -s](#)

[fractal-fairy-tales-1990-s](#)

[fractal-fairy-tales-2000](#)

Video on our house of the future.





## Celestial Music



[PDF](#)



Welcome to the book called celestial music. I hope you will enjoy it. Music is an integral part of people's lives all over the world.

Could you imagine a world without music? I most certainly couldn't even imagine that. The world at times is

chaotic as it is with music. Music provides the spark of life to all of us. It inspires us. It makes us think outside of the box. It touches on all subjects in life. The good, bad, and the ugly.

Music is a means to convey the divine essence that resides inside each one of us. There are so many different types of music. Each genre has a distinct flavor to it.

I love listening to ethnic music from countries all around the world. Everyone is so different and so unique.

Of course, during the '60s I loved rock and roll. I was brought up on this.

As I grow old I still love classic rock and roll. I have been introduced to so many distinct and different types of music. I don't think I can say I like this one the best.

Each one is so different and unique. It's a different manifestation of the soul, yet they all are coming from the same place.

As the years go by, the greatest memory is when you listen to a song and instantaneously you are transported to that era. A flood of sweet memories comes into you.

Did you know even people with dementia upon hearing a song from a long long time ago still can capture these memories?

Music is so powerful that it can stir the soul with them.

Even people with Alzheimer's can still play the piano. They can still remember a song playing many moons ago.

I find that quite fascinating. I'm trying to express in words the power of music. I don't think I'm doing a great job at that. Music can never be explained away. Music can only be understood by the soul. It is a direct connection to the Jewel that lies within you.

This book is my personal favorite of the songs that I have heard during this incredible journey of life. There may be some that you like and some that you don't like. Why didn't you include this song? Remember this is my favorite list, not yours.

You will have a completely different list than I do. That is what is so incredible on this journey. There are so many beautiful things that are so different and so unique. Yet there is a thread tying them all together.



Sister Sledge - We Are Family

15M views • 12 years ago



Pierre Richard

Four sisters: Kim Sledge (born 21 August 1957), Debbie Sledge (born 9 July 1954), Joni Sledge (born 13 September 1956), and ...

Current Projects working on

Bhagavad Gita The Song of God



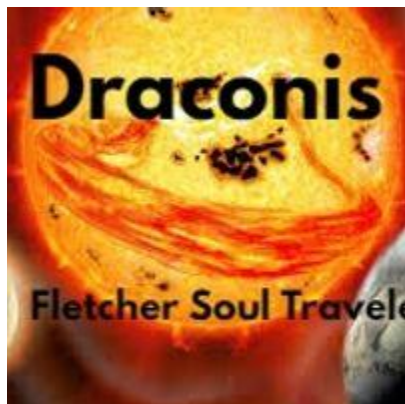
[PDF](#)

Is The West Coast Dying



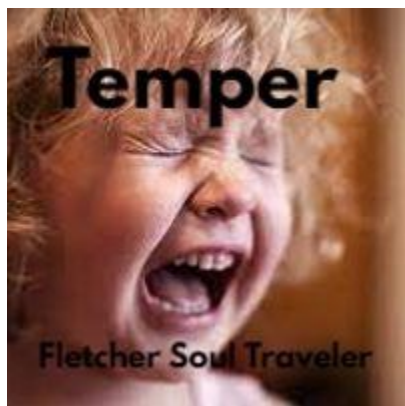
[PDF](#)

Draconis



[PDF](#)

Temper



[PDF](#)

## Closing Turn the computer on

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If you got anything out of this book, the key message was to turn on your computer. You have the hardware, software, and operating system

You just have to turn it on. It's as simple as that. The answer to all your problems lies inside of you. Nowhere else will you be able to do it for you