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Conscious Economics

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 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 being 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 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 animal-like (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.”¹ 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 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

¹ <https://www.amacad.org/publication/indigenous-americans-spirituality-and-ecos>

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. . . .2

Thus Mother Earth is a living being, as are the waters and the Sun.

Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live the life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

Empty Trinkets Of Life

In our search for life, we make it so complicated.

We work our lives away thinking that money will buy happiness.

Empty trinkets of life.

We are so busy that we neglect our very own children.

And yet when we realize the fact, the time has slipped away.

Empty trinkets of life.

We own a nice house and an outrageous car.

But does harmony or chaos exists?

We have time for pondering one day a week.

We put in our five bucks for an offering but do we ever think?

If Christ would come back would we do the same act as before?

Years later we hoped that in the next go around we would learn from our mistakes.

Are we so caught up in our daily routine that we miss out on the miracle of this
life?

Has the secret been shown to us and we throw the diamond on the ground?

We say to ourselves a real diamond would never be given like that.

In the end, we come and we go but do we truly know the beauty of this life?

Life is precious, know why you are alive.

Conscious²



The definition of conscious is as follows. This is from Webster's dictionary.

1: having mental faculties not dulled by sleep, faintness, or stupor : AWAKE

became conscious after the anesthesia wore off

2: perceiving, apprehending, or noticing with a degree of controlled thought or observation

conscious of having succeeded

was conscious that someone was watching

3: personally felt

conscious guilt

4a: likely to notice, consider, or appraise

a bargain-conscious shopper

b: being concerned or interested

a budget-conscious businessman

c: marked by strong feelings or notions

a race-conscious society

5: done or acting with critical awareness

² <https://www.merriam-webster.com/dictionary/conscious>

a conscious effort to do better

6: capable of or marked by thought, will, design, or perception

7: SELF-CONSCIOUS

8: archaic: sharing another's knowledge or awareness of an inward state or outward fact

Our conscious state reflects our current reality in life. The outside world is a reflection of our inner world. When truth becomes fiction and fiction becomes truth is a sign that we have lost our ways.

When anger, mockery, hate, revenge, and storming the capital building are acceptable something is astray. A person can't have true discrimination and wisdom when our chemistry set inside is totally off balance.

Just think one shot of being angry produces over 1500 different kinds of stress chemicals in the body. That's just one instance. Many people in our society live where they can't turn the facet of adrenalin off.

The majority of people who were directly involved in the riot probably live in that toxic state.

A calm and kind mind is needed today. In that state lies kindness, love, patience, and tolerance for others. This is why it's our social responsibility to maintain a kind chemistry set within.

Your conscious awareness or lack is a direct reflection of how you act in this world. It's a one-to-one correlation.

We were never taught this in schools. Our happiness is dependent upon external events going our way. Life is always changing and morphing. Nothing is stable. Everything evolves.

Our society at large thinks the other person or group is wrong. Both sides are talking about the same thing yet have different perspectives. Both sides want a better future for our children.

The first step in truly for a society to get along is to be conscious and aware. Our subconscious 95% of the time is driving the show. We are conditioned so much that we automatically reply unconsciously to any given situation.

If our subconscious holds the majority of thoughts and emotions that contain hatred, anger, intolerance, revenge, and all sort of negative emotions this is what gets carried out in your life.

We have seen this in our leaders.

If one subconscious is filled with kindness, love, compassion, patience, tolerance, and the infinite myriad of positive thoughts and emotions this is what manifests in your thought and actions.

I say quite frequently that we have the opportunity to live in the center of a hurricane. This means no matter how crazy and chaotic this world is, one can live in the center of a hurricane. The chaotic hurricane-force winds of the external world can't affect you.

Looking at the videos of the riot. I can 100% guarantee you they weren't living in the center of the hurricane. A mob contains chaotic actions which lead to violence.

For thousands of years, this has been going on. This current age is no different. We must progress in the video game of life if we want to survive.

The East has mapped out the various levels of the video game of life. Ponder these over. Is life truly a video game?

Is there a purpose for being alive? Is there an instruction manual? Most religions have one. They all lead to the same place. Yet we must be conscious in each moment to live by them.

If we don't I can guarantee that our subconscious will be stealing the show. We won't even be aware of it. We will be completely oblivious to it. The following is Jain's perspective on the video game of life. I quite like it.

Fourteen Video Game Stages Of Spiritual Development



3

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.

³ <http://jaincosmos.blogspot.com/2013/11/jain-meditation.html>

Head	Gunasthāna	Meaning
Belief (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
Minor Vows (Commencement of Right conduct)	5. <i>Deśavirata</i>	The stage of partial self-control
Right conduct: <i>Mahavrata</i> s (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>Upasānta-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

4

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

⁴ https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEiYLidh8_JM7KNqXgxR5VrkPDD4ail

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 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=IwAR0MX5f3JJX3CTANfC3IjBI-XjcHiEIYLidh8_JM7KNqXgxR5VrkPDD4ail



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.

Sthanakvasi and Terapanthi sects of Jainism do not believe in having temples or statues.

Economics ⁵



The definition of economics is as follows. This is from Webster's dictionary.

1a: a social science concerned chiefly with description and analysis of the production, distribution, and consumption of goods and services

b: economic theory, principles, or practices

sound economics

2: economic aspect or significance

the economics of building a new stadium

3: economic conditions

Our industrial nations have an insatiable desire of consuming countless goods. Unfortunately, it is endless. Our systems are built in short term, not the long term.

Profits are to be made at all costs. Unfortunately the rich get richer and the poor get poorer. I remember about six months ago I saw this interviewer with major drug manufacturer.

He said the goal isn't to cure people. The bottom line is to make profits for the shareholders.

⁵ <https://www.merriam-webster.com/dictionary/economics>

The earth is used to take as a commodity. This is the western view. During the Wild West days when the building of TransUnion railroad was being built tourists would use shotguns and kill thousands of Buffalos.

They had no relationship with Mother Earth. The buffalos were just a commodity. They didn't even use the Buffalo in any way. They just killed for the sport of it.

The ingenious when they killed a Buffalo would pray and thank the Buffalo. They would pray to Mother Earth. There was an honor in the killing. They never took more than they needed. They didn't kill for the sport of it.

Our current system is built upon companies making profits and giving them to shareholders. It is a profit-based system.

It doesn't care for the welfare of the planet. We don't plan for the future and the consequences of our actions.

Our only goal is to make profits. Look at the stock market. It's all about the present projections. If a company doesn't exceed expectations it will get dinged by the public. It's all about making money.

I remember working for Charles Schwab and saving the company a huge amount of money. Yet during the recession in 2009 anyone who worked on that project got laid off.

They made tremendous profits that year. Once upon of time they were one of the best companies to work in the world. This slowly changed over the years. Currently, in America no job is secure. The unions once who were powerful are no longer around.

In Europe, workers are an integral part of being on the board of directors. In the United States, this isn't the case.

This is from USA Today ⁶

The three richest billionaires in the U.S., as measured by the annual Forbes 400 ranking, now own more wealth than the bottom half of the nation's population

⁶ [Billionaires versus the rest of us, by the numbers \(usatoday.com\)](https://www.usatoday.com/story/news/economy/2013/09/16/billionaires-versus-the-rest-of-us/288111)

combined, according to the report by the Institute for Policy Studies, a research organization focused on inequality issues.

There is something wrong with this picture.

This is from Quartz

The average US worker would need 10 times the length of all human history to earn as much as Jeff Bezos⁷

⁷ [This is how long an average US worker needs to become a billionaire — Quartz \(qz.com\)](#)

Indigenous Americans Spirituality and Ecos



This is the ingenious view of economics.

This is a quote from the following source ⁸

Juan Matus, in Carlos Castaneda's *Journey to Ixtlan*, captures very well the attitude of many Native people: ". . . You don't eat five quail; you eat one. You don't damage the plants just to make a barbecue. . . . You don't use and squeeze people until they have shriveled to nothing, especially the people you love. . . ."

This kind of attitude is found over and over again in the traditions of Native people, from the basketry and food-gathering techniques of Native Californians to the characters in the stories of Anna Lee Walters (as in her novel *Ghostsinger*, the stories in *The Sun is Not Merciful*, or in *Talking Indian*).

The following story sums up one of the major problems we have in economics today. It's from an article from MedPageToday.com

It's Official! Curing Patients Is Bad for Business⁹

— Milton Packer describes the result of profit-dominated drug development

Pharmaceutical companies are developing new drugs in only two therapeutic areas these days -- cancer and rare diseases. Why? These are the only therapeutic areas where exorbitant pricing is tolerated by payers.

⁸ <https://www.amacad.org/publication/indigenous-americans-spirituality-and-ecos>

⁹ [It's Official! Curing Patients Is Bad for Business | MedPage Today](#)

How exorbitant are we talking about? Most new drugs for cancer and rare diseases are being priced above \$400,000 a year per patient. Some drugs are being priced at \$1 million per treatment. And prices continue to soar.

Who loses from this pricing practice? You might think that patients with cancer or with rare diseases are most likely to suffer. But that isn't true.

To cover these exorbitant costs for even a small number of people, payers slash their expenditures in other therapeutic areas, and these cuts affect millions of people.

For example, instead of agreeing to pay for the best treatment for diabetes for \$1,500, payers approve the use of a second-rate treatment for \$75. Physicians are not good at challenging payers, so most patients will get second-rate treatment.

So the patients who lose the most are typically those who do not have cancer or rare diseases. Nearly everyone else loses when a company prices a novel drug at extreme levels.

Last week, things took a turn for the worse.

According to an article by Tae Kim on CNBC, Goldman Sachs issued a report (by Salveen Richter) that suggested that drug developers might want to think twice about making drugs that were too effective. Richter's report, entitled "The Genome Revolution," was issued on April 10 and says:

"The potential to deliver 'one-shot cures' is one of the most attractive aspects of gene therapy, genetically-engineered cell therapy, and gene editing. However, such treatments offer a very different outlook concerning recurring revenue

versus chronic therapies... While this proposition carries tremendous value for patients and society, it could represent a challenge for genome medicine developers looking for sustained cash flow."

The translation: if you develop a new drug that cures people rapidly, then patients will not need to take the drug on an ongoing basis, and that limits the amount of money a company can make.

The analyst asks: "Is curing patients a sustainable business model?"

Has a fascinating interview with Bill Gates and Anderson Cooper. This is by using technology we can help save this planet.



Aboriginal



The following is the Aboriginal view of Conscious Economics

The Dreamtime 40,000 Years of History

They say we have been here for 40 000 years, but it is much longer.

We have been here since time began.

We have come directly out of the Dreamtime of our creative ancestors.

We have kept the earth as it was on the first day.

Our culture is focused on recording the origins of life.

We refer to forces and powers that created the world as creative ancestors.

Our beautiful world has been created only following the power, wisdom, and intentions of our ancestral beings.

¹⁰ ¹¹

¹⁰ <https://ideapod.com/10-aboriginal-australian-quotes-will-change-perspective-life/>

¹¹ https://www.aboriginalart.com.au/aboriginal_australia.html

Quotes 1

“We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home.”

“Our spirituality is a oneness and an interconnectedness with all that lives and breathes, even with all that does not live or breathe.”

“Being Aboriginal is not the color of your skin or how broad your nose is. It is a spiritual feeling, an identity you know in your heart. ... It is a unique feeling that is difficult for non-Aboriginal to fully understand.”

“So I take this word reconciliation and I use it to reconcile people back to Mother Earth, so they can walk this land together and heal one another because she’s the one that gives birth to everything we see around us, everything we need to survive.”

“We cultivated our land, but in a way different from the white man. We endeavored to live with the land; they seemed to live off it. I was taught to preserve, never to destroy.”

“This earth, I never damage. I look after. Fire is nothing, just clean up. When you burn, new grass coming up. That means good animal soon, Might be goanna, possum, wallaby. Burn him off, new grass coming up, new life all over

“The land is my mother. Like a human mother, the land gives us protection, enjoyment and provides our needs – economic, social, and religious. We have a human relationship with the land: Mother, daughter, son. When the land is taken from us or destroyed, we feel hurt because we belong to the land and we are part of it.”

“Land is a central part of the connection to country and our identity as people. Many of our significant sites, landscapes, customs, and stories focus on connection to the land. The land is therefore very important to our culture, history, and future.”

“... from time immemorial, we believe as Aboriginal people, Australia has been here from the first sunrise, our people have been here along with the continent, with the first sunrise. We know our land was given to us by Baiami, we have a sacred duty to protect that land, we have a sacred duty to protect all the animals that we have an affiliation with through our totem system ...”

Once you learn these 8 harsh realities of life, you'll be much stronger

“The Aboriginal Sunrise Ceremonies are very special to our people. It starts when the sky is a black, beautiful black. When the sun's yellow circle arrives, it turns the sky red. This is why the Aboriginal flag is half red, half black with a yellow circle in the middle.

At the Sunrise Ceremony, I meditate and ask the Great Spirit for direction. My hands filled with electricity. I touch you and you feel it, too. I heal people this way. My Grandmother did that, too. I learned all about that when I was a young fellow. Umbarra, the Black Duck, is the special totem of our tribe, the Yuin. We learn to respect the elders who hand on the Law.

The elders guard the Law and the Law guards the people. This is the Law that comes from the mountain. The mountain teaches the dreaming.”

“Racism is a disease in society. We're all equal. I don't care what their color is, or religion. Just as long as they're human beings they're my buddies

“The more you know, the less you need.”

“Traveler, there are no paths. Paths are made by walking.”

“To us, health is about so much more than simply not being sick. It’s about getting a balance between physical, mental, emotional, cultural, and spiritual health. Health and healing are interwoven, which means that one can’t be separated from the other.”

“At the Sunrise Ceremony, I meditate and ask the Great Spirit for direction. My hands filled with electricity. I touch you and you feel it, too. I heal people this way.

My Grandmother did that, too. I learned all about that when I was a young fellow... We learn to respect the elders who hand on the Law. The elders guard the Law and the Law guards the people.

This is the Law that comes from the mountain. The mountain teaches the dreaming.” –

“Those who lose dreaming are lost.”

“May as well be here, we are as where we are.”

“Keep your eyes on the sun and you will not see the shadows.”

Apathy



The definition of apathy is as follows. This is from Webster's dictionary. ¹²

1: lack of feeling or emotion : IMPASSIVENESS

drug abuse leading to apathy and depression

2: lack of interest or concern : INDIFFERENCE

political apathy

This is a major problem in our society today. We know we are sawing off the branch we are sitting on yet we continue doing it anyway. Our present economic model can not be sustained.

It will lead to our demise. We need Mother Nature. Mother Nature does not need us. We are ignorant of this fact. We are wearing blinders.

Mostly because this is what we are used to. I thought with the global epidemic that we would wake up from our slumber. This would be a wake-up call to humanity.

We had an administration that mocked wearing masks and said the problem would be over in no time. Yet over 500,000 have died so far in the United States. The current administration is trying all it can to solve this enormous problem. It seems like in many areas we are behind four years with the old administration

¹² [Apathy | Definition of Apathy by Merriam-Webster \(merriam-webster.com\)](https://www.merriam-webster.com/dictionary/apathy)

removing many policies from the Obama administration. This includes pulling out of the Paris accord and the Iran nuclear deal.

We have many problems we have to face. Time is ticking away. Yet we can face these problems and hopefully, we can start the transformation process. The following is what I wrote about apathy this month.

Apathy

The definition of apathy is as follows.

Lack of interest, enthusiasm, or concern.

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

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

Apathy is there.

When the mystics and scientists say you are the universe.

Apathy is there.

When one says you are never alone.

Apathy is there.

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

Look at the roaring crowd rooting for their home teams.

What a buzz of energy is in the air.

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

I find that quite fascinating.

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

This human body is hardwired to discover God within.

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

No wonder humanity is in such a mess.

Chop Down The Trees



I use the expression we are sawing off the branch we are sitting on. Common sense is uncommon. Throughout the world, in the name of progress, we are cutting down the lungs of Mother Earth.

Especially in the Amazon forest. Not only does this affect climate change but it affects the entire ecosystem of the world. All in the name of progress. To change our mindset and awareness must change.

The entire world needs to be on the same page for the change to occur. Yes, this is extremely difficult. But our survival as a species is dependent upon changing the course of our actions.

Remember Mother Nature doesn't need us. We need Mother Nature. We are destroying the lungs of the planet. How would you feel if someone took out your lungs?



I read in the paper just the other day, that
A whole grove of redwoods will be chopped down.
The owner says give me two million dollars and I'll save those trees.
Who is the owner of the land?
We think we own the world's resources.
Can we barter this earth to the highest bidder?
You can buy this planet for a trillion dollars.
Where will we go?
That's your problem, not mine.
I'm rich and bygone I'll take what I want.
Have we progressed at all?

Gaia

The following are two messages from my book Gaia. Mother Nature is telling us to wake up.



Books 2018 Gaia

Message 5



When Charles Darwin came up with his theory of evolution his predominant theme was cooperation with nature. He mentioned only a few times the survival of the fittest.

Yet all around the world today the world has embraced survival of the fittest instead of Cooperation. You see this everywhere. There is a winner and there is a loser. This is how you look at things.

People lie and cheat to win. Winning is all-encompassing. It doesn't matter how you win but the goal is to win at all costs. Many Olympians use illegal drugs to give them a better advantage. Your politicians will run negative campaigns to win office.

Only the best will get high-paying jobs. It seems like your entire world is built on stress. It is built on competing. Only the strongest will survive.

There are around thirty companies that control the economy of the entire world. They hold power over billions of people. These people can make or break nations.

Yet Darwin discovered that nature cooperates. For example, nature provides you oxygen and you provide carbon dioxide. If nature cuts off your oxygen then you won't be alive.

There are forests today whose trees have roots where they are all united together. They don't fight and bicker with one another. They are in harmony. Nature is cooperating.

If you want peace on earth one must learn how to cooperate. By discovering your true nature you will over time learn how. Your emotional mindset must change from the survival of the fittest to Cooperation.

You see it first begins in your mind. Your mind has been trained in the other direction. Even young children need to learn this. They have a toy and hold on to it for dear life. The parents teach the child to share the toy. Some eventually get it while others never learn that basic lesson.

You see when you are out of harmony the basic true human emotions are lost. You have fleeting glimpses of your true nature.

It comes and goes. You are true to building a foundation of ethics without understanding your true nature. I'm amazed at what the majority of people have developed on your planet.

Without a foundation, the majority of people try to lead good and decent lives. They love one another and cooperate.

These are exciting times. We can do great things together when you and I cooperate. We can solve any problems on earth when we talk and synch with each other.

You must learn to listen to your heart. You must learn and listen to your intuition. Your intellect will never comprehend me but your heart can. Learn how to merge your intellect and your heart. By doing so you will be able to be in harmony with me.

You have been so distant for ever so long. How many times a day do you ever think about me? How many times a year? Have you ever thought about me?

This is one reason why you have so much chaos in the world. If you aren't in harmony with nature then your actions won't be in harmony. This will create a snowball effect. Multiply that by billions of people on your planet and you get what I mean.

Your mind is cloudy. Dust is on your inner mirror. You think everything is all right. Humanity is skimming the surface of the ocean of life. Your goal is to drive deep into the ocean of life and discover your true nature.

The entire universe cooperates. There is harmony among us. You have the opportunity to be in synch with me and the entire universe. Ponder this over. Cooperation is the foundation of all life.

Message 10

You are the crown of creation. Yet at this present moment, you have not lived up to this. You are my custodians of keeping care of all my creatures. Do you remember that? What have you done? You would be sued by your creator for your neglect. Except you have free will and free choice. God and I don't judge you. We may give hints and pointers along the way.

We have only pure love for humanity. This pure love resides inside of you. We think it's crazy that there are poachers in this world. Killing animals for money. How dark can you get? When a person is oblivious to the dark his actions can be insane. That's why it's called a black market. It seems like everything can be killed for or bartered for when it comes to my creation.

As I said in my last message you are dumping trash into your living room. How crazy is that? Yet you are oblivious to that. You are unconscious. Yet humanity is sawing off the branch it is sitting on.

The only way to clean up the mess you created is to discover your true nature. You must once again discover me. We must walk hand in hand together. It's your choice. It's your free will.

You see darkness can only go so far. The light is beginning to shine. The sun is arising on your planet. The faster you embrace the light the faster peace will come unto the earth.

Only you can change. I can not do the work for you. That's why it's called free choice. You are at the level in the video game where you are tired of the darkness. You don't like the craziness of the world. You are tired of war. You are tired of the bickering and fighting for thousands of years.

This is the point where you start to wake up and advance to another level. This is the point where you become more mature. This is the point where you can learn from your past mistakes.

When a human being realizes that he has an internal garden he begins to start to take responsibility for it. Day by day he pulls the weeds and takes care of the garden. He waters his garden with love, patience, and kindness. He begins to be aware of his direct connection to me and God.

He begins to realize that we have always been there. You have just been asleep. When one begins to experience the divinity within on a moment-by-moment basis his life will turn around. This is why we say you are the piece of the puzzle. Your piece is needed in the puzzle of life.

Mankind made a conscious decision to go to the next level. Many people thought you were going to blow this planet up. This is not the case. You see you might not be aware that human consciousness decided to embrace the light. Since 2012 you have seen so many dark events. When the light comes into the picture darkness has no place to hide. You see this in all areas of life.

These are exciting times for this planet. In a short time maybe a million years you will stop and realize that 2012 was a major marker for humanity. You are about to be morphed and changed into something so incredible. You are like a butterfly. Presently you are the worm who is building a cocoon.

Someday humans and I will be one. We will be aware of the entire universe. That will be the day. Presently this is only a dream yet this will happen. You are reaching for the stars. Enjoy the next levels of the video game of life. Remember this video game will go on forever.

Ponder this over. Can you laugh at life? Where is your inner child?

CBS News finds children mining cobalt for batteries in the Congo

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Children Working In Mines

Imagine today this still exists.

Around 10,000 young children work in mines in Madagascar.

They work 12 hours a day for seven days straight.

They get no breaks.

They make pennies a day around five bucks a week.

They mine precious metals that companies like Panasonic can use.

Without this precious metal, they could not make their products.

Panasonic says they have no idea that these young children work in such conditions.

CBS interviewed these children.

Most of them were around 6 to 8 years old.

Something has to be done about this.

China is also using this metal.

I think they should be sued for billions of dollars.

The children should be co-owners of the mine.

They should get proper education

A trust fund should be set up for them.

They then could use this fund in the future.

This money could be used to help young children.

We Say We Are Intelligent But Are We?

We say we are intelligent but are we?

We are babysitters of the creatures of this world yet we treat them with no respect.

We would be sued in the court of Our Father for our neglect.

We talk about criminals but what is the worst crime destroying this planet?

Where will our resources be when there are no trees?

Hungry we will be. Orphans upon this land.

Man can be true custodians of this land.

Let's open up our hearts before it's too late.

Global Prosperity For All

May the world learn to share its sacred treasures.

Nobody should ever die of starvation.

Clean water is deserved by all.

A decent house for all living beings.

Education is a birthright.

Teach a person how to fish in life.

Train them for a decent job that will pay their bills.

Humanity must learn how to take care of this precious human body.

We are being indoctrinated by Big Pharma.

They are making huge profits for the world being sick.

Share the wealth.

Trickle-down does not work.

Why should 1% have more wealth than 99% of the population?

It seems like a subtle feudal system is still in place.

We replace Kings with CEOs.

Why are wages so stagnant while the rich get richer?

Something is a miss.

The tetter-totter is way off balance.

Man needs to see we are all in the same boat of life.

We are all on the same journey in life.

We all can stop wars.

Fighting is obsolete.

We have the Internet to truly communicate in seconds anywhere in the world.

News can be broadcast in seconds.

We have the intelligence to make this world a grander place.

What we need is a combination of the heart and mind.

One man truly learns this we can solve any problem.

Both the mind and heart are essential to solving any problems.

Look at our political system.

They can't even compromise.

They constantly point fingers at each other.

Why can't we pass a decent health care bill?

Millions of people desperately need it.

If Congress had our medical plan they would solve this problem.

The same goes for Social Security.

They raid the funds and then say that the fund will run out of money sometime in the future.

It seems crazy to me.

We need our leaders to be like King Solomon.

He knew the difference between the heart and the mind.

He was wise.

Maybe our leaders should learn a lesson from him.

I Can't See It So It Can't Be Real



From what I have seen from the western experience if I can't see it then it can't be real. Or I didn't learn that from school so it must be false.

We are so conditioned that our reality comes from our five senses. Everything else is probably a figure of imagination or hallucination.

If a blind man would tell us the world doesn't exist because I can't see it we would all laugh. Yet as a society we are acting like blind men.

What is it in man's nature he wants to know but at the same time when the truth is shown he turns his head in the opposite direction?

Are we so materialistic that we have forgotten? I said many times the American Indians could quite figure us out.

We figured we could own all of the lands. And we still do. They had a completely different understanding of the universe than we do. To this day western man has failed to see the truth.

Yet our modern-day scientists are discovering and uncovering mysteries of life. They are learning from the so-called indivisible. Yet it takes a long time for our society to integrate those experiences.

Each one of us has our lab to discover the mysteries of life. Years ago man thought it would be impossible to send pictures and sound via the airwaves.

Nowadays we spend hours a day watching the tube. It's time for us to expand our horizons. Your mind is an incredible instrument. I have

thought of inventions before they even existed. You have that same capability.

Dream about the possibilities of you experiencing your creator. In the end, we just have to shift our mindset.

We don't know all the answers. We will never stop learning. Trust that you have inner senses that are waiting to be explored.

Magnets Are The Future

Over thirty-three years ago I saw this demonstration at a friend's house.

He had a gyroscope and magnets

With a slight push of electricity, he started the gyroscope.

He then unplugged it.

The magnets keep the gyroscope running.

His goal was to put it in a car.

After he got the car up and running he wanted to put it on a plane and fly it
around the world.

I never heard what happened to this incredible project.

Recently I hear all sorts of whirlwinds about the potential of using magnets.

Someday they will make present-day batteries obsolete.

Imagine that electricity could be developed from magnets.

You wouldn't have to be dependent upon the grid.

If the grid went down you had your source of electricity.

This will happen.

I once discussed this with Prem and he told me that thousands of years ago man
used pure and perfect energy in everyday devices.

Man Vision Of Paradise

Man's vision of paradise is Kmart on the parking lot.

We buy buy buy hoping that someday we will be complete.

How can we own land when this earth is such a blessed place?

God does not collect rent.

If he does we would have been driven from our homes a long time ago.

We come and conquer and we think we are so smart.

We have sent a man to the moon so thereby we have all of the answers.

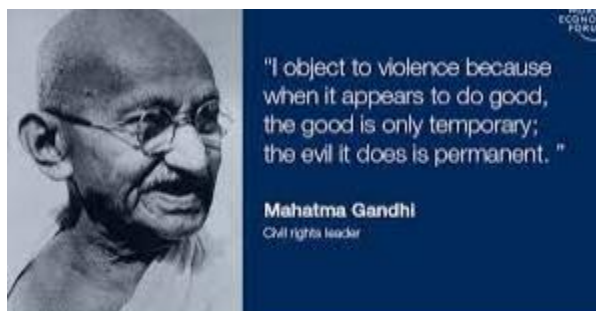
Yet our life is still incomplete.

We are so arrogant that the answer can be staring us in the face but we refuse to listen.

Even if God himself would come we would ridicule him.

How much money do you have dear God?

Non-violence in economy



Here's an excerpt from Forbes magazine.

Billionaires Are Getting Richer During The COVID-19 Pandemic While Most Americans Suffer ¹³

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

Just eight individuals, all men, own as much wealth as the poorest half of the world's population, Oxfam said on Monday in a report calling for action to curtail rewards for those at the top.¹⁴

There is no common sense in the world of economics. The economic world is rigged for the rich pure and simple. Billions of people are barely surviving. The rich get richer and the poor get poorer. Even during the global shutdown, the rich continue to make a huge profit.

¹³ <https://www.forbes.com/sites/jackkelly/2020/04/27/billionaires-are-getting-richer-during-the-covid-19-pandemic-while-most-americans-suffer/#2cbddc484804>

¹⁴ <https://fortune.com/2017/01/16/world-richest-men-income-equality/>

Millions of Americans are out of work and can't pay their bills. This world has to change for the better. We need politicians who truly love humanity to be in office.

This is the violence of the highest order. Whoever in congress voted to give a tax break to the rich should be voted out of office.

Ten Million Years From Now

This chapter is from my book 'The New Human'. It's about the human race 10 million years from now.



Wow, a lot has happened since 2012. That was a turning point in human history. As we saw in the last chapter all of humanity lived in peace and harmony. They discovered the jewel in life.

They were one with the universe. After some time give or take a million years they were presented with a new mission. They didn't have to accept this mission. Remember they have free will.

This mission was to help jump-start another planet along its journey in life. There was a new planet that was the new kids on the block. They had the building blocks to support life.

Humankind was asked if they wanted to help and assist along the way. Just like the planet earth got assistance from the stars this planet had the same opportunity to assist.

This planet was around for over a billion years or more so the foundation was already set up. Help and assistance were already there. But here's the kicker. They wanted humans to help and assist future humans on this planet. They wanted to have their DNA for these new humans.

I think you get the picture. Inside these new humans lie their parents and the secrets of the universe.

Imagine this world going through the same struggles we did. The same darkness had to be overcome. War, poverty, and greed would have to be overcome.

The same craziness. You even had the same kind old masters coming down to try to humanity.

The rules were simple. They had free will. They would decide ultimately whether they blew themselves up or find the puzzle within. I don't mean to be dramatic but that is the truth.

You might say how is this possible? How could humans on earth help someone this way? Well, when you are the sun, moon, and stars you can be anywhere. You can lie inside of DNA of a man.

Isn't that incredible? The hide-and-seek game goes on forever. We can partake in this game and help another world in discovering itself. Yes, it takes time. We have all the time in the world. Remember you are eternal.

Remember the signpost is all around. How would you like to help set up the signpost in this brand-new world? The signpost can only be seen by the pure in heart.

Great teachers and nobodies will come upon the land helping man to discover his true nature.

As you know the planet earth had a great journey they walked through. Many people thought back then the earth didn't have a chance. Well, think again. Against all obstacles, man overcame these obstacles and found the puzzle.

Humans are very kind and compassionate. They loved the idea to help transform another world. So with the same care, they received from their parents they had the same care for their children.

They had unlimited love and compassion for this planet. They didn't judge. Remember God and the universe do not judge. But they gave small and helpful hints along the way. They provided guidance much like a coach. They couldn't play the game for you but they could give incredible advice.

Slowly, I mean slowly the journey of life continued. Two steps forward, one step backward. Man learns in every step he takes.

They had the same battles of life we did. Nobody gets a free ride. Yes, there were moments when nobody knew if they were going to survive or not.

But slowly, I mean slowly man was waking up one by one. This took a good million years. It was quite the Greek odyssey. Homer would have been proud. This was quite the journey. It lasted over a million years.

They didn't blow themselves up. They became one with the universe. They solved the puzzle of life with a little help from our friends.

Wink wink. You and I were there as proud parents. The entire universe gave a standing ovation.

You see eventually all children leave the chicken coop and fly into the sky. In this case the stars. You see another journey, another world needs our help. We would never have it any other way. We are the universe and we know it. We are all united by the thread of love.

Recalibration

When I worked for the observatory in Maui we had to recalibrate many instruments for them to work properly.

Does a man get recalibrated and isn't aware of it?

Is this a new recalibration of man?

Is the entire universe watching in suspense?

Will there be peace on earth?

Is the earth recalibrating for man to discover his true nature?

The journey of life is going on.

The rules have changed.

The old energy of war is going away.

People are fed up.

Watch the recalibration of man.

We will bring peace to the planet.

Reset Button

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

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

Everything is shut down.

Is this a blessing in disguise?

Take a moment and embrace gratitude in your life.

Slow down you have no choice.

What really matters in your life?

Open your windows and listen to nature/

The birds are singing sweet songs to you.

Nature is alive even in a big city.

For once just breathe and feel the sweetness of breath.

It is calling you.

Behind your breath lies the universe.

You are magnificent.

Take this time to truly slow down.

Humanity has been on such a fast track.

We can't see the forest from the trees.

Listen to music that calms your soul.

You have been living such a stressful life.

It's time to unwind.

Discover your true nature.

The reset button was pushed for a reason.

Take advantage of it.

Peace lies right between your eyes.

The Law Of Calibration



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

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

To recalibrate oneself means to consciously begin to shift and transform our awareness towards the highest potential. Day by day we begin to use all the Laws and Rays and begin to use them in our daily life.

We begin to drop our old destructive energies and begin to use our mind body and soul to enhance each moment.

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

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

This life is meant to be lived where we fine-tune ourselves moment by moment in all our actions. We live in a state of being in a reactive mode. It's very easy to react.

It's very difficult for one to stop, ponder and not respond reactively. If someone says something you don't like it's very easy to get super angry and burst out with destructive words.

The wise man plays life like a master chess player. Before he/she even speaks he looks and ponders his move towards transmuting the situation unto the highest good for all.

He/she looks 5 steps ahead just like a master chessman and sees the necessary steps of action to take place. He/she is a master of life. This skill is a day-by-day learning effort.

We must learn to recalibrate our daily actions from the old energies to the new. This is a spiritual person making conscious efforts in every moment.

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

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

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

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

Built onto our DNA are the codes for us to tap into. To achieve this day by day, we must be consciously aware of our actions. This life is an incredible game.

We haven't seen anything yet. The game of transforming life, this planet, and yourself begins with you. It always was and will always be.

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

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

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

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

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

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

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

We must be more aware that what is presented on our TV. Our movies constantly reinforce ways of being that are in the past and don't serve us any longer.

What I'm trying to say is that by bringing the reins back to yourself you will be in total control not some random commercial on TV. You will begin to take responsibility for your life and actions.

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

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

That's part of the game and learning process. This is truly the game of life. This is probably the most important game you will ever play because it's your life. Only you can change yourself.

People can help you but the changes begin with you. You are the main character in this game.

The Revolution Is Here

The revolution is here.

It's a silent one.

There are no guns.

There is no anger.

It's a peaceful one.

There are no protests or marches.

Nobody is trying to convince you.

The revolution is occurring in your heart.

Millions of people are waking up from their slumber.

Mankind is embracing the heart.

Mankind is slowly waking up and discovering its true nature.

You are the universe.

You just don't know it.

It's an amazing time to be alive.

Mankind has so much potential.

We are just skimming the surface of the ocean of life.

We were meant to dive deep into the depths of the ocean.

This is our true nature.

We have passed a marking point in history where peace will prevail.

I know it doesn't look that way.

There is a big stick stirring things around.

The light for the first time in many moons is more prevalent than the light.

Darkness can't hide.

It comes out.
This is darkness's last stand.
It knows the battle is over.
The sun is arising.
It's a beautiful sunrise.
Can you feel the love oozing from within?
Man will once again learn how to be in harmony with nature.
We can do this.
We can solve any problems once we are united.
We have so much incredible potential.
The journey starts with taking one small step after another.
Yes, we will fall.
Yes, we will get off the ground and take another step.
Maybe is two steps forward, one step backward.
That is how we grow.
We can learn from our mistakes.
Ponder this over.

The Wise Man Just Simply Smiles

The wise man just simply smiles.

He has nothing to prove.

He is absorbed with his creator.

The ignorant man will do battle while the wise man will listen to what you have to say.

The wise man will share his joy while the ignorant man wants to feel superior.

The wise man may or may not be book earned but his knowledge comes from further than the sun.

The ignorant man will quote and say you are dumb

The wise man loves this life while the ignorant man judges his fellow man to create self-worth.

The wise man loves the brotherhood of man while the ignorant man just can't see.

To Be Spiritual Is To Be Practical

To be spiritual is to be practical.

Many people think a spiritual person has his head in the clouds.

He is far away from the practical ways of earth.

The Buddhists have a book chop wood carry water.

You must have your head in heaven and your feet on the ground.

This is a practical journey.

Every action you take must be in harmony.

O there are many lessons along the way.

Many have tread upon this path.

At times it will be rocky and the path goes up a mountain.

Every moment you learn along the way.

It's not easy to drop your negative emotions.

If it was we would have been on top of the mountain a long time ago.

I feel to be spiritual a person needs to be more practical than ever.

You have to be conscious moment by moment.

That is not easy.

Have you ever tried to tame your mind?

Sit still for one minute and tell me the truth.

It's difficult.

Chop wood carries water.

Only you can understand this riddle.

We Decide The Outcome

We decide the outcome of this global shutdown.

Common sense is uncommon.

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

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

People thought the all-clear signal was firing off.

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

Politics and the medical field don't mix.

The medical field has studied viruses.

This is their field of expertise.

They have proof that social distancing and masks work.

Yes, I know that masks can cause hypoxia.

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

Currently, the experts say we are losing the battle.

50,000 Americans are infected every day.

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

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

Let's not get into politics about this.

The virus could care less about what your beliefs are.

It wants you to act stupid.

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

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

It loves it when the current administration plays politics by not wearing a mask.

So many Americans follow suit with what the President says.

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

Forget about your politics.

Wake up.

A huge tidal wave can descend upon the United States.

Only we can stop it.

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

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

Only we can unite and eradicate this.

Wisdom From Your Ancestors

Close your eyes.

Imagine in your mind one of your ancestors who have died.

Feel the joy and love emulating from them.

Feel your pain and loss disappearing before your eyes.

You are never alone.

Did you know that indigenous people all around the world gather wisdom from their ancestors in this manner?

Our grief should occur.

Yet over time, we can reconnect with our loved ones daily.

Mind you it's not with words.

You will feel the essence of your loved ones.

It's hard to put into words.

They will come into your dreams.

You will have a flash of their presence.

They will appear in many shapes, ways and forms.

Remember you are not alone.

Your loved one just moved into a different room in the mansion of life.

You Are Closer Than You Think



Close your eyes. Focus on gratitude and love. When you feel a small sparkle of love inside you are connected to the quantum field.

Now with your eyes closed focus on kindness. When you feel yourself experiencing kindness you are connected to the quantum field.

How about peace? Concentrate on peace. When you feel peace inside you are connected to the quantum field.

How about compassion? Concentrate on compassion. When you feel compassion inside of you are connected to the quantum field.

You see you are closer than you think. This is not an abstract object. This is the real you. Yet this is just the tip of the iceberg.

The more you pay attention to something the more aware you become. The more attention you pay to your true nature the more aware you become of it. This is just a simple fact.

We think that love, kindness, and compassion get triggered by external events. These emotions are our true nature. We have just forgotten. At any time we can connect to our true selves.

Meditation is the way to discover our true nature. Imagine in the beginning when you closed your eyes it was like taking a sponge bath.

Imagine in time that by practicing meditation you can jump into the infinite ocean of love, kindness, and compassion. How would that change your outlook on life?

All problems that you have would seem so insignificant. Presently most of us are stressed out. We can hardly wait for the weekend.

Yet imagine that meditation leads one from being stressed out to a place where one loves life. One wakes up every morning and is happy to be alive.

When one truly begins to moment by moment be aware of the quantum field, one's life is transformed. Truly it's impossible to explain it but we keep on trying.

For me, signposts are all around us and inside of us. We live such a busy life that we are oblivious to it. We have all these incredible emotions that are our true nature yet we don't realize how incredible they are. It's like we experience these emotions randomly in our life.

It's like falling in love with someone. We fall in love and think that the other person is responsible for it. As easily we fall in love we fall out of love. Thousands of people get divorced. Meditation reveals that the infinite ocean of love exists inside of you.

This path reveals your true nature. This path shows you how to be a proactive being. We are not leaves blowing into the wind. We can be in the center of the hurricane.

What does this mean practically? It means that one knows how to live beyond a high beta state of mind. What does that mean? It means you won't be stressed out. It means that you can laugh at life.

It means your adrenaline is not out of control and can't be turned off. It means that you start to live in harmony and your health will increase.

One learns to talk to the body and the body starts talking to you. There is an incredible harmony between the mind, body, and soul. Your mind becomes your friend. In our society millions of people have addictions and the mind causes such pain in people's life.

I believe that the world's problems can be solved when the world at large embraces the quantum field. All practical solutions exist inside the field. The more humanity will embrace this field (which by the way is our true nature) the faster the world will be a better place.

Isn't it amazing that man has fought for thousands of years? Many people say this is our true nature.

If we are divine beings do you think this is our true nature? It doesn't make sense. Yes, this is a journey of going from darkness to light. I completely agree with that. I feel that the scientific and religious world is being merged.

For the first time, the common man is being shown practical tools to discover the jewel that exists inside. It doesn't matter if you believe in God or not the essence is the same.

So the next time you get stressed out simply close your eyes. Watch your breath. Imagine the peace of mind. Hold onto that. This is your true nature. This is the first step of being conscious and aware of your true nature.

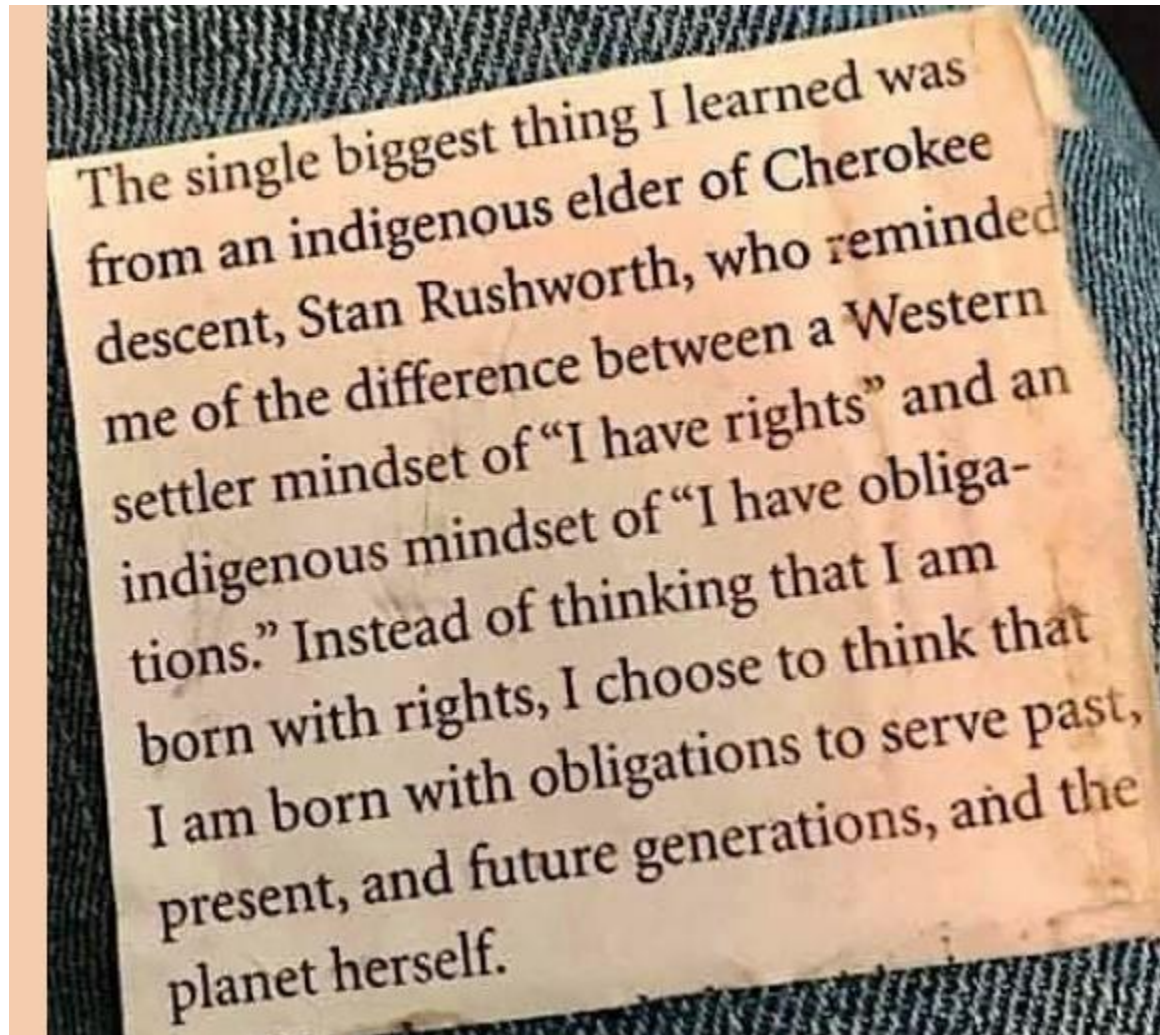
In this manner by experiencing even little peace thousands of incredible chemicals are being released into your body.

Remember each thought you have either positive or destructive chemicals are being released into your body. You are your master chemist. You are in total charge of where you are going in life.

We were never taught this in school. It's so obvious and science has proven that thoughts create chemicals that create emotions. You can't separate the mind from the body.

I don't know about you but I'm completely fascinated by this. I have been meditating for around forty-eight years and I'm still a youngster learning about the mysteries of life. I am completely blown away.

Rights vs duty



This is from the Aboriginal people on Duty

"... from time immemorial, we believe as Aboriginal people, Australia has been here from the first sunrise, our people have been here along with the continent, with the first sunrise. We know our land was given to us by Baiami, we have a sacred duty to protect that land, we have a sacred duty to protect all the animals that we have an affiliation with through our totem system ..."

This is the current economic model for rights.

World heading towards 5.6 billion consumers ¹⁵

If everyone lived like western consumers we would need 5 planets to support us. And the number of consumers is growing by the second. The consumer class will grow from 3.5 billion in 2017 to 5.6 billion by 2030. A “consumer” is defined as someone able to buy goods and services beyond the satisfaction of basic needs. Specifically, someone having more than 10 USD a day to live on - also referred to as a middle class.

It's basically good news

The fact that more people are able to enjoy the benefits of buying goods and services beyond their very basic needs is essentially positive.

But there's a downside

The negative effects of consumerism include the depletion of natural resources and pollution of the Earth. The way the consumer society is working is not sustainable. We are currently overusing Earth's natural resources with more than 70 percent. If everyone on earth lived like the average American we would need 5.2 planets to support us. The number is 3 if everyone lived like the average Japanese and about 3.3 as Europeans. And the number of people in the consumer class is growing...

The consumer society is broken

If Earth's history is compared to a calendar year, modern human life has existed for 37 minutes and we have used one third of Earth's natural resources in the last 0.2 seconds.

The problem: A linear system in a world of limited resources

The consumer society is run as a linear system that basically transforms natural resources to waste. There is only so much “nature” to use and such a system will inevitably collapse.

"Anyone who believes exponential growth can go on forever in a finite world is either a madman or an economist."

- Kenneth Boulding, 1973.

¹⁵ [Negative Effects of Consumerism - Problems With Consumerism - TheWorldCounts](#)

More and more people are consuming the planet

In a period of just 13 years, the number of people in the consumer class will increase by over 2 billion people. The size of the “global middle class” will increase from 3.5 billion in 2017 to 5.6 billion by 2030. Most new consumers will come from Asia with China and India being the main drivers of the growth.

Rise of the global consumer class

We already need the same as 1.75 Earth-like planets to support the rise of the global consumer class. 1.75 planets and counting...



1.7787919449

Number of planet Earths we need

TO PROVIDE RESOURCES AND ABSORB OUR WASTE

NOW IN 2021 THIS MONTH THIS WEEK TODAY

70 % overuse: The consequence of a global consumer society

A growing consumer class is very positive in the sense that it means that more people are lifted out of poverty and can enjoy the benefits of the consumer society. But the rise of the global consumer class also brings huge challenges.

The 5.6 billion consumers in the world by 2030 will result in a massive increase in the demand for energy, food, electronics, clothing, transportation, housing, furniture and so on. Some of the consequences of the increased demand are pretty spooky...

- No more rainforests - According to NASA, if the current rate of deforestation continues, the world's rain forests will be gone by the end of the century - This countdown needs to be stopped!
- No more water - The consumer society requires massive amounts of water. More than Earth can provide. "There will be no water by 2040 if we keep doing what we're doing"

today", according to Professor Benjamin Sovacool of Aarhus University, Denmark. Not exactly something to look forward to...

- No more fish in the ocean - The growing consumer class means an increased demand for fish and seafood putting pressure on oceans that are already being overfished. If overfishing does not stop, the world will virtually run out of seafood in 2048, according to a four-year study of 7,800 marine species.

3/16/2018 Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's 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 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.

4/28/2018 Chicken



Last week I heard on NPR radio this fascinating story. A group of scientists was studying animal behavior. They studied a group of chickens for three years.

These scientists took the so-called brightest and smartest chickens and placed them into a group. The so-called normal chickens were placed into

another group.

After three years they saw the results of the test. Out of 30 chickens, only three survived. They fought and killed one another. It was the strongest survive. No sense of cooperation. No harmony whatsoever.

These chickens were living in hell with no sense of purpose. War is what they knew how to do.

Well, the normal chickens lived as chickens do. They laid eggs and were content. No fighting occurred among them. They had nothing to prove. Everyone thrived in this environment.

Well, this discussion changed course and then they started to take a look at the top 10 Ivy League schools. They are super hard to get in. The average student would thrive at another college. Yet they found out that this created conditions just like the chicken study.

These students were placed in a situation where they always had to be the best. You learned to cheat, steal and lie to the top. Mind you I'm not saying all students are like that. But the intense pressure is there to perform.

Know these top colleges place students into the top fortune 500 companies today. Their psychology is embedded directly into the work environment. It's subtle yet there.

As a worker, you are only valued for your performance. Period. This places a lot of stress on the worker.

As a worker, you fight your way to the top. There are only so many promotions to go around. You live in fear of layoffs. Your CEO makes probably 1000 times that you do.

They then took a look at present-day politics. Need I say more? Constant bickering and fighting. No cooperation. Name-calling is the name of the game. There is no sign of discrimination.

We have media that is on one side or the other. Both sides can hardly speak to one another.

Our President has told so many lies that nobody knows what the truth is. Just one of his major blunders would have brought a past President to resign. How many affairs has the President had and the Christian majority still support him?

Well, the rest of the chickens are living their lives. They are going to school. They have friends and family. They go to work. They go on vacations. They are good people. They love their fellow man.

I'm not saying there are no problems. There are tons of them. I remember people always talking about Darwin's theory. The survival of the fittest.

Did you know that Darwin considered this to be the lowest in his view of evolution? His view was cooperation. Nature cooperates. The entire world of nature is in cooperation with each other.

If nature did not cooperate this planet would have been gone a long time ago. This is the main theme that the scientist discovered. Without cooperation, we are doomed. We must reclaim this.

We are all Americans. We aren't just Republicans or Democrats. We are united. It is about time for us to wake up. I see a new wave of hope occurring in us today. People are starting to wake up and demand change.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development? We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a

President who tweets my button is bigger than your button. A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. Human beings can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience.

Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

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

Closing



You are the missing piece of the puzzle. Each one of us has to perform our duty for our survival. We can't just put our heads in the sand anymore. Time is ticking away.

Since the seventies, many people have talked about this threat. It's getting more dangerous by the day. The world is

changing around us. We must transform from being consumers to being custodians of the planet.

This is a mindset that needs to occur inside each one of us. True advancement begins inside. We can create all sorts of laws yet if we don't change within we won't be able to reach our goals.

True change must start from within. Our entire economic system needs to change. We need to think outside of the box. Personally entering the silence within this is the place where all answers come from. We can solve any problems.

The answers are there. Yet due to apathy and the enormous situation that we have, we sweep it under the carpet. This is the human condition. Unfortunately, we can't do this any longer.

We have to change our ways whether we like it or not. A new economic model needs to be brought up to the surface. Time is running out.