



Esoteric Treasures

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Intro

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. A quantity of 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 of 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.

Your Treasure Chest

Did you know that inside of your DNA contains a treasure chest?

It contains the book of life.

Eternity lies there.

A part of you that is universal lies there.

How do you think the great masters performed their miracles?

Their DNA was running at 100%.

Man was built in the image of God.

It's in our blueprint of life.

It's inside our DNA.

You can discover your inner treasure.

It's been there all along.

It's up to you to discover this treasure within.

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.

The Esoteric Breath

I find it fascinating that the greatest miracle is happening to us in every moment yet we are oblivious to it. We were never taught this in our schools. That is the power behind your breath.

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, and 8,409,600 a year. Unless we get a lot of exercises. A person who lives to 80 will take about 672,768,000 breaths in a lifetime.

Most people take it for granted until they have taken their last breath. By then there isn't anything you can do about it. Just think the power that is keeping you alive is the same power that is keeping the entire universe alive. In all mystical traditions, they try to be aware of the power of the breath in every moment. This includes the sleep and dreaming state.

This human body is wired for this. The operating system, hardware, and software are in place. Yet many people, aren't aware of this. We are so busy texting on the freeway of life.

This isn't just a modern problem. For thousands of years, we have only focused our lives externally. The power of love is keeping us alive. Unfortunately, we try to grasp happiness and love only externally.

We hold on to our happiness for dear life. This is where the problem lies. Everything external comes and goes. Nothing is constant. Everything morphs and changes.

The mind is like a tuning fork. Whatever it touches it vibrates at that frequency. A problem comes your way and your focus is on the problem. Consequently, the more you focus on it the more unhappy you will be.

The more problems you have and concentrate on the more chaotic your life will be. Curveballs will always be thrown your way. That's called life. Nobody gets a free ride. A wise man is in tune with the power behind the breath.

In that state, the mind is not agitated. It's living in the center of the hurricane. When your life is chaotic one lives in the hurricane-force winds of the mind. Mind

you your mind is either your best friend, worst enemy, or somewhere in between. A wise man makes friends with the mind.

The Buddhist talk about a clear mind and a clear body. This is your natural state. The sun is always shining. Clouds of obstacles are in your inner sky. Nobody can solve this riddle for you. For some reason, many people just brush this off and think it's a fairy tale.

In the latest twenty years, tons of research has been done on the power of meditation. Many breakthroughs have been discovered. The world of the mystic and science is coming together.

Science is proving that the great mystics understood what they were talking about. It's an exciting time for humanity. My advice is to consciously learn how to play with your inner chemistry set. You are your master chemist.

Let's go back to the definition of esoteric. The 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.

Here it is we breathe all our lives but the majority of humans never understand and experience the power behind the breath. We breathe unconsciously and miss the greatest gift in the universe.

Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

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

Mankind is spinning out of control.

We are drinking our poison.

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

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

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

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

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

Breath By Breath

The key to unity is in every breath.

You are the universe.

You just don't know it.

The east says Sat Chit Ananda.

Truth is the consciousness of bliss.

This is your true state of being.

All external highs will take you up and then come crashing down on the sand of
life.

That is the nature of the external world.

Everything changes.

Nothing is constant.

We hold on for dear life.

Family and friends slowly fade away into the night never to come back again.

Yet behind your breath lies the key to the other rooms in the great mansion.

One can experience your loved ones on the other side.

You are never alone.

You just think you are.

Mystics have been talking about this for time immemorial.

Yes, it takes patience and practice.

Tell me anything that doesn't.

A great surfer spends years practicing his craft.

We have the opportunity to do this in each breath.

Nobody knows when they will take their last breath.

Life is a grand mystery.

The Breath

The breath

It's kinda sad.

The majority of mankind takes their breath for granted.

Yes, we breathe in and breathe out.

That's so common to us.

We do this every moment.

What could be more common?

We all breathe.

Yet behind our breath is a power that keeps the entire universe alive.

You are the universe.

You just don't know it.

The power behind your breath is keeping you alive.

You have the potential to connect to this source.

In essence, this is your true nature.

Many of the great masters taught this.

They taught me to meditate upon my breath.

It takes baby steps.

At first, you may not seem to feel or see anything.

Have patience.

The mind is like a tuning fork.

It takes time to tune into the frequency of life.

This frequency is pure love.

Day by day simply follow your breath.

Year by year simply follow your breath.
Decade by decade simply following your breath.
Your breath will set you free.
Your breath will reveal your true nature while you are alive.
I know it sounds so simple.
It is.
Yet we make life so complicated.
The truth can be there all the time.
Yet we are trained to look outside of ourselves.
The jewel has always been hidden under our pillow.
This is where God hides.
Inside of you.
This is the greatest hide and seeks game.
Ponder this over.
You can solve this puzzle.

Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about various kinds of breaths.

In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

They have found out that when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in the short term are beneficial.

Yet for many Americans, the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East, this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding of the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

There is a signal from God and the universe that is playing.

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

In every breath, you take fine-tune your inner radio to this signal.

All the great masters have said that the kingdom of heaven lies within.

This is probably the most practical thing you can do for yourself.

What is keeping you alive?

The more you concentrate on this signal the more powerful and clear it will be.

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

This love fills up your entire being and slowly washes away all the negativity.

This radio station is live.

It has been broadcasting for eternity.

When you are driving and talking on your cell phone you aren't paying attention to life.

What is so important externally that you have forgotten your true nature?

Why do you insist that the external world is the only world?

For now, you might say because that's all there is.

Well someday you will die and it will disappear in an instant.

This radio station will make you laugh at life.

It will bring you to a place where anger and hate do not govern you.

Kindness and compassion will be there.

I'm not saying you won't ever get angry again.

I'm saying that with conscious effort you can use water to put out the anger in
your life.

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

Pratyāhāra withdrawing of the external senses

Pratyāhāra is a combination of two Sanskrit words prati- (the prefix प्रति-, "against" or "contra") and āhāra (आहार, "bring near, fetch").[38]

Pratyahara is drawing within one's awareness. It is a process of retracting the sensory experience from external objects. It is a step of self-extraction and abstraction.

Pratyahara is not consciously closing one's eyes to the sensory world, it is consciously closing one's mind processes to the sensory world.

Pratyahara empowers one to stop being controlled by the external world, fetch one's attention to seek self-knowledge, and experience the freedom innate in one's inner world.[39][40]

Pratyahara marks the transition of yoga experience from the first four limbs of Patanjali's Ashtanga scheme that perfect external forms, to the last three limbs that perfect the yogin's inner state: moving from outside to inside, from the outer sphere of the body to the inner sphere of the spirit.[41]

I first learned about Pratyāhāra withdrawing from the external senses in India many moons ago. Forty-nine years ago to be exact. I learned that we have five external senses and five external senses.

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

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

A lame person climbs to it without any ladder and drinks jugs of that nectar. Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind. Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it. In that place a person dies, yet continues to live, and has strength without eating food. Brahmanand says that only a rare soul can understand his tale.

By closing down the external senses one begins to develop the internal senses. This is the doorway to discovering your true nature.

A wise man understands this. One begins to cultivate the inner senses. One begins to realize one's true nature. Instead of just being a physical body one slowly begins to see that you are the universe inside of a human body.

One begins to see harmony in all things. Most people's senses are always external. We think happiness exists outside of ourselves. Therefore we chase the carrot on the stick.

Our happiness is dependent on the external which always changes therefore our happiness will come and go. That is the nature of things. Everything comes and goes.

Just think you are the universe. You just don't know it. Yet every night when you go into a deep sleep you go back to the source. You just aren't aware of it.

The more one mediates and consciously withdraws the external senses one will advance on the journey of life. It's ironic that the human body is wired and has the software for discovering the jewel within.

It's been there the entire time since you were born. Yet it is enigmatic and foreign to us. Most humans refuse to even recognize it. Don't go there. I don't want to hear about this.

Don't tell me what to do. You are trying to convert me. Look there is nothing to convert to. This is your true nature.

A wise man learns there are infinite levels of withdrawing the external senses. We are always fine-tuning the guitar of life.

We can never rest on our laurels. Thinking you have laurels won't take you very far on this journey of life. One must become humble and in harmony with life.

The sun in the sky doesn't boast and say worship me. Without me, you wouldn't be alive. The sun in the sky just shines.

The more one withdraws the external senses one becomes to be in harmony with life. The ego must be left behind. There are safety mechanisms set into place.

The ego can take you so far and then it reaches a wall and can't go further. Only a child at heart can enter the kingdom of heaven.

Remember you are the piece of this puzzle. Discover your true nature. Learn how to meditate and withdraw your external senses.

Breathe

Many moons ago I read in a magazine something which I haven't forgotten.

The magazine was interviewing a scientist.

They were talking about the expansion and contraction of the universe.

The interviewer said so it's just like breathing.

The scientist said "absolutely".

As you can see I never forgot this.

This was around 1972.

I have been fascinated by the power of breath most of my life.

Before I first started to learn how to meditate I knew there was an incredible experience inside.

I knew there was a power behind my breath keeping me alive.

Yet I didn't know how to sync with it.

It was a total mystery.

Most of us just breathe unconsciously.

We never think about it or pay attention to it.

Unfortunately, we don't experience the direct source inside of us.

Whenever I tell people that the most simple technique in meditation is the following.

Just watch your breath go up and down.

Follow your breath.

At this point, you can see their eyes roll up.

Yeah.

Don't feed me that crap.

That's too simple.

Yet it is simple.

The truth is so simple and obvious that we overlook it.

We expect some complicated techniques that only a powerful Guru can give to you.

Yet the truth is simple.

The Buddhists have a doctrine called "Crystal Clear".

This book was introduced to the West only decades ago.

They released this secret doctrine because they knew, unfortunately, westerners wouldn't believe it.

It was all about the breath.

Why is it in the East they have studied the breath for thousands of years?

They have mapped out the various stages of enlightenment through the breath.

Yet in the West, we just roll our eyes.

Doesn't that make you ponder for a moment?

Have you ever stopped for a moment and pondered "what is keeping you alive".

Imagine when you are born and you take your first breath you become alive.

Now imagine when you take your last breath you die.

What exactly left your body?

Your body is dead.

Some incredible life source left your body.

Now imagine that day by day you focus on your breath.

In the beginning, it takes time and effort.

You meditate on the source.

Over time you begin to realize that the source meditates on you.

What once took hours to connect to, now when you close your eyes the
experience is there.

Words cannot describe this experience.

Christ said the “kingdom of heaven lies within.

Only you can take this advice.

Only you can solve this mystery.

The entire universe exists inside of you.

You just don’t know it.

Fixity

Fixity is a state of being unchanging or permanent.

Everything changes in the external world.

We buy a brand new car and it gets old.

I remember when I first moved to Kansas City eight years ago.

A friend of mine bought a BMW for 65,000 dollars.

He sold it just recently for 10 grand.

What brought so much pleasure initially over time led to dissatisfaction?

This is the nature of the external world.

Everything changes.

You can't hold on to anything outside of you.

Even your human body will someday disappear before you.

What can we fix that is permanent and unchanging?

The mystics of the past used fixity to concentrate on the power behind the
breath.

We all breathe in each moment.

Yet we take it for granted.

To be honest most people are oblivious of their breath.

When the great mystics say the entire universe is breathing most people just
chuckle.

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost is there.

Your human body is wired for this experience.
Yet we think that the mysteries of life can't be found by being aware of our
breath.

That's too easy.

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.
Another way of saying it is that the more assumptions you have to make, the
more unlikely an explanation.

Fixity on your breath is as simple as you can get to find God.

It's so simple.

Yet we don't believe it.

The path must be complicated.

If you think the path is complicated then the path is complicated.

Mystics have said this path is super easy.

Just watch your breath.

That's how easy it is.

This has been known for thousands of years.

Today it's still unknown in our society.

The present-day man's mind is fixated upon the external.

When a society does this chaos is all around.

Need I say more?

Recalibrate

Recalibrate to determine, check, or rectify the graduation of (any instrument giving quantitative measurements)

I used to work for an observatory in Maui for six years.

For the observatory to run properly, our instruments had to be recalibrated. If just one instrument didn't get recalibrated it could cause results that weren't right.

Many moons ago I realized that we have the hardware and the software to discover our true nature.

Yet many of these instruments are offline.

You may ask why.

Well, it's doing to the fact we aren't even aware of them.

You can only perceive something if you are conscious and aware.

We play the same tapes over and over again.

Consequently, we can only play the tapes from the past.

Mind you this is not taught in your schools.

Imagine your true nature is like a mirror.

Currently, dust is covering it.

Why?

Because you don't look inward.

It's as easy as that.

Once you look inward you see the mirror needs cleaning.

This is not just once that you do it.

Recalibration is moment by moment.

You are a master chemist.

Each time you focus on the power behind your breath you are recalibrating.

Every thought you have has an effect on you and the world around you.

We are lethargic.

This means we are so lazy and don't have the necessary energy to truly consider this.

Help is on the way.

It will take time.

Yet the sun is rising in the sky.

Mankind will soon wake up.

Millions of people around the world are waking up from their slumber.

The Esoteric Body

Why is common sense so uncommon? When I was young I was floating around in my mind that this is the only human body you get.

At least for this go around. You can't trade your body in for a new one while you are alive. You have to die then you can change your clothes into a newborn baby.

With that in mind, it made common sense to take care of this precious human body. Mind you this wasn't a spiritual thing but a practical thing.

A person who consciously learns how to properly take care of the mind, body, and soul will live much more in harmony with the earth.

One will have a healthy life. Granted the body will eventually break down. That is taken for granted.

Yet there are basic laws of nature if followed one can live a healthy and optimum life. We are created to live much longer than what we are told.

When the world at large lives lifestyles that go against basic natural laws chaos ensues. Look at the world today.

The medical establishment doesn't even promote a healthy lifestyle for our current situation. Here are some ideas to help future generations.

Teach children at a very young age to meditate. Remember the more you pay attention to something the more attention it pays to you. The younger a child is, the less garbage exists inside of them.

Teach them to daily weed their gardens. Teach them to plant the seeds within and water them every day. Give them practical examples of what happens when a society doesn't do this.

Note this is where history and current events come in. Learn how to overcome our chaotic lives which lead to malfunctions in all areas of society.

The mind is your friend, not your foe. As one trains your favorite dog the mind must be trained. An untrained mind, and one who has lost true discrimination are extremely harmful to the world at large. When truth becomes fiction and when

fiction becomes truth, are warnings that your system is on the verge of collapsing. See this in our politics today.

We should teach our youth that the hardware, software, and operating system are installed inside of you even before you were born.

We must teach them to activate the computer otherwise it will bring society to the state we are in today. Children must learn that they are master chemists.

They are responsible for creating their emotional state of being. As a child society taught me to stuff my emotions. Society never taught us how to deal with them and to transform our subconscious minds.

Over ninety-five percent of our actions come from our subconscious minds. Only around five percent are conscious. Children must learn how to reprogram their subconscious every day. There are incredible tools out there.

We must teach children the relationship between the mind and body. Your state of mind dictates the state of your body. An unhealthy mind will have an unhealthy body. Children should learn about proper nutrition.

They should have practical experience eating junk food and experience within the effects of them. The same goes for nutritional foods. They should have first-hand experiences of how they affect the mind and body.

The problem today is around ninety-nine percent of society has lost inner intuition. Only through silence can one breakthrough. The body and mind will tell you what it needs.

This leads to preventive medicine. We put full trust in our pharmaceutical drugs to heal us. We don't want to take any responsibility on our own. The pharmaceutical drug industry knows this and takes advantage of this.

They don't want to cure you. That would hurt their bottom line of making profits. They even have the gall to say this. About a year ago I saw an interview with a large drug company.

The CEO said we are not in the business of curing people. We are in the business of making money for our shareholders. That about sums it up. Every drug on the market has serious side effects. Listen to the sweet commercials and they will tell

you each drug what they are. Yes, even death is included on the list. Humanity is playing Russian roulette when taking these drugs.

Remember they are only masking the symptoms not curing the problem. Each member of society should take responsibility for their mind and body. Tools must be provided in all stages of life for everybody.

We are constantly learning and growing. What was said ten years ago might be obsolete today.

Society must allow those who think and invent outside of the box to be an integral part of society.

The medical system must include them in everyday living. Currently, they will do anything possible to stop them. They threaten them to the core. Not all great discoveries threaten present-day societies.

Ask dear old Galileo. He dared to say our earth revolves around the sun. The Catholic Church loved him so much that he was put on house arrest for the rest of his life.

Energetic medicine is the wave of the future. All diseases first start on the energetic level and then slowly manifest in the material, the human body.

In the future, one will be able to walk into a booth and a device will scan the body and find areas that need to get fixed. The proper energy frequency will be dispensed.

The person will be healed. Mind you once healed one must take practical measures to make sure it doesn't happen again. Remember only through your will and actions can you heal yourself.

If one abuses this and goes back to present-day thinking that I don't have to do anything at some point this treatment won't work. Your will is the driving force in all this.

That's why God gave you free will. You can use it in any way you like. Mind you a will that is not in alignment with the universe will soon backfire. You can't break natural laws and think you can get away with them.

Take a look today in society, especially during this pandemic, and you will see what I mean.

Holy Mole Chakras

I have been in this rabbit hole for fifty years.

I first heard about chakras while I was in India.

To be honest I had no idea what they were talking about.

It was way beyond my league.

Since then my understanding and experience have been leaps and bounds.

In my eyes, charkas are from the quantum field.

They are energy centers that sustain the human body.

The endocrine system is deeply tied to the chakras.

Our state of mind and body is directly reflected by the chakras.

As above so below is the mantra.

The disease will first manifest in the chakras and then in the human body.

We are heading towards energetic medicine where we will use quantum energy
to heal our mind, body, and soul.

Because we only focus externally our entire system is running on survivor mode.

This means we are running on empty.

We are like leaves blowing in the wind.

The great wise men of the past were in complete harmony with the universe.

For one who is in harmony with the universe all the engines are online.

There is only one universal mind yet we think ours is separate.

This separation causes much pain and suffering.

The art and science of using this precious system have been around for thousands
of years.

In the west people laugh and chuckle and think it's a new age thing.

Look at the current movies today.
They make a person an idiot for thinking such a thing.
We have everything put in place when we were born.
Our social conditioning has closed the inner garage and dust has settled
everywhere.
Yet every night when you go to sleep one goes back home.
The problem is one is not aware of it.
Signposts are all around us.
We just don't see them.
We see only one percent of the light spectrum.
Unfortunately, we think we have a clear vision.
Only you can solve this riddle.

You Are Your Doctor

When I was young I realized something profound.

It was the following.

You are your doctor.

Many people go to the doctor and expect the doctor to fix them.

They don't want to take any responsibility.

Hey, doc I'm sick. Fix me.

Sadly this is the reference point for our health care today.

I recently got a job offer that helps hospitals save money on health procedures.

We had a great conversation.

I mentioned that for many moons I believe in preventive medicine.

I said we must make lifestyle changes to be healthy.

The man said it couldn't be done.

People don't want to take responsibility.

No wonder our health system is in shams.

Thousands of people a year die from the drugs given by their doctors.

What about the side effect?

This drug could cause cancer or even death.

You want me to take this.

Every person needs to take responsibility for our health.

This is the only body you get at least for this go-around.

Taking Care Of Your Body

When I was quite young probably around 10 years old I believed in preventive medicine. I'm not sure even if the term was around. Yet I believed this is the only body you get at least for this go-around.

I believe that you should take care of it. Somehow I knew this body was extremely precious. I knew that the body was hardwired to find God. Yet I was young. I had nobody to talk to growing up in Newport Beach.

Yet I became a surfer and rode the waves of life. My life was the ocean. Nature talked to me.

It is hard to put into words how the ocean affects one life. I could have a hard day at school and as soon as I hit the water I was free. I was a good surfer, not a great surfer.

My friend Nick Roth was a great surfer and still surfs today. Yet the ocean taught me so much at such a young age.

My brother and I on weekends would surf for four to five hours a day on the weekend. Consequently, we went to bed around 8:00.

Our friends would be out partying yet we would be dreaming about waves. I learned a lot about the power of sleep and balance. Nature will teach you if you are open.

Otherwise, she will close her mouth and not say a thing. You see we have free will. The universe will not give any advice if you don't ask. I learned this at a young age.

Being a teenager we think we know it all and don't need any advice from anybody. The older we get we see that was quite foolish.

Our family had an incredible diet. We love ethnic food and would have fresh vegetables, fruits, and chicken. We hardly had junk food.

Soda was only in our house on birthdays and holidays. I'm not saying we didn't eat junk food. Most of the junk food I bought from my allowances. Yet this way of eating from nature carried me over for the rest of my life.

I learned not to be fanatical. I learned how to see the forest from the trees. I'm still doing that. The older I get I fine-tune my lifestyle.

My days of working as a software engineer are temporary over. Today I'm learning about practical ways to balance my life and be in harmony.

I'm learning Tai Chi and Chi Gong from YouTube videos. I can cast them on my TV and it works great. Personally, both of these are great for older people. I notice my balance is off and these exercises will help to create balance and harmony in the body.

During this stage of my life, I can see the great wisdom of the Taoists and ancient Yogis. I'm at a point where harmony and balance are key points in my life.

I recently saw a YouTube video from SadGuru and what he said is quite fascinating. He said that our bodies are made from the earth.

Everything that you eat or drink comes into the body and transforms itself into the body. No wonder the great yogis were aware of what they ate. I never put two and two together.

In the West, we don't even think about that. We just consume what comes to our minds. Our media will push any sort of junk food so the consumer will buy.

Making money is the object. Your health issues are your health issues. Maybe they believe that if you are stupid enough to be addicted to our product you are stupid enough to get sick.

What am I saying? What I'm trying to say is to slow down and stop for a few minutes. Watch your breath.

Ask yourself if I'm responsible for my health issues. What can I do to make small baby steps to improve my state of being? I love my Grandkids. How can I cultivate more patience and tolerance? How can I keep up with them?

Remember you have an infinite battery that exists inside of you. You can tap into that anytime you want.

But first, it takes your will. Your actions speak more than your words. If you start loving to learn more about yourself and the universe they will see that and gather a thirst and hunger for the same.

Remember their subconscious picks up everything at a young age. We all want our Grandkids to learn to become the best that they can be. They have genius inside.

They need help and guidance to hold on to it for the rest of their life. We were never taught it. Today we are still grasping at straws. As I said before we only see 1% of the light spectrum.

We are almost missing the entire picture. Yet we think we know it all.

If we become young and innocent at heart we can discover our true nature. By doing so we can develop an incredible bond with our Grandkids.

Ponder this over. This journey of life is infinite. We will never stop learning. Many of my family and friends are slowly disappearing. They have just entered the room next to us. Remember we are never alone.

State Of Mind

If the outside world is a reflection of our inward world we aren't doing so well. At times it seems like the world is on fire. Chaos is all around. Our nation is divided.

We can't even get along with each other. I love the sayings of the American Indians. An eagle has a left-wing and right-wing. It's all part of the body. Our nation can't seem to understand that fact.

It's you believe in my way of thinking or you are an evil person. We will condemn you and mock you for your beliefs. We will flame you on Facebook. Both sides of the left and right media will mock you.

To be honest kindergarten kids are more mature than that. At least they still have love and respect for each other.

Fortunately, millions of people are waking up and taking responsibility for their thoughts and actions. They don't tweet what comes to their mind at 3:30 in the morning.

We should be in charge of our minds, not the other way around. Look at the opioid epidemic today. The mind is so powerful that people get hooked on a drug with dreadful side effects.

Thousands of people are dying each year from overdoses. The drug industry releases this drug in huge quantities to make money. Unfortunately, when this drug enters the bloodstream the mind and body get hooked.

These companies have made billions yet thousands die each year. Massive lawsuits are going on. Justice will prevail.

Why don't we learn in school how to become friends with the mind? Why don't we learn at a young age that our human body is the greatest drug store in the universe? Imagine our human body is a custom design by God.

If a person discovers his true nature over time your drug store will be open to you. In the meantime, our drug industry is controlling your lives for a huge profit.

I do believe in universal health care. I don't believe that drug companies should jack up their prices by over 1000% for users of insulin.

At times I think we shouldn't have gotten rid of the homeopathic industry in America. Homeopathic medicine was the cornerstone medicine for Americans before the 1900s. In Europe, it is still the foundation today.

The principle of homeopathic medicine is similar to vaccines today without the tremendous side effects. Imagine taking a solution and diluting it over a million times.

Many people would say that in essence, this is crazy. Yet in reality, this is the closest thing to the quantum field. This medicine is going from physical to a higher vibrational state.

Currently, a new state of energy systems for medicines is being developed. The concept of matter healing matter from a chemical is obsolete.

Many scientists today see that the human body has the perfect drug store within for healing the mind and body.

Many discoveries are being manifested today. Remember it takes several decades for things to be accepted by our society.

We are at an incredible time in our human history. I have great hope for humanity. The tools are coming to the surface. Millions of people are waking up and taking responsibility for their minds, thoughts, and actions.

The only way to change your mind for the better is only through you. Ponder this over. What are you doing about your state of mind?

Gathering Wisdom

I think that we will never stop learning and growing. We gather wisdom on this incredible journey of life. We can never clap our hands and say well now I know everything. I have reached my destination.

To be honest I don't think there is a final destination. Even if you meditate for a trillion years there is more to learn on this journey of life.

To be honest that blows my mind. Just think that the incredible power of love exists inside of you. Yet today I see so many people walking around with their cell phones in their hands.

They are crossing the crosswalk staring at their phones. They are completely oblivious of their surroundings. I like cell phones yet at times I think they are one more extra layer that we create between us and God. Not only that but we are losing touch with the earth.

It's sad to go to a restaurant and see families staring at their cell phones. None of them are communicating with each other. I feel at times where are we going? Technology can help guide us to discover the vast wisdom of the universe or it can bind us more to our ignorance. It's our choice.

We are like a parrot sitting in our cages. The door of wisdom is open all the time. Yet we refuse to fly out of our cage. Wait I just received an important message. Johnny is going to go on a date with Sally. Wow, that is important news.

Lately, I have been saying that scientists say we see only 1% of the light spectrum. This means that we are missing almost completely the picture of life. The light spectrum contains the wisdom of the universe.

Imagine the quantum field exist everywhere yet most of the time we are playing the same tapes from the past. We live our lives in survival mode. We don't call it that. Yet we don't live in the center of the hurricane. The winds of the mind blow us all around.

True wisdom occurs when humanity starts to be aware and conscious of the jewel within. When mankind realizes that the subconscious controls 95% of our actions

and learns how to reprogram them we are one step toward going in the right direction.

This is the video game of life. We are at the level where science and mystics are both talking about the same thing. Millions of people are advancing to the next level.

Millions of people are learning how to be proactive beings. Millions of people are gathering precious wisdom. They know that the vast universe exists inside every one of us.

We are becoming great explorers. Not only physical but internal. We send satellites into the sky and they can only go 15,000 miles per hour.

Just think we have to go 186,000 per second and travel two years to reach the closest star. We are traveling going put put into the vastness of space. Yet we have to start somewhere.

Imagine there are civilizations out there that can travel anywhere in the universe in less than a second. We have a lot of wisdom to learn. Ponder this over. What are you doing to discover yourself? After all, this is your true nature.

Being Grandparents

Here's a list that we can teach our Grandkids.

- Be kind
- Have patience and tolerance towards others. There's a web of life unifying us all.
- Learn how to meditate on your breath. The entire universe lies inside of you.
- You are never alone. When I die I just moved into the room next door in the mansion of life. Cry a little when I die but laugh a lot.
- Never stop gathering wisdom.
- Life is learned from two steps forward one step backward.
- Learn from your mistakes.
- Learn to live in the center of the hurricane. It's so easy to live in the hurricane of the mind.
- Life is an incredible adventure.
- Learn to love nature.
- Respect all sentient beings.
- Love your fellow man.
- Smile to all. Even your bullies. They are in pain.
- Don't put gasoline on the fire. You will drink your own poison.
- Laugh at diversity.
- Monitor your thoughts and actions.
- If it is kind speak it. If it is negative don't put gasoline on the fire.
- Exercise daily.
- Take care of your mind, body, and soul.
- Cultivate your inner garden. Remove the boulders, rocks, and weeds.
- Learn how to meditate. This is the water that allows the seeds to grow.
- Learn the arts. You have your own self-expression.
- You are majestic.
- You are the universe.
- Cultivate compassion.
- Truly listen to others. While they are speaking truly listen.

- There are two sides to the story. Don't be stubborn. Don't mock your fellow man.
- Get plenty of sleep. If you don't your mind and body will get angry.
- Learn how to be in harmony with your mind and body.
- Listen to your body. It will tell you what it needs. If I'm feeling like I'm coming down with a cold my body tells me to go to bed an hour earlier.
- You are never alone. Your ancestors are always with you.
- You have free will. Use it wisely.
- God lies inside of you waiting to be discovered.
- Before you were born you came from God. When you die you will go back to God. Discover that connection while you are alive. It will make life a lot easier.
- Respect all religions. They all go back to God.
- Try to see God before everything you see because God is everywhere.
- Pray to God. God will listen
- Meditate upon God. God will speak.
- Take care of this planet.
- Remember humans are stewards of all creatures.
- War is obsolete. Need I say more?
- As Bugs Bunny once said, "Don't take life so seriously. You will never get out of it alive".
- That's all folks.

Keep Your Smile

Did you know that children smile about 400 times a day while the average adult smiles around 15 times? What gives? As we age does our happiness dwindle? Does it get stolen from us?

Did you know that you even smile in your womb? I find that quite fascinating. Smiling is universal. It is something that all cultures embrace. We love to see smiling children. It brings joy to the day.

Smiling is incredible for the human body. We were wired to smile. Yet at times we get so trapped in this world. We can't see the joy of life.

We take life so seriously. Imagine when you die you can't take anything with you but the smile on your face. Your job doesn't mean anything when you die. Yet we get so worked up and at times rattled by our job.

A wise man focuses on the inner smile of life. The Taoists even have a smiling meditation where they smile at different parts of the body. Many people laugh and scoff at the idea.

Yet many scientists see the validity of this. You see the mind and body can't be separated. Many scientists say that cancer is angry cells. Imagine if you instruct the cells to be happy. The mind and body would be happy.

To keep your smile in life one learns how to put your attention inside. One learns how to get rid of the boulders, rocks, and weeds inside of our garden.

How can one truly have a smile on one's face when we carry so much unnecessary burdens?

Everyone would love to have a smile on their face. We need to find the hidden jewel that exists inside of us.

I may sound like a broken record. Yet my viewpoint is to have my awareness outside of the box. Why get sucked into the politics of today? Why should I flame someone?

A wise man when encountered obstacles will just smile. He doesn't have anything to say or prove.

The Buddha says that when we get angry we drink our own poison. Modern-day scientists agree with this. They have even found over 1500 different stress chemicals when we are angry.

Look at America and the media today. Both sides are pissed off and angry towards one another. Neither side will listen to one other. I'm right and you are evil is the name of the game. We need to come back to common decency. We have lost our ways yet we think we are found.

A child is innocent and therefore smiles a lot. The average adult is quite complicated and therefore doesn't smile as much. We must rediscover our inner child. It's still there yet it is hidden. Even Christ said we must be like a child. Only the innocent and pure can perceive the kingdom within.

This journey of life is depended on where we place our will. If you want a life where you don't smile get involved in politics and fire away. You will meet someone who has a different point of view.

Remember there are always two sides to the story. Maybe we can start to truly listen to the other side and not get hot-headed with one another. After all the eagle has a left-wing and right-wing.

Remember it's all one body. We do the separation in life. The media loves to create diversity and separation.

Ponder this over. Learn how to bring your inner smile back into your life.

Don't Take Life So Seriously

As Bugs Bunny once said don't take life so seriously you will never get out alive. I heard that quote over forty years ago. It still rings like a bell inside of me. Our society gets so serious.

With that complete seriousness, we tend to take on the world's problems. We look at the media and they show all the negativity in the world today. Lately, many news channels display a great heartwarming segment at the end of the program.

If you are too serious you miss out on life. You might tend to lose your childhood innocence and playfulness in life. Look I'm not saying don't be serious. I'm saying it should be in balance.

Balance is the key here. You don't want to be a fanatic. The goal is to have your feet on the ground and your head in heaven.

I'm serious in my life yet I can laugh and joke about it. Every one of us is on our particular journey. We are individual pieces of the puzzle called life. We all have wisdom and experiences to share. No man is an island. We all are on the same boat called life.

Just think that once a person gets too serious we tend to think inside of the box. When the mind is clear and relaxed thoughts will float up to the surface. Ask good old Albert Einstein.

He was an incredible daydreamer. He realized the incredible potential of a clear mind.

What makes us get so serious in life? Do we think that taking on the boulders and rocks will make us strong? Do we have to weigh the world on our shoulders? What gives? Why are we like this?

The mystics have said to remove the boulders, rocks, and weeds in the inner garden. One can have the wisdom of the universe and yet be childlike. We think it must be one or the other. We think one must choose sides.

The great Taoists of the past talked about being in harmony with the universe and having a childlike nature. You see only a child can be in harmony with nature.

They are born coming directly from the source of all. As we get older it slowly fades away until we no longer know that it exists inside of us. This is our true nature.

You can rediscover your childlike nature. Even at any age. It's not too late. Your mind, body, and soul will thank you for this.

How Can A Fish Drown In Water?

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

Sit Still And Listen

Sit still and listen

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, Christ, and much more have told their story.

Behold the kingdom of God lies within.

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

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found in this easy step.

Looking For God

The modern-day man looks for God on the moon and beyond.

He studies the molecular structure of nature.

Through his telescope, he looks for him in all the reaches of the universe.

He sends out satellites to search for the unknown.

Yet he doesn't find the answer he is looking for.

The wise man looks within his heart and finds the hidden treasure.

He finds his way home.

Pick Up The Phone

Have you ever dialed into the source of your life?

Have you ever felt like you had a conversation with your creator?

How would you like to phone your creator?

What would you say?

From time immemorial we have been wired for a direct connection to God.

You don't even need an operator.

God lives inside your heart.

You are the temple of God.

No temple on this planet is as magnificent as you are.

The creator hides inside of you.

The phone has been ringing since your birth.

Pick up the phone.

There are no collect calls.

This call is the most important of your life.

Please tell Suzie or John that I'll call you back.

I've been waiting for this call all of my life.

Hello

Words cannot describe the joy inside.

Direct communication to the heart.

Your heart is filled with love.

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 a 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.

3 Blind Men And The Elephant

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, while the last touched the tusk.

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

Maybe it's about time to be open to something new.

Your enemy is talking about the same thing you are.

He just has a different piece, a different point of view.

In the end, the essence is the same.

The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

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

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

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

This word exists inside of you.

What is keeping you alive?

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

Religions

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

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is, was, and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

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

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

Is that metaphoric speaking?

What happens when we split open an atom?

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

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

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

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

The nameless is the beginning of heaven and earth.

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

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

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

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

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

Truth is, was, and will always be.

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

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

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

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

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

We are not just physical matter.

Energy vibrates at a frequency.

It creates sound.

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

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

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

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy which exists everywhere.

The energy is both light and sound.

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

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

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

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

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

All wisdom and knowledge exist inside of this nectar.

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

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

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

The World Is A Drama

Guru Nanak once said

The world is a drama, staged in a dream.

Mystics throughout the ages have pondered this over.

We are living in drama, staged in a dream.

Is our dream real?

What is considered a dream?

We come and go from this world.

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

We live our lives in so much drama.

We react to the beatings of life.

Is there a way to solve this puzzle?

It seems very complicated.

One layer over another.

Yet the answer is simple.

Open the door within.

Is This From A Mystic Or a Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

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

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

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

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

Spiritual Life Is Not Boring

Many people think that living a spiritual life must be boring. You just sit around and meditate. What a boring thing to do. Yet a spiritual life is exquisite.

I've been all around the world. I've surfed waves as high as a two-story building. I hitchhiked from France to India with my surfboard. I hitched from Kenya to South Africa. Been to South America and the Galapagos Islands.

You see a spiritual life is practical. It is a life that truly is meant to bring you secrets of the universe while you are alive. Before you came to earth you were the universe.

When you die you become the universe. Wouldn't you like to know that you aren't alone when you are alive? Wouldn't you like to know that there is a family out there?

The kingdom inside is your true home. It will transform your character. It will over time make you kind, patient, and full of tolerance, love, and compassion. This is your true nature.

You will transform from dark into light. It takes work but what rewards come your way? You can be in the center of the hurricane. The whirlwind of the mind may be there but calmness resides inside.

Over time a spiritual person loves each moment. You love going to work. You put your heart and soul into your actions. Nobody knows your beliefs. You just blend in.

You have nothing to prove. You are stable in your emotions. A person learns to stop, look, and listen instead of reacting automatically. The universe slowly begins to train you in its ways.

The universe is kind. The universe is love. The universe is patient. The universe is compassion. The universe is alive. A human being has the opportunity to become

these traits. All the great masters have said this. The kingdom of heaven lies within.

Remember you are eternal. You were never born and you will never die. The game of life is to discover your true nature while you are alive. We search for God outside our entire life.

He has been hidden inside the entire time. The most obvious place a person should look a person look outside for the answer. Isn't that fascinating?

Maybe the whole universe is a game. It was created so we could find God within ourselves. What an elaborate setup it is! The entire universe is a stage and we are actors on the stage. We come down to earth to discover our true nature.

So for many, we are oblivious to this. We live our lives. Now I'm not trying to convert you. I'm not trying to convince you. I'm just telling my side of the story. The truth needs no convincing.

When you die you will see that God doesn't judge. This life is a learning experience. Imagine a raindrop with its journey of returning to the ocean. In the same manner, we are traveling back to the ocean of life.

Enjoy this journey. Spend time with your kids. Spend time with your family and friends. Call them on the phone. Find out what truly has meaning in your life. Most of all you are never alone. The universe is watching over you.

We don't have to change or walk away from our lives. In a matter of fact, we need to embrace life. The universe is kind.

We need to cultivate kindness in our life. We need to plant the seeds of kindness and water them every day. A farmer tills the soil and takes out the weeds. We need to do the same thing. We need to be aware of our actions.

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

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

When you are driving turn off the music, put down the cell phone, pay attention to the road and follow your breath. It's that easy.

Over time you will experience that there is something behind your breath that is keeping you alive. A sense of peace, compassion, love, and bliss will arise.

Learn to love to close your eyes and watch your breath go up and down. Learn to be relaxed and focused at the same time. With too much relaxation you will fall asleep.

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

Over time this world will merge into yours. You can simply close your eyes and you will be filled with love and compassion. Still every day we take baby steps.

We will never truly say I have learned everything about our true nature. We will always be infants. Even if you meditate for over a billion years we will still be infants. Remember we are never born and we never die.

So this life is quite the adventure. What we learn from inside we take the experience outside. We learn to be kind in midst of anger.

We learn to be compassionate on Facebook. We learn to have patience and tolerance towards others.

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

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

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

What Is Panpsychism

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

It's kinda like what came first the chicken or the egg. What comes first a human body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

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

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

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

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

The entire universe is comprised of this soup. Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

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

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using

logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

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

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

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

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

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

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

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

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

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

The human body has five senses and there are five eternal senses within. The human being 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.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

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

All our billions of years old.

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

Wow!!!

Isn't that incredible?

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

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

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

The greatest miracle of life is keeping you alive.

You are magnificent.

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

You are infinite.

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

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

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

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

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

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

Custom Designed By God

We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell. He wasn't interested in God, religion, or anything spiritual. His passion was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7.

When an event occurs the subconscious will go instantly to the hard drive and it knows how to react. Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

Custom Designed By God 2

Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum. We contain the blueprint of God inside of us.

From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some part of the time in the future. Some people have fine tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA which contains the blueprint of God. Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe.

You are eternal. You can never die. Your body will. Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way. You would be in tune with God and listen to the wisdom that lies within.

You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living by our habits and subconscious.

Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature. Peace would always prevail on earth.

Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure. We come into this world to discover our true nature and to help transform this world from darkness to light. It is a cosmic game.

This isn't the first time this game has been played. For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us. Yet they can't take a single step for us. You see each of us has the play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me, we have fought countless wars. We are living in an era where this is changing right before our eyes. Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

Meditation

Wow, we are directly hard-wired to find God yet we are so dense at this present moment. How can the world at large discover their true nature?

Did you know that the same power that is keeping you alive is keeping the universe alive? Behind your breath lies the secret of life. The universe is keeping you alive. The mystics have known this for thousands of years.

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, and 8,409,600 a year. Unless we get a lot of exercises. A person who lives to 80 will take about 672,768,000 breaths in a lifetime.

We are breathing yet most of the time we aren't aware of our breath. By focusing on the breath moment by moment one begins to dive deep into the infinite ocean of life.

Here are some simple and easy yet powerful meditations you can do.

Sit down meditation

For me, this is the foundation for life. Without this practice, I don't think a person will travel far on this path. You see by closing your eyes and concentrating on your breath you are closing the doors to the external world and opening the doors within.

Each time you do this on a day-to-day basis your understanding and experience grow. As I said, in the beginning, you meditate upon the universe. After some point in time, the universe starts to meditate on you.

There is a melding of energy. The mind is like a tuning fork. Whatever it focuses on it vibrates at that frequency. When your mind concentrates on your breath it vibrates to love and compassion. Mind you this is a slow journey. Rome was not built in a day. The earth took billions of years before humans came upon the scene.

You see we are hardwired to discover God. Enjoy the journey of meditation. In the beginning, you will probably meditate just for yourself. At some point, a person gets more spiritually mature and you will meditate for all sentient beings.

Did you know that concentrating on your breath is the foundation for many of the world's meditation practices? It is as old as time. I have been meditating for around 47 years and every day I am grateful to do so.

My advice put your heart and soul into this practice. Many people don't like to meditate. They say it's boring. Well, your mind is boring. Meditation is not boring. The universe is not boring. You are bored. The mind is bored. Change your mindset. You are playing the video game of life.

As in our video games, they are supposed to be challenging. This is the most challenging game you will ever play. It's also the most rewarding. You will change every aspect of your life.

You will see that the keys to the universe exist inside of you. You will over time learn how to be in harmony with the universe.

Words can't truly describe that experience. Imagine there will never be a point in time where you can clap your hands and say "I've learned all that can be learned".

Learning and growing are a part of life and the universe. You will never stop learning. You are eternal.

I was a surfer for many years. Presently I live in Kansas. Yet I love it here. Meditation and the practice of life is my hobby. I love to discover my true nature and the universe.

It's my hobby. I've been doing this for many years now. I have gone through so many incredible levels in this video game. I hope I can help you in your playing the game.

Even if you don't think there is a video game you are playing the video game whether you know it or not. You see 98% of your actions come from your subconscious mind. You aren't even aware of it.

Your subconscious mind got developed when you were from 0 to seven years old. You are playing the same tapes from your early beginnings in life.

No wonder we are like leaves blowing in the wind. We react to every situation that comes our way from these early memories in life. We have learned how to be reactive beings and are quite good at it.

Many of us react when we read this. Don't tell me what to do. We aren't. You have free will and free choice. Personally, if there is a cliff and you are about to walk off the cliff we want to tell you hey there is a cliff in front of you.

Many people say it's too hard. Yes, it's hard yet at the same time is super easy. You can learn to change your attitude. Your thoughts either positive or negative are the building blocks of your life.

I prefer to build love, patience, kindness, compassion, and tolerance in my life. Inside of you contains all the wondrous qualities of the universe. This is your true nature.

By closing your eyes daily you will slowly discover your true nature. Learn how to love to meditate. It's probably the most significant thing a human being can do.

Stop The Noise In Your Head

As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before. They asked the dragons how to stop the noise in my head.

Of course, all the dragons laughed. They laughed because everyone goes through this. You see the mind is the most different thing to control in the universe. The majority of man reacts to every situation.

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

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

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

Well, the genie told this man you can have as many wishes as you want. The man said wow that's incredible. I love that idea. The genie said well there's a catch.

The man said, "what's that". You must always give one wish after another. If you don't I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure.

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

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

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

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

The genie said with a smile give me a wish or I will chop off your head. As you can see the genie was particularly nice. Well, the young man told the genie to go up and down the pole.

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

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

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

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

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

Constant Meditation

When you concentrate on your breath you are constantly bringing the mind back towards your center point. The mind loves to wonder.

Mystics have said to control your mind is the most difficult thing to do in the universe. I bet you for the last 47 years I have brought my mind back to the center point probably around a billion times.

Yet if I look back from where I started and where I am today is the difference between night and day.

In the beginning, my mind was out of control. It still is yet my mind is my friend. The mind's natural state is to wonder. The more I drench myself in the ocean of silence my mind is getting cleansed.

Learn how to become friends with your mind. Don't make it an enemy. It is like training a puppy. You can do it. Every time your mind wanders bring it back.

In the beginning, it took a while to sink into the silence. It was like struggling in the water. Yet at a certain point silence would fill you up. It's hard to describe.

Over the years it has gotten so much easier. Now I close my eyes and I'm there. As I said before, in the beginning, you meditate on the universe. At a certain point, the universe meditates on you.

Even in this state, one must make conscious decisions to express love, patience, tolerance, and compassion for all. We must also reprogram our subconscious minds to reflect our true nature. That will be talked about in some other chapters.

Once you can begin to experience the silence and feel love and compassion while you close your eyes you can begin to do the next step.

In this step, you will slowly learn to concentrate on your breath while you are awake. It's a standing meditation. Imagine you are breathing 24 hours a day yet you are unaware of your breath.

Try this next time you are driving. Turn off the radio. When you are driving focus on the road and pay attention to your breath. The more you do this the less you

will be in a hurry. I won't say that you will drive like a Granny yet your state of mind will be peaceful.

You will not have a care in the world. You can be in a traffic jam and you won't have a care in the world. I have a personal theory.

The more agitated the mind is the more reckless and impatient a driver will be. Sometimes you can almost see a fire of anger from a driver. You can see their hands flaring in a state of anger and being impatient.

I'm sure they are completely oblivious to their condition. They are just responding automatically without any self-control.

Try this every time you drive. Once you begin to feel this wondrous effect while driving slowly begin to consciously meditate during other activities in your day.

For example, do this while someone is talking. Listen truly to what the other person is saying and at the same time follow your breath. At some point, you will fill the stillness and at the same time, you will truly listen to what the other person is saying.

This leads to incredible communication skills. The other person will know that you are truly listening to them. Most people don't truly listen and are thinking about what to say next while the other person is speaking. This leads to broken communication.

Need I say our political environment is like that today. Nobody truly listens yet they only speak without truly thinking. It's more like an automatic response. Our current President does this on Twitter.

He tweets nonsense without going through true filters. Emotionally he is like a child and never grew up. Otherwise, he would never mock someone and call them names. That's for another topic. Need I say more?

The more you do this over time you will be filled with joy and happiness. The more in harmony you are with the universe the better your life will be.

You will truly see and understand that happiness exists inside and nobody can take it away. Your worldly desires will slowly fade away. Most important of all you

will let go of all negative emotions. They don't serve you at all. They harm your mind and body.

You may be angry at some person who wrongs you 20 years ago. They have forgotten the incident. Yet you still hold on to it for dear life. Meditation and the power to forgive will dissipate this anger.

These are just a few things to ponder over and try. Mystics have talked about this for thousands of years. Now is the time for you to simply slowly embrace a new way of looking at life.

When I practiced Yoga in the seventies Yoga was almost unknown in America. You were out there if you practiced it. Today Yoga is truly practiced all over America. It has been mainstream for many years.

In the same way, the world is waking up from its slumber. What I'm saying will be mainstream someday soon. Millions of people are talking about the same thing and are changing their life for the better.

Can't Go Back To Sleep

Have you gotten yourself into a pattern where you wake up around 1:00 in the morning and can't go back to sleep? You are wide awake and restless. Well, this is a perfect time to close your eyes and concentrate on your breath.

Just relax and watch the sweetness of your breath. Don't struggle just watch and feel the love flowing through you. You may go back to sleep and then wake up again. Continue watching your breath. The more you do this over time the easier it gets.

When you begin to experience love inside of you try the following. Focus on your breath. Then spend time and focus on each chakra. See chapter 11. Start from the root chakra and work your way to the crown chakra. Take your time. Don't rush.

Imagine this system is always been there and yet we are oblivious to it. Our mentality is if I can't see it I don't believe it. Well, you can see the air or see love but it does exist. This chakra system is a part of our being. It's as real as your physical body. You just can't see it.

You are hardwired to see God. By being aware of these chakras and paying attention to them you are consciously becoming aware of the mind, body, and soul connection.

You can heal yourself over time. You can let go of your emotional baggage. You can slowly change and become in harmony with the universe.

You can become more aware. You can learn how to take charge of your life and learn how to be a proactive human being.

Most of us live our lives like leaves blowing in the wind. We react to each circumstance without being aware. Our subconscious is running the show.

Many people think that sleep is a drag. They wish that they didn't have to sleep. They are oblivious not in synch with nature and the universe. Sleep is a time when the body can get rid of toxins from the day.

Scientists have discovered between 8:00 and 12:00 is the best time for the body to repair itself. Unfortunately, most of us are oblivious to this. Every night while we sleep we tap into the source of life. This is how we recharge ourselves. It's like

we have a battery inside that needs to be recharged every night. Much like our cell phones need to be recharged.

When we wake up from our dreams and can't fall asleep try this. If you don't want to do this then spend time forgiving all those people who have wronged you. Forgive yourself.

While you are doing this try to feel what part of the body this energy is stored in. You see your negative thoughts and emotions are stored in your human body.

We all are carrying boulders inside and we all feel the weight in ourselves. Forgiveness is the key to dropping our emotional baggage.

By concentrating on your chakras over time you release emotional baggage from the specific chakra you are focusing on.

This path is meant to be fun and full of adventures. As Bugs Bunny once said don't take life so seriously because you will never get out of it alive.

These are all tools that you can use daily. There are hundreds of tools that you can use to change for the better.

Most people don't like to change. We have been taught since birth that change is not good. We have been taught to fear change. We don't want to upset the apple cart.

Even when we live our lives in misery we don't want to change for the better. Our world has made us complacent and feel numb. Take a look at our media. It only projects the negative not the positive.

That is slowly beginning to change. Most broadcast news channels now present a small positive segment at the end of the newscast. Some have it every day while others might have it on a Friday.

If you just spent a little time each day and used these tools your life will change for the better. You are the company that you keep. If you just blow this off and say I don't need to change.

I'm fine with yourself that your free will and free choice. Nobody is going to judge you.

All I'm saying is that you are hardwired to discover your true nature. You are the universe. You just don't know it.

Tip Of The Iceberg

This is just the tip of the iceberg. The entire human body is hardwired to find God. We need to discover how to transform ourselves. One of the people I truly admire is Dr. Joe Dispenza.

He is on the cutting edge of the fusion between medical science and the methods to discover our true nature.

The world in general is stressed out. Billions of people aren't connected to their true nature. At the brain wave level, this stress is high beta.

You have heard of the flight or fight response. In the old days of our ancestors when we saw a tiger, we would run for dear life. All sorts of chemicals would kick in and a rush of adrenaline would occur.

Well in our present-day life so many people are so stressed out that they don't know how to turn off the facet of this adrenaline. Consequently, all sorts of damage occur.

Look at the opioid epidemic today. It is affecting all over America. Thousands of people are dying each year.

Yet we are hardwired to find God and this is our present state in current affairs. This state of mind has been upon us for thousands of years.

We are reactive beings. Look at the political post on Facebook and you will see what I mean. People are flaming each other.

If kindness is our true nature how do we discover it? Did you know that your life is governed by your subconscious mind? This is the driving force in your life.

From age zero to seven your active brain wave state was in theta. Theta accepts the good, bad and ugly and stores them in your subconscious. It's similar to a hard drive.

As we get older our brain waves go from theta to beta. This is the current state. A healthy individual beta state will make a person alert and ready for the day. Unfortunately, most of us are like leaves blowing in the wind.

Meditation is a process where we can discover our true nature. We learn how to go into deeper levels of brain wave states to change ourselves. The goal is to identify ourselves with our true nature.

We are the universe. We just don't know it. As humanity, we are in a state of kindergarten emotional maturity. Look at our politics today and you will see what I mean.

Joe Dispenza has discovered when the pineal gland and pituitary gland are active over 1500 incredible chemicals are released from the brain into the human body.

These chemicals wash the mind and body and over time make the human whole again. You become a kind man.

The goal is to identify yourself once again with your true nature. You can become the sun, moon, and stars and still be walking around in a human body. This is your true nature.

As humanity, we will witness a great transformation occurring in mankind. Yes, this will take time but millions of people are waking up from our slumbers.

You see it's only by your will alone can you open the inner door. The car is locked up in your car and gathering dust. Only you have the remote control to open up your inner garage door.

Then you can take your car for a divine spin. You see you have the keys yet they are sitting on your kitchen table. They have been there so long that you have no idea what the key is for.

Meditation is the key to discovering your true nature. Joe Dispenza is researching for the last 30 odd so years to build a scientific and spiritual bond with each other.

When I first started to meditate I would see a few articles about the science behind meditation. In the forties, Paramahansa Yogananda published his autobiography and it contained scientific wisdom. It was like sweet music to my ears.

Since then thousands of papers were published. What I like about Joe Dispenza is that he has around a thousand people come to a week retreat.

In the past, he saw the great breakthroughs that occurred on the fourth or fifth day. The seminar was only five days at that time. So he added a couple of extra days.

In my eyes, I love to see that there are practical scientific tools we can use to discover our true nature. As I said this is just the tip of the iceberg.

Closing

Well, I hope you learned something new. Signposts are all around us. We must choose to see them. They are there for a purpose. This life is an incredible journey. We have the opportunity to discover the treasures of life. Only you can open the treasure chest of life within you. Once you do the esoteric becomes normal yet there will always be greater mysteries to solve in life.

This is truly the grand video game of the universe. No one can stop playing the game. This game is being played for eternity. You can solve this riddle. It just takes your will and attention.