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Intro



The title of this audiobook is “The garden within”. Unfortunately, many people aren’t aware of this garden. We live our lives not being connected to our true nature.

As I have said probably at least a hundred times you are the universe. You just don’t know it. Well, what does that have to do with the garden within? To be quite frank it's everything.

Have you ever felt that you are like leaves blowing in the wind? Whatever direction the wind blows you blow. We tend to react to any given situation. If someone confronts you, you snap back with anger.

You tend to speak whatever comes to your mind. You have no control over what you say or do. You only focus on the external. You have no idea that there is an internal garden.

Consequently, your garden is full of weeds due to neglect. You have many boulders weighing you down. You have a chip on your shoulder. You fear the future in all its uncertainty.

You may tend to use drugs or alcohol to numb the pain within. A good example is meth and opioid addictions in America today. Millions of people are addicted. The pharmaceutical companies have made billions of dollars to make you addicted.

On top of that most of the time, our subconscious is totally in control. We develop habits at a young age. These habits good or bad get carried over for the rest of our lives. From the age of 0 to 7 years, our subconscious is developed.

All the good, bad and ugly get sucked in. Consequently, our reactions come directly from our subconscious. Without us even being aware we react.

The goal of this book is hopefully to help remind you there is another way to live. You can learn to take care of your garden within. You may ask yourself why should I. I’m content. I don’t need anything. Good question. I can only offer you advice. It’s your free will and free choice of what to do with it.

How would you like to be kind in every moment? How would you like to experience you are never alone? How would you like to discover your true nature? How would you like to have love, patience, and compassion in your life?

How would you like never to get bored again? How would you like to become friends with your mind? How would you like to conquer all your bad habits once and for all?

How would you like to learn how to consciously reprogram yourself to change for the better? Just like a software engineer develops software you can use the same process to reprogram yourself in ways you can't even conceive now.

How would you like to laugh at adversity? How would you like to hit a curveball of life out of the ballpark? Currently, if a curveball is thrown your way you may spend months trying to overcome it. Why did this happen to me? Some people never recover. Some people will resort to drugs and alcohol to cover it up.

How would you like to learn how to have optimum health? You can learn the mind-body-soul connection to enhance your state of being. You will learn that negative stress release thousands of chemicals that strongly affect your mind and body.

How would you like to feel you are in harmony with the earth and the universe? What a feeling that would be. How would you like to experience a direct and personal connection with God? Imagine behind your breath lies the answers.

Imagine in each moment you have a divine sense of humor. You can laugh at life.

Imagine loving nature to its fullest. You are connected to the earth and its creation. You get intoxicated and see the geese flying in formations in the sky. You love to hear their honking. They aren't an inconvenience to you.

How would you like to dance with life in every moment? In each step, you take you are grateful to be alive. Life is not a hassle or a burden. You see that obstacles are opportunities to grow.

How would you like to see the craziness of this world and yet not get affected by it? You can see your friends flammng each other on Facebook and have such a divine connection within. You can learn to live in the center of the hurricane. The

winds are blowing all around yet in the center lies such peace. This is your true resting place.

How would you like to have a peaceful sleep for the rest of your life? Imagine putting your head on the pillow and not having a care in the world. You don't need any medicine to use to fall asleep.

How would you like to be grateful for your life? You wake up each morning with boundless energy. You thank God and the universe for another incredible day. You affirm that all good things happen to me. I can overcome any obstacle that comes my way. You no longer dread when the alarm clock goes off and you hate getting up.

These are a few things to consider when you are working on discovering your inner garden. You will discover how to go from darkness to light. In every moment you will learn how to cultivate your inner garden. You will learn that this touches all areas of your life. Not one area will not be touched.

Ponder this over. You hold the piece of the puzzle within. Only by your will alone can you make this happen.

Chapter 1



So how does one start to create the inner garden? The first step in any garden is to get rid of the boulders and rocks from the soil. These boulders and rocks are weighing you down. They are like chips on your shoulder.

They are the main reason you might have to wake up in the morning. You feel like there is a huge weight on your shoulders.

How many people dread Monday morning? I have to go to work or I have to go to school. What a drag this is. No wonder when it comes to Friday night you want to party away and forget your troubles.

So how does one get rid of the boulders and rocks in your life? The answer is forgiveness. Forgiveness is the key. Forgive what you might say. Forgive all those who have wronged you. Ask for forgiveness for all you have wronged.

Write down on paper all the incidents you have been wronged. Feel the emotions that come up. Don't block them just feel them. Look them in the eye. When you do that forgive that person. Let bygones be bygones.

Note this doesn't mean you won't remember what happened it means by forgiving you have dropped the emotional charge and the boulder or rock no longer exists in your soil. A huge weight will be lifted.

You might want to burn the page. This is another great option. By burning the page the unconscious mind can recognize that this boulder or rock does not belong in your garden. Many psychologists use this as a means to help their clients.

Try to make a habit, in the beginning, to do this often. Spend some time with it daily. This is the first step in tilling the soil. You can't have a great garden if there are huge rocks and boulders in your soil.

The next step is to review your life where you have wronged others. Do the same thing write down on paper all those who you have wronged. Feel the negative emotion that comes up. Look at it eye to eye. Don't flinch just look. Burn the paper if you like.

You may have to do this a few times or many times. Each time you do this the rock or boulder gets smaller and smaller.

If you have access to a great hypnotherapist go to him. He can help you talk to your subconscious to help dissolve your rocks and boulders.

Another great way is while you are sleeping you can use the same process that you did on paper. This is a great way because sleep is the doorway to your subconscious. You can enter your subconscious directly and remove the boulders and rocks directly.

Most of all have fun in this process. Laugh at yourself. The more you can laugh the easier it will be to dissolve the boulder and rock. You see humor and laughter are medicine to the mind, body, and soul.

The entire universe laughs. We have so many weights on our shoulders because we take life so seriously.

The goal of this is to regain your childlike innocence. Remember only the pure at heart can discover the jewel within.

Don't get hard on yourself. Don't judge yourself or others. Remember the universe and God never judges you. Take judgment out of the picture. Learn from your mistakes. You will probably do the same thing again. Yet each time you do recognize it and be aware of it.

Remember you are training your subconscious. This takes time and effort. Your habits are so ingrained into your day-to-day life that you act unconsciously most of the time. So be patient. Laugh at your mistakes. You can do this. You can change for the better.

Over time you will have removed a tremendous amount of rocks and boulders in your garden.

Chapter 2



Once you begin to work on removing the rocks and boulders you can start pulling your inner weeds. A garden can't produce much if it's full of weeds.

Take your weed wacker and go all over your inner garden. As you take out the weeds let go of all negative energies. You don't need these weeds.

They quite frankly have not served you at any point in time. Maybe you think we need these negative emotions. For thousands of years, mankind has been angry and gone to war to no avail.

When the weeds are taken out and you have prepared the soil you can plant the seeds. The seeds are kindness. The seeds are love and compassion. The seeds are patience and tolerance. The seeds are wisdom.

The seeds are laughter and humor. As a farmer, many of the seeds are unknown to you. They lie hidden in your DNA. They are like time capsules. They sprout at some point in time.

Meditation is a multi-dimensional process where a part of it is to water the seeds. As you know seeds need water and the sun to sprout. Meditation is both the water and the sunlight. by closing your eyes you turn off your connection to the external world. When you do that your focus is within. This is where your inner garden lies.

Mind you this process is not linear. It's beyond time and space. In every moment by being conscious we are tending to our inner garden. You see our inner garden reflects our state of mind. Our inner garden reflects the actions we take. Our external world is reflected by our inner garden.

Our inner garden harvest is dependent on our free will and free choice.

Remember it's only by your will alone that you tend toward your garden. Nobody is going to force you. The universe is not going to judge you. God does not judge you. So the decision is totally up to you.

You are the universe. You just don't know it. You are a drop in the ocean. You are headed back to the ocean. This is a magnificent journey.

Your garden represents who you are in this present moment. If you want to change the world around you, you have to change within yourself.

The more time you spend in your inner garden the more you will enjoy this world.

You see your actions will be kind. People will love to be around you. You will drop your anger. You will hesitate before you speak. You won't say whatever comes to your mind. If you see that the words you are about to say add gasoline to the fire you won't say them.

This is developing into a new and mature human being. By cultivating your garden you are helping to transform human consciousness from darkness to light. You are the piece of the puzzle.

Your life will transform in so many ways. You will begin to have a healthier look at life. You will be a joy to be around. You will have nothing to prove but a smile on your face. You will learn how to live in the center of the hurricane. Most of all you will discover you are not alone. You just think you are.

Ponder this over. What is the state of your garden?

Chapter 3



In the last chapter, we talked about the right mind and right action. We talked about the power of the mind. Today let's talk about meditation.

I once had a teacher whose definition of meditation was “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. If you are angry your mind will be angry. If you are sad your mind will be sad.

We think that happiness depends upon external events. We think that the wise men of the past lives had no bumps in the road. No one gets a free ride on the precious journey. Meditation is the key to creating shock absorbers so when your car hits a bump in the road it won't affect you as much.

Most of us live our lives going up and down. The road is smooth. We are happy. Life throws us a curveball. We hit a bump in the road. We then go through sadness.

Our lives are dependent externally on our happiness. I remember as a kid getting a precious gift from dear old Santa. At first, I loved it. Yet a few months later I didn't bother to play with it. I remember seeing this pattern numerous times in my childhood.

I saw that external happiness is temporary. It will not last forever. Meditation is the medicine that reveals our true nature. Our true nature is kind and full of love and compassion. We are the universe. We just don't know it.

I'm not saying that by practicing meditation all of your problems will go away. In this journey in life, we have lessons to learn. We are here to grow. Meditation is a tool to help you pull your inner weeds. Meditation is a way to discover your true nature. Meditation is a way for you to discover your piece of this puzzle on this journey in life.

Meditation will help you to become a kind and considerate human being. People will love being around you.

Mediation will help you drench with water the anger in your life. If someone flames you, your response will be kindness. Kindness is the most powerful force in the universe. Many people think that anger is more powerful than kindness. Anyone can be angry. In the face of adversity, both parties can explode so easily. Yet to respond with kindness takes tremendous strength.

There are hundreds of benefits to learning how to meditate. I could go on and on and on. There are thousands of books on the topic.

Do I think the world would be a better place if the majority of the world would have a daily meditation practice? Yes, I do. I have seen the incredible effects in my own life. Day by day I love to weed my inner garden. I love to grow fruits such as increased kindness, love, patience, and tolerance in my life.

These aren't just words. This is our true nature. Anyone can change for the better. Unfortunately, many of us were never taught how to discover our true nature. This journey will go on forever.

How would you like to experience that you are never alone? Inside of you lies your true nature. You are the universe. You just don't know it. Mediation is the key to unlock your inner door.

Chapter 4



The Golden Rule. "Do not impose on others what you do not wish for yourself." This was one of the guiding principles of life that Confucius taught his followers, five centuries before Jesus taught the Golden Rule with similar words.

In Matthew 7:12 Christ says, therefore, all things whatsoever ye would that men should do to you: do ye even so to them: for this is the law and the prophets

This living principle has been known for eternity. Yet in our day-to-day affairs, we miss the boat. I believe most people try to live with the golden rule in mind. Most people try to be kind and considerate of others.

Unfortunately, we see so much drama in our world. We are still fighting with each other. Emotionally we are still babes in the woods. Yet man is waking up from his slumber.

The golden rule expresses the unity of all. It expresses the oneness of all life. We are all created by God. We all came from the same place regardless of our race, color or creed. We are one beautiful family.

Can you imagine if the entire world just lived by this simple principle? There would be peace on earth. Today in our politics you win elections with a huge amount of money. You try to slander your opponent as much as you can. You make up stories that the other person tries to defend. We elect people whose only concern is to stay in power. They lack morals and ethics.

We have Christians who overlook their values and embrace our current president. Imagine if the other side did just one of the current President's antics they would be impeached.

How do we as a world live by the golden rule? We must change our ways. We must discover our true nature. We must learn how to be kind in diversity. We must cultivate love and compassion.

This must be in every moment a conscious decision. We must think before we speak. We must monitor what we say. If it's putting gasoline on the fire don't say it.

Monitor your actions. Once you do an action you can't take it back. The other person may forgive you but they won't forget what you did. Our current President must learn this. How many people has he mocked and he doesn't care? Yet he is in office.

If we as a people would do this our world would truly change. Our political system would change for the better. Imagine voting for a person who has the highest amount of kindness and compassion towards their fellow man instead of our current system. Nobody would vote for a power monger or one who doesn't want to represent the people.

Over time we would have a kind government. A government for the people and by the people. We would truly take care of our people. Instead of spending trillions of dollars on a war that money would be spent on improving the lives of all. War would be obsolete. We would use our wisdom to solve the problems of today. We would look back in the future and see how barbaric we once were.

You see this will happen. Humanity is evolving. Doom and gloom are not our true nature.

These are not just words. You can at any given moment change for the better. Kindness is your true nature. Love and compassion for all are your true nature. Your mirror is cloudy so you can't see your true reflection.

You can clear your mirror. All the great masters in the past told you so. Lo and behold the kingdom of heaven exists inside of you. All the great teachings have said the same thing using different words. The essence is the same.

These are exciting times. I love to see the compassion people have for one another. People are helping each other all around the world. The news gives us a very small fraction of the good people have.

In my eyes, the news should be reversed. We should show the good things humanity is doing and maybe have a small segment on the negative. Today our news is delivered to provide shock and awe for ratings. The almighty buck wins.

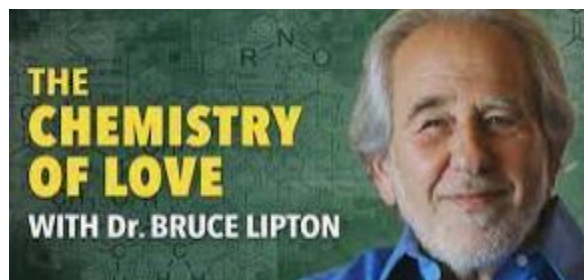
You see just like in voting your vote counts. You have a piece of the puzzle. The puzzle can't be complete if you don't discover your true nature. What do you have to lose? Do you truly like the current state of affairs?

How would you like that in every moment of the world would be kind to you and your family? How insane that we have children who go to school and have to pass through metal detectors. How can you learn in that environment?

1 out of every 5 children in the US doesn't have enough food to live on. That's a sad situation. You see once humanity embraces the golden rule these problems will go away. We can truly care and have love and compassion for all.

We can truly see and experience that we are all one. This is called the golden age for a man. Ponder this over. You can make a difference in this world. You are not separate from the universe. You are the universe. You just don't know it.

Chapter 5



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.

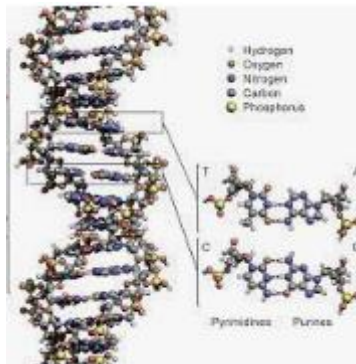
Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are really 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.

Chapter 6



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 parts of 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 that 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 in 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 to 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.

Chapter 7



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

Chapter 8

The Tao that can be told is not the eternal Tao;
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.
Ever desireless, one can see the mystery.
Ever desiring, one can see the manifestations.
These two spring from the same source but differ in name;
this appears as darkness.
Darkness within darkness.
The gate to all mystery.

Hi, I'm David the dragon. I'm the best of friends with Little Ricky. You have read about me in this story. I'm over five thousand years old. I still feel young at heart. You see I take care of myself. Where I come from the British Isles the dragons really didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied all throughout the night. To be frank they really had no clue about universal laws. They were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that!

When we flew from the west to the east our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons. As you see only young dragons came with us. They were stuck in their old ways. Quite frankly they had no desire to change. They liked the misery.

Well, we decided to have a grand adventure. We learned how to meditate from Zoran and the rest is history.

We learned very young that life is an external and internal adventure. Bet you nobody told you that.

We came to a point where we could see energy all around us and in us. If there was a block over time disease could take place.

You see in the bodies of humans and dragons lie a vast number of rivers and streams. In a healthy body, these rivers and streams are flowing properly.

But the more ones live a life out of balance these rivers and streams get clogged up and don't flow properly. The water over time becomes stagnate and mosquitos can fester. This is where disease manifest.

Here's an example of anger. When a person is always angry this blocks the rivers and streams inside of the body. Over time the body becomes angry and can fight against itself. You call this cancer. Cancer is angry cells.

We discovered a long time ago that by using needles at certain points on the body we can begin to unblock the rivers and streams.

Yet the acupuncturist can help to unblock these dams yet it is up to you to change, modify and learn how to be healthy.

In the West, you go to a doctor and take the medicine. Your symptoms go away. Your drugs have side effects. The patient takes no responsibility. No wonder your system is messed up.

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of a nuance. They don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

We live such a fast past life we have forgotten why we need sleep and rest in the first place.

The acupuncturist during this time had an easy job. He knew how to break the dam and let the waters flow properly. He might give some healing herbs to the child.

The child understood completely that the acupuncturist could only assist so far in the process. She knew that it was up to her to follow through and live day by day the natural laws of life.

You see their culture was understanding and practicing every moment of these natural laws.

Unfortunately, in the world, today man has lost touch with his true nature. Consequently, the disease is quite common.

Our herbs that are giving out our organic and have no side effects. They are extremely beneficial in helping the body to balance. Your western medicine has an extreme side effect and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

They are concerned to make a profit. That is the bottom line.

Now kids listen to this story. Only your generation can change this wacky system. You can look at different and natural ways.

You see chemicals are the least effective ways for healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy. This is where acupuncture comes in. In the future, there will be a myriad of different discoveries and inventions.

The more a society becomes more aware the more the discoveries can occur. You see only in an open society can change occur for the better. These new discoveries can be used for good or they can be a complete disaster.

The nuclear bomb is a prime example. The genie got loose and now the world is trying to find out how to reign in the genie.

You see your world has a lot to learn. Imagine most of the world is looking externally. But the jewel lies within. You need a balance between the external and the internal.

Millions are people are waking up to this fact. At a certain point in time when humanity truly understands this your inventions will be so-called a miracle in life. In fact, they aren't miracles in life but your understanding is at a different level.

Your cell phone would be considered a gift from God five hundred years ago. I bet each one of you kids knows how to operate one. You have no problem with that.

In the same way, the more you understand the laws of the universe more incredible inventions will come your way.

Nature wants to give her incredible gifts but you have to be in synch to receive them. Anger, war, and greed will never be the way to discover these gifts.

For thousands of years, war is not the answer. It has never solved anything and never will.

Only the kids can truly change for the better. Hopefully, you will listen to this story and remember your generation can change for the better. The seeds have been planted many millions of years ago.

You can be the fruit that can change this world.

You are never alone. Someday you will realize this. You will see that all of humanity and the dragons are in the same boat together.

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

Chapter 9



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 its 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. The 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 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 when 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 with 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.

Chapter 10



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 a 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 chapter.

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 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.

Now I see 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. In fact, 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 their 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.

Chapter 11



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't 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.

The scientist has 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.

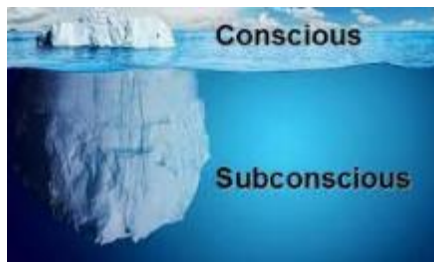
These are all tools that you can use daily. There are hundreds of tools that you can use to change for the better. Most people don't like to change. We have been taught since birth that change is not good. We have been taught to fear change. We don't want to upset the apple cart.

Even when we live our lives in misery we don't want to change for the better. Our world has made us complacent and feels 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 myself that you have 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.

Chapter 12



Imagine that for most of our lives we have been driven in a car with automatic transmission. This means that the majority of the time our subconscious is driving the car.

Our subconscious was developed between the ages of 0 to 7. During that period all the good, bad, and ugly was directly going into our subconscious mind.

We are like leaves blowing in the wind. Whatever circumstances come our way we react accordingly. We have developed good habits and bad habits. Our body is so entwined with our subconscious that we react without thinking. 98% of our actions are dictated by our subconscious.

The goal is to slowly reprogram ourselves. I have been a software engineer for thirty-five-plus years. During this time I realized that our lives have been programmed. I learned that if I don't like some portion of my life I can go to the source code and change it for the better.

I then can recompile the program and test it out. Over time the bugs I see in life are fixed and I can see more clearly. This is an ever-going process.

We are constantly changing and morphing into discovering our true nature. We can't rest on our laurels. I remember once upon a time working at the Observatory in Maui. I built a dome automation program. I was extremely proud of that fact.

When it was done it was a Friday I thought they might give me a few days off. It was a huge success. Well, Monday came along and it was business as usual. I got another project to work on.

In the same way every day we have lessons to learn. These lessons will never stop. The change will always occur. The entire universe changes for the better. Change is constant. Yet change leads to a greater understanding of ourselves and the universe.

We are all divine farmers. As farmers, we have internal weeds that need to be pulled on a moment-to-moment basis. The more we clear out the weeds the greater the understanding is that we are all one.

Consciously we are going from me to we. This is an exciting time to be alive. Never before in our entire history do we have such a grand opportunity for the world to transform.

Granted the world may seem messed up. It just looks that way. But imagine this the light of God is shining upon this land. It has been dark for ever so long. War has been around since the dawning of man. Yet the Sun is rising in the sky. Soon it will be noon and the darkness will not exist. You see darkness is the absence of light.

Currently light is shining and the darkness has no place to hide. Look at our world today. So many things that have been swept under the carpet are being revealed today. Look at the scandals in the Catholic church and the sexual harassment case being revealed.

The more we discover our true nature and take care of our inner garden the faster peace on earth will occur. Humanity once again will discover our true nature. We are all tied together through the thread of love. Darkness has been around forever so long.

We can do this. The ones in control don't want us to change. Yet humanity wants to live in love, peace, and compassion. We have been fighting for thousands of years and we have had enough of it. Millions of people are waking up. Each one of us is custom-built and has our particular way to go within.

We are learning how to be tolerant of each other. Every culture has a unique way to discover God within. My way is my way. Your way is your way. Love is the thread that binds us together.

By removing our weeds we can see more clearly. We remove our mask of judgment toward others and can see the unity of all.

When this happens a huge celebration will occur throughout the universe. Man has gone from darkness to light. Man has gone from man to a truly divine human.

Man means mind human means divine mind. We have transcended all our negativity and left them behind for good. A new dawning has occurred. The kingdom of heaven will be upon the earth. Mark these words. It will take time yet the change is occurring. Millions of people are waking up from their slumber.

Chapter 13



By now I hope you see that tending your inner garden is a practical path. In every single moment of your life, you have the opportunity to grow and understand your true nature. Remember you are the universe. You just don't know it.

Mankind is slowly waking up from its slumber. You are never alone. If you truly realized your true state you would not have a care in the world. You would have nothing to prove. You would laugh at life. You would smile at your fellow man.

Any obstacle that comes your way you could overcome. Your anger would be a distant memory from the past. War would be soon forgotten. The world problems would be finally tackled and solved.

Great wisdom would come out. Just think we would have mature adults talking about politics and no more flame-throwing. Everyone has unique ideas and can express them without being shot down. Imagine people would be tolerant of each other. People would be patient with one another.

Can you imagine a world without weapons? No more nuclear bombs. No more guns. No more violence. No more rapes. No more poverty. No more crime.

How about where the world finally lives in cooperation with Gaia? No more pollution. We finally picked up the trash from our living room.

Imagine countries living as one. Imagine countries solving problems together. We would be mature enough to listen to both sides and solve our petty issues. No

more powermongers in politics. Only kind people would be elected. People could see through a person who wanted only power.

No more pharmaceutical drugs. A new advanced holistic system would come along our way. People would finally take responsibility for the health of their minds, body, and soul. Recreational drugs would be a thing of the past. The opioid crisis would be solved. When the world at large finally discovers the jewel within all past addictions slowly get eliminated.

Crime would be eliminated. Over time humans would educate people to solve these problems. Poverty would be unknown. Education would be at a much more advanced level than what we have today.

Kids would love to go to school. Finally, all kids would thrive and love to be in school. No more metal detectors at our schools. How about no more mass shootings? By people changing their awareness to a higher level, all the vast harmful expressions of emotions go away. When you are in a state of kindness your hate goes away.

Granted this will take time. Yet mankind is slowly waking up from its slumber. Great challenges are ahead of us. When the wind is causing our boat to sail to its destination. We can see it in the distance.

If you slow down and close your eyes you can feel what I'm talking about. You can tap into a force field of unlimited potential. The human race will progress in ways that humanity hasn't even conceived. We think we are so advanced yet we are only at a nursery school level.

Yet all this starts when we collectively start to tend our inner garden. This is how practical this is. It's not some esoteric or spiritual belief. It's the foundation for life. It's your true nature. You are all a piece of the puzzle. Ponder this over. What I'm saying will manifest someday in the future. Are you on board?