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Intro



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

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

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

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

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

Mankind is transforming into a kind man. You may say all I see are people flaming each other on Facebook. All I see is chaos everywhere.

Yet the sun is appearing on the horizon. It's going to be a glorious day. Can you see the golden rays appearing above the ocean of life? A brand new day is coming to man.

Granted this transformation will take time. Remember this is a journey. What would a journey be without a great adventure? You are part of this journey. This story is all about you. This story is about darkness and light. You see darkness has no place to hide when the sun starts to shine on this land. Look at the world today. So many dark events are being exposed to the world today. No longer can darkness hide upon this land.

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

The Fight of Two Wolves Within You



An old Cherokee is teaching his grandson about life:

“A fight is going on inside me,” he said to the boy.

“It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather:

“Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

Conscious Politics



Conscious Politics is slowly appearing on the scene. What exactly is that? Well, our founding fathers had the vision of a government for the people by the people. Currently, we have a government that is divided and both parties hate each other. The endless bickering and stalemates go on. Need I say more?

Conscious politics is driven by being aware and acting from a state of emotional maturity. What is that? It's living and breathing in a state of patience, tolerance, and compassion toward others. It's actively listening to someone without judgment because his ideas are different therefore he is evil.

A conscious person can bend like wheat blowing in the wind. He can smile and laugh at diversity. He has nothing to prove. His ego doesn't get fluffed up like a peacock.

Granted this will take time pockets of this happening around the world.

New Zealand's PM Jacinda Ardern is a prime example of this. She believes that kindness should be a foundation in politics. She said that kids are raised to be kind yet in politics they are trained to be mean and demean their opponents.

This is my journey on seeing my view of the world in politics. Of course, this is my view. I'm not saying your view is wrong. We need to see through different viewpoints and learn how to compromise in politics. Ultimately we all want a better world for our children and grandchildren.

Kindness In Politics



One area that desperately needs kindness is our current state of politics in America. The fire of anger is a huge forest fire. It is consuming America.

We have a President who loves to add gasoline to the fire. You can see the side effects when one rules with anger. The President even says that he can pardon himself. I never knew that a President can be a dictator.

Look I'm not republican or democrat. I believe in kindness for all. If you are kind you can't make laws that will benefit all. You won't want to build a wall. That has been done before and didn't solve anything. You want to build a bridge of kindness.

For example, so many children are separated from their parents when trying to enter the country. Jeff Sessions said tough luck. You knew the consequence when you tried to enter the country. Where is his heart?

Does it almost remind me of the Nazis? Didn't we learn that story years ago? Apparently not.

Personally, I think no more morals or ethics are running America. We have a President who doesn't tell the truth. He has a campaign of calling the press fake news. He mocks the FBI and the Department of Justice.

He knows what he is doing. He is tearing America apart. I could go on and on. Our allies are totally freaked out. They don't know what to do. He doesn't listen to them. He knows what's right for the world.

You see without kindness things can go astray. We need a President and Congress to lead with kindness. Never before have we seen such an example when one rules like a dictator.

In my eyes, unfortunately, our President is leading like a dictator, not a President. A dictator makes all the decisions. He doesn't listen to anyone. A dictator will tweet whatever comes to his mind at 3:00 in the morning. A President will ponder things over.

He will consult with his advisers before making any decisions or making statements. He would not call the leader of North Korea "little rocket man or my button is bigger than your button".

With kindness, you would never get out of the Paris accord. Saving the planet is of the utmost importance. We are sawing off the branch we are sitting on. Anyone with common sense knows this.

We need to do more not less. The US must be leaders in showing the world that we are serious. Currently, the world looks at us and shakes its head.

The same goes for the Iran deal. Five long years were spent negotiating a deal with Iran. All the major countries were involved. A deal was created and everyone signed on the dotted line. Our President comes and says he will no longer abide by it.

How's that for being trustworthy? The world can no longer believe in our words. Look ethics and morals are a complete package. You must use them in all affairs.

of life. When you think you don't need them your mind and ego will not be in check. In essence. The political system will be in chaos.

Our country can't be stable without ethics and morals. It is the building block for America and the world.

Personally, I think we need to vote for any person in office who holds these values to heart. If a person has a negative campaign or uses negative advertisements don't vote for him. If a person gets money from a lobbyist don't vote for him.

Vote for the person who truly represents the common person. The time for the super-rich and elite must change. We need laws that are kind to the common person.

Our whole system needs to be rebooted. Fortunately, people are stepping up to the plate. Many common people see this and are motivated.

Kindness must be expressed between both parties to survive. Need I say more? A great wall has divided them. They can't stand one another. Do you see where the lack of kindness affects all areas of life?

The current system is acting like kindergartners. At least kindergartners are kind to one another. Currently, we are emotionally dysfunctional. If I'm wrong please show me. Hatred and anger are not the norms. Yes, we currently totally embrace them but they are not our true nature.

We need to discover our true nature before we can truly transform our political systems. War is not the answer. Anger and hatred are not the answer. Kindness is the answer.

Can you imagine if the entire world started to act this way? Can you imagine if the entire world would tap into the ocean of kindness on a day-to-day bases? All change must occur inside. From that state, it will manifest outside into this world. The entire world needs to learn and utilize this.

This will not change your religion. This will make you tolerant of all religions. Yesterday my wife and I went to a coffee shop. Weh we order the coffees they had a question of the day.

How many religions are there around the world? The answer is over 4,600. Wow, that's a lot. Well, how would the world be if they were all tolerant of one another?

How about we could see the differences and yet at the same time the unity of all? There is a thread of love tying us all together.

Imagine if countries and politicians would see this and embrace it all. You see bigotry and racism and fear of your opponent's religious beliefs is a mindset. You are seeing through tainted classes. You think you are justified. Yet your thinking is extremely narrow-minded. You think your views are correct.

If you think that one religion is better than another you are thinking in an extremely narrow way. Currently, our administration has this point of view. When calling all people of certain religions terrorists it just divides us all.

Personally, maybe there should be a law if a President does this time and time again we could impeach him. He must not divide this country.

I have a friend named Todd. About two years ago we had a discussion where he said the President doesn't have any power. Well, two years later he said he was totally wrong.

Personally, I believe any major decision should be made between the President and Congress. The President can't at his whim back out of the Paris accords. If you want to create a trade war it must be approved by Congress. This is the check of balances. Our current president does what he wants and doesn't want any practical advice from the experts.

Mothers

At times I think newborn Mothers should be the dominant force in ruling us.

Imagine a newborn mother will never want her infant to go to war.

She would say war is obsolete.

Let's find a better way to solve this problem.

A mother has the best interest to educate the children.

She doesn't want anyone to go hungry.

Both sides of the party wouldn't fight one another.

Mothers know how to compromise.

They have the best interest in mind.

They would have term limits so nobody would get too greedy in power.

We have seen what happens today without term limits.

A mother would have patience, tolerance, compassion, and love.

These are the qualities that are needed by the rulers today.

We do not need rulers who have no respect for one another.

We don't need rulers who mock those who disagree with you.

We don't need rulers who say I could shoot someone on the street and they would still vote for me.

We need to change.

I like my solution.

Politics Hold Your Emotions

When it comes to politics hold your emotions.

Don't spew anger.

Be tolerant towards the other side.

Be calm.

Be united.

Look at both sides of the issue.

Don't sink to the level of your opponent.

That may be difficult.

You can do it.

Merge your ethics and actions together.

Don't speak whatever comes to your mind.

Stop look and listen.

There is an art to holding back your anger.

Unfortunately, we are throwing stones at each other.

In order to change America, we must be united.

We must become one regardless of our points of view.

Got To Tell You

I got to tell you that you are a miracle.

You are alive.

We take it for granted.

Yet at the time of death, one sees how precious our breath is.

Nobody can escape it.

I know it may seem like I'm a broken record.

All the great masters are talking about the same thing.

They have conveyed the message in different manners throughout the world.

Life is precious.

Know why you are alive.

I keep on saying the spiritual path is the most practical path.

Why do I say keep on saying this?

Imagine most of our lives we are skimming the surface on the ocean of life.

The wise man dives deep into the ocean of life and becomes won with it.

I love the following saying from dear old Albert Einstein.

I think 99 times and find nothing.

I stop thinking, swim in silence, and the truth comes to me.

This is a very wise man who said this.

He understood the law of silence.

You can't think your way to God.

Yet by learning how to be silent you can find God.

In the silence lies the vast mysteries of life.

I have seen many times before the following.

You are the universe.

You just don't know it.

You can never think this over and find the answer to this riddle.

The only way to understand this riddle is to swim in silence just like good old
Albert said.

I find Albert to be a genius on two levels.

He was a genius in the sciences and he understood the law of silence.

Combine both of these and you have a true human being.

Hu-Man = Divine Mind

Man = Mind

Big difference.

Albert lived in the center of the hurricane.

He lived in stillness.

Man has yet to learn truly live in silence.

Yes, millions of people are already on this path.

But this knowledge still hasn't been accepted into mass consciousness.

When it does the world will start to change beautifully.

Kindness will take over.

Patience and tolerance will take over.

Love for one another will take over.

When a man truly understands that war is obsolete a huge shift will take place.

War is past dead energy.

We will look at war BC and peace AD.

We will stop and ask ourselves how did we ever fight in the first place.

But first, we need to learn how to swim and dive in the ocean of life.

There are millions of people on this planet saying the same thing.

This is not my message.

This message is brought forth from millions of people.

This message comes from the yearnings of mankind.

We know that we are missing something.

We can't quite figure it out.

It's at our fingertips yet we can't quite touch it.

That makes us frustrated.

Why can't I find the answer?

Remember what dear old Albert said.

I think 99 times and find nothing.

I stop thinking, swim in silence, and the truth comes to me.

You can solve this puzzle.

The answer lies within.

Heart Of Gold

Did you know that you have a heart of gold?

That is your true essence.

Your true nature is kindness.

Your true nature is patience.

Your true nature is tolerance.

Your true nature is love and compassion.

This is who you truly are.

You may think I'm macho.

Yet deep down inside you have a heart of gold.

This is the true nature of a human being.

God exists inside of us.

You are a part of God.

All the great masters have said that.

The jewel of life lies within.

Unfortunately, we have lost touch with our true nature.

The dust has gathered on the mirror of life.

When we look into the mirror we can't see our true nature.

How would this journey of life be if we could see who we truly are?

This world would be heaven on earth.

I know I'm a broken record.

Saying the same message over and over.

Yet all the great masters have come and said the same thing.

I'm not a master yet I am a student of life.
I do have some insight over the years.
I'm not here to brag.
There is nothing to brag about.
I'm simply trying to convey your true nature.
I'm not trying to convert you.
There is nothing to convert to.
Every one of us has God existing inside.
It doesn't matter who you are.
It doesn't matter your religion or views about God.
It doesn't matter if you are an atheist.
God exists in your friends and enemies.
Simply God exists in the entire universe.
As I said before you are the universe.
You just don't know it.
You have been down this journey of life before.
You know that life has many bumps and pot holes.
That's the nature of life.
Nobody gets a free ride.
Yet the journey and self-discovery within cushions the bumps in the road.
It's like God is in the passenger seat when you drive.
You may not see him but that doesn't mean he is not there.
You can't see love but you can feel it.
God will not drive the car for you.

It's your own journey.

You have free will.

You truly can do anything you want.

Yes, there may be consequences.

Yet they don't come from God.

God does not judge you.

Man judges.

Millions of people all around the world are discovering their true nature.

This is probably the greatest time to be alive.

There is an evolution revolution of love occurring in this world.

Young people today are questioning war.

Why are we fighting?

War is obsolete.

A new way of thinking and being is occurring on this planet.

The media doesn't see it.

Yet occasionally we see glimpses of it.

At times a Facebook post will give us glimpses of our future.

It is quite grand.

Imagine the world learning how to be peaceful.

Imagine the world learning how to live in stillness.

Imagine the world as our friends.

As friends, you may disagree on things but you will never go to war.

You will just work things out.

This will take a while to occur.

Mark my words peace will be on this earth.

Remember you have a heart of gold.

If Death Approaches You

If death approaches you what do you do?

Now good old Bugs Bunny might say don't take life so seriously.

You will never get out of it alive.

It's not a question of if but when.

We roll the dice in our life.

I remember being young and riding a razor's edge when surfing a huge wave.

If you feel you were in for your worst nightmare.

Imagine being held underwater for what seems to be an eternity.

At times you may be held down for two waves.

At that time you really are aware of how precious your breath is.

You mustn't panic.

You must let go and totally relax.

I think that surfing and meditation teach one about death.

All surfers at one time or another get into a circumstance bordering between life
and death.

It could go either way.

Yet the surfer keeps on surfing.

Not all.

In the sixties, a famous surfer named Greg Noll took off on a wave that nobody
should ever take off on.

It was the wave of the century.

He didn't make the wave but he made the drop.

He got obliterated.

Greg made it to shore and gave up surfing.
I probably would have too.
He escaped the lion's den.
Surfing brings one to the borderline of life and death.
If you're not a surfer it's hard to describe.
Your awareness changes over time.
Meditation is just like surfing.
Only you catch the wave inside.
Meditation brings one to the same state of being borderline between life and death.
Life and death are only one breath away.
Life and death are intertwined.
Ask a surfer and a mediator.
They will tell you there almost the same.
In reality, we never die.
The body does.
Yet our soul is eternal and timeless.
You are the universe.
Death unites you back to your true state.
This is your true nature.
A surfer rides the wave and feels the harmony of the universe.
He can't truly express it.
Yet he goes on surfing forever.
I have been meditating for many moons.
Surfing and meditating are both ways to truly capture the wave of life.

Your respect for life is enhanced.

When you are brought to a life and death situation your perspective changes.

Somehow you can see how precious life is.

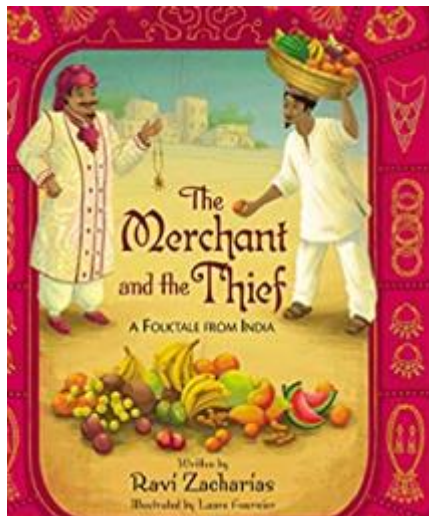
Maybe that's what it is all about.

The gratitude of being alive fuses into your being.

Wow, I'm alive.

The Jeweler And The Thief

This came from my book Dragon Tales. This is a story told throughout India. It is a tale of finding the jewel within. The new human will discover this jewel again.



Well, let's continue with this incredible story. The dragons when they first saw the youngsters entering the cave many moons ago weren't interested in the slightest in training man.

You see man was one of their major troubles. There was even a dragon slayer profession in the British Isles. Yet at the same time, they could see the potential in these youngsters they were more evolved than them when they were young.

Back then the dragons didn't even have a glimmer of light. So they had an internal discussion amongst themselves. "Do you think we can train them"? Do you think they can change?

You see even in China and Tibet war ruled the land. Anger was the norm. Mind you these youngsters had a combination of light and darkness. They could see both sides of the coin. So the dragons decided to train them.

Now their training wasn't like today. Today children in schools are bored. They are taught to use just memory. They are taught to remember facts. They are not taught to use your mind and think.

The dragons are experts in this field. They are the master's wizards of Hogworth today. They are thousands of years ahead in development.

Hogwarts teachers would be in nursery school. The dragons would have an advanced Ph.D. study in the universe. They were off the charts.

The dragons had a unique style of teaching. You could say it was revolutionary today. They taught by using games, play, and fireside chats.

The very first game they taught was hide and seek. This was a very practical game. They had a series of talks about the universe. They were taught that the universe existed inside of them. Well, to be frank, that was completely over their heads. They couldn't even understand one word.

So the dragons played a game of hiding and seek. The dragons would hide. The youngsters closed their eyes and counted to 10. 1 2 3 4 5 6 7 8 9 10. Ready or not here we come. They would open their eyes and all the dragons were gone. The dragons had rules they couldn't leave the cave.

All of the kids were completely shocked when they open their eyes. All the dragons disappeared. They all gasped in surprise. As you know dragons are quite large. They weigh thousands of pounds. This game went on for around six months or so.

Finally, at one fireside chat, the dragons told this practical story.

Imagine two young men walking down the road. They were headed to a town five days from their current destination. One of the men was a jeweler. The other man was a thief. The thief knew this man had a very precious jewel that he was carrying.

As I said both of them were going to the same town. They decided to travel together. They had a long journey ahead of them. Hours passed. They were quite tired and exhausted. Fortunately, there was a simple inn ahead of them.

They both decided to spend the night there and share a room. Both of them decided to have dinner together. The jeweler went first and a few minutes later the thief joined him while the jeweler was holding a table for them the thief was looking all over for the precious jewel.

He was quite dumbfounded. He was the greatest thief in the land. They had dinner and went to bed immediately. They weren't in the mood to drink the ale and party into the night.

Well, guess what? This went on for several days. Finally, they reach their destination.

By then the thief was confused. He thought this was going to be an easy steal. He said to the jeweler I'm a thief. As a matter of fact, I'm a king of thieves.

I knew you were carrying a precious jewel. Every night I knew you hide the jewel inside of the room. Every night I would search all over for it. I got quite frustrated when I couldn't find it. Where did you put it? I'm dying for an answer.

The jeweler said I knew you were a thief. I knew you wanted to steal the jewel. Each night I would hide it in a place you would never look. The thief said and where is that? The jeweler said under your own pillow. I thief knew he was outwitted and outsmarted.

Well, the kids loved this story. They were well acquainted with thieves and jewelers. They went through their town quite frequently.

The dragons said let's play a game of hide and seek again. This time focus on your breath.

Close your eyes. To their amazement, the dragons appeared inside of them. They couldn't believe it. How could all the dragons appear to the kids? This was the starting point of their incredible adventures.

Now when they played hide and seek they knew where to look. A single but necessary step took place. They knew this was both an inward and outward journey. The youngsters were thrilled.

Each time they play the game the youngsters knew where to look. They love to play this game. All the first-time students had to go through the same baby steps the others went through. You see this path is two steps forward and one step backward. You learn from your progress and your mistakes. Never give up.

The Frog in The Well



You are the universe. You just don't know it. This is the central theme of the Dragons. They reached a growth of awareness where they become the sun, moon, and stars and were walking around in dragon bodies.

They realized they were eternal. They were beyond time and space.

The dragons also knew that humans had the same capability. They were curious about that. The dragons knew that man came from the stars. They were stardust. Yet the village around them and Tibet and China at that time had no idea of who they truly are.

The dragons were once in the same state of awareness as the humans. They were angry, hateful, warring, and full of greed. Yet over time, they realized their potential.

They needed a story that would reflect how large they felt yet how small in reality they live in. So here goes the story.

Once upon a time, a frog lived in a well. This frog thought he was a know it all. This frog thought the water in my well is the largest in the world. This was, in fact, quite a large well.

The villagers used it for the community. Anyway, this frog bragged a lot and told all the people who were strangers to the well how vast the water is in the well.

One day a stranger came who lived near the ocean. The frog came up to the stranger and said: "the water in my well is far grander than any water in the well".

The stranger said "Well according to my experience the water in your well is probably one of the smallest I have ever seen.

Well, a fight ensued with the war of words. It was going out of control. Both sides were putting wood on the fire.

Finally, they both calmed down. All the villagers came and wondered what was going on. It was quite the scene.

Well, the villagers and frog said to the man “Can you prove it”. “Can you show us a place where water is larger than our well”?

So to make a long story short a small group of villagers and the frog traveled to the ocean. They couldn’t believe what they saw. An endless body of water is everywhere.

They were dumbfounded. Never in their world did they see such a precious sight. The stranger laughed and said, “now this is a large body of water”. The villagers and frog couldn't agree more. Their well wasn’t even a drop of water compared to the ocean.

The dragons told this story to the youngsters. They reminded the kids of playing hide and seek and peek-a-boo. T

he dragons would appear to them inside. Well, the dragons said that is the frog in the well. That is the starting point in your incredible journey of life.

Inside of you lies the infinite ocean of love. You have the potential to tap into this. In fact, you are this ocean.

This is your true nature. You should see how wide were the eyes opened from the children. They were completely mesmerized by the story. These weren’t just some mumbo-jumbo words The dragons were talking about their own experience.

They were telling the kids that they could ultimately have the same experience. It’s a moment-by-moment conscious journey. Baby steps are taken along the way.

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 the monkey mind. The monkey goes from one branch to another. It can’t be controlled. Well, when they first started to learn how to mediate 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 wasn't 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.

Close Your Eyes



Close your eyes. Breathe. Watch your breath go up and down. Behind your breath lies your true nature. A person who has been practicing for a while will automatically enter a force field of love and kindness.

This field is pure light and intelligence. You are this light.

This light gets brighter and brighter. Kyrsnainsa reveals to Arjuna a light more brilliant than a billion suns. This is your true nature. In the beginning, you may see a small glimpse of light.

Whatever you experience just enjoy it. Remember the goal is not the experience. The goal is to transform your life. The goal is to be in a conscious state of kindness twenty-four hours a day.

Did you know that this light contains sound frequencies? You can listen. Your mind will slow down when you do. The universe is softly singing you a song.

As you breathe, you will experience a feeling of love, compassion, and kindness. There is an inner rainbow where you can feel all the qualities of God. Let these feelings get absorbed into your mind and body. You are learning to fuse the divine into your life.

There is a nectar-like substance that is made out of pure love. Personally, I have only had the precious opportunity to drink this only a few times. It is said that just one drop will get a man intoxicated. This is medicine to the soul.

Kabir a famous poet once said. There is a palace in the sky. A blind man sees a light more brilliant than the noonday sun. A deaf man listens to the unstruck

music. A lame man climbs the ladder and drinks the waters of immortality, The poem goes on and on. The clincher is only a wise man understands what I'm talking about.

This experience exists inside of you. All you have to do is to be aware of your breath. It's easy yet it's probably the hardest thing in the universe to master. You see mastering your mind is mastering yourself.

So many of my friends learned how to meditate. Some of them quite frankly gave up. One friend said I can't control my mind. I never knew how powerful my mind was until I started to meditate. Precisely. Before you started to learn how to meditate the mind was totally in charge. You just didn't know it.

The mind will fight you. Yet just don't pay attention. Our mind is your friend. It doesn't know at this point your true nature. The more you progress the mind will settle down. Personally, I think the mind will always be a little restless. It's like a grain inside of a clam. Over time a diamond will manifest.

Personally just enjoy this journey. Don't try to get ahead of yourself. You can't break down this door. Spiritual life is comprised of the inside and outside worlds. The goal is to unite them. Feet on the ground and head in heaven. This should be your mantra.

Did you know that over time you can even meditate when you sleep or take a nap? I love taking a short naps. Imagine resting in a force field of love and kindness. Light and sound are all around. Now, this is true rest. The mind, body, and soul are at ease.

In the beginning, you meditate on God. At some point, God begins to meditate on you. Now that is when the journey truly starts.

Yet you must be aware and conscious of your everyday actions. You see you might be in a state of kindness yet you may act in a negative state. How could that be? Well you see there is free will. You must consciously act with love and kindness. You see you are the driver driving the car.

Only you can act with kindness. So you can be in the force field of love and still have angry actions coming from you. Once you understand this you then can be aware of your actions. Your actions will be aligned with kindness.

You see this is an ever-growing journey. It's quite exciting. This is true alchemy. People want to learn how to transform metal into gold. How about transforming yourself into a true vessel for God? You have the potential to discover your true nature.

The car is gathering dust in your garage. Meditation is the means to dust off the car. You then open up the garage door. Back out the car and then drive on the freeway of life.

You will then begin to understand slowly the mysteries of life. You will begin slowly to understand your true nature.

All of this begins when you start to be aware of and focus on your breath. It's as simple and easy as that. Yes on your journey you might learn many more meditation techniques.

There are thousands. Yet this is the simplest. You can do this anywhere. When you are at your workplace you can be conscious of your breath and nobody will know except for you.

You see the goal is to break down your ego. Pride and conceit are not our true nature. They will never lead us home. When you feel superior over someone else you are falling into a trap. This experience is meant to unite not divide.

The goal is to see God in everyone. The goal is to see you are in everyone. With this kindness will prevail in your life. This is your true nature.

Close your eyes. Enjoy the sweetness of breath. Many say you have only a certain amount of breaths given to you when you are born. When you take the last one of those breaths like it or not you die.

I'm not sure if this is true or not. Yet I do know that each breath is keeping us alive. God is keeping us alive through our breath. This is truly the breath of life.

We live our lives and most of the time we are never truly conscious of it. All of us at some point in time may experience it. Yet it is fleeting. It will come and go.

We are a mixture of light and darkness. We can learn how to transform darkness into light. The word Guru means to lead one from darkness into light. This is built-in. You are the Guru. You can be a Rugu.

This is going from light into darkness. The world at large is pretty good at that. Look at all the wars that have been fighting in the past two thousand years.

We are responsible for our transformation. Nobody can do it for you. Nobody can walk the same steps for you. This is your journey.

Ponder these words over. Close your eyes and breath. This is your own personal journey.

The New Human In Sports



This week on the CBS evening news I saw this touching news event. Two high school baseball teams were fighting to see which team would go to the state finals. On opposing, teams were two players who were

best friends since they were young.

It was the bottom of the ninth and there were two outs. If the pitcher didn't allow the hitter to go on base the game would be over. The next batter goes to the plate and it's his best friend. In the end, he strikes him out. The game is over and the fans go wild.

Well, the pitcher runs to home plate and hugs his friend. His friend got struck out and was probably hurting a lot. The hug made all the difference in the world for him. That's kindness in action. That act of kindness caught the attention of the world. That's called true competition. Win or lose we play our best.

Sports are a way to increase our level of how to treat our fellow man. You don't downgrade your opponent.

In the last ten years, you see a person scoring a touchdown and taunting the opponents with the ball. There is no kindness or compassion. Just pure ego. No state of awareness.

I may be wrong but Lou Gehrig played baseball with dignity and honor. He brought respect to the game. He was a great role model on and off the field. You see how you play the game is how you play the game in life. If you cheat and steal in life you will cheat and steal on the playing field.

I remember as a kid I love to play basketball. It didn't matter if we won or lost. I just loved playing the game. It was fun. It made me happy. I didn't play the game if we lost I would be in a state of anger. We didn't cheat. We just played the game with dignity. We were innocent and just played to pass the time.

Today some sporting events are like war. For example, some soccer events cause riots to occur in the stands. If we sit in the wrong section your life may be in danger. People are offended if you root for the opposing team. Quite frankly what a joke. This has been doing on for thousands of years. We bring that energy to our sporting event.

Temporarily we are at war with the other side. This is the mentality we have. Anger for the other side. Yes, this is a game. A championship may be on the line here. Yet you can play with a different set of emotional rules.

You can respect and honor each team. If you win you won't taunt the other side. For the team that lost you won't be sore losers. You see you can practice being a better human on the playing field.

My dear friend Tim Galloway has been on the cutting edge for around 40 years. He wrote the inner game of tennis over forty years ago. Many famous coaches who have won world titles give tribute to Tim.

You see a lot of playing the game is to overcome the hindrances of the mind. The inner game is played and what you think gets brought into action. Have you ever witnessed a tennis game where the player is completely winning against his opponent?

Yet somewhere along the way the competitor makes a comeback and wins the game. It is often said that the inner game will dictate who wins the game. If you get super cocky and are beating your opponent what happens when your opponent starts to fight and win back.

Your mental state will change. There is a certain point where you are no longer cocky and you are holding on to dear life.

You see the mind, emotions, and body are integrated into playing the game. These also are represented by playing the game of life.

In my eyes, kindness will lead to better and more compassionate athletics. You will also be kind to your body. A kind person won't take steroids or sport-enhancement drugs.

Did you know that major sporting titles can be won by the team that gets the best sleep the night before? Recently a major study was done on this topic. Many people think that sleep is overrated.

Well if you get a good night's sleep the next day you will be aware and not drowsy. Just think that if your engine is just off a little you won't be at that level to win.

Just a little off can cause errors. A good night's sleep is giving kindness to your mind and body. If you party the night before the next day you will experience a hangover. Your mind is foggy and you

your body is tired. Not a good way to win a world championship.

Once again kindness is needed at all levels. Yet many people don't see this. They think that being kind is weak. Nothing can be farther from the truth. Kindness is the foundation of life. Through kindness, you will learn how to train properly.

You will know when to exert effort and when to rest. You won't burn out. The East Germans and Russians learned this during the late eighties and early nineties. They completely dominated swimming.

Yes some of them probably used drugs. But they trained completely differently from the Americans. At that time the Americans theory were you trained as hard as you can. The more physical effort you made the better you got. People got burned out. The body at a certain point in time would rebel. The mind would get agitated. Once the mind gets agitated your body will break down and injuries will occur.

The East Germans and Russians trained in an entirely different fashion. They trained for stroke efficiency. They compared the difference between a tugboat and a yacht. It takes a tremendous amount of energy to move a tugboat. Yet a yacht is streamlined and moves through the water more efficiently.

They slowly learned in time how to be more efficient in swimming through water. Alexander Popov won the 50 meters and 100 meters events that year. He won by taking fewer strokes than his competitor.

I learned this technique and my stokes overtime went from 28 to 18 over a year. You see by swimming for stroke efficiency you are training your mind and body to be more efficient.

Kindness is the intelligence that will help improve whatever endeavor you do. It will change how you work out and perform.

The New Human In Entertainment



You will probably laugh and think I'm full of it when I say this. I think many of our movies today are from the dark ages. For example, watching a horror movie.

I know many people today love watching horror movies. They loved the adrenaline. the rush of being scared to death.

Yet why do we like this? This is already so much horror in the world today. For thousands of years, man has been in horror and violence. Why does our movie industry continue to deliver one horror movie after another?

Did you know that the mind doesn't know the difference between watching a horror movie and experiencing horror in your life? You are hardwiring your circuits for violence. This may slowly transform you into someone who loves violence in some shape or form.

You see watching a violent movie may make you a violent person. I'm not saying you will. Yet the possibility is greater than someone who loves to watch kind movies.

If we as a world want to change and be a better place we must look at all avenues in life. We must see that kindness is our true nature.

We are on the journey from going from darkness to light. Each one of us has a tremendous story to tell. Each story is different and unique. The movie industry could have eons worth of storytelling. Currently, there are over six billion human beings on this planet. That's a lot of storylines.

What can't the movie industry make films that promote the transformation of man? So many of our movies are promoting darkness. They aren't transforming us. They are hindering our growth.

Yes, there are so many movies out there that are incredible. They are helping mankind to transform. We need more of this. We need the movie industry to morph into something greater. As we learn how to be kind we can take this industry to levels that we never could ever imagine.

You see kindness is the foundation of the universe. Kindness is true creativity.

A truly creative person taps into the creative force. That's why we love music, the arts, and poetry. We love seeing the master Chiefs creating alchemy with only a few ingredients.

People love to watch movies when they have free time. How would it be if these movies helped a man in our transformation? Think about the infinite amount of incredible plots. The golden age of man is coming. Yes, it will take time.

You could still see movies about war. Yet this could be to show what the lessons learned. How can we prevent this from happening in the future? What events lead us to go to war?

I bet you that neither side compromised and was stuck in their ways. I bet that kindness and compassion never entered their minds. You see a kind person will have kind actions.

Our current political environment is anything but kind. In fact, it is mean and polarized. It's us vs them. We hate the other side. This is our current situation. Need I say more?

Personally, I think common sense is uncommon. We think we are creating a better world when we flame our opponent. We are only putting gasoline on the fire. We are not putting out the fire. We are just adding to it. It doesn't matter if you are right or wrong.

There is a way to speak your mind with kindness. You can learn not to degrade the other person and make them defensive. Words don't have to be swords. You don't have to fight your opponent with words of daggers. You don't have to trash your opponent.

Imagine you have the same capability to speak as Christ and Buddha. This is your true state. Yet we don't know it. Our goal is to transform. Our goal is for our actions to be aligned with kindness. In this state, you are aligned with the universe.

Presently in most conflicts, there is great antagonism. Nobody is truly listening. They are throwing daggers at one another.

Did you know that a truly kind person can see the unity of all life? He/She will see that there is no difference between the two factions. They are united. This will change the course of events. The shields can be dropped and true healing and communication can happen.

This is desperately needed today in all areas of life. We need to drop our shields of anger and war. This will never truly solve our problems. Personally, I think

humanity would change in so many different ways. Our world would be totally transformed.

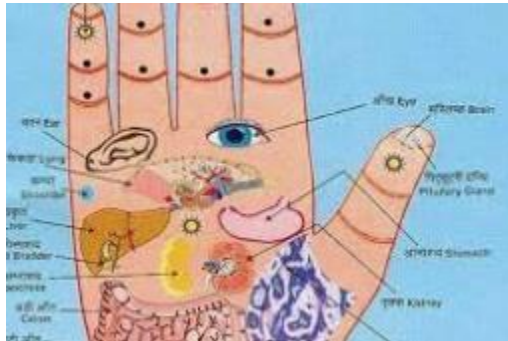
In science, we would leapfrog in ways that we never could imagine. Can you imagine a world where we all are conscious that we are one? This world would totally change. This means evolution. Look we have two different journeys we can go on. One blows ourselves up. Two realize our true nature and transfer it into our true nature.

We are not going to blow ourselves up. Many people are dying for this to happen so a savior can come. Maybe, just maybe the savior lies inside of you. You are the one who saves by walking along this journey in life. When you begin to align yourself with the universe you are saving yourself.

It doesn't matter if you believe in God or not. Your actions will be aligned with God. You will not quote some scripture to reinforce why we separate children from their parents in our immigration battle today.

Christ would never go for this. We as a world can change for the better. Ponder over these words.

The New Human In Health



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 desire less, 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 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 throughout the night. To be frank they 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 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 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 are organic and have no side effects. They are extremely beneficial in helping the body balance. Your western medicine has extreme side effects 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 about the power of energy This is where acupuncture comes in. In the future, there will mymarid 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 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.



PDF



The New Human In Society



Can you imagine a time when there would be no unwanted children in this world? Can you imagine a world where rape no longer existed? Can you imagine a world where there was no war or crime?

How could we achieve that? Through kindness. You see if the world was kind these problems would simply vanish through time. I'm not saying there would never be conflicts. Yes, there will but they will be solved through peaceful solutions, not through acts of war.

You see kindness is the intelligence of life. Can you imagine how the world would change if every child on earth was treated with kindness? There would be no more bullies on this planet. This world would transform.

We would build our society around the richness of education. Education would be free. It is a birthright. Teachers would be paid extremely well. Currently in the US teachers are one of the least paid professions. This has got to change.

Through kindness, our politicians will realize this and small changes will occur in our education system.

Kindness is a vessel where change can come for the benefit of all. The poor districts and the rich districts will have the highest education systems for all. This means these terrible schools that are in poor neighborhoods will over time transform into new and innovative ways of teaching. The students would love to come to school and learn.

Crime would be virtually non-existent. School shootings would be a thing of the past. Why would you have a gun if war and crime did not exist?

Imagine a world like this. As John Lennon once said “you may see I’m a dreamer but I’m not the only one.

Yes, this dream may take generations. If we don’t talk about it and offer suggestions on how to solve the problems we will never get anywhere. Kindness is the solution.

Today in America school shootings are an epidemic. I can’t imagine going to school and having to worry that someone may come in with an automatic rifle and start killing people.

Many of the schools today have metal detectors. How can you learn in this environment? No wonder our schools are failing. Some of these schools are outright dangerous. How can a student thrive in this situation? There are thousands of great teachers out there but unfortunately, they are sailing a boat without a rudder.

When the US spends more on defense than the top 12 countries spend something is wrong. Look at the past. When any great country spent more money on defense than anything else this was the start of the downfall of the country. History shows us time and time again.

It’s like playing the same track over and over again. Without kindness, we will be doing the same thing over and over again.

Kindness is the glue that holds the entire universe together. As a world, we are doomed if we carry the old baggage of anger and war.

So many cities in the US are like war zones. Murders occur every single day. Children are afraid of walking down the streets. Children get shot walking to and from school. Children get shot by random shooters. The bullets were intended for someone else but unfortunately, they were hit.

Where does this all end? Is this normal? We almost take it for granted. If you don't live in these cities we brush it off. Yet we all must change. Every person must change.

We need our political system to change. We need every system in America to change. If we don't we will continue to decay.

Strangely, kindness is all around. It is everywhere. Inside our DNA lies kindness. Everything you see lies in the field of kindness. Behind your breath and thoughts lie kindness.

Yet we are not trained to tap into this field consciously. We all experience kindness at some point or another. Yet we don't know how to consciously drink from the cup of kindness moment by moment in life.

What would happen if the entire world at large could do this? Going back to our education system we could totally transform America if our students were well educated. If every single student had the education to learn and go to college our society would change for the better.

We can't have our education continue in this manner. Currently, we have an administration that gives lip service. Without kindness, we can never change truly.

We can make laws. We can try to enforce the law. But without kindness, we as a nation are at a standstill.

Look at the US today. We are divided. Us versus them. Gasoline is constantly put on fire. We have a President who loves that. Look I'm not republican or democrat. Both sides are divided. Both sides are wearing tinted glasses. Both sides are angry and fighting with each other.

In this situation, we as a nation are lost. We have forgotten our souls. I remember in the sixties hearing stories about the debates between the two parties. They were heated debates. Yet at the end of the day, they would go to a bar and give a toast to each other. They could let bygones be bygones.

Currently, both sides of the party hate each other and can't compromise. I'm not saying all members of Congress do this. But let's face it this is what we see.

We are living in a world where we can see a way out of the mess we created. We don't see that we all created this mess. Only by pulling our internal weeds can we clean up the mess that we created.

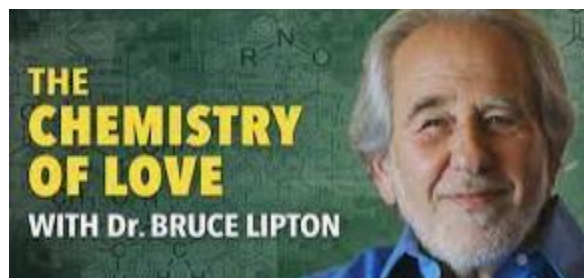
Our inside awareness dictates the world around us. If we are angry inside and we see a Facebook post that we don't like we will flame the post. We just pass on the anger. We are putting gasoline on the fire.

We need to learn how to defuse the situation with kindness. This is probably the hardest thing to do. Yet it is the only way for our world to continue.

It's so easy to be angry. Anyone can do it. But to be kind when someone is shouting in anger at you is very difficult.

Ponder over these words

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 driven by 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.

Custom Designed By God 2



Let's continue with 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 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 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.



Just got up. It's 2:22 in the morning. I'm pondering the meaning "from me to we". It seems like the man has been living in a dream for so long. At times it's has been a nightmare. At times it's been a beautiful dream. Man has been repeating the same actions for thousands of years. They constantly repeat themselves.

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

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

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

Currently, we have a President who loves to divide the country. He gets a big kick out of this. He tweets whatever comes to his mind. He has no ethics whatsoever. You see when you aren't aware of your true nature you act in ways that aren't in harmony with the universe.

For example, why don't we elect leaders that are kind, loving, and compassionate? Some are. Yet our political system is in shambles. We are divided. Our political system is at a standstill. Nothing can get done. Blame is put on both sides of the parties.

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

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

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

Man Thinks That His Conscious Only Exists In His Brain

Man thinks that his consciousness only exists in his brain.

He has created himself distant from life itself.

According to Einstein $E=MC^2$.

Show me then where consciousness does not exist.

Inside of a flower or a car.

The whole universe is alive.

A man just thinks he is alone.

You Are Star Dust



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

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

This story begins a long long time ago. In fact millions of years ago. Imagine there was a planet much like earth. They went through the same craziness that man has gone through. War was rampant throughout the land.

Quite frankly people were good but the leaders were not so good. They were only interested in power and greed.

Yet your true nature is kindness. Life is like a grand hide and seeks game. For a civilization to truly mature, it must discover the diamond inside. Only by discovering kindness inside will you truly be kind in your life.

You can be highly advanced in technology but if you don't get along with others you are missing the point in life.

Did you know that it takes around a million years for an entire civilization to go from darkness to light? That's a long time.

Yet in the end, heaven truly comes to earth.

Can you imagine a world where everyone gets along with each other? Imagine being in school and there are no bullies? Nobody will ever pick on you or call you names. This was gone from the culture a long time ago.

You see the kids and adults could see the web of life tieing us all together. This web is true love.

They had an interesting way to teach one another. They didn't have desks all lined up in rows. The teacher was teaching ahead of the classroom. They taught in nature under a huge tree. There was a huge circle will the kids would sit around.

They would teach and slowly walk around the circle. Every day the kids would move to a different part of the circle so they would sit beside someone different. This helped prevent cliques.

The children loved to learn. They were highly advanced. Can you imagine that every kid knew he was the universe and knew it from experience? She was the sun, moon, and stars walking around in a human body.

How would you like to create rainbows in the sky using your hands? Not only that but each rainbow played an incredible melody. Groups of children would have an orchestra in the sky.

We have never heard such sweet melodies. It's like the universe itself was playing music. In fact it was the kids who were in tune with the universe. Beethoven would have loved it. Each one of the kids was incredible conductor.

Imagine a world where there was no crime. There was no poverty. No lack of food. No illness. You see once a civilization understands and experiences the laws of the universe all these problems can be solved. Yes, it takes around a million years.

Unfortunately, some worlds don't make it. They tend to blow themselves up. You see we have free will. You can change for the better or you can destroy yourself.

Quite frankly those are the two options. There is a point where each person decides.

Can you imagine at a certain point your world starts to change dramatically? Slowly I mean slowly you begin to look transparent much like Casper the friendly ghost.

You start to be more multi-dimensional. You are no longer physical. You have become pure energy in nature. Now the fun comes. Imagine going anywhere in the universe in less than a second.

How's that for a cosmic ride? Talk about a roller coaster ride. You and your friends can go anywhere in less than a second.

Imagine the entire knowledge of the universe is inside. What does that mean? It means as a kid you are extremely wise. You are not limited. You don't have to learn your ABCs. You have a Ph.D. from the universe. You are wise beyond belief.

This is your true nature. You are wise and kind. You have learned that without kindness you never get to be wise.

Nature only gives her secrets when you are kind. Nature is not a bully or mock one another.

Here's the kicker. You still are an individual yet at the same time you are one with the universe. Now that's a paradox.

Imagine a cosmic soup. It has many different ingredients. Yet you can't take out a certain ingredient.

We are talking about quantum energy. Boy Einstein would have loved this. Imagine in his mind he created these theories. How would it be if he could imagine them in his mind and at the same time practically become the experiment?

Imagine $E = mc^2$. He could go from mass to pure energy and back to mass again. Now that would be exciting. Inside of you lies the laboratory of life. Imagine all sorts of incredible inventions would be developed.

When a civilization lines itself with the universe all sorts of incredible inventions will happen. You see nature will trust you.

In our present-day world, we let the genie out of the bottle. We create nuclear bombs. Now we have a threat that we can destroy the entire world. We don't know how to put the genie inside of the bottle.

The only way out of this craziness is to find the jewel inside. It's been there the entire time.

Remember you are a piece of the puzzle.

Brotherhood Sisterhood of Light



Now, this is where the story gets exciting. Imagine the universe has a universal order where beings help one another to go through the transition from darkness to light. They can't walk for you but they can be incredible coaches along the way.

This group has existed for eternity. We think our civilization is old around 50,000 years but they have been around for trillions of years. We can't even conceive how long they have been around.

Yet this group helps worlds that are in need. They help those who have the desire to have a peaceful world in the end.

Isn't it amazing that ancient cultures all around the world said that they came from the stars? Many of them said they came from the star cluster of the Pleiades. In fact, the famous car manufacturer Subaru means 7 sisters which is the name of the Pleiades. Their logo has stars that represent the Pleiades.

The Mayans also believed that their origins came from the Pleiades. The Mayans had a complete system of unique calendars which last up to 32,000 years ago. Even back then they knew the earth wasn't flat it was round. It wasn't until the 1400's that western man believed the world was not flat.

The Lemurians were an ancient culture that was around for over 50,000 years. The ancient Hawaiians believed that the Pleiades came and taught them for thousands of years. They came to help mankind ultimately go from darkness to light. The seeds were planted thousands of years ago. Today the beginnings of the harvest are taking place. Man is waking up from their slumber.

As the story goes each world helps the other world out in its incredible journey. The people of the Pleiades look like us yet at the same time they are the universe. We have a hard time understanding that fact or even believing in that.

Remember you are the universe. You just don't know it. Remember these wise beings can go anywhere in the universe in less than a second. We send satellites into the sky and they go up to 55,000 miles per hour. Our technology is kindergarten compared to theirs.

These are some advanced worlds that have been around for trillions of years. We are new kids on the block.

Can you imagine that your DNA contains the entire history of the universe? We think the Internet is incredible. How about the encyclopedia of the entire universe at your fingertips?

This is the journey called life. It's a journey from darkness to light. A signpost of God is all around. We just need the eyes to see.

Yes, it takes time. What would be a journey if you took one small step and said I understand completely this journey of life? You haven't ever walked out of your living room much less driven out of your driveway.

This story is mostly for kids. You have come down to help clean up the mess. You know deep down inside that kindness is the way. The time of being a bully is over for mankind.

We need to cooperate. We need to have tolerance toward one another. We need to stop bickering and fighting. We need to listen to each other.

We need to discover the jewel inside of us. All the knowledge to solve any problems lie inside of us. Any problem has a solution. Remember you came from the stars.

Carl Sagan once said the following "The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of star-stuff."

Isn't that incredible? How would you like to know your true essence while you are alive? When you die you go back to the source of life.

Can you imagine that the modern-day scientist is talking about the same thing the ancients knew about millions of years ago?

Could there be a world within worlds? Yet do we have the eyes to see? In Sedona, Arizona lies Bell Rock. You can find seashells on the ground. What if I told you if

your eyes were truly opened there is a vast sea of dolphins and whales swimming all around? Maybe heaven is all around us but it is in another dimension.

Signposts Are All-Around



Can you imagine signposts are all around but do we have eyes to see? Nature is alive and communicating with each other. But we have cell phones in our hands.

Magic is all around us but we can't see it.

Imagine the mysteries of life are all around us but we don't see them.

This is the journey of walking from darkness to light. We think we have all the answers yet we are living in darkness.

If we think we are living in the light then we have been fighting for thousands of years. Why do we have guns and violence? Why do we have 45 billionaires who have more money than half the population?

This is a journey we are walking on. Kids you have a say in this matter. The torch someday will be passed to you. Someday you will lead the way.

Take a look at the sun in the sky. It just shines. It has nothing to prove. Its rays keep the entire earth alive. Now that is true magic. It is not a slight of hands. It's not some magic trick that appears real but it's not. It's the real deal.

With every step, you take over time you can start to see the signposts are all around. You will begin to see the majesty of the geese and ducks flying in the air. You will love to hear the geese honking in the sky. It will bring a chill down your back.

You will begin to learn to sit on a park bench and take in the beauty that surrounds you. You can close your eyes and tap in and communicate with nature. Nature is alive.

How about not getting bored? You won't need to have your cell phone with you twenty-four hours a day. Yes, you can still have your cell phone but it will be different.

Imagine looking into your friend's eyes and seeing yourself. Whoever you may encounter you see a reflection of yourself. How could you harm anyone in that state? There would be no more flaming posts on the internet.

No more bullying. No more sexual harassment. This would be a thing of the past. How about no more school shootings? No more wars. No more guns and violence. No more crime.

If you think this can't happen then think again. Your civilization is only 50,000 years old. There are worlds out there that existed before the universe was born. They had to take small baby steps along the way. Ultimately some succeeded and they went out and helped others on this journey of life.

Help is on the way. Yet you have to ask for it. You see you have free will. That is the law of the universe. The universe is playing a hide-and-seek game with you. This is the game of life. This is the greatest game ever played. It will go on for eternity.

So you are a piece of the puzzle. Your piece is super important. Imagine having billions of pieces of the puzzle put together. Yet there is a missing piece. It's yours. Will the puzzle be complete? Now one is missing and it's yours.

You can begin to learn how to be a global citizen of the universe. You can learn how to be kind. You can learn how to have love and compassion for your fellow man. You can learn how to have patience and tolerance.

You will once again discover the laws of the universe exist inside of you. You will start pulling all the negative weeds from your garden inside. You can do this. Our world isn't the first nor are you the last to walk from darkness to light.

You see you aren't alone. How would you like to feel that there is a great coach inside of you? You can actually feel it. It's so familiar. It's a part of you. How about a part of you is already the universe and a part of you lives in this world? You have the potential to realize this daily.

In the early 1950s, Roger Banister run a sub-four-minute mile. Nobody thought it was possible. Months later the barrier was broken and even some high schoolers did this.

You have the same potential. There is a precious jewel that lies within you. Millions of people are waking up from their slumber.

Signpost is all around you. Just open up your eyes. The story continues.

Fellow Wizards Advice



This is a story within a story. We all love Harry Potter. Harry was a simple boy but he was an incredible wizard.

Somehow, he knew how to go inside and tap into the miracles of life. But did you know you have the same capabilities? Not turning a stone into a pig. But you can transform yourself from darkness into light.

You are a mixture of the two. You can consciously day by day become more aware.

This story begins in the fourth grade. One day Ricky a young boy wakes up and he is so excited to be alive, yet his mind is at peace. He has never felt anything quite like this before.

For some reason, he is consciously aware of the rhythm of his breath. His breath goes up and down. For some unknown reason, he begins to follow his breath moment by moment.

He is astonished by what is happening. The more he is aware of the breath he notices that something behind his breath is keeping him alive. Over time he realizes that the entire universe is alive.

When he places his mind upon the breath he feels such bliss, such love, and compassion for all.

He tells his twin brother about this and he begins to do the same thing. Over time he experiences the same unity behind his breath.

Mind you this was in the 1950s. It would be considered very odd back then and probably odd now.

Yet it was simple. No religion or dogma. It's just you are focusing on your breath. You could call it meditation but people have such weird connotations for the word meditation. For now, let's call it focusing and going inward.

A few of their friends notice the changes in them. Both twins are so reluctant but tell them what has happened. Some of them wanted to know more while the majority could care less.

Those who stuck with it noticed the mind is a very powerful thing. You can't quite control it. It is said the mind is the most powerful thing in the universe to control.

But over time with focusing on your breath, the mind slowly gets tamed. It's like taming a dragon that's inside of you.

Over time the dragon becomes your closest friend. Before you ever started focusing on your breath you had no idea how powerful the mind is.

Slowly I mean slowly one discovers that they come from the stars. All these children knew that they were stardust. You can't quite pinpoint it but their intuition was coming alive.

These children knew that the universe was kind. The universe was full of love and compassion. The universe was patient and tolerant. You see behind your breath lies the precious jewel of the universe.

They also learned how to weed the garden within. Somehow by focusing on their breath, they realized they had negative weeds inside of them. Yet they knew they could pull these negative weeds and plant seeds of goodness.

These seeds are the universal laws that created the universe and all of creation. Laws like kindness, happiness, compassion, patience, and on and on and on.

These precious laws are your natural state of being. Mankind wears tinted glasses. He can't see the signpost that is all around.

Now listen carefully to all the children who have gathered around the campfire. You are the universe. You just don't know it. But you can. With your free will, you can make a conscious decision to discover the jewel within.

The kicker is that you can do it and be like the sun and just shine. You don't have to convince or prove it to anybody.

Anybody can watch their breath. Yes, it takes practice. It took me about a month to ride a bicycle. My brother just got on one and rode away into the night.

Everything you learned took practice. Even learning how to crawl and taking your first steps. There was a learning curve.

I know it sounds so simple. It is. This is the greatest hide and seeks game ever. The universe lies inside of you. Yet you have been told to look outside not inside of yourself.

For thousands of years man has been looking outside and what has it accomplished? War and tragedy on earth. If each one of you would put effort into discovering your true nature this world would change.

You see heaven on earth begins with you. You are the key players. You have an incredible part in the play of life. You are the main character. Your incredible journey is to go from darkness into light.

You are the Harry Potter of today. Inside of you lies the great mystery school.

The universe is a grand teacher. The more you are in harmony with it the more wisdom comes your way. You see darkness can never know the light. Darkness is the absence of light.

Go into a dark room. Flip the switch. The light appears while the darkness disappears. Darkness and light can't be together. Your true nature is the light.

Darkness has been on this land for ever so long. Yet the dawning of man is coming. There is a glorious sunrise taking place. Millions of people are waking up from their slumber.

These are such simple tools to use. Remember if your words are going to put gasoline on the fire don't say them. Our President needs to hear this. Hesitate for just a second before speaking. If you do over time you will master what comes out of your mouth.

Words of kindness, compassion, patience, and tolerance will be your spoken word. It's not easy but you can do it. You are a grand wizard yet you need practice. These are simple guidelines you can take.

We are all in the same boat on this journey of life. We either sink or swim together.

Harry would be proud of his message of mastering yourself becoming the norm. He got bullied a lot yet didn't take revenge. He was innocent and had a heart of gold. He had nothing to prove.

Take this to heart. You are incredible. You have infinite talents. You are eternal. You will never die. Your body will yet your soul will live forever.

You can discover your true nature. How would you like to be the sun, the moon, and the stars and still be walking around in a human body? You would just laugh and love life.

You would be like the sun. You would simply shine. In that state, you have nothing to prove or convince anybody.

Wizards Handbook



If there is a wizard's handbook what would it say? You might be fortunate to open the book and it would be empty. Not a chapter insight.

Yet does that mean the joke is on you? Maybe by having no words in the book,

the book is telling you something.

You can describe truth but is it the truth? You can describe a mango but is it a mango. Only by eating a mango will you understand what a mango is.

You are the universe. You just don't know it would be the central theme. Yet by opening the book, it is blank.

Where are all the pages? Where are all the chapters? Where is the table of contents? Where is the index?

I'm sure if I handed you the book you might want to tear it up and throw it on the ground. Who do you think you are? This book is rubbish. It's not worth the paper it's printed on.

Yet the words are there yet you can't see them. The chapters are there. The table of contents is there. The index is there. What's the problem?

You see only the kind of heart can see. If you come with a huge ego and think I know it all the pages will be blank.

As you start on this journey of going inside this book will slowly reveal to you its precious essence. This book is about your story. It's about your journey in life. It's extremely precious. You are known throughout the universe.

Yet to see the words appear slowly in your reading. At first, you may have glimpses of the words. Have you ever stared at a page in a book and the words fade in and fade out? Well, this precious book does the same.

It's like this book reflects you. The more aware you become, the book reflects back to you. It knows all about your journey in life. It knows your emotional state.

If you are angry the book has nothing to say. It doesn't respond to anger. It doesn't even know what anger is. Remember the light doesn't know about darkness. Even if the light said to darkness show yourself darkness couldn't do it.

The simpler you are in nature the more the book will reveal itself. That's why as children you can learn so quickly and drop your old ways. These old ways were taught by your family, friends, society, and the world at large.

You see common sense is uncommon. The world doesn't believe in the book of knowledge. Even if they could open the book they would see empty pages.

Did you know that you are guided inside? Your wisdom will never harm you or others. Remember if you ever have any negative thoughts don't act on them. The universe will never ask you to prove yourself.

The universe is kind. Any negative thought you have is a weed that you can simply pull and never have return. Yes, you must pull your weeds constantly. That is a given. You must water the soil and take care of your precious garden.

You can show the book to others yet they won't see anything but you will. You see the book is quite intelligent and knows who is looking at it. They will look at empty pages while you will see such wisdom.

You see this is how the book of life works. It's hidden and full of mystery. Only the young at heart can see. Only children with pure intentions can read and understand the contents of this book.

This book lies within. It knows all about you. It contains all the journeys you have ever partaken in. Trillions of years and beyond. It's like a time capsule. It knows the past, present, and future.

This book is priceless. No amount of money can buy this book. Yet it's free. But as I said there is a catch. Only the innocent can see. This book knows your state of mind. You can't trick it or force it to reveal itself to you.

Many people think that I can outwit this book. Let's say you are ninety years old and you think you can outwit the universe. Good luck.

That's why cunning and trying to get your point of view across will never work. This book is as old as time. It has seen every sort of way in which people try to manipulate the book.

The book just laughs and has nothing to say. You see the book doesn't judge you. It won't condemn you. It won't criticize you. The book loves you. Yet only by slowly understanding your true nature will the book slowly reveal itself to you.

It has been this way ever since the dawning of man. Across the universe, this is the way. Only by being aware of the universe will the book reveal itself. Many people don't think this is real.

Many people think that it is a fairy tale. Yet where do the fairy tales come from? There are many tales of where we come from.

Some are true and some are false. Yet there is the truth behind these tales. Something happened and became a fairy tale. Truth is stranger than fiction. We live in a world where we have forgotten our true nature and where we come from.

Even if you don't believe in reincarnation who was before your Grand Mother was born? You see you are eternal. You can never die. Your body will. This ancient book knows who you truly are.

I hope these are words of wisdom. I hope you will get excited to know this book lies inside of your heart. Where ever you go the book goes. You see the book and you are the same.

There is no difference. Yes, this is an incredible journey. You are a piece of the puzzle. The book inside is your true essence. Nobody can take that away. It's up to you to open the book and walk on this incredible journey.

You see the spiritual life is the most practical. You see the journey is both external and internal.

Good luck on your journey. Remember you are never alone.

Where We Are Going



Humanity is slowly learning how to go from darkness to light. We are learning how to go from me mentality to we mentality. Millions of people are waking up from their slumber.

Human nature is about to change quite dramatically. We will look at this present era someday in the future and say what a dark age it was. Where was humanity coming from? Well, it was a mixture of dark and light. It was predominantly dark.

People flame each other. The world is in disarray. I could go on for hours, Yet still, people are waking up from their slumber. A new dawning is occurring. Can you imagine the changes that will occur when we transform from me to we.

It means that bullies will no longer exist. It means that politicians will be elected by their state of kindness, love, and compassion.

A person who tries to run a negative campaign will no longer be elected. We will probably still have a two parties system but they will truly work together and get things done. We will actually pass laws that are beneficial for all not just the rich.

People will learn how to compromise with each other. When you can see through the eyes of the other person you can see both sides of the issue. Our whole society will change for the better.

Granted changes will be slow but all beneficial changes are slow. Yet over time, we will see incredible changes that have occurred. We will be most pleased with where the world is heading.

We will finally take care of the poor and homeless. New ideas will come out that the world will be properly fed. Finally, people will learn how to solve any problems.

he solutions are there and we have to think outside of the box. With man connecting directly to the source within the answers to many unsolvable problems in the past can now be solved.

Many incredible inventions will come out. With the dangers of war now obsolete inventions from the quantum world may come to fruition. These inventions could never occur presently due to the warring nature of man. Humanity will live to a grand old age. The disease will be a thing of the past. Humanity will learn how to be in harmony with nature. Most of the diseases will soon perish from the earth. You see disease can't live in a being who is full of light.

The disease occurs in a being whose body and mind are unhealthy. This will take time and many adjustments must occur but this is where humanity is heading.

Never before in our history have we seen such an incredible human shift in awareness. Consequently, with this new awareness, this kind of change will occur on this planet.

Our daily news will be focused on all the new discoveries and positive changes that are occurring around the world. Every day something new and incredible is happening. The world will be in constant amazement. Society will be amazed how quickly so many of the world's problems will disappear into the night.

Religious groups will honor and love each other. Many people will go and visit other religions and enjoy the meal by seeing a different new food of thought being presented. They will see how barbaric it was in the past that religions caused so many wars. Unity and tolerance will prevail throughout the land.

This is where humanity is heading towards. Many new ways of thought will occur that we don't have the vision to see or even think about. A huge global transformation will occur. We are on the verge of becoming something so grand and magnificent. It would be a fairy tale like event yet it would be real.

Ponder this over. We are living in exciting times.

One Million Years From Now



Wow! Mankind did it. They became a kind man. You wouldn't recognize the change in mankind. War is a thing of the past. Gone are the negative emotions of anger, greed, and lust for power.

Mankind pulled all the negative weeds once and for all. Remember the slogan you are the universe.

You just don't know it. Well, mankind does now.

Signpost of God is all around. You just don't see it. Well, society and the world at large see the signpost all around.

It's a glorious day in the universe. Mankind has waked up from its slumber. The hide-and-seek game is over. Mankind is united with the universe. You could say the universe and mankind are the same.

Can you imagine being the sun, moon, and stars walking around in a human body? The disease is a thing of the past. Mankind can literally live as long as the Dragons. Imagine living for 5 to 10 thousand years.

Can you imagine no more conflict? No more bullies. No more crime. No more poverty. No more throwing garbage in the ocean. No more pollution.

Mankind has reached a state to solve any problems. There is no us versus them. No more divisions. Each person is recognized as being different and yet at the same time, there is unity.

You see their awareness is one. They no longer can divide and try to control others. How can you do that when you see through the eyes of everyone? Now that's a sight to behold. You see through your eyes and at the same time you see through the eyes of others.

It took a long time for this to occur. 2012 was the turning pot. Many people on earth at the time didn't know if humanity was going to blow itself up or not. Many people felt that mankind passed a marker where a man would ultimately discover the signpost of life.

Life was grand. Can you imagine being the creative source of life? Mankind was in tune with the earth(Gaia). You could say they were the same. Talk about changes. In the 20th century, man had no regard for the land. They polluted the entire earth. They were sawing off the branch they were sitting on. Year by year men changed their ways.

Men became tolerant of each other. A man started to listen to one another. Man became kind. Slowly I mean slowly mankind woke up from their slumber.

The more man woke up the more the universe would share its secrets. You see these secrets could be used for good or bad. The keys aren't given to just anybody. You have to be in alignment with the universe to receive them.

Century by century mankind evolved. Science and religion merged. Meditation was a common occurrence. Mankind discovered the laboratory within. Mankind started to learn how to be in constant meditation twenty-four hours a day.

Mankind was on an inner and external journey. Over time mankind knew that they came from the stars. They knew they were stardust. They had the recognition of where they came from. Can you imagine thinking you were orphans and meeting your parents for the first time?

Well, this happened to humanity. Slowly, I mean slowly they came to discover where they came from and to once again communicate with their parents. You see their parents were always there but they didn't have the eyes to see. You see even down to their DNA the Pleadians were there. They were the ones who seeded mankind.

Yet there were hidden until we woke up. This is the game of life. When a civilization becomes mature enough and responsible you help the universe. This is the grand game of hiding and seek. You help the universe to evolve.

What a grand game this is. Throughout history, great masters have come to talk about the hide-and-seek game. It's only by your free will can you wake up. You are a piece of this puzzle. Well, humanity discovered its pieces of the puzzle. The entire puzzle was put together. Granted it took a very long time yet for the universe is only a blinking of an eye.

Can you imagine being one with the quantum energy of life? You could go anywhere in the universe in less than a second. All knowledge would be known. This is how they discovered they were stardust.

This is how they discovered their parents never left them. They were there all along but we couldn't see them. Mankind awoke to thousands of wows.

They discovered these truths were always there but they didn't have the eyes to see. What an incredible day when they woke up from their slumber. Every day it was like Christmas. Brand new presents were under the tree of life. What can I discover today? What can I create today?

You see life is not boring but we can be boring. It is a state of mind. Mankind completely changed his thinking. He became a creative force in the universe. He was in tune with the universe. He was in synch with the universe. He was the universe.

Wow, can you imagine that? Well, when mankind did this the entire universe celebrated. They have waited for this moment for eternity. There were grand parties throughout the universe.

Did you know that the planet earth reached its goal? Well of course they knew. They were the universe. Yet an incredible event occurred. It was like winning the super bowl of life. There will be billions of beings helping and assisting mankind on this journey of life.

And they did it. They didn't blow themselves up. Wow, what a game of life. They solved the grand puzzle of life. No words can describe the joy in the universe. You see the entire universe is alive. We just see empty space in the sky. Yet the entire universe is conscious and aware.

Mankind finally reached the highest goals of civilization. They pulled out all the negative weeds and discovered the universe inside. You could say the universe was proud. Just like a mother or father would be proud when you did something incredible. That's my boy. That's my girl.

You see the universe coaches us in life. It is always there on the sidelines. You are never alone. You may think so but you not. Imagine the surprise to you and the universe when you wake up. What a grand celebration. Your coach is ecstatic.

See, you see what an incredible game she played. The entire universe roars. Ripples of joy reverberate throughout the universe. It is felt all over the universe. It is a crowning moment in time.

Can you imagine the joy when Buddha enlightened? Wow, the celebrations are still going on. It's like when Roger Banister ran under the four-minute mile. People said it couldn't be done. Well, he did it. Soon afterward even some high schoolers could do it.

Buddha showed it could be done. Now slowly people are waking up from their slumber.

Christ was another great example. He showed humanity the way. The kingdom of heaven lies within. What can be more incredible than that?

This is the incredible journey of life. Where will humanity go from here? You will see in the next chapter.

Ten Million Years From Now



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

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

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

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

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

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

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

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

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

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

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

Remember the signpost is all around. How would you like to help set up the signpost in this brand-new world? The signpost can only be seen by the pure in heart. Great teachers and nobodies will come upon the land helping man discovers his true nature.

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

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

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

Slowly, I mean slowly the journey of life continued. Two steps forward, one step backward. Man learns in every step he takes. They had the same battles of life we did. Nobody gets a free ride. Yes, there were moments when nobody knew if they were going to survive or not.

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

They didn't blow themselves up. They became one with the universe. They solved the puzzle of life with a little help from our friends. Wink wink. You and I were there as proud parents. The entire universe gave a standing ovation.

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