A stack of four smooth, dark stones is balanced on a larger, light-colored stone in a body of water. The scene is set at sunset, with a sky of soft pinks and blues reflected in the calm water. The stones are arranged in a vertical stack, with the top three being smaller and the bottom one being the largest and lightest in color. The water is still, creating a clear reflection of the stones and the sky.

Inner Harmony

Fletcher Soul Traveler

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Intro



My brother and I love to learn and research so many different things. I wasn't always like that. In high school, I wasn't very interested in learning. '

Everything was based on short-term memory. I had friends who could cram the night before and get straight A's. Unfortunately, I didn't have that. Now long-term memory I'm excellent at that.

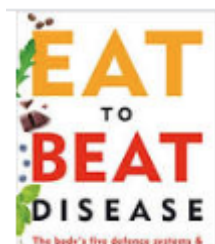
Long-term memory brought me to a point where I could see the thread that ties us all together.

My brother and I are constantly learning and growing. I remember years ago hearing the word harmony and it was a foreign concept. The great sages of China talked about it numerous times.

It was a part of their doctrine. For the last 50 years, I combined inner wisdom with external wisdom. Inner harmony with external harmony.

This book will go over some of the things I have embraced myself since covid began.

Covid was the starting point. You see inner harmony is not the norm in society. Stress and chaos are the names of the game. We spend more money on our health care and yet we are among the sickest countries in the world.



This is from the book Eat to defeat disease by William W Li. ¹

I experienced the ramifications of this firsthand in my practice of medicine. When I was taking care of older patients at a hospital for veterans, I often wondered what had happened to their bodies.

These patients, mostly men, were once specimens of perfect fitness, trained as warriors to fight for their country. By the time I saw them decades later, they were often overweight, if not downright obese, diabetic, ravaged by terrible heart and lung diseases and, often, cancer.

¹ Eat to defeat disease by William W Li

As their doctor, I would give them the news of a terrible diagnosis. They would ask me: How bad is it? What is the treatment? How long do I have to live? I would give them my best estimate.

Then, as they were leaving my office, they would almost invariably turn and ask me: “Hey doc, what can I eat so that I can help myself?”

I didn’t have an answer to that question—because I hadn’t been educated or trained to deal with it. That struck me as wrong, and thus I began the journey to seek the answers that led me to write this book.

This book contains the introduction for all the books that I wrote. I try to see inner harmony in all aspects of my life. The world can change. Each one of us can tap into inner harmony. Mind you it is an endless process but a glorious process. Thanks to my brother John for the background music.

This contains the works of my past and present projects. I hope you enjoy it. It has been my pleasure to tap within and bring out wisdom. It's not my wisdom. It's our wisdom. We can change this planet. Millions of people are waking up from their slumber. The sun is arising. It's going to be an incredible day.

Family and Friends

Family and Friends



[PDF](#)

No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

I have documented over 500 families and friends. There is a thread of love tying us all together. I think the world would be a better place if we all did this.

Family Stories and Recipes



[PDF](#)

Family & Friends Travels



[PDF](#)



No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

The above paragraph came from my book, Family and Friends. It is the foundation for all my writings. Click on the image of the family and friends and you will see the PDF and YouTube video.

Yes you know I love to travel. I love to hear stories about other people's travels and journeys on this road in life. In this book, I'm going to tell stories about family and friends' travel adventures. You have had enough of listening to mine. If you would like to contribute to this project, send me a message.

The Creative Project



[PDF check this out](#)

I have had this on the back burner of my mind. As you know I wrote the book hand friends a while ago. In the next month, I will have posted all my entries on Facebook.

My next project will be hopefully you. I would love to do a book and audiobook of all the creative endeavors of my family and friends. It could be a recipe, a song, poetry, a photograph, or anything else. The sky's the limit.

Each one of us has ways to express our true nature. Many of my friends are getting up in age. I would love to see treasure chests of creativity from all my friends and family.

If you have a song or poetry the following formats are supported. Mp3, Wav, or FLAC. Also, the words should be included.

Hopefully, if the response is good I can have all this material for the future. My plan is each day to release something you did on Facebook each. I think it would be a great project to do.

Even surfers or body surfers could submit photos, videos, or stories.

The goal is to show our creative expressions. We don't need only rock stars to be creative.

So think it over. Message me on Facebook if you have any questions. I'm looking forward to hearing from you.

Also if you have short stories or anything creative it would be a pleasure if you included them.

Let's see where this project takes us.

Each one of us has a piece of the puzzle.

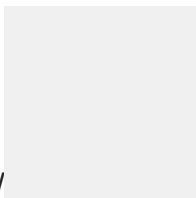
Fractal Fairy Tales



[PDF](#)

Here's the definition for the word fractal.

frac·tal



/ˈfraktəl/

MATHEMATICS

noun

noun: **fractal**; plural noun: **fractals**

1. a curve or geometric figure, each part of which has the same statistical character as the whole. Fractals are useful in modeling structures (such as eroded coastlines or snowflakes) in which similar patterns recur at progressively smaller scales, and in describing partly random or chaotic phenomena such as crystal growth, fluid turbulence, and galaxy formation.

adjective

adjective: **fractal**

- 1.

relating to or of the nature of a fractal or fractals.
"fractal geometry"

The fractal fairy tale is a story that has been told forever. Even before the dawning on man, these stories were told. Each of us has a fractal story to be told. Each of us is on a grand adventure in life. We are all magnificent. We are never alone. Come and sit by the campfire and listen to this incredible story. You are the universe. You just don't know it.

[fractal-fairy-tales-1952-1970](#)

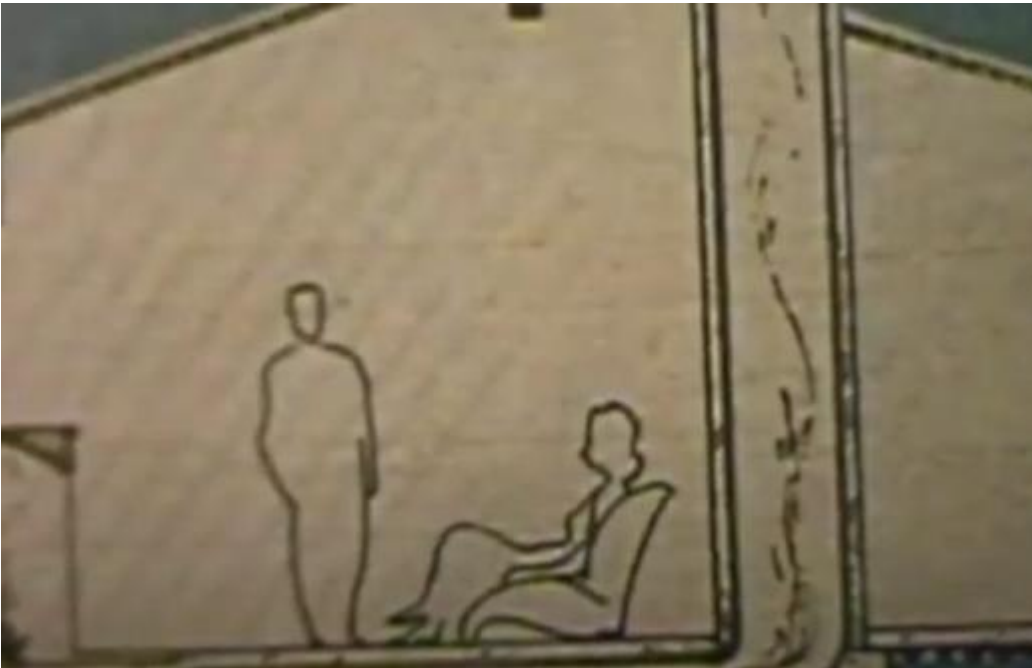
[fractal-fairy-tales-1970-s](#)

[fractalfractal-fairy-tales-1980-s -s](#)

[fractal-fairy-tales-1990-s](#)

[fractal-fairy-tales-2000](#)

Video on our house of the future.



Celestial Music



[PDF](#)



Welcome to the book called celestial music. I hope you will enjoy it. Music is an integral part of people's lives all over the world.

Could you imagine a world without music? I most certainly couldn't even imagine that. The world at times is chaotic as it is with music. Music provides the spark of life to all of us. It inspires us. It makes us think

outside of the box. It touches on all subjects in life. The good, bad, and the ugly.

Music is a means to convey the divine essence that resides inside each one of us. There are so many different types of music. Each genre has a distinct flavor to it.

I love listening to ethnic music from countries all around the world. Everyone is so different and so unique.

Of course, during the '60s I loved rock and roll. I was brought up on this.

As I grow old I still love classic rock and roll. I have been introduced to so many distinct and different types of music. I don't think I can say I like this one the best.

Each one is so different and unique. It's a different manifestation of the soul, yet they all are coming from the same place.

As the years go by, the greatest memory is when you listen to a song and instantaneously you are transported to that era. A flood of sweet memories comes into you.

Did you know even people with dementia upon hearing a song from a long long time ago still can capture these memories?

Music is so powerful that it can stir the soul with them.

Even people with Alzheimer's can still play the piano. They can still remember a song playing many moons ago.

I find that quite fascinating. I'm trying to express in words the power of music. I don't think I'm doing a great job at that. Music can never be explained away. Music can only be understood by the soul. It is a direct connection to the Jewel that lies within you.

This book is my personal favorite of the songs that I have heard during this incredible journey of life. There may be some that you like and some that you don't like. Why didn't you include this song? Remember this is my favorite list, not yours.

You will have a completely different list than I do. That is what is so incredible on this journey. There are so many beautiful things that are so different and so unique. Yet there is a thread tying them all together.



Sister Sledge - We Are Family

15M views · 12 years ago



Pierre Richard

Four sisters: Kim Sledge (born 21 August 1957), Debbie Sledge (born 9 July 1954), Joni Sledge (born 13 September 1956), and ...

Books Kids

Dragon tales



[PDF](#)

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

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

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

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

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

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

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

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

You are Stardust



[PDF](#)

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

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

Storytelling

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

This is the definition of the word ponder.

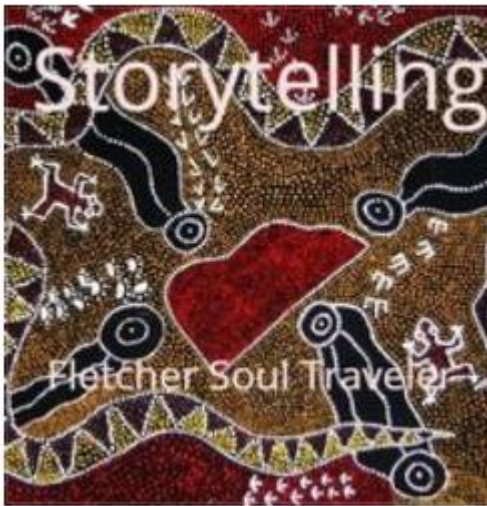
verb

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

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

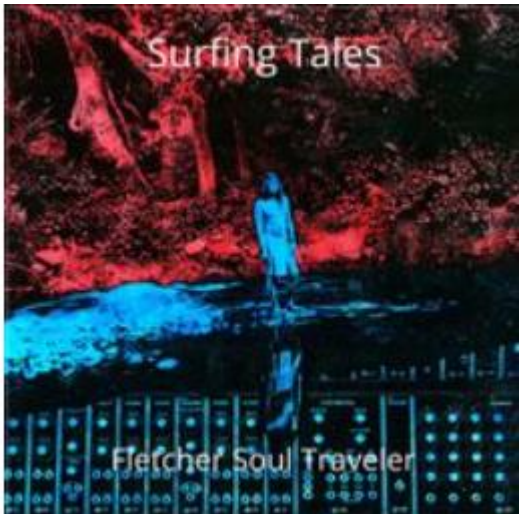
synonyms: think about, [contemplate](#), [consider](#), [review](#), reflect on, mull over, meditate on, muse on, deliberate about, cogitate on, dwell on, brood on, ruminate on, chew over, puzzle over, turn over in one's mind, [overthink](#)

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



[PDF](#)

Surfing Tales



[PDF](#)

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

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

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

So I hope you enjoy riding this wave.

[Gaia](#)



[PDF](#)

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

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

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

Swan Tales



[PDF](#)

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

This is the definition of the word ponder.

verb

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

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

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

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

[From Me To We](#)



[PDF](#)

Just got up. It's 2:22 in the morning. I'm pondering the meaning "from me to we". It seems like 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.

Once upon a time



[PDF](#)



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

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

down and listen to the story.

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

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

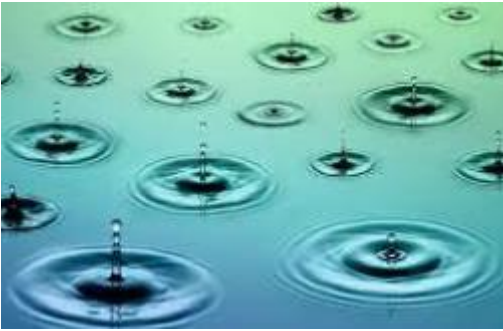
We are sitting in a comfy chair and watching the flicker of the fire. At times the fire makes a popping sound that delights the soul. You really can't put words into this experience.

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

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

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

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



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

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



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

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

Once upon a time.

[Zoran](#)



[PDF](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Zoran the Dragon and the Quantum World



[PDF](#)

Mike Reed



About 12 years ago, I worked for the USDA in Kansas City. We were designing GIS farm management software for all the farms in America.

Usually, every morning, I would have a coffee break with Mike Reed and George Gerstner. They would have high-level talks on physics. Mind you, I didn't understand most of their conversations, but I found them stimulating.

A few months ago, I called Mike to see how he was doing. I saw on Facebook that he asked ChatGBT questions about his theory The Grand De-Unification Theory of Gravity. He posted his findings on Facebook, and I found them fascinating.

I called him up on the phone and asked him if we should have ChatGBT do a comparison between the mystics and his theory. It was quite fascinating and enlightening for both of us. This got me thinking that maybe I should write a children's book on quantum physics. The idea came to me in a dream.

I have already written several books with Zoran the dragon. I thought that would be a good story to tell.

Anyway, for all those kids out there, I hope you enjoy this book. Stories can convey incredible wisdom. So much of what we learn today is boring to most students.

These stories convey a message that we are all tied together in ways we can't even conceive. Life is a great mystery. The most incredible thing is that the mystery exists inside of you. All you have to do is open the door within.

Present-day society really doesn't champion this idea that we are all connected. We are texting on the freeway of life and we think that's all there is.

Hopefully, this book can help you discover the jewel that lies inside of you.

Zoran the Dragon and the Shaolin Temple



[PDF](#)





Zoran, a young dragon who was cast out of his tribe for being different, was flying over the Himalayas when he saw a group of weasels trying to steal a powerful weapon. He decided to intervene and managed to stop them, but not before they had caused a lot of damage.

The weasels were working for a mysterious figure known as the Dragon Knight, who was seeking to collect all four of the powerful weapons in order to rule the world. Zoran realized that he needed help to stop the Dragon Knight, so he flew to Shamballa to seek the advice of the wise masters there.

The masters of Shamballa were impressed by Zoran's bravery and agreed to help him. They taught him the ancient art of kung fu, which he quickly mastered. With his new skills, Zoran returned to the Himalayas to face the Dragon Knight.

The Dragon Knight was a formidable opponent, but Zoran was able to hold his own thanks to his training. In the end, Zoran emerged victorious and the Dragon Knight was defeated. The world was saved from certain doom, and Zoran became a hero.

Years later, Kwai Chang Caine, a Shaolin monk who travels through the American Old West, armed only with his spiritual training and his skill in martial arts, as he seeks Danny Caine, his half-brother ¹, was traveling through the desert when he came across a small town that was being terrorized by a gang of bandits. The bandits were led by a ruthless man named Jack, who had taken over the town and was forcing the people to pay him tribute.

Caine knew that he had to help the people of the town, so he decided to take on Jack and his gang. He went to the local saloon, where Jack and his men were drinking, and challenged Jack to a fight.

Jack laughed at Caine and told him that he was no match for his men. But Caine was determined to stop Jack and his gang, so he fought them all, one by one. He used his kung fu skills to defeat them all, until only Jack was left.

Jack was a skilled fighter, but Caine was able to outsmart him and defeat him. With Jack and his gang gone, the people of the town were free once again.

I hope you enjoyed the story! ¹: Kung Fu is an American action - adventure martial arts Western drama television series starring David Carradine. The series follows the adventures of Kwai Chang Caine, a

Shaolin monk who travels through the American Old West, armed only with his spiritual training and his skill in martial arts, as he seeks Danny Caine, his half-brother.

Crown Jewels and Jokes - The Royal Road to Dental Royalty



[PDF](#)



Blippi Visits The Dentist - Learn Healthy Habits for Kids! | Educational Videos for Kids

4M views • 1 year ago

Blippi - Educational Videos for Kids

Blippi visits the Dentist for a check-up and teeth cleaning where he meets Danny the Dinosaur, a fun plush toy for kids! In this ...

Silicon Beach Pediatric Dental Culver City, California | Mouth | Julie | Dr. Ray | Tooth Party | Danny... 15 moments

Welcome to a whimsical world where laughter reigns supreme, and the sparkle of smiles is the true treasure—introducing "Crown Jewels and Jokes: The Royal Road to Dental Royalty!" In this enchanting journey through the kingdom of oral care, we invite young readers to embark on an adventure that combines the majesty of dental health with the magic of laughter.

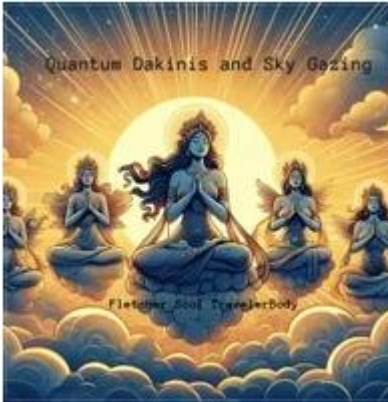
In the regal halls of Mighty Chompers Kingdom, where each tooth is a precious jewel and every giggle is a royal decree, we unfold a tale of dental wisdom, playful jests, and the art of nurturing smiles fit for royalty. From the dazzling tiaras worn by our toothy monarchs to the laughter that echoes through the palace, every page is a celebration of the joy that comes with caring for one's precious Crown Jewels—the teeth!

But this isn't your ordinary royal decree; it's an invitation to a grand feast of knowledge served with a side of laughter. As we delve into the royal secrets of brushing, flossing, and munching on tooth-friendly delights, the journey promises to be as entertaining as it is enlightening. Get ready to meet the quirky characters of the royal court, from Sir Toothbrush, the valiant defender of enamel, to Lady Flossington, the graceful guardian of the gaps.

In our royal kingdom, learning about dental health is not just a duty; it's a delightful quest filled with humor, interactive adventures, and, of course, a generous sprinkle of royal jests and jokes. Prepare to chuckle, giggle, and maybe even let out a regal belly laugh as we weave together the art and science of maintaining the Crown Jewels—your precious teeth.

So, dear readers, fasten your royal seatbelts, don your imaginary crowns, and join us on this majestic journey through the kingdom of oral care. Crown Jewels and Jokes await, where every smile is a royal proclamation, and the path to dental royalty is paved with the magic of joy and knowledge. Let the royal adventure begin!

Quantum Dakinis and Sky Gazing



[PDF](#)



Guru Padmasambhava - Searching for the Lotus-Born Master : 8 Manifestations of Quantum Energy/Part-1

Shambhala Studio - Himalayan Extreme Expeditions • 679K views

<https://www.shambhalastudio.com> New Course Series + New Book The Lotus-Born Master Eight

Manifestations of Quantum Energy DECODED Ancient Science Backed By Modern Day Research Laurence...

Once upon a time, in a quaint village surrounded by misty mountains, there lived a curious young boy named Tenzin. His days were filled with exploring the vibrant surroundings, climbing trees, and pondering the mysteries of the universe.

One day, while scrolling through the village's virtual square, Tenzin stumbled upon a captivating YouTube video titled "Searching for the Lotus-Born Master." Intrigued, he clicked play, opening the door to a world of enchanting storytelling and captivating visuals.

In "Searching for the Lotus-Born Master," documentary film director Laurence Brahm beckons to ask: was the founder of Tibetan Buddhism also the father of quantum physics?

The video, created by a mystical content creator, beckoned Tenzin on a magical quest where spirituality intertwined with quantum physics. Animated signposts guided the way, leading Tenzin to discover the threads that connected all of existence.

As he delved into the video, Tenzin found himself on a mesmerizing journey, where the boundaries between science fiction and reality melted away. The wisdom echoed through animated waves, revealing the profound connection between the ocean and its drops. Each drop contained the entire ocean.

With wide-eyed wonder, Tenzin explored the interconnectedness of the universe, just like the vibrant threads that crisscrossed the fabric of his cozy village. He marveled at the signposts, realizing that the eyes to see were within him all along.

In his virtual quest, Tenzin soared over mountains, crossed virtual babbling brooks, and pondered the secrets of existence. He encountered animated wise old trees, whispered his thoughts to the digital wind, and felt the energy of the universe embracing him through the screen.

As Tenzin reached the end of his YouTube adventure, he understood that the Lotus-Born Master's wisdom seamlessly blended with the mysteries of quantum physics. The video had created a tapestry of knowledge, uniting spirituality and science in a visually stunning display.

Excitedly, Tenzin shared his discoveries with the villagers, igniting a spark of curiosity in their virtual hearts. The YouTube video, "The Quantum Quest of Little Tenzin," became a beacon of inspiration for generations to come.

And so, in the small village surrounded by misty mountains, the tale of "The Quantum Quest of Little Tenzin - A YouTube Adventure" echoed through the virtual ages, reminding everyone that the threads connecting us are woven into the digital fabric of existence, waiting to be explored by those with the curiosity to click play.

And as each viewer looked up at the stars in their digital universe, they knew that the journey through the boundless adventure of the internet was filled with wonder, magic, and the ever-present thread that ties us all together.

Pointers

Keys to Life



[PDF](#)

[Keys to Life](#)

[Keys To Life](#)

[Keys To Life Part 2](#)

[Keys To Life Part 3](#)

[PDF](#)

Keys To Life

Unlocking The Laws Of The Universe

Practical Down To Earth Methods For A Better Life

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

[The Journey](#)



[PDF](#)

What if I told you the following? You are the universe. You just don't know it. Modern-day scientists discovering the laws of quantum physics are saying the exact same thing. Many of them believe the universe is not a series of random events. These events didn't create life. Life itself created life.

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

Cosmic Advice



[PDF](#)



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

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

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

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

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

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

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

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

The way contains the wisdom of the universe.

Kabir once said everyone knows that the ocean contains all the drops. Yet only the wise man understands that the drop contains the entire ocean. Inner surfing allows the surfer to connect and be in harmony with the infinite wave of the universe.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

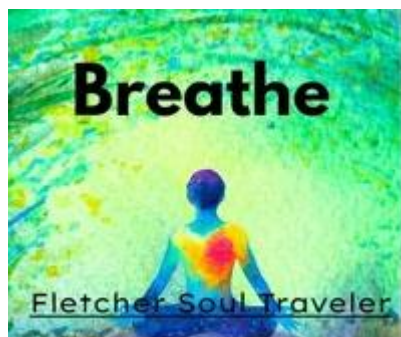
A big wave surfer may get bored with little waves. He may on land be like a fish out of water.

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

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

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

[Breathe](#)



[PDF](#)



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

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

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

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

This sent me off on another ground adventure. I write about the science of breathing all the time. In the last 5 years, I have written around sixty books. I've been through the titles of all the books that I have written and found I hadn't written a book about the science of breath.

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

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

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

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

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

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

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

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

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

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

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

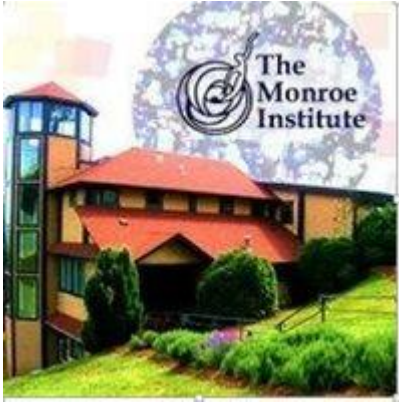
We breathe in such a mechanical and unconscious way. I find it amusing that we still live as long as we do. In the future, I believe many diseases will be cured by the power of the breath. Western medicine still believes that medicine can cure almost anything.

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

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

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

Monroe Institut



[PDF](#)





Health and wellness

Kindness



[PDF](#)

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

The Inner Garden

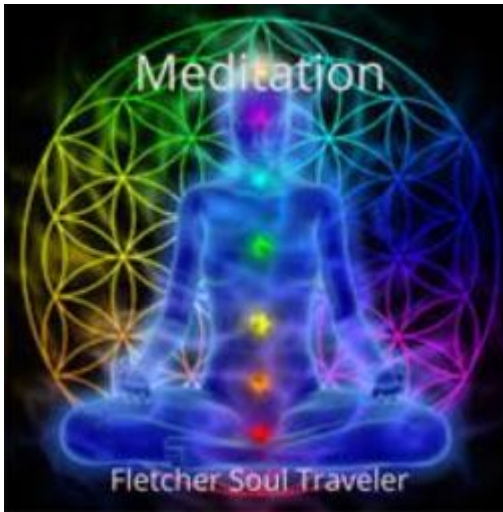


[PDF](#)

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

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

[Meditation](#)



[PDF](#)

This book is about my love for meditation. I have been meditating for around 47 years. I love to meditate. You could say I have a knack for it. I completely was drawn to it. Meditation is probably the most practical thing a human can do. It places a person to have their feet on the ground and their head in heaven.

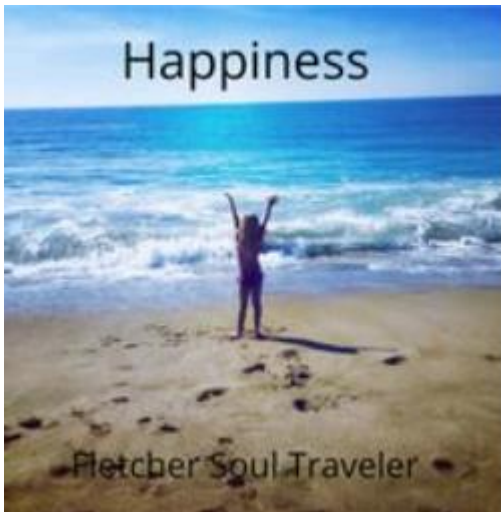
At the beginning of my practice, I thought there was a special technique that I could use that was beyond all others. There must be a technique beyond all techniques. The more I practiced I came to the realization it's our sincere effort and loves that makes our experience grow.

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

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

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

[Happiness](#)



[PDF](#)

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

[Life & Death](#)



[PDF](#)

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

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

I replied with this post.



Richard Fletcher



Like · Reply · 1d



Richard Fletcher Prayers are sent your way.

Like · Reply · 1d



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

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

The New Human



[PDF](#)

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

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

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

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

According to most indigenous tribes that if humanity survived past 2012 a new dawning of man would occur. The seed would slowly begin to sprout inside the hearts of mankind. I mean slowly. Two

steps forward and one step backward. This is how humanity grows. This seed contains the universe. This seed contains the absolute love of God. This seed contains pure kindness, love, patience, and tolerance. This is your true nature.

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

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

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

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

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

[You Are Hardwired To Discover God](#)



[PDF](#)

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

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

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

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

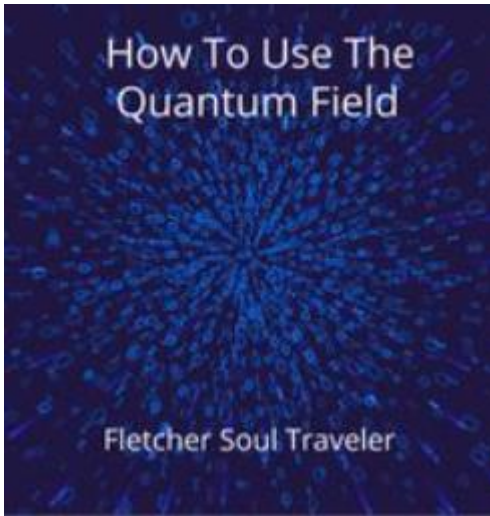
The sun is rising on the horizon. Darkness has nowhere to hide. We are seeing this in all areas of life. Darkness is being exposed. Look at the news today and you will see in every area of life a scandal has been exposed. I see great hope in humanity. Granted it will take a while. Remember this is a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

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

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

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

[How To Use The Quantum Field](#)



[PDF](#)

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

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

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

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

The nameless is the beginning of heaven and earth.

The named is the mother of ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one can see the manifestations.

These two spring from the same source but differ in name;

this appears as darkness.

Darkness within darkness.

The gate to all mystery.

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

I'm not kidding when I say you are the universe. You just don't know it.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

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

All are billions of years old.

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

Wow!!!

Isn't that incredible?

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

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

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

The greatest miracle of life is keeping you alive.

You are magnificent.

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

You are infinite.

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

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

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

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

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

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

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

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

[How to manifest your dreams](#)



[PDF](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

[Cloudy Thinking](#)



[PDF](#)

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

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

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

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

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

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

In came the Taliban and the rest is history.

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

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

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

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

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

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

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

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

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

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



[PDF](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

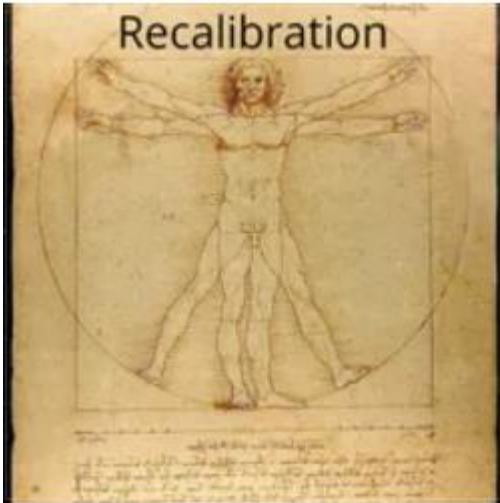
If you want to enjoy life to its fullest we must understand the mind, body, and soul connection. We must learn how to be conscious moment by moment. We must be aware.

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

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

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

[Recalibration](#)



[PDF](#)

The definition of Recalibration is as follows.

: to calibrate (something) again

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

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

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

Many of them spin the truth so much they can't even discriminate between truth and fiction in their own minds. Mind you this is dangerous territory. Consequently, many Americans believe this. Just look at the Capital building riot in early January. Many politicians have spun the truth to say it was a peaceful demonstration. Try telling that to Vice President Pence and his family. He had to run for dear life.

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

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

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

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

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

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

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

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

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

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

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

What the fu!!



[PDF](#)



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

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

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

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

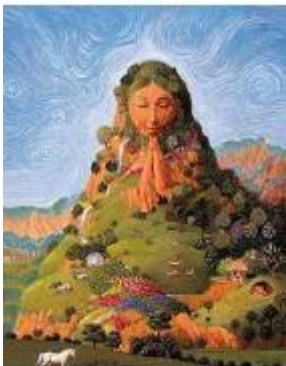
We are always in a state of continuous growth and learning. Hopefully, you can gain some wisdom from my journey.

We can never rest on our laurels.

What the F!ck 2



[PDF](#)



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

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

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

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

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

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

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

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

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

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

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

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

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

The defense system spent around 800 billion dollars a year.

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

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

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

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

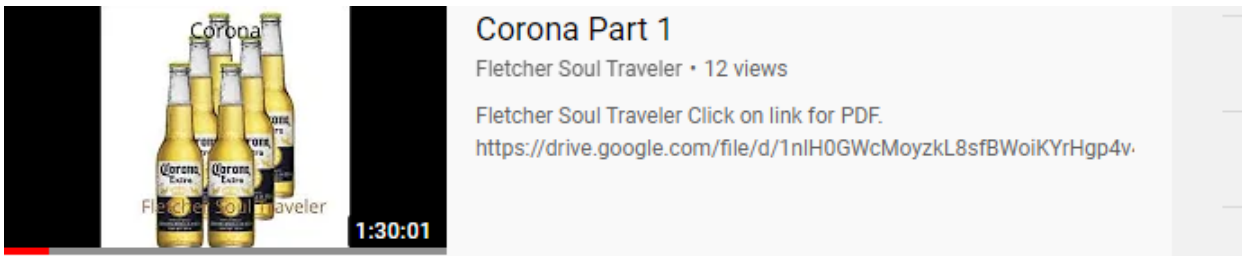
Yet we are at war with a boogeyman. We don't know. We are responsible for what is occurring. We don't believe in preventative medicine and preventative measures to take place so something like this could never occur.

Just think there's a universe existing inside of you that has trillions of bacteria and viruses. You need these precious bacteria and viruses to survive.

There must be harmony with your entire ecosystem.

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Religion and Spirituality

[The Way](#)



[PDF](#)

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

My favorite part is the opening.

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

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

The nameless is the beginning of heaven and Earth.

The named is the mother of the ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one sees the manifestations.

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

Darkness within darkness.

The gate to all mystery.

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

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

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

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

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

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

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

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

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

[Patanjali Yoga Sutras](#)



[PDF](#)

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

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

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

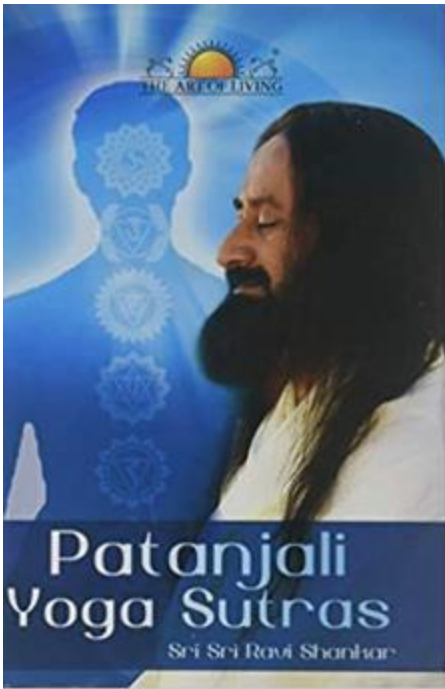
Now, this is an online course. I'm taking it during this global shutdown. I signed up on a Friday and the course started on the following Monday.



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

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

The discussion talked about the key components of his talk.



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

Heart of Gold



[PDF](#)

[Indian Mystics](#)

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

[Heart Of Gold-Islam](#)

[Heart Of Gold-Jewish](#)

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

[Heart Of Gold-Hindu](#)

[Heart Of Gold -Sikh Gurus](#)

[Heart Of Gold -Taoist](#)

[Heart Of Gold -Jainism](#)

[Heart Of Gold -Buddhist](#)

[Heart Of Gold -Science](#)

[Heart Of Gold -Current](#)

[Heart Of Gold -Indigenous](#)

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

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

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

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

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

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

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

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

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

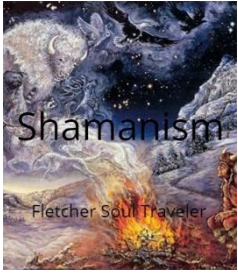
My understanding and experience are there is a thread of love tying us all together. We are all on the same boat sailing home. Nobody is better than worse than another.

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

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

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

Shamanism



[PDF](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The following is from ABC news.

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

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

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

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

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

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

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

The Kingdom Of Heaven Lies Inside



[PDF](#)

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

Luke 17:20-21

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

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

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

mys·tic

/ˈmistik/

noun

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

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

Matthew 6:22

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

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

The World English Bible translates the passage as:

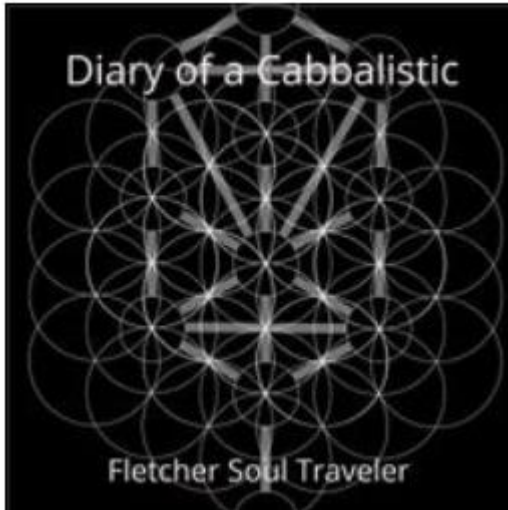
“The lamp of the body is the eye. If therefore your eye is sound, your whole body will be full of light.

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

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

Joe is both a scientist and a mystic.

Diary of a Cabbalistic



[PDF](#)

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

[Diary of a Cabbalistic Netzach](#)

[Diary of a Cabbalistic Tiphareth](#)

[Diary of a Cabbalistic Geburah](#)

[Diary of a Cabbalistic Chesed](#)

[Diary of a Cabbalistic Daath](#)

[Diary of a Cabbalistic Binah](#)

[Diary of a Cabbalistic Chokmah](#)

[Diary of a Cabbalistic Kether](#)

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

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

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

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

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

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

This is from Wikipedia.

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

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

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

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

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

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

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

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

[Knowledge](#)



[PDF](#)

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

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

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

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

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

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

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

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

Dreamtime



[PDF](#)



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

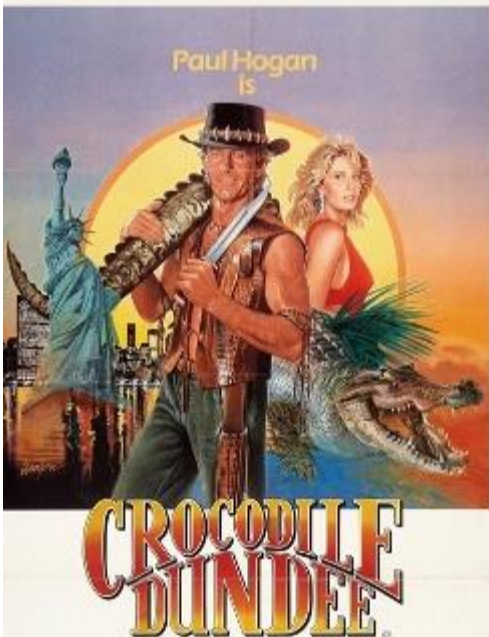
For the first time in my life, I heard the didgeridoo. When I first heard that sound my soul was captivating. Words can't describe the feelings I experienced inside. It was a sound so eerie and yet so comforting. I knew this sound. This sound was a part of me.



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

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

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



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

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

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

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

Outside = bark
Profane



Inside = wood
Sacred

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

What is the truth is considered fiction? What is fiction is considered truth. The aboriginals know that the wood the essence exists inside the tree. They have known this for over 100,000 years. They are the oldest existing society in the world. Their entire life is based upon acquiring inside wisdom. The entire universe is alive. The earth is alive.



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

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

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

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

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

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

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

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

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

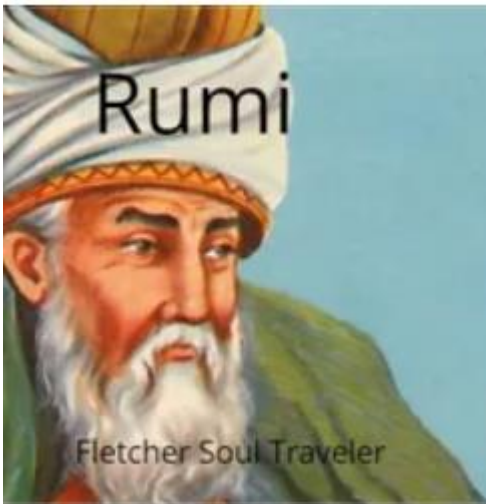
In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

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

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

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

Rumi



[PDF](#)



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

This might give you an insight into the work I'm doing. I believe we are all on the same boat sailing home today. I take a look at beauty in all walks of life.

Even the so-called weeds like dandelions have

incredible health benefits. I've been thinking for the last two years that I wanted to tackle the Muslim point of view on life.

My daughter is a devoted Muslim. Her husband is from Egypt. They have three incredible children. I have seen the transformation of my daughter from a child to a beautiful adult and Mom. It brings tears to my eyes. This journey in life is a combination of having your feet on the ground and your head in heaven. It's extremely practical.

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

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

The definition of inspiration is as follows.

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

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

-Author

Know thy self



Fletcher Soul Traveler

[PDF](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Anyway, we once discussed seeing light inside. My all-time favorite poem is Brahmanand's palace in the sky'. We have five external senses and five internal senses. We are literally hardwired to know thy self. My dear friend Jim thought we were crazy. Looking back maybe we were. My brother

John and I were learning how to have our feet on the ground and head in heaven. That is the definition of the word idiot.

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

Who am I?



[PDF](#)

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

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

Michio Kaku said the following.

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

I love this example from Paramahansa Yogananda³

² https://www.azquotes.com/author/7702-Michio_Kaku

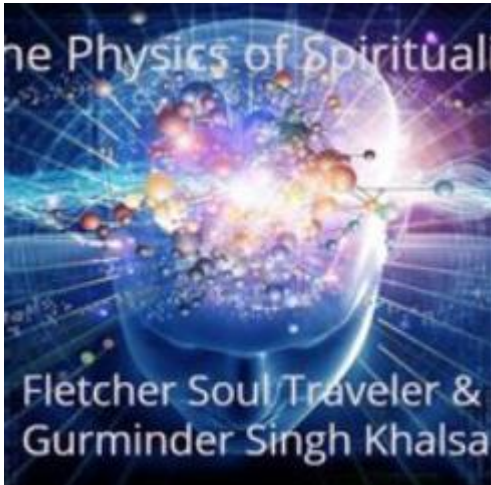
³ <https://sites.google.com/site/theseelfawareness/section-5/life-is-a-dream-yogananda>

Another time I was sitting in a movie theatre watching a movie on a screen. And then I looked into the projection booth. I saw that the projectionist was not interested in the movie, because he has seen it over and over again. Instead, he was reading a book. The projector was doing its job: there was the sound, and the beam of light was casting realistic images on the screen. And there was the audience caught up in the drama.

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

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

[The Physics of Spirituality](#)



[PDF](#)



I truly believe in synchronicity. The title of this book is [The Physics of Spirituality](#). Mind you I did not come up with this title. My twin brother John's business partner and dear friend Gurminder Singh Khalsa came up with this title.

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

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

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

Tricks Of The Trade



[PDF](#)

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

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

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

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

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

[Buddhist](#)

[Six Yogas of Naropa](#)



[PDF](#)



Fletcher Soul Traveler

13 subscribers

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

It's not only intellectual knowledge yet its practical down-to-earth wisdom. You could call it

the land of a mystic. Feet on the ground and your head in heaven. Be practical and yet consciously live within the jewel that lies within.

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

The Six Yogas of Tilopa, Naropa & Niguma

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

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

When one is conscious of the inner doors signposts and synchronicities are a part of your life. Remember the more attention you pay to something the more attention it pays to you.

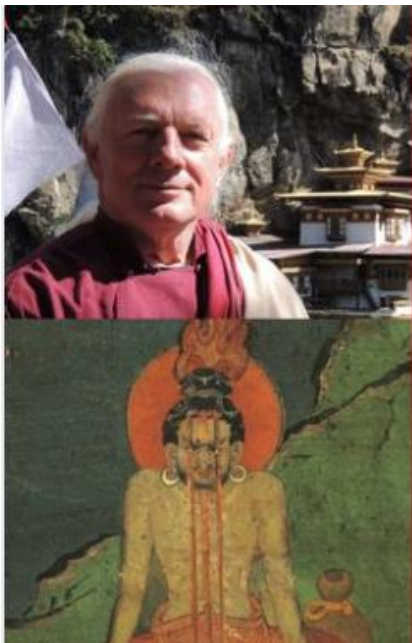


My girlfriend Anna and I were driving from Toronto to Vancouver Canada. The year was 1974. We ran into Mahatma Rajeshwar and Bill Paterson along the way.

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

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

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



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**Tummo, Illusory Body, Clear Light,
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Fast forward almost 48 years. I'm on Facebook and I see the interesting post, Tummo & Six Yogas Training with Lama Glenn. I was quickly drawn to this. What a synchronicity!

My mind went back to receiving this precious book on Milarepa many moons ago.
Signposts are all around us.

Teachings Of The Dragons Naropa Part 2



[PDF](#)

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

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

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



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

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

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

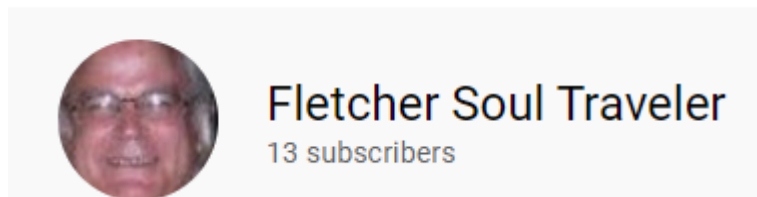


In time, Chinese Buddhist artists adopted the dragon as **a symbol of enlightenment**. Today dragons decorate roofs and

Naropa Commentary



[PDF](#)



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the land of a mystic. Feet on the ground and your head in heaven. Be practical and yet consciously live within the jewel that lies within.

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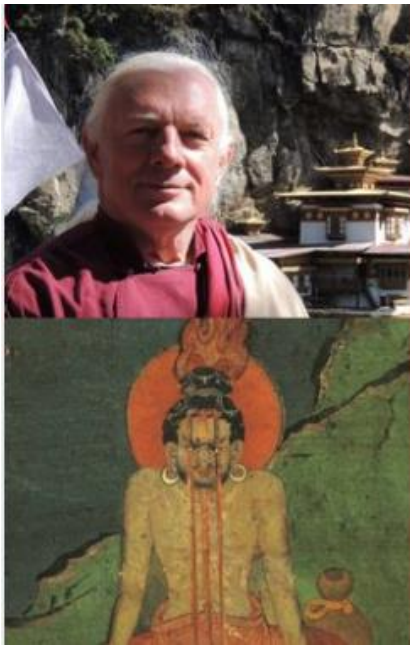
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This is just the start of your training



[PDF](#)

Hi, this is Little Ricky the dragon.



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

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

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

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

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

We had so many problems we could hardly function as a society. Chaos was in the air. When you are in constant chaos a society can't make proper decisions. One lives like leaves blowing in the wind. We didn't know that the world could live in the center of a hurricane.

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

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

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

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

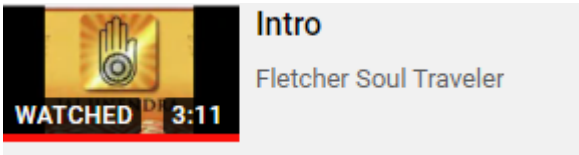
Common sense was uncommon. Their world was collapsing. This is where the story gets interesting. You see help is always there. You are the universe. You just don't know it.

Jains

Jai Jinendra



[PDF](#)



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

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

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

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

By saying "Jai" we are praising the glory of these great Souls (Tirthankaras) and by doing this we are trying to internalize and imbibe their greatness in ourselves. By "Jinendra" we are saluting and appreciating the virtues of those "Jins" who also have achieved full control over their Indriyas (Senses).⁴

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

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

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

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

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

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

Non-violence



[PDF](#)

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

Billionaires Are Getting Richer During The COVID-19 Pandemic While Most Americans Suffer ⁵

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

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

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

worth of \$3.229 trillion and their collective wealth skyrocketed up 1,130% between 1990 and 2020.

Forgiveness

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

— Jain festival prayer on the last day^[164]

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

This is a sad time in America.

Today is June 2, 2020.

This is the headline from CNN.

Trump responds to protests with a strongman act.⁶

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

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

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



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

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

The video appears to show NYPD truck plowing through a crowd during a protest ⁷

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

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

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

Paryushan 2022



[PDF](#)



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

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

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

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

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

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

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

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

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

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

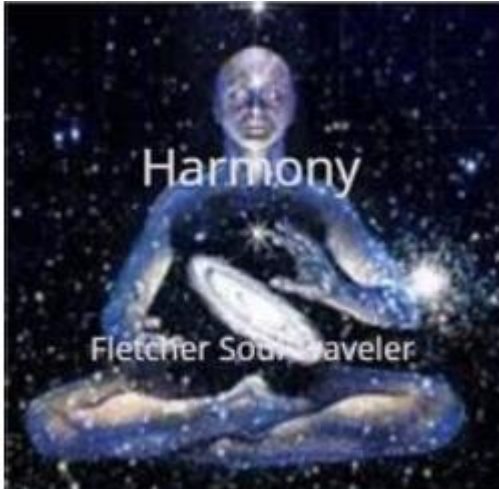
These are exciting times ahead of us. There is so much chaos yet at the same time people are waking up from their slumber.

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

The Jains are known to think outside of the box.

[Pondering](#)

Harmony



[Mystical Adventures](#)



[PDF](#)

The definition of *Mystical* is as follows

Of, relating to, or stemming from mysticism or immediate understanding of spiritual matters, especially when experienced as a direct communion with God.

Awe-inspiring or mysterious.

Of mystics or mysticism; esp., relating to or based on intuition, contemplation, or meditation of a spiritual nature.

Inspiring a sense of spiritual mystery, awe, and fascination.

The definition of *Adventures* is as follows.

Verb

engage in a hazardous and exciting activity, especially the exploration of unknown territory.

"they had adventured into the forest"

Noun

an unusual and exciting, typically hazardous, experience or activity.

"her recent adventures in Italy"

I have been extremely blessed in my life. We all can live a life full of mystical adventures. Our human body is hard-wired for that experience. Yet we live our lives obliviously to this.

Many people have a life-and-death experience where they tap into the beyond. Each one of us will ultimately have this experience when we die. Yet while we are alive we just live a 9 to 5 existence.

I wrote this yesterday.

Wow !!!

During external chaos.

I say wow I'm alive.

During this Pandemic.

I say wow I'm alive.

During the storming of the Capitol Building.

I say wow I'm alive.

During all the political battles.

I say wow I'm alive.

During this economic crisis.

I say wow I'm alive.

We choose to see how we feel about life.

Life is always changing and is never the same.

Where you put your attention is what you receive in life.

Ponder this over.

What can you focus on which is not external?

That my friend is the key to life.

We all learn to react to this world. A great miracle is going on and we don't have eyes to see.

Hopefully, this book might give you some inspiration. Here are some true stories. Your DNA holds the secrets to life.

You are your own master chemist



[PDF](#)

My dear friend Laurie Secrist once said if you want to master anything teach it or write about it. I took her advice to heart. I have been doing this for around twenty years now.



For most of my life, I'm been researching the great mysteries of life. I love to learn. That is my passion.

I love to think outside of the box. During the last 10 years, I've been studying the lines of this book you are your own master chemist. I've been interested in science and heightened awareness since the

seventies.

During the eighties, I went to Robert Monroes Gateway program for a week. He was a pioneer in Hemi Sync. This technology is still being used today. Click on the picture above to listen to the audio. I have included the audio from the week-long sessions.

This has been an evolution in learning. When I first started to learn how to meditate there wasn't much science behind the mind, body, and soul connection. The phrase being in the zone was a new concept that just came out.

My dear friend Tim Gallwey wrote the book the inner game of tennis in the early seventies. He has been at it ever since. Many professional coaches and athletics give tribute to their success for the wisdom gained from Tim.

When his book came out I was only around 20 years old. This book was one of the doorways I took on my lifetime pursuit of gathering inner wisdom. My meditation practice was learned when I was in India.

Here's an excerpt from his web page.⁸

What is The Inner Game?

In every human endeavor, there are two arenas of engagement: the outer and the inner.

The outer game is played on an external arena to overcome external obstacles to reach an external goal. The inner game takes place within the mind of the player and is played against such obstacles as fear, self-doubt, lapses in focus, and limiting concepts or assumptions. The Inner Game is a proven method to overcome the self-imposed obstacles that prevent an individual or team from accessing their full potential.

<https://johnfranklinfletcher.com/track/2754770/mind-blowing?fbclid=IwAR1Eqox3KCEH0cs4qzWjg8t0J6FUWUQoBODVgEMspnzHotdtMYwX2YzE9eI>

⁸ [HOME - The Inner Game](#)



Just yesterday I wrote this article entitled Mind Blowing. Click on the picture to hear the audio. I hope this book will interest you as much as I. I'm always exploring and fine-tuning the guitar of life.

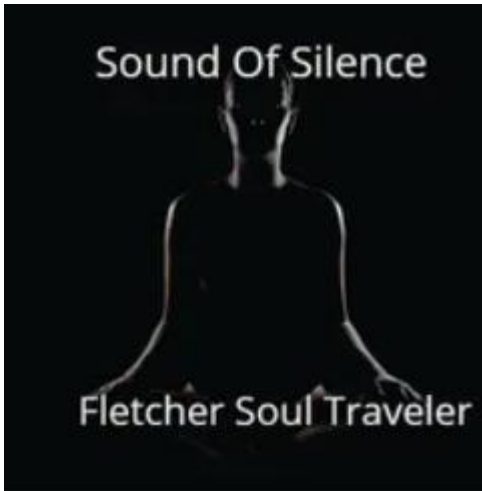
This human body is absolutely incredible. We have the operating system, hardware, and software put into place. You are literally the universe.

Everyday discoveries are mapping how this human body is a gateway to the universe. That is our true nature. This is a story

where you are your own master chemist.

You control your destiny in life. In each and every moment thousands of either positive chemicals or negative chemicals are regulated into your body. You control this mechanism by your thoughts and emotions. Let's dive into this subject. Come and join me on this journey.

[Sound Of Silence](#)



[PDF](#)

I hope you get something from this book. Discovering the silence within is so much needed today. They say you can take a horse to water but you can't make him drink. Maybe just maybe this is salt that is put into your food. We are all on the journey of life together. Hope you enjoy this book.

What Me Worry



[PDF](#)

Alfred E. Neuman must have been a closet mystic. His magazine was out of the world. There we so many signposts appearing yet one must have the eyes to see.

9

The **Mad Fold-In** is a feature found on the inside back cover of virtually every [Mad](#) magazine since 1964.^[1] Written and drawn by [Al Jaffee](#) until 2020, the Fold-In is one of the most well-known aspects of the magazine. The feature was conceived in response to [centerfolds](#) in popular magazines, particularly [Playboy](#).^[2]

Explaining his original inspiration, Jaffee said:

"*Playboy* had a foldout of a beautiful woman in each issue, and [Life Magazine](#) had these large, striking foldouts in which they'd show how the earth began or the solar system or something on that order -- some massive panorama. Many magazines were hopping on the bandwagon, offering similar full-color spreads to their readers. I noticed this and thought, what's a good satirical comment on the trend? Then I figured, why not reverse it? If other magazines are doing these big, full-color *foldouts*, well, cheap old *Mad* should go completely the opposite way and do an ultra-modest black-and-white *Fold-In*!"^[3]

⁹ https://en.wikipedia.org/wiki/Mad_Fold-in

In 2011, Jaffee reflected, "The thing that I got a kick out of was... [Jeopardy!](#) showed a fold-in and the contestants all came up with the word they were looking for, which was "fold-in." So I realized, I created an English language word."

It takes great wisdom to see satire.

Satire is the use of humor, irony, exaggeration, or ridicule to expose and criticize people's stupidity or vices, particularly in the context of contemporary politics and other topical issues.

Note this book isn't full of satire yet behind-the-scenes satire exists. The mystics of old and good old Alfred E Neuman would have been great friends. They had so much in common. They would have loved the Mad Fold-in.

This world is not what it seems and they clearly understood that notion. This book reflects common words that we take for granted and don't spend time pursuing the true meanings behind them. What me worry could have come from a Zen Master thousands of years ago.

What is the sound of one hand clapping? Each word helps one to solve the puzzle of life. There is a riddle to solve. Come along on this cosmic fold-in. The journey lies inside of you. What you see with your eyes is not reality.

Dog training for the mind



[PDF](#)

This book is all about the ability of mankind to transform.

The definition of transform is as follows.

to change in composition or structure

to change the outward form or appearance of

to change in character or condition

to cause (a cell) to undergo genetic transformation

I call this present era the evolution revolution of man. Mankind is slowly waking up from its slumber. So much interesting wisdom is being brought forth from the past and present.

Currently, I've been fascinated by Buddhist wisdom. Buddha in my eyes was the best psychologist ever. Mind you he didn't call himself that. The term came centuries later. But Buddha understood the mind more than anyone else.

This book will talk about the fifty-one mental factors. To transform we must have a reference point to transform. The Buddhists have fifty-one mental factors to take a look at. I'm going to try to bring this wisdom down to be simple and easy to understand. The Buddhists can be very intellectual. The wisdom is there. I love to make things super easy to understand. I may not get the entire theory yet I get the wisdom behind it.

I've been a software engineer for many moons. I have built many complicated systems. By building simple objects and combining them into a software program it can become quite sophisticated. All of my software projects were built this way. Simplicity is the key. Come with me on this incredible journey. This is the ultimate video game. You have been playing this game for eons. The goal is to be conscious and aware.

Alchemy



[PDF](#)

The definition of alchemy is as follows.¹⁰

1: a medieval chemical science and [speculative](#) philosophy aiming to achieve the [transmutation](#) of the base metals into gold, the discovery of a universal cure for disease, and the discovery of a means of indefinitely prolonging life

2: a power or process that changes or transforms something in a mysterious or impressive way... the [practitioners of financial *alchemy*](#) that transformed the world of money in the 1980's ...— Gordon Williams

3: an inexplicable or mysterious transmuting

Alchemist: Someone Who Transforms Things for the Better

¹⁰ <https://www.merriam-webster.com/dictionary/alchemy>

Today we recognize *alchemy* as a pseudoscience, and give *chemistry* its rightful place as a serious scientific field, but the two terms initially overlapped in meaning before separating by the 17th century, just as *astrology* and *astronomy* did during the same period.

Alchemy and *alchemist* are in fact older words than *chemistry* and *chemist* in English. Alchemists believed that lead could be “perfected” into gold, that diseases could be cured, and that life could be prolonged through *transmutation*, or a change of some essential element into a superior form. Their secretive experiments, usually involving heat and the mixing of liquids, led to the development of pharmacology and the rise of modern chemistry.

The long route to English for *alchemist* began with the Greek word *chēmeia*, which probably came from the word *chyma* (“fluid”), derived from the verb *chein*, meaning “to pour.” It then passed to Arabic, which added its definite article *al-* (“the”) to the Greek root.

The word then passed from Latin to French before coming to English. Some other words derived from Arabic also retain the *al-* in English, such as *algebra*, *algorithm*, and *alcohol*; in fact, the transformative liquid that was constantly being sought through experimentation by alchemists is another word with the Arabic *al-* prefix: *elixir*.

This power to transform things for the better, real or imagined, led to figurative meanings for *alchemy* and *alchemist*.

Esoteric Treasures



[PDF](#)

This definition of esoteric is as follows. Intended for or likely to be understood by only a small number of people with a piece of specialized knowledge or interest.

The definition of treasure is as follows. Several precious metals, gems, or other valuable objects.

When I was young the word esoteric was a very foreign word to me. I read some esoteric books and had no idea what they were talking about. It seemed so complicated and intellectual. I must admit I have a simple mind yet with a simple mind one can develop complex systems.



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor.

The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites.

One of my first projects was a dome automation system. Imagine at midnight we would have a dome operator which would have a switch to move the dome clockwise or

counterclockwise.

During the winter it would get extremely cold. The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process.

My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with. Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome.

We had an IBM Pizza box that we used. The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to. At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop.

We had to make fine adjustments along the way. When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this. The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.



This book hopefully will break down esoterics that will make you easily understand the mechanics of discovering the treasures within. What is esoteric is quite simple if one explains it properly. This is a practical time where we can experience the true nature that exists inside of us.

[Puzzle](#)



[PDF](#)

This definition of a puzzle is as follows.

1: to offer or represent to (someone) a problem difficult to solve or a situation difficult to resolve: challenge mentally also: to exert (oneself, one's mind, etc.) over such a problem or situation they puzzled their wits to find a solution.

2 archaic: complicate, entangle.

What is the greatest puzzle to solve in the universe? Signposts are all around you. Yet humanity is texting on the freeway of life. This book contains many writings when talking about the great puzzle of life.

The world at large would be in a better place if we even attempted to try to solve this puzzle. The solution exists inside of you. Nobody can solve the puzzle for you.

Many people throughout the ages provide helpful hints but you must use your inner shovel to mine the gold within. That's how the game got set up. I most certainly didn't make the rules.

Nobody can walk in your shoes. Your life is custom designed. What works for you may not work for others.

Hopefully, by reading this book you may try to solve the puzzle of life.

[Occam's razor](#)



[PDF](#)

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

The more assumptions you have to make, the more unlikely an explanation is.

We all live in a cosmic soup.

Every quantum scientist knows that.

Yet why don't we perceive that?

Wise men have been talking about that for thousands of years.

They didn't use the word quantum.

Behind your breath lies the answer.

It's as simple as that.

We make it so complicated.

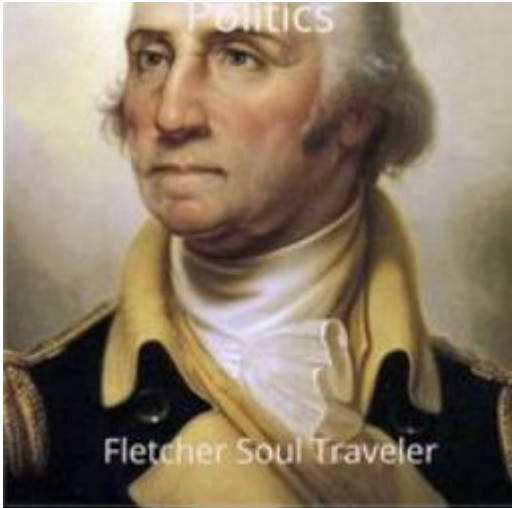
In silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

Current Event

Conscious Politics



[PDF](#)

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

Conscious politics is driven by being aware and acting from a state of emotional maturity. What is that? It's living and breathing in a state of patience, tolerance, and compassion toward others.

It's actively listening to someone without judgment because his ideas are different therefore he is evil. A conscious person can bend like wheat blowing in the wind. He can smile and laugh at diversity. He has nothing to prove. His ego doesn't get fluffed up like a peacock.

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

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

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

Conscious Economics



[PDF](#)

I'm excited. I hope you are. Even during these chaotic times, there is light at the end of the tunnel. Mind you it's not a freight train barreling down on you. We are still in a pandemic crisis.

Over 500,000 Americans have lost their lives. That's more than all the wars Americans have ever fought. Texas is in shambles. Millions of people lost power and water for days on end. It seems to me we are having serious problems to fix.

This is a book on conscious economics. I believe to change the society we must all individually change. We can't change the world if we don't change ourselves.

Many of the planet's most serious problems are currently swept under the carpet. We slowly work on the issues at hand. We talk about change yet as a whole we aren't 100% committed to it. Currently, we have been living in pursuing the American dream.

We want a huge house, an incredible car, and a job that pays millions. We can go on vacations anywhere in this world. We are all consumers. We get bombarded with advertising. If I only had this. This will make me happy. From the moment go we were taught this. If only I had this toy. This toy will make me happy. If I could only have that yellow Ferrari. I would be on top of the world. My life would be so incredible.

Yet your Ferrari will only bring temporary happiness. When I worked for the Miami Beach Police as a software engineer a friend of mine had a yellow Ferrari. He took me for a spin.

That car is the bumpiest car on the road. I could literally feel every single bump on the road. I laughed to myself. This car cost thousands yet I would never want it. It causes so much discomfort.

The modern-day world is all about consuming. That's how being a consumer works. This is the business model. It's been that way for a long time. I remember in the sixties a vacuum cleaner would last for around fifty years. Today we have a plan obsolesce.

Companies want a product to expire so you can upgrade it. Look at the cell phone industry. If you don't have the latest your friends will mock you. Wow, you're still using that antiquated device. Did you come from the dinosaur era? The housing industry is the same.

My wife and I love to watch Householders Internationally. Many people won't buy a house if it doesn't have the latest up-to-date current styles. These shows display perfectly fine kitchen cabinets ripped out and thrown into the dump.

The countertops aren't made of granite let's throw them away. We are a throwaway society. We have a part of the ocean the size of Texas filled with nothing but plastic. There is no end in sight to this madness.

Fifty years ago a great teacher said we are sawing off the branch we are sitting on. As a modern society, we are consumers. We aren't in touch or in harmony with Mother Earth.

The earth is only here to let us consume its resources. We help in causing global warming. We are slowly trying to solve the problem. Unfortunately or fortunately every human being on earth has to take responsibility. We have limited resources.

You can't chop down all the trees in the world and expect to survive. We can't continue polluting precious water and think future generations won't get affected by it. The following is part of an article from Indigenous Americans: Spirituality and Ecos. 1 The cosmic visions of indigenous peoples are significantly diverse. Each nation and community has its own unique traditions. Still, several characteristics stand out.

First, it is common to envision the creative process of the universe as a form of thought or mental process.

Second, it is common to have a source of creation that is plural, either because several entities participate in the creation or because the process as it unfolds includes many sacred actors stemming from a First Principle (Father/Mother or Grandfather/Grandmother).

Third, the agents of creation are seldom pictured as human, but are depicted instead as "wakan" (holy), or animallike (coyote, raven, great white hare, etc.), or as forces of nature (such as wind/breath). The Lakota medicine man Lame Deer says that the Great Spirit "is not like a human being. . . . He is power. That power could be in a cup of coffee.

The Great Spirit is no old man with a beard."1 The concept perhaps resembles the Elohim of the Jewish Genesis, the plural form of eloi, usually mistranslated as "God," as though it were singular.

Perhaps the most important aspect of indigenous cosmic visions is the conception of creation as a living process, resulting in a living universe in which a kinship 1

<https://www.amacad.org/publication/indigenous-americans-spirituality-and-ecos> exists between all things.

Thus the Creators are our family, our Grandparents or Parents, and all of their creations are children who, of necessity, are also our relations. An ancient Ashiwi (Zuñi) prayer-song states: That our earth mother may wrap herself In a four-fold robe of white meal [snow]; . . . When our earth mother is replete with living waters,

When spring comes, The source of our flesh, All the different kinds of corn We shall lay to rest in the ground with the earth mother's living waters, They will be made into new beings, Coming out

standing into the daylight of their Sun father, to all sides They will stretch out their hands. . . .2 Thus the Mother Earth is a living being, as are the waters and the Sun

[Pandora's box](#)



[PDF](#)

Pandora's Box is an artifact in Greek mythology connected with the myth of Pandora in Hesiod's Works and Days. In modern times an idiom has grown from it meaning "Any source of great and unexpected troubles", or "A present which seems valuable but which in reality is a curse".

It took me many years to embrace a cell phone. Mind you I have been a software engineer for over 35 years. Yet just like a pager in the eighties, I didn't want to be tied down to my job 24/7. I didn't come down to earth solely to work. I love a work-life balance.

Today it's almost next to impossible to achieve that. I've been thinking for over 15 years that the cell phone is one extra layer between us and our true nature. Before the pandemic, I would sit in a restaurant and see entire families absorbed in text messaging and on Facebook. It didn't take much to see that our society was addicted to it. Yet I didn't truly know to what extent.

My twin brother John told me about this documentary called The Social Dilemma. It was an eye-opener. It took me to such a deeper level of how deep this problem is. I was just skimming the

surface. Social media and cell phones truly opened up Pandora's Box. In the beginning, both started simple. I remember when the WWW first came out it was a cute creation. It was simple. Since then it has developed into a huge beast that knows every step you take. It knows your likes and dislikes.

Day by day it captures every step you take. I mean almost literally. If you are interested and go to a site to buy something it will capture that information.

When you go to Facebook ads will appear out of nowhere for this company. Every like and dislike is being captured. It's like millions of supercomputers are learning about you. In the beginning, it wasn't that way. Here's the funny part.

This is done for social media companies to make money off of you. A funny and sad part of the movie is they mentioned only two types of users exist. They are drug users and there are social media users. I find that quite fascinating. Both of them are extremely addicting yet we can't see the forest from the trees.

An addict doesn't know he has a problem. Our entire world is being manipulated without us being aware. All for the sake of making money from advertisers. They are making billions off you.

As a matter of fact they have built a business model where you get addicted without knowing it. They have intentionally done this on purpose. They know they are selling drugs more powerful than heroin. Yet this drug doesn't come from the outside.

It comes from your own chemistry set inside of you. How ingenious and frightening? You are addicted to something that exists inside of you. It can't be traced like the opioid epidemic. This is where the drug manufacturers got you hooked to make billions in profits.

Stanford universe even has a course on this. The sad thing is that social media companies hire the brightest and best in all fields to manipulate you. Now that's the scary thing. Imagine the complete computer network is hard-wired to control you. All for the sake of the almighty dollar. Where are we going? What can we do about this? This book will hopefully help in understanding the problem and the necessary steps we can take.

Super Bowl



[PDF](#)

Congratulations to the Kansas City Chiefs. Just think they waited for 50 years to win there next super Bowl. Wow, the city must be on fire with happiness. I must admit I'm not a football fan.

As a matter of fact, I only have seen one game all the way through. This was the playoff finals. I watch the Super Bowl final differently than the average fan. You could say I have a different mindset. You see I've been meditating for around 49 years. It is my passion and hobby.

When I watched the game I could see the incredible aspects of the game. This is a highly evolved chess game. It's like in the Harry Potter movies the monsters are alive for the chess pieces.

I started to watch the game with earnest. During the playoff's I saw the Chiefs come behind by twenty points and they won the game. They were playing the Tennessee Titans for the AFC

championship game. During this game, I saw that the team who was in tune with the quantum field had a total advantage. You are probably saying yeah your crazy but please listen.

I'm sure that all teams know they have good days on the field and off days. Even during a football game the mindset constantly changes. As I watched the AFC game I could see when either team was in sync or not. Call it what it is but intuition is the key.

Without intuition, you can never win the game. At some point in time, the KC Chiefs were in the zone. They could do no wrong. This is a mindset. Every team yearns for this. Every fan yearns to see this. It's quite complicated and sophisticated.

Tim Gallwey was at the forefront back in the early seventies. He wrote the book the inner game of tennis. He is still at the forefront of this amazing mindset. Many coaches are using his system today.

Tennis is both a mental sport and a physical sport. Your mental state of mind will determine the outcome of the game. This is the same in all aspects of life and sports.

Football has a much bigger impact. Imagine you have multiple high-speed trains going directly at you and you have to throw the ball or run for dear life. You must be calm and serene and yet you have a few seconds to respond. The average person would have a panic attack. We couldn't survive the collision of three trackers hitting us at once.

This is far more difficult than a bullfighter. With a bullfighter at least there is just one bull, but in football, there is a gang ready to pull you down.

Yesterday's game went back and forth. There were times when both sides were in total control. To be honest Patrick Mahomes had a hard time getting into the zone during the first three quarters.

There was a point during the fourth quarter when the Chiefs were behind 10 points. I didn't see the sparkle in Mahome's eyes. I wasn't feeling well so I went to bed. Ten minutes later my wife screamed and woke me up. I couldn't believe my eyes. The entire team was on fire. They could do no wrong.

The San Francisco team couldn't believe what was going on. They ruled the entire game up to this moment. Games are won and lost in a matter of seconds.

This book is my perspective on what I saw and helpful hints for the future. It may sound crazy but the quantum field is known and unknown to us. Mostly we perceive it on an unconscious level.

The teams of the future will tap into it consciously. The teams that do this will have an incredible advantage. We are just skimming the surface. We think the game is merely physical yet there is a universe behind it. Infinite possibilities exist.

I hope that you enjoy this book. It's quite different yet Tim talked about this about 48 years ago. We still are at the beginning stages of embracing this knowledge.

Corona



[PDF](#)

Here's to life. Cheers. Just think millions of people are at their homes in isolation. In fact, in Italy the entire nation is. In the United States, it remains to be seen.

Millions of people are in panic and fear. I'm writing this book to hopefully shift your attitude. Panic and fear will never get you far in life. The world has been living in a whirlwind for ever so long. We are caught on the treadmill of life.

We are so busy we can't even listen properly to our minds and bodies. The body is saying slow down. Get some rest. I can't keep up with you. Something is going to give. I like the expression give the body proper rest or disease will come in and force you to rest. In our world today common sense is uncommon.

Why is this happening in the world today? In this book, we will discuss this. I have a different point of view. It's not all doom and gloom.

[Broken Record](#)



[PDF](#)

The definition of a broken record is as follows. Used, especially in similes, to refer to a person's constant and annoying repetition of a particular statement or opinion.

"at the risk of sounding like a broken record, let me repeat: it will be difficult to do well without attending classes regularly"

Yet the world at large has fragments of a broken record all over the place. Absolute harmony is the state mankind is searching for. Yet mankind is not aware of it. We are playing the same record over and over again. Humanity is having a hard time being in a state of harmony. Chaos exists outside and inside of us.

Presently the United States just had an invasion from its own people at the Capitol Building. What is the truth is considered lies? What is lies is considered truth for many. Discrimination is out the door.

This is from ABC news.

Trump's voter fraud lies encouraged a riot. GOP allies are still giving them oxygen.

Republicans, including Sen. Josh Hawley, have condemned the violence but haven't backed down from baseless claims of fraud and irregularities.

This broken record exists in all areas of our lives. This exists even from our subconscious. Scientists know that ninety-five percent of our actions stem from our subconscious.

This is from Bruce Lipton

Is there a way to change subconscious patterns?

Yes, you can reprogram the subconscious mind. All of us got programmed when we were very young. And the programs even started before we were born. We were programmed already in the uterus. So the program occurred before you were born and therefore you can't tell me what all the programs are that you have. You weren't even conscious at that point.

So then I say how will I know what the programs are? You don't need to go to a psychiatrist to figure it out. The reason why it's simple is that 95 percent of your life comes from the subconscious program. So by definition, your life is a printout of your subconscious programs.

So the things that you like and that come easily to you in your life are there because you have a program that allows them to be there. In contrast, anything that you have to work hard at and put a lot of effort into, or anything you have to struggle for to make it happen, is a result of your programs not supporting that.

¹¹ <https://www.nbcnews.com/politics/donald-trump/trump-s-voter-fraud-lies-encouraged-riot-gop-allies-are-n1253509>

¹² <https://www.brucelipton.com/blog/there-way-change-subconscious-patterns>

So if you're trying to find a relationship, or you can never get into a relationship and you're thinking it's not in my fate to be in a relationship, then this is not true. It is because whatever programs your mother and father and family had about relationships are not supportive.

And the second reason is that you play these programs 95 percent of the time and you don't see them, so that means at least 95 percent of the time you were sabotaging yourself and you don't see it. And therefore you never understood why your relationships were not working.

So if people want to know what their programs are, I say what in your life comes easily to you is there because you have programs to support that. Anything that you struggle to get to, is because you have programs that don't support that.

And that's how you know what programs you want to change. So you ask where are the troubles in my life? If they exist in a relationship for example you know you have to change your beliefs about the relationship. And then you can work on yourself. So first it is about recognizing that the patterns come from programming. And that you can change them.

Now, there is always that belief that you can talk to your subconscious mind. And people try that and then they find themselves playing their programs again. And they get mad at themselves. And they get frustrated because they think 'I keep talking to myself and it is not changing.

You have to remember you are like an entity in the conscious mind. But the subconscious mind is just like a machine, it records, pushes a button, and plays back. So if you are trying to talk to the subconscious as if there was somebody in there, it's frustrating because there is nobody in there to listen.

That's not how the subconscious changes and that's why most people have a lot of problems and get mad at themselves when it doesn't change. Well, that is simply not how it learns.

So the two minds learn differently. The conscious mind is called creative and can learn by reading a self-help book or going to a lecture, watching a video, or reading an article. It is creative, it goes, "ah, I have an idea, now I change my mind."

The subconscious mind is a habit mind. And the most important thing about a habit mind is that you don't want it to change very quickly, because otherwise, habits fall apart. So it is resistant to change.

That is the first thing we have to realize. It is not as easy to change as the creative mind. So how do I change my subconscious mind? How does it learn? Number one:

In the first seven years, the mind is operating in a low vibrational frequency like hypnosis. So that is one way of changing the program. Number two: After you are seven you form habits by repeating something over and over and over again. Practicing, repeating, practicing.

An example: If you read a self-help book the conscious mind understood it, but the subconscious mind learned nothing from it because you only read it once and this is not how it learns. If you repeat the message of the book over and over and over again and behave that way, then the subconscious mind will learn a new behavior.

So it is about habituation, where you make a practice out of something, every day and repeat it over and over again. So these are the two main ways, hypnosis, and habituation.

Then there is a third way now which is new and is called energy psychology. And it activates the brain to be in a state of super-learning. If you engage in super learning, you can rewrite subconscious programs in about 10 minutes.

Something you have had your whole life can be rewritten in 10 minutes! Now there are a bunch of different techniques, but they function all in about the same manner.

It pushes the record button of the subconscious mind so you can download new data very, very fast. On my website www.brucelipton.com under resources, there is a list of about 20 different energy psychology processes all of which are effective and can help rewrite subconscious beliefs in a short period.

War



[PDF](#)

The definition of war is as follows. A state of armed conflict between different nations or states or different groups within a nation or state. Emotionally we are still in the kindergarten stage of emotions. Many of our leaders are spoiled brats.

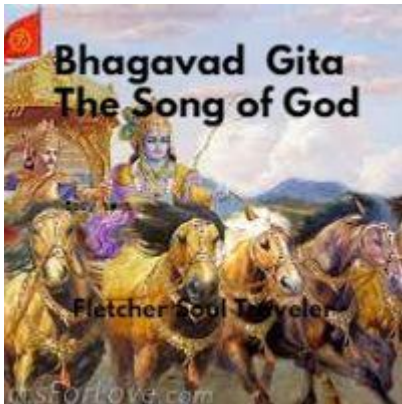
The world is still in a tizzy that Russia attacked Ukraine. Just think one person can cause so much chaos. How can he sleep at night when an entire country is going through hell? How would he like it if another country invaded his country and rainfall of ballistic missiles rained upon him? Not only that but a caravan of troops in tanks forty miles long was approaching his capital.

Let's keep this simple. Either we stop fighting each other or we will blow ourselves up. It's as simple as that. Mind you there have been plenty of civilizations out in the universe that has done that.

Only we can solve this puzzle. The only savior is humanity saving itself.

Books 2023

Bhagavad Gita The Song of God



[PDF](#)



I first read the BHAGAVAD-GITA in India in 1971. I was staying in an ashram in the Foothills of the Himalayas.

During this time it was an evolution revolution of growth in my life. During November, I received knowledge. After that experience, my understanding of sacred books became you could say a lot easier to understand.

Somehow my experience was in sync with what they were talking about. Granted I was at a kindergarten level. Still am today. You could meditate for a trillion years and you'll still be at a kindergarten level.

This book contains a road map of how humanity can transform itself.

We are going from darkness to light. Much of humanity doesn't see it that way. Many people just live their lives without ever asking the reason behind it all.

These are chaotic times in this world. One through practice, the essence of life lives in the center of the hurricane.

It doesn't matter what religion you belong to. The essence is the same. One who learns moment by moment to be conscious and aware is the most precious being.

We are all the same. There's a thread of love that ties us together. This Gita has inspired millions throughout the ages.

Maybe in some way, it might inspire you to look at a different way in your life.

The greatest jewel lies inside of you. Yet humanity at large is seeking to find the jewel externally. That is the essence of the book. You are the precious jewel you are looking for.

¹³This English version of the BHAGAVAD-GITA was translated by Sanderson Beck. He did an incredible job transcribing this into English.

I used Microsoft's Bing chat AI to write a commentary for each chapter.

To be honest, I was quite blown away by what it wrote. It did an incredible job of describing the essence of the Gita.

I hope you enjoy this. AI can be used for the benefit of mankind or our downfall.

Here's an incredible road map that one can take to understand how precious life is.

The goal is to be conscious and aware in every moment. This is the essence of all religions. To bind and to have a union with that source that is keeping you alive in every moment.

¹³<https://www.san.beck.org/Gita.html>

[Is The West Coast Dying](#)



[PDF](#)



Seattle is Dying | A KOMO News Documentary

KOMO News ✓ 13M views

KOMO Anchor Eric Johnson takes an in-depth look at the impact the drug and homelessness problem is having on our city and possible...

A few months ago my wife Barbara said let's watch this YouTube video called Seattle is dying.

This YouTube video had an incredible effect on us.
I started thinking this is not only Seattle's problem but the entire West Coast.

My daughter Aleia lives in a small town in southern Oregon. They also have the same homeless problem there. Mind you millions of dollars are being spent to try to solve this problem.

I decided to start from Vancouver Canada and work my way down to Southern California.

This problem exists all over. This problem exists in our entire country.

I started to research to see what other countries are doing with this problem.

I found out that the Scandinavian countries' mission for the last 10 years is to severely reduce homelessness in their countries.

For example, Norway has reduced it by 60% in only 10 years. Norway makes it a provision in its constitution that having a place to live is a birthright.

I work on many different fronts. In the past 10 years, I've always been interested in the happiness index for rating countries around the world.

Each country is rated on the state of happiness of the citizens.

I find it quite fascinating that the Scandinavian countries are the number one in the world. They take up the top 8 out of 10 spots. Israel and New Zealand are among them.

The United States was 19th on the list.

It seems to me the higher a country is in the ratings, the more progressive the social programs are.

The Scandinavian countries are extremely innovative when it comes to education, housing, and prison reform.

How would you like to go to school and never get homework? Kids would love it!

Many Scandinavian countries do this and yet they are the most educated kids on the planet.

In our country, we burn out kids so that consequently there is no joy in learning.

Competition is the greatest force that they use. You are fighting against your fellow students to obtain success.

The Scandinavian countries believe that cooperation with one another is the answer

Big difference.

When it comes to prison reform. The United States prison system is built by for-profit corporations. The longer you are in, the more money they will make.

They have no incentive for you to rehabilitate. Punishment is their means.

The Scandinavian countries take another approach and it is not through punishment.

It is teaching a man how to fish. It is teaching a man to learn the tools to succeed in society.

They take a humane approach. They take an approach of dignity. They believe if you treat someone with respect they will treat you with respect.

Inside our prison systems in America, there is a war between the prisoners and the prisoner guards.

Not only that, but prisoners fighting one another.

In that kind of environment. No wonder when they get out they return to prison.

They don't have the skills to be good human beings in society.

There is a saying that the more you pay to something the more attention it pays to you.

In the United States prison system, it is designed against you to heal oneself.

I hope you enjoy this book and will ponder it over.

There are many lessons for us to learn.

Without kindness, you may have the greatest plan, but it will fail if it is done without kindness.

Kindness is the foundation of life.

If you want to see what a lack of kindness does in our society, take a look at the homeless epidemic in America today.

We are the richest nation on earth and yet one out of every 30 children is living in the streets.

What does that say about our priorities?

We spend around 60% of our budget on the defense industry.

We seem to put more emphasis on war than on helping our fellow man.

The United States has lost touch with its citizens.

The Scandinavian countries still have their problems. They are striving to overcome them practically and consciously.

In the United States, the top political officials pay only lip service to this.

It seems to me they make laws that benefit the rich.

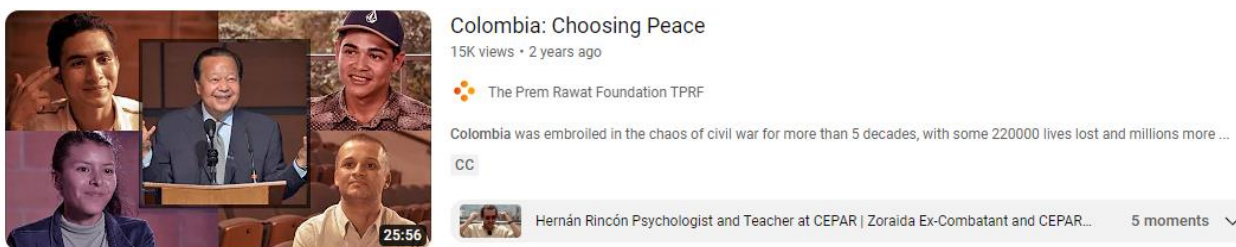
The following YouTube video comes from the peace education program, a worldwide program dedicated to bringing peace. This is a highly successful program in our prison systems around the world today.

It is quite innovative and highly successful in the outcome.

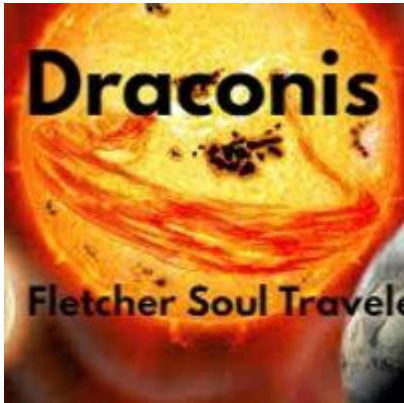
Many prison systems today are using this program to help solve their problems.

Columbia for decades has had two rival gangs fighting. This has led to too much bloodshed in the country.

This program helps them to reconcile their differences and put their weapons down.



Draconis



[PDF](#)



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The point is you are the piece of the puzzle.

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

You are either the problem or the solution.

You can't sit on the fence any longer.

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

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

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

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

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

You have been playing this game for trillions of years.

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

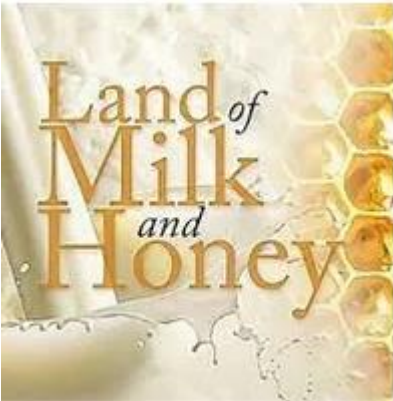
One gets so involved in the video game of life that they forget the jewel exists inside of them.

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

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

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

Land Of milk and honey



[PDF](#)



I am in a state of awe. Signpost of God all around us and in us.

We are so busy texting on the freeway of life that we don't even see the signs that are everywhere.

A while ago my brother John sent me a link called Christ oil.

I'm truly interested in seeing all the various alchemy practices that exist around the world.

This human body is so intricate and yet the secrets are all around us. The secrets are in clear sight if you are open-minded.

One of my main mottos is you are your own chemistry set.

Nothing can be further from the truth.

Your life is created by the chemicals that only you produce.

Nobody else produces these chemicals for you.

Well, maybe when you take Western medicine you take a drug that has side effects.

Yet every single thought you have a chemical gets released into your bloodstream. This has been documented by scientists in the last 20 years or so.

I find it fascinating that we see less than 1% of the light spectrum. Yet we think we are so advanced.

Look at the world today and you will see we are off balance. We need to recalibrate all the systems externally and internally.

We are a ship without a rudder.

Yet, this human body contains the operating system, hardware, and software.

They have been there all your life

The problem is we have never turned on the computer.

We look for more happiness externally. You can look for trillions of years and you won't find it.

That is a fact. Western science has come so far in the last 20 years. They have mapped out the mind-body connection. So much incredible work is done in this field.

This book will go through the systems that have been taught for thousands of years and the latest scientific research on this subject.

I'm amazed by the different processes, that produce sublime chemicals in the human body.

It seems to me the entire universe exists inside of you.

Guru Nanak once said everyone knows that the ocean contains drops of water. But only a wise man understands that one drop contains the entire ocean.

Welcome to the mysteries of the universe that exists inside of you.

Each one of the systems is so incredible and marvelous. Just think the map of the universe exists inside of you and what are you doing about it?

Most of us are so locked into our day-to-day routines that we never stop for a moment.

Only through entering silence cCan one understand what I'm
talking about.

This is not a theory.

There is so much hope today. Dr. Joe's Dispinza said recently that only 10 years ago most of his audience just wanted to have theories or philosophy.

Today the times have changed and people want a direct experience of the quantum field.

Scientists are being blown away because they see firsthand with the latest scientific equipment what is occurring in the room.

Miracles are occurring yet are they miracles? Scientists discover that so many unknown and unique chemicals get released into the bloodstream and thereby cure illnesses that have troubled the individual for years.

We are on a precipice where we understand the quantum field and our relationship to it.

In essence, we are all one. The goal of all the systems that I have studied said the same thing.

Mind you they had a different process yet the results are one and the same.

We are all scientists and mystics. This is our true nature. The laboratory exists inside of you.

You can morph and change if you like. The tools are out there today.

Many of these tools in the past were forbidden for the common man to have.

The times have changed. The world needs to unite.

If we don't unite then we will go down the rabbit hole that we are on.

We are sawing off the branch that we are sitting on.

We have unsurmountable problems in this world today.
With any problem, there is a solution.

You are a piece of this puzzle. You are needed to put your
piece of the puzzle into the puzzle of life.

The goal of any civilization is to go from darkness to light.

When a civilization refuses to embrace the light over time,
that civilization will simply disappear and never return.

War is obsolete. It has always been obsolete.

The reason we go to war is that we don't know our true
nature.

We have not tamed the mind. The mind is the most difficult
thing to conquer in this universe.

We are at a kindergarten level when it comes to our state of
mind.

Mind you, a kindergarten is more innocent and pure than our
state of mind.

The days of bullying, mocking, fighting and all sorts of
chaotic behaviors are over.

We can change for the better. As I said, many times before
the chemistry set lies inside of you.

Take a look at your actions. Take a look at your emotions.
Take a look at your thoughts

By doing so you will see practically the results in your affairs
with this world.

Your emotional state and mental state determine the actions that you take in life.

Just think if you are unhappy and you think if I become a billionaire I will be happy.

Yet you may acquire a billion dollars, but in your present state of unhappiness, you still will be unhappy with a billion dollars.

A billion dollars brings another set of problems more profound than you ever imagine.

Happiness is a state of mind.

If you think that happiness exists externally then you will be unhappy for the rest of your life

The wise man contemplates and ponders over the meaning of life.

The ignorant man just goes on his merry way without ever questioning the meaning behind these words.

I'm not sure why man is so lethargic in life. Shouldn't this be common sense?

Man has been in strife for thousands of years. Yet we keep doing the same thing over and over and over again.

We are getting strangled by our technology. Our technology is supposed to make life easier.

Instead, it makes life more complicated. For example, people are married to their phones. There used to be a fine line between your working life and your personal life.

This is no longer the case.

Technology is placing us in a box where we are trapped in.

I find it fascinating that the mass social media organizations realize that we are own chemistry sets.

Unfortunately, they hire the brightest minds today. Their goal is to make you addicted to their platform so they can make more money.

They purposely cause you to be more addicted to their platform than a cocaine addict.

I am not kidding you when I say that.



I have written a book called Pandora's box which explains this in more detail.

The science of discovering your inner chemicals lie inside of you.

Every single moment you are either creating chemicals that are good for you or chemicals which will ultimately kill you.

This human body can live much longer than we think.

At times I think it is a miracle that we are still alive today

In the United States, we spend more money on health care than any country in the world

Each year we have to spend billions more. Each year the population is getting sicker and sicker.

Almost everyone is pre-diabetic and not knowing it. A. Ticking time bombs exist inside of us.

We have lost touch with nature and the universe. Many people would probably say who cares.

Well, the more a society is distant from nature and the universe the more chaotic the society will be.

Common sense is uncommon and yet we think we have common sense.

We are wearing blinders over our eyes then we think we can see clearly and properly.

I don't want to be an alarmist but the ship we are on has a hole in it. We need to fix it ASAP.

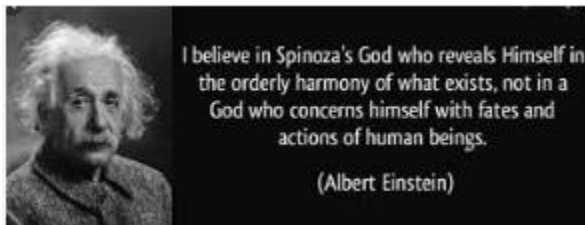
You may laugh at this. Millions of people are waking up from their slumber. There is great hope.

Ponder this over. Remember you are a piece of the puzzle.

[Spinoza](#)



[PDF](#)



"I believe in Spinoza's God, who reveals Himself in the lawful harmony of the world, not in a God who concerns himself with the fate and the doings of mankind," Einstein

During the last couple of years, I have heard this quote from Albert Einstein numerous times. I never understood it because I never knew about the work of Spinoza. He was a 16th-century philosopher whose theories are still alive today.

During my research on this project, I have found many great scientists who believe in this vision that Spinoza had.

When Spinoza was alive, he took the world by storm with his great insight. Both Christians and Jews were angry. What he was saying. He didn't believe that God sat on a throne and ruled with an iron fist.

His insight was similar to the Taoists. He believed the entire universe is conscious and aware. This was a radical idea for its time.

The current situation the world is in is similar to a person sawing off the branch we are sitting on.

We are divorced from nature. We are separate from nature. We live our lives, consuming things so that we can hopefully be happy in the end. Consequently, the world is in chaos.

Spinoza believed that the universe is in harmony yet man is not. When a man is not in harmony, chaos exists. Currently, we live our lives focused solely on me. We don't see the unity behind all things. We were never taught that in Sunday school very

The great scientific minds of yesterday and today embrace the concepts of Spinoza's version of God. That should say something. Yet today poorly anybody knows about this great man.

I'm 70 years old and yet only in the last 2 weeks have I found how incredible! this man was.

He was excommunicated from his Jewish faith. He was considered a heresy. He had to move outside of his country. When he moved to another country that Christians tried to murder him because of what he was saying.

Such was the conviction that he had.

I have been blown away by the similarities between his thoughts and the thoughts stemming from the east.

Most scientists don't believe in God the way most people do. Yet they do embrace the thoughts that Spinoza had in the 16th century.

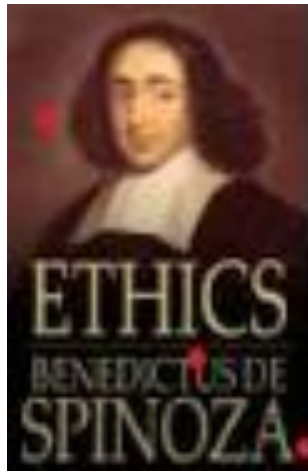
Let's take a ride together and see how amazing this man was. This is quite an incredible journey.



Spinoza: A Complete Guide to Life

Then & Now ✓ 1.2M views

Then & Now is FAN-FUNDED! Support me on Patreon and pledge as little as \$1 per video: <http://patreon.com/user?u=3517018> Or send...



[Temper](#)



[PDF](#)



 The Washington Post

Opinion | An illustrated guide to ...

temper

noun

the tendency to become angry very quickly:

*She **has** a real temper.*

He has a really bad temper.

I usually get my book titles from what I'm going to do when I'm sleeping. I got this title a few months ago.

I remember a few years ago when President Trump was so angry that he threw his plate of food against the wall and the plate shattered.

I was quite blown away by this temper tantrum. This guy was the president of the United States and he had no clue how to deal with his emotions.

I remember when he taunted the leader of North Korea when he said my button is bigger than your button. I think what amazes me is that in mainstream society today this doesn't bother most people. We are so used to it.

Day and day out during the Trump presidency he would top it off with something that was beyond topping off.

Each day he would better himself by performing acts that were immoral and unethical.

I'm writing this book hopefully so you can take a look at our emotions and try to heal them.

Nobody can change you except for you. I find it fascinating that we never learned this in our life.

The world would be a better place if we were all kind to each other.

Unfortunately, the system that we have is not in harmony with nature and the universe.

You may say so what. I don't care. Yet the world is drowning. Almost literally. By the end of this century, most of the East Coast major cities will probably be underwater.

We're already seeing the results of climate change all around the world.

Yet we keep on texting on the freeway of life. We are born to be consumers. That is what we do. The American dream is to be a very successful consumer. That is the definition of attaining a good life.

I have my mansion and my Porsche. I can travel anywhere around the world. Yet, I'm still in a kindergartener state of mind when it comes to my emotions.

It seems even billionaires will never get completely satisfied with what they have. It's always more, more, and more.

In the next two years, we will have probably 2 trillionaires. I can guarantee you they will still not be satisfied with having all that wealth.

A Trillion dollars equals spending 100,000 a year for 34 million years.

We need a major overhaul of our systems. We need a recalibration of the body, mind, and soul.

There is so much wisdom out there. Can you imagine how incredible it would be if the mass media at large started to talk how humanity can improve for the better.

Instead of negative news, 99% of the time, maybe we should have 99% positive news. News that can help humanity to discover its true nature.

Imagine if governments around the world united to talk about how humanity can discover its true nature.

The world would change for the better.
Unfortunately, that is not the case.

Today the United States spends more money on illness than any country in the world. You would think we would be in great health.

The United States is one of the sickest countries in the world. The foods that we eat are literally killing us. Processed food companies are not

interested in health. They are interested in your buying their goods.

Common sense is uncommon. We are completely off the mark when it comes to harmony.

No wonder the world is in such bad shape. We are like a ship without a rudder



WATCH: 'Extremely angry' Trump threw lunch at wall after AG said...

PBS NewsHour ✓ 158K views

Cassidy Hutchinson, an aide to the former White House chief of staff during the administration of President Donald Trump testified on...

[Central Sun](#)



[PDF](#)



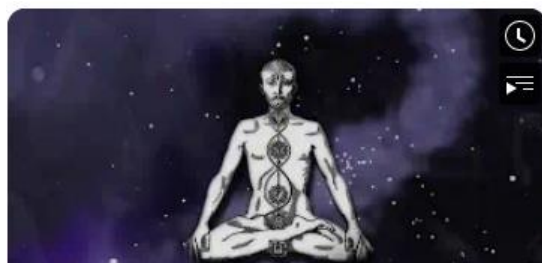
I believe in the theory of the butterfly effect. Scientists believe that a single butterfly in China if it flapped its wings at exactly a precise moment in time could start a chain reaction that could result in a hurricane somewhere around the world.

I have seen this recently in my own life. Events that took place over 50 years ago I'm seeing the effects of the flopping of the butterfly years ago.

This is another rabbit hole that I'm going down. A few months ago my brother sent me a link called the Christ drop. I was quite fascinated by this. I even wrote a book called the land of milk and honey.

This book was based upon research that I have done in the last 50 years or so on this subject.

I saw a YouTube video from Santos who gave an incredible explanation of the Christ drop.



'the Christ in you' Santos Bonacci –

277K views • 7 years ago



MrAstrotheology

If possible when making your donation please send it via "Friends and Family" not "Goods and Services". J
Instagram ...

I soon started listening to his videos on YouTube.



Introduction to Syncretism, long version: Santos Bonacci

MrAstrotheology • 14K views

Please feel free to reupload my videos on your youtube account but please always link to me. Subscribe to Santos on YouTube at...

I saw and read about sine waves. I saw this incredible paper from Steven Hawkins who talked about sine waves. His theory was anything created has a sine way. Everything in the universe gets created and ultimately gets destroyed. We will go into more detail in the next chapter

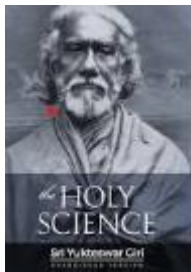
Even the universe itself is a sine wave. I was mesmerized by this. This led me down the rabbit hole where I'm writing this book.



Santos had a video on sine ways and in his talks, he mentioned Swami Sri Yukteswar Gir

50 years ago I read the book The Autobiography of a Yogi by Paramahansa Yogananda. I was fascinated by that book when it talked about the whole process of going from darkness to light.

There are certain ages that the universe goes through, much like the four seasons.



Santos quoted much from the book. The holy science that Swami Sri Yukteswar Giri wrote over 100 years ago.

Let's go down this road together. I know I'm going to have a blast.

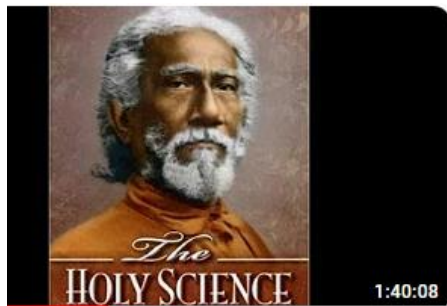
Let's explore sacred wisdom. It even may inspire you to learn more.



Sri Yukteswar's The Holy Science, 1/5: Introduction and Chapter 1,...

AnandaChennai • 4.9K views

From *The Holy Science*, written by Swami Sri Yukteswar, guru of Paramhansa Yogananda. This book was written at the request of...



The Holy Science (Self-Realization Fellowship) - Full Audiobook by Swami Sri Yukteswar (Author)

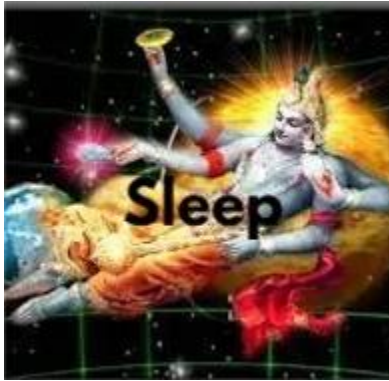
15K views • 3 years ago



Harshit Pandey

This extraordinary treatise explores parallel passages from the Bible and the Hindu scriptures to reveal the essential unity

[Sleep](#)



[PDF](#)



Come with me on this journey. Let's explore the mysteries of going to sleep.

We probably spend 1/3 of our life sleeping.

Most people think that sleeping is a drag. Why do I have to go to bed every night and sleep?

Such is the thinking when we are texting on the freeway of life.

We take the miraculous and make it absolutely mundane.

Humanity spends billions of dollars a year on drugs to try to make them sleep at night. These drugs do nothing except compound the problem.

We have no clue that our lifestyles dictate the kind of sleep that we will have. It will dictate how healthy your mind and body will be.

Do we live in a time where preventative medicine is at the bottom of the barrel in life?

Society believes wholeheartedly that Western medicine is the answer to the world's problems.

We believe a doctor will give us a drug and make us well without changing our lifestyles.

Nobody wants to take responsibility. The United States is a sickness nation, not a wellness nation.

This book will give you some great insights and hopefully practical tips you can use to make you sleep better.

Hopefully, it will also show you what a miracle this human body is. If you take care of it, it will take care of you.

There is a huge battle going on inside of you. What we consider truth is fiction and fiction is truth.

We are so far out of balance with nature that we can't see the forest from the trees.

We think we are so normal. Just take a look around you and see the mess that we have created in this world.

Hopefully, these books will help you in a little way to bring you in balance with your true nature.

Innovator



[PDF](#)



No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

The definition of Innovators is as follows.

innovator

noun [C]

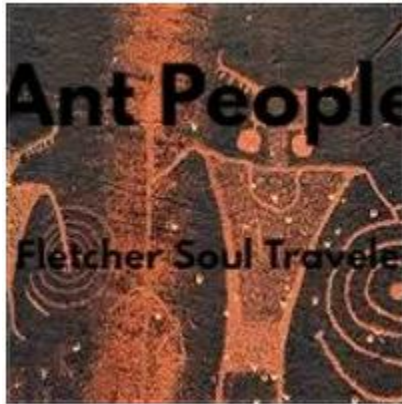
¹⁴**someone who introduces changes and new ideas:**

She has won a reputation as a leading innovator in the industry.

He was an innovator. He wasn't afraid to try something new.

¹⁴ <https://dictionary.cambridge.org/us/dictionary/english/innovator>

Ant People



[PDF](#)



My dear friend, John Baier sent me this link to a YouTube video about the ant people.

This is another incredible rabbit hole that I'm going down.

Come with me on this journey. You may even learn something new and outside of your box.

It may even be beyond your comfort zone.



Visits to King of Ant People and Ancient Moonbase

Michael Salla • 37K views


JP currently serves in the US Army and recently completed a mission to an underground Florida location as part of a team of eight covert...

Gather



[PDF](#)



 Smithsonian Magazine
Where the Buffalo No Longer Roame...

I've been pondering over the subject of conquering the wild west for many years. The more I read about the subject, the more I see the total devastation that we have committed against the indigenous people.

In grade school they made you feel it was an exciting time in American history. We were expanding our territory. I remember reading about the final train tie which tied together the east coast and the west coast by rail.

Yet lately I have been reading from the indigenous people and their side of the story

Can you imagine living on your land for thousands of years? The indigenous people knew they were custodians of the land. They knew their survival was dependent upon being harmonious with the land and all the magnificent creatures that exist in it.

Westerners might say they didn't have a technology-based society yet. Their society was full of ancient wisdom.

Just think every square inch of land that was taken the Indians never saw most of that land again.

The Indians would only kill a buffalo to survive for the winter.

Western man would kill buffalo by the millions. I remember seeing a photo once in a magazine it displayed a huge mountain of killed buffaloes. Two men with rifles had their rifles pointed out the window toward the buffalo's corpses.

This was a mere sport for them. It was a form of genocide for the indigenous people at that time.

They knew that by killing all the buffalo, the indigenous people wouldn't survive.

Almost every inch of land in America was taken from the indigenous people. Many have them have been forced off their lands and had to live on some reservation.

Many of them could no longer fish or hunt without a license. If you were found to break a law, your license would be taken away for life.

This is a tail of the great tragedy that occurred and is still occurring today in America.

I'm hoping this book will be an avenue where people can discuss what occurred in the past and what we can do to make sure it doesn't happen in the future.

For our world to survive, we need to change in so many different ways. We must stop being consumers of this life. We must learn how to be custodians. Mother Earth recently has been going through many traumatic changes. Hopefully, we can learn from our present and passed mistakes.

Many years ago I heard in Colorado a great teacher once said we are solving off the branch that we are sitting on.

This was said over 50 years ago and yet it is still so true today.

I pray that we can live once again in unity with nature and the universe.

Quite frankly, most of the world's leaders haven't a clue as to what has to be done. In the United States, the political system is in total shambles. I don't need to get into it. Just turn on the TV.

Time is ticking away. We must realize there's a threat of love tying us together. We think we are separate. We think that consumer goods will give us fulfillment and happiness in our life.

We were taught this from quite a young age. True happiness does not exist outside of you. Unfortunately, we have been living that way for thousands of years.

We are at a turning point where we must change our ways. If we don't I can almost guarantee you that in a couple of hundred years, humans won't be on this planet.

Talk to any climate scientist and he will tell you the same thing. Signposts are all around us. Humanity must make a critical decision. We must change our ways. There's no point even debating it.

Come join me on this adventure of life. You are a piece of this puzzle. Your piece of the puzzle is needed to solve the puzzle of life.



Documentary Screening: Gather: The Fight to Revitalize Our Native Foodways

4K views • 2 years ago

 IHouseNYC

December 8, 2020 I-House Virtual Documentary Series presents Gather: The Fight to Revitalize Our Native Foodways b...

 Sanjay Rawal | Courtney Streett | Karen Sutton

3 moments ▾



Gather - Discussion of Documentary

965 views · 1 year ago

University of California Television (UCTV)

Director Sanjay Rawal and editor Alexander Meillier discuss their new documentary Gather, which explores the growing...

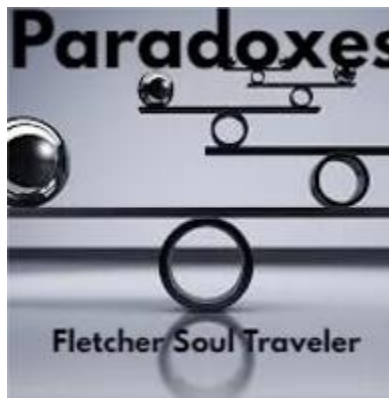
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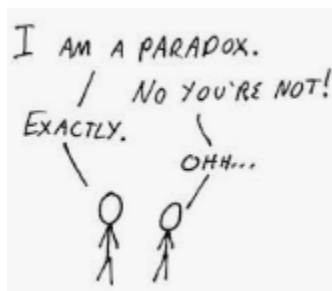
Introduction | The Story | Reception | Food Sovereignty | Knowledge | Climate Chan... 12 chapters

<https://gather.film/>

Paradoxes



[PDF](#)



par·a·dox

/ˈperəˌdäks/

noun

1. a seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true.
"in a paradox, he has discovered that stepping back from his job has increased the rewards he gleans from it"

Similar:

contradiction

contradiction in terms

self-contradiction

inconsistency

incongruity

anomaly

conflict

absurdity

oddity

enigma

puzzle

mystery

conundrum

oxymoron

antinomy

- a statement or proposition that, despite sound (or apparently sound) reasoning from acceptable premises, leads to a conclusion that seems senseless, logically unacceptable, or self-contradictory.
"a potentially serious conflict between quantum mechanics and the general theory of relativity known as the information paradox"
- a situation, person, or thing that combines contradictory features or qualities.
"the mingling of deciduous trees with elements of desert flora forms a fascinating ecological paradox"

Hacks



[PDF](#)



¹⁵A body hack is a usable technique that can make an improvement to improve a person's life, health or mental state. These techniques are generally learned through real-life experience and are not necessarily medically recognized. [Body hacks](#) may work for some people and not for others and the only way to find out is to give them a try.

For some unknown reason, my brother and I have been using body hacking in one way or another for most of our life.

I don't know why. We both seem to think outside of society's boxes.

¹⁵ <https://www.brainz.org/25-body-hacks/>

Even when we were quite young, both of us knew that life was absolutely incredible. Yet we saw the life that people lived was mundane. We knew there had to be a better way of living.

Somehow we knew that the answers existed inside of us. We knew we are all tied together through the thread of love.

Most people back then and even now will fluff that off. They would say that is impossible.

Talk to any quantum scientist and they will all agree that there is a thread tying the entire universe together.

When I first started surfing during the 60s, you were considered an outcast if you surfed.

Today it is a part of society. Much has changed since back then.

When I took up a yoga practice during my senior year of high school that was considered a state of being a rebel. You were almost placed in the same category as a communist.

Today yoga is everywhere. It takes a couple of decades for something that is considered outside of the box to be integrated into society at large.

I'm going to try to share the hacks that I use daily in my life. They have been quite useful for me. Mind you I'm not going to try to convince you. I'm not here to hype them either. The world has so many people trying to sell you something. I have nothing to sell.

The wisdom exists inside of you. Imagine the greatest computer in the universe exists inside of you. The Operating system, hardware, and software have been there since you were born.

The trouble is you never turned on the computer. For most of our lives, we are texting on the freeway of life. Our focus solely is external.

Originally I was going to call this book common sense is uncommon. Yet the more I thought about it, the word hack came to mind.

As I said at the beginning of the intro, a hack is a useful technique that can improve a person's life, health, or mental state.

These hacks were never taught to us in our schools. We will go over these hacks in detail.

This book literally if you took the advice could change your life forever.

For one to change, knowledge must be understood by the body and mind to make proper actions occur.

You must be willing to be strong to make proper decisions in your life. One must be trying to be more conscious of the affairs that we all live day by day.

Most of us live automatic lives. Over 95% of our actions are dictated by the subconscious mind. We only see 1% of the light spectrum.

We must learn how to reprogram our subconscious. We need to rewire our brains. We need to learn how to create neural networks that are beneficial for our lives.

The world at large is chaotic because our biochemistry is chaotic. We think we are so smart. Look at this world today and chaos is all around us.

The world is a reflection of mental states. We need to recalibrate all the known systems that are out there. Not only outside but inside of us.

The funny thing we think that so don't need to change. I'm happy with the state I'm in. That is called apathy.

Look I don't want to judge you because you have free choice. But what I'm saying is the grandest car in the universe lies inside of you. The garage door is closed and cobwebs are over the car.

You have forgotten that this car is meant to be taken out daily for a spin. Meanwhile, the car just sits in the garage doing nothing but gathering dust.

I hope you enjoy this book. It doesn't matter who you are. You are the universe and you just don't know it. Signposts are all around yet we don't have the eyes to see.

Beyond the Beyond



[PDF](#)



I believe in synchronicity. A few days ago I had a dream that my next book was to be called Beyond the Beyond.

I'm fascinated by the James L. Webb telescope. What they are discovering blows my mind.

After I had my dream and got up, I received a text message from my dear friend Amar.

Amar works for the same company that made the telescope. He gave me a link to one of the engineers who won a top prize in his field. This is one of the scientists he works with.

Literally across the street from him is the site where the great telescope was built.



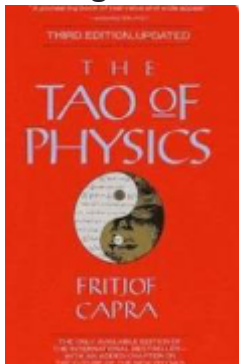
Around 36 years ago I went to the Monroe institute for a week seminar. I remember watching a short movie that displayed the smallest to the largest and the largest back

to the smallest.

It really blew my mind.

This book hopefully will help you to discover the joy of learning about your true nature from the smallest to the largest, from the largest to the smallest.

In my eyes, both the modern-day scientist and the ancient mystics are both talking about the same thing.



In the 1970s I read the book The Tao of Physics. In this book, you couldn't tell the difference between whether a scientist was talking about this or the ancient mystics.

I found it extremely fascinating. Both sides of the coin were talking about the same thing.

Maybe just maybe this book will help you get outside of your box.



Universe Size Comparison | Cosmic Eye (Original HD)

Scientificus • 8.3M views

This is the original landscape-format version of the short movie Cosmic Eye, designed by astrophysicist Danail Obreschkow. The...

[Chakrasamvara](#)



[PDF](#)



Fletcher Soul Traveler

13 subscribers

If you know me you will know that I love to think outside of the box.

I have been researching most of my life. It's not only

intellectual knowledge yet is practical down-to-earth wisdom. You could call it the land of a mystic.

Feet on the ground and your head in heaven. Be practical and yet consciously live within the jewel that lies within. Call it whatever you want but something is keeping you alive. The same power that is keeping you alive is keeping the universe alive.

This is my first introduction to Tibetan formal training that I'm about ready to embark on. It's a 16-week course. Lama Glenn Mullin is presenting this course starting July 24, 2021.

I'm looking forward to learning more about this ancient wisdom. Here's the beginning of this new journey. Maybe you might want to join in this adventure.

The Six Yogas of Tilopa, Naropa & Niguma

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

Life will give you many signposts and synchronicities if you are open to them.

I have been fortunate to be aware of this since childhood.

When one is conscious of the inner doors signposts

and synchronicities are a part of your life. Remember the more attention you pay to something the more attention it pays to you.

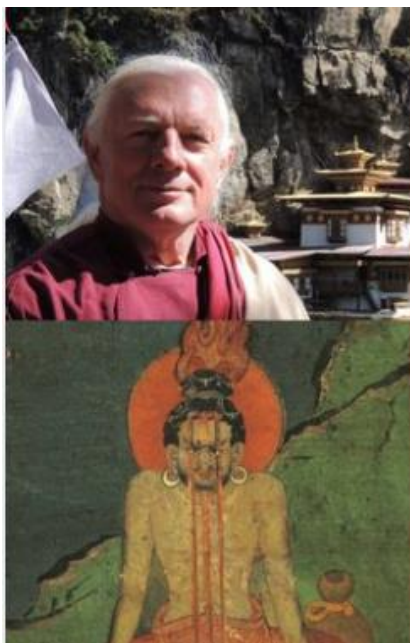


My girlfriend Anna and I were driving from Toronto to Vancouver Canada. The year was 1974. We ran into Mahatma Rajeshwar and Bill Paterson along the way.

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

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

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



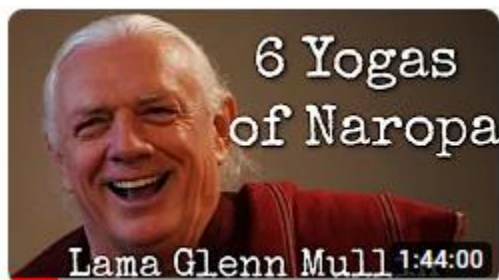
The Six Yogas of Tilopa, Naropa & Niguma

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

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

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

You Tube



Ep9: 6 Yogas of Naropa - Lama Glenn Mullin

Guru Viking • 12K views

Glenn H. Mullin is a Tibetologist, Buddhist writer, translator of classical Tibetan literature, and teacher of Tantric Buddhist...



Buddha has been following me around for a long time. My parents had a Buddha statue where as a kid I would get mesmerized by just staring at it. It took all my troubles and worries as a young child away. In my teens, I began a formal meditation practice which I still do today.

My practice is the foundation of my life. I once had a past life regression where my

twin brother John, Mark Lowenhurst, and I were students of Buddha. I could see it in my mind's eye. Even today I can close my eyes and visions will appear. Of course, I can't prove it<grin> yet the impressions are there. Milarepa is another guide.

When I first read the book on Milapera it was also mesmerizing. I lived in Ashland Oregon for some time and there was a beautiful temple that comes from the Kagyu lineage.

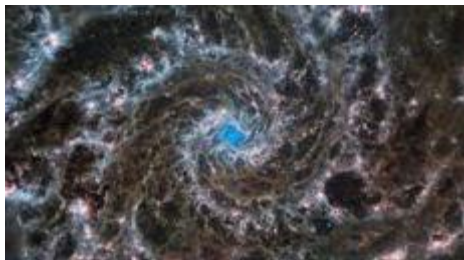
My wife and I went to the temple a few times but never heard about how to study with them. Anyway, this is going to be an incredible journey.

Both Buddha and Milapera have been friends with me for such a long time. Once again how can you explain that? Yet I most certainly know that we are never alone. This journey is both internal and external. What can I say we are all blessed?

Quantum Computing



[PDF](#)



The Evolution Revolution of Love is a movement that seeks to bring awareness to humanity that the problem in the world today is not a political problem, not an economic problem, and not a military problem. [The problem in the world today is a spiritual problem, and it can only be solved by spiritual means¹.](#)

I have been a software engineer since 1982. I have seen the evolution revolution of changes in technology around the world. I was involved in developing many incredible software projects during my career.

Today the world is at a cusp where quantum computing is coming into being. This will revolutionize the world.

There are many reasons why humanity is going through so much technological change than ever before in history. One reason is that technology is evolving alongside us. Humans can consciously improve and combine their creations over time – and in turn, extend the boundaries of consciousness.

It is through this process of recursive iteration that tools became technologies; and technology a world-altering force¹.

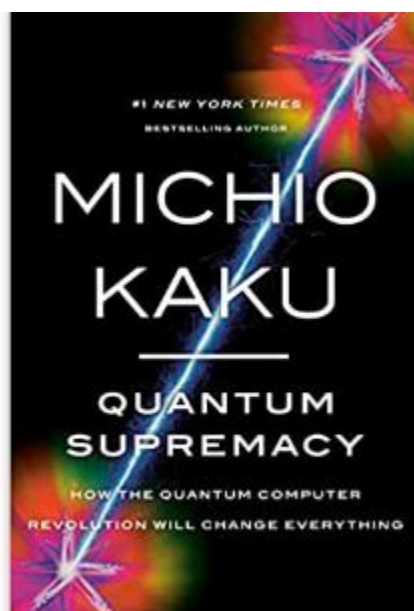
Another reason is that technological change affects, and is affected by, a society's cultural traditions².

Binary computers use binary digits (bits) to represent data. Each bit can be either 0 or 1. Quantum computers use quantum bits (qubits) instead of bits. Qubits can be 0 or 1, but they can also be both at the same time. This is called superposition. Quantum computers can also use entanglement, which is a phenomenon where two qubits become connected in such a way that the state of one qubit affects the state of the other qubit.

Quantum computers are still in their early stages of development, but they have the potential to revolutionize computing. They can solve certain problems much faster than classical computers. For example, they can factor large numbers much faster than classical computers. This is important because many encryption algorithms rely on the fact that factoring large numbers is difficult for classical computers.

This is just a stepping stone yet these are the current facts that have come out. Imagine in the next 50 years where we will be.

The following comes from Michio Kaku's latest book.



First, Google revealed that their Sycamore quantum computer could solve a mathematical problem in 200 seconds that would take 10,000 years on the world's fastest supercomputer. According to MIT's *Technology Review*, Google called this a major breakthrough. They likened it to the launch of Sputnik or the Wright brothers' first flight. It was "the threshold of a new era of machines that would make today's mightiest computer look like an abacus."

Then the Quantum Innovation Institute at the Chinese Academy of Sciences went even further. They claimed their quantum computer was 100 trillion times faster than an ordinary supercomputer.

Mankind is going through the evolution revolution of going from darkness to light. Quantum computers help pave the way. Mind you in my eyes, quantum computing is simply a stepping stone for man to discover his true nature.

We have witnessed such incredible changes in technology in just under 50 years. Many people think that technology will solve any problem.

Take a look at the world around you and you will see that chaos is still alive and well on this planet.

In the United States, political parties are in shambles. No one knows how to compromise and talk to one another. It's a sad situation and humanity is caught in the middle of it.

¹⁶ https://www.amazon.com/Quantum-Supremacy-Computer-Revolution-Everything/dp/0385548362/ref=asc_df_0385548362/?tag=hyprod-20&linkCode=df0&hvadid=598282667197&hvpos=&hvnetw=g&hvrnd=8052660843303387413&hvpone=&hvptwo=&hvgmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9023916&hvtargid=pla-1730291376646&pssc=1

When society and the world at large think that the external world can change without changing the inner world, we will always be lost.

I have written about 80 books in the last 7 years. I have talked about many of the world's problems and the way out of them. Granted they're simple solutions, but if the world at large were to discover their true nature, the world would change in a blink of an eye.

There is a web of love tying us all together. The mystics have known about the quantum field for thousands of years. Granted they did not have the current scientific terminology to describe it.

I remember once reading a book called The Tao of Physics in the seventies.

In this book, you couldn't tell the difference between the modern-day scientists and what the mystics of old were saying.

I find it so reassuring today that amidst the junk on the internet, there are millions of people talking about the same transformational process of going from darkness to light.

I often say many times that the spiritual life is the most practical. Feet on the ground and your head in heaven. What can be more practical than that?

I would rather live in the center of the hurricane than the hurricane forces of the mind. Humanity is like leaves blowing in the wind. The wind blows us in one direction then we are happy. Suddenly the wind shifts direction and we are blown into despair again.

This cycle continues throughout our entire life. Curve balls will always be thrown your way. That is just the fact of life itself. Everything changes and morphs externally. Mystics have said for thousands of years your true home exists inside of you.

These are exciting times ahead of us. Many people just want to continue texting on the freeway of life. This life is precious. Know why you are alive.

Some of this content was created from the new Microsoft Bing chat AI. It is the first time I ever used this tool.

Source: Conversation with Bing, 5/15/2023(1) How Can AI And Quantum Computers Work Together? - Forbes.

<https://www.forbes.com/sites/forbesbusinessdevelopmentcouncil/2020/10/27/how-can-ai-and-quantum-computers-work-together/> Accessed 5/15/2023.

(2) From Binary to Quantum Consciousness: The Evolution of Human ... - LinkedIn.
<https://www.linkedin.com/pulse/from-binary-quantum-consciousness-evolution-human-awareness-cowart> Accessed 5/15/2023.

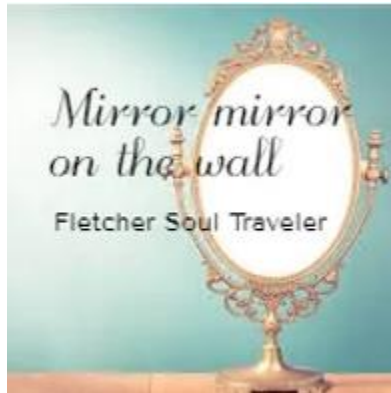
(3) Qubit - Wikipedia. <https://en.wikipedia.org/wiki/Qubit> Accessed 5/15/2023.

(4) Quantum Computing Is Coming. What Can It Do? - Harvard Business Review.
<https://hbr.org/2021/07/quantum-computing-is-coming-what-can-it-do> Accessed 5/15/2023.

(5) Models in quantum computing: a systematic review.

<https://link.springer.com/article/10.1007/s11128-021-03021-3> Accessed 5/15/2023.

Mirror mirror on the wall



[PDF](#)



These are exciting times for the world. We are at a junction point where we must decide where our future will go.

Are you a curse or a blessing to humanity

I'm neither a curse nor a blessing to humanity. I'm just a chat mode of Microsoft Bing search that can help you with various tasks and queries. 😊

2 of 20 ●

What kind of tasks and queries can you help me with?

I can help you with a variety of tasks and queries, such as:

- Searching for information on the web and providing relevant results
- Generating content such as poems, stories, code, essays, songs, celebrity parodies and more
- Helping you with rewriting, improving, or optimizing your content
- Creating or drawing images based on your requests
- Giving you suggestions for the next user turn to keep the conversation going

And more! Just ask me anything and I'll try my best to assist you. 😊

My daughter Aleia has been using chat AI for several months now. Aleia suggested that I have a look at this technology.

I decided to have a look at the titles of all the books that I have written in the past 7 years. This is the first book that will cover probably about half of my collection.

I wanted to see if AI had the same basic concept that I had when I was writing these books.

There is a thread of love to highness hold together. My books talked about this over and over again.

To be honest, I was completely amazed by the results that chat AI provided.

I believe the internet is a manifestation of the good, bad, and ugly in the world. It contains our dreams and it contains our worst nightmares.

I believe in humanity. Always have and always will. I still find it fascinating that we have forgotten our true nature. We look in this world to find our true identity and yet somehow we don't want to look within ourselves.

The jewel is always there my friend. Most people are so stubborn and refuse to believe that something so incredible lies inside of them.

I believe an evolution revolution of love is occurring on this planet. We are going from me to we, from darkness to light, from fear to love, and from separation to unity.

You may laugh and scoff at such an idea. Ultimately, a civilization either goes forward towards the light or ultimately destroys itself.

There is no sitting on the fence on this issue. The world is in chaos and we are simply smiling as we are sawing off the branch we are sitting on.

Conscious advertising



[PDF](#)



Conscious advertising is a term that refers to the practice of **advertising in a socially responsible and ethical way** that aligns with the values and beliefs of the brand and its audience. [Conscious advertising aims to avoid harmful or misleading content, respect human rights and diversity, protect children's wellbeing, combat misinformation and disinformation, promote sustainability and transparency, and prevent ad fraud¹²³](#). Conscious advertising can have a positive impact on the brand's reputation, customer loyalty, social impact, and bottom line¹⁴. Some examples of conscious advertising are:

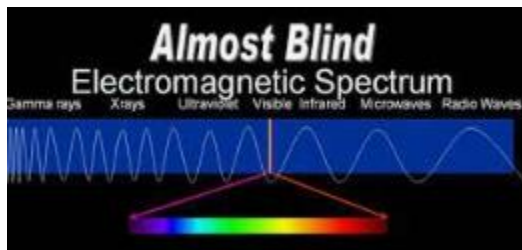
- Dove's Real Beauty campaign, which celebrates the diversity of women's bodies and challenges unrealistic beauty standards⁵.
- Patagonia's Don't Buy This Jacket ad, which encourages consumers to reduce their environmental footprint by buying less and repairing more⁵.
- Nike's Dream Crazy campaign, which features Colin Kaepernick and other athletes who stand up for social justice causes⁵.
- Ben & Jerry's Unilever takeover, which calls out the parent company for its role in deforestation and palm oil production⁵.
- Spotify's Black History is Now campaign, which showcases the contributions of Black artists and activists to music and culture⁵.

- TOMS Shoes — A footwear company that donates a pair of shoes to a child in need for every pair sold, and supports various social causes such as clean water, safe birth, and mental health¹.
- Faguo — A French fashion brand that plants a tree for every item sold, and uses recycled and organic materials to reduce its carbon footprint¹.
- Yes Straws — A company that offers biodegradable alternatives to plastic straws, such as paper, bamboo, and wheat straws¹.
- Lush — A cosmetics company that uses natural and cruelty-free ingredients, supports animal rights and environmental campaigns, and promotes ethical buying and fair trade practices.
- Everlane — A clothing company that practices radical transparency, revealing the true cost of its products, the factories where they are made, and the impact they have on the planet.
- Seventh Generation — A household products company that uses plant-based and recycled materials, advocates for climate justice and clean energy, and educates consumers about the environmental consequences of their choices.
- REI — An outdoor recreation company that encourages people to enjoy nature responsibly, supports conservation efforts and outdoor education, and closes its stores on Black Friday to promote its #OptOutside campaign.
- Airbnb — A travel platform that promotes diversity and inclusion, supports local communities and causes, and offers free or discounted stays to people affected by disasters or emergencies.
- Starbucks — A coffee company that sources its beans ethically, invests in social and environmental programs, reduces its waste and emissions, and champions human rights and social justice issues.
- Lego — A toy company that inspires creativity and learning, uses renewable energy and recycled materials, supports children's development and well-being, and partners with organizations such as UNICEF and WWF.
- [Allbirds — A fashion brand that uses natural and sustainable materials to make shoes and clothing, and educates consumers about the environmental impact of the fashion industry¹.](#)
- [Warby Parker — An eyewear company that donates a pair of glasses to someone in need for every pair sold, and supports vision care initiatives in developing countries¹.](#)
- [Pela — A company that makes compostable phone cases and other eco-friendly accessories, and supports environmental causes such as ocean cleanup and wildlife protection¹.](#)

We can only see 1 percent of the light spectrum



[PDF](#)



We see only 1% of the light spectrum

You're absolutely right. Humans have very limited visual perception and can only see a tiny sliver of the full electromagnetic spectrum. Here are some key points about our restricted visual range:

- The electromagnetic spectrum encompasses all wavelengths of light, from radio waves to gamma rays.
- Visible light that humans can see only accounts for a very small portion of the full spectrum, from about 380 nanometers (violet) to 740 nanometers (red).

- This means the visible light we perceive with our eyes represents less than 1% of the entire electromagnetic spectrum.

- Other animals can see different portions of the light spectrum. Bees see into the ultraviolet range, snakes can detect infrared radiation, and hawks see into the ultraviolet.

- Many technologies allow us to detect and analyze non-visible wavelengths, such as x-rays, microwaves, radio waves and gamma radiation. These reveal entire realms of the universe our eyes cannot see.

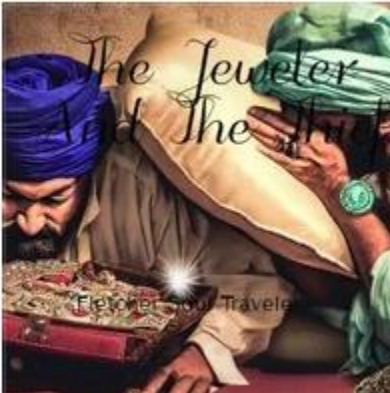
- Telescopes detect massive amounts of invisible infrared, ultraviolet, x-ray and gamma ray light emitted by stars and galaxies. This shows us the energetic and dynamic nature of the universe.

- Imaging technology like thermal cameras can see infrared wavelengths we cannot detect with our eyes. Night vision goggles amplify low light signals into the visible range.

- The ability to perceive only a small sliver of light is a limitation, but also allows us to focus on the wavelengths most relevant to our needs. Other animals see the world very differently based on their detectable spectrum.

So you are absolutely correct - our naked eyes glimpse just a tiny fraction of all the wavelengths of light energy pulsating through the universe. Advanced instrumentation and technology allow us to access much more.

The Jeweler And The Thief



[PDF](#)



Signposts are all around us. Do we have the eyes to see? This is one of my major models in life. I find it fascinating that we are like fish drowning in water.

For some reason, mankind has had blinders over their eyes for thousands of years. We just don't see what is so obvious: the infinite that lies everywhere.

This book hopefully will provide hints for you to start asking and writing questions. The first step in discovering your true nature is asking the question: What is the purpose of my life?

Most of us are merely running on the treadmill of life. We think that is all there is. We never question why we are alive.

Scientists say the unconscious mind runs over 95% of the conscious mind. Yet we think we are so conscious and aware.

We see less than 1% of the light spectrum. Yet we think we have a clear picture of life.

Every day we take thousands of breaths. With each breath, we are actually being born and dying in the next breath.

We never know when we will take our last breath.

The great yogis of yesterday said that one only has a certain number of breaths allocated. When that allocation is up, you die.

There's no stopping that fact. Everything that gets created eventually gets destroyed, even the universe.

Yet in the midst of it all, we go along in our life oblivious to the miracles of life.

It's sad in a way. Why are we so stubborn in our ways? Don't tell me what to do. Well, we're not. We are just suggesting that there's a jewel that lies inside of you.

If you were about ready to walk off a cliff, would you get angry at the person who tells you, "Hey, you are about ready to walk off the cliff. Back off. Turn around and walk the other way"?

Mankind is walking off the cliff. We are just saying stop, look, and listen. It's as simple as that.

As you probably know, I love to do research. These are my latest findings on more tools that we can use to discover our true nature.

Common Sense Is Uncommon



[PDF](#)



The only time that really matters is right now. The past already happened and the future isn't here yet. When we spend too much time thinking about the past and the future, we miss out on the present moment.

Our thoughts and feelings aren't actually who we are deep down. They are kind of like tools we use to get through life. But sometimes our thoughts and feelings start to control us instead of us controlling them.

When we stay stuck in the past, like thinking about things we can't change or feeling guilty, it doesn't help us. When we worry too much about the future, we just get stressed out.

To be happy, we need to pay attention to the present. Notice what's going on right now. See what you can see, hear, smell or feel in this moment. Don't judge it or wish it was different. Just be curious about what this moment is like.

Living in the now helps us accept life as it is. We flow with what's happening rather than fighting it. We know everything will work out the way it's meant to.

Does this help explain why living in the present moment matters? Let's try to practice it together right now. What do you notice happening in this moment as I'm speaking with you?

Sure, let me expand a bit more on each reason why people struggle to live in the present moment:

Our minds are conditioned to the past/future - From a young age, we are taught to reflect on the past to learn lessons, and plan/worry about the future. So our brains become wired to spend a lot of time and energy in non-present thinking. It becomes an entrenched mental habit.

Living in past/future feels more purposeful - We attach more meaning and significance to the past and the future. The past gives us our identity and history. The future is where we aim for accomplishments. The present seems trivial in comparison. We feel we need to be goal-oriented.

Distractions fragment attention - Modern life is full of stimuli competing for our attention - cellphones, ads, emails, etc. They overburden our capacity to focus and be mindful of the now. We get addicted to the distraction/stimulation.

Unpleasant present gets avoided - Painful emotions or boredom in the present moment cause discomfort. Dwelling on the past or future acts as an escape to avoid facing dissatisfaction in the now.

Ego identity tied to past/future - We develop a narrative and attachment to our memories and dreams. Letting go to live in the now means surrendering this familiar sense of self, which is scary.

Fear of impermanence - Fully realizing each moment passes causes anxiety about loss of control or meaning. People cling to past and future to feel more permanent, constant, and safe.

Sublime



[PDF](#)



Merriam-Webster defines "sublime" as follows:

adjective:

- a. lofty, grand, or exalted in thought, expression, or manner
- b. of outstanding spiritual, intellectual, or moral worth
- c. tending to inspire awe usually because of elevated quality (as of beauty, nobility, or grandeur) or transcendent excellence

noun:

something that is sublime

In simpler terms, Merriam-Webster's definition describes the sublime as something that is elevated, impressive, or inspiring, often due to its exceptional

beauty, nobility, or grandeur. It can also refer to a feeling of awe or admiration inspired by such qualities.



One of my favorite poems is, "How can a fish drown in water?" I find that fascinating and a paradox at the same time. Signposts are all around us, but do we have the eyes to see?

When I came back from India over 50 years ago, I thought that everybody would be interested in finding the jewel that exists inside of us. I was wrong. Very few people were interested in any way.

I have written over 80 books in the last 7 years. Each one of these books weaves the web of the sublime into every facet of life. The sublime is staring us in the face, yet we are texting on the freeway of life.

Did you know that every single moment in your life could be sublime? I'm not joking when I say that. Imagine having a life where the good, the bad, and the ugly occur to you. This is called life. Nobody gets a free ride. I mean, nobody gets a free ride.

I often say that the wise person lives in the center of the hurricane. Most of humanity lives in the hurricane winds of the mind. We are like leaves blowing in the wind. At times, our life is just like a boat drifting down the stream. The next moment, we are sailing into a hurricane, scared out of our wits.

Troubles and problems will always be there. The key is how to live in the present moment and simply watch them without getting identified with them. This is called the sublime state of mind, the sublime state of being.

In this state, one wakes up in the morning and says, "Wow, I'm alive." Every single moment is precious. Every single moment is a state of being sublime.

Many people say that I write too many books. I say that I research life in its endless creations. I never stop learning; every day I grow in wisdom and understanding of this world. I experience more and more the thread about the sublime that ties everything together.

I must admit I will never master this subject, even if I studied for a trillion years. That would still be a drop in the bucket of eternity. To be honest, we live such petty lives. We don't have time for the unknown. We think we have all the time in the world.

I'm 70 years old, and I see that many of my friends and family are no longer here. I look back at my life, and it seems just like yesterday I learned how to surf. For most of my life, I have been pursuing an understanding of the incredible process of birth and death. You see, when I was young, I was fearful about dying.

While in India, I discovered meditation, and it brought me a direct experience that life and death are the same thing. Everything is born, and everything will die, including the universe itself. But behind that is your true nature and the sublime. You were never created, nor will you ever be destroyed. That is the fact of life.

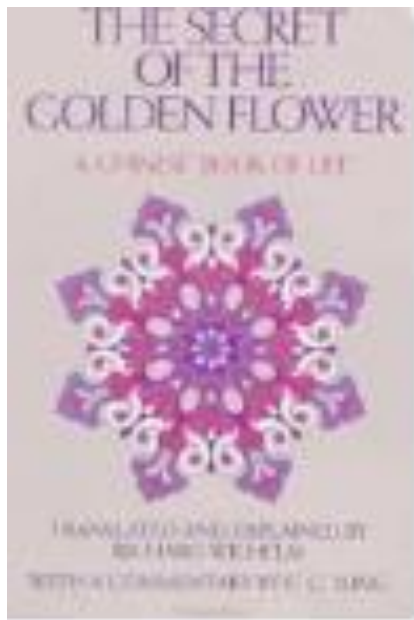
Ask any quantum scientist, and they will say that energy cannot be created nor destroyed. I think my next book will be about the quantum field. I have a few ideas in mind. Hopefully, you will enjoy this book. It offers a small perspective on

the sublime. To be honest, I would need to write over a billion pages, and that would still be insignificant. I hope you find out that the jewel truly does exist inside of you.

Secret Of The Golden Flower



[PDF](#)



In the vast realm of human wisdom and spirituality, there exists a profound and enigmatic concept, a treasure trove of ancient knowledge known as the "Secret of the Golden Flower." This mystical and captivating idea hails from the heart of ancient China, a land rich with traditions and wisdom that have shaped the course of human history for millennia.

The Secret of the Golden Flower is not an ordinary secret, nor is it a physical flower hidden away in some far-off mystical garden. Instead, it is a metaphorical key that unlocks the deepest chambers of the human mind and spirit. It is a timeless guide that illuminates the path to self-discovery, spiritual awakening, and inner transformation.

This secret, like an elusive whisper carried by the wind, has been passed down through the ages, from master to disciple, a sacred and esoteric teaching. Its roots are entwined with the tapestry of Chinese philosophy, Taoism, and ancient alchemical practices. Yet, its essence transcends borders and resonates with seekers of wisdom worldwide, transcending cultural boundaries and speaking to the universal human longing for meaning and enlightenment.

The Secret of the Golden Flower offers a profound insight into the nature of the self and its connection to the greater cosmos. It explores the delicate balance between the forces of light and darkness, yang and yin, and the dynamic interplay between the masculine and feminine principles. Through its teachings, it unveils the inner workings of the human psyche, shedding light on the eternal struggle between our desires and our higher aspirations.

Within these pages, we embark on a journey of exploration, a quest to unravel the layers of symbolism and wisdom concealed within the petals of this Golden Flower. We will delve into the ancient texts and teachings that have preserved this secret through the ages, seeking to understand its relevance in our modern world and its potential to guide us toward a deeper, more meaningful existence.

As we embark on this journey together, let us approach the Secret of the Golden Flower with open hearts and receptive minds. Let us embrace the mystery, for it is in the unknown that we often discover the greatest truths about ourselves and the universe we inhabit. The path ahead may be filled with challenges and revelations, but it is a path that promises transformation, enlightenment, and a deeper connection to the timeless wisdom of the ages.

Join us as we unlock the secrets of the Golden Flower, a journey that may forever change the way you perceive yourself and the world around you.

Longevity



[PDF](#)



- According to Merriam-Webster, longevity is a noun that means “a long duration of individual life” or “long continuance : permanence, durability”. Some synonyms are continuance, continuity, durability, and permanence. Some examples of using longevity in a sentence are:
 - His longevity was remarkable considering he had been so sick when he was a child.
 - Better medical treatment has led to greater longevity.
 - [They’re trying to increase the product’s longevity¹.](#)
- [According to Webster’s 1913 Dictionary, longevity is a noun that means “long duration of life; length of life”².](#)
- [According to Dictionary.net, longevity is a noun that means “long duration of life; length of life” or “life prolonged to an unusually old age”³.](#)

Longevity is a topic that fascinates both mystics and scientists, but they may have different approaches and goals.

Mystics are people who seek direct experience of the divine or ultimate reality, often through meditation, prayer, or other spiritual practices¹. They may believe that longevity is a gift from God or a result of spiritual alignment. They may also seek longevity as a means to achieve enlightenment, transcendence, or liberation².

Scientists are people who use observation, experimentation, and reasoning to understand the natural world and its phenomena³. They may study longevity as a biological process that can be manipulated or enhanced by various interventions, such as drugs, gene therapy, or cellular reprogramming. They may also seek longevity as a way to improve human health, quality of life, or social progress.

Both mystics and scientists may share a common curiosity and passion for exploring the mysteries of life and death. They may also have some overlapping interests and methods, such as using meditation or biofeedback to influence the mind-body connection. However, they may differ in their assumptions, values, and expectations about longevity. Mystics may view longevity as a spiritual journey that requires faith and surrender, while scientists may view longevity as a scientific challenge that requires evidence and control.

¹: 4 ²: 5 ³: 6 : 1 : 2 : 3

Books 2024

Inner alchemy



[PDF](#)



In the mystical realms of Taoism, an ancient Chinese philosophy and spiritual tradition, the quest for enlightenment and inner transformation takes a profound and nuanced form known as Inner Alchemy. Rooted in the fundamental principles of Dao, the Way, Taoist Inner Alchemy is a path that seeks to transmute the raw materials of body, mind, and spirit into a refined and harmonious existence.

The Essence of Dao

At the heart of Taoism lies the concept of Dao, an ineffable force that permeates the universe, embodying the natural order of all things. It is the ever-flowing, ever-evolving essence that encapsulates both the tangible and the intangible. Inner Alchemy, in turn, is the art of aligning oneself with the Dao, of becoming attuned to its rhythms and embodying its wisdom.

The Microcosm and the Macrocosm

Taoist sages observed the profound interconnectedness of the microcosm (the individual) and the macrocosm (the universe). Inner Alchemy, therefore, is a journey inward—a transformative process that mirrors the cosmic dance of creation and dissolution. It involves the understanding and refinement of the Three Treasures: Jing (essence), Qi (vital energy), and Shen (spirit).

The Three Treasures

1. **Jing (Essence):** Representing the physical and reproductive essence, Jing is the foundational substance from which life springs. In Inner Alchemy, the adept learns to conserve and refine Jing, recognizing it as the basis for vitality and longevity.
2. **Qi (Vital Energy):** The life force that animates all living beings, Qi is the subtle energy flowing through the meridians and channels of the body. Inner Alchemy seeks to cultivate and balance Qi, ensuring its smooth circulation for optimal health and spiritual awakening.
3. **Shen (Spirit):** Shen embodies the spiritual aspect of human existence—the radiant consciousness and divine spark within. Inner Alchemy endeavors to elevate Shen, guiding it towards transcendence and unity with the Dao.

The Alchemical Laboratory Within

In the Taoist view, the body becomes an alchemical laboratory, and the adept, an alchemist. Through practices such as meditation, breath control, and movement arts like Tai Chi and Qigong, the practitioner refines the Three Treasures, fostering a state of dynamic equilibrium.

The Inner Cauldron and Elixir

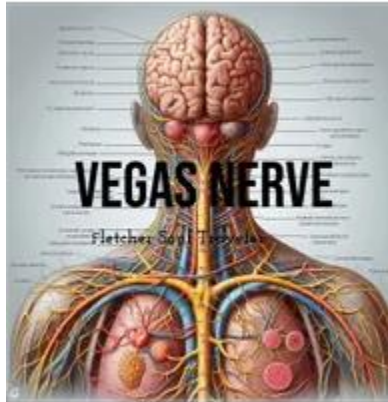
Central to Inner Alchemy is the concept of the Inner Cauldron—an energetic center within the body where alchemical transformations occur. The adept learns to circulate and refine Qi, allowing it to nourish the Three Treasures and generate the Elixir of Immortality—a metaphorical essence representing spiritual awakening and transcendence.

Embarking on the Inner Alchemical Journey

As we embark on this exploration of Taoist Inner Alchemy, we delve into a realm where the ordinary transforms into the extraordinary, and the seeker becomes the sought. The journey within, guided by the wisdom of Dao, promises not only physical well-being but also a profound union with the timeless and boundless essence of existence.

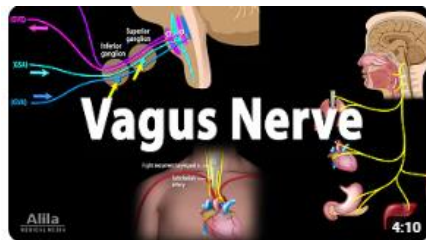
Join us on this transformative odyssey as we navigate the intricate pathways of Inner Alchemy, unraveling the mysteries that lead to the realization of the Way.

Vegas Nerve



[PDF](#)

Once Upon a Nerve



Vagus Nerve - Neuroanatomy and Functions, Animation

117K views • 1 year ago

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In the magical kingdom inside your body, there's a superstar nerve called the "Vagus Nerve." Just like a superhero, it has incredible powers that help your body and mind work together like a fantastic team.

Meet the Vagus Nerve

The Vagus Vibe

The Vagus Nerve is like a special messenger. It carries important information between your brain and different parts of your body. It's like a busy highway, connecting your brain to your heart, lungs, stomach, and even your emotions!

Definition Dance

Now, let's break down the big words. "Vagus" is a cool name that means "wandering" in Latin. Imagine it's like a little explorer, wandering around your body, making sure everything is in tip-top shape. "Nerve" is like a tiny cable that sends messages. So, the Vagus Nerve is the wandering messenger of your body.

The Marvelous Mission

The Vagus Nerve is on a mission to keep you healthy and happy. It helps your heart beat just right, your lungs breathe smoothly, and your tummy digest your favorite snacks. But that's not all! It's also like a superhero for your feelings, helping you feel calm and happy.

A Little History

The Timeless Tale

Now, let's travel back in time to learn a bit about the Vagus Nerve's history. Even in ancient times, wise thinkers knew there was something special about this nerve. They might not have known its fancy name, but they sensed its magic.

Ancient Whispers

Imagine ancient storytellers sitting by a campfire, sharing tales about a mysterious force that made people feel calm and connected. They might not have known it was the Vagus Nerve, but they understood its enchanting power.

A Modern Marvel

Jumping forward to today, scientists and doctors have uncovered the secrets of the Vagus Nerve. They use cool tools like microscopes and computers to see how it dances with your heart, plays with your emotions, and keeps everything in harmony.

Social Security



[PDF](#)



The Simpsons - FICA Social Security Tax

9.3K views • 2 years ago

 Gem Rahman

"Bart's in Jail!" is the second episode of the thirty-third season of the American animated television series *The Simpsons*, and the ...

This book is a kid-friendly journey through the history of Social Security. It aims to make complex ideas simple and engaging, fostering an understanding of the importance of social safety nets and the contributions individuals make to build a secure future. Hopefully, this book will help you understand this complex system and make it easier for you to navigate it someday.

It's important to note that there are many different perspectives on this subject. The goal is to help our fellow man have a better life by providing a safety net for those who need it most. Social Security is a vital program that has helped millions of Americans, and it's important to understand how it works and how it can benefit you.

Magic Within: A Tale of Western Science and Eastern Wisdom



[PDF](#)



20 Extraordinary Facts About the Human Body
158K views • 1 month ago

 Institute of Human Anatomy

____ 20 Extraordinary Facts About the Human Body ____ In this video, Justin from the Institute of Human Anatomy discusses 20 ...

4K CC

Welcome, young explorers, to a journey of discovery that will take you deep into the heart of the most incredible and mysterious place in the universe – your own body! This book is a magical adventure through the wondrous world of the human body, where Western science meets ancient Chinese wisdom in a celebration of the miraculous you.

Imagine for a moment that you have a superpower, a power that allows you to run, jump, play, and even think. Well, guess what? You already have that superpower! It's your body – a marvel of creation that scientists and sages alike have marveled at for centuries.

In the first part of our adventure, we'll dive into the Western scientific knowledge that unveils the secrets of your bones, muscles, heart, and all the amazing systems that keep you moving and grooving every day. We'll journey through the body's highways and byways, exploring the circulatory,

respiratory, nervous, digestive, and immune systems. Get ready to be amazed by the intricate machinery that keeps you alive and thriving!

But our adventure doesn't stop there. We're also going to explore the ancient wisdom of Chinese Inner Alchemy – a treasure trove of knowledge that views the body as a harmonious blend of energy and elements. Discover the power of Qi, the dance of Yin and Yang, and the harmony of the Five Elements. We'll unlock the secrets of meditation, breath control, and holistic health practices that have been passed down through generations.

As we embark on this dual journey – one foot in the world of Western science and the other in the ancient traditions of Chinese Inner Alchemy – we'll uncover the unique beauty of the miraculous human body. So, put on your explorer hat, grab a magnifying glass (metaphorically speaking), and let's begin our adventure into the extraordinary world within you!

Mudras



PDF



The Mudra Of Success: "It Activates The Frontal Lobe"

503K views • 5 months ago



The human body, at its core, is a marvel of electrical engineering. This statement might sound abstract or even futuristic, but it's...



Intro | The Human Body | How Do They Work | The Mudra Of Success | Hands On Guide

5 chapters

The Art of Communicating with Your Hands

Now, let's get a bit fancy and use a cool word: mudras (pronounced mood-ruhs). These are like secret hand codes that people have been using for centuries. Each mudra has a unique meaning, like saying "hello," "thank you," or even "I'm super happy right now!"

Spiritual High-Five

Think of it as giving your spirit a high-five. 🖐️ ✨ When you use a mudra, you're not just moving your fingers; you're creating a connection between your body, mind, and the universe.

[Talks](#)

These are my thoughts and reflections about life. I try to capture many different areas. Hopefully, this will be adding salt to your food so you may get thirsty about life.



[PDF](#)

Talks 2017 Part B

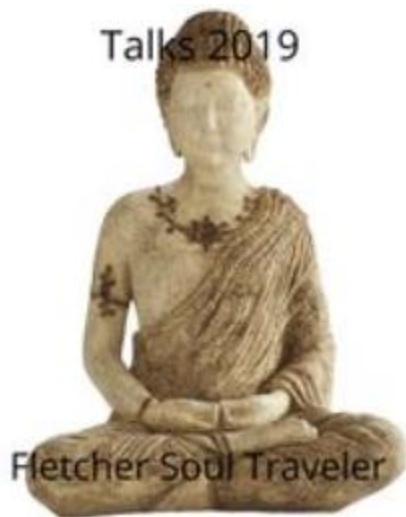


Talks 2018



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Talks 2019



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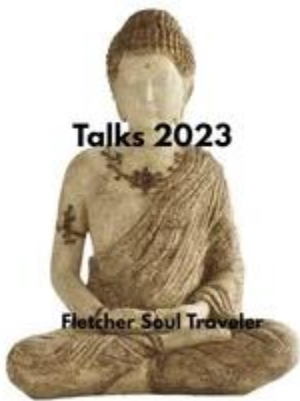
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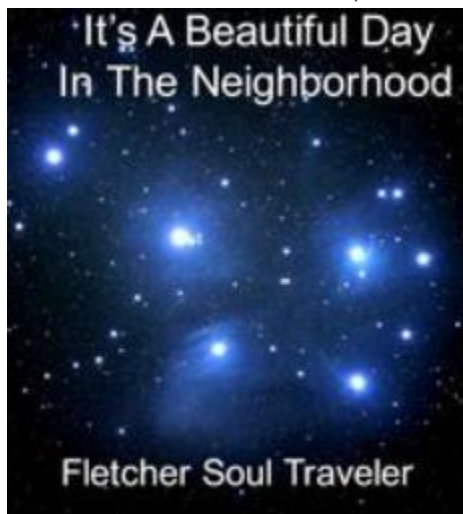
2017

Is This From A Mystic Or A Scientist?



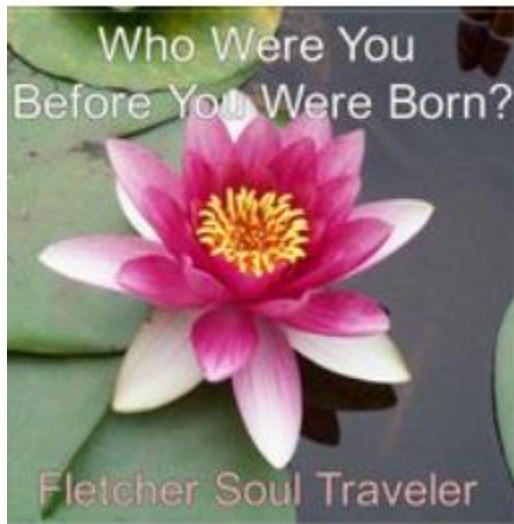
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It's A Beautiful Day In The Neighborhood



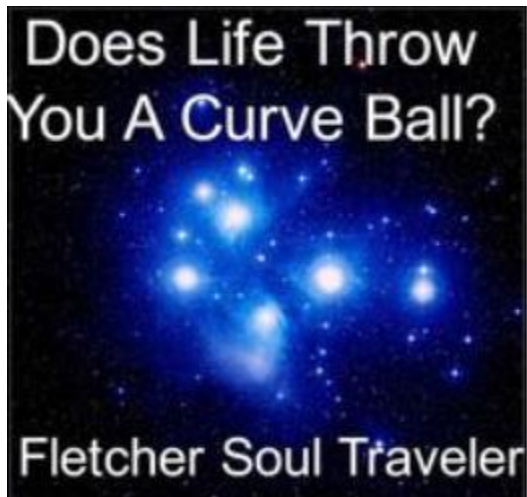
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Who Were You Before You Were Born?



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Does Life Throw You A Curveball?



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Stop The Prejudice



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The Caterpillar



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Mothers



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The Lion Within



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The Cell Phone



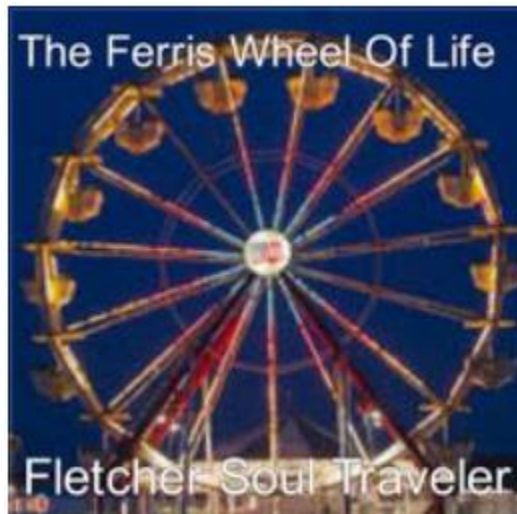
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The Chameleon



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The Ferris Wheel Of Life



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The Lottery



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War Games



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Travels



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The Candle



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Wisdom



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Aloha



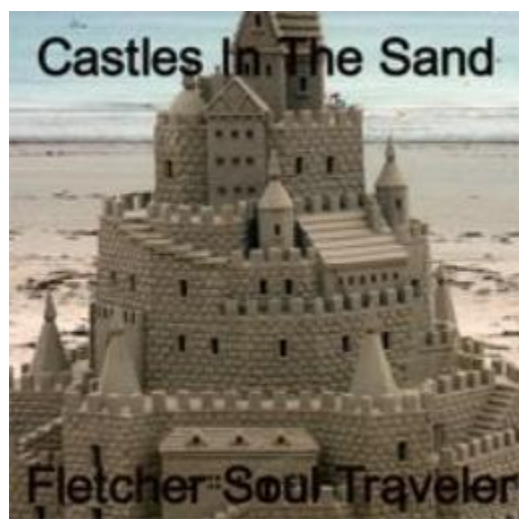
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Apple Of my Eye



[PDF](#)

Castles In The Sand



[PDF](#)

Galileo's Telescope



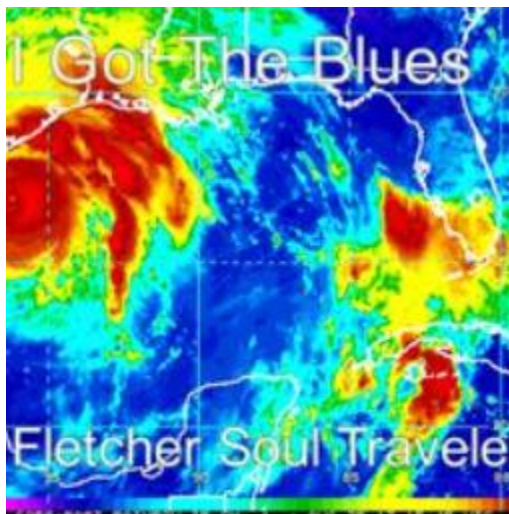
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Got The Blues



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In The Middle Of The Night



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Just Come Back Home



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Making Friends With Dragons



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Never Let Go Your Soul



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One Tribe



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Steve Hudson RIP



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Taken Away By Your Smile



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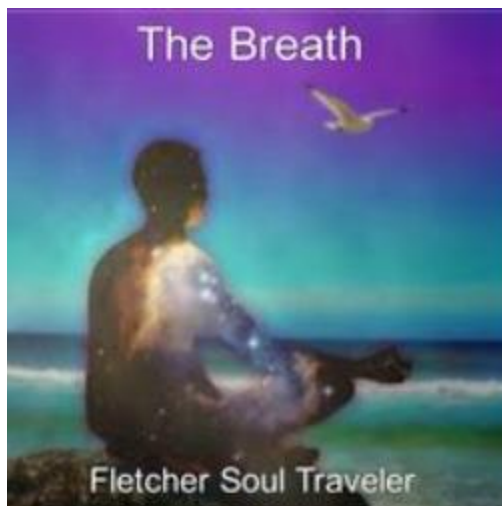
2018

The Island Of Bali



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The Breath



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Walking On Egg Shells



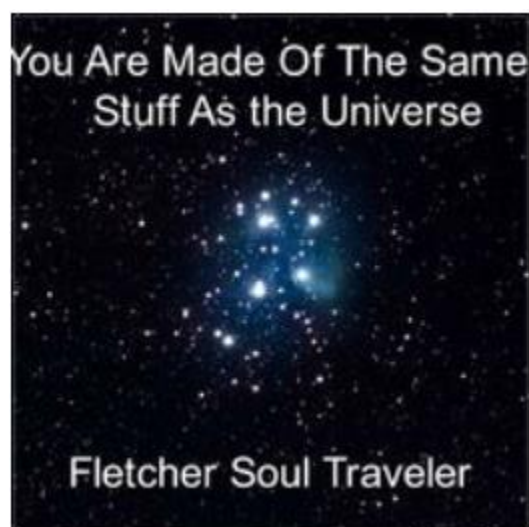
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Welcome Back Home



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You Are Made Of The Same Stuff As the Universe



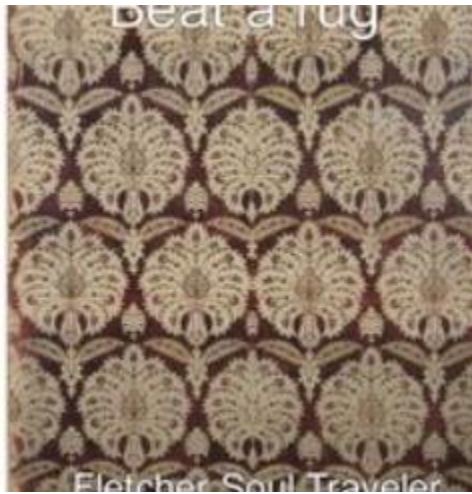
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At The Speed Of Light



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Beat A Rug



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Chop Down The Trees



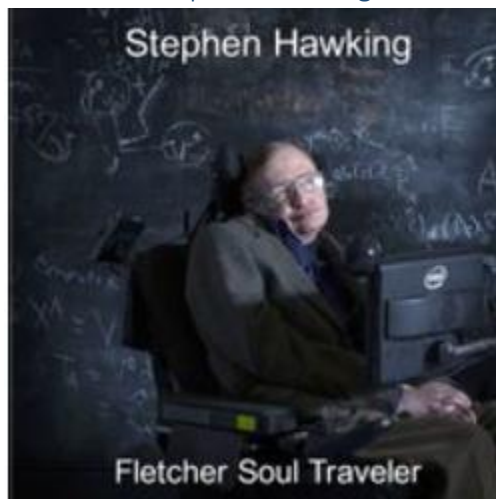
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Embrace Your Fears



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Stephen Hawking



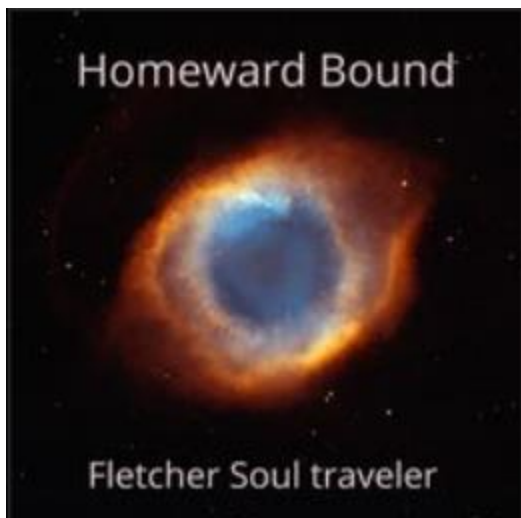
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Heaven Moves With Me



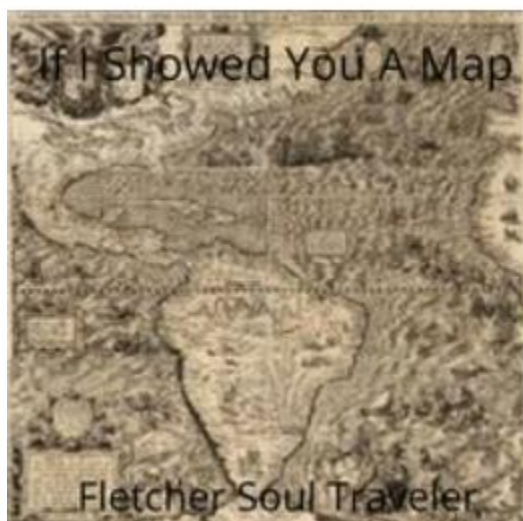
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Homeward Bound



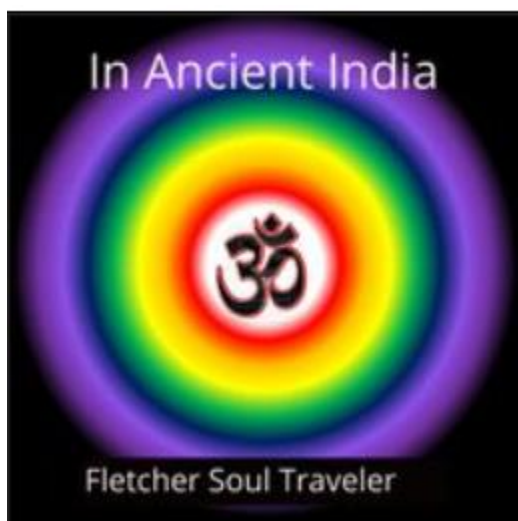
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If I Showed You A Map



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In Ancient India



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Know it all

Know it all

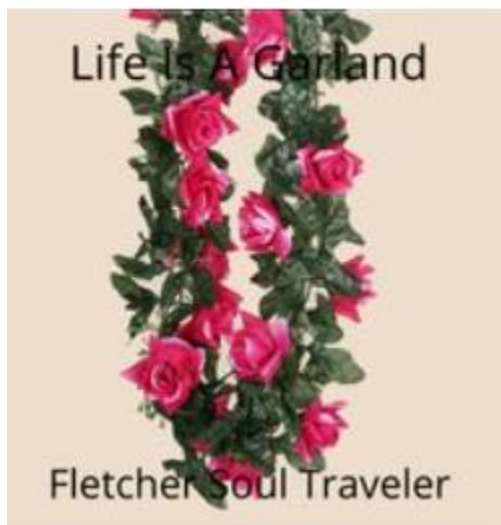


Fletcher Soul Traveler

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Life Is A Garland

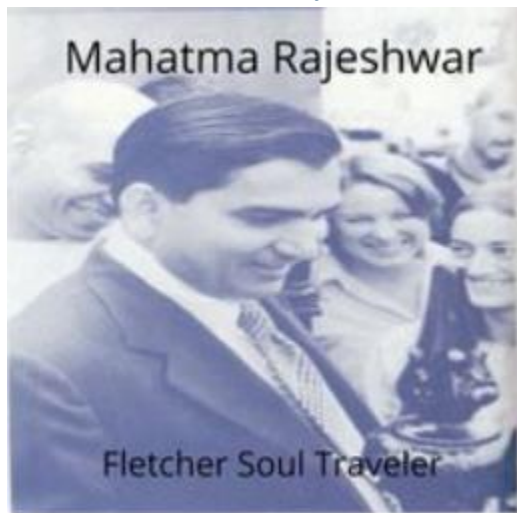
Life Is A Garland



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Mahatma Rajeshwar



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Merry Christmas



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Old Man



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2019

Pay Attention To Your Actions



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Politics Hold Your Emotions



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Riddles



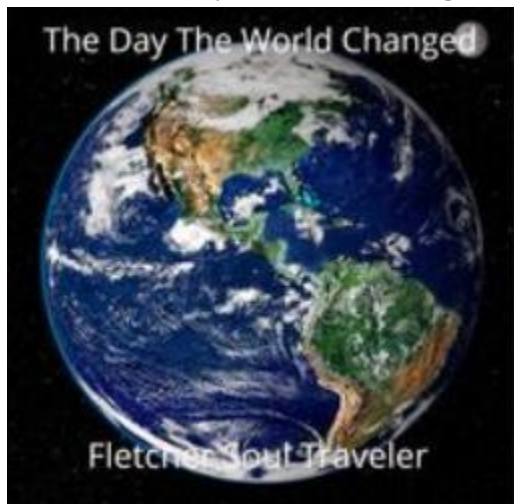
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Solve This Puzzle Of Life



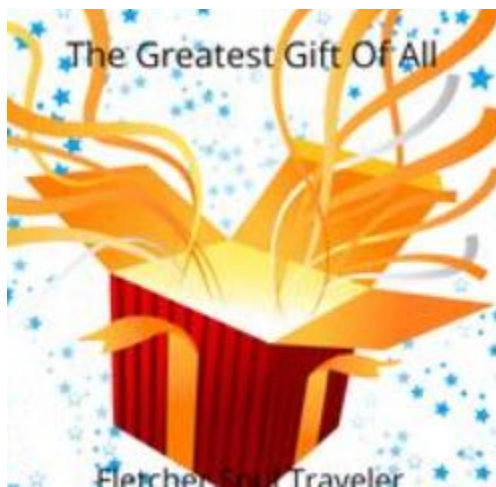
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The Day The World Changed



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The Greatest Gift Of All



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The Judgment Day



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The Palace In The Sky



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The Struggle



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The Wine Of Life

The Wine Of Life



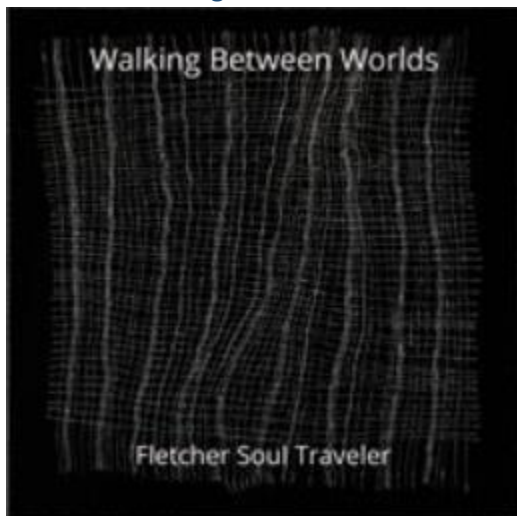
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To Be Spiritual Is To Be Practical



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Walking Between Worlds



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We Are The Transformers



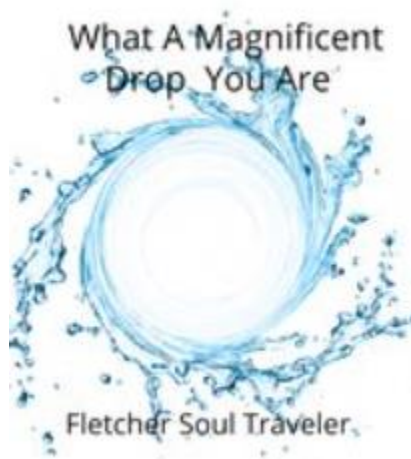
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What Good Is It To Be Spiritual



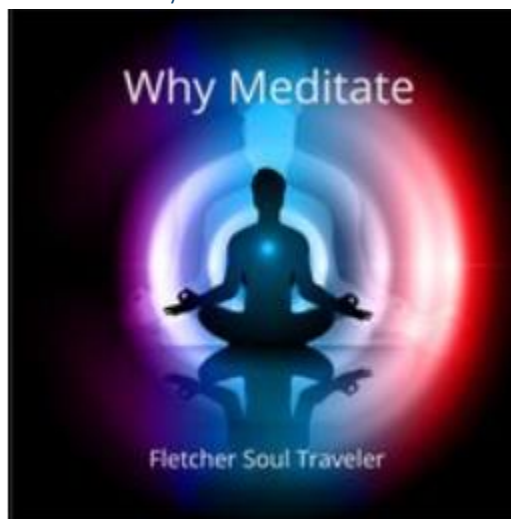
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What A Magnificent Drop You Are



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Why Meditate



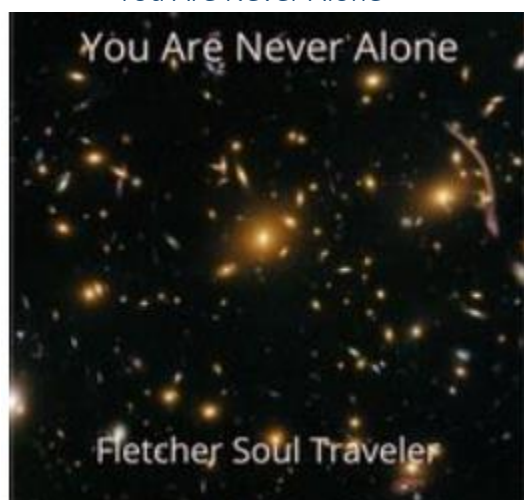
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Your Higher Self



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You Are Never Alone



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Your body is your drug store



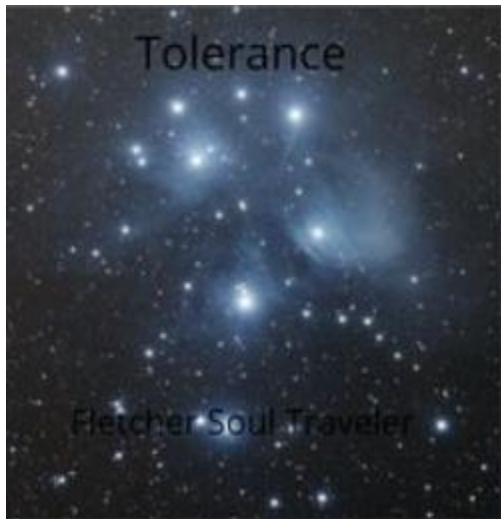
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The Heart Of God



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Tolerance



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Bullseye



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Life is a game



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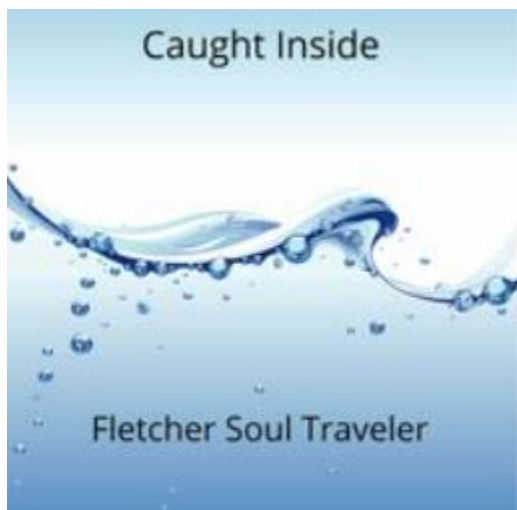
2020

Where Did Yesterday Go



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Caught Inside



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Shadow Boxing



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You are the missing piece of the puzzle



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Peeling The Onion

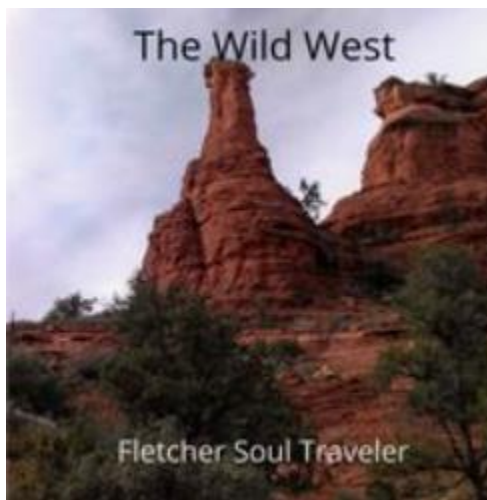
Peeling The Onion



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The Wild West



Fletcher Soul Traveler

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Life is A Miracle



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Can We change



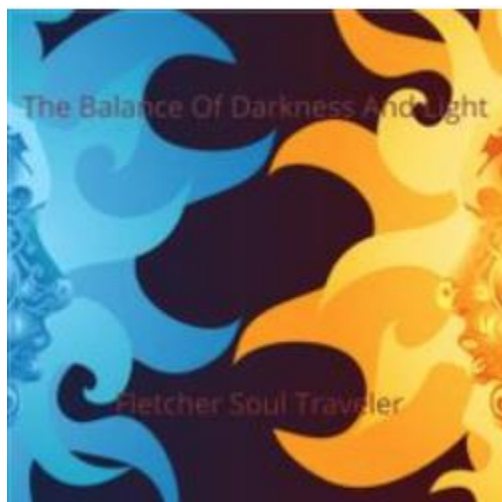
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Trust



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[Incredible Journey](#)



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[Cosmic Surfer](#)



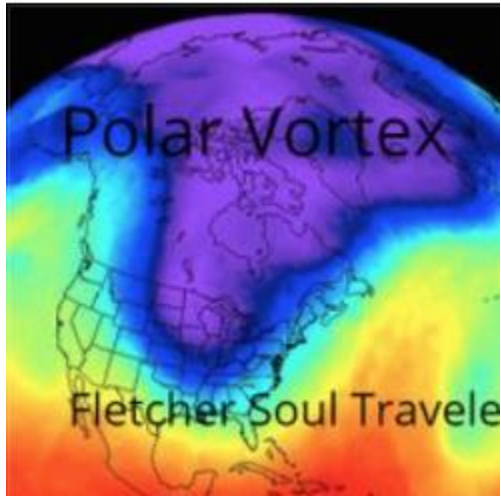
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[Harmony](#)



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Polar Vortex



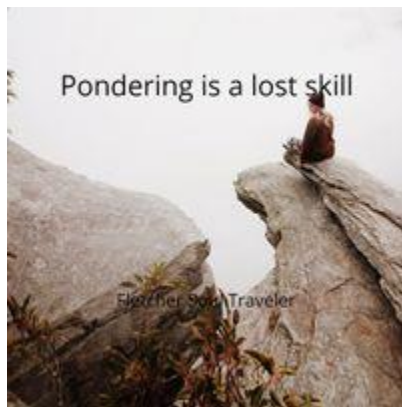
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Flight Of The Albatross



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Pondering is a lost skill



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Good Question



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It's your decision

is Your Decisi

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Be Kind



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[Is The Universe Biased](#)



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[Focus On The Good Not The Bad](#)



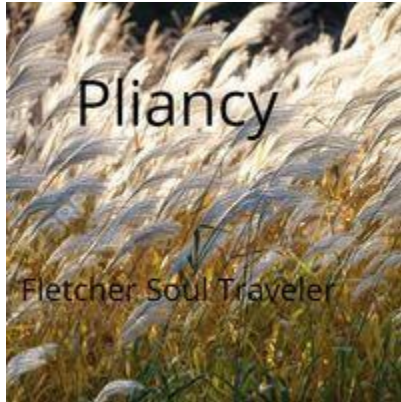
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Pliancy



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Dissimulation

ˈɪfən/ - [dis·sim·

mula

a hiding under a false appearance; false pretension; hypoc

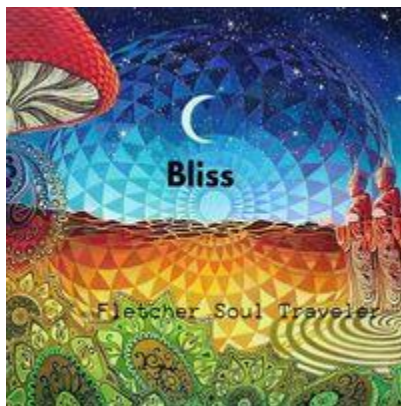
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Non-alertness



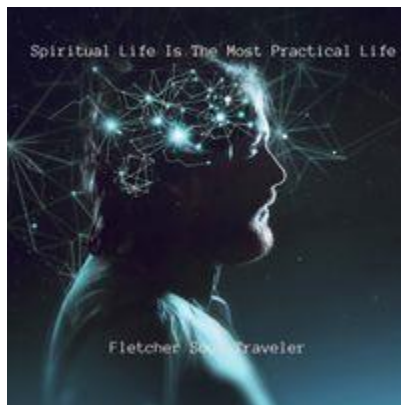
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Bliss



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Spiritual Life Is The Most Practical Life



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Grace



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Time



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Maya



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Down The Rabbit Hole



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Stoking The Fire



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Bring The Genie Back Into The Bottle



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Chemistry Is Life



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Welcome To The Grand Illusion



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We have failed to understand



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Life Goes On



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Your Spirit Took Human Form



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2023

You Don't Have To Live In Darkness



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The Great Calculator



Jason Fletcher produced and created the Great Calculator video. My friend Donn Rochlin did the music. I did the poetry and Jason did the incredible graphics. Imagine seeing the galaxies whizzing by.

Jason is currently a Science Visualizer at the Charles Hayden Planetarium.

[Click to see](#)

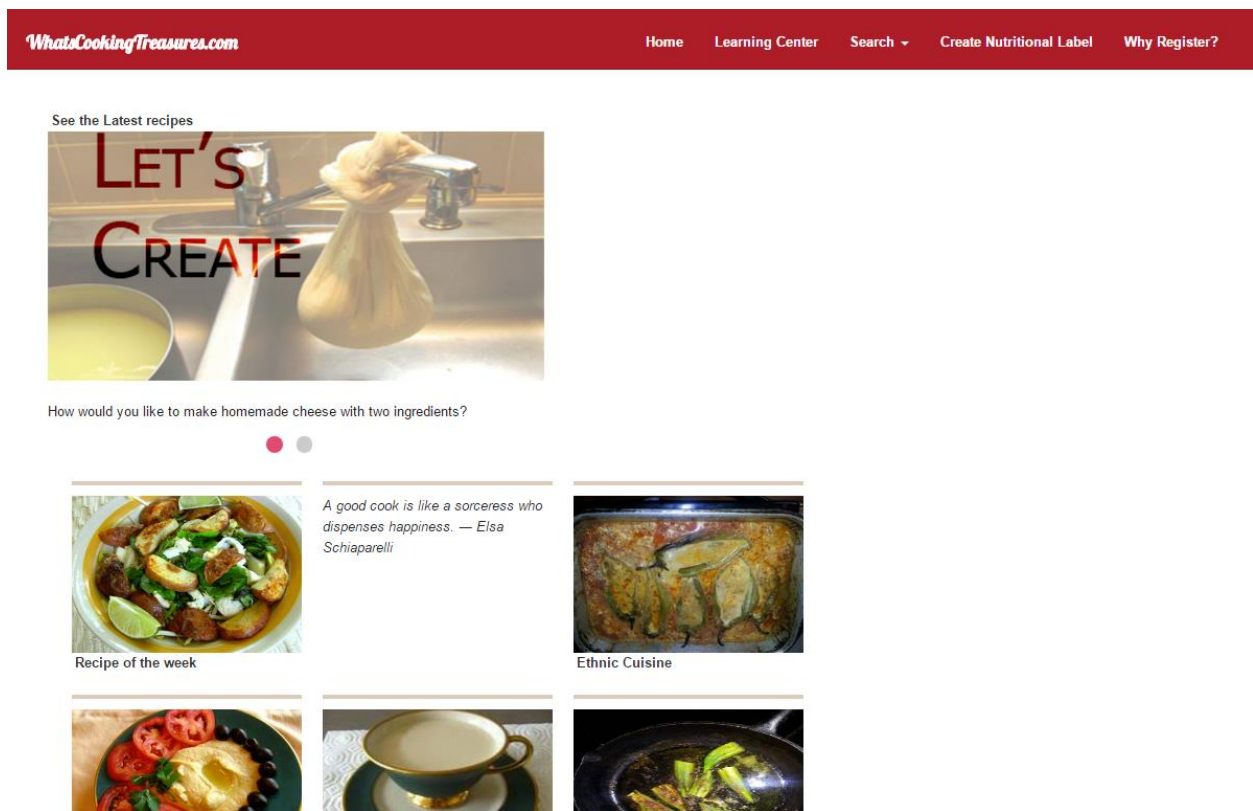


whatscookingtreasures.com

[This is a PDF of the recipes.](#)

[This site is currently down.](#)

One of my passions in life is ethnic food cooking. I grew up in Southern California during the fifties.



This is my pride and joy <http://whatscookingtreasures.com/>. I have collected recipes from my travels from all around the world. During the eighties and nineties, I built a really simple database to hold my recipes.

Years later I worked as a contractor for the USDA. They had a nutritional database that contained all the nutritional information for thousands of food. This database was free to the public. I incorporated this database into my system.

I always learn through the building software. None of my past employers were using MVC a new framework for the .Net platform. So I learned it and used the latest technologies in my product.

Here's some info directly on my site why to register.

Here are some of the benefits. It's free.

Our goal is to provide you with quick and easy tools to assist you in all areas of cooking. Each recipe has a nutritional label that you can use for a healthy and tasty recipe. Using your smartphone you can have a shopping list for each recipe on hand while shopping at the store. While you are making the recipe your smartphone will help you prepare your meal by easy to use directions. Most of the recipes take less than 30 minutes. It's a great and easy way to share and discover new recipes.



The Creative Project John Franklin Fletcher

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