



Kindness

Fletcher Soul Traveler

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Intro



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?

So many wars have been fought. Millions of people have died. The world seems to be in constant chaos.

We have a President who mocks and ridicule anyone. Unfortunately, many people pick up on this and do the same. Recently Roseanne Barr was fired from her show because of her racist comments.

She said she wasn't a racist and that she didn't mean what she said. My advice is to think before you speak. If you are about to say something you might regret don't say it.

I see that people are so angry. We have a President who we should look up to but his words and actions divide us all.

Without kindness, we lose our sense of perspective. We lose our basic nature of love and compassion.

For example, pulled out of the Paris accord because you think you know it all. You know more than the entire world at large is pure ego. The entire world is not run around the Trump show.

Nations came together to help save the world and the environment. Because President Obama signed the agreement he wants to tear it down.

The same goes for the Iran treaty and so much more. Unfortunately, I could go on for days on these matters.

What is the answer? The answer is the world needs to be kind. The world desperately needs that. That may seem like a Polyana approach. But tell me has anger and war helped us discover our true nature? It has divided us. It's us vs them.

In reality, there is only one incredible planet. We are out of sync with the planet and our true nature. I don't think I need to convince you of that. It's so obvious.

Yet when I say the answer is kindness so many people just roll their eyes. How can that be? It's too simple. Well try it for a day and see what happens to the world around you. You may not change the world around you.

Nobody may notice you being kind. But inside you will notice a slight difference. You have just planted an incredible seed. Water it daily. Pay attention to what you say and do. Be kind in your words and actions.

Over time your seed will be an incredible tree of kindness. Instead of weeds, you will have delightful fruits to offer to this world.

Chapter 1



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ponder over these words.

Chapter 2



We come into this world innocent and pure.
We come from God and the universe.

Imagine a quantum soup of energy where
we all come from.

This soup of energy is pure kindness, love,
and compassion. It is the building block of

the entire universe. Energy can not be created nor destroyed. This is our true nature.

When a child is born the child is in that state. You can see the innocence. You can see the purity. Over time the child slowly starts to lose it. The child's awareness slowly is brought totally into this world. As a society, we aren't conscious of this state of awareness so consequently, we lose it.

Because we weren't taught at a young age that we must look outward and inward to truly discover who we truly are. We are taught to look outward and so over time, we forget our true nature. We then spend our entire lives searching for happiness. The entire time it existed inside.

This is the paradox of life. The entire universe exists inside. You are the universe. You just don't know it.

As a society, we must train our youngsters to hold on to kindness and cultivate it daily. Our schools should teach meditation to everyone. There have been schools in Oakland California where violence has been the norm.

They introduced meditation and the violence went down tremendously. You see meditation is the key to tapping into kindness. It is a key to learning how to control your mind.

For example, our President just twitters whatever he thinks. He has gotten into a lot of trouble by doing this. A wise man will monitor his thought. Before speaking he/she will hesitate and ponder. Are these words kind or are these words putting gasoline on the fire? If it is gasoline on the fire don't say anything.

Our school systems and families would be better off if we taught our children these concepts. This is not a religion. This is a way of life. You don't even have to mention the word, God.

As a society, we don't learn about conflict resolution. We might learn about it later in life. For example, your job may require you to take a course. But this should be taught at a young age.

Imagine at a young age you were taught to be positive in life. You were taught to express your emotions. You were taught how to handle anger and disappointment in life. Some people learn this. The majority of the world don't.

You see we were never taught how to weed the inner garden. We were never taught how to pull the weeds and tended the garden. No wonder we blow up. No wonder the world is the way it is. We have forgotten our true nature.

These are practical tools that we need in this world. Imagine we are still fighting one another. We have incredible technology but where has it taken us? The US spends more than 60% of its budget on defense.

Is that insane or not? We may be a so-called advance in technology but we are still infants when it comes to treating each other with kindness.

Imagine there is probably a civilization that has been around for 5 billion years. They probably went through the same stuff we did. There is a theory it takes around a million years for a society to transform. They either go on to the next advanced level in the video game of life, or they self-destruct.

As a world, we must go to a higher level in the game of life. We have been playing the same record over and over again. We can change for the better. Somehow we have lost our way.

Our current world is in turmoil. Somehow we have lost decency and respect for all life. So many of the true American values have gone out the door. We used to be a nation tolerant and respectful of all races and religions. The United States used to be a shining example to the world.

We were kind to our allies. Our allies are confused. I would be. In a matter of a year and a half, we have gone down the drain.

Kindness is the foundation on where we can start to heal ourselves and our nation. We need kind policies. We don't need to build a wall. This is not East Germany.

Their wall was brought down in the eighties. Why should we build a wall? It goes against the kindness of our nation.

Chapter 3



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

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

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

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

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

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

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

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

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

making statements. He would not call the leader of North Korea “little rocket man or my button is bigger than your button”.

With kindness, you would never get out of the Paris accord. Saving the planet is of the utmost importance. We are sawing off the branch we are sitting on. Anyone with common sense knows this. We need to do more not less. The US must be leaders in showing the world that we are serious. Currently, the world looks at us and shakes its head.

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

How's that for being trustworthy? The world can no longer believe in our words. Look ethics and morals are a complete package. You must use them in all affairs of life. When you think you don't need them your mind and ego will not be in check. In essence. The political system will be in chaos.

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

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

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

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

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

The current system is acting like kindergartners. At least kindergartners are kind to one another. Currently, we are emotionally dysfunctional. If I'm wrong please

show me. Hatred and anger are not the norms. Yes, we currently totally embrace them but they are not our true nature.

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

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

This will not change your religion. This will make you tolerant of all religions. Yesterday my wife and I went to a coffee shop. Weh we order the coffees they had a question of the day. How many religions are there around the world? The answer is over 4,600. Wow, that's a lot. Well, how would the world be if they were all tolerant of one another?

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

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

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

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

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

I believe any major decision should be made between the President and Congress. The President can't at his whim back out of the Paris accords. If you want to create a trade war it must be approved by Congress. This is the check of balances. Our

current president does what he wants and doesn't want any practical advice from the experts.

Chapter 4



I have been on Facebook for around 10 years. You can see that kindness is truly the way. My wife has a best friend who loves to put gasoline on the fire. She hates Democrats and our ex-president Obama.

She once had a post with Obama in a Nazi uniform. She has a group of followers who love to throw gasoline on the fire.

At the same time, she might post a spiritual post. Quite the paradox.

I then have a series of friends who love to bash the Republicans and our current President. Now I don't like the actions our President is taking. Yet I'm not going down the same road of putting gasoline on the fire. I don't want my post to add to the flame-throwing on social media.

I remember a few years ago Oprah interviewed Michelle Obama. She was asked a question about how people criticize her on some issues. Her response was perfect. Dang people don't know me. "When they go low, we go high" was her response. Personally, that is the road to take.

We can not accept being pulled down by anger and hostility. It's been around forever so long. It has never solved any problems.

Martin Luther King was right. Non-Violence is the answer. Violence is never the answer. Look at the violence in the world today. Has it ever solved any problems? It just escalates.

You see kindness is truly needed on social media. Facebook has a responsibility to promote it. Facebook probably made billions from the Russians for influencing our elections. They had nothing set in place. The Russians were experts in delivering false news. We were inundated with it. Yet we didn't know it.

Kindness is a vessel where one would monitor Facebook moment by moment. It could determine if a post was true or not. You see if your motive is making money you will slip things under the carpet. You will turn your head away from the situation at hand.

Kindness is the thermometer of life. It is an actual state of being and awareness. It grows over time. It makes King Solomon who he was. It is our true nature. Yet we only get glimpses of it. What would happen if we as a world would constantly make effort to understand our true nature?

Many people love drama. They loved to get sucked into the negative post. They love to put gasoline on fire. For some, they think it's a duty. My wife's friend says you shouldn't put your head in the sand.

Did you know kindness is the most difficult thing to do? It takes more strength than anything. It is so easy to blow up. It's so easy to tweet whatever comes to your mind. It's so easy to mock someone. It is so easy if someone criticizes you to come back and push hard and lie about the other person.

Yet kindness must be cultivated. You must put the seed into the ground and take care of it. You must pull the weeds in your garden. Nobody gets a free ride. You will be tested along the way.

Life is pretty good with this. Day by day, year by year you are growing. It's a full-time job and yet you still live out your life. You learn how to integrate the two. That takes quite a mastery. Look at a Christ or a Buddha. They learned how to master themselves.

We are traveling on the same road in life. Yet do we know where we are going? We are always focused externally. We react to whatever comes our way.

We need to see the world thru the lens of kindness. If we truly discover our true nature we could bow and bend as the flowers do with the wind. We could help those who are suffering and in need. We could transform the world around us.

We are responsible for what you post. If you are a Democrat or Republican be kind in your post. Be an adult and don't blame one another. Be decent. Tell your point of view. Don't degrade the other person.

Listen to what they are saying. This is vital. We don't truly listen to one another. While the other person is speaking we are thinking about what to say next. Be present. Come from kindness. Come from love and compassion. Come from the ocean of life where everything is one.

We were never truly taught this. We may have heard this in Sunday school but it was just touched upon and soon forgotten. For this world to truly change we must embark on another way. Truly the way the world is reacting demonstrates we need another course of action.

The record is playing the same song over and over again. We are stuck in our ways. Only by being aware can we change. It takes a day-to-day focus. It's easy but ever so hard.

The entire universe exists inside of you yet we don't know it. All the vast knowledge lies inside of us. The greatest treasure lies inside. Yet we are going on oblivious to this.

Only you can discover your true nature. Only you can learn to be more kind day by day. It's your decision. As a world, we can be kinder or we can continue throwing gasoline on the fire of life.

Chapter 5



The Dali Lama once said, “kindness is my religion”. How eloquently said? Kindness is a virtue that all religions talk about. Kindness is a state of mind. Kindness is awareness of God.

The word religion comes from the Latin word religion. Religio means to bind. The goal is to bind the mind with God. In other words, yoga means union. True yoga or union is one with God.

Did you know that God does not take sides> All the religious wars have been between men. God does not take one side vs the other. God does not judge. Man does. Big difference.

I think life is like a video game. As we learn in life we go through different levels of the game. For example, fighting amongst religions. We have been playing that games for thousands of years. We think that we are on God’s side. The other side thinks the same.

At this level, one hates their opponents. In that state, we can’t see the forest from the trees. Fortunately, millions of people are on a different levels of the game. They see the harmony of all religions. They have tolerance for those who are different in race, color, and creed. They respect their fellow man. They are kind and considerate.

The levels are infinite. We can never stop and clap our hands and say I know everything. We will never stop growing. The universe is not stagnant. At times we are.

Currently, in America, it seems like we are going backward. We have a President who loves to cause controversy. He loves to divide us. He loves to be in charge of the show. I think he would love to be a dictator.

Now I don’t hate the President. I don’t like his policies. How savage it is that presently we have an administration that separates children from their parents upon trying to enter this country. These are good people trying to escape the chaos in their countries. These policies are the same as the Germans did during World War .

What gets me is how the Republicans let our President get away with this. There is no kindness in this manner.

The word sin means to miss the mark. Our President calls the US a Christian nation. Do you think Christ would like this policy? Do you think that Christ would want to build a wall between nations? The US currently does not act in kindness.

Recently ICE raided a landscaping company and wept away over 150 workers. They were put in jail leaving the children behind. Did you know that most Americans never would want those jobs? The immigrants fulfilled this.

It seems like our current administration is going back to the 1930s. Where is the kindness?

Our current administration hates Muslims and makes laws against them Where is freedom of religion?

I often wonder why so many Preachers and ministers support our current President. What a paradox! They are preaching about tolerance between religions but in actuality are siding with someone who does not believe in American values.

Yes, I know that they don't care about his ethics and morals. They just see that the President supports some of their issues. This is why they support him. It's more political than spiritual.

Yet they don't have the strength to speak up. The same goes for the Republicans. Unfortunately, the majority of the Republicans are silent in this manner. The majority refuse to speak up or make waves.

They don't want to see the wrath of the President. He loves to mock and criticize anyone who is against him. Isn't it silly that our President knows how to play the game of antagonism? He has practiced this all his life. He has made it an art form.

I remember during the primaries how he would steam over his opponents. He would throw the ball down the alley and hit the pins of his opponents. They didn't know what to do. Many just backed out of the race.

The Republicans didn't know what to do. He broke all the rules. The crowds loved him. I must admit at times I was quite amused. Yet when he was elected President all morals and ethics were out the door.

Why am I harping on this? Our world needs morals and ethics in our political institutions. We need to rule with kindness. If we don't then all hell breaks loose.

As a world, we are all on the same level in the video game. On a personal level, we are all on different levels. Currently, we are at a level where the entire world is confused. Chaos is all around. People are totally upset. Our President and administration are throwing us into a spin.

Every day the President tweets to antagonize us. He knows what he is doing. He wants us to see this as the norm. He wants us to check out. He knows that by bombarding us there will be a time when maybe the majority will say uncle and just don't care anymore.

I call that evil. He knows what he is doing. He is very clever. The world and its leaders don't know what to do. Even the President of North Korea has decided to talk to him. He sees that our President is just as crazy or more than him.

When someone calls him Little Rocketman or my button is bigger than your button you know that you are not dealing with the average politician. Maybe this is why they are meeting.

It's up to us to go to the next level. Americans need to vote in the next elections for someone who truly is kind and considerate. Someone who truly cares about the values of Americans. Someone who doesn't divide us and makes laws solely for his voters.

Chapter 6



Recently I saw on the evening news that 80% of American drivers have admitted to acts of road rage. Wow. What can I say about that? It seems like anger is the driving force when we drive. Is there something wrong with this picture?

Last night I saw a video on the news. It showed some guy ramming a car over and over again. He then gets out of the car and jumps on the roof of the car that he just rammed. He then begins to jump up and down on this guy's roof. Absolutely insane. Has the world gone mad?

Does this person experience kindness in his life? When I drive I see the various states of mind that people have. Some people drive fast and zigzag from one lane to another. They are extremely impatient. These drivers will tailgate you so you will ultimately pull over. Usually, they don't get very far as you do.

Some drivers love to tailgate you. This is my road. Move over. You see the driver's actions stem from an agitated mind. This agitated mind carries over to our everyday actions.

How many people truly realize this? A person can drive the car in a total state of kindness. By consciously practicing kindness in your life, you bring this state of awareness to your daily actions. This includes driving a car.

How many people are aware of this? How many people don't see the correlation between the thoughts, mind, emotions, and actions that you take?

Anger, is not our true nature? Yes, man has been angry for thousands of years. Yet still, anger is not our true nature.

The universe is not angry. God is not an angry God. We put negative emotions such as anger and saw that God is angry. If you do something evil you will go to hell. There is no hell except that it is a state of mind. Nobody is stuck there. You can change your state of awareness. It is highly advisable to do so.

The world has been passing the buck for thousands of years. We have garbage dumps that exist inside. The weeds have gotten out of control. Only you can clean up your mess.

This is the problem we have today. We have put our lives on autopilot. We tend to put dirt under our carpet. We call this normal. Everyone does this so it must be healthy. You then call people who are kind, compassionate, and loving weak.

We mock them. For the average person when you say the word meditate they just roll their eyes. Go back to the forest and hug a tree. You're a total idiot if you meditate.

Well, the true meaning comes from the Latin word idiota. It means feet on the ground and head in heaven., I would rather be an idiot than a person who is consumed by the fire of anger.

Look this is not a religion. Nobody is trying to convert you. You have the freedom to do what you want. Yet we are simply showing you there is a better way to live. You can learn how to shift your world where you constantly react to what comes your way.

You then can let kindness be your state of awareness. In this state, you can slowly learn how to control your reactions. If someone is yelling at you, you can learn how to smile. You can see the person is in pain. You can be compassionate.

A kind person learns how to remove the weeds from the inner garden. He/she begins to be in more harmony with the laws of the universe. Slowly this person begins to shine like the sun.

Many people say that if Christ ever came back they would recognize him. Yet unfortunately, do you have the eyes to see? Is your heart open? Do you see Christ in all? He has never left us. Inside of all lies the power of love. Inside of us lies the entire universe. Do we have the eyes to see?

How would it be if everyone opened the door inside? No matter what your religion is the door inside leads you back to the same place. This is your true nature. For thousands of years, wars have been fought around religion.

Yet the inner door is opened to the same place. We have been fighting and killing in the name of God. God is on our side. Yet the inner door reveals we all go back to the source when we die.

This is not a separate place for Christians, Jews, or Muslims. Heaven is heaven. Unfortunately, we have placed labels on religions. We have divided man from man. Did you know that man means mind?

Human means divine mind. Maybe we should learn to transform from man to human. In my eyes, so many of the world's problems would disappear if we did so.

Going back to driving the car. Can you imagine if the world would drive their cars in a state of awareness? Nobody would honk their horns constantly like in big cities. People would be relaxed and in a good state of mind when driving.

The car accident levels would go down tremendously. People wouldn't use their cell phones when driving. You wouldn't text while driving.

You see when the mind shifts for the better your action also shifts. One can not proceed without the other. This may seem Polyana but I'm sure there are worlds out there that mastered this billion of years ago. We are babies on the block. We are just starting to learn how to crawl. We have so much potential.

We can learn how to be in harmony driving in the universal highway of life.

Chapter 7



I saw on the news another interesting fact. They did a survey recently and 80% of the working force said they hate their jobs. Wow again. Where does this all stem from?

In the last chapter, we saw that 80% of the driving population admitted to road rage. What is the correlation? What is the driving force behind all of this? The answer is a state of mind. The mind is agitated. The mind is not at ease. The disease comes from a mind, not at ease.

All this comes from a lack of awareness of your true nature. Did you know that cancer can't survive in kindness? Cancer is angry cells. Cancer is abnormal. Norman Cousins cured his cancer by watching funny movies over some time.

You see laughter helps heal the body. The Taoists have a meditation technique where they consciously smile at different parts of the body. This technique helps in establishing harmony throughout the body.

I think many diseases are caused by our lack of awareness. Did you know that your body speaks to you? Many times in the past my body will send signals to me. It will say to go to bed an hour earlier.

There is something that must be dealt with. If you don't there is a good chance that you will be sick in the morning. 99% of the time this works. It's like being on a teeter-totter. We must have balance. There is a tipping point where you lose balance.

Listening to your body helps you to maintain balance. Many of us have such fast past lives that we hardly have any time to listen to our bodies talking to us.

So many people are so stressed out. Millions of people are addicted to opioids. Over 14,000 people die from overdoses a day. That's a scary fact.

Yet mention meditation to them and they will just roll their eyes. No wonder America is in a state of disease. Our foundations are crumbling. Our allies are freaked out. Many people are living in panic and crisis mode. We have a President

who loves to divide us. We have a President who doesn't listen to anyone but himself.

Where does this all get created? From your mind. Man doesn't realize that your untrained mind causes havoc in your life and the world around you. We think the external world will provide happiness. Far from the truth.

Recently we saw two famous people die from suicide. Suicides are up 30% from 10 years ago. Many people envied these two people's lives. Yet can you imagine the suffering they must have gone through?

Every day Viets kills themselves. Our country doesn't provide much hope for them. They did their duty. They came back from the horrors of war and didn't have proper help to integrate back into society. Many of them are homeless on the streets.

How would you feel if that happened to you? I feel kindness is the answer. If we had a kind administration their actions would dictate kind solutions for all.

They would help the vets get back on their feet. They would hire thousands of people to help with their emotional issues. They would provide housing so they don't live on the streets. Our government should care not about lip service but about kind actions.

I feel society is linked by a chain. We are strong only by our weakest link. It's like we all are in the same boat together. It's either we sink or swim. We must make kind laws for the benefit of all.

For example, giving the top 1% a tax break. What a joke that is. We have a Congress that is working only for the 1%. What would have happened if they gave a major tax break to all?

Billions of dollars would have been brought back into our economy. The 1% just laughed in glee. They did not raise salaries or give a bonus to their employees, You see without kindness this will go on forever.

So in midst of this Congress wants to mess with Social Security and Medicare. They say it's not an entitlement. Well, we have been paying all our lives. Congress came in and raided it time and time again.

Then they dare to say we must cut off some of your funds. I hope you can see that without kindness they could care less about your benefits. Most of them will get over 150,000 for the rest of their lives. They will have custom-made benefits that you and I only dream of.

Some many times I see these main characters speak in a manner they only know the answers. It's like let's give our citizens a bone while we eat steak. We need kind politicians who served the public not serve their agendas. This should not be a boys club that doesn't want to serve humanity.

This is not a rant. This should be common sense. Yet common sense is uncommon. We need to change our state of awareness in all aspects of life. It's not us versus them. Our President sees it that way. Without kindness, our political system will be in turmoil. Need I say more?

Chapter 8



If you have been listening to or reading this book by now you may have asked this question/ If you say that kindness exists inside of me how can I tap into it? Good question. That is the start of the grand adventure.

The first step is to question and ponder things over. Hopefully, you can see where kindness is needed in all areas of life. Yet the question is how can I cultivate it in my daily life. Is kindness like a leaf blowing in the wind?

Does kindness come and go? Is kindness fleeting? Are you kind in one moment and flare up in another moment?

You see kindness is a state of awareness. We have focused only externally. Consequently, we aren't aware of the door within. Most of us don't even know there is a door. If you know there is a door you might not know how to open the door.

For ages, wise men have said the kingdom of heaven lies within. The majority of Christians pray to God. In essence, you talk and God listens. Meditation is where God talks and you listen. Words are not spoken. In silence lies the mysteries of life.

One way to tap into this daily is to concentrate on your breath. You may roll your eyes now. You may say I'm been breathing all my life. Yes, you have but are you aware of it twenty-four hours a day?

Behind your breath lies the entire universe. Yea right. What have you been smoking? Yet try for three weeks straight the following.

Wake up and sit on the couch. Get comfortable. Any position will do. Have a straight back. Don't hunch over if you can. Now slowly put your mind on your breath. Follow the breath as it goes up and down. Your breath is your friend.

At first, you may feel nothing. You may see nothing. You may not hear anything. Yet keep at it. The mind is like a tuning fork. Whatever it is in contact with it will vibrate at that frequency.

Slowly. I mean slowly the door will begin to crack open. At first, a little peace will occur. You can't quite explain it. Yet your life seems to be more peaceful. The more you practice over time your experience grows.

You want growth on a day-to-day basis. Do you see the growth of a seed when you plant it in the ground? Slowly it grows. You don't pull it by its roots and say how much did you grow today?

You must learn how not to have your expectation on this journey. It's custom-made for us all.

As you begin to love to meditate take it to the next level. Try concentrating on your breath in your daily activities.

For example when driving a car. Concentrate on your breath and focus on the road around you. Slowly you will experience peace and kindness as you drive. Pay attention to the other drivers. Watch them speed and zig-zag among lanes. Notice that their minds are causing this.

Drive like it's a Sunday afternoon. Not too fast or slow. Drive at the speed limit. Have fun driving. If you are in a traffic jam see it as an opportunity to concentrate on your breath.

See this as an incredible game. Have fun. Be happy. Be kind. Your journey is just starting.

This road is as bumpy as you like. Meditation will give you shock absorbers. You will hit the same potholes but you won't feel them as much. Remember nobody gets a free ride.

As you meditate you will see that past issues will come up. This is where you can weed your garden. This is where you can forgive yourself and others for what has happened in the past. Forgiveness is the key. We all tend to put dirt under our carpets. Over time it creates a mess in our life.

Just think you may be holding on to something that occurred many moons ago. Yet we hold on to it for dear life. That person who wronged you left it behind years ago.

Unfortunately, You are still holding on to it. It is causing great pain. Yet we don't know it.

You see meditation will bring you peace and kindness. It will also show you the dust that exists inside. Nobody can clear your inner mirror. Nobody can take the steps for you. This is your journey.

Yes, people can give you advice. That's why we write these books and do these poems. There is a saying you can't take a horse to water and make him drink. Yet you can put salt into his food

These words are hopefully salt into your food. Hopefully, you will want to take action and slowly open the door within. Millions of people around the world have done so. It doesn't matter if you believe in God or not.

This experience is universal. You are discovering your true nature. These are some of the stepping stones you can take. There are many different paths. Each one is unique. One is not better than the other.

Yet this path is simple. Yet it leads you back home. In the beginning, you meditate on God. Somewhere along the way, God starts to meditate on you. Yet even when that happens you must still weed your garden.

Imagine experiencing kindness and yet at the same time, we act in our old ways. Even in that state of kindness, we are conditioned to act in ways that are not appropriate. This is the paradox. We must be humble and constantly change for the better.

As you begin to have incredible experiences just let them go. I remember years ago saying wow this is incredible. Many stories tell about monks talking about their experience and the main monk would just nod his head and not say anything.

You see the proof is not in your grand experience. The proof is taking your grand experience and merging it into your daily life. Now that's called wisdom. When you can take any adverse situation and be kind that's mastery.

You see the only thing you take when you die is yourself. You can't take any external treasures. You can take the fruit of your actions. You can take your internal state of being. This is who you truly are.

So these are a suggestion to you. We can all make this world a better place. By practicing kindness from moment to moment we can transform ourselves and our world. Ponder these words over.

Chapter 9



Close your eyes. Breathe. Watch your breath go up and down. Behind your breath lies your true n
This field is pure light and intelligence. You are this light.

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

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

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

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

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

Kabir a famous poet once said. There is a palace in the sky. A blind man sees a light more brilliant than the noonday sun. A deaf man listens to the unstruck music. A lame man climbs the ladder and drinks the waters of immortality, The poem goes on and on. The clincher is only a wise man understands what I'm talking about.

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

So many of my friends learned how to meditate. Some of them quite frankly gave up. One friend said I can't control my mind. I never knew how powerful my mind

was until I started to meditate. Precisely. Before you started to learn how to meditate the mind was totally in charge. You just didn't know it. The mind will fight you. Yet just don't pay attention.

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

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

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

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

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

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

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

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

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

All of this begins when you start to be aware of and focus on your breath. It's as simple and easy as that. Yes on your journey you might learn many more meditation techniques. There are thousands. Yet this is the simplest. You can do this anywhere. When you are at your workplace you can be conscious of your breath and nobody will know except for you.

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

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

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

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

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

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

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

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

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

Chapter 10



Kindness is desperately needed in the workplace. Age discrimination is all around our workforce. Last year I had a phone interview. At the end of the call, the interviewer said: “wow, this was the best interview I ever had”.

Well, to make a long story short when I walked into the room for my face-to-face I could see the jaw-dropping from the interviewer. He was in shock. I was too old for him. Needless to say, I didn’t get the job based on my age.

Well, I got a job with HR Block last October. There was an Indian interviewing me and could care less about my age. He looked at my impressive resume and asked many different questions. I got the job as a senior-level engineer.

I got hired just before tax season. My team members were working on a new software package for the company. It is quite a sophisticated tool. It interfaces with many different systems. I got basic training on the system and was thrown into development. Some of the data interfaces weren’t 100% ready yet.

My manager got upset because it took so long. He figured someone with my caliber could do it faster. My manager is not a developer so he doesn't know that you're getting your feet wet for your first project. I learned a lot about the system and the various development tools.

From the beginning, I saw my manager truly had high expectations. He expected me after three months to be at the same level as the members of his team. The entire team has been around for four years. They are very talented.

I told my boss that even good old Albert Einstein would be at the same level at the three-month level. Your understanding comes when you are given tasks to perform. This is where you learn about the nitty-gritty of the system.

I’ve been a software engineer for over thirty-five years. You learn by building the systems.

I completed many different features for both systems. I felt I was learning tremendously. My manager got upset because he felt I should have a more

understanding of this one system. I was supposed to get training from another software engineer. He was upset my manager pulled me off to work on another system. I was working on this system for over a month and performed actions on many trouble tickets.

Well, when it came to my review my manager didn't have anything positive to say. Mind you I performed on numerous feature tickets and was quite pleased with myself. I went from getting my feet wet and was swimming in the ocean.

Yet my manager said he don't care how many features I performed. I want you to have a better understanding of the system.

What exactly does that mean? It takes time to truly be a master of this system. It is very complex. I was so happy to be at a point where I felt comfortable working with it. Yet my review was anything but positive.

Personally, I feel my manager used this as a way to discriminate against me. Even after working for four years, the other software engineers understood you truly can't understand the entire system. It's changing all the time.

I had a one-on-one with my manager. He told me some various feedback to perform. I took them to heart and put them into practice immediately. One of these things was to document everything. A co-worker showed me OneNote and I started using it.

Before I was given my next assignment one of the software engineers asked me to listen to this specific video concerning my next project. It was about an hour long. Well, I took my boss's advice and transcribed the entire video. I transcribed the voice and took screenshots of the entire video.

I could have this as a document without looking at the video again. Well, I had another One on One with my manager. This time he brought up that this time was a written warning on my job performance.

He brought up the fact that it took me longer than one hour to watch the video. I told him that I transcribed the entire video so I could have a quick reference point. I transcribed all of the videos our group did.

I spent some weeks ends on my own time doing this. I took great action to improve my understanding of the system. All I got was negative feedback from my boss. I

knew he was presenting a case to lay me off. He wanted me to sign a document whether I agreed with it or not.

Well, the next day my boss and I met. I knew that he wants to lay me off. I asked him what will happen in a month. Will I get fired on laid off? He said I would get fired.

He felt that it was a mistake for me to get hired for this position. If I was just a software engineer he said I did great work. He would have no problems with my performance.

I agreed with him that it was a mistake. He should have been promoted within. Anyone of his team members has been around for a while. My manager had an unreal expectations for me.

I said let's have a win-win solution for all. I know you want me to leave. You are making it very obvious. Let's have a situation where we both win. I said how about giving me severance pay. I have been working for 6 months.

At my age, it takes around six months to find another job. That's if you are lucky. Many of my friends can't find a job if they get laid off.

Horus later my manager said if you resign we will give you two weeks of PTO. Quite frankly that is a joke. In my entire life, I had one week where I got unemployment benefits. I always found a job in no time. But because of age, it takes months to find a job.

I would lose thousands of dollars. My manager said it's nothing personal its only business. Yes, that is the way of the Fortune 500 today. It's all business. Morals and ethics are out the door. My manager had to make something up that I could never do.

My manager probably didn't like the fact that I was older and made some decent money in his eyes. At the highest point in my career, I was making 50,000 dollars more.

Recently my manager hired a team from India to outsource the work. He probably saw that he could get two software developers instead of one.

Never in this conversation was HR involved. I put my heart and soul into this job. We performed a task that was never asked by any previous software developer. Our teams were responsible for deploying our software for production.

This is a major no-no. Many Saturdays were spent working late at night participating in these deployments. It was part of the job.

As a developer, you can never rest on your laurels. You always have something new to bring to the table.

I'm easy to work with. I bring a lot to the table. I have tremendous past employment working for Charles Schwab, USDA, an observatory in Maui, the Navy Seals, and the Miami Beach Police department.

My personal life is quite impressive. I'm a great bridge between the Indians. The Indians can't believe that a westerner understands their county so much. I can talk circles around their cuisines. I'm a great Indian cook and have been cooking this cuisine for over 47 years.

A workplace is more than just doing your job. It encompasses much more than that. I bring that experience to the workplace. Sadly, I didn't have a chance to speak to HR.

There are plenty of openings in the company for software engineers. It's a shame HR didn't contact me or my co-workers in Kansas City and North Carolina. There are always two sides to the story.

I admit my faults. Nobody is perfect yet I did my job. I could see getting fired if I made a huge mistake and it cost the company millions of dollars. A great software developer I knew from Charles Schwab once deleted the entire client database. He didn't get fired but learned a major lesson.

I'm hoping that someday companies would truly value their workers and not say it's only business. Careers and livelihoods are at stake. People's homes and finances are at stake.

Kindness is needed. My boss if he truly had kindness would have approached HR and said we have a problem How can we fix it. Instead, he had a plan to fire me. He knew the policies of the company and knew how to do it. He calls this doing business.

I always try to think outside of the box. I thought my manager could do the same. I was wrong. HR Block was narrow-minded in its thinking. They had their policies and couldn't go beyond them.

What do you think Jeff Jones? This is after all your company. The buck stands with you.

Chapter 11



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

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

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

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

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

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

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

Today some sporting events are like war. For example, some soccer events cause riots to occur in the stands. If we sit in the wrong section your life may be in danger. People are offended if you root for the opposing team. Quite frankly what

a joke. This has been doing on for thousands of years. We bring that energy to our sporting event.

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

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

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

The inner game is played and what you think gets brought into action. Have you ever witnessed a tennis game where the player is completely winning against his opponent?

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

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

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

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

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

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

Just a little off can cause errors. A good night's sleep is giving kindness to your mind and body. If you party the night before the next day you will experience a hangover. Your mind is foggy and your body is tired. Not a good way to win a world championship.

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

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

They completely dominated swimming. Yes some of them probably used drugs. But they trained completely differently from the Americans. At that time the American theory was you trained as hard as you can.

The more physical effort you made the better you got. People got burned out. The body at a certain point in time would rebel. The mind would get agitated. Once the mind gets agitated your body will break down and injuries will occur.

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

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

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

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

Chapter 12



About a month I begin to hear some very strange stories concerning our immigration policies. At first, I thought this was false news. How could America do this to immigrants? Our new policy is to separate children from their parents when they ask to enter our country.

Recently I saw on the news a Mother was breastfeeding her child when it was taken away from her. A mother was told her child would be given a bath and never returned. Around 1500 children are missing from the system. Boys and girls from the same family are being separated.

The children are locked behind fences. This reminds me of Germany 60 years ago. Where is the kindness in all of this? Our administration and Jeff Sessions give bible quotes justifying this. Good old Jeff says if they come to this country illegally they deserve this.

He recently said that if a person tries to come here from a country where they left because of fear for their lives it is no longer justified. Wow, how cruel can you get?

He also said that Mothers leaving their countries because of serious spousal abuse are no longer welcome. Another wow.

Where is our kindness in all of this? We have a President who wants to build a wall. I think we should build a bridge. Would Christ build a wall? Definitely not. Christ had compassion for all human beings.

I have never been more alarmed in my entire life. When your President says the following. Trump praises Kim Jong Un's authoritarian rule, says I want my people to do the same. That's scary. It said he was joking yet look at what's going on today in America. Now that's scary.

Kindness is needed more than anything today. We are no longer a kind nation. Our President thinks he knows more than anybody else. Our allies are becoming our enemies. Our enemies are becoming our friends.

Look I believe we should take a look at the immigration issue. It's been swept under the carpet for so long. Our President said he would deport only the ones who

had a criminal record. Well, the policy has changed and anyone who is here illegally is fair game.

We as a nation it seems are turning back and becoming what we fought for during WWII. Back then the general population didn't say a thing. Why doesn't the Republican in power say anything?

The ones who do say are mocked by the President. He then will look for another person to take over his job and campaign for them. The foundation of America is being shaken to its foundation. Millions of people are getting numb from all of this.

This is what he wants. This is his plan. Look I'm just a simple human being. I don't have a conspiracy theory. I'm just saying what I see. This is what happens when you have a President who doesn't rule by morals and ethics.

I never knew that the President could rule like a dictator. As I said before I never knew the President had so much power.

Are we going back in time to where we become the Nazis? Are we going back in time to where the country is filled with anger and hatred? Are we going back in time when the entire country is divided?

Never before have I seen this mess before. As Americans, we must speak up before it's too late. Look I don't hate the President. I dislike his actions and where we are going. Without kindness for all, we are doomed. When you make decisions without kindness or consideration for all they are quite frankly bad decisions.

We are going backward at all levels of the government. Whatever good the previous President did he is unwinded all of it.

I think we should elect kind leaders. If you don't pass this simple test then don't vote for them. You need elected officers that can listen to both sides of the story. A person should know how to bend with the wind. They must know how to compromise.

Look the political bickering must stop. We are Americans, not democrats or republicans.

We as a nation must arise and change for the better. We can't go on with our old ways.

You see kindness is the answer.

Chapter 13



You will probably laugh and think I'm full of it when I say this. I think many of our movies today are from the dark ages. For example, watching a horror movie. I know many people today love watching horror movies. They loved the adrenaline. the rush of being scared to death.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Did you know that a truly kind person can see the unity of all life? He/She will see that there is no difference between the two factions. They are united. This will

change the course of events. The shields can be dropped and true healing and communication can happen.

This is desperately needed today in all areas of life. We need to drop our shields of anger and war. This will never truly solve our problems. I think humanity would change in so many different ways. Our world would be transformed.

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

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

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

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

Chapter 14



I can't believe the lack of kindness in our present administration. It is evil to the core. How can you justify separating children from their parents? Our President, Attorney general, and director of homeland security all agree with this policy. How did America lose its moral core?

Fortunately, some republicans and democrats are trying to do something about it. Even Laura Bush spoke up against this policy.

Are we going back to the dark ages? You see kindness is needed more than ever. If you had kind people in charge this would never happen. Hopefully, you see the correlation between your emotions and your actions.

For example, Jeff Sessions who instigated this policy did not have this moment in time of kindness for these poor people. He even said he wants to teach them a lesson. Many of these families are fleeing violence in their countries. They left because of the fear of death.

Where are grace, mercy, love, kindness, and compassion? Personally, their state of mind is like all past evil dictators in the past. No difference. I never thought America would succumb to this negative level.

We are a shining light to this world. People around the world look up to us. Not anymore. We have a corrupt administration. We have an administration that is not kind. Without kindness, the system will be corrupt.

As I said kindness is the foundation of life. Many people think this is a Polyana attitude but look what's going on in America today. In just a year and a half, our great country is going down the drain. We need Republicans and Democrats to unite in kindness and stop this nonsense. We can pray to God for guidance but only human beings can clean up the mess we created.

This is why I'm harping on being kind. If everyone was kind we would have a kind world. Look this doesn't involve changing your religion. This is being aware of your true nature. Your true nature is kind.

Maybe you should ponder this over. How can the kingdom of heaven come to earth? Suppose your savior came back. Would the world around you change if you weren't kind? No, it wouldn't.

So the savior can be there yet if you are unkind the situation remains the same. Only by discovering your piece of the puzzle can the puzzle be completed. You may think I'm joking but I'm serious.

For example, if Jeff Sessions would be in a state of kindness this separation of families would never happen. We would have kind laws. We as a nation would be conscious of going from darkness to light. Presently we are going from light to darkness. Hopefully, this is temporary. Two steps forward, one step backward.

We need to see that kindness needs to exist at every level of life. We need to have congress see the unity of all. No more being divided. Each one has a great point of view. The common citizen must listen to not the one percent.

We as a world can do this. This state of kindness exists inside. Hopefully in the future politicians will pass truly kind laws. We won't have a President who lies daily and mocks everyone. Look I'm just saying what everyone is seeing. I'm not a Republican or Democrat. I'm looking through the lens of kindness.

I'm trying to see a practical solution to end this vicious cycle we are on. We all know that war is not the answer. Yet we have been fighting for thousands of years. Only kindness will solve it.

Chapter 15

**KINDNESS IS
BEAUTIFUL.**

You have a lot to ponder over. This is a practical path. What have we learned so far? Kindness is the foundation of the entire universe. You are the universe. You just don't know it.

Kindness exists inside of you. You can tap into it. Focus your attention on your breath in whatever you are doing.

Spend time with your eyes closed meditating on your breath. Behind your breath lies the kindness that is keeping the entire universe alive.

Day by day cultivates kindness. Monitor your thoughts. If you are going to say something that will put gasoline on the fire don't say it. This includes your speech and all social media.

Be kind to yourself and your fellow man. Be kind to your body. This is after all the only body you get. Be kind to your mind and emotions. Be kind to your friends and family. Be kind to your co-workers and strangers.

Send your kindness throughout the world. Remember the more the planet is in kindness the better off we will be.

Be kind to yourself when you are learning how to meditate. Conquering your mind is the most difficult thing you can do. Yet over time, the mind becomes your friend. Be patient with yourself. It's like learning how to surf. It takes a lot of effort to learn. Yet the joy is in learning every step of the way.

Meditation is the key that will open the door within. Meditation will slowly reveal to you the great secrets of life.

Our current world needs to change in all areas of life. Kindness is the means to transform this world. Without kindness, the world will continue to have anger and war.

War is obsolete. We are intelligent enough to solve our problems. Kindness is the ingredient we can use with wisdom to solve any problems. Kindness allows you to think outside of the box.

God will not solve our problems. Only man can. God does not judge. Only man judges. A person who lives in kindness never stops growing. The only thing you can take with you when you die is your kindness. Nothing external goes with you.

Kindness can grow from seed and turn into universal fruit. Christ and many others showed the way.

You are eternal. You will never die. Your body will. Who were you before your Grandfather was born? Who are you when you die? By tapping into kindness on a moment-to-moment basis you will be aware of your true existence.

Look at life as a video game. At each level is a new understanding of kindness. Most video games depict violence and war. The video game of life will bring your kindness to levels that you never knew existed.

Slow down and enjoy life. Remember you didn't come here solely to work. You have a job to pay your bills. The most important things in life are your family and friends. You will not probably think about your job when you die.

Common sense is uncommon. The world is messed up because we don't treasure kindness above everything else. A trade war with China and our allies is a huge mistake.

Without kindness, a man doesn't develop true wisdom. Man's ego in this state truly governs. A person never would quote the Bible with a passage to separate a child from the parents. All laws would be kind to life.

Violence is not the way. We have been violent for thousands of years. What has is solved? Nothing but more wars. Kindness is the answer.

Ponder this over. You are the piece of the puzzle.